

FOOD4HEALTH GUIDE

Revision 1, June 2018

FOR ADULTS AND CHILDREN OVER 6



10 KEY GUIDELINES

1. Macronutrient contribution by energy (kcal or kJ) should be approximately 20% protein (4 kcal/g), 25% carbohydrates (4 kcal/g) and 55% fats (9 kcal/g) - based on daily 'plate' illustrated above
2. Minimise consumption of highly processed foods and avoid all refined carbohydrates
3. Consume plenty of fresh, raw or lightly cooked plant foods (vegetables and fruit, in a roughly 4:1 ratio) that include all 6 colours of the 'rainbow' each day (green, red, yellow, orange, blue/black/purple, white/tan)
4. Avoid high-temperature cooking methods (frying, grilling, BBQ), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
5. Healthy fats for cooking include virgin coconut oil, unfrefined extra virgin olive oil, virgin avocado oil, safflower oil, and butter or ghee (the latter two only if no lactose intolerance). Other healthy fats for addition to other foods include oils of flaxseed, hempseed and macadamia
6. Consume plenty of fresh herbs and non-irradiated, preferably organic, spices, along with herbal teas (with real herbs/spices, not flavourings)
7. Avoid snacking and try to maintain 5 or more hours between meals
8. Consume at least 1.5 litres of spring or filtered water daily between meals (more if exercising intensively)
9. Avoid all foods which trigger sensitivity, intolerance or allergy
10. Seek advice from a qualified and experienced nutritional health professional on the most appropriate concentrated sources of nutrients, herbal teas and/or supplements (concentrated sources of nutrients)

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FOOD4KIDS GUIDELINES

Revision 1, July 2018

FOR YOUNG CHILDREN AGED 1-6

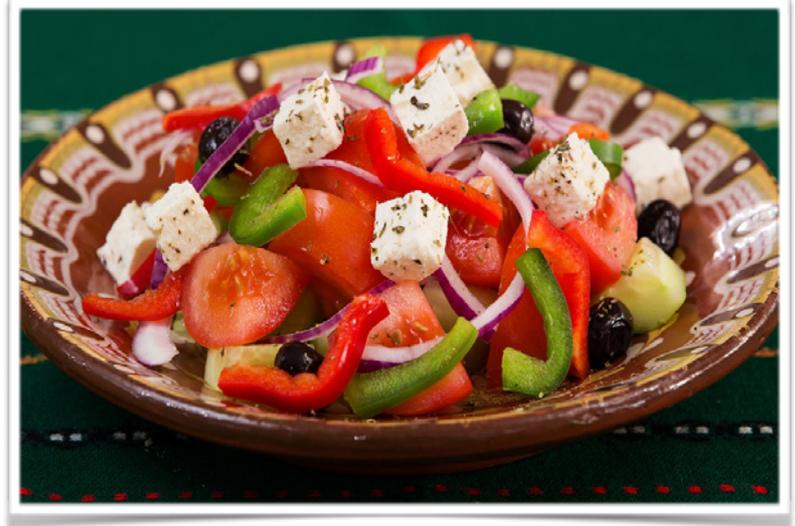


10 KEY POINTERS

1. Macronutrient composition by energy contribution (kcal or kJ) should be approximately 10% protein (4 kcal/g) (gluten and/or animal sources), 20% complex carbohydrates (4 kcal/g) and 55% healthy fats (9 kcal/g) by energy contribution daily
2. Consume plenty of fresh, raw or lightly cooked plant foods (vegetables and fruit, in a roughly 4:1 ratio) that include all 6 colours of the 'rainbow' each day (green, red, yellow, orange, blue/black/purple, white/tan). Consume fermented foods regularly (e.g. yogurt, kefir, kombucha)
3. Avoid/limit 'free' (added) sugars. Avoid drinks sweetened using non-nutritive sweeteners
4. Drink water, not soft drinks or fruit juices most of the time, especially between meals
5. Include healthy fats such as virgin coconut oil, unfrefined extra virgin olive oil, safflower oil, virgin avocado oil and butter or ghee (only if not lactose intolerant) for cooking if tolerated. Hempseed and macadamia oils may be added to other foods
6. Minimise consumption of highly processed foods and sugars. Avoid providing sweet foods or confections as treats. Maintain regular exposure to all flavour senses including bitter (e.g. chlorey, ginger, broccoli, grapefruit) and sour (e.g. apple, cider vinegar, kombucha, lemons, lewis, rhubarb)
7. Maintaining a gluten-free and wheat-free diet is ideal given generally unknown nature of gluten or wheat sensitivities
8. Check for dairy intolerance and avoid dairy if there is any evidence of intolerance. Avoid any other foods which trigger sensitivity, intolerance or allergy
9. Avoid high-temperature cooking methods (frying, grilling, BBQ), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
10. Eat plenty of fresh herbs and non-irradiated, preferably organic spices

Food4Health: Perfect Picnics

Who doesn't love a picnic? Even on the living room floor! Instead of grabbing packs of ready-made finger foods, why not create your own vibrant smorgasbord of diversity? Here are some ideas for a 'Perfect Picnic' to help you enjoy a healthy, happy time with friends and family this year.



Simple, but tasty - Greek Salad - Serves 4

Ingredients:

- 4 Medium tomatoes
- 1 Cucumber, partially peeled to make a striped pattern
- 1 medium red onion
- 16 kalamata olives
- 1 green bell pepper
- Pinch of sea salt
- 4 tbsp quality extra virgin olive oil
- 1-2 tbsp apple cider vinegar
- 200 g Greek feta cheese crumbled
- ½ tbsp dried oregano

Method:

1. Cut the tomatoes into wedges or large chunks
2. Cut the partially peeled cucumber in half length-wise, then slice into thick halves (at least 2 cm in thickness)
3. Slice the red onion and pepper
4. Place everything in a large salad dish
5. Season very lightly with salt
6. Mix the olive oil and apple cider vinegar together then pour over the salad vegetables



7. Mix the ingredients gently and sprinkle over the oregano
8. Add the crumbled feta on top



Vibrant Layered Individual Salads - Served in a jar, as many as you make!

Ingredients:

- 1 empty, clean, jar per person
- Grated carrot
- Sprouting seeds of your choice (NB: broccoli sprouts are brimful of health, but are very strong, so use less)
- Cooked and cooled quinoa
- Grated mature cheddar or parmesan (if not dairy intolerant or vegan/vegetarian*)
- Blueberries
- Avocado or pumpkin seeds
- Baby leaf spinach or kale
- Finely chopped coriander and mint

For the apple cider vinegar dressing:

- $\frac{1}{2}$ cup extra-virgin olive oil
- $\frac{1}{4}$ cup apple cider vinegar
- 1 tbsp Dijon mustard (optional)
- 2 tbsp fresh lemon juice
- 1 clove garlic, crushed
- 1-2 tbsp honey or maple syrup (start with 1 tbsp and work up)
- Salt and ground black pepper to taste

Mix all the dressing ingredients together and shake well to blend. This makes about a cup. Store the rest in the fridge.

Method:

Place 2-3 tsp of dressing in the bottom of each jar. Start layering up in the following order:

- Grated carrot
- Sprouts
- Quinoa
- Grated cheese - although you can mix the cheese and the quinoa together first if you like
- Blueberries
- Avocado / pumpkin seeds
- Baby leaf spinach / kale

Drizzle another tsp of dressing over the top, screw on the lid and place in the fridge till needed. You can pack them for the picnic and shake just before eating.

Don't forget to pack forks for the salad jars!

*see recipe for vegan parmesan on pg. 35



Anything goes Slaw! - Serves 4-6

Ingredients:

The veg below are our suggestion, you can use any combination of raw or lightly blanched veg, fruit and nuts you prefer:-

For the Slaw:

- 1/2 red, white or green cabbage finely shredded, blanched
- 1 medium courgette grated
- 1 small raw beetroot grated
- 1/2 head of fennel finely sliced
- Medium carrot grated
- 1 apple grated (cored, leave skin on)
- 100 g chopped walnuts

For the dressing:

5 tbsp Extra Virgin Olive Oil
1 tbsp tahini
Dash Maple Syrup
3 tbsp lemon juice
Salt & pepper to taste

Method:

1. Place all the dressing ingredients in a bowl and whisk together
2. Mix the vegetables in another bowl season, add the dressing and mix together well



Olive Love - Serves 4-6

Ingredients:

- 270 g your favourite olives, drained
- 2-3 stalks diced celery
- 50 g almonds (or other nuts as preferred), roughly chopped
- 1 large garlic clove, very thinly sliced
- Couple of chopped roasted peppers from a jar (optional)
- 2 tbsp extra-virgin olive oil, more to taste
- 1 tbsp apple cider vinegar, more to taste
- Shaved parmesan (optional)*
- Salt and pepper to taste
- Basil leaves, roughly torn, for garnish

Method:

1. In a medium bowl, toss all of the ingredients except the celery leaves together. Taste, and adjust the seasonings to your preference
2. Garnish with the basil leaves and shaved parmesan

*see recipe for vegan parmesan on pg. 35



BrocCauli Tabbouleh - Serves 4

Use your favourite fresh herbs to bring this simple salad alive. It's also great with fresh pomegranate seeds scattered over the top.

Ingredients:

- ½ head each cauliflower & broccoli, blanched
- 1 bunch of spring onions, finely chopped
- a handful of fresh mint leaves, finely chopped
- a handful of other fresh herbs as preferred (sorrel, basil, thyme, coriander, marjoram, oregano, lemon balm etc)

For the dressing:

- 1 tbsp pomegranate molasses
- 1 tbsp tahini
- 1 tsp maple syrup or runny honey
- 3 tbsp extra virgin olive oil
- 2 handfuls mixed pumpkin & sunflower seeds
- sea salt and black pepper

Method:

- Break up the cauliflower & broccoli and blitz in a food processor into rice like pieces (you may need to do this in batches)



- Chop the herbs and spring onions, add to the broccoli & cauliflower mixture along with the seeds and mix through well
- Make the dressing by whisking the tahini, pomegranate molasses, olive oil, honey, salt and pepper together, taste to check
- Pour the dressing over the salad and mix thoroughly



Coconut crusted chilli/lime chicken - Serves 4

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup coconut flour
- 1 lime, zested
- ½ tsp chilli or paprika powder
- 1 tbsp full-fat coconut milk
- 4 eggs beaten
- 2 cups desiccated coconut
- Sea salt and freshly cracked black pepper to taste

Method:

1. Preheat your oven to 180° C / 360° F / gas mark 4
2. Cut the chicken into long strips
3. You will need three bowls; one for the coconut flour mixed with the lime zest, chilli or paprika powder, salt & pepper, one for the coconut milk and egg mixture (just beat the eggs and milk together) and one for the desiccated coconut

4. Coat each chicken strip in the coconut flour mix, then dunk in the egg and coconut milk mixture and finally coat in the desiccated coconut
5. Place the chicken strips on a large baking sheet lined with baking paper, leaving some space between each strip and cook for 10 to 12 minutes, or until chicken has completely cooked through



Summer Frittata - Serves 4-6

Ingredients:

- 300 g cooked, cold new potatoes sliced
- 6 eggs beaten (seasoned with salt & pepper)
- 1 garlic clove, crushed
- 1 tbsp gluten-free wholegrain mustard
- handful mixed soft herbs, such as basil, oregano and parsley, roughly chopped
- 1 tbsp olive oil
- 1 medium courgette, coarsely grated
- ½ tsp chilli flakes (optional)
- 140 g petits pois (defrosted if frozen)
- 100 g goats cheese, crumbled or other cheese of your choice (optional)
- Halved cherry tomatoes

Method:

1. Beat the eggs with the garlic, mustard and herbs, and season generously. Heat the grill to medium-high.
2. Heat the oil over a medium heat in a 23cm non-stick frying pan. Add the potatoes and fry for about 5 mins, until they start to turn golden. Add the courgette and chilli flakes, and

continue to fry for a couple mins more. Stir through the petit pois.

3. Tip the egg mixture into the pan and scatter with the cheese and tomatoes. Cook over a gentle heat for 10-12 mins until almost set. Pop the pan under the grill and cook for 3-5 mins until puffed, golden and cooked through.
4. Cool and cut into wedges



Sheetpan sausage & veg - Serves 4-6

We've suggested some veggies you can use, but you can mix it up with whatever you have in the fridge or your own favourite veggies

Ingredients:

- 2 bell peppers chopped into chunks
- 1 aubergine cut into chunks
- 1 courgette thickly sliced
- 1 red onion thickly sliced
- 200 g pack green beans
- 1/2 head of broccoli cut into pieces
- A bulb of garlic, broken into cloves (unpeeled)
- 250 g pack cherry tomatoes
- 8 good quality gluten free sausages of choice cut into chunks

Method:

1. Preheat the oven to 200° C / 400° F / gas mark 6
2. Place the veg into a large roasting tin, drizzle with the olive oil, toss and roast in the oven for 20 minutes.
3. Stir in the cherry tomatoes and add the sausage chunks on top of the veg, return to the oven and cook for another 15 minutes
4. Leave to cool



Creamy Avo Frittata - serves 4

Ingredients:

- 2 tbsp extra virgin olive oil or deodorised coconut oil
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- 100 g roasted red peppers, cut into thin strips
- A large handful of baby spinach leaves, rocket or watercress
- 8 organic / free-range / farm eggs
- 1 large ripe avocado
- 50 g grated cheddar or vegan alternative (see pg. 35)
- Salt and ground black pepper

Method:

1. Gently heat the olive oil, but take care not to burn it. Add the red onion and garlic for around 6 mins till softened, but not browned.
2. Add in the peppers and green leaves. Cook gently for a couple of mins till the leaves wilt.
3. Beat the eggs in a bowl with salt and pepper. Add the diced avocado flesh with the cheese and stir into the eggs.
4. Pour the egg mixture into the frying pan, stir and leave on a very low simmer till the sides are

golden brown and it's looking more solid in the middle. It may take around 8 mins.

5. Pre-heat the grill and pop the frying pan under the grill for a couple of mins to brown the top.
6. Place a plate on top of the pan and flip over to release the frittata. Leave to cool and then slice into picnic-sized wedges.



Simply Moreish Sweetcorn Fritters & Salsa - serves 2

Ingredients:

- 100 g canned or fresh sweetcorn kernels
- $\frac{1}{4}$ red onion, finely chopped
- 2 tbsp fresh coriander or basil, finely chopped
- $\frac{1}{2}$ tsp red chilli, finely diced (optional, but more if you like it hot!)
- Pink salt and ground black pepper

For the batter:

- 115 g gram flour (chickpea flour)
- 1 tsp baking powder
- 150 ml cold water
- Coconut oil for frying

For the salsa:

- 2 tomatoes, diced
- $\frac{1}{2}$ red onion
- 1 clove garlic, crushed
- 1 tbsp fresh coriander, finely chopped
- 1 small ripe avocado (optional)
- 1 lime, juiced

Method:

1. Make the salsa by combining all the chopped ingredients, mix with the lime juice, place in a container and seal.
2. For the batter: Mix the dry ingredients in a bowl. Then add the water and mix well to form a batter (double cream consistency)
5. Add the sweetcorn, red onion, coriander and chilli (if using) and mix well
6. Add a generous pinch of pink salt and ground black pepper
7. Heat some coconut oil in a frying pan over a medium heat. Cook one spoonful of the mixture until golden then turn over and cook until golden on other side. Taste to see if there's enough salt and pepper, add more seasoning if necessary and cook the rest of the batter
8. Drain on kitchen paper
9. These keep well in the fridge or can be frozen (if frozen they benefit from a quick refresh in a warm frying pan once defrosted).



Sticky Salmon Bites - Serves 4

Ingredients:

- 3 tbsp tamari (gluten-free soy sauce)
- 1 tbsp maple syrup
- 1 tsp chilli flakes (optional)
- 2 tbsp lime juice
- 1 tsp fresh ginger, grated
- 2 cloves garlic, minced
- 2 tsp sesame seeds (optional)
- 4 salmon fillets

Method:

1. Preheat the oven to 190° C / 375° F / gas mark 5
2. Whisk together the glaze ingredients in a bowl
3. Put the salmon onto a piece of baking paper on a baking tray and brush generously with the glaze and sprinkle with the sesame seeds if using
4. Wrap the baking paper into a parcel around the salmon
5. Pop into the oven and bake for approx 15-20 minutes until just done
6. Leave to cool then cut into bite sized pieces



Freestyle Salmon roll-ups - Serves 4

Ingredients:

- 100 g lightly smoked salmon slices
- ½ cup houmous
- ½ cucumber – cut into matchsticks
- Avocado - sliced
- Bell pepper - sliced

Method:

1. Freestyle time!
2. Take a slice of smoked salmon, spread it with some houmous, then wrap around a piece of cucumber, pepper and avocado.
3. Keep going until you've used all your ingredients
4. Don't forget to keep some extra houmous handy for dipping!



Good Ole' Guacamole - Serves 4

Ingredients:

- ½ red onion
- 1 fresh green chilli, diced (less if you're not keen on heat!)
- ½ tsp pink sea salt
- 1 clove of garlic, crushed
- 2 large ripe avocados
- 1 lime, juiced
- 1 small bunch of coriander, chopped
- 1 ripe tomato, chopped and deseeded or you can use 6 small cherry tomatoes, chopped
- Freshly ground black pepper to taste

Method:

1. Put all the ingredients in a blender and blitz them for a smooth, creamy guac
2. For a bit more texture, make it the old-fashioned way by crushing the onion, chilli and salt with a pestle and mortar. Remove the avocado stone, scoop out the flesh and mash roughly with a fork. Add the rest of the ingredients and mix together. Sprinkle with some fresh coriander and serve or seal and put in the fridge.



Beautiful beetroot Houmous - Serves 4

Ingredients:

- 1 can of chickpeas, drained and rinsed or 220 g cooked
- 100 g cooked and diced beetroot
- 2½ tbsp lemon / lime juice
- 1 tsp (level) smoked / normal paprika
- 1 rounded tsp cumin
- 2 tbsp extra virgin olive oil
- ½ tbsp tahini
- 1 garlic clove, crushed or finely chopped
- A dash of Tabasco or Worcestershire Sauce
- Pink salt and ground black pepper

Method:

Add ingredients to a blender and blend till smooth and creamy. You may need to add some additional water to get the consistency smooth and creamy.

Mix this recipe up by using spinach and kale instead of beetroot or roasted peppers and carrots. You can also use harissa or chipotle instead of paprika. Experiment away!



Avocado, Pea & Mint dip - Serves 4

Ingredients:

- 1 large ripe avocado or 2 small ones
- 200 g defrosted frozen peas
- 2 cloves garlic, crushed
- 1 tbsp coconut oil, melted
- 1 rounded tsp cumin
- ½ tsp pink salt
- 1 lemon or lime, zested and juiced
- 4 - 6 fresh mint leaves, depending on taste

Method:

Gently heat the coconut oil till it's melted. Add all the ingredients to a blender and blend till smooth. Add water by the tablespoon as necessary to achieve the right consistency. It should be thick, smooth and creamy, but not solid.



Green Goddess Dip - Serves 4

Ingredients:

- 1 medium avocado, halved, pitted, and peeled
- 15 g fresh parsley, packed
- 100 g fresh basil leaves, packed
- 1 clove garlic, chopped
- 1 spring onion (scallion), white and green parts, finely sliced
- 2 tbsp freshly squeezed lime juice
- 1 tbsp extra virgin olive oil
- salt, black pepper to taste

Method:

1. In a food processor or blender, combine the olive oil with the avocado, parsley, basil, scallion, garlic and lime juice and puree until smooth.
2. Season the dip with salt and pepper and serve immediately with crudites e.g. celery, radish, baby toms, carrots, pepper (capsicum), cucumber, baby sweetcorn etc (see pg. 27 for more ideas)



Cajun Sweet Potato Wedges - Serves 4

Ingredients:

- 500 g skin-on sweet potatoes, well scrubbed and cut into wedges
- 1 tbsp ground black pepper
- 1 tbsp paprika/chipotle
- 1 tsp cayenne pepper
- A pinch of chilli powder (optional)
- 3 tbsp fresh chopped herbs or 1 tbsp dried mixed herbs
- Pink sea salt

Method:

Preheat the oven to 200 °C / 400°F / gas mark 6. Lightly coat the wedges with olive oil. Mix the herbs, spices, salt and pepper in a bowl, add the wedges and coat them well with the mixture.

Place on a baking tray in the oven for 20-30 mins until crisp and golden on the outside. They should still be soft and squishy on the inside. Use them as dipping sticks or on their own.



Rainbow Veg Crudités

Suggestions:

- Carrots - try some of the more rustic ones too as well as the purple ones!
- Peppers - green, red and yellow
- Celery
- Green French beans
- Cucumber
- Steamed asparagus
- Fennel
- Broccoli, blanched for 1 min in boiling water
- Spring onions
- Snap peas
- Large mushrooms

Method:

Slice into sticks or shapes for dipping. Couldn't be more simple but oh-so colourful on the picnic blanket!



Fabulous Halloumi Fingers - Serves 4

(for those who aren't dairy intolerant)

Ingredients:

- 2 x packs of Halloumi (traditional works best without cow's milk)
- Olive oil for frying

Method:

1. Separate the halloumi into two halves
2. Cut each half into chunky fingers
3. Heat the oil in a frying pan over a medium heat
4. Fry the halloumi fingers until brown on all sides, but take care not to burn them



Lemony Coconut Squares - Makes 12

Ingredients:

- 200 g bar of creamed coconut
- 6 tbsp coconut oil
- 2 tbsp raw honey
- tsp vanilla extract
- A pinch of sea salt
- 150 g desiccated coconut
- Grated rind 1 unwaxed lemon plus juice of 1/2 lemon or lime

Method:

1. Line a 20 cm (7/8") square tin with baking parchment.
2. Place the unopened packet of creamed coconut in a bowl of warm water to soften it
3. When it's soft all the way through, pour into a bowl and mix in the coconut oil (it will melt if it's hard), raw honey, vanilla, salt, lemon rind and lemon juice (and/or lime)
4. Stir in the desiccated coconut evenly to create a stiff consistency

5. Pour the mixture into the prepared tin. Press the mixture down with the back of a spoon to make it level and set in the fridge for 15 minutes until hard
6. Decorate the top of the bars with pared lemon/lime rind (strips of lemon rind)



Banana bread - makes 1 loaf

Ingredients:

- 4 large eggs, lightly beaten
- 4 ripe bananas, mashed
- 3 tbsp pure maple syrup
- 2 tsp vanilla extract
- 75 g coconut flour
- ½ tsp sea salt
- 2 tsp ground cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- 50 g chopped walnuts (optional)

Method:

1. Preheat the oven to 190° C / 375° F / gas mark 5
2. Lightly oil a loaf tin
3. In a mixing bowl, combine the mashed banana, beaten eggs, maple syrup and vanilla extract (wet mixture)
4. In a separate bowl, stir together the coconut flour, salt, cinnamon, baking powder, and baking soda (dry mixture)

5. Pour the dry mixture into the bowl with the wet mixture and fold until combined. Allow batter to sit for 5 minutes before pouring it into the prepared loaf pan. Bake on the centre rack in the oven for 45 to 55 minutes, or until a skewer comes out clean
6. Remove bread from the oven and allow it to sit for 30 minutes before turning it out onto a cutting board



Anytime Protein Bar - Makes 10-12 bars

Ingredients:

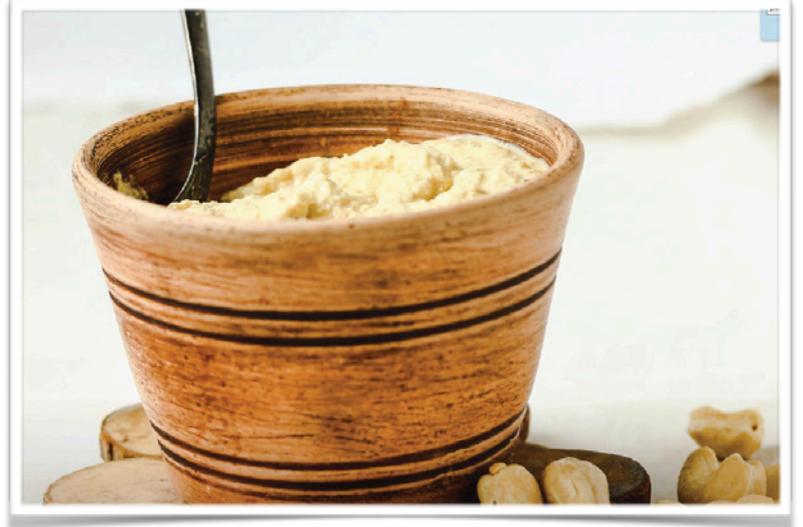
90 g flaked almonds
90 g pecan nuts
60 g desiccated coconut
4 tbsp almond, cashew or peanut butter
4 tbsp extra virgin coconut oil
4 tbsp ground almonds
1.5 tsp vanilla extract
1 tsp honey or maple syrup
2 scoops Nuzest Vanilla Clean Lean Protein powder
1 large egg (optional)
1/2 tsp sea salt
125 g dried raspberries or blueberries
Some extra desiccated coconut for the topping

Method:

1. Preheat the oven to 180° C / 360° F / gas mark 4 and toast the nuts and desiccated coconut to a golden brown finish. You will need to mix the tray contents at least once whilst baking, which also helps you to ensure they don't burn! Once toasted pour into a food processor and

- pulse till the mixture is coarsely ground. Turn the oven down to 160° C / 320° F / gas mark 3 as soon as you take the mixture out and allow to cool to the new temperature.
2. In a Bain Marie (glass bowl over hot water in a saucepan) heat the coconut oil and nut butter and stir together until smooth. Add the vanilla extract, honey and sea salt and mix thoroughly. Whilst still over the heat, fold in the nut mixture and protein powder, mix thoroughly. Add in the beaten egg and mix thoroughly. Fold in the raspberries/blueberries or dark chocolate chips, mix thoroughly.
 3. Use coconut oil to thoroughly grease a brownie tin. Press the mixture into the tin and even it out. Place in the oven at 160°C for around 10 mins, but keep checking so it doesn't burn. Remove from the oven, sprinkle liberally with desiccated coconut and put it under the grill until the top just begins to turn brown.
 4. Allow to cool for 15-20 mins before you cut into slices ready for storing in an airtight container. This should make about 10-12 slices.

Cook's Note: Switch the raspberries/blueberries for dark chocolate chips and add whilst the mixture is warm to make a chocolate version. You can also go for all 3 at the same time! The egg is optional to help the bars to bind and add healthy fats.



Nuts about vegan parmesan

Ingredients:

250 g almonds, walnuts or cashews
60 g nutritional yeast (e.g. Engevita yeast flakes from Holland & Barrett)
1 tsp garlic powder
1 tsp salt

Method:

1. Add all the ingredients into a food processor and pulse until it turns into a parmesan-like crumb consistency
2. Taste and adjust flavour with more salt and nutritional yeast to your desired flavour
3. Store in an air tight container for up to one month in the fridge



Buckwheat wraps - Serves 4

Readymade gluten free wraps can contain a lot of unwanted extra ingredients. These wraps are simple to make and delicious to eat. They are more delicate than a wheat flour wrap, so we recommend you take the filling ingredients with you so everyone can add what they like and wrap once ready to eat!

Ingredients:

- 100 g Buckwheat flour
- 1 egg (optional)
- Pinch salt
- 180 ml Water

Method:

1. Put the flour, egg and salt in a bowl and mix with enough water to make a batter that is the consistency of double cream
2. Heat a little oil in a frying pan, ladle enough batter into the pan to thinly cover the base
3. Fry until the edges turn up, then turn over and cook the other side
4. Place on a plate to cool
5. Add your favourite fillings and wrap