

healthyfood GUIDE

Your guide to

GOING GLUTEN FREE

**EASY
& DELICIOUS**
MEALS FOR THE
WHOLE FAMILY
with EXPERT TIPS
ON GLUTEN-
FREE COOKING &
SHOPPING

Plus! every recipe is dietitian approved!

Your gluten-free journey starts here

For most of us, gluten is a harmless protein found in wheat, barley, oats and rye (and products derived from these ingredients). This protein is what gives baking and pasta its elasticity and appealing texture. But for the around one in 70 people who have the autoimmune disorder coeliac disease, gluten triggers an inflammatory immune response, particularly in the digestive tract where it damages the intestinal lining, making it difficult to absorb nutrients from food. For people with coeliac disease, gluten can cause a variety of uncomfortable symptoms including bloating, fatigue, excessive flatulence, nausea, constipation and/or diarrhoea and vitamin and mineral deficiencies.

Then there's another group of people with non-coeliac gluten sensitivity who also can suffer uncomfortable symptoms from gluten or other components in foods gluten is commonly associated with. The only way to treat coeliac disease and repair the intestinal lining is to avoid even the tiniest traces of gluten. This means permanently cutting out all foods that contain wheat, barley, oats and rye. In time, the gut heals, symptoms ease and the body can begin to absorb nutrients normally again.

For people with non-coeliac gluten sensitivity, small traces of gluten are unlikely to cause problems but getting to the bottom of what is causing symptoms is also important, and some people may need to adopt a gluten-free diet.

Adjusting to a life without gluten is a big challenge. There are a lot of considerations, including how food is prepared and what to look for on labels. Getting enough fibre can be more difficult until you know what to look for. Eating out can become more stressful and finding new products that are appealing as well as safe takes trial and error.

Fortunately, food producers and the general public are much more aware of coeliac disease and gluten sensitivity these days, and there are many good quality options to choose from (as well as some not-so healthy ones).

Healthy Food Guide has been providing science-backed education, deliciously nutritious recipes and practical advice for people on a gluten-free diet for almost two decades. Once you've had your diagnosis determined by an appropriately-qualified healthcare professional, this ebook is a simple starting point for cutting gluten from your diet in the healthiest way possible, without missing out on essential nutrients and delicious flavours. Chew it over, your belly will thank you for it!

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CONTENTS

WHY EVERY MEAL MATTERS.....	6
MOROCCAN SALMON TRAYBAKE.....	14
BASIL & CHICKEN PAD SEE EW.....	15
MIDDLE EASTERN LAMB PIZZA.....	16
THAI BEEF & VEG GREEN CURRY.....	17
VEGETARIAN TACOS WITH AVOCADO SALSA.....	18
RASPBERRY, ALMOND & RICOTTA LOAF.....	19
GLUTEN-FREE HIGH-FIBRE HOT CROSS BUNS.....	20



COVER RECIPE

This raspberry, almond & ricotta loaf is so sensational you'll have to hide it from your gluten-eating friends! (see recipe page 19).

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COELIAC DISEASE

Coeliac disease is an autoimmune condition in which the body has an abnormal reaction to gluten – a protein found in wheat, rye, barley, and oats. The only treatment is a life-long gluten-free diet, so regular bread, breakfast cereals, pasta, baked goods and some sauces and snack foods are off the menu.

One in 70 Australians has coeliac disease. The only way anyone can be diagnosed with it is via a small bowel biopsy: a gastroenterologist looks for inflammation in the lining of the bowel.

For more information, visit www.coeliac.org.au

BREAKFAST

Breakfast didn't earn its stripes as the most important meal of the day for nothing!

Research has increasingly linked eating breakfast to a whole range of benefits, including improved energy levels, better concentration, and weight management. Plus, breakfast is a crucial chance to get key nutrients that your body requires to function at its best.

People who skip the meal have less nutritious diets and are more likely to have obesity than those who eat breakfast, according to research.

A balanced breakfast has three main components:

- 1 Slow-burning, low-GI carbohydrates** from wholegrain bread, cereals and rolled oats
- 2 Muscle-building protein** from reduced-fat dairy, beans or eggs
- 3 Gut-loving fibre** from nuts, fruit or vegetables

This formula will not only help create a nutrient-rich breakfast – it also helps you feel energised all morning and keeps hunger pangs at bay until lunch. For those on a gluten-free diet, however,

many carbohydrate-rich grainy foods are off limits, which can make striking the above balance tricky. While there are plenty of gluten-free alternatives on the market, many are highly refined and lack the fibre you need for good gut health, so it pays to check the labels to make informed choices.

With gluten-free breads and cereals, you should look for gluten-free whole grains on the ingredients list, such as quinoa, buckwheat, brown rice, sorghum, or millet. You should also check for at least 3g of fibre per two slices.

Discover a deliciously crunchy berry taste



new



Shown with added berries.
Serving suggestion.

Weet-Bix



LUNCH

When you're on a gluten-free diet, eating out can often become a challenge.

Luckily, preparing a healthy gluten-free lunch in the office kitchen, or at home, is easy. As with breakfast, lunch should contain a mixture of quality carbs, lean protein, and fibre – so below, we've provided a handy list of foods you can simply mix and match:

- High-fibre gluten-free bread, crispbreads, and crackers, along with brown rice, quinoa, sweet potato or corn, all provide quality carbs.
- Plain meat, seafood, eggs, nuts,

and seeds are naturally gluten-free sources of protein. Tofu, canned tuna, and canned beans are usually gluten free, but always check the label for traces of gluten.

- All vegetables are gluten free, so fill half of your plate with colourful vegetables for a well-rounded meal and fibre hit. Mix it up with the seasons for a variety of flavours and nutrients.
- Fresh or dried herbs, spices, garlic, ginger, chilli, and lemon are all great ways to add a gluten-free flavour punch. Mustard, tamari and sriracha are also typically gluten free, but again, always check the label.

LABEL READING 101 ...

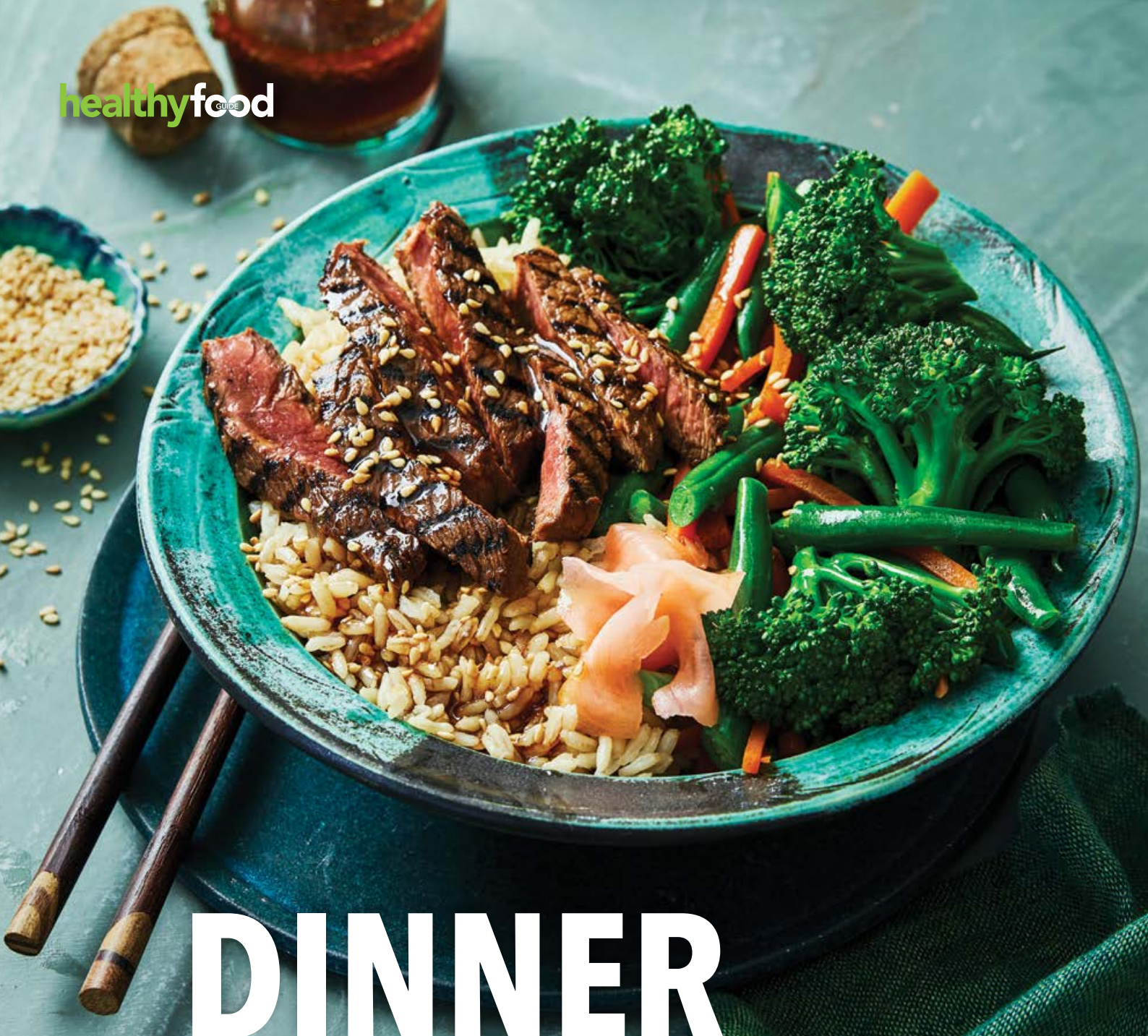
Follow our top three tips for cracking the code:

- * In Australia, products labelled 'gluten free' are safe to eat and there is no need to decode their ingredients list.
- * If an ingredient has been derived from a gluten-containing grain, this will be declared on the label: 'starch (wheat)', for example. If the starch is not gluten-derived, it may simply say 'starch' or 'starch (maize)', and is suitable to eat. (It is no longer mandatory for 'wheat derived glucose' to be declared, and this glucose is okay for those with coeliac disease.)
- * There is a risk of cross-contamination with products that state 'may contain gluten', so these products should be avoided.

GLUTEN FREE HEALTHY MEETS HAPPY



✓ SOFT & TASTY ✓ HIGH IN FIBRE ✓ VITAMINS & MINERALS



DINNER

We've all experienced the panic that sets in at 5pm when you start to wonder what's for dinner. And while that might sometimes seem even more complicated when you're on a gluten-free diet, our simple tips make quick and tasty gluten-free meals a piece of cake.

Work smarter, not harder

Cook in bulk: When you're cooking rice, pasta, or quinoa, why not make a double batch? That way, you can cook once but eat twice, saving valuable time during busy weeknights.

Take shortcuts: Cooked or microwavable brown rice, ready-

chopped frozen veg, and canned beans are real game changers for quick gluten-free meals.

Befriend your freezer: Soups, casseroles, and pasta sauces are perfect to cook in big batches, then freeze in portions for another day.

Have a flavour punch on hand: Stock your pantry with key ingredients that provide a flavour hit in an instant, like gluten-free pesto, balsamic vinegar or dukkah.

Reinvent the wheel: Rather than starting from scratch each time, give cooked ingredients a new spin. Minced meat, for example, works well in spaghetti bolognese with gluten-free pasta, with san choy bau, and in corn tacos.

WANT MORE RECIPES?

For many more delicious gluten-free dishes, visit www.healthyfood.com and tick Gluten Free in the Special Diets filter. All our recipes use easy-to-find, affordable ingredients and all of them are dietitian-approved. Each recipe fits our strict nutrition criteria and is the perfect fit for a healthy, balanced diet. No matter what recipe you choose, you'll have a nutritious meal at your fingertips.

Taste Freedom. Discover Kikkoman Gluten Free Sauce

Kikkoman's Gluten Free Soy Sauce brings authentic Japanese flavours to all your home cooking or try our Gluten Free Thick Teriyaki Sauce found in the Asian section of your supermarket.



Teriyaki Salmon *serves 4*

Ingredients

- 4 x 150g salmon
- 10 tbsp Kikkoman Thick Teriyaki Sauce
- 1/2 tbsp olive oil

Preparation Time - 5 mins

Cooking Time - 15 mins

Method

- 1 Heat a little oil in a pan over medium heat. Once oil is hot, place the salmon in the pan and cook until the bottom turns a brown colour.
- 2 Flip the fish and cook the other side.
- 3 Pour or brush the **Thick Teriyaki Sauce** onto the fish pieces and serve with salad or vegetables.

kikkoman 
seasoning your life



SNACKS

Snacks don't have to be bland if gluten is off the menu.

Navigating a gluten-free lifestyle requires knowing what to look for in snacks: opt for those that are naturally gluten free like fruit, or certified as such, and always read labels for hidden gluten-containing ingredients or cross-contamination risks. It's also beneficial to choose snacks that balance proteins, healthy fats, and fibres to maintain energy and promote satiety. Keeping this in mind makes the quest for delicious and nutritious gluten-free snack options a little less daunting.

Here are 10 of our top picks that provide tasty, wholesome snack choices that will leave you feeling satisfied.

- 1 Yoghurt and passionfruit pulp** - one serve of 125g yoghurt with two passionfruit delivering 525kJ (125cal)
- 2 Gluten-free soy and linseed bread** (one slice toasted) and 1 tbs roasted unsalted peanut butter hits the spot at 930kJ (222cal)
- 3 Punnet of strawberries** - for the ultimate summer snack at only 270kJ (65cal) a punnet
- 4 Hummus and carrot sticks** - 1 carrot cut into sticks and 1 tbs hummus is only 425kJ (101cal)
- 5 Flat white coffee** - don't forget that regular takeaway morning or afternoon flat white at 660kJ (157cal)!
- 6 Rice crackers and reduced-fat ricotta** - a serving of 3 corn thins comes in at 660kJ (156cal) when served with ½ cup reduced-fat ricotta
- 7 Seeded crackers** - check the packet for nutrition information including whether they're gluten free
- 8 Handful of almonds** - the perfect snack on the run at 660kJ (157cal) for a 3g serving
- 9 Tinned tuna in oil** - a 95g can of classic-style tuna in oil comes in at around 565 kJ (135cal)
- 10 Hard-boiled eggs** - nature's own eco-packaged snack! Two eggs = 470kJ (112cal).



SNACK RIGHT™

RiGHt

It's all good





COOK *fresh!*

Belly-friendly dishes everyone can enjoy again and again!

Eating gluten free doesn't have to be difficult or boring. Put these mouth-watering meals and treats on rotation and you'll have satisfied tastebuds and happy bellies all round. To make life easier, we've done the healthy eating hard yards for you! Every main meal contains at least two serves of vegies. Each dish meets our dietitians' criteria to ensure it doesn't contain too much energy, saturated fat, sugar or sodium. And recipes all come with a nutritional analysis and colour-coded badges to make picking your next recipe easy as pie!

healthyfood
GUIDE



DELICIOUSLY WHOLESOME BITE-SIZED BALLS MADE FROM A HANDFUL OF NATURAL INGREDIENTS

SMOOSHED

WHOLEFOOD BALLS



THE POWER-PACKED SNACK MADE FROM REAL INGREDIENTS

PLANT BASED

GLUTEN FREE

SOURCE OF FIBRE



Moroccan salmon traybake

Dig into succulent salmon on a bed of seasoned veg and fibre-rich chickpeas

Serves **4** Prep **10 mins** Cook **20 mins**

✓gluten free ✓diabetes friendly

400g can no-added-salt chickpeas, rinsed, drained
400g baby potatoes, unpeeled, cut into 1cm dice
2 capsicums, chopped
1 red onion, chopped
2 tablespoons Moroccan seasoning
4 x 150g skinless salmon fillets
½ cup reduced-fat Greek-style yoghurt, to serve
60g baby spinach and rocket leaves, to serve

1 Preheat oven to 220°C. Line a baking tray with baking paper. Place chickpeas, potatoes, capsicum, onion and seasoning on prepared tray. Drizzle with 2 tablespoons olive oil and toss to coat. Bake for 20 minutes.

2 When vegetables have 8 minutes remaining, place salmon on top of veg and place back in oven.

3 Drizzle yoghurt over traybake and season with freshly ground black pepper. Serve traybake with salad leaves on the side.



PER SERVE

Calories 593cal	-Sugars 12.8g
Kilojoules 2479kJ	Dietary fibre 9.9g
Protein 40.8g	Sodium 523mg
Total fat 28.9g	Calcium 173mg
-Saturated fat 5.4g	Iron 4.4mg
Carbs 36.3g	



Basil & chicken pad see ew

Fragrant and filling, this gluten-free noodle dish is ready to serve in just 25 minutes!

Serves **4** Time to make **25 mins**
 ✓gluten free ✓dairy free ✓diabetes friendly

- 200g packet dried pad Thai rice noodles**
- 2 teaspoons chilli and coriander-infused olive oil**
- 1 red onion, halved, finely sliced**
- 2 cloves garlic, roughly chopped**
- 3 cups shredded cooked chicken**
- 2 cups grated carrot**
- 1 bunch baby bok choy, stems thinly sliced, leaves roughly chopped**
- ¼ cup reduced-salt tamari**
- 2 tablespoons sweet chilli sauce**
- ½ cup unsalted cashews, chopped, to serve**
- Baby basil leaves, to serve**

1 Cook noodles according packet instructions. Drain. Using kitchen scissors, snip into shorter lengths.

- 2** Heat oil in a large non-stick frying pan over medium-high heat. Add onion and garlic and cook, stirring, for 2 minutes or until onion is just softened. Add chicken, carrot and bok choy stems and cook, stirring, for 2 minutes. Add bok choy leaves and cook, stirring, for 1 minute.
- 3** Add tamari, sweet chilli sauce, 2 tablespoons warm water and noodles and cook, stirring, for 2 minutes or until combined and noodles are warmed through. Divide pad see ew among four bowls. Serve sprinkled with nuts and baby basil leaves.



PER SERVE	
Calories 510cal	Sugars 8.3g
Kilojoules 2170kJ	Dietary fibre 5.2g
Protein 39.9g	Sodium 496mg
Total fat 15.3g	Calcium 83mg
Saturated fat 2.9g	Iron 2.4mg
Carbs 51.8g	



Middle Eastern lamb pizza

A gluten-free slice of spice - this delicious lamb pizza is ready in only 20 minutes and is high in iron and low in saturated fat

Serves **4** Prep **12 mins** Cook **12 mins**
 ✓gluten free ✓diabetes friendly

- 300g lamb backstrap**
- 1 teaspoon sumac, plus**
 ½ teaspoon extra to serve
- 2 x 150g gluten-free pizza bases**
- ½ cup no-added-salt tomato paste**
- 60g baby spinach leaves, plus**
 60g extra to serve
- 2 small zucchini/courgettes,**
 thinly sliced
- ½ red onion, thinly sliced**
- 1 red capsicum, thinly sliced**
- ½ cup finely grated cheddar**
- ⅓ cup Greek-style yoghurt**
- ½ lemon, zest, to serve**

1 Preheat oven to 190°C. Sprinkle lamb evenly with sumac. Heat a large non-stick frying pan over medium-high

heat. Add lamb and cook for 2-3 minutes each side or until cooked to your liking. Transfer to a plate. Rest for 3 minutes before slicing thinly.

2 Place pizza bases on 2 large baking trays. Spread evenly with tomato paste, then top with spinach, zucchini, onion, capsicum and cheese. Bake, swapping trays halfway through cooking, for 12 minutes or until pizzas are golden. Top with lamb.

3 Meanwhile, combine yoghurt with extra sumac. Dollop onto pizzas, then serve topped with extra spinach and lemon zest.



PER SERVE	
Calories 422cal	-Sugars 13.8g
Kilojoules 1766kJ	Dietary fibre 7.5g
Protein 36.4g	Sodium 654mg
Total fat 8.4g	Calcium 278mg
-Saturated fat 3.1g	Iron 4.9mg
Carbs 45.4g	



Thai beef & veg green curry

Looking for something quick, delicious and rich in iron?
Look no further than this healthier Thai beef curry

Serves **4** Time to make **25 mins**
✓gluten free ✓dairy free

- 175g **low-GI white rice**
- 2 **red onions, sliced**
- 175g **baby corn, halved lengthways**
- 400g **bok choy, quartered**
- 3 **tablespoons gluten-free Thai green curry paste**
- 200ml **reduced-fat coconut milk**
- 1 **teaspoon gluten-free fish sauce**
- 400g **sirloin steak, fat trimmed**
- 2 **limes, juice**
- 1 **bunch fresh coriander leaves, roughly chopped**
- 2 **tablespoon chilli oil (optional), to serve**

- 1** Cook rice according to packet instructions.
- 2** Meanwhile, heat 2 teaspoons olive

oil in a wok or large non-stick frying pan over medium heat. Add onions and cook, stirring, for 2-3 minutes or until softened. Add corn and bok choy and cook, stirring, for 5 minutes or until tender. Add curry paste and cook, stirring, for 1 minute or until fragrant. Reduce heat to low. Stir in coconut milk, fish sauce and 1 cup water. Bring to a simmer, then reduce heat to low.

- 3** Heat another non-stick frying pan over high heat. Rub steaks with 2 teaspoons olive oil, add to pan and cook for 2-3 minutes each side for medium or until cooked to your liking. Set steaks aside to rest for 5 minutes.
- 4** Add lime juice and most of the coriander to curry, stirring to combine.

Season with freshly ground black pepper. Slice steak and add to curry with resting juices. Divide rice among four bowls. Top with curry and remaining coriander. Serve with chilli oil on the side, if using.



PER SERVE	
Calories 438cal	Sugars 6.1g
Kilojoules 1831kJ	Dietary fibre 7.8g
Protein 32.7g	Sodium 791mg
Total fat 13.9g	Calcium 129mg
Saturated fat 5.9g	Iron 6.4mg
Carbs 40.7g	



Vegetarian tacos with avocado salsa

Taco night just got a vegie upgrade - it's a taco fiesta for your taste buds!

Serves **4** Time to make **35 mins**

✓gluten free ✓vegetarian

- 1 tablespoon **extra-virgin olive oil**
- 1 **onion**, finely diced
- 3 cloves **garlic**, crushed
- 1 **red capsicum**, diced
- 2 **long red chillies**, finely sliced (use less for a milder flavour)
- 1 teaspoon each of **ground cumin**, **ground coriander** and **smoked paprika** (check they're gluten free)
- 400g can **reduced-salt chopped tomatoes**
- 400g can **no-added-salt kidney beans** or **black beans**, drained
- 2 **corn cobs**, husks and silk removed
- 1 small **avocado**, diced
- ½ small **red onion**, diced
- 250g **cherry tomatoes**, quartered
- 2 tablespoons **lime** or **lemon juice**
- 1 tablespoon **extra-virgin olive oil**

- 8 small **gluten-free corn tortillas**, warmed
- 2 cups **shredded iceberg or butter lettuce**
- 50g **reduced-fat cheese**, grated

1 In a large heavy-based pan, heat 1 teaspoon oil over a medium heat. Add onion and cook, stirring, for 3-5 min until browned. Add ⅓ of the garlic, the capsicum, 1 chilli and spices and cook, stirring, for 2 minutes. Add the canned tomatoes and beans, then simmer for 15-20 minutes, stirring occasionally.

2 Meanwhile, set a chargrill pan over high heat or heat a barbecue hotplate to high. Grill corn, turning, for 8-10 minutes, until lightly charred and tender. Cool slightly; cut kernels from the cob.

3 In a medium bowl, combine the remaining garlic, chilli, corn, avocado, red onion and tomatoes with lime juice and remaining olive oil.

4 Heat the tortillas according to packet instructions.

5 To assemble tacos, scatter shredded lettuce over warmed tortillas. Spoon over chilli bean mix, top with grated cheese and sprinkle over avocado salsa.



PER SERVE

Calories 629cal	Sugars 16.4g
Kilojoules 2642kJ	Dietary fibre 22.0g
Protein 21.4g	Sodium 176.8mg
Total fat 20.6g	Calcium 214.8mg
Saturated fat 4.9g	Iron 3.9mg
Carbs 79.8g	



Raspberry, almond & ricotta loaf with yoghurt

Every day is a celebration with this delicious gluten-free dessert, best served warm with yoghurt. No need to worry about leftovers, because there won't be any!

Serves: **10** Time to make: **1 hr 15 mins** Hands-on time: **5 mins**
 ✓gluten free ✓vegetarian ✓diabetes friendly

250g reduced-fat smooth ricotta
½ cup caster sugar
¼ cup extra-virgin olive oil
1 teaspoon vanilla extract
3 cups almond meal
2 teaspoons gluten-free baking powder
125g fresh or frozen raspberries
¼ cup flaked almonds
1 teaspoon honey
Reduced-fat Greek-style yoghurt, to serve

1 Preheat oven to 170°C. Lightly grease an 11 x 21cm (7cm deep) loaf pan and line with baking paper, leaving an overhang of 3cm.

2 In a large bowl, place ricotta, sugar, oil and vanilla extract. Whisk until smooth. Fold through almond meal, baking powder and raspberries. Spoon mixture into prepared pan and top with almond flakes. Bake for 1 hour 10 minutes until a skewer inserted into centre comes out clean.
3 Allow loaf to cool slightly in pan before turning out onto a wire rack to cool completely. Cut into 10 slices and serve dolloped with yoghurt.

HIGH FIBRE **LOW SODIUM**

PER SERVE	
Calories 323cal	Sugars 13.9g
Kilojoules 1350kJ	Dietary fibre 3.6g
Protein 9.1g	Sodium 95mg
Total fat 24.9g	Calcium 141mg
Saturated fat 2.5g	Iron 1.2mg
Carbs 14.6g	

Cook's tip

Brushing the tops of your straight-from-the-oven buns with warmed apricot jam will give them an irresistible shine.



Gluten-free high-fibre hot cross buns

Don't miss out on this popular treat because you're avoiding gluten. We've even bumped up the gut-loving fibre!

Serves **12** Prep **15 mins plus 1 hour 30 mins proofing** Cook **30 mins**
 ✓gluten free ✓vegetarian

- 400g **gluten-free flour**
- 1 **tablespoon xanthan gum**
- ¼ **cup psyllium husk**
- 3 **teaspoons mixed spice**
- 10g **dried yeast**
- ½ **cup milk**
- 1 **cup water**
- 1 **egg, lightly whisked**
- 2 **tablespoons vegetable oil**
- ¼ **cup caster sugar**
- 1 **cup dried fruit**
- 2 **tablespoons apricot jam, warmed**

CROSSES

- 50g **gluten-free flour**
- ½ **tablespoons water**

- 1** In a large bowl of a stand mixer add flour, xanthan gum, psyllium husk, mixed spice and dried yeast. Stir to combine and then make a well in the centre.
- 2** In a microwave, heat milk and water in a small bowl until lukewarm (about 40 seconds on high). Add egg and oil and whisk with a fork to combine. Pour liquid into dry ingredients, add fruit and sugar and mix using a paddle attachment for 2 minutes to a sticky dough consistency. Cover with a tea towel and rest for 1 hour in a warm spot.
- 3** Divide mixture into 12 balls. Place on a lined tray with baking paper, cover and rest for a further 30 minutes,

- or until they're nearly doubled in size.
- 4** To make the crosses, mix flour and water until a thick runny paste. Spoon into a piping bag (approx 3mm tip) and pipe crosses onto buns.
 - 5** Meanwhile, preheat oven to 180°C fan-forced. Bake for 30 minutes, until golden brown. Remove from oven and brush with warmed apricot jam.



PER SERVE	
Calories 247cal	Sugars 17.3g
Kilojoules 1035kJ	Dietary fibre 4.2g
Protein 3.1g	Sodium 27mg
Total fat 4.4g	Calcium 39mg
Saturated fat 0.8g	Iron 1.4mg
Carbs 46.7g	

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I ♥
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Some of your favourite Kellogg's breakfast cereals available in

♥ **GLUTEN FREE** ♥



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