



I am a big lover of rye bread, and if you have a favourite type of bread try and use similar ingredients. For example, to get the taste of the rye bread, you can use caraway seeds as an alternative.

I like to stay away from ingredients such as xanthan gum or guar gum, although I may not achieve the lightest gluten-free bread. I like to keep these ingredients out of my bread mixture and there are plenty of other binding ingredients that could work for you; grounded flaxseed, psyllium fibre or chia seeds.

LISA ROUKIN

This is my first gluten-free Christmas, where do I start?

First of all don't panic! All the big supermarkets now stock a large range of gluten-free food and each has a dedicated Christmas range, where you can buy anything from mince pies to chocolate yule log to Christmas cake and party food, so you really don't need to

feel that you are missing out. If you enjoy baking, there are lots of online free-from resources and blogs as well of course as this magazine. I share my gluten and dairy-free recipes on www.freefromfairy.com and have a particularly delicious recipe for Christmas cake there. If you are especially sensitive to gluten, why not invite everyone to your house for food? That way you have control of potential cross-contamination issues. Failing that, offer to take food with you to parties to save any embarrassment; you'll be surprised how many people will be happy to see some gluten-free options these days!

VICKI MONTAGUE



OUR EXPERTS



Ali Walsh

Ali Walsh was diagnosed with coeliac disease nearly 20 years ago, at a time when free-from food was scarce. She started her own cake business

because there was a lack of fresh gluten-free cake on offer. Ali feels if you can't eat a particular food, you shouldn't feel deprived, and has created recipes so delectable that even people without dietary requirements clamour for her bakes. A regular on BBC Radio, Ali often advises on managing diets.

www.thelocalbakehouse.com



Lisa Roukin

Chef, teacher and writer

Lisa, author of *My Relationship with Food* has as her main focus the desire to develop gluten- and wheat-free recipes. She

runs her own business teaching private cookery lessons and demonstrations, based around her healthy way of eating. She has cooked live on BBC Radio, and was a finalist on Gordon Ramsey's *The FWord*. She is also a blogger for the *Huffington Post* and provides gluten-free recipes to Ocado.

www.myrelationshipwithfood.com



Vicki Montague

Vicki is an acclaimed and well-followed blogger, recipe writer and teacher who found her calling after she was diagnosed with IBS. She was

later to discover her daughter had coeliac disease. As well as creating recipes, Vicki offers unique cookery lessons too – from the comfort of your own home – via video linkup. She also has a number of videos on her YouTube channel, showing people how to make her simple and tasty dishes.

www.freefromfairy.com