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> HOW gluten IMPACTS GUT HEALTH





"Discover a path to a healthier, more radiant YOU."

Deficions

GLUTEN-FREE BREAKFAST COOKIE RECIPE



Macadamia Blueberry Cookies

- 1/4 CUP (33 G) MACADAMIANUTS, **CHOPPED**
- 1 CUP (120 G) ALMOND FLOUR
- 1/3 CUP (35 G) COCONUT FLOUR
- 2 TBSP (42 G) HONEY
- 2 LARGE EGGS, BEATEN
- 1/3 CUP (80 G) ALMOND MILK
- 1 TBSP (14 G) GHEE, MELTED
- 1/2 CUP (74 G) BLUEBERRIES

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Macadamia Blueberry COOKIES

- 1. Preheat oven to 325 degres F (162DEGREES C).
- 2. MIX ALL INGREDIENTS TOGETHER, **EXCEPT FOR BLUEBERRIES, UNTIL WELL** BLENDED. LIGHTLY MIX IN BLUEBERRIES.
- 3. Make 8 balls with the dough and LIGHTLY PRESS ONTO A COOKIE TRAY.
- 4. COOK FOR 10-12 MINUTES, UNTIL LIGHTLY BROWNED.
- 5. SERVE WITH YOUR FAVORITE WARM BREAKFAST DRINK.

CIPE



WAYS GLUTEN IMAPCTS

GLUTEN CAN TRIGGER AN INFLAMMATORY RESPONSE IN THE GUT, LEADING TO DISCOMFORT AND POTENTIAL DAMAGE TO THE INTESTINAL LINING.

SOME PEOPLE EXPERIENCE NON-CELIAC GLUTEN SENSITIVITY, LEADING TO VARIOUS GASTROINTESTINAL SYMPTOMS LIKE BLOATING, DIARRHEA, AND ABDOMINAL PAIN.

GLUTEN CAN INFLUENCE THE GUT MICROBIOME, POTENTIALLY ALTERING THE BALANCE OF BENEFICIAL AND HARMFUL BACTERIA, WHICH PLAYS A ROLE IN OVERALL GUT HEALTH.













4 FOODS TO AVOID WHEN GOING

gfuten-free

1 BREAD

2 PASTA

3 CRACKERS

4 BEER



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