

# Wheat

## Planning Your Diet



# Eating and Cooking without Wheat

If your results have shown an **ELEVATED** reaction to wheat, it is recommended that you avoid or reduce your consumption of wheat and wheat products.

Wheat is an important source of fibre, vitamins and minerals, particularly vitamin B complex, chromium and zinc. If you avoid wheat, it is important that these nutrients are obtained from alternative sources.





### **Foods to avoid**

Wheat is found in many foods such as:

- Breads, rolls, chapattis, naan breads, crumpets, scones, pancakes, wafers, cakes, biscuits
- Breakfast cereals
- Pizza, pasta, pastries and Yorkshire puddings
- Ice-cream, powdered drinks, malted drinks, chocolate bars, liquorices and puddings
- Beer, stout, lager and most spirits
- Wheat is also found in many convenience foods such as soups, sauces, spices, malted drinks, processed meats and ready-made meals, including burgers, oven chips, salami, sausages, scotch eggs, meat or fish coated in bread crumbs, corned beef, pates and spreads, pizzas, crisps, commercial sauces, salad dressings, ham, gravy, stock cubes, herbs, spices, baking powder, tinned foods including beans, spaghetti and soup



### **What to look for (and avoid) on food ingredient labels:**

Wheat may be hidden in many foods and so it is important to always read the ingredient labels carefully before purchase.

From November 2005, manufactured pre-packaged foods sold within the European Union have been required by law to list wheat in the ingredients panel if it is present in the product however tiny the amount. Read labels with every new packet as products are reformulated all the time and ingredients change. Products sold loose where ingredients are unknown and where cross contamination is an issue should be avoided; these include bakery, butchers products and delicatessen items.



Foods sold outside the EU are not bound by these laws so you will need to check labels and avoid the following:-

- **Binder, brown flour**
- **Breadcrumbs**
- **Bulgar wheat, triticale, kamut, spelt, cracked wheat, kibbled wheat**
- **Couscous, wheat bran, durum wheat, semolina**
- **Gum base**
- **Hydrolysed wheat protein, wheat gluten**
- **Rusk, wheat starch, modified starch, food starch, wheat flakes, edible starch**
- **Whole wheat, puffed wheat**
- **Wheat germ flour or unbleached flour**
- **Wheat germ oil, wheat germ extract**
- **Wholegrain, wholemeal flour**

A number of people with a wheat intolerance may also react to spelt, rye and barley as their proteins are very similar to those of wheat, and these should also be avoided.



# Alternative foods to eat and useful tips for wheat-free baking

Although wheat is a significant source of nutrients, there are alternative food products that provide equivalent vitamins and minerals. Whilst it may be challenging, you can use these alternatives to ensure an enjoyable, varied and healthy diet:

- **Breads** – wheat-free bread is now widely available and generally made from rice flour, rye flour or blended from potatoes and corn. These types of bread contain the essential B vitamins, iron and folic acid that are found in wheat bread. Choose from 100% rye bread, pumpnickel or soda bread. Examples of fresh breads available in supermarket include *Biona, the Village Bakery, Genius*. Crackers or crispbreads such as *Ryvita*, oatcakes, corn cakes and rice cakes can be used in place of bread for meals and snacks.
- **Pasta** – choose pasta made from rice, quinoa, corn or buckwheat, which all also contain B vitamins. Noodles are also available in buckwheat or rice too.
- **Biscuits** – a wide range of biscuits are available that are made from maize or oats and can be either sweet or savoury.
- **Breakfast cereals** – there are a wide selection of cereals available that do not contain wheat, such as wheat-free muesli, porridge oats, millet puffs, brown rice puffs, puffed buckwheat, *Oatibix* and quinoa flakes. These all provide a good source of B vitamins and iron
- **Batter and breadcrumbs** – are made from wheat flour. Use a wheat-free bread or corn flakes to make bread crumbs instead.
- **Sausages** – usually contain wheat rusk but rice rusk is used in some wheat-free alternatives that are available in some supermarkets, butchers shops and meat producers at farmers markets.
- **Japanese, Chinese and Thai dishes** – containing soy sauce will contain wheat as soy sauce is produced using wheat. At home, try Japanese Tamari soy sauce which is made without wheat.
- **Gravy** – if you like to make gravy with meat juices you can continue to use vegetable stock or wheat free stock tablets such as *Kallo or Knorr* and thicken with corn flour. If a brown gravy is preferred add gravy browning. *Allergycare* do wheat/gluten-free instant gravy powder too.
- **Sauces** – to make a white sauce use corn flour or another wheat free flour (see next section **Alternative flours for baking**) to thicken the sauce. To prevent lumps forming mix the corn flour first with a little cold milk. Heat the remaining milk in a pan. Then add a small amount of the hotmilk to the cold mix and stir. Stir whilst adding this mix to the remaining hot milk in the pan and cook through. Then add the flavouring e.g. grated cheese, parsley.
- **Baking** – there are many alternative flours available for baking. See **Flour Types** for specific details. Bicarbonate of soda, cream of tartar, tapioca, gelatine or vegegel based desserts, pure spices, cornflour, rice and arrowroot can all be used for baking.

Refer to **Food Directory – Grains/wheat, Wheat-free meal ideas** and **Websites for free-from foods** for further help and ideas



## Wheat-free manufactured products

A wide variety of wheat-free speciality products such as flour, bread, biscuits, cakes and gravy mixes are now available at supermarkets, chemists and the internet. Some cafés or restaurants sell home baked gluten-free cakes; check that they are also wheat-free.

**Please note that products marked gluten-free may not be wheat-free as some are made from wheat starch – these are not suitable for wheat-free diets.**

**REMEMBER - always check the label!**

## Wheat-free baking

There are many foods that can be used as a substitute to wheat that will provide variety to your meals and essential nutrients.

Ingredients that can be used in many recipes instead of wheat are:

- Amaranth
- Potato flour
- Barley - flakes or flour
- Quinoa
- Buckwheat - flakes or flour
- Rice grains - flakes or flour
- Corn, cornflour, maize, polenta
- Rye
- Ground nuts e.g. almonds
- Sago
- Lentil, pea, bean, gram flours
- Soya - flakes or flour
- Millet grains - flakes or flour
- Tapioca
- Oats



Wheat-free flours have different baking properties to wheat flour but with practice can make tasty biscuits, cakes and pastries. See table overleaf for flours that can be used as an alternative to wheat.

### Useful baking tips when using alternative flours

- Use a wheat-free baking powder such as *Supercook* Gluten-Free Baking Powder (*white lid*) or *Allergycare* Gluten-Free Baking Powder.
- When self-raising flour is required for a recipe, mix 1 teaspoon of baking powder with 200g (8oz) wheat-free flour.
- Add extra liquid to compensate for the greater absorbency of the gluten-free flour.
- Xanthan gum is a useful gluten substitute that can be added to improve the texture, help to bind the mixture and prevent crumbling. It can be bought in health food shops, supermarkets or online.
- Bake at slightly lower temperature than the original recipe (5-10% lower).
- Add extra flavouring to compensate for the blandness of wheat-free flour (eg lemon, almond, chocolate, cinnamon, ginger).
- If making bread, don't expect to be able to turn out a light, fluffy loaf. Flat breads and rolls are more achievable. Only consider making a loaf if you are able to put egg in it.
- If making pastry, it will be very fragile. Roll it out much thicker than normal and do not be surprised if it breaks when you lift it off the worktop. Try rolling it between two pieces of cling-film or on a sheet of baking silicone to make it easier to move. Patchwork pastry won't matter if it is in the bottom of a flan tin.
- Try looking in cook books for foreign recipes that do not use wheat flour.
- Appearance and consistency of raw mixture will be different from the normal versions.
- Some cooked products (eg muffins) might appear to be under-cooked – you will need to test with a skewer.
- Shelf-life will be greatly reduced. Plan to make sufficient for 2 days then bake a fresh batch once eaten.



## Alternative flours for baking

Wheat flour contains gluten which is the protein that strengthens and binds dough in baking. Wheat/gluten-free flours do not contain gluten and therefore you may need to source alternative binding agents.

Wheat-free recipes using flour substitutes have usually been carefully formulated to get the best possible result taking into account the problems associated with lack of wheat gluten, therefore substitution can be a risky experiment. You may be advised to try out new recipes prior to cooking for important occasions!

The flours listed on the next pages are alternatives to wheat flour. However it is important to be aware that there is no exact substitute for wheat flour, and recipes made with wheat-free alternative flours will be different from those containing wheat.





# Flour Types

## Amaranth

Amaranth flour is made from the seed of the Amaranth plant, which is a leafy vegetable. Amaranth seeds are very high in protein, which makes a nutritious flour for baking. Alternative names: African spinach, Chinese spinach, Indian spinach, elephants ear.

Gluten - free ✓ Wheat - free ✓

## Arrowroot

Arrowroot flour is ground from the root of the plant, and is very useful for thickening recipes. It is tasteless, and the fine powder becomes clear when it is cooked, which makes it ideal for thickening clear sauces.

Gluten - free ✓ Wheat - free ✓

## Barley

Barley only contains a small amount of gluten, so is rarely used to make bread, with the exception of unleavened bread. It has a slightly nutty flavour, and can be used to thicken or flavour soups or stews. Blended with other alternative flours it is also fairly versatile for cakes, biscuits, pastry, dumplings etc.

Gluten - free ✗ Wheat - free ✓

## Brown rice

Brown rice flour is heavier than its relative, white rice flour. It is milled from unpolished brown rice so it has a higher nutritional value than white and, as it contains the bran of the brown rice, has a higher fibre content. This also means that it has a noticeable grainy texture which contributes to a heavier product than recipes made with white rice flour. It is not often used completely on its own because of its heavier nature. Bulk buying is not recommended as it is better used when fresh, store in an airtight container.

Gluten - free ✓ Wheat - free ✓

## Buckwheat

Buckwheat flour is not, despite its name a form of wheat, but is actually related to rhubarb. The small seeds of the plant are ground to make flour. It has a strong nutty taste so is not generally used on its own in a recipe, as the taste of the finished product can be very overpowering, and a little bitter. Alternative names: beech wheat, kasha, saracen corn.

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## Chick pea

(also known as gram or garbanzo flour)

This is ground from chick peas and has a strong slightly nutty taste. It is not generally used on its own.

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## Cornflour

Cornflour is milled from corn into a fine, white powder, and is used for thickening recipes and sauces. It has a bland taste, and therefore is used in conjunction with other ingredients that will impart flavour to the recipe. It also works very well when mixed with other flours, for example when making fine batters for tempura. Some types of cornflour are milled from wheat but are labelled wheaten cornflour. Alternative name: cornstarch.

Gluten - free ✓ Wheat - free ✓



### Cornmeal

Ground from corn. Heavier than cornflour, not generally interchangeable in recipes.

Gluten - free ✓ Wheat - free ✓

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### Maize

Ground from corn. Heavier than cornflour, not generally interchangeable in recipes. Available in the UK in wholefood stores.

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### Millet

Comes from the grass family, and is used as a cereal in many African and Asian countries. It can be used to thicken soups and make flat breads and griddle cakes. Because it lacks any form of gluten it is unsuitable for many types of baking. Available in the UK in wholefood stores.

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### Potato

This flour should not be confused with potato starch flour. Potato flour has a strong potato flavour and is a heavy flour so a little goes a long way. Bulk buying is not recommended unless you are using it on a very regular basis for a variety of recipes as it does not have a very long shelf life.

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### Potato starch

This is a fine white flour made from potatoes, and has a light potato flavour which is undetectable when used in recipes. It's one of the few alternative flours that keeps very well provided it is stored in an airtight jar, and somewhere cool and dark.

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### Quinoa (pronounced 'keen wa')

Quinoa is related to the plant family of spinach and beets. It has been used for over 5,000 years as a cereal, and the Incas called it the mother seed. Quinoa provides a good source of vegetable protein and it is the seeds of the quinoa plant that are ground to make flour. It's a rarity to find quinoa flour in the UK, although quinoa itself is widely available.

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### Rye

Rye flour is a strongly flavoured flour, dark in colour. Breads made with rye flour are denser than those made with wheat, for example pumpernickel which is virtually black. Rye flour has a low gluten content, but it can also be used for recipes such as pancakes and muffins.

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### Sorghum

This is a relatively new flour on the market, and not readily available in the UK. It is ground from sorghum grain, which is similar to millet. The flour is used to make porridge or flat unleavened breads. It is an important staple in Africa and India. This flour stores well under normal temperatures.

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### Soya

Soya flour is a high protein flour with a nutty taste. It is not generally used on its own in recipes, but when combined with other flours is very successful as an alternative flour. Can be used to thicken recipes or added as a flavour enhancer.

It needs to be carefully stored as it is a high fat flour and can go rancid if not stored properly. A cool, dark environment is recommended and can even be stored in the refrigerator.

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# Flour Types

## Stamp Collection all purpose

This flour, produced by *The Stamp Collection*, is 100% organic and wheat-free. It is a blend of barley, rice, millet and maize flours. This flour works well in a wide variety of recipes, from soufflés to biscuits and pancakes to pastry. It can't however be used to produce bread, although bread type products can be made from it. The all purpose flour absorbs liquid slower than wheat flour, and so additional time allowance needs to be made when using in recipes to allow liquid to absorb fully.

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## Tapioca

Tapioca flour is made from the root of the cassava plant, once ground it takes the form of a light, soft, fine white flour. Tapioca flour adds chewiness to baking and is a good thickener. Although difficult to source in the UK tapioca flour is an excellent addition to any wheat free kitchen. It's a fairly resilient flour, so storing at room temperature is no problem.

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## Teff

Teff comes from the grass family and is a tiny cereal grain native to northern Africa. It is ground into flour and used to prepare injera, which is a spongy, slightly sour flat bread. It is now finding a niche in the health food market because it is very nutritious, although currently it's a rarity to find in the UK.

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## White rice

This flour is milled from polished white rice so it is very bland in taste, and not particularly nutritious. White rice flour is ideal for recipes that require a light texture. It can be used on its own for a variety of recipes and has a reasonable shelf life, as long as it is stored in an airtight container to avoid it absorbing moisture from the air.

Gluten - free ✓ Wheat - free ✓



# Wheat-free Meal ideas

## BREAKFASTS

Poached, boiled or scrambled egg on wheat-free toast (eg Rye bread, *Genius Gluten-Free*) ● Buckwheat pancakes and dried fruit conserve ● (see recipes) Wheat-free Muesli (eg *Alara* or home-made – see recipes) ● Mushroom omelette and tomatoes with wheat-free bread (eg *Biona Corn and Lupin*) ● Smoked haddock with mushrooms, tomatoes and wheat-free toast (eg *Sunnyvale Flax corn rice sourdough bread*) ● Cornflakes or Rice Krispies with sliced banana, yoghurt and salt-free nuts and raisins ● Fruit salad with mixture of nuts, seeds or millet flakes ● Natural or Greek yoghurt with nuts, fruit, seeds or honey ● Rice cakes or crackers with peanut butter, sesame spread or sugar-free jam (eg *Kallo rice cakes*) ● Porridge oats (eg *Nairns gluten-free*) with skimmed milk, honey and chopped fruit ● Pancakes (made from rice flour and milk) with fruit salad and Greek yoghurt ● Porridge Flakes (eg *Barkat*) with dried fruits, strawberries, milk or yoghurt ●

## LUNCHES

Home-made soup with wheat-free bread (eg *Biona millet bread*) ● Jacket potato and salad with a filling such as cheese, beans, tuna, prawns or sweetcorn ● Rice noodles (eg *Clearspring, Orgran*) and stir-fry vegetables ● Beans on buckwheat bread toast (see recipes) ● Crackers (eg *Kallo, Finn or Amisa*) or rice-cakes with cheese, tomato, hummus ● Greek salad with feta cheese ● Rice or quinoa salad with sultanas, almonds, walnuts, cashew nuts, sunflower seeds, or sesame seeds ● Avocado and prawn salad with wheat-free bread (eg *Biona, Genius*) ● Homemade pizza (with polenta base) and green salad ● Corn Pasta (eg *Orgran, Dietary Specials*) salad with chicken, mayonnaise, sweetcorn and mixed green leaves ● Tuna and sweetcorn wheat-free croissant or sandwich (eg *Genius, Dietary Specials*) ● Corn Totilla wrap with chicken mayonnaise and salad ● Salmon quiche made with gluten/wheat-free pastry (eg *Gluten Free Pastry Company*) ●

## DINNERS

Broccoli and cauliflower cheese with a jacket potato and mixed salad ● Roast chicken breast with roast potatoes, vegetables and wheat-free gravy and stuffing (eg *Barkat, Allergycare, Kallo, Free and Easy*) ● Fresh grilled sardines and green salad ● Stir-fry vegetables with chicken, nuts, beans or *Quorn* with rice or rice noodles (eg *Clearspring, Orgran*) ● Poached salmon with new potatoes, broccoli, green beans ● Corn tacos with mince or beans with sour cream, guacamole or salsa and a salad ● Chilli con carne with brown rice or rice noodles ● Spaghetti bolognaise with corn pasta or rice noodles (eg *Orgran, Dietary Specials*) ● Grilled mackerel or trout and almonds with mixed salad ● Cod with wheat-free breadcrumbs (from wheat-free bread or use cornflakes) with new potatoes and vegetables ● *Quorn* and sweetcorn escalopes (with wheat-free breadcrumbs) ● Roast beef and Yorkshire pudding (*Orgran buckwheat pancake mix*) and vegetables ●

## SNACKS

Fresh fruit ● Dried fruit, nuts and seeds ● Raw vegetable crudites with hummus, taramasalata or guacamole ● Poppadoms (made from lentil, chickpea, gram or potato flour), with wheat-free dips ● Low-fat 'live' yoghurt (eg *Activia*) ● Rice cakes (eg *Kallo*) with sliced bananas, cottage cheese, sesame spread, peanut butter or sugar-free jam ● Rye crispbreads (eg *Ryvita*) with topping as for rice cakes ● Low-sugar and wheat-free muesli bars (*Doves Farm, Lyme Regis*) ● Wheat-free savoury snacks such as rice crackers, tortillas, potato crisps (eg *Clearspring, Whole earth, Biona*) ● Corn chips or poppadoms made from dhal flour ● Scones, biscuits, cakes made from buckwheat, rice, corn flour ● Jam tarts made with gluten-free sweet pastry (eg *Gluten Free Pastry Company*) ●



# Wheat-free Recipes

## Muesli

### Ingredients:

- ½ cup dried apricots
- ½ cup jumbo oats
- ½ cup barley flakes
- ½ cup large sultanas
- clear honey to taste
- ¼ cup mixed chopped nuts
- 1 cup fresh orange juice
- milk, to mix

### Preparation:

1. Put apricots, oats, barley flakes, sultanas and orange juice in a mixing bowl.
2. Cover and leave to soak overnight.
3. Next morning, stir in the apple and sufficient milk to give a soft consistency.
4. Spoon the muesli into dishes and top with chopped nuts and honey.

Serves 3-4

## Buckwheat Pancakes

(wheat, oats, barley and rye-free)

### Ingredients:

- 110g buckwheat flour
- 1 small egg
- 300ml skimmed milk
- butter or olive oil for cooking

### Preparation:

1. Whisk the flour, egg and skimmed milk to make a thin batter.
2. Use kitchen paper to wipe a small non-stick frying-pan with oil and heat until it is smoking.
3. Pour 2 tablespoons of batter into the pan and swirl it around to cover the bottom as thinly as possible.
4. Cook the batter for about 60 seconds, then flip it over with a spatula, and cook the other side for a few seconds.
5. Eat immediately with freshly squeezed lemon or orange juice.



## Buckwheat and Rice Bread

(this makes bread that is crisp on the outside and soft on the inside).

### Ingredients:

- 300g (12oz) buckwheat flour
- 150g (6oz) brown rice flour
- 1.5 packets easy yeast
- 1 tsp sugar
- 1 tbsp olive oil
- ½ to 1 tbsp salt
- 425ml (¾ pt) hand-hot water
- 2 x 500g (1lb) loaf tins

### Preparation:

1. Mix together flours and easy yeast.
2. Add sugar, oil and salt and mix to a thick batter with the water.
3. Grease and flour the two loaf tins.
4. Divide mixture between the tins, cover and leave to rise in a warm place for 20-30 minutes.
5. Bake at 230°C/450°F/Gas mark 8 for 35-40 minutes.
6. The bread will slightly contract from the side of the tins when it is cooked.
7. Cool for 5 minutes and then turn out on to a wire rack.

Makes 7 slices per loaf



## Carrot Cake

### Ingredients:

- 4 eggs
- 225g caster sugar
- grated rind of 1 lemon
- 225g ground almonds
- 1 tsp wheat-free baking powder
- 225g carrots, finely grated
- 75g raisins
- 75g sultanas
- 25ml rice flour

### Preparation:

1. Pre-heat the oven to 180°C/350°F/Gas mark 4.
2. Separate the eggs.
3. Place yolks, sugar and lemon rind in a bowl, blender or food processor and beat together well.
4. Add the almonds and carrots to this mixture.
5. Stir well.
6. Sift the flour and baking powder together then fold into the mixture.
7. in another bowl beat the egg whites until they are stiff, then fold them into the mixture.
8. Add the dried fruit and stir gently.
9. Grease 2 oblong loaf tins 19 cm long.
10. Spread the mixture out in tray and bake for 45 minutes.
11. Leave to cool in the tins, then cut into slices.

Makes 16 slices



## Flourless Chocolate Cake

### Ingredients:

- **110g butter or spread** (eg Pure)
- **225g dark chocolate, with at least 70% cocoa solids**
- **6 eggs, separated**
- **125g fruit sugar**

### Topping:

- **150g dark chocolate, with at least 70% cocoa solids**
- **150g chestnut puree**
- **30g fruit sugar**
- **30g butter or spread** (eg Pure)

### Preparation:

1. Preheat oven to 180°C/350°F/Gas mark 4.
2. Lightly grease a deep 20cm cake tin with butter or spread.
3. Line tin with non-stick baking parchment.
4. Break chocolate into small pieces and place in large heatproof bowl.
5. Rest the bowl over a pan of gently simmering water.
6. Stir until chocolate is melted.
7. Add butter or spread to bowl and stir until completely mixed with chocolate.
8. Remove from heat.
9. Whisk egg whites in a separate bowl until they form stiff peaks.
10. Add sugar and continue whisking until they form glossy peaks.
11. Lightly beat egg yolks in another bowl, then stir into melted chocolate mixture until well blended.
12. Carefully fold in whisked egg whites with a metal spoon until thoroughly mixed in.
13. Pour mixture into cake tin and bake in hot oven for 25-30 minutes until risen and cooked around the sides but still slightly soft in the centre.
14. Take out of oven and cool for about 5 minutes, then transfer to a wire rack and cool completely.
15. Prepare the topping: melt the chocolate as above.
16. Add the chestnut puree, and sugar, and stir well.
17. Stir in butter or spread until thoroughly blended.
18. Remove from heat and leave to cool.

**Makes 10 slices**



## Coconut and Seed Flapjack

### Ingredients:

- 150g porridge oats
- 2 tbsps desiccated coconut
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds, roughly chopped
- 1 tbsp linseeds
- 25g chopped dates (optional)
- 1½ tbsps golden syrup
- 1½ tbsps honey
- 5 tbsps cold-pressed walnut oil

### Preparation:

1. Set the oven to 180°C/350°F/Gas mark 4.
2. Mix all the dry ingredients together.
3. Add the syrup, honey and oil and mix very well to ensure an even distribution.
4. Press into a lightly greased 14cm x 14cm tin and bake for about 25-30 minutes.
5. Cut into fingers and leave to cool in the tin.

Makes about 8 fingers

## Herby Corn Bread

(wheat, yeast and sugar-free)

### Ingredients:

- 175g yellow cornmeal
- 1½ tps bicarbonate of soda
- 1 tsp mixed dried herbs (optional)
- ¼ tsp salt
- 1 egg
- 150g low-fat natural live yoghurt
- 2 tbsps extra virgin olive oil

### Preparation:

1. Set the oven to 200°C/400°F/Gas mark 6.
2. Grease a 15cm shallow sandwich tin, muffin pan or bun tray, and line with baking parchment.
3. Mix the cornmeal, bicarbonate of soda, herbs and salt in a bowl.
4. Beat the egg separately and mix with the yoghurt and oil.
5. Pour over the dry ingredients and mix well together.
6. Spoon the mixture into the prepared tins and bake for 15-20 minutes until golden and firm to the touch.
7. Cool on a wire rack and serve.

Makes 1 loaf, 6 muffins or approx. 9 buns







## Apple and Cinnamon Cake

(wheat, oats, barley and rye-free)

### Ingredients:-

- 4 large cooking apples
- 100g brown rice flour
- 4 large eggs
- 100g ground almonds
- 3oz caster sugar
- 100g butter or spread (*eg Pure*)
- Few drops almond essence
- 1 tbsp cinnamon

### Preparation:

1. Grease a deep 20cm loose-bottomed circular baking tin.
2. Pre-heat oven to moderate temperature, 150°C/300°F/Gas mark 2.
3. Peel, core and slice the apples and leave to soak in cold water.
4. Place the flour, eggs, ground almonds, caster sugar, butter or spread and almond essence in the bowl of a mixer and beat until light and fluffy.
5. Line the cake tin with approximately 4cm of the mixture.
6. Place most of the apples in the tin and sprinkle with sugar and cinnamon.
7. Spread the additional mixture on to the top of the apples and smooth off the top ready for the decoration.
8. Gently push remaining apple slices into the top of the cake in a circle and sprinkle with cinnamon and sugar.
9. Bake in a moderate oven for at least 1 hour, until cooked through.
10. Cool briefly, then gently ease the cake out of the tin and onto a plate.
11. Serve hot as a pudding or cold as a cake with whipping or pouring cream.

# Grocery List for **Wheat-Free Diet**

Many foods contain **Wheat** so it is always important to read the ingredient labels carefully before purchase

## Fruit and Vegetables

**Lettuce / Mixed leaves**

**Tomatoes**

**Avocado**

**Radish**

**Beetroot**

**Onions**

**Cabbage**

**Mushrooms**

**Peas**

**Sweetcorn**

**Broccoli**

**Cauliflower**

**Garlic**

**Carrots**

**Green beans**

**Sweet potatoes**

**Baking potatoes**

**Oranges/satsumas**

**Strawberries**

**Raspberries**

**Blueberries**

**Bananas**

**Apricots**

**Frozen fruit**

**Dried fruit**

## Meat, Fish, Eggs and Alternatives

**Chicken**

**Turkey**

**Beef** (occasional)

**Wild game**

**Fresh fish** – cod, haddock, tuna, salmon, mackerel, trout

**Tinned fish** – pilchards, salmon, sardines, tuna (occasionally)

**Prawns**

**Eggs**

**Tofu**

## Beans and Pulses

**Kidney/haricot/pinto/cannellini/aduki/black-eye/butter beans**

**Mixed organic beans** (tinned is fine)

**Chickpeas** (add to soups & salads)

**Lentils** (mix with rice)

**Organic baked beans**

## Dairy and Dairy Alternatives

**Milk** – skimmed, semi-skimmed

almond/rice/coconut/oat milk

**Soya milk and yoghurts**

**Cheese** (in moderation)

**Cottage cheese**

**Feta / Mozzarella**

**Goat / Sheep milk**

**Natural bioyoghurt**

**Organic Spread** (eg *Pure, Biona*)

**Butter**

**Fruit yoghurts** (in moderation)

## Rice and Pasta

**Wheat-free spaghetti or lasagne**  
(eg *Dietary Specials, Glutafin*)

**Basmati and brown rice**

**Buckwheat pasta** (eg *Orgran*)

**Rice or buckwheat noodles**

(eg *Clearspring or Orgran*)

**Quinoa/ pasta** (eg *Hale and Hearty*)

**Corn pasta** (eg *Barkat, Orgran*)

## Bread and Snacks

**Wheat-free bread and rolls**

(eg *Genius, Biona, Barkat, Glutafin, Dietary Specials, Ener-G, Livwell, Proceli, Tesco, Sainsburys, Waitrose, Asda*)

**Rye or Pumpernickel bread**

(eg *Schneider Brot rye bread*)

**Borodinsky bread** (eg *Village Bakery*)

**Corn and Lupin bread** (eg *Biona*)

**Flax, corn, rice, sourdough**

(eg *Sunnyvale*)

**Millet bread** (eg *Biona*)

**Oatcakes** (eg *Nairns*)

**Rice Cakes** (eg *Kallo*)

**Rye crispbreads**

(eg *Ryvita*) seeded or plain

**Multigrain Corn Thins**

(eg *Realfoods*)

**Wheat-free crackers**

(eg *Kallo, Finn*)

## Snacks

**Dips** – hummus, guacamole

**Raw nuts** – brazils, almonds,

cashew, pecans, walnut

**Raw seeds** – pumpkin, sunflower,

Sesame, flax/linseed

**Peanut butter** (eg *Whole Earth*)

**Protein Balls** (eg *Bounce*)

**Wholebake snacks** (eg *9Bar*)

**Fruit conserve**

## Breakfast cereals

**Homemade muesli** (oats, rye and barley flakes, buckwheat flakes, rice flakes, flaked coconut, raisins, dried dates, pumpkin & sunflower seeds, nuts)

**Wheat-free muesli**

(eg *Alara, Hale and Hearty*)

**Porridge or millet**

(warmed with milk)

**Porridge flakes** (eg *Barkat*)

**Oatbix**

**Cornflakes / Rice Crispiess**

**Rice & Buckwheat Cereal**

(eg *Doves Farm*)

## Drinks

**Fruit juice** – orange, apple, tomato

**WATER**

**Smoothies** (eg *Innocent*)

**Herbal teas** – peppermint, fruit tea

**Rooibosch**

## Other

**Dressings** – mayonnaise (eg *Plamil, Granovita*), olive oil and balsamic vinegar

**Baking Powder**

(eg *Supercook, Allergycare*)

**Pastry**

(eg *Gluten-free Pastry Company*)

**Buckwheat pancake mix** (eg *Orgran*)

**Wheat-free cake mixes**

(eg *Glebe Farm*)