

deliciously GLUTEN FREE

AHARA HEALTH



Gluten Free – something you can find on almost every menu and sandwich board on the Northern Beaches. A combination of two words that can bring confusion, a stereotype and delicious wholefoods all in one go.

While it can be scary adopting a new health routine, the goal is always the same - to enjoy delicious seasonal wholefoods and vibrant fresh produce, do something that makes you happy and find what works for you.

What is Gluten?

Gluten is the general name of a protein found in grain products. It is comprised of two main proteins; Gliadin and Glutenin. Gluten provides elasticity, and helps keeps everything together – interestingly in Latin gluten means ‘glue’ which links back to its traditional uses for baking bread and other dough products. When you look at wet dough you get a real sense of this literal meaning.

The traditional uses, growing practices, and farming methods have changed over the centuries, and this is one thought as to why peoples tolerance towards gluten has changed. Another theory based on the level of daily consumption – today it is not uncommon for wheat to be the main ingredients in each meal.

Where can you find Gluten?

Gluten is found in grains however it can also be extracted and added to prepackaged foods sauces, condiments, and candy – it's important to read labels if you are completely avoiding gluten.

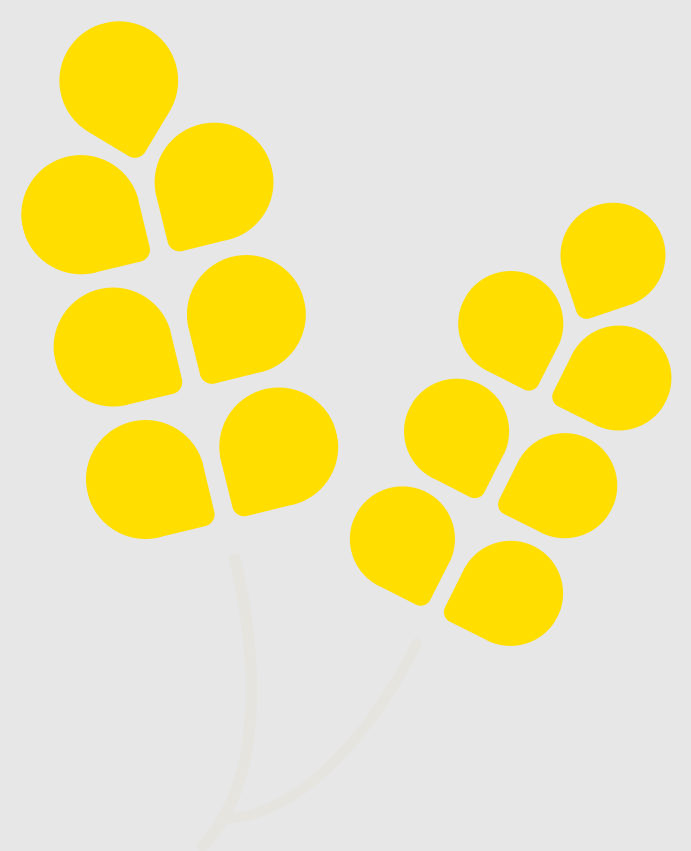
Some unexpected sources of gluten can be in medications and supplements so if you are Coeliac best to check with your practitioner prior to consuming.

Gluten Containing Grains Include:

Wheat, Barley, Spelt, Rye, Kamut, Bulgur, Cous Cous, Triticale, Semolina, farro, malt,

Gluten Free Grains/seeds include:

Buckwheat, Quinoa, Millet, Teff, Rice (all types), Coconut, Corn (always go organic), Chia seeds,



Why can some people digest gluten and for others it causes digestive turmoil?

When gluten is consumed, it has an inflammatory (and acidic) response in the body. As it travels through our digestive system it can cause inflammation of our villi, which can affect the way we process and assimilate nutrients and breakdown food.

Gluten allergy (Ceoliac's Disease): This is not your average skipping-bread situation. Ceoliac's is a serious condition and that should be considered as so. It is an immune reaction that happens to the body when gluten is consumed. The body goes into hyper-drive and starts to attack the villi in the digestive tract. The long-term effects of this condition can be poor nutrient assimilation, long-term malnutrition, further gastrointestinal conditions and secondary chronic illnesses.

People with Ceoliac's Disease can react with the tiniest amount of gluten – the crumbs on a knife that spreads butter from wheat bread to gluten free bread can be enough of a trigger. This is one of the reasons for the #nocrumbsplease movement – and we think that is fantastic! You can find more about Ceoliac Disease <https://www.coeliac.org.au/coeliac-disease/>

Gluten intolerance: also known as Non-Celiacs-Gluten-Sensitivity is when someone has tested negative to having Ceoliac's disease and do not have the same immune response however still experience negative effects after consuming gluten.

This can include constipation, diarrhoea, digestive bloating and discomfort, flatulence, acne, hormone imbalances, thyroid conditions, skin conditions such as eczema and acne, sleepiness, mood swings, unexplained infertility and brain fog. Some people can note the ill-effects immediately after consuming gluten whereas some people may notice it a day later or even for women this can be shown in changes to their monthly cycle.



Avoiding gluten prior to testing Ceolic's disease may give you a false negative result.

Other ways gluten can affect the delicate body balance:

We already know that gluten can have a direct effect on the digestive system, however, research is also starting to look at other ways gluten may be affecting our health – in a not so direct pathway.

Currently, there is research suggesting that gluten may negatively affect a women's hormones and our natural menstruation cycle. There are is also research linking the inflammatory role of gluten and its exacerbation of autoimmune conditions such as Rheumatoid Arthritis as well as altering the ability and functions of the Thyroid - This is where a whole-body concept is wonderful! Looking at the body and all its systems and how they interact with each other synergistically – and why I adore being a Naturopath!

Choosing the Gluten Free Option:

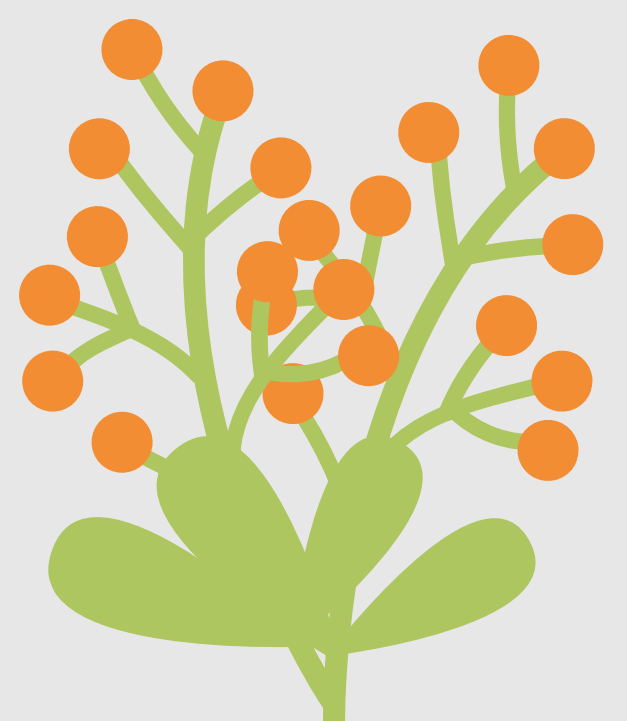
As you stroll through the 'health food' section of the supermarket, or peruse the menu out with friends, you are able to find endless gluten free options – which is wonderful but also has its limitations. To be frank, gluten and wheat products have a delicious taste, when companies try to replicate a gluten-free option they also try to replicate the taste and texture which sadly means that the gluten free option often have higher levels of sugar, chemicals and additives. The trick here is simple - FRESH IS BEST.

Choose options that are free from a packet and don't require an ingredient list. Of course, this isn't always possible so with a quick flip of a packet you can read the ingredient list and choose the best option in that moment.

Be mindful that gluten-free cookies are indeed still cookies. The gluten-free ice cream is still ice cream (and a great marketing trick as you naturally shouldn't find gluten or wheat in gelato).

Delicious wholefood ingredients, fresh vegetables, and fruit, legumes and seeds are all naturally gluten free and can be enjoyed in the plenty.

Ingredient lists on the back of products are in quantity order. The first listed is always the main ingredient.



DELICIOUS GLUTEN FREE RECIPES

BUCKWHEAT PANCAKES + BBQ BANANA

Pancakes bring the child out in all of us! The earthy flavour of the buckwheat pairs with the sweet delicious caramelisation of banana – pure foodie heaven!

This recipe is Gluten free, Grain free, Wheat free, Dairy free, Vegetarian, Paleo and Refined sugar free!

INGREDIENTS

- 1 whole ripe banana, halved and grilled on a BBQ
- 1 cup of organic buckwheat flour
- 1 cup of nut milk (or choice of milk)
- 1 tsp baking power
- 2 eggs, separated
- 1/2 tsp organic cinnamon
- 1 tbsp honey or maple syrup

METHOD

1. Place all the dry ingredients into a bowl.
2. Add the egg yolk, milk and coconut nectar to a small bowl and mix well. Add this mixture to the dry and stir well.
3. Whisk the egg whites until soft peaks form and gently fold the egg whites into the mixture.
4. Heat a small pan, add coconut oil and cook pancakes in even batches – I used a 1/4 measuring cup for each pancake.
5. Top pancake with banana and sprinkle with fresh nuts.



KALE DETOX SALAD + CRISPY SALMON

Kale is one of those stunning green superfoods that has had a massive amount of good press at the moment and brussels sprouts are simply an oldie but goodie – both are a nutritional powerhouse! Kale is rich in phytonutrients to enhance liver detoxification, rich in Vitamin C for adrenal and immune support as well as a delicious source of minerals!

This recipe is Gluten free, Dairy free, Grain free, Paleo, Vegetarian and your livers best friend!

INGREDIENTS

DETOX SALAD

1 bunch of Tuscan kale
300g Brussels sprouts
4 fresh shallots, thinly sliced
1 tablespoon olive oil
1 lemon
chili flakes (optional but delicious)

HONEY SPICED ALMONDS

100g organic almonds
1 tablespoon honey
1/4 – 1/2 teaspoon chili powder

one piece of sustainably caught salmon



METHOD

1. With a sharp knife or mandolin slicer, thinly slice the tuscan kale and brussels spouts.
2. Add them to a medium-sized salad bowl + the juice from one lemon and olive oil. Using your hands gently massage the salad until softened.
3. Add shallots and mix again.
4. In a small pan, add almonds and lightly dry roast. Once golden add honey and chili and stir to evenly coat in the sweet sauce. once cooked set aside to cool.
5. Heat a cast iron pan (or BBQ) and cook the salmon until cooked through.
6. Serve salad and top with salmon and spiced honey almonds

CHOCOLATE DIPPED HAZELNUT COOKIES

My Chocolate dipped hazelnut cookies are so easy to make! With only a handful of ingredients, you could be enjoying them within 30 minutes! Hazelnut meal (like almond meal) is packed full of protein so this recipe is a delicious afternoon pick me up too!

This recipe is Gluten free, Dairy free, Egg free, Vegan, High protein, High fibre, Wholefood, Paleo

INGREDIENTS

COOKIES

- 2 cups of hazelnut meal
- 1/2 cup desiccated coconut
- 2 tablespoon chia seeds
- 1/2 cup chopped nuts (hazelnuts, cashews, pecans or almonds)
- 2 tablespoons of maple syrup
- 4 tablespoons melted coconut oil
- 1/2 teaspoon cinnamon powder
- Punch of salt

CHOCOLATE COATING

- 2 tablespoons cacao powder
- 2 tablespoons melted coconut oil
- 1 tablespoon honey

METHOD

1. Preheat the oven to 170 degrees.
2. In a mixing bowl combine the hazelnut meal, chia seeds, nuts, cinnamon, and salt. Mix well with a wooden spoon.
3. Add the wet ingredients and mix well. The mixture should look quite dry but when squeezed should stick together. If too dry add a little extra honey or a splash of water.
4. Using a large spoon, scoop out the mixture into cookies and place on a lined baking tray.
5. Place into the oven and bake for 30 mins until golden. Set aside and allow to cool completely. The cookies will appear uncooked and crumbly but as they cool they will firm up.
6. While waiting for cookies to cool mix together the chocolate coating. Once cooled, dip cookies into the chocolate and place into the fridge to harden.



To find out more about gluten free living, delicious recipes and health information head to
www.aharahealth.com.au

About AHARA HEALTH

AHARA HEALTH is a complementary medicine and natural health clinic in Newport on Sydney's Northern Beaches. The word ahara originates from the Ayurvedic practice of 'using food to nourish ones body and mind'. It is with these principles that AHARA HEALTH was established.



About Alyce Cimino | BHs Naturopathy

Alyce is a degree qualified Naturopath with a passion for wholefood nutrition, encouraging families and individuals to enjoy delicious seasonal produce and enjoy life.

Alyce is the owner and practicing Naturopath at AHARA HEALTH.

AHARA HEALTH

9/355 Barrenjoey Road Newport 2106

www.aharahealth.com.au

@ahara_health (instagram)

facebook.com/aharahealth

