

WELCOME TO GFNation

GLUTEN FREE FOODS FOR THE GUT HEALTH CONSCIOUS

Those following a gluten free diet for the treatment of Celiac Disease and management of other inflammatory & gastrointestinal symptoms know how difficult it can be to find suitable gluten free food.

GFNation is Australia's first online commercial Nutritionist-run online shop, providing thousands of gluten free and low FODMAP approved grocery food products from hundreds of innovative gut friendly brands.

GFNation's range of foods are therefore safe and suitable to eat, no matter where you are at in your digestive health journey. GFNation's range also contains products suitable for the below medical nutrition and lifestyle categories:

FOOD INTOLERANCE & ALLERGY

- Wheat free
- Dairy free
- Egg free
- Nut free
- Soy free
- Sesame free
- Crustacean free
- Additive & preservative free

LIFESTYLE NUTRITION

- Vegetarian & vegan
- Organic
- No added sugar
- Certified organic
- High protein
- Low sodium
- Ketogenic
- Yeast free
- Plant based

MEDICAL NUTRITION

- Heart health
- Food chemical sensitivity
- Acid reflux
- Small Intestinal Bacterial Overgrowth (SIBO)
- Inflammatory Bowel Disease (IBD)
- Obesity management
- Chewing & swallowing difficulty
- Diabetes management
- Post-bowel surgery recovery
- Chronic constipation
- Diverticular disease

Please see the [product filtering system](#) on our website to find the range suitable for your nutrition needs:
fodshopper.com.au/collections/grocery-products





GLUTEN FREE LOW FODMAP PANCAKES WITH CINNAMON NUT SAUCE

The perfect breakfast to wake up to is pancakes. Hands down. Make the best gluten free pancakes on the planet using this insanely delicious recipe.

Ohh... how indulgent is that cinnamon nut sauce!

Method

In a small bowl, combine ABC butter, maple syrup and cinnamon to make the sauce. If you'd like a slightly thinner sauce, you can add a teaspoon or two of water. Set sauce aside.

In a large bowl whisk together eggs, almond milk and vanilla extract.

Sift in flour and baking powder mixing until combined.

Coat a medium non-stick frypan with olive oil spray and bring to medium heat. Using a large spoon or ladle, add in a heaped spoonful of mixture to the pan. Cook each pancake for 3 minutes on each side or until golden.

Serve pancakes topped with cinnamon nut sauce and fresh strawberries.

Serves: 4 people

Prep time: 10 minutes

Cook time: 10 minutes

Sauce

2 tablespoons **Alfie's Food Co. (ABC) Butter**

4 teaspoons maple syrup

½ teaspoon cinnamon

Pancakes

2 large eggs

1 cup almond milk

2 teaspoons vanilla extract

1 cup **Orgran all purpose plain flour**

2 teaspoons baking powder *

Olive oil spray*

Fresh strawberries to serve*



Orgran All Purpose Plain Flour (500g)



Alfie's Food Co. Almond, Brazil & Cashew (ABC) Butter (250g)

Recipe & photography credit: Lydia Taylor at @lowfodmapcooking, www.lowfodmapcooking.com.au

WHAT WE OFFER...



...PLUS MORE

Please see our [Terms & Conditions](#) and [Shipping Policy](#) at www.gfnation.com.au