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CAKES, BISCUITS & BARS

DESSERTS & DRINKS

Annaslarder ~ Love your food love your body



Blog



Anna Collins Nutrition

I'm a Dublin-based nutritionist helping people enhance their digestion or improve their skin or hair. For tons of info on digestion, skin and hair go to www.annacollins.ie

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■ Summer wilted kale salad May 14, 2014

■ Green power juice May 8, 2014

■ Cleanser juice (carrot, ginger, beetroot and celery) April 30, 2014

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THOUGHTS ON "BLOG"



Connie *said:*

Hiya Anna,

One of my friends Ger has recently started a gluten-free life is helping her feel a lot better. She was diagnosed as Ceeliac but has decided to go gluten-free given the improvement in how shes feeling. There are two issues, she wouldn't be the most confident about cooking and tomatoes as a substitute for sauce bases is leaving her limited. Can you advise of any other base type I could search for? I love to cook so would love to find something I could show her how to make. Any advice or possible recipes would be great!

kind regards

Connie

REPLY



Anna Collins Nutrition *said:*

October 31, 2013 at 9:38 am

Your friend will find if she looks to the ethnic cooking of India, Malaysia and Thailand there will be many dishes where the sauce part contains creamy coconut milk or lentils (dhal), which thicken the sauces. Stews and casseroles such as the tagines I have posted already will work a treat for her too. Happy eating!
Anna

REPLY

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