

Sugar and Gluten Free Breakfast ideas

These suggestions are all gluten free and low in dairy. Dairy yoghurt is usually ok for most diets because the lactose has been digested by the friendly bacteria, however on strict no lactose diets you can use a non dairy yoghurt. Oatmeal is higher in fibre than oat flakes and is therefore more beneficial to the gut. Millet and quinoa can be used in their whole grain form (boiled) or as flakes that are soaked, they are low in starch and are highly digestible. Adding spices like cinnamon, nutmeg and cardamom gives natural sweetness and are also warming therefore helping to speed up the digestion. Dates are particularly beneficial for nutrition and fibre and so is raw local honey.

Recipes...

Pancakes

Beaten egg and ground almonds add freshly grated nutmeg and a drop of yoghurt. Add a 1 tsp coconut oil to a heavy frying pan and drop the mixture in with a spoon, make them into small round pancakes and fry gently on both sides. Sprinkle with lemon juice before eating. You can also add coconut flour to the mixture and some grated lemon rind.

Quinoa and coconut cream porridge

1/2 cup of quinoa (and or millet) to 1 1/2 cup boiling water. Add some ground cardamom and simmer. After 5 mins add grated creamed coconut and continue to simmer gently until all the water has absorbed (approx 10 mins). You may need to stir it occasionally.

Seed and oatmeal porridge

This is best soaked overnight

3 tbsp coarse pinhead oatmeal

3 tbsp mixed ground seeds (pumpkin, sunflower, linseed and chia seeds ground in a small food processor or spice grinder, these can be stored in a jar but best used within a week) add chopped dates or sultanas, desiccated coconut and sweet spices.

Soak in water overnight.

You can eat this at room temperature and stir in some yoghurt and fresh berries or stewed unsweetened apple. It can be heated by adding more boiling water.

Toasted seed granola

When you use your oven for anything at all, roast some hazelnuts on an ungreased baking tray for 5-10 mins then rub off the skins and store in a jar. Add them to your granola.

Pumpkin, sunflower, sesame, chia, linseed, hemp seed and desiccated coconut. Toast these lightly in a large heavy pan with a little coconut oil. Store in a jar. Sprinkle them on yoghurt.

Oat Granola

200g jumbo oats

200g porridge oats

100ml unrefined rapeseed oil

150ml of a mix of any of the following... malt extract, molasses, honey, apple concentrate

100g desiccated coconut

100g nuts (flaked almonds and whole hazelnuts)

100g seeds (pumpkin, sunflower)

2 tbsp golden linseed

Directions

- Gently heat the oil and sweet liquids in a pan until runny.
- Mix together with the dry ingredients in a large bowl. Using hands is the best way.
- Turn onto 2 large roasting pans (I use silicone baking sheets on mine) and bake at 180 fan for 20-30 mins, stirring occasionally (this recipe doesn't make the large clusters you see in bought granola it looks more like toasted meusli)
- Leave to cool then add raisins or other chopped dried fruit as desired.
- Store in an airtight container.



Home made Almond milk

Blanche 1 cup whole almonds in boiling water for 10-20 mins and peel the skins off.

Soak the blanched almonds in 5 cups of filtered water overnight

Blizz in a blender for 2 mins.

Pour through a fine sieve, strainer or a cheesecloth (you can buy nut milk and keep in a glass bottle in the fridge.

It is best kept no longer than 3-4 days in the fridge

The left over almond pulp can be added to porridge, pancakes or any bread or cakes

Home made Oat milk

1 cup oats (porridge or jumbo)

3-4 cups filtered water

Add a pinch of Himalayan pink salt if desired

Soak overnight

Blizz in a blender for 1 min.

Pour through a fine sieve, strainer or a cheesecloth (you can buy nut milk and keep in a glass bottle in the fridge.

It is best kept no longer than 5 days in the fridge

The left over oat pulp can be added to porridge, pancakes or any bread or cakes

Flavoured milks

Both almond and oat milk can be flavoured and sweetened by adding 2 dates at the soaking stage or add some cocoa or vanilla essence at the blending stage.

