



Real Health and Wellness

Low Carb & Gluten Free De-Coded

Alternatives to bread, wraps, rolls & crackers



www.realhealthandwellness.com

I'm so glad you're here ...



Whenever one of my clients hits a stumbling block, it's usually because they're feeling deprived.

We are so used to eating whatever we want, whenever we want to eat it, and so used to food being convenient and easy to consume, that it is sometimes difficult to adjust to a more natural way of relating to our food.

And this is where these recipes come in. A beautiful range of collated low-carb, gluten-free recipes that have ALL the comforting, convenient advantages of bread but NONE of the disadvantages!

No bloating, inflammation, constipation, brain-fog or depression with these recipes - just wonderful, satisfying, wholefood alternatives that will help set you up for success!

What's wrong with bread anyway?

THE PROBLEM WITH FLOUR

It is simply this - flour, made from any type of grain, is a highly processed, starchy product and is read by our bodies exactly as if it is sugar. On top of that, some flours contain gluten and as the previous page shows, gluten can have some very challenging consequences for many people.

SOON TO BE SUGAR

All starchy foods are converted by the body into sugar very quickly. Starchy foods include, grains, certain fruits and veg like potatoes and bananas. Even if the product is essentially savoury - like a pizza or a pasta - the starches in that food behave like sugars in our body once we have consumed them. Check out the next pages to see how many equivalent spoons of sugar are in your favourite foods - you will be amazed.

HIGH GLYCAEMIC INDEX

The problem is not only that flour converts into sugar in the body, but the fact that it is a processed product means the conversion takes place very quickly, especially if there is no fibre present. This causes our blood sugar to spike and then trough as the key hormone insulin is produced to escort the sugars out of our blood. This is important because anything more than a teaspoon of sugar in our blood is toxic for the body!



GLUTEN AND GUT HEALTH

Gluten is the protein found in some grains, including wheat, rye and oats. On top of the high Glycaemic Index of foods made with processed grains, gluten in particular can have a negative impact on our gut-health. It makes it easier for lesions to form in the lining of our guts which, are not only inflammatory in their own right, but they allow whole food molecules to pass through into our blood stream which triggers an exaggerated immune response expressed as allergic reactions, skin issues or even depression.

GLUTEN AND IMMUNITY

90% of our immunity resides in our gut and is dependent on a healthy GI Tract and a robust microbiome. By damaging the gut-lining, gluten can undermine the natural balance of our gut, setting us up for inflammatory conditions that impair our immunity and put us on track for more serious consequences. When in doubt it is best to avoid all gluten - found in wheat, rye and oats.

DO I HAVE GLUTEN SENSITIVITY?

Some people feel so much better after going gluten free, that they forgot any testing and just stick to the diet. Some people need a black and white answer – Am I gluten sensitive or not?

The best way to get this black and white answer is to have genetic testing performed. If you cannot afford to have genetic testing performed, the following is a quick self test that you can use to help determine whether or not you are gluten sensitive.



Check the symptoms you are experiencing.

Hormonal Symptoms

Fatigue
Inability to lose weight
Difficulty falling asleep or staying asleep
Infertility
History of miscarriage or spontaneous abortion
Menstrual problems - PMS
Thyroid disease
Diagnosis of hyperprolactinemia
Diagnosis of Diabetes (type I or type II)
Hypoglycemia
PCOS (polycystic ovary disease)
Endometriosis

Skin Problems

Fever blisters or mouth ulcers
Skin rash
Eczema
Psoriasis
Dermatitis Herpetiformis**
Vitiligo
****Dermatitis herpetiformis is a skin condition known to be caused by gluten. If you have been diagnosed with this disease, you are gluten sensitive.**

Muscle & Joint

Frequent joint pains with or without activity
Chronic muscle aches
Migrating joint pain (without injury)
Frequent muscle spasms (especially in the legs)
Diagnosed with Fibromyalgia
Diagnosed with autoimmune arthritis (RA, lupus, psoriatic arthritis, reactive arthritis, ankylosing spondylitis, Sjogren's)
Bone pain
Growing pains
Osteoporosis or osteopenia

Head & Nervous System

Frequent headaches
Sinus congestion
Migraine Headaches
Vertigo
Poor memory
Difficulty recalling words
Brain fog
Poor concentration
Been diagnosed with ADD or ADHD
Suffer with frequent vertigo
Depression
Anxiety
Neuropathy
Irrational irritability
Mood swings
Restless leg syndrome
Diagnosed with Chronic Fatigue Syndrome
Diagnosed with Multiple Sclerosis or Parkinson's

Immune Symptoms

Chronic urinary tract infections
Chronic respiratory infections
Asthma
Vaginal, oral, or nail bed yeast infections

Gut Symptoms

Craving baked goods (cake, cookies, brownies)
Craving high sugar foods
Frequent intestinal bloating or gas especially after eating
IBS - irritable bowel syndrome
Acid reflux - GERD (aka heartburn)box
Indigestion
Constipation
Diarrhea
Frequent nausea and or vomiting
Difficulty gaining weight (children under the growth curve)
Iron deficiency anemia

Other Internal Diseases/Problems

Gall bladder problems
Elevated liver enzymes
Non alcoholic fatty liver
Autoimmune hepatitis
Lymphoma
Platelet disorders

Gluten Free Diet is Not a Trend

Because going on a gluten free takes a great deal of education and commitment, it is recommended that proper testing be performed to identify whether the diet is right for you. Remember going gluten free is not a trendy diet; it is a permanent lifestyle that should be taken very seriously as even small amounts of gluten exposure can cause problems. To accurately diagnose gluten sensitivity, the right lab test must be used.

glutenfreesociety.org



Food Item	Glycaemic Index	Serving Size	How does each food item affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150g	10.1
White potato (Boiled)	96	150g	9.1
Pure Apple Juice	41	200ml	8.6
Cornflakes	93	30g	8.4
French Fries (Baked)	64	150g	7.5
Coco pops	77	30g	7.3
Spaghetti (White Boiled)	39	180g	6.6
Banana	62	120g	5.9
Wholegrain Barley Bread	85	30g	5.5
Bran Flakes	74	30g	4.8
Sweetcorn (Boiled)	60	80g	4.0
Special K Cereal	54	30g	4.0
White Bread	71	30g	3.7
Wholemeal (Small Slice)	74	30g	3.0
Broccoli	54	80g	0.2
Eggs	0	60g	0

THE RECIPES!

No need to crave bread ever again!



Almond Flour Rolls



Makes six small rolls

YOU WILL NEED:

- 5 tablespoons ground psyllium husk powder
- 1¼ cups almond flour
- 2 teaspoons baking powder
- ½ teaspoon sea salt
- 1 cup water (boiling)
- 1 tablespoon apple cider vinegar
- 3 egg whites

HOW TO MAKE

Pre heat oven to 175 degrees C

Mix the dry ingredients thoroughly in a large bowl.

Add vinegar and egg whites to the dry ingredients and combine well.

Add boiling water to the mixture while beating with a hand mixer for about 30 seconds.

Don't over mix the dough – you are aiming for something that resembles Play-Doh.

Moisten hands with a little olive oil and shape dough into 6 separate rolls. Placed on a greased baking sheet. Top with optional sesame seeds.

Bake on the lower rack of the oven for 50-60 minutes.

They're done when you hear a hollow sound when you tap the bottom.

Flax Rolls



Makes six small rolls

YOU WILL NEED:

- 120g Flax meal
- 50g coconut flour
- 50g milled chia (easy to do this in a blender)
- 2 teaspoons baking powder
- 1 cup water
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar

HOW TO MAKE

Mix the dry ingredients thoroughly in a large bowl.

Whisk together the wet ingredients in a smaller bowl.

Make a well in the centre of the dry ingredients and add the wet ingredients and mix. The mixture will thicken as you mix.

Form into a ball shape and leave to firm up further for a few minutes.

Divide into six and roll each section into a small ball.

Put on a baking tray lined with parchment. Sprinkle with seeds if desired.

Bake in a pre-heated oven at 180 Degrees C (350F) for 35-40 minutes.

Paleo Dinner Rolls



These delicious rolls are light and airy and are perfect for a smart dinner to accompany soup or cheese. They are also delicious for breakfast served with dairy or nut butter.

Or here's an idea - spoon the mixture onto a baking tray where it will spread out to create perfect hamburger buns!

YOU WILL NEED:

- $\frac{3}{4}$ cup tapioca flour
- $\frac{1}{3}$ cup plus 2 tbsps coconut flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 4 eggs
- 3 tablespoons melted coconut oil
- 1 tablespoon maple syrup
- 1 tablespoon apple cider vinegar

HOW TO MAKE

Pre-heat oven to 180 degrees C.

Grease a standard muffin pan with coconut oil

Combine dry ingredients and mix well

In a separate bowl, beat together the eggs, coconut oil, maple syrup and apple cider vinegar and then add to the dry ingredients.

Mix well and leave to stand for a minute or so to thicken up.

Divide evenly between six muffin cups and bake for 15-20 mins, or until a toothpick comes out clean.

The Magic Muffin

Sometimes, we all want to eat something quick, squodgy and satisfying. Here's a super-easy, quicker-than-quick alternative that is packed with good fats and Omega 3's, protein, fibre and goodness that will set you up for the day. This is the infinitely versatile, perfectly sweet or savoury, magically-life-saving recipe that will be your ultimate weapon against cravings.

YOU WILL NEED:

- 2 teaspoons flaxmeal
- 2 teaspoons coconut flour
- 2 teaspoons ground almonds
- ½ teaspoon baking powder
- 1 sachet (½ teaspoon) stevia powder
- 1 egg (beaten)
- 2 tablespoons almond milk
- ¼ teaspoon vanilla essence

HOW TO MAKE

Mix the dry ingredients thoroughly in a large tea cup or mug.

Add the beaten egg and almond milk and mix thoroughly.

Cook in a microwave on high for 2 minutes.

Serve with coconut or Greek Yoghurt and fresh berries.

OPTIONAL EXTRAS

Customise your muffin to make it your own!

Add one or more of the following: grated apple, carrot or courgette, cinnamon, sultanas, mashed banana, or cheese, herbs and chilli.



Cheese and Pesto
Muffins

Courgette & Walnut Bread



Makes 1 loaf

YOU WILL NEED:

- 200g Flax meal
- 1 tablespoon baking powder
- 2 tablespoons mixed seeds
- ½ teaspoon sea salt
- ½ teaspoon stevia
- ½ teaspoon cinnamon
- 75ml hot water
- 2 tablespoons nut butter of your choice
- 2 medium courgettes, grated
- 50g walnuts, chopped

HOW TO MAKE

Put the dry ingredients into a bowl and combine thoroughly with a fork.

Put the wet ingredients, including the grated courgette and nut butter in a separate bowl all together and stir well to combine.

Add the dry ingredients to the wet, and stir again thoroughly. Finally add in the chopped dates and stir to distribute evenly through the mixture.

Pour into a greased loaf tin and bake at 180°C for 35 minutes, or until a skewer comes out clean. I usually check at 25 and 30 minutes.

Low Carb Wraps



Makes 4 or 5 wraps

YOU WILL NEED:

- 1 cup golden flaxseeds (or 1½ cups flaxmeal)
- 1 cup of water (boiled)
- ½ teaspoon sea salt
- Optional flavourings: Cumin, garlic, chilli, ginger

HOW TO MAKE

Put the flaxseed into a blender, blend on high speed until it forms a very fine ground/meal. You can also use ready bought flaxmeal, but you may need to re-blend so that it resembles almond flour or it won't absorb all the water in the recipe and gets sticky.

In a small saucepan, bring the water to boil. Remove from heat, stir in any spices (if using) and add the flaxseed meal all at once.

Stir immediately with a wooden spoon, until the meal absorbs all the water. Leave a few moments to dry out and then form a dough ball. As you stir, you will feel the consistency change as the water is absorbed.

The mixture is ready when it forms a ball and comes away from the edge of the bowl. Remove the dough ball from the saucepan and transfer onto a piece of parchment paper, to avoid the dough sticking to the work top.

Low Carb Wraps

HOW TO MAKE - CONTINUED

The dough should not be too sticky if it is it means your meal wasn't thin enough and that is ok. Sprinkle extra meal onto the ball to make it less sticky.

Divide into 4 dough balls of same size. Roll out between sheets of baking paper, aim for a 2-3 mm thickness. Peel off the top piece of parchment paper. If you want to make them completely circular you can use a saucepan lid or a plate as a template to cut around.

Place wrap on a pre-heated iron griddle or ceramic non-stick pan and cook for 1 – 2 minutes on each side until slightly browned. They should puff up when ready.

These wraps are so versatile. You can serve them hot with beef chilli, avocado and salad (see picture), you can use them for fajitas or to have with soup. You can also serve them cold and use them to make sandwich wraps - just fill with your favorite filling and roll them up.



Seed Crackers

A gluten free, low carb cracker that is packed with goodness! Serve with your favourite dip or my dairy free cashew 'cheese'.

YOU WILL NEED:

- 125g ground flax seeds
- 3 tablespoons chia seeds
- 3 tbsp sunflower seeds
- 3 tablespoons pumpkin seeds
- sea salt and black pepper to taste
- 1 teaspoon of your favourite dried seasoning e.g. chilli, basil, rosemary
- 250ml water

HOW TO MAKE

Preheat your oven to 120 degrees C.
Add all of the ingredients to a large bowl and mix well with a spoon.
Leave it for 10-15 minutes to allow the seeds to soak up the water.
Line a baking sheet with baking parchment.
Spread your seed mixture evenly onto the paper, try to make it as thin as possible.
Bake your crackers for 1 - 1.5hrs. You know when they are done when they are dry towards the middle.
Once they are cooked allow them to cool, then break into smaller pieces.
Your crackers can be stored in an airtight container for 3-5 days.





Thank you!

This e-book would not have been possible without the inspiration of some amazing people and resources. Some have been the source of the recipes included here, some have been the inspiration behind others.

In either event, I invite you to check out these amazing people to further your health and understanding around the impact excessive carbohydrate consumption can have on your well being.

Emma Porter

www.thelowcarbkitcheen.co.uk

Diet Doctor

www.dietdoctor.com

Dr David Unwin

www.twitter.com/lowcarbGP

The Public Health Collaboration

www.phcuk.org/sugar/

Carine Claudepierre

www.sweetashoney.co



These recipes are regulars in my kitchen and have helped my clients so much when transitioning from a standard western diet onto a diet that reduces inflammation, balances hormones and balances blood sugars.

If you are celiac, have gluten sensitivity, or are trying to support good health by reducing or removing gluten, grains and refined carbs from your diet then these recipes should really help you to not feel deprived and stay on track.

If you would like any additional help with reaching your health goals then drop me an email fran@realhealthandwellness.com and we can arrange for a free chat.

I have lots of ways that I can support you - from personal health coaching (using functional testing where appropriate), to group coaching programmes and a monthly membership, so there is something for all learning styles and budgets.

Here's to a healthy you!