

Christine Bailey

# Beat The Bloat

Low FODMAP Recipes



Over 40 delicious, gut friendly recipes  
to help ease digestive symptoms

**BEAT THE BLOAT**

**LOW**

**FODMAP RECIPES**

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ease digestive symptoms**

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# The Low FODMAP Diet

Do you suffer from symptoms of irritable bowel syndrome IBS or struggle with ongoing digestive problems? Are you concerned about following a bland restrictive diet with limited foods? If so then this recipe and information resource is designed with you in mind.

Each recipe is developed specifically for those following a low-FODMAP diet. They are also designed with families in mind and are quick and easy to prepare and cook.

FODMAP is an acronym for fermentable oligosaccharides, disaccharides, mono-saccharides, and polyols. This style of diet has become the most recommended dietary intervention for irritable bowel syndrome and SIBO (small intestinal bacterial overgrowth). I have been running low FODMAP cookery days in the UK for both practitioners and clients. Many of the most popular recipes from these courses you will find in this book. All the recipes in this book are gluten free and therefore suitable for coeliacs too.

# Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome (IBS) is a very common gastrointestinal disorder. It is thought to affect about 11-15% of the global population and can have a long-term effect on your quality of life. In the UK, 1 in 5 people are affected by IBS at some stage in their life. Many people find symptoms impact on their daily activities including work, social events, eating certain foods, and travelling and struggle to lead a 'normal' life.

The symptoms of IBS may include:

- Chronic abdominal pain
- Bloating or swelling of the abdomen
- Diarrhoea, Constipation or erratic bowel habits
- Urgency and incontinence if a toilet is not nearby
- Sensation of incomplete bowel movement

It is often termed a functional disorder because it is not normally associated with any obvious abnormality or tissue damage. However, as it is often associated with other gut disorders, it is important to confirm diagnosis and rule out other conditions via your GP or health care practitioner.

Anyone with symptoms of IBS should be examined for these disorders before going on a low-FODMAP or gluten-free diet with your doctor. However, bear in mind that it is possible to have both IBS and another digestive disorder.

Adopting a low FODMAP diet has been shown to improve symptoms in many people with IBS. It may also be helpful for other gut conditions too such as coeliac disease, Crohn's and Colitis. It is recommended that you consult with your health care consultant and registered nutritionist or dietician before embarking on a low-FODMAP diet.

# What is a LOW FODMAP Diet?

FODMAPS stands for Fermentable Oligo-saccharides, Di-saccharides, Mono-saccharides and Polyols. These are sugars that are poorly absorbed in the small intestine and fermented by bacteria to produce gas.

FODMAPS are poorly absorbed in the small intestine. These molecules are not absorbed in the small intestine and pass through to the colon – often it is because they cannot be broken down effectively or they are slow to be absorbed. People differ in their abilities to digest and absorb some FODMAPs. Fructose generally is slowly absorbed by everyone but may be slower in certain people. Some people do not make enough of the enzyme lactase to break down lactose while fructans and galacto-oligosaccharides are poorly absorbed in everyone

FODMAPs are also small molecules and often consumed in a concentrated dose. The body attempts to dilute them by forcing water into the gut. This extra fluid can cause diarrhoea and affect the muscular movements of the gut.

FODMAPS are also food for the bacteria that live in our gut. The bacteria in the small intestine and colon feed on these molecules and quickly break them down which produces hydrogen, carbon dioxide and methane – i.e. these short chains are fermented quickly.

Most meals will contain a range of these fermentable carbohydrates – their effect is cumulative and this can lead to symptoms such as bowel distension, loose stools etc. For more details on FODMAPs please see the research by The Monash University, Dept of Gastroenterology, Monash University, Australia. [www.med.monash.edu](http://www.med.monash.edu)

# Types of FODMAPs

People may react to one group of FODMAPS or all of them.

## Oligosaccharides

These include fructans and the galacto-oligosaccharides (GOS)

**Fructans** are chains of fructose molecules with a glucose molecule at the end. The main dietary sources include wheat products (breads, cereals and pasta) some vegetables such as onions. Additional sources of fructans are the fructo-oligosaccharides (FOS) and inulins that are added to foods such as certain yogurts and milks. No one can digest fructans so if you have IBS it is recommended to limit your intake. They are considered a problem if they contain more than 0.2grams of fructans per serving of food for cereals and 0.3g fructans per serving of other foods.

**Galacto Oligosaccharides (GOS)** are short chain molecules formed from galactose sugars joined together with a fructose and glucose at the end. Raffinose and stachyose are the most common GOS in foods – they are particularly evident in beans, legumes, lentils etc

High GOS foods are those that contain more than 0.2 grams per serving. Some people may be able to cope with a small amount of canned and rinsed chickpeas for example

High GOS foods includes all beans and pulses including lentils and soybean (except soy sauce GF and tofu, soy yogurt)

## Disaccharides

The main one is lactose. Lactose is a double sugar that occurs naturally in animal milks including cows, sheep, and goats. Made up of two sugars glucose and galactose it is broken down in the small intestine into its component sugars by an enzyme called lactase.

Lactose intolerant people have low levels of lactase and can only break down a small amount. However it is likely they still produce some so may not need to exclude it completely from their diet.

A lactose free diet is NOT the same as a dairy free diet. Lactose is present in varying amounts in milk and milk products such as kefir, yogurt, ice cream, cream, cheese. Cream contains a minimal amount of lactose and hard and ripened cheeses (cheddar, parmesan, camembert, edam, gouda, blue and mozzarella) and butter are virtually lactose free. Most people with a lactose malabsorption can handle up to 4g of lactose per serving without experiencing problems. A thin spread of butter and a small amount of cream or milk in coffee may therefore be tolerated.



High lactose foods are those with 4g or more per serving. Moderate contain 1-4 grams per serving and low lactose foods are those with less than 1g per serving

FOOD	LACTOSE (grams)
Whole milk 1 cup	16
Low fat milk 1 cup	15
Skimmed milk 1 cup	13
Evaporated milk ½ cup	13
Cottage cheese ½ cup	8
Low fat yogurt 6 oz	6
Whole milk yogurt 6oz	6
Cheesecake 1 small slice	6
Milk chocolate 2 oz	6
Ice cream 2 scoops	4
White sauce 2tbsp	2
Full fat cream cheese 1tbsp	1
Sour cream 1tbsp	0.5
Cream 1tbsp	0.4
Butter 1tbsp	0.1
Hard Cheese 1oz	0.1

### **Choosing Low Lactose and / or dairy free alternatives.**

Hard and ripened cheeses e.g blue, brie, cheddar, edam, Emmental, feta, gorgonzola, gouda, Monterey Jack, Mozzarella, Parmesan, Pecorino, Stilton, Swiss Cheese, soy cheese (up to 2 oz)

Nut yogurt, coconut yogurt, soy yogurt (without inulin if FOS a problem) Alpro soy milk plain does not contain inulin. Co-Yo plain coconut yogurt is also free of sweeteners or thickeners.

For ice cream and milk options choose soy (check labels) or almond or coconut ice cream, lactose free options. Other options Lactose free milk, soy milk, rice, oat, almond, quinoa milks (check sugars added)

### **Monosaccharides**

Mono means one, and saccharide means sugar. So these are simple sugars. The most important is the role of excess fructose.



Fructose is a single sugar often referred to as fruit sugar – found in fruits, honey, high fructose corn syrup, a component of table sugar (also called sucrose) and found in some vegetables (sugar snap peas) and wheat.

When fructose occurs with glucose it is well absorbed because the glucose aids it across the bowel. If fructose is in higher concentrations then absorption is slower. When it is incomplete it is known as fructose malabsorption. Foods are often considered a problem if they contain more than 0.2g fructose in excess of glucose per serving.

So it is not just about the amount of fructose a food contains but the ratio of fructose and glucose. It is only generally a problem when fructose is MUCH Higher than glucose.

It is also a good idea to space out fruit consumption so only eat a little in one sitting.

### **Example**

Honey contains 40g fructose per 100g, and 30 grams of glucose per 100g – this means an excess of 10 grams per serving = **problem**

Mango contains 2 grams fructose per 100g and 1.5 grams glucose per 100g = 0.5 excess = **problem**

Kiwi contains 4 grams fructose per 100g and 4g glucose = no excess = **not a problem**

### **POLYOLS**

These are sugar alcohols – often added to foods, chewing gum, excess can have a laxative effect.

Foods with more than 0.5g per serving are often a problem. Look out for sorbitol, mannitol, xylitol, polydextrose, isomalt, erythritol

# Testing For Malabsorption

Though all FODMAPs may trigger symptoms of IBS, there are breath hydrogen tests available to determine individual sensitivity to certain sugars, especially fructose, lactose, and sorbitol. Breath tests are not a prerequisite for following the low-FODMAP diet but can be helpful in planning it. Your GP or health care practitioner should be able to arrange these tests. The test measures the amount of gas in the breath after swallowing a measured amount of sugar to produce gases including hydrogen and methane. These gases are absorbed across the intestine carried through the bloodstream to the lungs and exhaled.

Detection of a rise in breath hydrogen confirms the test sugar (fructose, lactose or sorbitol) has been malabsorbed and would indicate which elements would need to be restricted in the diet. Only these sugars can be formally tested.

## Following A Low FODMAP Diet.

Remember that FODMAP diet is not a diet to follow for life. It is intended to isolate offending foods and reduce symptoms while you focus on gut support and / or anti-microbial support.

Normally it is recommended you follow a strict low FODMAP diet for 4-8 weeks or until you are symptom free. After this time the re-introduction phase is recommended (see below).

# Low FODMAP Foods

The following table outlines the foods to include and those to avoid. This is based on the work by Monash University. Please see our shopping list for a summary of key foods to include in your diet.

FOOD GROUP	HIGH FODMAPS - AVOID	LOW FODMAP - INCLUDE
<b>FLOURS AND GRAINS</b>	Barley, bulgar, chickpea flour, couscous, durum, kamut, multigrain flour, wheat flour, soy flour, semolina, wheat bran, wheat germ, rye, triticale, kamut, pea flour (in small amounts may be tolerable)	<b>Arrowroot, buckwheat, corn, gluten free flour mixes, millet, oat bran, polenta, sorghum, tapioca, sago, rice, rice bran, potato flour, quinoa, wild rice, popcorn, ground rice</b>
<b>CEREALS</b>	Wheat based and mixed grain cereals and muesli	<b>Rice cereal, buckwheat porridge, corn based cereals, gluten free cereals</b>
<b>PASTA AND NOODLES</b>	Wheat, barley and rye containing noodles and pasta, gnocchi	<b>Mung bean noodles, rice noodles, buckwheat, gluten free pasta</b>
<b>BREADS, COOKIES ETC</b>	Breads, including sourdough, breadcrumbs, pastries, cakes, cookies, croissants, muffins etc containing wheat, rye and barley	<b>Gluten free breads, corn tortillas, plain rice cakes, rice crackers, gluten free crackers, corn taco shells</b>
<b>DAIRY</b>	Regular milk, ice cream, soft cheeses, yogurt	<b>Lactose free milk, lactose free ice cream, soy milk, rice, quinoa and oat milks, nut milks, butter, hard and ripened cheeses, gelato and sorbets made from suitable fruits</b>
<b>MEAT AND VEGETARIAN OPTIONS PROTEIN</b>	Certain sausages check for onion powder or dehydrated vegetable powders	<b>Bacon, eggs, fish, meat, poultry, tempeh, tofu</b>
<b>NUTS AND SEEDS</b>	Pistachios and cashew	<b>All others (no more than handful of 2tbsp nut butter with each serving)</b>
<b>VEGETABLES</b>	Artichokes globe and Jerusalem, asparagus, cauliflower, garlic, leek, onions, spring onion (white parts), snow peas, sugar snap peas, shallots	<b>Alfalfa sprouts, bamboo shoots, bean sprouts, pepper, bok choy, broccoli, carrot, Chinese cabbage, lettuce, green beans parsnip, Swiss chard, squash except butternut, turnips, watercress, courgette, yams, potato, pumpkin, cucumber, aubergine, green part of spring onion</b>
<b>FRUITS</b>	Apples, apricot, Asian pear, pear, blackberries, cherries, figs, persimmon, watermelon, white peaches, prunes, tamarillo, plums, peaches, mango nectarines	<b>Banana, blueberries, cantaloupe melon, durian, cranberries, citrus fruits, passion fruit, papaya, pineapple, tomatoes, strawberries, raspberries, honeydew melon</b>
<b>SPREADS AND CONDIMENTS</b>	Most commercial relishes, chutneys, gravies, stock, sauces, dressings, bouillon cubes	<b>Jam and marmalade, mayonnaise, mustard, soy sauce, garlic free sauces, vinegar</b>
<b>Sweeteners</b>	Agave, honey, high fructose corn syrup, fruit juice concentrate, xylitol, mannitol, sorbitol, maltitol	<b>Sucrose – table sugar, icing sugar, maple syrup, molasses, rice syrup, brown sugar, stevia</b>
<b>DRINKS</b>	Apple, pear and mango juices, other fruit juices if more than ½ cup, chicory based coffee, dandelion tea and coffee, rum, watch out for mixers in alcohol drinks, beer may also be problem, sweet wines, sparkling, dessert wines	<b>Water, mineral, soda water, sugar sweetened drinks, most teas, coffee, most alcohol</b>
<b>FATS</b>	Do not use apple sauce as a replacer	<b>Butter, ghee, lard, margarine, garlic infused oil</b>

**OTHER**

NOT Onion powder or garlic powders

**Baking powder, bicarbonate of soda, cocoa, coconut gelatine, salt, xanthum gum, fresh and dried herbs, chives,**

**ginger**

# The Reintroduction Phase

There is an order to the reintroduction phase – start with small amounts then gradually build up to avoid adverse effects

**The first group to test is the Polyol.** To do this most people choose to try an avocado or apricots (these contain sorbitol). A recommended amount is ½ avocado or 2 fresh apricots – if you experience any symptoms stop and wait until you are symptom free before trying again or trying a new food.

After the avocado / apricot try some mushroom, and if this is tolerated try cauliflower – see the table below. It is recommended you do this with the help of a qualified nutritionist or dietician.

Once you have tested this group move onto the next group – use the following order below:

FODMAP GROUP	FOOD TO INTRODUCE
<b>Polyols</b>	¼ ripe avocado (contains sorbitol) 2 medium fresh apricots or 4 dried apricot halves (contains sorbitol) ½ cup mushrooms (contains manitol) ½ cup Cauliflower (contains manitol)
<b>LACTOSE</b>	½ to 1 cup of milk or 6oz yogurt
<b>FRUCTOSE</b>	½ mango or 1tsp honey
<b>FRUCTANS</b>	1 slice white bread then move up to 2 slices white bread or 1 garlic clove then build up to testing ¼ onion this is tested last as they have a high fructan content
<b>GALACTO OLIGOSACCHARIDES</b>	½ cup lentil, kidney beans, baked beans or chickpeas

## Key points when re-introducing foods

- Test only one FODMAP group at a time
- Choose an amount of food that reflects a portion size – too little or too much may affect results
- Where possible choose a food that contains mainly one type of FODMAP
- Continue to restrict all other FODMAPs until your tolerance or intolerance is confirmed
- Maintain a normal intake of alcohol and caffeine if you consume these – do not increase foods that you think may also be a problem for you
- Challenge with one FODMAP group per week
- Eat the challenge food at least twice during the test week unless reaction in the first attempt in which case stop

## If you don't get symptoms

Increase the range of foods that contain the FODMAP you are testing and assess response

Or

maintain the same amount and type of food you have tested and then move on to the next FODMAP group challenge

## **If you get symptoms**

Remove the suspect food and wait until the symptoms are free again then reduce the serving size by half and try again

Or try another food from within the same FODMAP group to confirm it is a problem

Or assume that this type of FODMAP is a problem for you and restrict these

The dose of FODMAP is vital – if symptoms occur then try half the amount and repeat but wait until you are symptom free before doing this. Consider a challenge again in the future as sensitivity may change over time.

# SHOPPING GUIDE – LOW FODMAP FOODS

For further details of FODMAPs please see the research by The Monash University, Dept of Gastroenterology, Monash University, Australia. [www.med.monash.edu](http://www.med.monash.edu)

It is also important to remember it is often the quantity of foods eaten that causes a problem.

Therefore portion size is important and how much of certain types of sugars you eat over the day.

It is important to check labels carefully – many processed foods will contain certain flavourings that can aggravate symptoms – watch out for the following: onion, garlic, onion salt, garlic salt, commercial stocks and stock cubes, stock powder

## What About Sugars?

The following are safe on FODMAP diet – however for health keep to a minimum

- Caster sugar / table sugar / brown sugar / jaggery
- Stevia
- Maple syrup
- Golden syrup

Avoid xylitol, agave nectar, coconut sugar, honey, high fructose corn syrup. Watch out for products that contain concentrated fruit juices or dried fruits. If fructose is listed as one of the first foods in the ingredients list then it is likely to be high in fructose so avoid.

## The following foods are safe on a low FODMAP diet

Vegetables	Fruits
Aubergine	Banana
< ¼ cup artichoke hearts canned in water or vinegar	Blueberry
alfalfa	Cantaloupe melon
Bamboo shoots	Durian
Beans, green	Dragon fruit
Bean sprouts	Grapefruit < ½ medium
Beetroot – limit to 2 slices	Grapes
Broccoli – limit to < ½ cup	Honeydew melon
Cabbage, savoy < ½ cup	Kiwifruit
Carrot	Lemon
Courgette	Lime
Celery – limit to ½ stalk	Lychee < 5
Cucumber	Papaya
Fennel bulb < ½ cup	Orange,
Ginger	Satsuma
Lettuce	Passionfruit
Olives	Pineapple
Okra	Pomegranate – ½ small
Parsnip	Raspberry
Peas, green – limit to <1/4 cup	Rhubarb
Potato	Strawberry
Rocket	
Spinach	
Spring onion – green part only	
Seaweed nori sheets	
Swede	



Spring greens  
Turnip  
Tomato – all types  
Sweet potato  
Butternut squash < ¼ cup  
Pumpkin  
Red peppers  
Water chestnuts

**Milk Products**

Hard cheese – including feta, brie  
Haloumi cheese < 100g  
Lactose free milk  
Rice milk  
Soy milk – check labels  
Lactose free yogurt  
Soy yogurt – check labels  
Coconut yogurt  
Almond milk – check labels  
Hemp milk – check labels  
Coconut milk – check labels

**Cereals and Grains – keep low or avoid completely if on Paleo style of eating**

Gluten free breads (check dairy free)  
Cornflakes  
Cornflour  
Gluten free flour  
Gluten free muesli  
Oats and oat bran  
Gluten free pasta  
Rice  
Quinoa  
Amaranth  
Polenta  
Corn crackers  
Rice cakes

**Beverages**

Alcohol is an irritant to the gut – limit alcohol.  
FODMAPs are found in some wines and cider.  
Rum is high in fructose.  
Watch out for juice blends and topical juices, high fructose corn syrup, honey sweetened drinks  
Be mindful of gluten containing drinks  
Limit fruit juice to ½ glass – the safest are orange juice and cranberry  
No chicory, Caro, Carob, barley cup, dandelion coffee drinks  
A little red wine can be used esp. in cooking e.g stews

**Protein Foods**

Poultry  
Red meat  
Fish  
Seafood  
Tofu

**Nuts and seeds – limit portion to 1 small handful, about 10 nuts**

Avoid cashew and pistachio  
Almonds  
Pecans  
Hazelnuts  
Flaxseed  
Chia  
Sunflower  
Pumpkin  
Pine nuts  
Peanuts  
Sesame seeds  
Walnuts

**Flavourings**

Fresh herbs  
The green tops of spring onions  
Chives  
Chilli  
Garlic infused oil – simply peel and cut garlic and add to olive oil to seep the flavour. Discard the garlic  
Ginger  
Lemon and lime juice and zest  
Maple syrup  
Salt and pepper  
Spices – cumin, coriander etc. Avoid seasoning mixes  
Make up your own stock by simmering bones with carrot, celery, garlic infused oil, salt and pepper  
Vinegars – keep to 1-2tbsp only per portion  
Fish sauce  
Tamari soy sauce  
Mustard  
Peanut butter  
Tahini  
Sesame oil

# **Tweaking the Diet to Suit Dietary Requirements**

## **Vegetarian & Vegan Diets**

If you are following a low FODMAP diet and also avoid meat or animal products it is important to ensure your diet contains sufficient protein. This can be challenging because beans and pulses which can form an important part of a vegetarian / vegan diet are also high in GOS and fructans.

Vegetarian sources of protein include: eggs, tofu (plain, unflavoured), soy milk (check labels), tempeh (plain, unflavoured), eggs, quinoa, lactose free yogurt, lactose free milk, hard cheese (small quantities), some nuts and seeds (including tahini paste). Vegans will need to pay particular attention as they will also be excluding eggs and dairy products. Soy milk made from whole soy beans is often higher in FODMAPs than those made from soy protein so do check labels carefully. Pure protein isolate is also suitable on a low FODMAP diet – whey isolate, pea protein isolate, hemp and egg proteins may therefore be useful additions to the diet but check labels as many brands will contain sugars and sweeteners and inulin making them unsuitable.

## **Paleo Diet**

The paleo diet is based upon how we ate before our modern day diet of processed foods, sugars, salts, high fructose corn syrups and modified produce. A strict Paleo approach removes all grains, dairy and legumes (beans and pulses) from the diet. Some will also reduce or eliminate their intake of nightshade vegetables like peppers, tomatoes, and aubergine initially particularly if they suffer with an autoimmune condition. Protein rich foods (meats, fish, eggs) are all suitable on a FODMAP diet. However certain vegetables will need to be avoided (see tables above) and those following a paleo diet may need to watch the quantity of nuts and seeds consumed which can be high in some paleo recipes. Some people find they struggle with obtaining sufficient fibre in their diet as they avoid all grains, beans, and pulses. Good paleo fibre rich sources include potato, sweet potato (1/2 cup), carrots, leafy green vegetables, swede, ground flaxseed, ground chia seed, shelled hemp seeds.

# Example Meal Options

The following are examples of meals suitable for a low FODMAP diet. If you have specific requirements (e.g. paleo, vegan, vegetarian) look at our recipes, which are labelled appropriately for you. All the recipes are gluten free and suitable for those with Coeliac Disease.

## Breakfast Options

Eggs With Low FODMAP Vegetables And Sweet Potato Rosti

Omelette With Vegetables – Low FODMAP e.g Spinach, Green Beans, Tomatoes

Poached eggs with spinach

Granola – See Recipe

Muffins – See Recipe

Frittata – using sweet potato and low FODMAP vegetables

Olives, Smoked Salmon and Vegetables

Quinoa Porridge Made With Almond Milk

Millet Porridge With Fresh Berries

Green Smoothie – blend up banana, coconut milk, spinach leaves, lemon and ginger

Green Juice – lemon, parsley, spinach or kale, celery, cucumber, pineapple (small piece only)

Gluten free Oats\* or Quinoa Flakes with almond milk or low lactose milk (if tolerated) plus 1tbsp mixed seeds

Plain soy yogurt (low inulin), homemade coconut yogurt (to avoid xylitol) berries plus 1tbsp mixed seeds

Scrambled tofu with gluten free toast or paleo bread

Gluten free sausages, tomatoes, wilted spinach

Pancetta baked eggs

GF pancakes with berries and soy or coconut yogurt

Paleo porridge – eggs, coconut flour, coconut milk

Amaranth porridge

## **Useful Snacks**

1tbsp nuts or seeds

Plain soy yogurt or coconut yogurt

Rice cake with nut butter, slices of beef

30g hard cheese and raw cracker

Homemade kale crisps

Handful of olives

Carrot sticks and 1tbsp natural peanut butter

Sushi

## **Lunch / Dinner Options (see recipes for ideas)**

Quinoa salad with protein e.g fish, chicken

Omelette with low FODMAP vegetables or salad

Homemade soup using FODMAP friendly vegetables

Poached fish or chicken with vegetables and sweet potato wedges

Small baked potato with tuna and homemade mayonnaise and salad

Roast meats with vegetables and potato

Frittata with salad

Sushi

Rice paper rolls

Vietnamese Beef Salad

\* note not all coeliacs can tolerate certified gluten free oats. If these are a problem for you switch to a paleo style recipe or use quinoa, rice or buckwheat flakes instead

# RECIPES

## Drinks

Anti-inflammatory turmeric shake

Cinnamon Hot Chocolate

## Breads and Breakfasts

Almond Butter & Banana Muffins

Quinoa Protein Porridge

Butternut Squash / Pumpkin and Cinnamon Granola

Bacon, Sundried and Courgette Frittata

Eggs Muffin Cups Wrapped In Prosciutto

Breakfast Burritos

Sundried Tomato and Olive Muffins

Paleo Focaccia Bread

Chocolate Banana Paleo Bread

Herb Blinis With Hot Smoked Salmon And Aioli

## Soups

Creamy Carrot Ginger Soup

Roasted Red Pepper And Tomato Soup

## Snacks and Condiments

Digestive Mix

Coconut Oil Mayonnaise

Tomato Ketchup

Easy Rosemary Flaxseed Crackers

Parmesan Crackers

Cheese Rice Crackers

Chocolate Hazelnut Spread

Curry Flavoured Nuts

## Meat Dishes

Paleo Sausage and Sun Dried Tomato Quiche

Warming Gingered Beef Stew

Seared Lamb With A Minted Dressing and Green beans

## Poultry

Crispy Almond Paleo Chicken

Sicilian Chicken Quinoa Salad

Sticky Chicken with Cucumber Salad

Turkey & Bacon Meatloaf

Stuffed Roasted Red Peppers

## **Fish**

Bacon Wrapped Salmon with Caponata

Pan Fried Cod with Gremolata

## **Salads**

Lemon Crab & Prawn Salad With Lemon Dressing

Asian Kale Salad

Creamy Caesar Style Salad

Vietnamese Beef Salad

Thai Pork and Pineapple Salad

Carrot & Courgette Spiral Salad with Creamy Red Pepper Sauce

## **Desserts / Treats**

Blueberries With Coconut Cream

Raspberry Hazelnut Tart

Lemon Bars

Chocolate Chip Ice Cream

Almond Kheer

Sweet Potato Brownies

Chocolate Fridge Fudge

# RECIPES

## Drinks

### Anti-inflammatory Turmeric Shake

A simple alternative to the morning smoothie – you can use lactose free milk, coconut milk or almond milk. Some milk or coconut kefir may also be low in lactose and could be a useful alternative.

Freezing the banana creates a wonderful creamy texture to the shake but is optional.

Gluten Free, Suitable for Vegetarians, Paleo

Serves 2

1 large banana, sliced and frozen

2tsp Maple Syrup

300ml almond milk or coconut milk or milk kefir (if tolerated)

1 scoop protein powder (isolate), optional

1tsp ground flaxseed

2tsp chia seeds

2 tsp turmeric powder

Pinch of black pepper

Drizzle of omega blended oil

1/2 tsp cinnamon powder

1. Simply blend all the ingredients together and serve immediately.

### Cinnamon Hot Chocolate

A wonderful warming recipe

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

Serves 2

3 Tbsp Cocoa powder

1tbsp Maple Syrup

1 tsp. cinnamon

1 pinch cayenne (or more if you like it spicy!)

2 cups of milk, e.g almond milk or coconut milk.

1. Mix the cocoa powder and cinnamon together in a small bowl with the maple syrup to form a



smooth paste.

2. Spoon a little of the milk into the paste to slacken slightly. Warm up the remaining milk in a small sauce pan, keeping the heat on low.
3. Gradually stir in the chocolate paste mix and whisk until completely dissolved.

# Breads and Breakfast Options

## Almond Butter & Banana Muffins

A simple muffin sweetened with fruit only. These are great for snacks and packed lunches or for a grab and go breakfast. You could add some protein powder to this if wished e.g soy isolate, hemp protein powder or whey protein powder if tolerated

Gluten Free, Dairy Free, Suitable for Vegetarians, Paleo

Makes 8

4 bananas

4 eggs

1/2 cup / 125g almond butter

2 tbsp coconut oil, melted

1 tsp vanilla

1/2 cup / 55g coconut flour

2 tsp cinnamon

1/2 tsp nutmeg

1 tsp baking powder

1 tsp bicarbonate of soda

Pinch of sea salt

1. Preheat the oven to 180C, gas mark 4. Line a muffin tin with cases. In a blender or food processor combine bananas, eggs, almond butter, coconut oil, and vanilla.
2. Add in the coconut flour, cinnamon, nutmeg, baking powder, soda, and salt. Blend into the wet mixture, scraping down the sides with a spatula.
3. Spoon into the muffin cases.
4. Bake for 20-25 minutes, until a toothpick comes out clean.
5. Best stored in the fridge or frozen

VARIATIONS – cocoa powder is FODMAP friendly – use 1tbsp. You could also stir in 2tbsp chopped walnuts to the mixture if wished.

## Quinoa Protein Porridge

This could be made with millet grain too. A warming alternative to porridge.

Gluten Free, Dairy Free, Suitable for Vegetarians

### Serves 2

1 cup dairy free milk – almond or coconut (check labels)

1 cup water

1/2 cup quinoa

1 banana, sliced

½ teaspoon ground cinnamon

1 teaspoon vanilla extract

1 tablespoon ground flaxseed

1 scoop pure protein powder isolate - optional

1. Rinse the quinoa under cold running water.
2. Place the quinoa and water in a pan and bring to the boil.
3. Reduce the heat then cover and cook for 10 minutes until just soft.
4. Add the milk, banana, cinnamon, flaxseeds, protein if using and vanilla.
5. Cook for 5 minutes until creamy. Add a little more milk if needed for a creamier texture.
6. Spoon into serving bowls.



## Butternut Squash / Pumpkin and Cinnamon Granola

Note that most nuts are medium FODMAPs so watch portion sizes – if you are following the exclusion diet I suggest just one handful of this recipe in one sitting only. You can use this granola as a topping for soy yogurt or low lactose yogurt too. Alternatively you could add some gluten free oats, quinoa or buckwheat flakes to replace some of the nuts in this mixture. Make up a batch and store in an airtight container for 1 week or keep in the fridge for longer.

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo\*

Serves 8

1 cup / 125g quinoa flakes, buckwheat flakes or gluten free oats (\*for paleo option use 1 cup ground almonds)

180g / 1½ cup sliced / flaked almonds

70g / 1 cup unsweetened coconut flakes

125g / 1 cup pumpkin seeds or mixture of seeds e.g sunflower, sesame and pumpkin

2tbsp flaxseed ground

125g / 1 cup walnuts, chopped

½ cup / 60g coconut oil melted

2 Tbsp maple syrup

1tbsp vanilla extract

Pinch of sea salt

115g / ½ cup pumpkin or butternut squash pureed from a can or you can bake in the oven then puree

2 tsp ground cinnamon

Serve with mixed berries and coconut yogurt or soy yogurt

1. Preheat the oven to 180C, gas mark 4 and line a baking sheet with parchment paper.
2. In a large bowl combine flakes (or ground almond), coconut flakes, almonds, pumpkin seeds and pecans.
3. In a blender, combine the pumpkin, coconut oil, maple syrup and cinnamon.
4. Add the wet ingredients to the dry ingredients and stir until dry ingredients are thoroughly coated.
5. Spread the granola in a thin layer on the baking sheet.
6. Cook for 30 minutes stirring occasionally to prevent burning.

## **Bacon, Sundried Tomato and Courgette Frittata**

A wonderful option served hot or cold. If you pour the mixture into a traybake tin you can cut it into squares and take a portion with you to work for lunch as well.

Gluten Free, Paleo\* (\*omit cheese)

Serves 4

8 slices of streaky bacon, cut into dice

2 medium courgettes, grated

6 sundried tomatoes, chopped

100g grated hard cheese, lactose free cheese or soy cheese

6 large eggs, lightly beaten

6 cherry tomatoes, halved

Pinch of cayenne pepper

Salt and freshly ground black pepper

1. Preheat the oven to 180C, gas mark 4. Grease an 20cm / 8inch cake tin or small traybake and line with greaseproof baking parchment.
2. Cook the bacon in a frying pan until crispy. Remove from the heat and drain.
3. Combine the bacon, courgette, sundried tomatoes, cheese and eggs in a large bowl. Season with salt and pepper and cayenne. Pour into the baking dish, top with the cherry tomatoes and bake for 20 to 25 minutes, until firm and golden brown.
4. Remove from the oven and let stand for 5 minutes before slicing.

## Eggs Muffin Cups Wrapped In Prosciutto

Easy to assemble and portable too – serve hot or cold

Gluten Free, Dairy Free, Paleo

Serves 4

4 eggs

4 slices of bacon

salt and pepper

1 tomato, chopped

chopped chives

1. Preheat the oven to 180C, gas mark 4
2. Lightly grease a muffin pan and begin by taking one slice of uncooked bacon at a time, wrap the inside of a muffin cup to create a ring. Repeat with the remaining slices of bacon.
3. Sprinkle the tomatoes and chives into the muffin cups, and crack an egg into each muffin case. Season with salt and pepper.
4. Bake in the oven for 15-20 minutes. Or until eggs are cooked to your liking – you may only need 15 minutes for a runny yolk





## **Breakfast Burritos**

A delicious paleo style recipe – you can alter the fillings according to what is available.

Gluten Free, Dairy Free, Paleo

Serves 4

3 eggs

½ cup about 100ml coconut milk (check labels)

2tbsp coconut flour, sifted

1tsp coconut oil

½ tsp arrowroot

pinch of salt

Coconut oil or olive oil for pan

### **Filling**

2tbsp olive oil

350g rump steak, finely chopped

½ red chilli, seeds removed, finely chopped

1 tomato, diced

dash Tabasco sauce

pinch cayenne pepper

small handful fresh coriander, chopped

1. Make the tortillas. Whisk the tortilla ingredients together in a bowl. Let the mixture sit for 10 minutes while the pan heats so the coconut flour can absorb the liquid, then whisk again.
2. Heat a crepe pan or frying pan over a medium-high heat.
3. Melt a small amount of oil in the pan, swirling to coat the bottom and sides.
4. Pour ¼ of the batter into the hot pan, turning the pan in a circular motion with one hand so to spread the batter thinly around the pan.
5. Cook for 1 minute until the edges start to lift and turn golden. Gently work a spatula under the crepe and flip it over. Cook on the second side for 15 seconds and turn out on a plate.
6. Repeat with the remaining batter
7. To make the filling sauté the steak, chilli and tomato and fry until the meat is golden and cooked through, about 4 minutes. Add the remaining ingredients and season to taste.
8. To assemble the burrito, place the warmed tortillas on serving plates and divide the steak between them. You could top with a little lettuce too. Roll up to serve

## Sundried Tomato and Olive Muffins

A fabulous healthy snack and perfect for packed lunches. Full of Mediterranean flavours these are rich and satisfying. Delicious warm from the oven or served with bacon and grilled vegetables for a breakfast style brunch

Gluten Free, Dairy Free, Suitable for Vegetarians

Makes 7 muffins

Preparation time: 10 minutes

Cooking time: 30 minutes

225g self raising gluten free flour

1 tsp gluten-free baking powder

¼ tsp xanthan gum

½ tsp salt

80g hard cheese or low lactose cheese, grated

40g or 5 drained, bottled sun-dried tomatoes, finely chopped

8 olives, pitted and chopped

4 fresh basil leaves, finely chopped

75g dairy-free spread or coconut oil, melted

2 large eggs, beaten

1 tbsp sun dried tomato paste

150ml dairy-free milk or lactose free milk (check labels)

1. Preheat the oven to 180°C, gas 4. Line a muffin tin with paper cases
2. Place the flour, baking powder, xanthan gum and salt into a mixing bowl and stir thoroughly. Add the dairy-free cheese, sun-dried tomatoes, olives and basil leaves and mix well.
3. Mix together the melted spread or oil, eggs, tomato purée and dairy-free milk.
4. Pour the egg mixture into the flour mixture and gently mix in. Spoon the mixture into the muffin cases.
5. Bake for about 25-30 minutes until golden brown. Remove from the oven and place on a cool rack. Delicious eaten hot or cold



## **Paleo Focaccia Bread**

Vary the flavourings according to taste. You can add a little garlic olive to it if wished.

Gluten Free, Dairy Free, Suitable for Vegetarians, Paleo

Makes 1 loaf

4 large eggs

1/4 cup coconut cream - taken from the top of a can of coconut milk

1/4 cup coconut flour

1/2 teaspoon bicarbonate of soda

1tsp baking powder

Handful of chopped fresh herbs - thyme, or rosemary work well.

Olive oil, for brushing

Additional coarse sea salt, for topping

Chopped olives and cherry tomatoes for topping

1. Preheat oven to 180C, gas mark 4.
2. Beat the eggs with the coconut cream until smooth. In a medium bowl, combine the coconut flour, salt, baking powder and soda. Add the egg mixture to the flour and stir until well combined. Make sure there are no lumps
3. Stir in a handful of fresh herbs e.g rosemary
4. Line a round cake tin or small square traybake tin with parchment and spread the batter in the pan. Drizzle with olive oil. Top with herbs, olives and cherry tomatoes.
5. Bake for 15-20 minutes until top is lightly browned. Remove from the oven and brush with more olive oil. Cool before slicing and serving.

## Chocolate Banana Paleo Bread

Vary the ingredients – you can add grated courgette to this basic recipe.

Gluten Free, Dairy Free, Suitable for Vegetarians, Paleo

1 ¾ cups almonds ground up until fine in a blender or food processor

3tbsp raw cacao powder or 2tbsp cocoa powder

¼ cup coconut flour

1tsp bicarbonate of soda

¼ cup / 60ml olive oil

5 eggs

1 banana

1tbsp maple syrup or pinch of stevia

1. Heat the oven to 180C gas mark 4
2. Place the almond flour, cocoa powder, coconut flour and bicarbonate of soda in a bowl.
3. Mix well. In a blender blend up the olive oil, eggs, banana and maple syrup. Add the wet ingredients to the bowl and beat well
4. Pour the mixture into a loaf tin and bake in the oven for 40 minutes until golden and firm

## **Herb Blinis With Hot Smoked Salmon And Aioli**

These wonderful gluten free blinis, flavoured with fresh herbs are simple and quick to prepare. Despite its name, buckwheat isn't a grain but a fruit seed related to rhubarb. It contains all eight essential amino acids, making it a good source of protein. Accompany with hot smoked or smoked salmon and a little aioli for a perfect canapé or party dish but equally delicious as indulgent breakfast or brunch.

Gluten Free, Dairy Free

Makes 20 blinis

Storage: Make in advance and keep in the fridge for up to 2 days. Warm through in the oven. Freeze in batches for up to 1 month.

Preparation time: 10 minutes

Cooking time: 15-20 minutes

100g/4oz buckwheat flour

1tsp gluten free baking powder

1/2tsp sea salt

Freshly ground black pepper

1 egg, separated

150ml/5floz milk alternative or lactose free milk

1tsp grated lemon zest

1tbsp chopped dill

1tbsp chopped parsley

1tbsp olive oil or coconut butter

225g / 8oz hot smoked salmon, flaked or smoked salmon

## Aioli

2 free-range egg yolks

pinch of mustard powder

Salt and pepper

100ml/ 3 ½ floz light olive oil

100ml / 3 ½ floz omega blended oil or olive oil

Juice of ½ lemon

1. To make the aioli, put the egg yolks in a food processor, add a pinch of mustard powder, salt and pepper and pulse briefly. With the machine running, gradually trickle in the oil to form a thick smooth emulsion. Pulse in the lemon juice. Spoon into a bowl and chill until needed.
2. For the blinis place the flour, baking powder, seasoning, egg yolk, milk alternative and lemon zest in a bowl. Using a hand-held blender process to form a smooth batter.
3. Whisk the egg white until stiff then fold into the batter with the herbs.
4. Heat the oil in a frying pan. Place spoonfuls of the mixture into the pan. Cook for 2-3 minutes on each side. Repeat with the rest of the mixture.
5. To serve top each blinis with a little smoked salmon and a spoonful of aioli





# Soups

## Creamy Carrot Ginger Soup

The addition of silken tofu provides a wonderful creamy texture to this soup. For a paleo option try blending in some coconut cream at the end. If you have a vitamix you can make this in the blender. Otherwise cook in a pan before blending.

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

Serves 2

2 tablespoons olive or coconut oil

4 medium carrots, peeled, chopped

1 celery stalk, chopped

1/2 teaspoon sea salt

pinch white pepper

1 tablespoon fresh ginger root

125g silken tofu or use ¼ cup coconut cream (check labels)

450ml vegetable or chicken broth (check labels if not homemade)

Chopped chives to garnish

1. Heat the oil in a pan and add the carrots and celery. Sauté for 5 minutes to soften.
2. Add the remaining ingredients and cook until the carrot is soft.
3. Blend until smooth and creamy.
4. Sprinkle over the chives to serve.

## Roasted Red Pepper And Tomato Soup

A simple store cupboard soup recipe. You can either roast the peppers yourself or use those in a jar (check labels)

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo (use coconut cream)

Serves 4

3 red peppers, halved and deseeded

1 tbsp olive oil or coconut oil

1 red chilli, chopped and deseeded

400g (14oz) can chopped tomatoes

1 tbsp sundried tomato paste

425ml ( $\frac{3}{4}$  pint) fresh vegetable stock, preferably homemade or chicken stock

275g (10oz) silken tofu or use  $\frac{1}{4}$  cup of coconut cream

1tbsp fresh herbs e.g. parsley, basil or coriander

1. Grill the pepper halves until blackened. Place in a bowl and cover with clingfilm. Once cold peel off the skins and dice.
2. Heat the oil in a pan and add the chilli, peppers, tomatoes. Stir for a minute then add the sundried tomato paste and vegetable stock. Bring to the boil and simmer for 15 minutes.
3. Place the tofu with the soup in a food processor or liquidizer and liquidize until smooth and creamy. Return to the pan and heat through. Sprinkle over the herbs just before serving.

# Snacks and Condiments

## Digestive Mix

This is great for chewing after meals to aid digestion. If tolerated empty 1 tsp Bifido Bact Powder (Biotics Research) too. These are available from my website [www.christinebailey.co.uk](http://www.christinebailey.co.uk)

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

½ cup fennel seeds

¼ cup toasted coriander seeds

¼ cup sesame seeds

1tbsp cumin seeds

2 pinches sea salt

1tbsp hot water

1. Dissolve the salt in the hot water
2. Heat a frying pan over a high heat and add the seeds. Toast until brown.
3. Sprinkle over the salt water and stir until dry and fragrant.
4. Cool then store in an airtight containers. Eat a tsp after dinner for good digestion.

## Coconut Oil Mayonnaise

This will keep in the fridge for 2-3 days

Gluten Free, Dairy Free, Suitable for Vegetarians, Paleo

1 whole egg

2 egg yolks

½ tsp Dijon mustard or to taste

Juice of ½ small lemon

Sea salt and pepper to taste

125ml light olive oil

100ml melted coconut oil and cool

Can add 1tbsp soy yogurt to make it creamier (not paleo)

1. In a blender or food processor, mix the eggs, yolks, mustard, lemon juice, salt and pepper. Gradually pour in the oils with the motor running until emulsified. Stir in the yogurt at the end to create a creamier texture

## **Tomato Ketchup**

Use this recipe for coating meat and fish as well as a condiment.

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

350g tomatoes (chopped)

1tbsp maple syrup

2tbsp olive oil

½ tsp sea salt

1-2tbsp apple cider vinegar to taste

120g sun dried tomatoes in oil or rehydrated

1. Simply place all the ingredients in a blender and process until smooth. Store in the fridge until needed

## Easy Rosemary Flaxseed Crackers

These are low carb and so easy to make up. Equally you do not need a dehydrator to make them.  
Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

Makes around 16 crackers

100g ground flaxseed

50g ground chia seeds

50g shelled hemp seeds

1 egg

1 egg-white

2 tablespoons coconut oil

2 Tablespoons Extra Virgin Olive Oil

2 sprigs fresh rosemary

1/2 tsp Sea Salt

2-3tbsp water to blend

1. Preheat the oven to 180C, gas mark 4.
2. Place the flax and chia seed in a large bowl with the hemp seeds, oils and the sea salt.
3. In a blender put the egg, the egg white, the rosemary leaves and water (not the stems), and process to combine.
4. Add the wet ingredients to the dry ones, and mix very well. Ideally let the mixture stand for 30 minutes. If the mixture is too dry then add a little more water.
5. Roll the dough between two pieces of parchment paper to form a rectangle. Place on a baking sheet.
6. Score the dough into square or rectangular pieces.
7. Bake on a lined baking sheet for 20 minutes or until lightly golden and crisp.
8. Cool on a rack.

## **Parmesan Crackers**

A simple crisp cracker ideal for snacks or accompaniment to soups

Gluten Free, Suitable for Vegetarians

Makes about 6 biscuits

100g ground flaxseed

30g Parmesan cheese, grated

Pinch of sea salt

Optional sesame seeds 1tbsp

Optional smoked paprika or cayenne pepper

125 ml water

1. Preheat the oven to 200C, gas mark 6.
2. Simply mix all the ingredients together. Place spoonfuls on a greased and lined baking sheet to form thin circles. Bake in the oven until lightly golden for around 15 mins

## **Cheese Rice Crackers**

A lighter cracker – if you cannot find rice flakes use quinoa flakes

Gluten Free, Suitable for Vegetarians

Makes 8 crackers

1 cup rice flakes or quinoa flakes

½ cup chickpea flour

2tbsp chopped fresh herbs

¼ cup olive oil

2 eggs

75g grated hard cheese or lactose free cheese

1. Heat the oven to 180C, gas mark 4
2. Mix the dry ingredients together. Beat the eggs and oil together. Add to the dry ingredients with the cheese
3. Spread the mixture into a rectangle on a lined baking tray and mark into squares. Bake until golden 15 minutes



## **Chocolate Hazelnut Spread**

A simple spread packed with healthy fats from the nut butter spread

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

½ cup hazelnut nut butter

3tbsp raw cacao powder

3tbsp maple syrup

1. Simply mix all the ingredients together until combined. Store in a container in the fridge and use when needed.

## Curry Flavoured Nuts

Cashew nuts tend to be slightly higher in FODMAPs than some of the others so use pecans, walnuts, hazelnut or almonds instead

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

Serves 6

2tbsp maple syrup

1tsp garam masala

1tsp lemon juice

lemon zest

½ tsp sea salt

150g pecans, walnuts or almonds

1. Preheat the oven to 150C, gas mark 2.
2. Line a baking tray with baking parchment
3. In a bowl mix together all the ingredients except the nuts. Add the nuts then toss to coat. Spread over the baking tray and bake for 10-15 minutes until golden. Leave to cool before using.

## Main Meals

### Paleo Sausage and Sun Dried Tomato Quiche

A wonderful pastry – easy to make and ideal for sweet and savoury dishes (omit paprika and pepper for sweet dish)

Gluten Free, Dairy Free, Paleo

Serves 6

Base

1¼ cups almond flour

⅓ cup + 2 Tablespoons tapioca flour / starch

Pinch of salt

Pinch of smoked paprika

Black pepper

¼ cup PURE spread (sunflower or soy) / note butter may be tolerated

1 large egg

3 gluten free sausages – check lactose free, no additives

150g baby spinach leaves

1tbsp chives, chopped

6 sundried tomatoes, chopped (in oil or rehydrated)

4 eggs

2-3tbsp coconut milk

Seasoning

1. Preheat the oven to 180C, gas mark 4.
2. Make the quiche base. Place the flour, tapioca and seasoning in a food processor. Add the butter or pure spread and blitz to form breadcrumbs. Add the egg and pulse to form a sticky dough. Wrap in cling and chill if possible for 30 minutes.
3. Grease a loose bottom tart tin, about 20cm / 8inch. Press the dough into the base and up the sides slightly. Place greaseproof paper on top and top with baking beans. Bake blind for 15 minutes until lightly brown. Remove the beans and allow the base to cool.
4. Prepare the filling. Break up the sausage and fry until lightly golden. Add the spinach, chives and sundried tomatoes and cook until the spinach has wilted. Drain off any excess liquid.
5. Combine the eggs, milk and seasoning.

6. Scatter the filling over the base then pour over the egg mixture.
7. Bake in the oven for 40 minutes or until set.
8. Allow to cool slightly before slicing. Ideal cold and warm

## Warming Gingered Beef Stew

This is a protein rich warming and comforting dish perfect for the colder weather. Accompany with low FODMAP steamed vegetables.

Gluten Free, Dairy Free, Paleo

Serves 6

1tbsp olive oil or coconut oil

1kg braising beef or lamb cut into chunks

a little gluten free flour or rice flour for dusting

pinch of salt and pepper

½ tsp fresh ginger root, grated

2tsp ground cumin

pinch of ground turmeric

300g butternut squash, chopped

2 carrots, chopped

300ml red wine

300ml beef stock

1tbsp balsamic vinegar

1tsp Worcestershire Sauce

100g chopped kale

Chopped parsley to decorate.

Handful of flaked almonds

Seeds of 1 pomegranate

1. Preheat the oven to 180C, Gas mark 4.
2. Dust the beef in flour and season. Heat a little coconut oil in a large casserole dish. Sear the meat until golden. Add the ginger, cumin and turmeric.
3. Add the butternut squash and carrot, stock and wine, vinegar and Worcestershire sauce.
4. Bring to the boil. Cover with a lid then place in the oven and cook for 1 hour.
5. Add the kale to the stew. Cover and cook for a further 15 minutes. Sprinkle over the herbs, pomegranate seeds and almonds to serve.

## Seared Lamb With A Minted Dressing and Green beans

A lovely recipe that can be served hot or cold

Gluten Free, Dairy Free, Paleo

Serves 4

500g lamb fillet or use lamb cutlets or chops

grated zest of 2 lemons

1tsp cumin powder

1tbsp olive oil

150g green beans, trimmed

250g mixed green leaves

150g cherry tomatoes, halved

4 sundried tomatoes, chopped

### Dressing

Drizzle of olive oil

200g coconut yogurt or plain soy yogurt or low lactose yogurt

handful of mint leaves

1tsp maple syrup

2tbsp balsamic vinegar

pinch of cumin

½ tsp. Dijon mustard

1. To make the dressing simply mix all the ingredients together and chill until needed.
2. Mix together the lemon zest, cumin and olive oil and rub over the lamb. Leave to marinate in the fridge for a couple of hours or overnight.
3. Preheat the oven to 220C, gas mark 7. Sear the lamb in a frying pan with a little olive oil so that it is brown all over. Place in the oven and roast for 15 minutes. Allow to rest for 5 minutes. Slice thinly.
4. Blanch the beans in boiling water until al dente, drain and refresh under cold water. Pile the green leaves on a platter and top with the beans, tomatoes and sun dried tomatoes. Arrange the lamb on top and drizzle over the sauce to serve.

## Crispy Almond Paleo Chicken

This is a popular recipe with children – ideal for a quick family meal served with low FODMAP vegetables and salad

Gluten Free, Dairy Free, Paleo

Serves 4

4 chicken breasts, boneless

½ cup ground almonds

½ cup shredded unsweetened coconut

½ tbsp paprika

¼ tsp cayenne pepper

pinch of sea salt

Black pepper

1 egg whisked

1. Preheat the oven to 180C, gas mark 4
2. Bash the chicken breasts with a rolling pin and flatten to form thin escalopes
3. Line a baking sheet with parchment paper
4. Whisk the egg in a bowl and set aside.
5. In a large bowl, mix the almond meal, shredded coconut, paprika, cayenne pepper, salt, pepper in a bowl.
6. Take one piece of chicken and dunk it in the egg, then dunk it in the coconut mixture and place it on the cookie sheet. Repeat with the rest of the chicken.
7. Bake for 25 minutes or until it looks golden brown and crispy/dry.

## Sicilian Chicken Quinoa Salad

A wonderful Mediterranean inspired dish full of protein and vegetables. Perfect for packed lunches and delicious warm or cold. Quinoa is a nutrient dense gluten free seed providing a good source of protein, magnesium, folate and fibre. For a vegetarian version replace the chicken with chunks of tofu pieces and omit the anchovy

Gluten Free, Dairy Free

Serves 4

140g quinoa

375ml fresh vegetable stock or chicken stock (check labels)

a pinch of saffron strands

2 large chicken breasts

2tbsp capers

1 anchovy chopped

handful of mint leaves

Handful of coriander leaves

handful of parsley leaves

90ml extra virgin olive oil

3tbsp red wine vinegar

2 roasted red peppers, chopped

2 celery stalks, chopped

60g black pitted olives, halved

200g cherry tomatoes, halved

Fresh coriander leaves to garnish

30g toasted pine nuts

1. Put the quinoa in a sieve and rinse well. Transfer to a saucepan and pour over the vegetable stock and add the saffron. Bring to the boil over a medium heat, then turn the heat down to low, cover and leave to simmer for 15 minutes until the quinoa is tender. Leave the lid on and allow it to steam for a further 5 minutes. Transfer to a large bowl.
2. Meanwhile place the chicken breasts in a pan and cover with water. Bring to the boil then simmer for 10 minutes. Turn off the heat and leave to cook for a further 10 minutes. Drain then thinly slice.
3. Place the capers, anchovy, herbs, oils and vinegar in a food processor and pulse lightly to



combine.

4. Add the remaining ingredients to the quinoa and toss lightly. Pour over the dressing and toss to coat.

## **Sticky Chicken with Cucumber Salad**

An ideal family friendly recipe. You can use chicken breasts and then slice and use in salads or as a filling for gluten free wraps.

Gluten Free, Dairy Free, Paleo

Serves 4

5tbsp tomato ketchup – see recipe under condiments or check ingredients on shop bought ketchup

3tbsp balsamic vinegar

3tbsp tamari soy sauce

2tbsp Chinese five spice powder

1tbsp maple syrup

2tsp olive oil

Chicken – use drumsticks, thighs or breasts – 400g

## **Cucumber Ribbons With Chilli, Soy And Ginger**

2 cucumbers

1 small red chilli, deseeded and thinly sliced into ribbons

1tsp grated fresh ginger

2tbsp tamari soy sauce

Juice of ½ lime

2tbsp rice wine vinegar

small handful of coriander leaves, chopped

1. Preheat the oven to 200C, gas mark 6. Place the chicken pieces in a large roasting tin. Whisk all the sauce ingredients together and season with salt and pepper.
2. Pour over the chicken. Toss together and make sure the chicken is coated and in one layer in the tin.
3. Bake for 30 minutes – check to see if it is done – pierce with a knife – it should be hot in the middle and no pinkness.
4. Make up the salad. Using a peeler or mandoline or spiraliser and slice the cucumber into ribbons. Place in a bowl and toss in the remaining ingredients.

## Turkey & Bacon Meatloaf

The turkey mince keeps it light while the addition of herbs and tomato provides flavour and texture.

Gluten Free, Dairy Free, Paleo\* (\*use ground almonds)

Serves 6

700g mince turkey

200g bacon chopped into dice

3 eggs

3 slices of gluten-free bread, crusts removed and processed into breadcrumbs (or use 100g ground almonds)

60g sun-dried tomatoes, chopped

1 carrot finely grated

Handful of chopped fresh parsley

Handful of chopped fresh basil leaves

1tsp chopped fresh thyme or dried thyme

Sea salt and ground pepper, to taste

1tbsp sesame seeds

1. Preheat the oven to 180C, gas mark 4. Line loaf tin with a piece of parchment paper.
2. In a large mixing bowl, combine all the ingredients and season well.
3. Spoon the turkey mixture into the loaf pan and use the back of a spoon to press it into a loaf shape.
4. Sprinkle with sesame seeds and press them into the top.
5. Bake for 60 minutes, until cooked through
6. Let the loaf rest for five minutes before slicing and serving.

## Stuffed Roasted Red Peppers

A warming yet healthy dish – vary the ingredients for the filling according to what you have available. You could also add a little grated lactose free or hard cheese on the top if wished

Gluten Free, Dairy Free, Paleo

Serves 4

4 red peppers – cut in half and deseeded

1 tbsp coconut oil

1 tsp dried oregano

1/2 tsp sea salt

400g minced turkey

1 large courgette grated

3 tbsp sun dried tomato paste

Freshly ground black pepper, to taste

Fresh parsley, for serving

1. Preheat the oven to 180C, gas mark 4. Coat a small baking dish with coconut oil or olive oil. Bring a large pot of water to a boil. Place the red peppers in boiling water for 4-5 minutes. Remove from the water and drain face-down on a paper towel.
2. Heat the coconut oil in a large pan over medium heat. Stir in the turkey, oregano, salt, and pepper and cook until turkey is browned. Add the courgette. Cook everything together until the courgette is soft, and meat cooked through.
3. Remove the pan from heat and stir in the tomato paste. Place the peppers upright in the baking dish and spoon the meat mixture into the centre of each. Bake for 15 minutes. Serve warm sprinkled with chopped parsley.

## **Bacon Wrapped Salmon**

Any type of firm fish would work but I like to use salmon fillets for their omega 3 content. This is delicious served with the Caponata below

Gluten Free, Dairy Free, Paleo

Serves 4

8 Prosciutto or pancetta (check lactose free)

4 salmon fillets, boneless and skinless

fresh sage leaves – optional

1. Prepare the salmon. Lay two slices of prosciutto overlapping lengthways on a board. Sit a piece of salmon near one of the short ends. Season then place a couple of sage leaves on top. Roll up the salmon to wrap it up in the prosciutto. Repeat with the other fillets
2. Heat a little olive oil in a pan. Once hot place the fillets in seam side down and allow them to cook for 3-4 minutes. Carefully turn them over and continue to cook for another 5-6 minutes – check that the salmon is cooked through before serving.

## Caponata

Normally this would have onion and garlic added. This is a low FODMAP version and great for vegetarians and vegans (omit the anchovy) – accompany with some protein such as tofu or hard boiled eggs

Gluten Free, Dairy Free, Suitable for Vegetarians\*, Suitable for Vegans\*, Paleo

Tomato base

1tbsp oil

1 anchovy\* rinsed (\*omit for vegetarian, vegan option)

2 x 400g cans of chopped tomatoes – check garlic free

pinch of salt and pepper

3 medium aubergines, unpeeled and cut into small cubes

125ml olive oil

salt and pepper

2 red peppers, cut into chunks

2 celery sticks, finely chopped

125ml white wine vinegar

1tbsp tomato puree

2tbsp capers, rinsed

15 green olives, pitted and rinsed

2tbsp sugar

1tbsp parsley chopped

1. Place the aubergine pieces on a large baking tray and drizzle with 4tbsp olive oil. Sprinkle with salt and pepper and mix well. Bake for 20 minutes until golden brown
2. For the tomato base heat the oil in a pan and add the anchovy and sauté for 30 seconds. Add the tomatoes and seasoning, heat for 10 minutes to thicken.
3. Heat the remaining oil in a frying pan and sauté the pepper and celery. Add the remaining ingredients including the aubergine and tomato sauce and heat through. Scatter over the parsley to serve.

## **Pan Fried Cod with Gremolata**

A simple recipe – the gremolata is ideal for fish and seafood and can be prepared in advance and kept in the fridge for 1-2 days

Gluten Free, Dairy Free, Paleo

Serves 2

Large handful of fresh flat leaved parsley, finely chopped

Zest of 1 lemon

Juice of ½ lemon

2-3tbsp olive oil flavoured with garlic

little oil for frying

2 cod fillets, boneless skin on, about 150-170g

8 red cherry tomatoes, halved

Serve with green beans and salad

1. Mix together the parsley, lemon juice and zest, garlic oil in a bowl.
2. Pour a little oil over the fish fillet and season with black pepper. Heat a frying pan until hot. Sear the fish, skin-side down for 2-3 minutes until golden. Turn over and cook for a further 4-5 minutes until cooked through.
3. Place the tomatoes in a bowl and coat with a little of the gremolata. Spoon on to a serving plate and top with the fish. Drizzle the remaining gremolata over the fish. Serve with green beans and salad.



# **SALADS**

## **Lemon Crab & Prawn Salad With Lemon Dressing**

This salad uses courgette ribbons, which are a wonderful low FODMAP vegetable.

Gluten Free, Dairy Free, Paleo

Serves 4

### **Saffron Mayonnaise**

2 egg yolks at room temperature

1tsp saffron threads soaked in 2tbsp hot water

¼ tsp Dijon mustard

pinch of salt and pepper

200ml olive oil

Juice of ½ lemon

### **Salad**

250g fresh white crab meat

200g cooked prawns

3 courgettes – cut lengthways into thin ribbons

1 red chilli, deseeded and finely chopped

100g rocket leaves or watercress

Juice of ½ lemon

Juice of ½ lime

3tbsp virgin olive oil

1tsp Himalayan sea salt

black pepper to taste

Crackers to serve (see recipes above)

1. To make the aioli place the egg yolks, saffron and soaking water, mustard, salt and pepper in a food processor and process briefly to combine. With the machine running gradually add the oil until the mixture is emulsified. Add the lemon juice and pulse once more. Note if your mixture does not thicken you can add a spoonful of prepared mayonnaise into the food processor and switch on then gradually pour in your aioli to combine.
2. Prepare the mayo and store in the fridge until required.
3. Combine the crab, prawns, courgette, chili and rocket in a bowl.
4. Just before serving squeeze the lemon and lime juice over the salad. Drizzle with the olive oil and season to taste.

5. Spoon the salad onto plates then top with the mayo and serve with raw crackers

## **Asian Kale Salad**

A wonderful meal in a bowl – add a little protein to make this more substantial

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

Serves 4

250g handfuls of kale, chopped

2 carrots, grated

1 red pepper, sliced into bite-sized pieces

60g flaked almonds or pine nuts

handful of coriander leaves chopped

### **Asian Dressing**

3 tbsp smooth peanut butter or almond nut butter

3tbsp rice vinegar

1 tablespoon fresh lime juice

3 tablespoons olive oil

1 tablespoon tamari soy sauce

3 tablespoons maple syrup

1-inch square piece fresh ginger, peeled and grated

pinch of sea salt

1/2 teaspoon sesame oil

1. Make up the dressing by placing all the ingredients in a blender and processing until smooth.
2. Place all the salad ingredients in a bowl and pour over the dressing. Massage in the dressing to soften the kale. Season to taste

## **Creamy Caesar Style Salad**

Ideal served with protein such as chicken breasts or prawns or for a vegan option use tofu chunks

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

Serves 4

- 1 large head of romaine lettuce or other favourite lettuce
- 2 small handfuls of watercress
- 1 cup or large handful of mixed seedless grapes, cut in half
- 2 sticks celery, finely diced
- 80g walnuts, roughly broken up
- 1 small handful of fresh flat-leaf parsley

### **Dressing**

- 1/2 teaspoon mustard powder
- 2 tablespoons apple cider vinegar
- 3tbsp olive oil
- 3tbsp water
- 50g almond nut butter
- 1/2 teaspoon Himalayan salt
- Black pepper to taste

1. Place all the ingredients for the sauce in a blender and process until smooth.
2. Arrange the lettuce in a bowl and toss in the other ingredients. Drizzle over a little of the sauce and toss to coat thoroughly

## **Vietnamese Beef Salad**

A fresh, protein-packed salad. The dressing is tangy, lightly spiced and bursting with fresh herby flavours. Toss in some cooked rice noodles if wished.

Gluten Free, Dairy Free, Paleo

Serves 4

400g beef sirloin, cut into strips

1tbsp rice wine vinegar

1tsp fish sauce

2tsp olive oil

½ tsp five spice powder

1tsp brown sugar

2 carrots, cut into julienne strips

1 red pepper, cut into julienne strips

1 cucumber, deseeded and thinly sliced

### **Dressing**

125ml/4fl oz lime juice

1 tbsp maple syrup

1tbsp garlic infused olive oil

½ red chilli, deseeded and diced

Handful of fresh mint leaves, chopped

Handful of fresh coriander (cilantro) leaves, chopped

2 tbsp fish sauce

1 tbsp fresh coriander (cilantro) leaves

Freshly ground black pepper

1. Combine the rice wine vinegar, five spice powder, brown sugar, fish sauce and olive oil. Place the beef in a shallow dish and pour over the marinade.
2. Allow to marinate for 30 minutes.
3. Heat a little coconut oil in frying pan and stir fry the beef until cooked through, about 5 minutes.
4. Combine all the vegetables in a large bowl with the beef.
5. Make up the dressing by whisking all the ingredients together. Toss in the dressing and sprinkle over the herbs to serve.

## Thai Style Pork and Pineapple Salad

This may sound a strange combination but it is actually very light and refreshing. It can be served warm or cold. You can also spoon the pork mixture into little gem lettuce leaves and serve like a wrap.

Gluten Free, Dairy Free, Paleo

Serves 4

200g prawns or crab meat, cooked or flaked hot smoked trout

1 tbsp coconut oil

250g minced pork

1 red pepper deseeded and diced

1 carrot julienne

½ pineapple cut into pieces

handful of fresh mint, chopped

handful of fresh basil ,chopped

Little gem lettuces separated

Handful of coriander leaves

### Chilli lime dressing

125ml lime juice

2tsp maple syrup

1/2 red chilli deseeded and chopped

2tbsp Thai fish sauce

Handful of coriander leaves

1. Heat the oil in a pan and add the pork, cooked until brown breaking it up with a spoon. Leave to cool then add to the bowl with the prawns, pepper, pineapple and herbs.
2. Make up the dressing and pour over the salad. Toss gently.
3. Arrange the leaves on a platter then spoon over the salad to serve

## **Courgette & Carrot Spiral Salad With Creamy Red Pepper Sauce**

Serve this salad with additional protein e.g hard boiled eggs, tofu, fish or chicken

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

Serves 4

4 courgettes

4 carrots

Pinch of sea salt

Handful of basil leaves

Handful of pitted olives

Handful of cherry tomatoes, sliced

### **Creamy Red Pepper Sauce**

½ cup pine nuts

1 red pepper, chopped

2tsp lemon juice

1tbsp tamari, soy sauce

1tbsp maple syrup

4 sundried tomatoes, drained

1. Using a spiral slicer, mandoline or potato peeler turn the carrot and courgette into long thin strips. Place in a bowl and sprinkle with salt.
2. Mix all the sauce ingredients together, adding a little water to get to create a thick coating sauce.
3. Rinse the spiralised courgette and carrot and dry well with kitchen towel. Place in a clean bowl and add the basil leaves, tomatoes and olives. Mix in the sauce and toss. Season to taste

## **Desserts**

### **Blueberries With Coconut Cream**

A simple dessert or healthy snack

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

**Serves 2**

#### **Coconut cream**

2 x 14-oz. cans coconut milk, refrigerated overnight

1 tbsp maple syrup

1 tsp vanilla

1/2 tsp cinnamon

#### **To serve**

1tbsp walnuts or hazelnuts or pecans chopped and toasted

½ cup blueberries

1. Scoop the top thick cream part of the canned coconut milk into a bowl. Reserve the remaining coconut milk for another recipe. Beat together all the ingredients for the coconut cream. Place in the fridge or freezer briefly to chill and thicken up.
2. Spoon a little of the cream in a glass, top with handful of berries and a sprinkling of nuts then drizzle over a little more of the coconut cream to serve.



## Raspberry Hazelnut Tart

Lovely served with natural soy yogurt or coconut yogurt. I often add a spoonful of protein powder or collagen powder to this to replace some of the gluten free flour

Gluten Free, Dairy Free, Suitable for Vegetarians, Paleo\* (\*use ground almonds instead of flour and increase baking powder to 2tsp)

Makes one 20-cm (8-inch) tart

Serves 6

125g (4½oz) ¾ cup hazelnuts

4tbsp maple syrup

125g (4½oz) ¾ cup gluten free self raising flour

4tbsp light olive oil

1 free-range egg, beaten

1 tsp baking powder

150g (5oz) ¾ cup coconut yogurt or plain soy yogurt

115g (4oz) scant 1 cup fresh or frozen raspberries

1. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Put the nuts in a liquidizer or grinder and process until finely ground. Place into a food processor and with the machine running add the maple syrup, oil and flour and mix until it resembles breadcrumbs.
3. Place half of the mixture into a 20cm (8inch) spring form round cake tin. Press down with the back of a spoon until firm.
4. Place the egg, baking powder and yogurt with the remaining nut mixture in the food processor and blend to form a thick batter.
5. Spoon the mixture over the base. Press in the raspberries around the cake tin. Bake in the oven for 30-35 minutes until golden brown and firm.
6. Leave to cool in the tin before turning out. Cut into slices to serve

## Chocolate Chip Ice Cream

A creamy protein rich vegan ice cream. Add dairy free, sugar free chocolate chips or raw cacao nibs for texture

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

Serves 6

2 cans 400ml can coconut milk, full fat

60g maple syrup

3tbsp raw cacao powder

2 teaspoons vanilla extract

¼ cup coconut flakes

¼ tsp xanthum gum

75g chocolate chips dairy free or cacao nibs

1. Combine the cashews, coconut milk, water, sugar, vanilla in a blender. Blend on high until silky smooth, at least 1 minute. Chill the mixture in the fridge for 30 minutes.
2. Churn in an ice cream maker according to the manufacturer's instructions. When almost frozen add the broken cookies and churn or stir to combine. The ice cream can be eaten straight away or frozen for up to 3 months. Remove 20 minutes before serving to allow it to soften slightly
3. Serve with a drizzle of chocolate sauce if wished



## Lemon Bars

These can be frozen and eaten as a frozen snack as well. I often double the filling ingredients to make a thicker filling. Just bake an extra 10 minutes in the oven.

Gluten Free, Dairy Free, Suitable for Vegetarians, Paleo

Makes 9

### For the crust:

1 cup almond flour  
1/4 cup almond butter  
1tbsp maple syrup  
1 tbsp coconut oil, melted  
1tsp vanilla extract  
1/2 tsp baking soda  
1/4 tsp salt

### Filling

3 eggs plus 1 egg yolk  
1/2 cup maple syrup  
Juice of 1 lemon  
3 tbsp coconut flour  
2 tsp lemon zest  
Pinch of salt

1. Preheat the oven to 180C, gas mark 4. Grease a square baking tin 20cm. Place all the ingredients for the base in a food processor. Press into the tin and bake for 10 minutes
2. Place all filling ingredients in a blender and process until smooth. Pour over the base then bake for a further 15 minutes until just set. Let it cool completely then cut into bars.

## Almond Fruit Kheer

A twist on the traditional Indian dish but without any cooking. The traditional rice and milk are replaced with nuts, seeds and milk alternative. Just combine the ingredients and allow it to soak for a couple of hours before serving.

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

Serves 4

250ml Almond Milk or Coconut milk full fat (check labels if not homemade)

3 tbsp Maple syrup

60g coconut flakes

2tbsp chia seeds

60g desiccated coconut

30g Almonds flaked

1/2 teaspoon rose water

1/4 teaspoon ground cardamom

Slices of banana, handful of strawberries or orange segments to serve

1. Place the almond milk or coconut milk in a blender with the maple syrup and coconut flakes and process until smooth and creamy.
2. Pour the mixture into a large bowl and stir in the desiccated coconut, chia seeds, almonds, rosewater, and cardamom. Stir well to combine.
3. Chill in the refrigerator for at least 2 hours. Spoon into small bowls or glasses to serve. Top with fruit of choice

## Sweet Potato Brownies

You could also use 200g cooked butternut squash or carrot instead of the sweet potato for this recipe

Gluten Free, Dairy Free, Suitable for Vegetarians, Paleo

Makes 9 bars

1 small sweet potato baked, skin removed

3 eggs, whisked

60g coconut oil, melted

60g maple syrup

50g dairy free Chocolate Chips

3 tablespoons Coconut Flour

2 tbsp cocoa powder

1 tsp baking powder

1 tsp vanilla extract

1 tsp cinnamon

pinch of salt

1. Preheat the oven to 180C, gas mark 4
2. Place the potato, eggs, oil and maple syrup in a food processor or
3. blender and process until smooth
4. Add the remaining ingredients except the chips and blend.
5. Stir in the chocolate chips
6. Bake for 35-40 minutes. Leave to cool then cut into bars

## **Chocolate Fridge Fudge**

An easy simple recipe. Make sure the chocolate does not contain xylitol or sweeteners

Gluten Free, Dairy Free, Suitable for Vegetarians, Suitable for Vegans, Paleo

100g plain dairy free chocolate

100g hazelnuts

30g coconut oil

1tsp maple syrup

1. Melt the chocolate with the coconut oil and syrup over a bowl of simmering water.
2. Place the nuts in a high-speed blender or food processor and process until fine and almost forming a nut butter. Stir into the chocolate and beat well.
3. Line a shallow baking dish 20cm square with cling film.
4. Spread the mixture over the cling and chill until firm. Cut into squares to serve.

