

Glimpse into future recipes

I am very excited about bringing you more and more healthy and delicious recipes. At the moment, I struggle to cook due to my chronic health issues, such as fatigue and light headedness, so I don't often have the opportunity to blog about meals (thanks to my fantastic family who have become my personal cooks for the moment!). I will bring this part of the blog to you with full enthusiasm however, when I am more healthy, and able to look after myself in the kitchen!

I have so many ideas to share with you, including exciting ingredients such as quinoa, brown rice syrup, coconut oil, and almond meal! A restricted diet DOES NOT mean tasteless, bland food! I will show you what I have learned along the way, and how I turn simple, low allergen foods into delicious and healthy meals, snacks and desserts! Stay tuned!

