

# Going Gluten TARA Starter Kit

SPIRULINA

BLISS BALLS

POLENTA



IRON, VITAMIN K

VITAMIN A

IRON, CALCIUM,  
POTASSIUM, MAGNESIUM

**SPIRULINA:** Add to smoothies, cakes, porridge (contains gluten traces) and jellies!

**BLISS BALLS:** Dates, apricots, cashews/tahini, oat flour, oat milk, coconut oil, vanilla, cocoa. Treats for good behavior.

**POLENTA CHIPS:** Polenta, bone broth, water, salt, italian spice, olive oil and bake!

**QUINOA:** Replace with pasta or white rice. Add turmeric and olive oil and tomato paste for extra flavor!

QUINOA

GRAIN-FREE BREAD

CORN WRAPS



**GRAIN-FREE BREAD:** Our favorite is the 'PALEO' bread sandwiched with crated carrot and pesto.

**CORN WRAPS:** Perfect for Mexican night dinners or with ABC spread on top!

PHOSPHORUS, ZINC

B VITAMINS

ZINC

BROWN RICE CRACKERS

NORI WRAPS

NUTS



PHOSPHORUS,  
THIAMINE

FIBRE, PROTEIN, B  
VITAMINS

ZINC, CALCIUM,  
MINERALS

**BROWN RICE CRACKERS:** The must-have snack for kids of today. Dipped in hummus, babaganoush or as a desperate filler between meals on the go!

**NORI:** Packed with multitudes of nutrients try filling them with tuna and mayo for the perfect fake-it sushi!

**NUTS:** Avoid the flavorings, otherwise go nuts!