

## HELPFUL FOOD HINTS FOR PEOPLE WITH FOOD INTOLERANCE

Either avoid food that causes your food intolerance symptoms such as cereal grains, dairy products, soy, onions etc or use Biohawk's gingers as an aid to digestion of proteins in these food that cause food intolerance.

Read the brochures on our web site especially the recipes.

### Some Suggestions for Breakfast

- **Bircher Muesli (for 2 adults)**

#### Ingredients A:

100g traditional Uncle Toby's rolled oats

75mL water

50mL unsweetened apple juice

1 tsp DigestEasy or 1/4 level tsp Relief or 1/2 level tsp Bake Aid mixed into the water

Stir and leave covered in the refrigerator overnight

#### Ingredients B:

1 Granny Smith apple, peeled, cored and grated

1/2 mango diced or other fruit such as strawberries

1/2 banana diced

Mix the fruit into the oats

#### Ingredients C:

Yoghurt pretreated with a small amount of DigestEasy, Relief or Bake Aid

Honey

Add to taste and sprinkle fresh or frozen berries (defrosted) over the muesli

- Muffins, pikelets, or toast made at home with Bake Aid as an ingredient (see recipes on web site) or 1/2 tsp DigestEasy per cup flour **DO NOT USE BREAD MIX WITH ADDED GLUTEN WHEN MAKING BREAD – USE BREAD FLOUR – NO NEED TO INCLUDE “BREAD IMPROVER”**
- **DO NOT EAT COMMERCIAL BREAKFAST CEREALS. GLUTEN=FREE CEREALS ARE MOSTLY OK BUT NOT VERY PALATABLE**
- **Banana Smoothie (for 2 adults)** recipe on web site

### Meat

- Pat all meat dry with paper towel
- Rub in DigestEasy followed by extra virgin olive oil or Relief/Bake Aid in extra virgin olive oil sufficient to coat the meat whether it is a roast, a steak, minced meat or diced meat to remove gluten in fat during cooking

### Onions and any other vegetable that causes you a problem

- Cut up the vegetable, put some DigestEasy or Relief or Bake Aid onto the vegetable plus some extra virgin olive oil, leave for a few minutes before cooking

### Milk

- Add 1/2 tsp DigestEasy or 1/4 tsp Bake Aid or a small amount of Relief per litre milk

### Wine, beer, whisky and coffee

- Add 2 drops DigestEasy per glass; for coffee add 1 drop per cup