



**Make living  
without gluten  
EASY!**



**NATMED**  
NATURAL MEDICINE CLINIC

## **GLUTEN FREE MANUAL**

**Say goodbye to headaches, bloating, abdominal pain, depression  
anaemia, dermatitis, numbness in limbs, fatigue, irritable bowel  
habits, joint and muscle pain, as well as that foggy mind!**



# What is Gluten?

*Gluten; a tough, viscid, nitrogenous substance remaining when flour from wheat and other grains is washed to remove the starch.*

Gluten is a protein or a nitrogenous substance contained in the grains wheat, barley, rye, triticale, oats, kamut and spelt. These grains are used as a staple food for millions of people around the world to provide the base carbohydrate content of the diet. This is especially true in Australia where we are told to consume it liberally as part of a healthy diet. These grains are not only used to give sustenance but are used for their special qualities in cooking. Gluten gives qualities such as trapping gas in bread making or enabling dough to stretch into noodles. Glutinous foods have so many qualities that make them useful and are touted as healthy foods, but what if when we look at gluten more closely we find some detrimental effects to health?

Gluten, as we know, is a protein. When a protein is digested by the human digestive tract it gets taken apart. Proteins enter the stomach where they are reordered into a more easily digested form via stomach acid. The proteins then travel down to the small intestine where various enzymes from the pancreas and the small intestinal wall break down proteins to peptides (which are just smaller proteins) then down to amino acids. Amino acids are what the body needs to build and repair itself, and to also form many other important substances for metabolism. This is the normal chain of events when we as humans eat a protein. However gluten is special. It only gets broken down to peptides, not amino acids. It is resistant to human digestive enzymes.

Gluten forms peptides in the small intestine due to being resistant to human digestive enzymes. Gluten is essentially unbreakable. When peptides are formed in the small intestine occasionally these substances have biological activity (meaning they initiate a reaction or have a function). When recent researchers analysed the peptides formed by gluten there were some alarming results. Gluten forms peptides that are pro-inflammatory, meaning they initiate inflammation in the small intestine. Inflammation is one of the ways the body reacts to an injury or infection.

For example, the way your skin goes red and swollen when you burn your hand. Other peptides formed by gluten initiate an immune response, tricking the body into thinking there is an invading organism in the small intestine. Others simply damage the small intestinal wall. The fact is that this response happens to everyone but there is a scale to which it happens to an individual.



People with *celiac disease* have a large immune response to gluten that damages their small intestinal lining to a state where it does not function adequately to absorb nutrients from the diet. This is the most severe reaction to gluten and is initiated by the peptides. On the other side of the scale are the people that react to these peptides very mildly, where very little inflammation occurs, there is little damage and little immune system involvement. The people in the middle have moderate to severe reactions to gluten but no disease present. However, having a consistently damaged gut and an immune system confused is not conducive to optimal health. This is why gluten needs to be removed from the diet of some individuals.

*Leaky gut* is a term that is thrown around health circles quite often. Its correct term is *gut permeability*, meaning the small intestinal lining has become porous /holey allowing large food particles access to the blood stream. This is not a normal part of the digestive and metabolic processes of the body. Absorbing undigested foods leads to the immune system registering the particles as invading organisms. This can create a confusing environment for the immune system and is likely one of the factors that contributes to complex food and other allergy development. This process also contributes to systemic (whole body) inflammatory responses that can be linked to maladies such as arthritis and menstrual irregularities. What causes the gut to be permeable? Two known factors cause this: one is infection the other is gluten. Certain gluten peptides formed during digestion stimulate a molecule called zonulin. Zonulin opens gates between small intestinal cells that allow this process of gut permeability to occur. One interesting fact, which is also connected to the scale of individual reaction to gluten, is that zonulin is stimulated by gluten for varying time frames. Meaning individuals realise zonulin at varying rates in response to gluten. For example, one person may be permeable to undigested food in response to gluten for 10 minutes, others can be permeable for weeks. One thing to note is that this gut permeability happens to everyone but having your gut permeable for weeks is a disaster for health and sets up one of the factors for a list of autoimmune diseases such as rheumatoid arthritis and Hashimoto's disease.



Let's recap the effects of gluten:

1. Gluten is not broken down completely by human digestive enzymes, thus producing biologically active enzymes.
2. Peptides in gluten cause inflammation on the lining of the small intestine, causing damage to varying degrees in each individual.
3. Peptides in gluten cause immune system activation that can disrupt normal immune system function.
4. Peptides in gluten can directly damage the small intestinal lining and disrupt absorption of nutrients.
5. Gluten influences a substance called zonulin that increases gut permeability leading to a cascade of downstream health effects.
6. These effects of gluten happen to everyone but happen on a variable scale with each individual.

What are the symptoms associated with gluten and the negative effects on health? Not all of the effects are related to digestive issues so how can we suspect gluten as a contributor?

[Click here](#) to watch an informative Catalyst video on gluten and its effects on the body.



# Symptoms Associated with Gluten

- Bloating
- Abdominal Pain
- Irregular Bowel Habits
- Chronic Diarrhoea
- Foggy Mind
- Headache
- Fatigue
- Joint & Muscle Pain
- Numbness in Limbs
- Depression
- Dermatitis
- Menstrual Pain
- Other Menstrual Irregularities

## *Conditions affected by gluten:*

- Acne
- Thyroid Diseases
- Psoriasis



# Substitutions

## Amaranth

A seed from a plant native to South America, it is rich in protein and provides high amounts of calcium, iron and magnesium. Amaranth has a slight peppery, nutty flavor with a sticky texture. It can be cooked into porridge, ground into flour, sprouted or toasted. Make sure that amaranth has been washed before use to remove the irritant, saponin, which is contained on the outer shell of the seed.

## Quinoa

A seed from a plant grown high in the Andes in South America, it is a versatile and nutritious food. It is high in protein, calcium, iron, B-vitamins and vitamin E. With a nutty and pleasant texture, quinoa is usually boiled to form a rice-like dish for salads, pilafs and meal side dishes. It can be added to stews and soups to add bulk.

## Buckwheat

Another starchy seed, buckwheat is not a grain or any relation to wheat. It contains high amounts of a bioflavonoid called rutin that strengthens our blood vessels and protects our eyes. Buckwheat is a versatile food that can be eaten raw, toasted in cereals or boiled as rice-like side dish. It has a strong nutty flavor especially when roasted.

## Sago

Extracted from a spongy tropical palm or a starchy root called cassava it is pure carbohydrate. Offering very little other nutrients it needs to be accompanied with other nutrient dense foods. However, it is very versatile, able to make desserts, used as a flour to thicken soups, produce baked goods and pancakes.

## Rice

A grain that comes in many different varieties such as fragrant jasmine, sticky, red, brown, purple, black and fluffy basmati. Served mainly as an accompaniment, rice can be used to make puddings, noodles, risotto, pancakes, bread and rice cakes. Rice is a very useful addition to a gluten free pantry.

## Millet

A small round grain, which many people recognise as birdseed. However, it is a staple in many parts of the world such as Africa. Millet has a very mild flavor that needs to be matched with strong flavored foods to avoid being bland. Use in dishes like pilafs and use the flour to make breads. Avoid over consuming this grain as it has goitrogenic activity (interferes with thyroid function).



## **Corn**

A familiar grain, staple of many cultures around the world. Corn comes in a few varieties purple, white, blue, hard (to make popcorn) or plain sweet corn. It can be used as a fresh vegetable or ground into flours to make a variety of foods such as polenta, tortillas, pasta, muffins and crumbing mixtures. Dried corn can be also added to soups and is a part of many Central American and South American dishes.

## **Almonds**

A nut, that when blanched and ground into a coarse or fine flour is a very versatile ingredient. Almonds are high in protein, fiber, vitamin E and healthy fats that provide a good source of non-dairy calcium. Use the flour to add moisture and texture to crumbed meats, cakes, pancakes, breads and biscuits. They are very useful to increase protein in sweet snacks.

## **Chestnuts**

A very unique nut, in total contradiction to other nuts it is low in protein and fats and high in starches. Chestnuts provide starches that are digested by good bacteria in the gut and function as a prebiotic. Use as a flour to add texture, sweetness and nuttiness to recipes. Chestnut flour also provides moistness to recipes such as cakes and slices.

## **Chickpeas**

Part of the legume family, chickpeas are a protein and fiber-rich addition to the diet. Soak and boil to add to soups and curries or puree to make hummus. It can be ground to a flour to make savory pancakes or added to soups to thicken them. Make sure to cook correctly to make digestible. Chickpeas, as with other legumes, contain carbohydrates that cause digestive distress.

## **Potato**

A starchy tuber, potatoes are a staple in most Western people's diets. Containing mainly carbohydrates this tuber also contains many minerals required for good health. Once boiled they can be made into mash, added to soups, fried into cakes and used to thicken sauces. The flour is also versatile and can be used to thicken sauces or, added to other flours to give a lighter texture.





# Gluten containing grains

## Wheat

Cornflour, bran, burghul, durum, flour, semolina, spelt, triticale, wheat germ, kamut

## Rye

Malt rye, rye flour

## Barley

Barley Flour  
Couscous

## Malt

Malt Extract

## Oats

Oat meal, Oat Bran, Rolled oats

## Products made from gluten containing grains

When the grain is processed we are left with the following forms, which still contain protein, therefore gluten and are not safe for those on a gluten free diet;

Flour	Maltodextrin
Starch	Dextrin
Thickener	Flavour
Modified starch	Malt
Vegetable protein	Malt extract

These products can also be made from many other crops; for example potatoes, rice or corn. In Australia if an allergen is present it must be clearly stated on the label next to the ingredient which contains it. If a product contains starch produced from a gluten containing grain, it would have to state it in brackets after the ingredient. If one of the above ingredients is listed on a label but no source grain is mentioned it must be made from something other than a gluten containing grain.





Allowed Food	Avoid unless labelled Gluten Free	Avoid Food
<b>Beans, seeds, nuts in their natural, unprocessed form</b>	Beer	Barley (malt, malt flavouring and malt vinegar)
<b>Fresh eggs</b>	Breads, bread crumbs	Rye
<b>Fresh meats, fish and poultry</b>	Cakes, pies, cookies, crackers	Triticale (a cross between wheat and rye)
<b>Fruits and vegetables</b>	Candies	Wheat, bulgur
<b>Most dairy products</b>	Cereals	Seitan
<b>Teff (tef)</b>	Salad dressings, sauces including soy sauce	Durum flour
<b>Amaranth</b>	Croutons	Farina flour
<b>Buckwheat</b>	French fries	Graham flour
<b>Corn (maize)</b>	Gravies	Kamut
<b>Millet</b>	Imitation meat or seafood	Semolina
<b>Quinoa</b>	Matzo	Spelt
<b>Rice</b>	Pastas	Couscous
<b>Sorghum</b>	Processed luncheon meats	



## Why Buy locally produced foods?

- Locally grown food tastes and looks better. The crops are picked at their peak, and farmstead products like cheeses and are hand-crafted for best flavour. Livestock products are processed in nearby facilities and typically the farmer has direct relationship with processors, overseeing quality - unlike animals processed in large industrial facilities.
- Local food is better for you. The shorter the time between the farm and your table, the less likely it is that nutrients will be lost from fresh food. Food imported from far away is older and has travelled on trucks or planes, and sat in warehouses before it gets to you.
- Local food preserves genetic diversity. In the modern agricultural system, plant varieties are chosen for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there is limited genetic diversity in large-scale production. Smaller local farms, in contrast, often grow many different varieties of crops to provide a long harvest season, an array of colours, and the best flavours. Livestock diversity is also higher where there are many small farms rather than few large farms.
- Local food is safe. There's a unique kind of assurance that comes from looking a farmer in the eye at farmers' market or driving by the fields where your food comes from. Local farmers aren't anonymous and they take their responsibility to the consumer seriously.
- Local food supports local families. The wholesale prices that farmers get for their products are low, often near the cost of production. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their food - which helps farm families stay on the land.
- Local food builds community. When you buy direct from a farmer, you're engaging in connection between eater and grower. Knowing farmers gives your insight into the seasons, the land, and your food.
- Local food benefits the environment and wildlife. Well-managed farms provide ecosystem services: they conserve fertile soil, and protect water sources. The farm environment is a patchwork of fields, meadows, woods, ponds and buildings that provide habitat for wildlife in our communities.

Local food is an investment in the future. By supporting local farmers today, you are helping to ensure that there will be farms in your community tomorrow.



## **Local Farmers' Markets**

### **The Farmers market on Manning**

Where: Clontarf Campus, Curtin University,

295 Manning Road, Waterford

When: Saturday, 7.30am – 12.30pm

### **Mount Claremont Farmers' market**

Where: Mt Claremont Primary School,

103 Alfred Road, Mt Claremont

When: Saturday, April – September 8am – 12pm, October – March 7.30am – 11.30am

### **Perth City Farmers market**

Where: 1 City Farm Place,

East Perth

When: Saturday, 8am – 12 noon. Café is also open Monday – Friday, 7am – 3pm.

### **Lynwood community Markets**

Where: Lynwood Senior High School,

cnr High and Metcalfe Roads, Parkwood

When: Every Sunday, 8am – 12 noon

### **Subiaco Farmers Market**

Where: Subiaco Primary School,

271 Bagot Road, Subiaco

When: Saturday, 8am – 12.30pmco Farmers Market

### **Leederville Farmers Market**

Where: 663 Newcastle Street,

Leederville (Opposite the Leederville Hotel)

When: Sunday, 8am - 12.30pmFarmers Market

### **South Fremantle**

On the lawns at the front of South Fremantle Senior High School,

Lefroy Rd

Beaconsfield.

When: Sunday 8am - 12 noon



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### **Western farmers market**

When: Sunday 8am – 12pmN

Where: Palmyra Primary School, 60 McKimmie Street, Palmyra

When: Sunday 8am – 12pm

### **Kalamunda Farmers Market**

Growers green farmers market

Where: Kalamunda Chamber of Commerce, Central Court, Kalamunda

When: Sunday, 8am - 12pm

### **Organic/ Gluten free suppliers**

#### **The Organic Collective**

(delivery service) [www.organiccollective.com.au/](http://www.organiccollective.com.au/)

Shop 1, Greenslade st (cnr Winterfold Rd), Hamilton Hill, Ph. 9430 5025

#### **Born Organic Company**

Canning Vale [www.bornorganic.com.au/](http://www.bornorganic.com.au/)

#### **Organic n green**

[www.organicngreen.com.au/](http://www.organicngreen.com.au/) (delivery company)

### **Local Whole food suppliers**

#### **Fancy Pantry**

[www.fancypantry.com.au](http://www.fancypantry.com.au)

88C Moreing Road, Attadale

“Quality produce, with a focus on West Australian products”

#### **Kakula Sisters**

31 Market St, Fremantle, Ph. 9430 4445

### **Stores at Fremantle and Northbridge**

#### **Manna Wholefoods & Cafe**

[www.mannawholefoods.com.au](http://www.mannawholefoods.com.au)

274 South Terrace, South Fremantle

Organic fruit and vegetables, cleaning and skincare products, large range of bulk wholefoods for pantry as well as vegan, macrobiotic and gluten free foods.

**Precious Organics** Unit 1, 500 Marmion St Booragoon, Ph. 9331 5590

#### **Peaches Food Market**

195 Hampton Rd, South Fremantle, Ph. 9335 7995



## Gluten free Products

Most shop bought Gluten free breads are revolting and half to be toasted to be edible, the top 3 best gluten free breads are

- Helgas gluten free bread- available from Coles and Woolworths
- The Pure Bread Co- gluten free, - available from Coles and Woolworths
- Bodhis- Gluten free bread- available from Coles and Woolworths

The problem with Gluten free foods bought from the Supermarket in the “specialist section/ health food section” is that many of these are refined products and certainly not “healthier” than standard refined products

Have a closer look at the ingredients on the packet and see if you can tell what they are derived from, they are often made with low grade sugars (corn starch) and plenty of salt.

Generally, gluten free products are higher in one or more of fat, sugar and salt to compensate for the texture and taste difference when gluten is removed

Unfortunately, many of the products contain soy, and as it is not labelled GMO free we can assume it is GMO. There are also a lot of additives, sugar, sodium and preservatives- anything containing dried fruit will contain sulphites

Processed gluten containing foods are fortified with some of the nutrients that are removed during the processing such as Kellogs Nutrigrain cereal, which has calcium carbonate, iron, Vitamin D, folate, B6, riboflavin, thiamin (check out the ingredients list). These have to be added back in and then the product appears to be healthy. Processed gluten free foods have no such requirement

Gluten free “specialist” foods are also very expensive, compare the gluten version and see the difference!





In gluten free products Xanthan gum is often used to replace gluten, as it gives dough that “sticky consistency”, and elasticity.

- Xanthan gum is made by fermenting corn sugar or soy ( in non gluten free products wheat is also used) This is the same bacteria which gives your bananas black spots. A slimy goo is produced which is dried up and then ground into a white powder
- Carrageenan is another product widely used in gluten free processed food, it is an undigestible polysaccharide extracted from red algae and is used as a thickener or stabilizer

Ideally a diagnosis of gluten intolerance should be a starting point to overhaul our diet and lifestyle. The “gluten free section of the supermarket should be the produce section, where the meat, vegetables and fruit are sold.





# Gluten Free Bread

## Ingredients

- 1tbs dry yeast
- 1tbs rapadura sugar
- 1 ½ cups water (body temp, which is 37 degrees Celsius)
- 2 tsp guar gum
- 1 tsp salt
- 3 eggs, beaten.
- 1 ½ tbs macadamia oil
- 1tsp apple cider vinegar
- 2 ½ cups gluten free flour\*

## \*Gluten Free Flour

- 1 ½ cups brown rice flour
- ½ cup potato flour
- ¼ cup tapioca flour
- ¼ cup 100% corn flour

1. Preheat oven to 190 degrees Celsius
2. Flour the bench
3. Combine yeast and sugar in a bowl. Add all of the water while stirring to dissolve the yeast and sugar. Let sit until it starts to bubble.
4. Combine flour, guar gum and salt into a separate mixing bowl.
5. In a third bowl, combine eggs, oil and vinegar and whisk till frothy .
6. Pour all liquid ingredients into the dry, mixing as you pour.
7. Scoop dough out of the bowl onto the well-floured bench and knead for 5min. Add more flour if dough is sticking to bench.
8. Place dough in a bread tin lined with macadamia oil. Let rise for 40-60min.
9. Place in the preheated oven for 50-60min.
10. To test if the bread is ready, insert a skewer. If the skewer comes out clean the bread is ready.





# Gluten Free Pasta Sheets

## Ingredients

- 85g tapioca flour
- 85g 100% corn flour
- 3tbs potato flour
- 3tbs guar gum
- ½ tsp sea salt
- 3 eggs
- 2tbs olive oil
- Gluten free flour for dusting

1. Sift flours into a large mixing bowl. In another small bowl, beat together the eggs and olive oil. Make a well in the centre of the sifted flour and pour the liquid mixture in.
2. Start to draw the mixture in with a clean wooden spoon, mixing until it starts to bind together to form dough. Add in a splash of water if the mix is too dry; be careful not to add too much.
3. Transfer the dough to a lightly floured surface and knead until it becomes uniform and smooth. Wrap tightly in glad wrap and rest for 10min in a cool place.
4. Unwrap the dough and divide into 4 even chunks. Take each one and roll out with a rolling pin until a nice even thickness, roughly ½ cm. Dust with flour and set aside under a damp cloth.
5. If you have a pasta maker pass these flat pieces of dough through the pasta roller to the desired thickness. If you don't, continue rolling out with a rolling pin to desired thickness (recommended ¼ cm.)

These pasta sheets can be used to make tagliatelle, fettuccine or left the same to make lasagne.



# Recipes

## Raw Nut & Chocolate Balls *also sugar & grain free*

Makes 12

### Ingredients

- 1 cup cashews
- 1 cup almonds
- ½ cup coconut (shredded or desiccated)
- 3 tbsp. raw cacao powder
- 3 tbsp. runny honey (rice syrup or maple syrup)
- 1/3 cup melted coconut oil (or cacao butter)
- 1 tps vanilla powder (or vanilla extract)
- pinch of sea salt.



### Method

1. Process nuts in a food processor until you have nut flour.
2. Add the rest of the ingredients blend together to form a dough.
3. Roll dough into balls. Finish by rolling balls in some coconut or chia seeds
4. They will keep in refrigerator for about 2 weeks or freeze them for up to 6 months.

## Raspberry and almond slice *also sugar free*

### Ingredients

- 1 ½ cups almond meal
- 120g soft butter
- 3 tbsp. honey
- 2 eggs
- 1 tsp baking powder (no aluminum and gluten free)
- 1 tsp lemon zest
- 1 cup frozen raspberries.
- ¼ cup sliced almonds



### Method

1. Line a baking tin (about 20cm x 20cm) with baking paper and preheat oven to 175 deg. Celsius.
2. Place butter and honey in a stand mixer. Cream the butter and honey until pale. Using the paddle attachment.
3. Add eggs one at time while mixer is on low.
4. Add almond flour and zest combine well.
5. Place in baking tin. Smooth out scatter berries and sliced almonds over the top. Place in moderate oven and bake for about 30 min or until golden and springs back to touch.
6. Let it cool before cutting.



## **Lamb Carrot and Date Tagine with Quinoa**

Serves 4

### **Ingredients**

2 tbsp. ghee or butter  
1 large onion, finely chopped  
2 garlic cloves, crushed  
1 small bunch coriander roots (save leaves for garnish)  
1 stick celery, diced  
1 tbsp. ras-el-hanout\*  
600 g diced lamb  
2 large carrots, large dice  
10 dates  
1 can chopped tomatoes  
500ml stock (lamb or beef)



### **Method**

1. Heat oven to 180 deg. Celsius. Heat the oil in a flameproof casserole dish.
2. Add the onion, celery and coriander roots cook for 5 min until softened.
3. Add the garlic and spice mix, cook for a couple of minutes, stirring.
4. Add lamb to pan and toss through to cover with spice mix. Add carrots and dates.
5. Add tomatoes and stock to pan, place lid on and put in oven to cook for about 1 ½ hours or until tender. To thicken sauce take lid off, place back in oven and reduce liquid. About ½ hour.

Can also use a slow cooker for this recipe.

\* Ras-el-hanout is a Moroccan spice mix. Can be found in gourmet delis.

### **Quinoa Side**

#### **Ingredients**

1 cup red or white quinoa  
1 ½ cups water or stock  
Pinch of sea salt

#### **Method**

1. Wash quinoa thoroughly. Place in saucepan with water or stock and add salt.
2. Bring to the boil, then place lid and turn down to low heat.
3. Cook until steam holes form and liquid has evaporated. Roughly 10min.
4. Take off heat and let it stand for 5-10min. Then fluff up with a fork.



## Chia Pudding

Service 3-4

### **Ingredients**

- ½ cup chia seeds, black or white
- 2 cups nut milk or coconut milk.
- 2 tbsp. rice syrup (or to taste.)
- 1½ tsps. Cinnamon
- 1 tsp. vanilla extract
- ½ cup berries

### **Method**

1. Place chia seeds in a bowl add milk whisk making sure no lumps.
2. Add the rest of the ingredients (can mix berries through or place on top with a dollop of yoghurt).



## Crepe Mix

Makes about 6

### **Ingredients**

- 4 tbsp. chickpea flour (besan)
- 2 tbsp. tapioca flour
- 1 egg
- ½ cup water

### **Method**

1. Add flours to a bowl stir to combine.
2. Add egg and water whisk together to form thin batter may need more water.
3. Heat the pan and wipe the pan with a little oil. Pour mix in and swirl pan to make a round shape. Cook for a few minutes on each side.
4. Can be used for savoury wraps, as well as topped with fruit compote and yoghurt.







## **Chicken Black Bean & Capsicum Chilli**

Serves 4

### **Ingredients**

A dash of olive oil  
1 finely chopped large onion  
2 garlic cloves crushed  
1 tbsp. coriander roots (save leaves for garnish)  
1 red capsicum diced  
1 stick celery  
1 zucchini diced  
1-2 tsp. of chilli powder (depending how hot) or  
fresh chilli  
1 tsp. sweet smoked paprika (or paprika)  
1 tsp. ground cumin  
500g chicken mince  
3 tbsp. tomato paste  
2 cups chicken stock  
400g tomatoes chopped or 1 tinned crushed tomatoes  
400g black beans or 1 tinned (drained & rinsed)  
1 tsp. dried oregano  
1 tbsp. apple cider vinegar  
1 tsp. honey  
Salt and Pepper to taste



### **Method**

1. Add oil onion and garlic cook over medium heat for about 5 min.
2. Add coriander roots, capsicum, celery and zucchini cook for 5 min stirring.
3. Add chicken mince cook until it has browned slightly.
4. Add spices stir through. Add tomato paste stir.
5. Add stock, tomato, oregano, honey and vinegar.
6. Bring to boil, then cover and simmer for 15-20 min.
7. Add beans and take lid off to reduce liquid to desired amount.
8. Needs to be a drier mix if using for wraps and nachos. Can leave more liquid to serve in a bowl with quinoa. Topped with yogurt coriander leaves and chilli.



## **Thai Style Sweet Potato Pork Meatball Soup**

Serves 4

### **Ingredients**

500g pork mince  
½ tbsp. sea salt  
1tsp. ground coriander  
½ tsp. ground black pepper  
1 tbsp. fish sauce  
1 tbsp. sesame oil  
2tbs tamari (gluten free soy sauce option)  
2 centimetre fresh ginger, grated  
¼ cup finely chopped coriander  
4 spring onions, finely chopped



### **Method**

1. In a large mixing bowl, combine ground pork, salt, coriander, pepper, fish sauce, sesame oil, tamari, coriander leaf, ginger and spring onion. Use your hands to combine the ingredients and roll out medium sized meatballs.
2. Heat up a heavy based saucepan over medium heat. Add a small amount of coconut oil or olive oil then add the meatballs in batches. Brown on all sides until cooked. If adding directly into soup, there is no need to cook all the way through as the soup will do the rest of the cooking.

### **Thai Soup**

#### **Ingredients**

3 cups coconut milk (Ayam brand)  
3 cups chicken stock  
3cm piece of ginger  
2 long chillies (or to taste)  
2 lemon grass stems  
6 kaffir lime leaves (Can use 1tsp grated lime rind)  
¼ cup lime juice  
¼ cup fish Sauce  
1tsp rapadura sugar  
300g sweet potato, large dice  
1 bunch bokchoy (or other greens)  
Coriander leaves to garnish



1. Place chicken stock, coconut milk, ginger, lemongrass, rapadura sugar, fish sauce, chili and kaffir lime leaves in a soup pot. Bring to the boil, then reduce the heat to medium and simmer for 5 minutes.
2. Add sweet potato and cook for 10 minutes (or just under tender).
3. Then add meatballs and cook until heated through or cooked through if undercooked previously.
4. Lastly add the bokchoy and heat through until just tender.
5. Taste the soup and decide how much of the limejuice is needed to add enough tart and fresh flavor.
6. Divide out into bowls and garnish with a wedge of lime and coriander leaves.

## **Gluten Free Crackers**

### **Ingredients**

1 egg  
30g coconut oil  
40g macadamia or Brazil nuts  
60g sunflower seeds  
80g pumpkin seeds  
2 cloves garlic  
½ teaspoon sea salt  
½ teaspoon fennel seeds  
3 stalks of fresh thymes (use leaves)



*\*the garlic, fennel and thyme are optional, so if you are FODMAP sensitive, you can leave out the garlic*

### **Method**

Get out your food processor, thermomix or even a blender. Preheat the oven to 180°C. Place the peeled garlic cloves, fennel seeds and salt in then whiz/blend and pulse until fine. Add the seeds and nuts and do the same. You don't want chunky bits of seeds, slightly grainier than a 'meal' consistency is perfect. Place the coconut oil and egg in and combine well, scraping down the sides. Your dough is done.

Now place it in a heap on baking paper and cover with another sheet of baking paper. Roll it out to a thin cracker thickness. Place the parchment on a baking tray and mark out the squares you want to make, you could also use cookie cutters for more fun shapes. Place in the oven for 20min approx., until crackers are golden.

**\*\*Coconut oil – doesn't matter if it's solid or liquid before mixing\*\***

**\*\*You can even use this recipe as a mini pizza base, roll out a little thicker, 0.5cm – 0.75cm, and par bake for 10minutes, then add toppings and bake another 10 minutes\*\***





# Recipes for Kids

## Peanut free satay sauce

### Ingredients

- 1 tsp rice seed oil
- 1/2 tsp crushed garlic
- 1 tablespoon soy sauce, or tahini for gluten free
- 2 tablespoons cashew paste
- 1/2 tsp sweet chili sauce (gluten free available)
- 1 tbsp. honey
- 1/2 cup water

Heat oil in a small saucepan over medium-low. Add garlic and sauté for one minute.

Combine all other ingredients in a small bowl and mix well. Pour into the saucepan, bring to a gentle simmer and stir.

Once you have a lovely sauce consistency, remove from heat and serve. Add more water if required.

## Gluten free pumpkin muffins

*Makes: 8 muffins*

### Ingredients

- 1 cup brown rice flour
- 1 cup white rice flour
- 1 ½ – 2 tablespoons gluten free baking powder
- ½ tsp baking soda
- 1 tsp xanthan gum
- ½ tsp fine sea salt
- ¼ tsp nutmeg
- ¼ tsp cinnamon
- ½ cup agave nectar
- 1 cup sultanas
- 1 organic egg
- ¼ cup cold pressed canola oil
- ½ cup to a cup of plain mashed pumpkin
- ½ cup organic almond milk or soy milk

1. Sift flours, baking powder, baking soda, xanthan, salt and spices in a bowl and stir together mixing evenly.
2. Break an egg into the mixer and gradually add in the oil, milk, and then the pumpkin, until mixed through.
3. Add in the dry ingredients and mix until a thick batter forms.
4. Fold in the raisins and spoon into well-greased muffin cups.
5. Bake in a moderate oven – about 170C for approximately 20 minutes.

### Tip

These muffins will keep in the fridge for a few days, or freeze really well in an airtight sealed bags.



## **Salmon and red lentil patties**

### **Ingredients**

1 Wild Alaskan Salmon fillet, or 1 can salmon, well drained  
1 tablespoon extra-virgin olive oil  
½ cup cooked lentils, drained well  
1 egg, slightly beaten  
1/2 finely diced onion  
½ cup rice crumbs  
Grind of black pepper  
1/2 teaspoon dried thyme  
Sea salt to taste  
1 tablespoon rice bran oil

### **Method**

If using salmon fillet, lightly fry or grill with olive oil on both sides.

Place salmon in a medium mixing bowl and flake using a fork. Add egg, lentils, onion, rice crumbs and spices to salmon, mash either by hand or use a potato masher. Shape salmon into 4 patties. Or, use a large circular cookie cutter, pack and press salmon mixture to form patties.

Add rice bran oil to a large skillet, turn to medium heat and cook patties on each side for about 5 minutes or until cooked through and lightly browned.

## **Lamb oat and vegetable stew**

(WILL ONLY BE WHEAT FREE IF THE TAMARI USED IS WHEAT FREE)

A great source of zinc, lamb makes a deeply nourishing stew for the cooler weather. Lamb neck is a highly under-rated cut as far as I'm concerned, giving you tender meat and a mineral-rich, gelatin broth. It's also a great way to include marrow, which is rich in vitamin A and minerals - especially iron. I prefer to use an older sheep, hogget or mutton, which makes for a more deeply flavoured stew.

You can include all sorts of root vegetables here - celeriac and swede are both excellent. If using turnip, go easy as it can easily overpower.

### **Ingredients**

1 tablespoon oats  
1 teaspoon whey or lemon juice  
2 teaspoons olive oil  
500 gm lamb neck or 4 - 5 neck chops  
1 medium leek, greens cut off and kept for stock then sliced and well washed  
pinch sea salt and freshly ground black pepper  
2 -3 stems fresh thyme  
1 teaspoon finely chopped fresh rosemary leaves  
1 bay leaf  
1 medium carrot / 150 gm, peeled and cut into thick slices  
1 parsnip / 100 gm peeled, and cut into thick slices, any woody core removed  
2 stalks celery finely sliced



2 tablespoons white wine  
1 tablespoon mirin  
1 - 2 teaspoons tamari  
2 cups stock - any if fine  
1 tablespoon finely chopped parsley

## **Lamb oat and vegetable stew cont'd**

### **Method**

Add grain to a small bowl with the whey, and cover with 1/2(half) cup water. Stir through and leave to sit overnight, or 6 hours. This is best done at room temperature. When ready to use, drain and rinse through.

PRE HEAT OVEN TO 165C

Add the olive oil to a medium size stewpot, I use a 24cm enamel coated, cast iron. Heat the oil and add the neck or chops and brown on either side.

Remove and set aside, and add the leek, pinch salt and pepper, thyme leaves, rosemary, bay leaf, carrot, parsnip and celery and cook over a gentle heat for 5 mins. Add the wine, mirin and tamari, letting it sizzle and reduce. Add the neck or chops, oat and stock. Cover and cook in the oven for 2 hours, or until the meat is tender to the fork and falling off the bone. Remove from oven, take off lid and taste. Depending on the lamb and stock, you may need to counterbalance or add sweetness. If it is too sweet, add the remaining teaspoon of tamari, if it is too flat add a touch more mirin.

Remove the meat from the bone, making sure also to remove the marrow. Return both to the stew, reduce over a high heat if it's too thin, sprinkle with parsley and serve.

## **Banana Pancakes**

### **Ingredients**

1 ¼ cups (175g) gluten free self-rising flour  
¼ cup (50g) brown rice flour  
2 tbsp caster sugar  
1 cup milk (250ml)  
3 eggs  
40g butter, melted  
2 large bananas (460g), sliced thickly  
¼ cup (55g) brown sugar

1. Sift flours and sugar into medium bowl. Whisk milk, eggs and half the butter in med jug. Gradually whisk milk mixture into flour mixture until smooth
2. Heat frying pan over med heat: brush with a little butter. Pour 2 tbsp. batter for each pancake into heated pan. Cook until bubbles appear on the surface. Top pancakes with banana and a little brown sugar. Turn and cook until caramelized- Repeat wiping out pan between batches.



## **Corn fritters**

### **Ingredients**

500 g raw sweet corn kernels – about 3 ears of corn  
1 red capsicum, finely chopped  
1 bunch coriander, chopped  
4 spring onions, finely sliced  
Pinch of sea salt and freshly ground pepper  
4 organic eggs  
2 generous tablespoons coconut flour (see notes for alternatives)

1. Combine half of the sweet corn kernels into a food processor or high performance blender like a Vitamix with the eggs, salt and pepper.
2. Process for 1 minute or until the corn has broken up and forms a batter with the eggs.
3. Spoon sweetcorn puree into a bowl.
4. Fold in the rest of the corn kernels, coriander, capsicum, spring onion and coconut flour to form a batter. Adjust to your consistency and taste.
5. Heat 2 tablespoons olive oil, ghee or coconut oil in a frying pan over a gentle heat.
6. Drop 2 tablespoons of mixture per fritter into the pan and cook in small batches for 4 minutes each side or until firm and golden.  
Don't rush  
Be Gentle and patient for them to cook through properly.

Serve with leafy greens, smashed avocado and tomato salsa.

Makes 8 fritters.

### **NOTES:**

Brown rice flour, millet flour, almond flour or pea protein can be used in place of coconut flour and it also pumps up the protein. Use 2 – 4 tablespoons and adjust consistency where necessary.

## **Falafel**

### **Ingredients**

4 cups stemmed and torn collard greens (one bunch), or Swiss chard (great way to increase "greens intake) optional  
1 can chickpeas, rinsed and drained  
3 medium to large cloves garlic, chopped  
1.5 Tbsp tahini (unhulled if possible)  
1.5 Tbsp fresh lemon juice  
1/4 tsp cumin  
sea salt and black pepper  
3-4 Tbsp oat flour (ground from gluten free oats)  
~ 4 Tbsp grape seed or olive oil for cooking



## **Falafel cont'd**

### **Method**

1. Add collard greens, chickpeas, garlic, tahini, lemon juice, cumin, and a healthy pinch each salt and pepper to a food processor and mix to combine
2. Once well incorporated, transfer to a mixing bowl and stir in oat flour 1 Tbsp at a time until the mixture is thick enough to handle - about 3-4 Tbsp.
3. Taste and adjust seasonings as needed. Add more salt, pepper and lemon juice, and a touch more tahini if needed
4. Heat a large skillet over medium to medium-high heat and add 2 Tbsp oil at a time. Swirl to coat pan.
5. Add 4 falafel (or however many will fit very comfortably) to the pan at a time.
6. Check at the 1-2-minute mark to ensure they're not browning too quickly. If they are, slightly reduce heat. Flip once deep golden brown - about 3-4 minutes.
7. Cook until the underside is golden brown as well.
8. Serve immediately with hummus and paprika, or inside a pita with garlic sauce or hummus.
9. Will store in the fridge, layered with parchment paper in an airtight container, for several days. Freeze to keep longer.



Make living  
without gluten  
**EASY!**

**NATMED**  
NATURAL MEDICINE CLINIC

## Kids Lunch Box Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning tea</b>	1 mandarin + mini babybell cheese	Gluten free pumpkin muffin	150g pot-set yoghurt with a handful of blueberries.	Apricot, fig, sunflower seed and tahini 'bliss balls'	Apricot, fig, sunflower seed and tahini 'bliss balls'	Frozen berry smoothie	Corn on the cob and a boiled egg
<b>lunch</b>	Gluten free pita bread with banana and tahini	Free range chicken drumstick with celery and carrot sticks	Salmon and sweet potato patties with ice berg lettuce and baby carrots	Fried brown rice with peas, corn, parsley and currants,	Free range beef rissoles with homemade tom sauce and ice berg lettuce to wrap	Brown rice tuna sushi rolls with avocado carrot, and cucumber	Felafels with hummus and tabouleh
<b>After school snack</b>	200g Jalna Yoghurt, with chia seeds and passionfruit	Half avocado, or home baked potato chip	Rice/ corn thins with tahini and honey	Banana and almond milk smoothie	Homemade popcorn with coconut oil	'Trail' mix - apricots, figs, cashews and pumpkin seeds.	Cucumber, cherry tomatoes, wholemeal cracker and dip/ Hummus



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NATURAL MEDICINE CLINIC

## Toddlers Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Brown rice or Quinoa flakes Porridge w bananas, apricots	Pumpkin b/fast muffins with cashew nut butter	Hardboiled egg with gluten free soldiers	Banana and blue berry nut smoothie	Jalna yoghurt, poached pears and chia seed mix	Zucchini and cheese omelette	Banana pancakes and stewed apples
<b>LUNCH</b>	Free range chicken drum stick and celery sticks	Homemade gluten free pizza, salmon and grilled vegetables	Tuna and avocado, grated carrot on corn fritters,	Sweet Zucchini gluten free bread fingers, avocado and white bean puree	Salmon and red lentil patties with a small avocado and grated carrot salad  recipe	Homemade baked beans with scrambled egg.	Felafel with hummus and tabouleh
<b>Dinner</b>	Quinoa or brown rice and veg stir fry with lamb green beans and coconut oil	Free range chicken and corn soup with gluten free pasta	Beef and veg Bolognese with zucchini pasta	Carrot, pumpkin and coconut soup with cooked quinoa or gluten free toast	Lamb, oat and veg stew	Rice flour dusted fish fingers ( salmon, flathead, mullet, etc) with cauliflower mash and peas	Kangaroo sausages with blanched broccolini and mashed sweet potato with minced garlic
<b>snack</b>	Chia pudding made with cashew or almond milk	Gluten free toast fingers with avocado or a cashew nut butter	Jalna yoghurt  With blueberries or banana	A hardboiled egg	Apricot, fig and coconut oil, tahini bliss balls	Mango and coconut homemade ice block	Slightly cooked veg sticks with avocado mash or hummus





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## My Notes