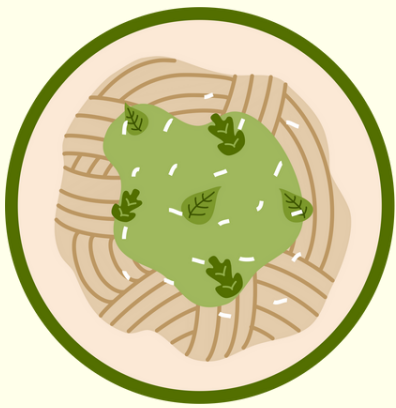


low carb & gluten free alternatives



Zucchini noodles

Spiralize and fry in ghee for 5-10 minutes, or cook in boiling water until tender.
Serve with bolognese.



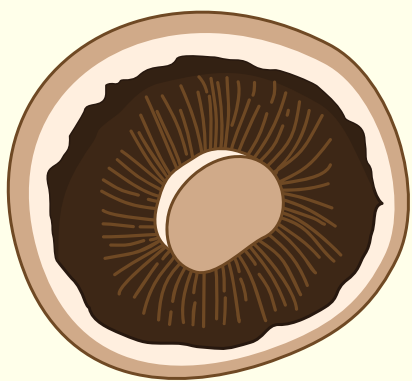
Edamame (baby soy bean) pasta

Make a pesto with basil, macadamia, olive oil & parmesan. Cook pasta as per instructions, top with basil & sliced sausage.



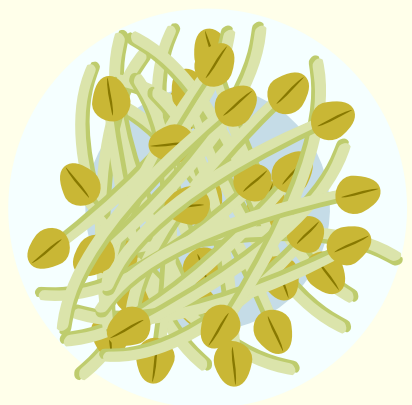
Konjac noodles

Serve as a soup with bone broth, hot sauce, sliced chorizo, spring onion & sliced mushroom.



Mushroom burger buns

Lightly fry portobello mushrooms. Serve with burger pattie, a slice of cheese, and avocao.



Bean sprouts (mung bean)

Lightly fry in butter. Or, add to the top of curry while still hot on stove. Replace lid, wait 5 minutes while the beans soften. Serve with prawn curry.

