

Healthieries[®] going GLUTEN-FREE?



Inside you will find:

- Gluten-free product selection
- Gluten-free weekly menu planner
- Gluten-free recipes





Look for these wheat & gluten free products at your supermarket

Going gluten-free doesn't have to be the end of tasty food. There are plenty of delicious and nutritious gluten-free alternatives. The wide range of Healthieries wheat & gluten-free products means the changeover to gluten-free is easy!

Cereals



Grain Wafers

These Grain Wafers products meet the requirements of the International CODEX standard, as food containing less than 20ppm (parts per million) of gluten



Baking Mixes



Chia Seeds



Snacking

More Kidscare flavours to choose from in-store



Other Baking Products



Pasta



For full product and nutrition information visit www.healthieries.co.nz

Menu Planner

Monday	Tuesday	Wednesday
		
Breakfast: <ul style="list-style-type: none"> 1 cup Healtheries Apricot & Raisin Hot Cereal topped with 2 tablespoons of Ground LSA, sliced banana and trim milk 	Breakfast: <ul style="list-style-type: none"> 2 slices of high-fibre gluten-free toast with 2 boiled eggs Stewed fruit with a dollop of yoghurt 	Breakfast: <ul style="list-style-type: none"> 1 bowl of Chia Breakfast Pudding, with blueberries and mango
Snack: <ul style="list-style-type: none"> 1 pottle Anchor Symbio Probiotic yoghurt Apple 	Snack: <ul style="list-style-type: none"> Trim flat white 	Snack: <ul style="list-style-type: none"> 1 slice of gluten-free fruit bread toasted with thin spread of jam
Lunch: <ul style="list-style-type: none"> 2 slices of gluten-free bread toasted topped with sliced avocado, small can of tuna and a handful of baby spinach 2 small kiwifruit 	Lunch: <ul style="list-style-type: none"> Left over vegetable slice with green salad and orange vinaigrette dressing Apple 	Lunch: <ul style="list-style-type: none"> LSA Wrap filled with salad, 2 slices of cheese and gluten-free ham Banana
Snack: <ul style="list-style-type: none"> Handful of unsalted nuts 	Snack: <ul style="list-style-type: none"> 2 Healtheries Grain Wafers topped with cottage cheese and sliced tomato 	Snack: <ul style="list-style-type: none"> 3 brazil nuts 6 dried apricots
Dinner: <ul style="list-style-type: none"> Gluten-free Vegetable Slice Piece of baked chicken Green salad with Orange Vinaigrette Dressing 	Dinner: <ul style="list-style-type: none"> Spaghetti Bolognaise Steamed green vegetables Piece of Carrot Cake 	Dinner: <ul style="list-style-type: none"> Gluten-free Pizza Green salad 2 squares of gluten-free dark chocolate

To ensure this menu planner is gluten free, check all other food products and ingredients are gluten free.

For recipes **highlighted in red** please see the following pages or *visit healtheries.co.nz for more recipe ideas

Thursday	Friday	Saturday	Sunday
			
Breakfast: <ul style="list-style-type: none"> 2 slices of gluten-free toast with peanut butter Apple Glass of trim milk 	Breakfast: <ul style="list-style-type: none"> ½ cup Healtheries Hi Fibre Muesli – Apricot, Coconut & Sunflower Seeds topped with canned apricots in juice, chopped almonds and trim milk 	Breakfast: <ul style="list-style-type: none"> 2 poached eggs on high-fibre gluten-free toast with grilled mushrooms and tomatoes 	Breakfast: <ul style="list-style-type: none"> Orange & Ricotta Hotcakes with berries and a drizzle of maple syrup
Snack: <ul style="list-style-type: none"> LSA Super Fruits and Banana Smoothie 	Snack: <ul style="list-style-type: none"> Orange Trim flat white 	Snack: <ul style="list-style-type: none"> 1 Lemon and Poppyseed Muffin* 	Snack: <ul style="list-style-type: none"> Fresh fruit salad with yoghurt
Lunch: <ul style="list-style-type: none"> Left-over pizza with green salad Yoghurt 	Lunch: <ul style="list-style-type: none"> Bowl of gluten-free soup and 2 slices of high-fibre gluten-free toast Apple 	Lunch: <ul style="list-style-type: none"> 1-2 slices of Mexican Cornbread served with grilled chicken, tomato and rocket Apple 	Lunch: <ul style="list-style-type: none"> Vegetable soup with Savoury Scroll*
Snack: <ul style="list-style-type: none"> 2 Healtheries Grain Wafers topped with gluten-free hummus 	Snack: <ul style="list-style-type: none"> Brazil nuts Small handful seeds 	Snack: <ul style="list-style-type: none"> Pottle of Anchor Symbio yoghurt Handful of nuts 	Snack: <ul style="list-style-type: none"> 2 Healtheries Grain Wafers topped with cottage cheese and tomato
Dinner: <ul style="list-style-type: none"> Left over bolognaise sauce from Tuesday used to make shepherd's pie topped with mashed potato and served with steamed vegetables 	Dinner: <ul style="list-style-type: none"> Beef and vegetable stir-fry served with rice. Make a gluten-free sauce by combining gluten-free soy sauce, honey, garlic and chilli Cocoa Chia Mousse 	Dinner: <ul style="list-style-type: none"> Spaghetti with Prawns 	Dinner: <ul style="list-style-type: none"> Roast Pork Roast kumara and pumpkin Steamed greens Gluten-free gravy such as Maggi packet gravy Nana's Black Doris Plum Crumble served with gluten-free custard

This weekly menu planner has been developed by our nutritionist with your %DI (Percentage Daily Intake) in mind. This is based on an average adult diet of 8700kJ – your daily intake may be higher or lower depending on your energy needs.



Vegetable Slice

This healthy gluten free recipe is ideal for using up vegetables in your fridge for a quick and easy meal. Plus it's vegetarian and tastes great with a dollop of your favourite chutney.

Ingredients You'll Need

- 400g combination of pumpkin, carrots and courgettes
- 1 onion
- 1 cup **Healtheries Simple Baking Mix**
- 5 eggs
- 1 large cup grated low fat cheese (e.g. Edam)
- ½ cup of oil

Getting Into It

1. Preheat oven to 180°C.
Lightly grease an oven dish.
2. Chop veggies and set aside.
3. Beat eggs and add to the veggies.
4. Sift the baking mix and add with all other ingredients. Mix well and place in slightly greased oven dish.
5. Bake for approximately 30-40 minutes at 180°C.
Test after 30 minutes.

Serving Suggestions

Serve with your favourite fruit chutney or as a side dish to your main meal.



Orange Vinaigrette Salad Dressing

This quick and easy dressing is perfect for serving over a crunchy fresh salad.

Ingredients You'll Need

- ½ cup fresh orange juice
- ¼ cup extra virgin olive oil
- ¼ cup **Healtheries Apple Cider Vinegar**
- Honey (to taste – optional)

Getting Into It

1. Combine orange juice, extra virgin olive oil, apple cider vinegar and honey (if needed) and mix well.
2. Allow to stand for one hour before serving over your salad.

Serving Suggestions

Serve over salad.



Gourmet Grain Wafer Toppings

Healtheries Grain Wafers provide the perfect base to adorn your favourite toppings. Try them with one of these mouth-watering topping ideas as a healthy snack or lunch option. Or be adventurous and make up a platter with a variety of toppings to share with family and friends as pre-dinner nibbles!

Ingredients You'll Need

Use **Healtheries Grain Wafers** as a base and choose a topping that sends your taste buds dancing...

The Deli

- Cottage Cheese
- Sliced Avocado
- Caramelised red onion jam

Healthy Bruschetta

- Basil pesto
- Sliced tomato
- Swiss cheese

Parma Perfection

- Prosciutto
- Sliced melon
- Drizzle of olive oil

The Healthy Gourmet

- Roasted chicken, shredded
- Hummus
- Fresh Rocket

TIP: Try different hummus flavours to add extra flavour & colour like Grilled Capsicum, Sundried Tomato & Basil or Babaghanoush.



Spaghetti Bolognese

This healthy recipe makes for a delicious warming dinner. Perfect for those mid-week meals!

Ingredients You'll Need

- 1 packet (250g) **Healtheries Simple Spaghetti**
- 1 large onion, chopped
- 1 Tbsp garlic, chopped or crushed
- 250g lean mince
- 1 tin (400g) crushed tomatoes
- 1 Tbsp Italian herbs (dry)
- 50g tomato paste
- 1 large tomato, chopped
- 1 Tbsp fresh basil
- Parmesan cheese to garnish
- Pepper to season

Getting Into It

1. Cook spaghetti according to directions on back of pack.
2. Heat a drizzle of oil in frying pan and cook onion and garlic for 2 minutes. Add mince and brown, using a wooden spoon to break up the lumps.
3. Add crushed canned tomatoes, dry herbs, tomato paste and cook over medium heat for a further 10 minutes, or longer if you want a thicker meat sauce.
4. To serve, place spaghetti in your bowl, layer with tomato mince and top with chopped tomato, basil, a sprinkle of parmesan and season with pepper.

Serving Suggestions

Serve with a fresh green salad or steamed vegetables.



Scrumptious Carrot Cake

Who can resist a moist carrot cake? This is the perfect cake to take to a friend's place for dessert or serve up as a treat for your family. The best part is, it's wheat & gluten free!

Ingredients You'll Need

- 1½ cups **Healthieries Simple Baking Mix**
- 1 tsp mixed spice
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp baking soda
- ½ cup caster sugar
- ½ cup brown sugar
- 3 large eggs
- 1 cup sunflower or canola oil
- 1 tsp vanilla essence
- ¾ cup chopped walnuts
- 2 cups grated carrot
- ½ cup sultanas or raisins
- 2 Tbsp desiccated coconut

Getting Into It

1. Preheat your oven to 180°C and line a 20cm cake tin (6cm deep) with baking paper, grease well.
2. Sift the baking mix, spices and soda into a large mixing bowl.
3. Add all remaining ingredients into your bowl and stir the mixture with a wooden spoon until it's just combined, don't over mix it.
4. Pour the cake mixture into your prepared tin and smooth the surface. Bake for about 55-60 minutes. The cake is cooked when a skewer inserted into the centre of the cake comes out clean.
5. Remove your cake from oven and remove it from the cake tin. Peel away the paper and allow your cake to cool. Serve with a dollop of yoghurt.

For an iced version, serve with Cream Cheese Icing.



Chia Breakfast Pudding

This breakfast pudding is a great way to incorporate chia seeds into your diet and boost your nutrient intake. Chia seeds expand when they are soaked to form a delicious pudding.

Ingredients You'll Need

- 1 ½ cup **Healthieries White or Ground Chia Seeds**
- ½ cup almond milk
- 1 tsp cinnamon
- ½ tsp vanilla essence
- ¾ cup blueberries
- 4 slices of mango

Getting Into It

1. Choose either whole white or ground chia seeds depending on the texture you prefer.
2. Combine all ingredients in a bowl, stir and soak for 5 minutes, or overnight.
3. Sweeten with honey if desired.



LSA Wrap

This is a quick and easy wrap to make for a nutritious brunch or lunch. Just choose your favourite fillings and voila! Best of all, it is gluten- and dairy-free.

This recipe is courtesy of Janine Hallewell - a Healthieries LSA fan. Thank you for sharing your recipe with us!

Ingredients You'll Need

- 1 egg
- 2½ tablespoons **Healthieries Ground LSA**
- 2 tablespoons of water
- ½ teaspoon gluten free baking powder
- Cracked black pepper to taste
- Spray oil for greasing

Getting Into It

1. Place all ingredients in a small bowl and mix well
2. Grease a microwave proof dish with a little spray oil. Pour the mixture into the oiled dish.
3. Roll the mixture around the dish to ensure it is evenly spread out into a circle.
4. Microwave on high for 2-3 minutes or until cooked. Remove the wrap from the dish and place on a wire rack. Leave to cool.

Tip: If you don't have a microwave, you can cook the wrap in a non-stick pan. Cook the wrap on one side and then carefully flip it over and cook the other side until it's cooked through.

5. Prepare your favourite fillings. Place the wrap on a plate, fill one half of the wrap with your fillings and then fold over and eat!



Gluten Free Pizza

Pizza is always a family favourite and this gluten free recipe is perfect for an easy dinner or party food.

Ingredients You'll Need

Pizza Sauce

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 gloves garlic, crushed
- 140g pottle tomato paste
- 1 teaspoon sugar
- pinch of salt and black pepper
- ½ cup water
- 1 teaspoon each dried sweet basil and oregano

Base

- 500g **Healthieries Simple Bread Mix**
- pinch salt
- 10g yeast
- 2 tablespoons olive oil
- 350ml of cold water
- extra ¾ cup **Healthieries Simple Bread Mix**

Topping

- 6 mushrooms, wiped and sliced
- ½ green pepper, washed and sliced
- 1½-2 cups grated or 12 slices mozzarella cheese
- ¼ cup black olives

Getting Into It

1. Pizza Sauce: heat oil in a frying pan and sauté onion until soft before adding the garlic. Add the tomato paste, seasonings and water. Cook gently for 5 minutes, stirring occasionally until reduced. Mix in the herbs and set aside.
2. Preheat oven to 220°C.
3. Pizza Base: Prepare pizza base by combining the 500g bread mix with the yeast, salt, oil and water. Knead lightly to form dough.
4. Sprinkle bench with extra bread mix and roll the dough out to form a circular base approximately ½ cm thick. Transfer base to a baking tray or pizza pan and spread with the sauce.
5. Arrange remaining topping evenly, placing the mozzarella on last. Bake for 12-15 minutes or until the base is cooked.



LSA Super Fruits & Banana Smoothie



Make this nutritious smoothie for breakfast or as a tasty snack to keep you going throughout the day. Get the kids in the kitchen and you may be surprised by how much they love it too!

Ingredients You'll Need

- 1 Tbsp **Healthieries LSA Super Fruits**
- 1 banana
- 1 dessert spoon honey
- ½ cup natural yoghurt
- ½ cup reduced-fat milk

Getting Into It

Combine the all ingredients in a blender until smooth.

Serving Suggestions

Substitute the banana for an equivalent amount of your favourite fresh fruit.



Cocoa Chia Mousse



This recipe combines decadent dark chocolate with coconut and ground chia to form a rich chocolate mousse. Delicious!

Ingredients You'll Need

- 40g dark chocolate (we used sugar-free)
- 1 Tbsp gluten free Cocoa Powder
- 200ml lite coconut milk
- 2 Tbsp dessicated coconut
- 1 tsp vanilla extract
- 5 Tbsp **Healthieries Ground Chia Seeds**

Getting Into It

1. Roughly chop dark chocolate and combine with cocoa powder, coconut milk and 1 Tbsp of the dessicated coconut in a saucepan.
2. Heat on medium until chocolate is melted and ingredients are well mixed.
3. Remove from the heat and stir in the vanilla extract.
4. Add the ground chia and stir well to combine.
5. Transfer the mixture into 3 small ramicans or jars and cool in the fridge for 15 minutes.
6. Sprinkle remaining coconut on top.
7. After refrigeration, it is best to allow mousse to warm to room temperature before eating.



Mexican Corn Bread



This is the perfect accompaniment to your favourite spicy Mexican dish or just as delicious served on its own as either a side or a starter dipped into your favourite oils. The best part is this recipe is also gluten and wheat free!

Ingredients You'll Need

- 1 cup **Healthieries Ground Cornmeal Flour**
- ½ teaspoon salt
- 2 teaspoons gluten free baking powder
- 2 eggs
- ¼ cup Extra Virgin Olive Oil
- ½ cup sour cream
- 1 cup whole kernel corn
- ¼ cup diced red capsicum
- 2 cups grated tasty cheese

Getting Into It

1. Preheat your oven 190°C.
2. Place all your dry ingredients into a bowl and make a well in the middle.
3. In another bowl beat the eggs, oil and sour cream until the mixture is nice and smooth.
4. Pour your wet mixture into the dry mixture with the corn, capsicum and 1½ cups cheese. Fold it in gently until it's just mixed.
5. Pour the mixture into a lined 20cm round tin and then sprinkle with the remaining cheese. Bake the Cornbread in a preheated oven for about 30 minutes or until your cake skewer comes out clean.

Tip: If you feel like adding some extra heat to your Cornbread, add 1 sliced fresh green chilli.

Serving Suggestions

As a side to Mexican meals or as a starter with your favourite oils and dips.



Spaghetti with Prawns



Need some inspiration for lunch or dinner? Well look no further. This quick and easy Spaghetti with Prawns dish will have a delicious meal on the table in no time. Best of all, it's gluten and wheat free and also a good source of fibre. Enjoy!

Ingredients You'll Need

- 2 x 250g packets **Healthieries Simple Spaghetti**
- 1 teaspoon each: olive oil, chilli paste
- 2 cloves garlic, crushed
- 500g cooked prawns
- 150g each: chargrilled red and yellow capsicums, semi-dried tomatoes, chopped
- ½ cup each: chopped basil, mint and flat-leaf parsley
- ½ cup grated parmesan (optional - Dairy)
- sea salt and pepper to taste

Getting Into It

1. Cook the spaghetti according to the instructions on the back of the packet (6-8 mins). Vary your cooking times accordingly if you like more of an al dente feel.
2. While your pasta is cooking, heat the oil in a non-stick frying pan. Add the chilli paste and garlic and sauté over a moderate heat for 30 seconds. Add the prawns and toss until heated through.
3. Drain the spaghetti and place it in a large bowl. Add the prawns, capsicums, tomatoes, herbs and parmesan and toss with the pasta until it's all combined.
4. Season with salt and pepper, according to taste.



Gluten Free Orange & Ricotta Hotcakes



Gluten free breakfasts just got tastier with these yummy gluten free hot cakes that are full of divine flavours of orange and ricotta.

Ingredients You'll Need

- 1 tsp gluten free baking powder
- 3 Tbsp sugar
- ½ tsp salt
- 1½ cups **Healtheries Ground Rice Flour**
- 4 eggs, separated
- ¼ cup reduced fat milk
- 2 cups reduced fat plain Greek yoghurt
- 1 tsp vanilla extract
- finely grated zest of ½ orange
- 1 cup reduced fat ricotta cheese

Getting Into It

1. Combine all the dry ingredients in a large mixing bowl.
2. Separate the eggs, (reserving egg whites for later use) and using another bowl lightly whisk the egg yolks with the milk and Greek yoghurt.
3. Make a well in the dry ingredients and fold the liquid ingredients through. Mix in the vanilla, orange zest and ricotta cheese.
4. Cover and refrigerate the batter if not cooking at once - can be stored up to 12 hours.
5. Just before cooking, whisk the egg whites until they form soft peaks. Gently fold through the batter.
6. Heat a frying pan over medium heat with 1 tsp of butter or a little oil. Drop spoonfuls of the mixture into the pan. Cook each side for about 1 minute until golden and the mixture is fully set through the centre.
7. Transfer hot cakes to a cooling rack once cooked. Repeat to cook all the mixture, adding a little more butter to the pan between batches.



Nana's Black Doris Plum Crumble



This recipe is a family favourite straight from Nana's farm cookbook. Delicious, sweet plums topped with a golden, crunchy topping. Served alongside home-made custard and a thick, glossy plum sauce, it invokes a blissful sense of nostalgia.

Ingredients You'll Need

- 800g of canned Black Doris plums, drained, with juice reserved and pips removed
- 50g butter, softened
- 2 Tbsp brown sugar
- 2 Tbsp shredded coconut
- Rind of ½ lemon, grated
- 1 cup **Healtheries Honey Flakes Cereal**

Plum Sauce

- Reserved juice from plums
- Grated rind of ½ lemon
- 1 tsp of cornflour

Getting Into It

1. Preheat the oven to 180°C. Grease a medium-sized ovenproof dish.
2. Place drained plums in the bottom of the dish.
3. In a large bowl, place the butter, brown sugar, coconut, lemon rind and crushed honey flakes. Mix everything together with your fingers until the mixture forms chunky crumbs.
4. Place the crumble topping over the fruit, and press to pack down the topping.
5. Bake for 15-20 minutes until the topping is golden and crunchy.
6. While the crumble is baking, make the plum sauce. Place the reserved plum juice and lemon rind into a medium saucepan, and place over a medium heat. Mix the cornflour with a little plum juice from the saucepan. Stir to form a paste. Add the paste back into the saucepan and stir though. Heat the juice and cornflour mixture until it forms a thick, glossy sauce.