

Katherine Horstmann Nutrition

My favourite gluten free products.

- A bread swap -
 - The heart of nature super seeded vegan bread
- Some pasta swaps -
 - Garofalo Gluten Free Mafalda Corta
 - Garofalo Gluten Free Casarecce
 - Love Life Three Colour Quinoa Blend
 - Buckwheat
 - Corn
 - Rice
 - Quinoa
- A breakfast swap -
 - Try making my gluten free signature granola - www.katherinehorstmann.com/tips-recipes/my-signature-granola
 - Gluten free oats porridge
 - Eggs...poached, scrambled, boiled.
- A flour swap -
 - Doves Farm wholegrain buckwheat flour

