

Nuttelelex™

The healthy alternative

WHAT IS GLUTEN:

Gluten is a protein found in pasta, noodles, couscous, flours, wheat, rye, barley, malt, spelt, semolina, oats and many products like soy sauce.

IS NUTTELEX GLUTEN FREE (GF)?

Yes, all Nuttelelex spreads are gluten free

COMMON GLUTEN FREE FOODS

- Fresh fruit and vegetables
- Rice
- Corn
- Fresh meats
- Eggs
- Nuts and legumes
- Milk
- Fats and oils

POPULAR GLUTEN FREE ALTERNATIVES

- Gluten free flour
- Gluten free pasta
- Almond meal flour
- Buckwheat
- Chickpea flour
- Coconut flour
- Quinoa
- Chia
- Flax
- Guar Gum
- Pea flour
- Potato flour
- White rice flour

COOKING TIPS:

GLUTEN BINDS BAKED THINGS: If you are not using a gluten free flour, you need to incorporate a mixture that replicates what gluten does. Such as a mix of chia, psyllium, and flax or you could also use xanthan or guar gum.

AVOID CROSS CONTAMINATION: Use a separate strainer for gluten free pasta (or strain the GF pasta first), same goes for spatulas, spoons, and never serve gluten & gluten free food together on the same platter.

WHEN BAKING: To ensure gluten free flours rise well, mix your gluten free flour and bicarbonate soda with water before adding to your dry ingredients.

RECIPES: Don't forget to take a peek at our Nuttelelex Pinterest Gluten Free board in the recipes section of this website too for some great recipe ideas.