

Your guide to eating well on a gluten-free diet



*featuring a selection of recipes
and a handy menu planner*

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supporting the coeliac community

A healthy and balanced diet

All foods can be enjoyed as part of a healthy gluten-free diet; it's getting the right balance and variety of foods that is important for your health. A healthy and varied diet can help to maintain a healthy body weight, enhance general wellbeing and reduce the risk of a number of diseases including heart disease, stroke and cancer.

Getting back to 'normal'

Many coeliacs will put on weight after starting a gluten-free diet. This is perfectly normal, as the gut is now healing and food is better absorbed. What is important from now on is to try and eat a healthy, balanced gluten-free diet and stay active. Experts agree that these are two of the most important factors which contribute towards a long and healthy life.

Can a gluten-free diet be healthy?

Yes it can! A gluten-free diet is not unhealthy just because you can no longer eat wholegrain breakfast cereals and breads. All gluten-free foods can be enjoyed, including the treats.

It is just a case of the portion size and the frequency at which different foods are eaten.

Staying Active

You should aim to exercise 5 times a week for up to 30 minutes each time. This doesn't mean you have to hit the gym everyday - simple ways to achieve this would be walking, gardening, dancing or even housework.



Gluten-free plate

This **gluten-free plate** has been designed to help make healthy eating easier. Use the plate to choose how much you should eat from each group and follow the healthy eating advice on pages 4 and 5.



Get to know your health

Bread, rice, potatoes, pasta & other starchy products

The main food group in your healthy gluten-free plate which is affected by a gluten-free diet is the red section - bread, rice, potatoes and other starchy foods. Rice and potatoes are naturally gluten-free and Juvela make great tasting gluten-free versions of some of the other starchy foods such as bread, rolls and pasta.

Getting enough fibre into the gluten-free diet has often been a challenge for coeliacs so it is important to choose gluten-free fibre enriched products such as fibre bread and rolls and fibre pasta. These fibre-rich foods will keep the bowel regular and combined with a good intake of fluids will help prevent constipation.

How much? Aim to eat 5/6 portions of carbohydrate foods per day. Your plate should be a third starchy foods



Fruit and Vegetables

Eating plenty of fruit and vegetables helps reduce the risk of heart disease, stroke and cancers. These foods are all naturally gluten-free and are good sources of vitamins, minerals and fibre. They are also very low in fat.



How much? Aim to eat at least 5 portions of fruit and vegetables per day.

Fill your plate with around a third vegetables or salad.

What is a portion? 2 tablespoons vegetables (fresh or frozen), 1 tablespoon dried fruit, 3 tablespoons stewed or canned fruit, medium piece of fruit, e.g. orange, apple or banana, or 1 small glass of pure fruit juice.

Healthy gluten-free plate

Meat, fish, eggs, beans & other non-dairy sources of protein

Fish, meat, eggs, beans and vegetarian alternatives are important sources of protein, iron, zinc and B vitamins. These help maintain healthy muscles and body function.

How much? Aim to eat 2 portions of protein per day.

The majority of the rest of your plate should be protein based foods. This is a combination of milk and dairy protein, as well as meat, fish, eggs and beans.



Milk and Dairy foods

People with coeliac disease must take special care to protect themselves from osteoporosis. The best way to achieve this is to eat a calcium-rich balanced diet. Milk and dairy products are important sources of calcium and they also contain lots of protein, vitamins and minerals.

How much? Aim for 2-3 servings of lower fat dairy products per day.

What is a serving? A glass of milk, 35g cheese, small pot of gluten-free yoghurt or custard.

Note: Vitamin D helps to absorb and use calcium in the body. It is found in oily fish, cheese, eggs, and fortified foods such as margarine. Most vitamin D comes from the action of sunlight on the skin.



Foods and drinks high in fat and/or sugar

Limiting your intake of foods high in fat helps keep cholesterol levels down (high cholesterol levels are a risk factor for heart disease).

These foods also need to be limited if you are watching your weight.

Foods in this group include gluten-free biscuits, crisps, chocolate and sugary drinks. Keep these foods as treats and eat them in moderation rather than eating them every day.

How much? Aim to eat just 1 portion of these types of foods per day.

Choose very small amounts 25g/1oz low fat spread or 13g/½oz margarine or butter. Limit fried foods to 1-2 times a week.



	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	2 x gluten-free crispbreads with jam Fresh fruit salad and yoghurt	Rice Krispies with dried fruit	2 x slices of gluten-free toast with marmite
LUNCH	Jacket potato with beans and cheese Fruit	Baked Mackerel Bruschetta <i>(see recipe - page 23)</i>	Curried Chicken Pitta Pockets <i>(see recipe - page 22)</i>
EVENING MEAL	Stir-fried Chilli Prawns with Tagliatelle <i>(see recipe - page 11)</i>	Tex Mex Chicken Tortilla with salad <i>(see recipe - page 14)</i>	Chunky Tuna Bake <i>(see recipe - page 16)</i>
PUDDING OPTIONS	Chocolate, Mango and Passionfruit Roulade <i>(see recipe - page 31)</i>	Strawberry Stackers <i>(see recipe - page 26)</i>	Fruit Salad with natural yoghurt
SNACK IDEAS	Small handful of dried fruit and nut mix	Low-fat yoghurt or mousse	Fruit smoothie

Gluten-free week

THURSDAY

Gluten-free porridge with chopped apple and honey

Soup and a gluten-free crusty roll

Home-made gluten-free pizza with salad

Mixed Berry Crunch
(see recipe - page 30)

2 gluten-free biscuits

FRIDAY

Fruit smoothie (made with fruit and yoghurt)

Grilled bacon with scrambled eggs on gluten-free toast

Herb Crusted Cod with roasted vegetables
(see recipe - page 18)

Meringue with strawberry and low fat crème fresh

Cereal bar or homemade fibre-mix muffin/scone

SATURDAY

1 x Pitta bread with peanut butter and mashed banana
(see pitta recipe - page 22)

Prawn and salad wrap
(see wrap recipe - page 14)

Turkey Burgers with Salad
(see recipe - page 18)

Fruit Sorbet with fresh fruit

Raw vegetables and low fat houmous

SUNDAY

Homemade muesli with fruit/nuts/seeds

Tuna and Cannellini Bean Pasta
(see recipe - page 23)

Sunday roast

Lemon Meringue Surprise
(see recipe - page 27)

Gluten-free Crispbreads with marmite



Top Tips!


- Starchy, carbohydrate foods are not fattening! They are only unhealthy if you fry them, add creamy sauces or pile on the butter!
- Choose baked, boiled or mashed potatoes, steamed rice, gluten-free pasta with tomato based sauces, and a thin spread on bread.
- Try to eat a wide variety of different coloured fruit and vegetables; include them with each meal and as snacks.
- Remember, fresh, frozen, tinned, dried and juiced all count towards your 5 a day!
- Choose lean cuts of meat (or trim fat from the meat). Grilling or dry frying will reduce your fat intake further.
- Aim to eat fish twice a week. White fish is especially low in fat.
- Include one portion of oily fish such as salmon, mackerel, sardines or trout. Oily fish contain omega 3 fats which are good for keeping your heart healthy.
- Include pulses (peas, beans and lentils), tofu, nuts and seeds - they are a good source of protein, fibre, vitamins and minerals.
- To reduce your saturated fat intake, choose lower fat versions of dairy foods, such as semi-skimmed or skimmed milk, reduced fat cheeses, and low fat gluten-free yoghurt and custard.
- Other good sources of calcium are canned sardines, pulses, leafy green vegetables, figs and almonds.
- Use cooking oils, dressings, mayonnaise and spreading fat sparingly. Remember to use a teaspoon to measure out cooking oil (or use a spray oil) rather than pouring straight from the bottle.
- Use healthier cooking methods such as grilling, baking, poaching, stir-frying, microwaving or barbecuing.

So, now you know the benefits of eating a healthy and balanced gluten-free diet, what about putting theory into practice! Read on for a selection of delicious recipes which show you that healthy eating can be both appetising and enjoyable.

We've focussed on lowering the calories, fat and sugar content, without lowering the flavour! We've used Juvela products and other ingredients which are naturally higher in fibre, and have included some calcium, although the recipes are not intended as a main source of this nutrient.

To help you achieve your '5 a day', we've included fruit and vegetables in the dishes where possible. So why not give some of these quick and simple recipes a go - so scrumptious, you'll be eating more healthily without even realising it!

These symbols are used against the recipes to indicate a nutritional claim:

- LF** *Low fat* - less than 5 grams of fat in 100 grams or per serving
- VF** *Virtually fat-free* - less than 0.3 grams of fat per serving
- F** *Source of fibre* - at least 3 grams of fibre in 100 grams or per serving
- HF** *High in fibre* - at least 6 grams of fibre in 100 grams or per serving
- C** *Source of calcium* - at least 17% of the RDA (Recommended Daily Amount) per serving.
- HC** *High in calcium* - at least 50% of the RDA (Recommended Daily Amount) per serving. The RDA for calcium for adults is 700mg (Coeliacs at risk of osteoporosis may require additional supplementaion).
-  Completed recipe suitable for freezing.

N.B. For all ingredients marked with an asterisk (*), check in Coeliac UK's Gluten-Free Food & Drink Directory for a suitable brand.

All recipes use a conversion of 25g = 1oz

Use a measuring spoon where a recipe asks for a tsp or tbsp

To help you incorporate these recipes into a healthy, balanced gluten-free diet, we have included a nutritional breakdown table with each recipe. The information is given per serving and per 100g for each dish.

Energy - energy is measured in calories (or kcals). Our bodies need energy as a source of fuel to function properly. Taking in more energy than the body uses results in weight gain.

Carbohydrate - there are two types of carbohydrate - sugars and starch. The table shows the total amount of carbohydrate and how much of this is sugar, which is useful for those limiting their sugar intake. Starchy foods should form the basis of all meals.

NUTRITION INFORMATION

	Per serving (300g)	Per 100g
Energy (kcal)	324kcal	108kcal
Protein	23.7g	7.9g
Carbohydrate	48.3g	16.1g
of which sugars	12.6g	4.2g
Fat	3.9g	1.3g
of which saturates	1.2g	0.4g
Fibre	7.8g	2.6g
Sodium	2.7g	0.9g
Calcium	192mg	64mg

Fat - the table shows the total amount of fat and how much of this is saturated fat. We are advised to reduce the total amount of fat we eat, especially saturated fat.

Calcium - we need calcium for healthy bones and teeth. The main sources in the diet are dairy products such as milk, cheese, yoghurt etc.

Fibre - fibre is essential to help keep the digestive system healthy. Fruit, vegetables and pulses are good sources of dietary fibre.

N.B. The recipes show typical nutritional values and have been calculated using standard published data (supplemented by Juvela products nutrition information).

Stir-fried Chilli Prawns with Tagliatelle (Serves 2) LF F C

The Juvela Gluten-Free Tagliatelle is used here in place of egg noodles in this light and tasty stir-fry - great with prawns, chicken or lean beef. Try adding sliced peppers and babycorn for more colour.

INGREDIENTS

100g (4oz) JUVELA Gluten-Free Tagliatelle
1tsp olive oil
1 small red onion, thickly sliced
1 red chilli, finely chopped
1 garlic clove, peeled and crushed
150g (6oz) cooked and peeled prawns
100g (4oz) mange tout
150g (6oz) beansprouts
4 tbsp sweet chilli sauce*
1 tbsp soy sauce*
1cm (1/2inch) piece root ginger, finely chopped

NUTRITION INFORMATION

	Per serving (302g)	Per 100g
Energy (kcal)	335kcal	111kcal
Protein	22g	7.4g
Carbohydrate	54.8g	18g
of which sugars	7.3g	2.4g
Fat	4.7g	1.6g
of which saturates	0.5g	0.2g
Fibre	3.6g	1.2g
Sodium	1.7g	0.6g
Equivalent as salt	4.25g	1.5g
Calcium	127mg	42mg

Method

Cook the Tagliatelle as per instructions on pack. Drain and rinse thoroughly with boiling water. Heat the oil in a large pan and fry the onion, garlic and chilli until browned. Add the prawns and cook for 5-10 minutes until browned. Stir in the remaining ingredients and freshly cooked Tagliatelle and heat through.



Minted Feta & Rocket Pasta Salad Serves 2 **LF** **HF**

This fresh and healthy salad makes a perfect packed lunch - creamy feta and peppery rocket leaves, finished with a hint of mint and a citrus tang!

INGREDIENTS

100-150g (4-6oz) JUVELA Gluten-Free
Fibre Penne
1tbsp fresh mint leaves, roughly chopped
50g (2oz) frozen peas
100g (4oz) feta cheese, crumbled
50g (2oz) rocket leaves
Zest & juice of ½ lemon
Freshly ground black pepper

NUTRITION INFORMATION

	Per serving (160g)	Per 100g
Energy (kcal)	334kcal	209kcal
Protein	11.4g	7.1g
Carbohydrate	61.3g	38.3g
of which sugars	2.6g	1.6g
Fat	6.7g	4.2g
of which saturates	3.6g	2.3g
Fibre	6.8g	4.2g
Sodium	0.36g	0.22g
Equivalent as salt	0.9g	0.55g
Calcium	114mg	71mg

Method

Cook the Penne as per instructions on pack; add the peas 2 minutes before the end of the cooking time. Drain and rinse thoroughly with cold water.

Transfer to a large bowl and add the crumbled feta, rocket, mint leaves, lemon juice and zest. Season and toss all ingredients together to combine.



Tasty Turkey Burgers (Makes 6 burgers) ❄️ LF F

A lower fat alternative to beef, these tasty turkey burgers with the added crunchiness of grated carrot and spring onion, can be enjoyed hot or cold as a main meal or a quick bite. Delicious served between lightly toasted JUVELA Gluten-Free Fibre Bread or a Gluten-Free Fibre Roll with a dollop of tomato ketchup.

INGREDIENTS

500g pack turkey mince
 4 spring onions, finely chopped
 1 medium carrot, peeled and grated
 1 garlic clove, peeled and crushed
 1tbsp mixed herbs
 1tbsp JUVELA Gluten-Free Fibre Mix

To serve - per burger:
 2 slices JUVELA Gluten-Free Fibre Loaf
 (from sliced or unsliced loaf) / Fibre Rolls

Method

Place all the ingredients in a large bowl and mix together well. Divide into six equal portions and shape into burgers using your hands. Place under a medium grill for 15-20 minutes, turning halfway through cooking. Serve between slices of lightly toasted Fibre Bread/Rolls and garnish with a salad of your choice.

NUTRITION INFORMATION

	Per serving (1 burger & 2 slices of bread)	Per 100g
Energy (kcal)	266kcal	148kcal
Protein	26.8g	14.8g
Carbohydrate	27.4g	15.2g
of which sugars	5.0g	2.8g
Fat	5.6g	3.1g
of which saturates	1.6g	0.9g
Fibre	3.8g	2.1g
Sodium	0.09g	0.06g
Equivalent as salt	0.23g	0.2g
Calcium	117mg	65mg

Herb Crusted Cod (Serves 2) ❄️ LF

White fish is a naturally low fat food but some people find it boring - liven up your fish with this delicious crunchy crumb topping! This topping would also work well with salmon or as a coating for chicken breasts.

INGREDIENTS

50g (2oz) breadcrumbs (from JUVELA Gluten-Free Fibre Loaf/Roll)
 Grated zest of a lemon
 2tsp Dijon mustard*
 1 garlic clove, peeled and crushed
 2tbsp fresh parsley, finely chopped
 2tbsp fresh chives, finely chopped
 2 x 150g (6oz) cod fillets

Oven temperature: 200°C/400°F/Gas Mark 6

Method

In a large bowl, combine all ingredients (apart from cod). Place cod on a baking tray and press breadcrumb mixture onto top of each fillet. Bake in a pre-heated oven for about 15 minutes until crust is golden.

NUTRITION INFORMATION

	Per serving (190g)	Per 100g
Energy (kcal)	204kcal	107kcal
Protein	29.3g	15.4g
Carbohydrate	14.7g	7.7g
of which sugars	1.2g	0.6g
Fat	3.5g	1.9g
of which saturates	0.9g	0.5g
Fibre	1.4g	0.7g
Sodium	0.33g	0.17g
Equivalent as salt	0.83g	0.43g
Calcium	64mg	34mg

Tex Mex Chicken Tortillas (Makes 8) LF C HF

Delicious gluten-free tortillas filled with sizzling tender chicken and crunchy peppers with a spicy Cajun kick. On the side, try a dollop of fresh salsa, petit pois guacamole (recipes opposite), and virtually fat-free fromage frais. Filling the tortillas with vegetables such as fresh peppers and red onions not only makes the meal more colourful but will contribute towards the recommended intake of 5 portions of fruit and vegetables per day.

INGREDIENTS

Tortillas

300g (12oz) JUVELA Gluten-Free Fibre Mix

½ tsp salt (optional)

Approx. 300ml (12fl oz) cold water

Filling

1 garlic clove, peeled and crushed

300g (12oz) chicken breasts, sliced into strips

1 red pepper, sliced into strips

1 green pepper, sliced into strips

1 yellow pepper, sliced into strips

1 red onion, peeled & sliced into strips

1tsp Cajun seasoning*

Freshly ground black pepper

NUTRITION INFORMATION

	Per serving (2 wraps-320g)	Per 100g
Energy (kcal)	372kcal	117kcal
Protein	25.1g	7.9g
Carbohydrate	57.7g	18.2g
of which sugars	13.3g	4.2g
Fat	2.7g	0.9g
of which saturates	0.8g	0.3g
Fibre	9.2g	2.9g
Sodium	0.29g	0.09g
Equivalent as salt†	0.73g	0.23g
Calcium	235mg	74mg

†Excluding optional salt



Method

To make the tortillas, place the Fibre Mix (and salt if using) in a bowl and add sufficient water to form a soft but not sticky dough. Knead the dough until smooth on a surface lightly dusted with Mix. Divide the dough into eight equal pieces, shape each piece into a round, and roll out thinly. Dust off any excess Mix and cook in a heavy-based non-stick frying pan (without oil) for about one minute each side. Layer cooked tortillas in a sealed polythene bag to retain softness.

To make the filling, dry fry the garlic and onion for a few minutes. Add the chicken and Cajun seasoning, and cook for a further 10-15 minutes until chicken is cooked. Add the peppers and season to taste. Spoon the filling down the centre of each tortilla and roll up.

Fresh Tomato Salsa VF

A fresh, fiery fat-free salsa - ideal to accompany your tortilla wraps. (If you prefer, use ready-made salsa). Simply blend these ingredients in a food processor for about a minute:

INGREDIENTS

4 tomatoes, roughly chopped
½ red onion, peeled & roughly chopped
1 red chilli, deseeded & roughly chopped
1 garlic clove, peeled & roughly chopped
1tsp caster sugar
2tbsp fresh coriander, roughly chopped
Freshly ground black pepper

NUTRITION INFORMATION

	Per serving (25g)	Per 100g
Energy (kcal)	7kcal	26kcal
Protein	0.3g	1.0g
Carbohydrate	1.3g	5.2g
of which sugars	1.2g	4.7g
Fat	<0.1g	0.3g
of which saturates	<0.1g	0.1g
Fibre	0.3g	1.0g
Sodium	0.02g	0.08g
Equivalent as salt	0.05g	0.2g
Calcium	2.8mg	11mg

Petit Pois Guacamole VF

Garden peas make a great alternative to avocados for a lower fat guacamole so you can enjoy all the flavours of this Mexican meal without worrying about calories and fat.

Place the following ingredients in a food processor and blend until smooth:

INGREDIENTS

100g (4oz) Petit pois
1 garlic clove, peeled & roughly chopped
1 red chilli, deseeded & roughly chopped
½ red onion, peeled and roughly chopped
3 tbsp virtually fat-free fromage frais
1tsp lemon juice
Freshly ground black pepper

NUTRITION INFORMATION

	Per serving (25g)	Per 100g
Energy (kcal)	11kcal	44kcal
Protein	1.1g	4.4g
Carbohydrate	1.3g	5.2g
of which sugars	0.9g	3.6g
Fat	<0.2g	0.6g
of which saturates	<0.1g	0.1g
Fibre	0.6g	2.2g
Sodium	0.02g	0.09g
Equivalent as salt	0.05g	0.23g
Calcium	11mg	44mg

Chunky Tuna Bake (Serves 4) LF HF HC

A quick and easy idea using basic store cupboard ingredients, this recipe shows just how versatile the JUVELA Gluten-Free Rolls are. We are advised to eat fish at least twice a week, so this simple supper idea provides one of your portions.

Tuna is low in fat and is a good source of protein (choose tuna tinned in water or brine rather than oil). Peas and sweetcorn are another great contribution towards your '5 a day'. Semi skimmed milk is used to make the white sauce; it's lower in fat but contains the same amount of calcium as whole milk.

INGREDIENTS

White sauce

25g (1oz) JUVELA Gluten-Free Fibre Mix

25g (1oz) butter

1 pint (568ml) semi skimmed milk

Filling

400g tin tuna (in water), drained

100g (4oz) tinned sweetcorn, drained

100g (4oz) frozen peas, defrosted

Freshly ground black pepper

Topping

4 JUVELA Gluten-Free Fibre Rolls, cut into chunks

50g (2oz) half fat mature cheddar, grated

2tbsp fresh parsley, finely chopped

NUTRITION INFORMATION

	Per serving (405g)	Per 100g
Energy (kcal)	547kcal	135kcal
Protein	38.1g	9.4g
Carbohydrate	64.2g	15.9g
of which sugars	10.3g	2.5g
Fat	17.1g	4.2g
of which saturates	8.9g	2.2g
Fibre	6.3g	1.6g
Sodium	0.51g	0.13g
Equivalent as salt	1.28g	0.33g
Calcium	444mg	110mg

Method

To make the white sauce, place the milk in a pan and bring to just below the boil. In a separate pan, melt the butter and add the Fibre Mix, stirring well with a wooden spoon. Gradually add the milk, stirring constantly until the sauce thickens.

Add the tuna, sweetcorn and peas to the sauce, season well and simmer gently until heated through. Transfer to a large ovenproof dish and scatter the bread chunks over the tuna mixture. Sprinkle with the parsley and cheese, and place under a medium grill for about 10 minutes until golden brown.





Penne with Aubergine, Ricotta & Chilli Serves 2 **LF** **HF**

A delicious pasta dish with tender chicken strips and sweet roasted aubergines with a fiery chilli kick, bound in a light creamy sauce

INGREDIENTS

150g (6oz) JUVELA Gluten-Free Fibre Penne
 1 garlic clove, peeled and crushed
 1 large red chilli, deseeded and finely sliced
 200g (8oz) marinated aubergines
 (in a jar in oil), drained
 100g (4oz) cooked and shredded chicken
 100g (4oz) ricotta
 75ml (3fl oz) semi skimmed milk
 2tbsp fresh basil, roughly torn

NUTRITION INFORMATION

	<i>Per serving (275g)</i>	<i>Per 100g</i>
Energy (kcal)	412kcal	150kcal
Protein	23.1g	8.4g
Carbohydrate	62.3g	22.6g
of which sugars	4.8g	1.7g
Fat	9.8g	3.6g
of which saturates	1.9g	0.7g
Fibre	7.4g	2.7g
Sodium	0.05g	0.02g
Equivalent as salt	0.13g	0.05g
Calcium	73mg	27mg

Method

Cook the Penne as per instructions on pack; drain and rinse thoroughly with boiling water. Meanwhile, place a large saucepan over a low heat, add 1tbsp oil from aubergines, and add the chilli and garlic. Sauté for a couple of minutes until soft.

Roughly chop the aubergines and add to the pan, along with the chicken and freshly cooked pasta. Add ricotta and milk and heat gently, stirring to combine all ingredients. Stir in the basil, season well with freshly ground black pepper and serve immediately.

Cottage Cheese & Chive Muffins ❄️ LF F

(Makes 12 large or 30 mini muffins)

Deliciously creamy cottage cheese muffins flavoured with your choice of fresh chives, smoked ham and mustard, or tomato - great for dunking in soup or simply as a savoury snack on the go.

These muffins are very low in fat as they contain no added fat or oil; the cottage cheese and semi skimmed milk provide the creamy texture and contribute to the calcium content. Using the JUVELA Gluten-Free Fibre Mix increases the fibre content of the muffins.

INGREDIENTS

200g (8oz) JUVELA Gluten-Free Fibre Mix
1tbsp baking powder*
100g (4oz) low fat cottage cheese*
2tbsp fresh chives, finely chopped
200ml (8fl oz) semi skimmed milk
1 medium egg, beaten

Oven temperature: 190°C/375°F/Gas Mark 5

You will need muffin cases

NUTRITION INFORMATION

	Per muffin (50g)	Per 100g
Energy (kcal)	73kcal	146kcal
Protein	3.2g	6.4g
Carbohydrate	13.2g	26.4g
of which sugars	3.1g	6.2g
Fat	0.8g	1.6g
of which saturates	0.3g	0.6g
Fibre	1.7g	3.4g
Sodium	0.35g	0.7g
Equivalent as salt	0.88g	1.8g
Calcium	91mg	182mg

Method

Place all the ingredients in a large bowl and beat together to form a smooth batter. Divide between muffin cases and bake in a pre-heated oven for 20-25 minutes (10-15 minutes for mini muffins) until well risen and firm to touch.

For Cottage Cheese & Smoked Ham Muffins

Replace chives with 50g (2oz) smoked ham, chopped, and 1tbsp Dijon mustard*.

Nutrition Information: Per muffin (50g) - Energy (kcal) 80kcal, Protein 4.1g, Carbohydrate 13.4g of which sugars 3.2g, Fat 1.1g, of which saturates 0.4g, Fibre 1.7g, Sodium 0.4g, Equivalent as salt 1g, Calcium 92mg

Per 100g - Energy (kcal) 160kcal, Protein 8.2g, Carbohydrate 26.8g of which sugars 6.4g, Fat 2.2g, of which saturates 0.8g, Fibre 3.4g, Sodium 0.8g, Equivalent as salt 2g, Calcium 184mg

For Cottage Cheese & Tomato Muffins

Replace chives with 2tbsp tomato puree and 1tbsp mixed dried herbs.

Nutrition Information: Per muffin (50g) - Energy (kcal) 75kcal, Protein 3.4g, Carbohydrate 13.6g of which sugars 3.4g, Fat 0.8, of which saturates 0.3g, Fibre 1.7g, Sodium 0.35g, Equivalent as salt 0.88g, Calcium 92mg

Per 100g - Energy (kcal) 150kcal, Protein 6.8g, Carbohydrate 27.2g of which sugars 6.8g, Fat 1.6g, of which saturates 0.6g, Fibre 3.4g, Sodium 0.7g, Equivalent as salt 1.8g, Calcium 184mg

Spicy Salsa Slice (Serves 2) ❄️ LF C F

The colourful combination of baby corn and green peppers sat on a base of spicy salsa gives this pizza a real kick! (Use ready-made salsa or to make your own, see recipe on page 5). Generously topped with cool creamy fromage frais instead of cheese, this pizza is both a hot and healthy slice. Fromage frais works really well as an alternative to cheese on a pizza, which can really bump up the fat content. If you do want to use hard cheese but are concerned about the fat content, just use a small amount of reduced fat cheese and grate it finely.

Topping a pizza with lots of vegetables not only makes it look more appealing, it's also an easy way to increase your intake of vegetables; they're low in fat and are packed with fibre, vitamins and minerals.

INGREDIENTS

1 JUVELA Gluten-Free Pizza Base
50g (2oz) salsa*
1 small green pepper, sliced into half rings
4 baby corn, cut in half lengthways
4tbsp virtually fat-free fromage frais
1tbsp fresh chives
Freshly ground black pepper

Oven temperature: 200°C/400°F/Gas Mark 6

NUTRITION INFORMATION

	Per serving (½ pizza)	Per 100g
Energy (kcal)	270kcal	135kcal
Protein	4.4g	2.2g
Carbohydrate	50.1g	25g
of which sugars	10.4g	5.2g
Fat	5.0g	2.5g
of which saturates	0.1g	0.05g
Fibre	3.5g	1.8g
Sodium	0.6g	0.3g
Equivalent as salt	1.5g	0.8g
Calcium	146mg	73mg

Method

Spread the salsa over the Pizza Base. Add the green peppers and baby corn, and spoon over the fromage frais. Sprinkle the chives over the pizza and season well with black pepper.

Bake in a pre-heated oven for 10-15 minutes until golden brown.



Curried Chicken Pitta Pockets *(Makes 12 pittas)* ❄️ LF F C

Pitta bread is a great alternative to sandwiches - this quick and easy filling idea makes a speedy, yet healthy lunch - great with a dollop of mango chutney on the side for dunking! (Tip - make a batch of pittas in advance - just freeze them and grab one or two out of the freezer when you need to).

INGREDIENTS

Pittas

1 packet JUVELA Gluten-Free Fibre Mix
1 sachet easy blend dried yeast (supplied with Mix)
2tbsp vegetable oil
Approx. 250ml (½pt) warm water

Filling - quantity per pitta:

Drop of sunflower oil
½ medium onion, cut into strips
75g (3oz) chicken breast, cut into strips
2tsp medium curry powder*
1tbsp lemon juice
25g (1oz) cherry tomatoes, quartered
1tbsp fresh coriander, finely chopped
2tbsp low-fat natural yoghurt
Handful of fresh spinach leaves

Oven temperature: 220°C/425°F/Gas Mark 7

Method

For the pittas, place the Fibre Mix in a large bowl and stir in the yeast ensuring it is evenly distributed. Stir in the oil and sufficient water to form a soft but not sticky dough. Knead the dough until smooth on a surface lightly dusted with Mix.

Divide the dough into 12 equal pieces, cover and allow to stand for approx. 40 minutes. Re-knead each piece and then roll out thinly into an oval shape. Place on a baking tray and bake in a pre-heated oven for 7-8 minutes until golden. Stack in a polythene bag whilst still warm to ensure the pittas stay soft as they cool.

For the filling, heat the oil in a large pan and fry the onion for a few minutes until soft. Add the chicken and curry powder and cook over a medium heat for approx. 10 minutes, stirring occasionally.

Remove from the heat and stir in the lemon juice, tomatoes, coriander and natural yoghurt. Cut a pitta in half, add a few spinach leaves and spoon the filling into the pitta. Serve hot or cold.

NUTRITION INFORMATION

	Per serving (1 filled pitta)	Per 100g
Energy (kcal)	333kcal	119kcal
Protein	32.4g	11.6g
Carbohydrate	37.7g	13.5g
of which sugars	11.6g	14.1g
Fat	4.9g	1.7g
of which saturates	1.0g	0.3g
Fibre	5.9g	2.1g
Sodium	0.11g	0.04g
Equivalent as salt	0.28g	0.1g
Calcium	285mg	102mg

Tuna & Cannellini Bean Pasta (Serves 2) LF HF C

A healthy and satisfying meal idea using cannellini beans, which are high in fibre, low in fat and have a low glycaemic index, so help keep you feeling fuller for longer!

The addition of courgettes and mushrooms also means you're getting a portion of your 5 a day too! Perfect served hot with a fresh green salad but can also be eaten cold!

INGREDIENTS

1tsp olive oil
½ medium red onion, finely sliced
75g (3oz) courgette, finely sliced
50g (2oz) button mushrooms, sliced
1 300g tin cannellini beans
2tsp green pesto*
1 small tin tuna (in spring water), drained
1 chicken/vegetable stock cube*
150g (6oz) JUELA Gluten-Free Fusilli

Method

Heat the oil in a large pan and fry the onion, courgette and mushrooms for a couple of minutes. Add the cannellini beans, pesto and tuna and combine together. Crumble a stock cube into the pan, add the pasta and stir all ingredients together. Add sufficient water to just cover the ingredients and simmer for 7-8 minutes, stirring occasionally, until pasta is cooked. (The liquid will thicken to a sauce as the pasta cooks).

NUTRITION INFORMATION

	Per serving (405g)	Per 100g
Energy (kcal)	572kcal	140kcal
Protein	40.7g	10g
Carbohydrate	91.2g	22.4g
of which sugars	4.5g	1.1g
Fat	7.7g	1.9g
of which saturates	1.4g	0.4g
Fibre	10.9g	2.7g
Sodium	1.2g	0.3g
Equivalent as salt	3g	0.75g
Calcium	176mg	43mg

Baked Mackerel Bruschetta (Serves 1) F C

A twist on a simple bruschetta - the addition of tinned mackerel (or sardines) means you're increasing your intake of calcium and omega-3's fatty acids, which research shows is beneficial to your health. This recipe is perfect as a starter or light lunch idea and can easily be scaled up for a main meal.

INGREDIENTS

1 JUELA Gluten-Free Part-Baked Fibre Roll
50g (2oz) tinned mackerel in tomato sauce*
3-4 cherry tomatoes, finely chopped
½ small red onion, finely chopped
1 garlic clove, peeled and crushed
1tbsp fresh basil, finely chopped

Oven temperature: 200°C/400°F/Gas Mark 6

Method

Slice the Part Baked Roll in half. Combine together the mackerel, tomatoes, red onion, garlic and basil and season well. Divide mixture between each half of the roll. Bake in a pre-heated oven for 10-12 minutes.

NUTRITION INFORMATION

	Per serving (200g)	Per 100g
Energy (kcal)	362kcal	181kcal
Protein	12.4g	6.2g
Carbohydrate	50.6g	25.3g
of which sugars	4.7g	2.4g
Fat	13.8g	6.9g
of which saturates	4.2g	2.1g
Fibre	4.6g	2.3g
Sodium	0.13g	0.07g
Equivalent as salt	0.33g	0.18g
Calcium	192mg	96mg

Ham & Watercress Calzones (Makes 4)

These calzones are great as a healthier alternative to a pizza, pasty or hot sandwich!! Perfect for packed lunches or as a healthy lunch with a fresh green salad. Ideal for freezing too - why not make a big batch and freeze some.

By choosing low fat fillings and vegetables, and by substituting mayonnaise for fat-free fromage frais, these calzones provide a tasty low-fat meal or snack!

INGREDIENTS

250g JUVELA Gluten-Free Fibre Mix
 1tsp dried yeast (supplied with Mix)
 1tsp vegetable oil
 150-175ml (6-7fl oz) warm water
 2tbsp wholegrain mustard
 1 small red onion, finely sliced
 150g (6oz) thickly sliced ham
 25g (1oz) Emmenthal light cheese, grated
 50g (2oz) watercress
 Freshly ground black pepper

Oven temperature: 200°C/400°F/Gas Mark 6

Method

In a large bowl, mix together the Fibre Mix and yeast. Stir in the oil and sufficient water to form a soft but not sticky dough. Knead the dough until smooth on a surface lightly dusted with Mix. Roll the dough out to approx ¼" in thickness. Using a large scone cutter or plate, cut out circles of dough and place on a baking tray. Spread mustard over half of each circle, top with onion, ham, cheese and finally watercress, season well and fold over so that the edges meet. Press the edges down with your fingers or a fork to seal and lightly brush with oil. Repeat with the remaining circles and bake in a pre-heated oven for 10-15mins until golden brown.

Alternative filling ideas - as above but replace ingredients with:

Cheese & Pickle - add 50g (2oz) half-fat grated cheese & Branston pickle/chutney*

Mozzarella & Tomato - add 50g (2oz) half-fat mozzarella, 50g (2oz) sliced cherry tomatoes and fresh basil leaves

BBQ Chicken - spread BBQ sauce* over each half of circle and top with 100g (4oz) sliced cooked chicken and 50g (2oz) sweetcorn

Pastrami & Mustard - mix together 2tbsp wholegrain mustard and 3tbsp fromage frais, then top with a slice of pastrami and a handful of rocket leaves

NUTRITION INFORMATION

	Per calzone (180g)	Per 100g
Energy (kcal)	290kcal	160kcal
Protein	11.6g	6.4g
Carbohydrate	45.5g	25.2g
of which sugars	8.9g	4.9g
Fat	5.2g	2.9g
of which saturates	1.5g	0.8g
Fibre	7.0g	3.9g
Sodium	0.51g	0.29g
Equivalent as salt	1.28g	0.73g
Calcium	216mg	120mg

Tuna & Sweetcorn - combine 100g (4oz) tinned tuna (in spring water, drained) & 50g (2oz) sweetcorn with 4tbsp fromage frais and spoon onto half of each circle

Creamy Mushroom - combine 1 peeled and crushed garlic clove, 100g (4oz) chestnut mushrooms, thickly sliced, 1 tsp wholegrain mustard*, 4tbsp fromage frais, and 1 tbsp fresh chopped chives

Tandoori Chicken - add 100g (4oz) sliced tandoori flavoured chicken breast & 2tbsp mango chutney

For a full nutrition breakdown of these filling ideas, please contact us.

Thai Style Fish Cakes *(Makes 4-6 cakes)* ❄️ LF C F

Get a taste for traditional Thai cuisine with these fab fishcakes!! Quick and easy to prepare, and low in fat, they'll be a real winner!

All white fish, such as cod, coley, haddock, and plaice, is low in fat and is a good source of protein in the diet, and the crunchy coating of JUVELA Gluten-Free Crispbreads adds texture and fibre to the fishcakes.

INGREDIENTS

200g (8oz) white fish (eg. cod, coley, haddock or plaice), cut into small chunks
2tbsp Thai curry paste* - red or green
2tbsp fresh coriander, finely chopped
1 garlic clove, peeled and crushed
Grated zest of a lime
1tsp light muscovado sugar

Crumb coating:
50g (2oz) Gluten-Free Fibre Mix
1 egg white, beaten
4 JUVELA Gluten-Free Crispbread, crushed into crumbs

Oven temperature: 180°/350°F/Gas Mark 4

NUTRITION INFORMATION

	Per serving (2 fishcakes)	Per 100g
Energy (kcal)	292kcal	172kcal
Protein	25.5g	15.0g
Carbohydrate	42.5g	25.0g
of which sugars	5.4g	3.2g
Fat	2.2g	1.3g
of which saturates	0.5g	0.3g
Fibre	4.6g	2.7g
Sodium	0.34g	0.21g
Equivalent as salt	0.9g	0.53g
Calcium	143mg	84mg

Method

Place all ingredients in a large bowl and mix together well. Leave to marinade for a few minutes. Using your hands, shape the mixture into rounds.

To coat, dip each round firstly into the Fibre Mix, then the egg white, and finally the Crispbread crumbs. Place on a baking tray and bake in a pre-heated oven for 20-25 minutes until golden brown and crisp.

Strawberry Stackers (Serves 2) **LF**

A new and novel way of using the JUVELA Gluten-Free Crispbreads! At 99% fat-free, this delightful dessert is a refreshing treat to end any meal.

By using fromage frais instead of cream, you get all the smooth creaminess without the fat. The natural sweetness of the strawberries means the only added sugar is the small amount of icing sugar used to sweeten the fromage frais and Crispbreads.

INGREDIENTS

3 JUVELA Gluten-Free Crispbreads
100g (4oz) virtually fat-free fromage frais
50g (2oz) strawberries, finely chopped
½tsp vanilla essence
1tbsp icing sugar plus extra for sprinkling

NUTRITION INFORMATION

	Per serving (100g)
Energy (kcal)	136kcal
Protein	5.4g
Carbohydrate	23.0g
of which sugars	5.1g
Fat	0.7g
of which saturates	0.1g
Fibre	1.8g
Sodium	0.02g
Equivalent as salt	0.05g
Calcium	48mg

Method

Break the Crispbreads roughly in half. Sprinkle lightly with icing sugar and place under a medium grill to allow the icing sugar to caramelise. Allow to cool. Mix together the fromage frais, vanilla essence and icing sugar. Add the strawberries and layer the mixture between the crispbreads.



Lemon Meringue Surprise (Serves 4) **LF**

Dare to be different with this innovative - and lower fat - alternative to lemon meringue pie, consisting quite simply of a JUVELA Gluten-Free Pizza Base, generously topped with tangy lemon curd and light fluffy meringue.

Pastry is high in fat, so the Pizza Bases are an ideal healthier option to a pastry casing for this classic pud. Give it a go - it really couldn't be simpler!!

INGREDIENTS

1 JUVELA Gluten-Free Pizza Base
4tbsp lemon curd*
2 egg whites
50g (2oz) caster sugar
Oven temperature: 200°C/400°F/Gas Mark 6

NUTRITION INFORMATION

	Per ¼ pizza base (80g)	Per 100g
Energy (kcal)	191kcal	232kcal
Protein	1.5g	1.9g
Carbohydrate	38.5g	46.8g
of which sugars	15.5g	18.8g
Fat	3.1g	3.8g
of which saturates	<0.1g	<0.1g
Fibre	1.2g	1.5g
Sodium	0.04g	0.05g
Equivalent as salt	0.1g	0.13g
Calcium	58mg	71mg

Method

Place the Pizza Base on a baking tray and bake in a pre-heated oven for 5 minutes. Remove from the oven and spread the lemon curd around the centre of the pizza base, leaving about 2 inches around the sides.

In a large bowl, whisk the egg whites with the sugar until soft peaks are formed. Spoon meringue on top of lemon curd to cover the whole base.

Return to the oven for approx. 10 minutes until meringue is golden.

Apple & Blueberry Scones (Makes 6) ❄️ LF F

Delicious scones using low fat cream cheese in place of butter. The result is a moist scone, oozing with fresh blueberries and tangy apple sauce - you'd never believe they were 95% fat-free.

Using the JUVELA Gluten-Free Fibre Mix increases the fibre content of the scones and as milk is used to bind the ingredients together, there's some calcium in there too.

INGREDIENTS

200g (8oz) JUVELA Gluten-Free Fibre Mix
1tsp baking powder*
75g (3oz) extra light cream cheese
25g (1oz) soft brown sugar
50g (2oz) blueberries, halved
5tbsp apple sauce*
1 medium egg, beaten with sufficient semi skimmed milk to make 125ml (¼pt) of liquid

Oven temperature: 220°C/425°F/Gas Mark 7

Method

Place the Fibre Mix and baking powder in a bowl and rub in the cream cheese until the mixture resembles breadcrumbs. Stir in the caster sugar, blueberries and apple sauce, and sufficient liquid to form a soft but not sticky dough. Knead lightly until smooth then roll out on a surface lightly dusted with Mix.

Cut out scones using a fluted scone cutter. Re-knead trimmings and repeat. Place on a greased baking tray and brush with remaining egg and milk mixture. Bake in a pre-heated oven for 10-15 minutes until golden brown.

NUTRITION INFORMATION

	Per scone (100g)
Energy (kcal)	165kcal
Protein	5.1g
Carbohydrate	30.7g
of which sugars	11g
Fat	4.5g
of which saturates	1.6g
Fibre	3.6g
Sodium	0.12g
Equivalent as salt	0.3g
Calcium	62mg



Chocolate & Apricot Brownies (Makes 9 pieces) ✨ LF F C

This delightful duo of chocolate and juicy apricots is an ideal mid-afternoon treat to curb those sweet cravings. It's incredibly moreish, but hey, it's a healthy snack, so have another piece!!

Using low fat spread in place of butter and skimmed rather than whole milk reduces the overall fat content of the brownies; the milk also provides calcium. The dried apricots provide fibre and lots of sweetness so there's no need to add too much sugar.

INGREDIENTS

75g (3oz) low-fat spread
50g (2oz) dark brown sugar
1 medium egg, plus 2 egg whites, beaten
200g (8oz) JUVELA Gluten-Free Fibre Mix
25g (1oz) cocoa
100ml (4fl oz) semi skimmed milk
2tbsp reduced sugar apricot jam
50g (2oz) dried apricots, finely chopped

15cm (6inch) square tin, greased and lined

Oven temperature: 190°C/375°F/Gas Mark 5

NUTRITION INFORMATION

	Per serving (70g)	Per 100g
Energy (kcal)	161kcal	225kcal
Protein	4.3g	6.0g
Carbohydrate	25.4g	35.5g
of which sugars	12.2g	17.0g
Fat	4.8g	6.8g
of which saturates	1.6g	2.2g
Fibre	2.9g	4.1g
Sodium	0.11g	0.15g
Equivalent as salt	0.28g	0.38g
Calcium	95mg	133mg

Method

Place all the ingredients in a bowl and beat together until thoroughly combined. Transfer into a prepared tin and bake in a pre-heated oven for 25-30 minutes until firm to touch.

Banana & Raisin Bakes (Makes 12)

Not quite a cookie but not quite a cake - these bite-size bakes are a great low-fat sweet treat! The natural sweetness in the banana and the raisins mean you can reduce the sugar content in these spongy cookie cakes!

INGREDIENTS

75g (3oz) low fat spread
75g (3oz) light brown soft sugar
½tsp vanilla extract
1 medium egg, lightly beaten
1 medium ripe banana, mashed
50g (2oz) raisins
200g (8oz) JUVELA Gluten-Free Fibre Mix

Oven temperature: 180°C/350°F/Gas Mark 4

Method

In a large bowl, combine the butter, sugar, and vanilla and beat together until light and fluffy. Add the egg, banana and raisins, then gradually add the Mix and combine thoroughly. Place spoonfuls of mixture well apart on a baking tray and bake in a pre-heated oven for 10-12 minutes or until golden brown. Remove from the oven and leave to cool for a few minutes before transferring to a cooling rack. Store in an airtight container.

NUTRITION INFORMATION

	Per bake (47g)	Per 100g
Energy (kcal)	126kcal	269kcal
Protein	1.2g	2.5g
Carbohydrate	22.8g	49g
of which sugars	13g	27.8g
Fat	3.3g	7g
of which saturates	0.9g	2g
Fibre	1.8g	3.9g
Sodium	0.05g	0.11g
Equivalent as salt	0.13g	0.28g
Calcium	59mg	126mg

Mixed Berry Crunch (Makes 6)

A twist on a classic crumble topping - a combination of fresh fruit and creamy Greek yoghurt topped with crunchy caramelised breadcrumbs - a gorgeous and guilt-free pud!

INGREDIENTS

150g (6oz) strawberries, roughly chopped
150g (6oz) blueberries
100g (4oz) fat free Greek yoghurt
25g (1oz) low fat spread
½tsp cinnamon
50g (2oz) breadcrumbs (from JUVELA Gluten-Free Fibre Loaf/Roll)
25g (1oz) demerara sugar
You will need: 6 small ramekins

Method

In a large pan, melt the low-fat spread; add the breadcrumbs, sugar and cinnamon and combine to coat the ingredients. Transfer to a baking tray and spread evenly over the tray. Bake in a pre-heated oven for approx.5-6mins, turning occasionally until golden brown. Remove from the oven and allow to cool. Divide the strawberries and blueberries between the ramekins. Combine half of the caramelised crumbs with the yoghurt and spoon over the fruit, and sprinkle the remaining crumbs on top.

NUTRITION INFORMATION

	Per serving (84g)	Per 100g
Energy (kcal)	78kcal	93kcal
Protein	1.8g	2.2g
Carbohydrate	12.9g	15.4g
of which sugars	8.5g	10.1g
Fat	2.5g	3g
of which saturates	0.8g	1g
Fibre	1.4g	1.7g
Sodium	0.04g	0.05g
Equivalent as salt	0.1g	0.13g
Calcium	61mg	73mg

Chocolate, Mango & Passion Fruit Roulade (Serves 6-8) ❄️ LF

A moist chocolate sponge wrapped around a cool creamy mango & passion fruit centre - the perfect pudding for anyone with a sweet tooth! As the sponge is a fatless one and the filling uses fat free Greek yoghurt, the overall fat content is kept to a minimum, so you can enjoy this cake with a clear conscience!

INGREDIENTS

3 medium eggs, beaten
75g (3oz) caster sugar
50g (2oz) JUVELA Gluten-Free Fibre Mix
25g (1oz) cocoa
100g (4oz) mango, diced
Juice and seeds of a passion fruit
150g (6oz) fat free Greek yoghurt

Oven temperature: 190°C/375°F/Gas Mark 5
You will need: Swiss roll tin, greased and lined

NUTRITION INFORMATION

	Per serving (74g)	Per 100g
Energy (kcal)	115kcal	155kcal
Protein	4.4g	5.9g
Carbohydrate	17.5g	23.5g
of which sugars	12.7g	17.1g
Fat	3.4g	4.6g
of which saturates	1.2g	1.6g
Fibre	1.4g	1.9g
Sodium	0.07g	0.1g
Equivalent as salt	0.18g	0.25g
Calcium	68mg	91mg

Method

Whisk together the eggs and sugar until thick, creamy and almost white in colour. Using a metal spoon lightly fold in the Mix and cocoa. Place the mixture into the prepared tin and bake in a pre-heated oven for 8-10 minutes until springy to touch. Turn out onto a piece of greaseproof paper lightly dusted with icing sugar. Remove the greaseproof paper from the sponge and trim off the edges. Allow to cool.

To make the filling, mix together the Greek yoghurt, mango and passion fruit. Spread the mixture over the sponge and carefully roll the sponge up. Cut into slices to serve.

How to contact us

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The nutrition information in this resource has been approved by the British Dietetic Association.

