



## Oatmeal Recipes: gluten and dairy free

*Tina Cordain*

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I find oatmeal such a satisfying and nourishing start of the day, but the same porridge every day tends to get boring.

In this book I've collected my favourite oatmeal recipes, each with their nutritional values included: porridge (sweet *and* savoury), homemade granola, pancakes, breakfast smoothies, cookies and granola bars.

All recipes are free of gluten, dairy and refined sugar.

I'm sure you will enjoy the recipes as much as I do!

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