

LIVING GLUTEN-FREE

GLUTEN FREE GUIDE + Dairy-free & gluten free recipes



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Gluten is a protein that's found in wheat, rye and many other grains. In my words? It's the glue that holds things together. It's what makes bread and dough so fun to play with. Without it, things tend to fall apart and get crumbly. When gluten is absent you lose the stretch, pliability and strength. Just like protein, gluten makes you stronger.

HELPFUL GLUTEN-FREE BINDERS:

Psyllium Husk: Once you add water to this powder you will have a gloopy gel that will act as a glue in your breads. She's full of fibre too so that's a bonus!!

Xanthan Gum: This stuff has been given a bad rap over the years. Essentially it is a thickener and stabilizer. It will help keep your baked goods together. If you are a gluten-free baker, you most likely have this already.

Eggs: If you aren't vegan, these are the best. But even with eggs, you will still need another binder to structure your dough.

BENEFITS OF CONSUMING LESS GLUTEN



The benefits of consuming less gluten for individuals without celiac disease or gluten sensitivity are still a topic of debate among health professionals. Many people reported feeling better once they reduced or removed gluten from their diet.

HERE ARE SOME POTENTIAL BENEFITS:

Improved Digestive Health & Reduced Inflammation: Some people find that reducing gluten can decrease bloating, gas, and diarrhea, particularly if they have a mild sensitivity. Some evidence suggests that gluten can cause inflammation even for those without a specific allergy or intolerance.

Weight Management: By avoiding many high-gluten, processed foods such as cakes, cookies, and pastries, individuals may inadvertently reduce calorie intake and see weight loss or easier weight management.

Improved Nutritional Focus: Focusing on a diet with less gluten may lead individuals to consume more whole and unprocessed foods such as fruits, vegetables, lean proteins, and gluten-free grains like quinoa and rice, which can lead to a healthier overall diet.

HOW TO IDENTIFY GLUTEN ON LABELS



INGREDIENTS TO WATCH FOR ON LABELS:

Wheat: Be on the lookout for terms such as wheat flour, whole wheat, wheat bran, wheat germ, cracked wheat, and hydrolyzed wheat protein.

Barley: Includes malt (often derived from barley), malt extract, malt syrup, and malt flavouring. Barley is often found in beer, soups, malt beverages, and flavourings.

Rye: Commonly found in rye bread, rye beer, and cereals.

Triticale: A hybrid of wheat and rye, sometimes used in bread and cereals.

Brewer's Yeast: Often a byproduct of beer production, it may be found in supplements and certain food products.

Oats: While oats don't contain gluten, they are often contaminated with gluten during processing. Only oats labelled as "gluten-free" are safe.

Modified Food Starch: If sourced from wheat, it must be specified on the label in the U.S., but checking is wise if the source isn't clear.

Dextrin: A type of starch that can be derived from wheat. The source should be specified if it's from wheat.

HOW TO AVOID GLUTEN AT RESTAURANTS



NOTIFY THE HOST

When you make a reservation, be sure to inform them that someone in your group has celiac disease. If you're booking online, add a note regarding your gluten-free requirements. This will alert the kitchen in advance to accommodate your needs during your visit.

COMMUNICATE CLEARLY WITH YOUR SERVER

Upon arriving at the restaurant, talk directly to your server about your gluten intolerance to ensure they fully understand the importance of handling your food with care.

REQUEST A GLUTEN-FREE MENU

Numerous restaurants now provide specialized gluten-free menus, which offer a significant sense of reassurance.

POSE YOUR QUESTIONS

Feel free to ask about the method of food preparation. It's important to inquire about shared cooking surfaces, fryers, and any other possible sources of cross-contamination.

TRUST BUT VERIFY

While most restaurants take great care to accommodate dietary restrictions, always remain cautious. If a dish arrives and you suspect it may not be gluten-free, double-check with the server.

FOODS THAT SECRETLY HAVE GLUTEN



FOODS WITH GLUTEN HIDDEN:

Candy, snacks, and chips like Twizzlers and seasoned snacks often contain gluten.

Beer and beer-battered foods usually have gluten; gluten-free beers are available.

Restaurant fried foods, especially french fries, can have cross-contamination in fryers.

Other Gluten-Containing Foods:

Oats and cereals might have gluten if not labeled gluten-free due to shared milling equipment.

Processed meats like sausages and hot dogs are made up of fillers which contain gluten.

Ice cream Flavour Additions: Ice cream with mix-ins like cookies, brownies, or pieces of cake often contains gluten.

Thickeners and Stabilizers: Some ice creams use wheat-based ingredients as thickeners or stabilizers, which can introduce gluten.

Non-Food Gluten Sources:

Some medications and supplements use gluten as a binding agent; verify with a pharmacist.

ESSENTIAL GLUTEN-FREE PANTRY ITEMS



In 2023, I suddenly became gluten intolerant, which meant saying goodbye to most of my favourite Trini foods. It was a tough adjustment at first, but honestly, it turned out to be a blessing in disguise! I've discovered so many delicious, healthy alternatives that have totally revamped my go-to recipes.

MUST HAVE PANTRY ITEMS:

Bob's Red Mill Old Fashioned Rolled Oats

Waitrose gluten free lasagna sheets

Waitrose gluten free spaghetti

King Soba Noodles

Kikkoman Bread Crumbs

Bob Mills Nutritional Yeast

Buckwheat groats

Quinoa

Cashew nuts

Pumpkin seeds

Chickpea Flour



You'd be surprised at what sauces, dips and marinades have gluten. Check the labels of everything when shopping if you have a gluten intolerance.

Soy Sauce: Traditional soy sauce is fermented with wheat, making it a no-go for those avoiding gluten. Opt for a tamari that's labelled gluten-free.

Gravy: Especially pre-made or in restaurants, is thickened with flour. Use cornstarch or arrowroot as a thickener instead.

Salad Dressings: Always check the label or make your own. Many salad dressings use wheat-based ingredients to thicken or stabilize the product.

Barbecue Sauce: Many store-bought barbecue sauces contain gluten as a thickening agent or flavour enhancer.

Teriyaki Sauce: Similar to soy sauce, many teriyaki sauces include wheat as a primary ingredient.

Worcestershire Sauce: Some brands of Worcestershire sauce are made with malt vinegar, derived from barley, which contains gluten.

Malt Vinegar: Made from barley. Apple cider vinegar, white vinegar, or wine vinegar can be safe alternatives.

Curry and Other Simmer Sauces: Many pre-made curry sauces use flour as a thickener or have other gluten-containing ingredients. Opt for brands that clearly label their products as gluten-free or make curry blends from scratch.

GLUTEN-FREE SAUCES



HOMEMADE GF&DF SAUCES & DRESSINGS



CILANTRO-LIME CASHEW CREAM

- 1 Cup raw cashews, soaked in water for 8 hours
- 1/2 Cup water
- 2 cloves garlic
- 2 cloves garlic, roughly chopped
- 1/2 tsp sea salt
- 2 tbsp nutritional yeast
- 1 Cup cilantro leaves
- 1/4 tsp smoked paprika
- 1/2 tsp ground cumin
- 2-3 tbsp lime juice
- 1-2 tsp cayenne pepper

Directions

1. Add all ingredients to a high power blender.
2. Taste and adjust seasonings. more nutritional yeast for more cheesiness, more lime juice for acidity.

GRAVY

- 3 tbsp grapeseed oil
- 3 tbsp spelt flour
- 3 sprigs of fresh thyme
- 2 cups vegetable broth
- Cayenne pepper, onion powder, and Himalayan salt to taste

Directions

1. In a large pan, heat grapeseed oil. Add flour and brown. The flour will become paste-like, but let it brown.
2. Slowly add broth after the flour has browned to create a gravy, whisking as you add. Whisk VERY well to ensure there are no lumps in gravy.
3. Add all seasonings to taste and let simmer on low for about 10 minutes. Gravy will thicken as it simmers, you can add more broth if needed.

HOMEMADE GF & DF SAUCES & DRESSINGS



CITRUS VINAIGRETTE

- 1 tbsp lemon juice
- 3 tbsp vinegar
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- 1 small garlic clove grated
- Pinch salt and cracked pepper
- 1/4 cup olive oil

1. Add everything to a jar and shake vigorously to emulsify.

VEGAN BBQ SAUCE

- 3 cups of diced plum tomatoes
- 1 cup of date syrup
- 1 cup of coconut aminos
- 1 tablespoon of tamarind paste
- 1 tablespoon of onion powder
- 1 teaspoon of pink Himalayan sea salt
- 1/2 teaspoon of cayenne pepper (optional)

1. Dice your plum tomatoes into small cubes, then cook on medium-high heat in a small pan until tomatoes become paste-like.

2. Allow tomato paste to cool and then blend until smooth.

3. Add all ingredients, including blended tomato paste back into the small pan.

4. Cook for roughly 20 minutes on simmer.

DAIRY-FREE & GLUTEN-FREE RECIPES



LOADED QUINOA BREAKFAST BOWL



Ingredients

- 1/4 cup organic quinoa, rinsed
- 3/4 cup natural spring water
- 1 sliced banana
- 1/4 cup coconut milk
- 5 pitted dates, diced
- 1 tbsp walnuts, chopped
- 1 tbsp date syrup or honey
- 1 cup blueberries
- 1 tbsp dried goji berries
- 1 tbsp hemp seeds
- 1/2 tbsp coconut oil

Instructions

1. In a small saucepan or pot, bring 1/2 cup of water to a boil, and add quinoa.
2. Reduce heat and simmer, covered until liquid is absorbed, 12-15 minutes.
3. Halve banana crosswise. Slice 1 banana half, and mash the other.
4. Remove quinoa from heat, and fluff with a fork.
5. Mix in mashed banana, coconut milk, and date syrup.
6. Transfer to an individual bowl
7. Add blueberries, walnuts, hemp seeds, banana slices, and goji berries.



Ingredients

- 4 bell peppers
- 2 cups of cooked quinoa
- 1/2 lb. diced mushrooms
- 2 tomatoes, diced
- 1/2 white onion, chopped
- 1/2 purple onion, chopped
- 1 cup tomato sauce
- 1 1/2 cup Brazil nut cheese (see below)
- 1-2 tbsp. grapeseed oil
- 1 tsp. pink sea salt
- 1 tsp. sage
- 1 tsp. oregano
- 1 tsp. onion powder
- 1/2 tsp. cayenne powder

*can sub mushrooms for 1 cup drained black beans

Instructions

1. Preheat the oven to 400 degrees.
2. Cut bell peppers lengthwise and remove seeds and the white membrane inside of the bell pepper.
3. Set aside in a glass baking dish.
4. Heat oil in a large skillet on medium-high heat.
5. Add the onions and cook until softened.
6. Add the garlic and cook for another minute.



Directions

- 7.** Add in tomatoes.
- 8.** Season with salt and seasonings of choice and cook covered for another 3 to 5 minutes, or until all ingredients are cooked through.
- 9.** Add in your quinoa and mushrooms.
- 10.** Stir in half of the cheese sauce.
- 11.** Scoop the mixture into each bell pepper half, and top each with the remaining cheese sauce.
- 12.** Top each pepper with a sprinkle of paprika and oregano or any other seasonings of your choice.
- 13.** To help steam and soften bell peppers, add a quarter to a half cup of water to the bottom of the baking dish.
- 14.** Bake peppers for 45 minutes, or until peppers reach ideal softness.

BUCKWHEAT BREAKFAST MUFFINS

Ingredients

Dry

- 100g brown sugar
- 190g buckwheat flour
- 1 tsp sodium bicarbonate
- 1.5 tsp baking powder
- 50 g chopped nuts
- 20 g dried blueberries
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp salt

Wet:

- 2 medium sized ripe bananas
- 100g coconut oil or melted butter
- 3 tbsp nut butter
- 2 tbsp oat milk
- 1/2 tsp vanilla
- 1 egg or chia egg

Instructions

1. Preheat oven to 350 Deg F
2. Add all wet ingredients to a bowl
3. Mash banana and then add to a bowl of wet ingredients.
4. Add dry ingredients to wet ingredients and mix with a spoon.
5. Scoop out batter into a greased cupcake tin and bake for twenty minutes



BRASIL NUT CHEESE

Ingredients

1 lb soaked brasil nut cheese
½ key lime, juiced
2 tsp pink sea salt
1 tsp onion powder
½ tsp cayenne
1 ½ cups plant based milk
1 ½ cups water
2 tsp avocado or grapeseed oil

Instructions

- 1.** Add all your ingredients except water to a food processor.
- 2.** Adding only ½ cup water, blend ingredients for two minutes
- 3.** Continue to add ½ cup of water until desired consistency is reached



HEMP MILK



Ingredients

2 tbsp hemp seeds
2 cups water
1/8 tsp sea salt
2 tbsp sweetener of choice

Instructions

- 1.** Add all your ingredients except water to a food processor.
- 2.** Adding only 1/2 cup water, blend ingredients for two minutes
- 3.** Continue to add 1/2 cup of water until desired consistency is reached

Ready to take your gluten-free journey to the next level?

We're planning something for you and we'd love your input!

[Click here to share your thoughts and stay in the loop.](#)

