

Best Dairy Free Gluten Free Recipes by Rama Ganapathy

Find healthy, easy to make and delicious dairy free, gluten free and white sugar free recipes to suit Indian palette.



Mumbai, Dec 11, 2018 ([IssueWire.com](http://www.IssueWire.com)) - After having been diagnosed with sensitivity to gluten and dairy, my journey in innovative vegan and gluten-free recipes to suit Indian palette began and culminated into a passion to spread more awareness. The result is this Blog.

On [My Blog](#), you will find healthy, easy to make and delicious dairy free, gluten free and white sugar free recipes to suit Indian palette. Sensitivity to Gluten and Dairy is more prevalent these days due to many reasons outside our control. I have been one such victim.

Though there is much awareness of these two ingredients in many countries, I feel that here in India it is inadequate. Many are not even aware that gluten and dairy can be the cause of some of their health issues. Those who are aware and keen to follow the diet find it difficult to find recipes that are both dairy free and gluten free. Search for vegan recipes has Gluten ingredients and vice versa. Or it does not suit their native palette.

I have authored on Dairy free Gluten free recipes for Indian palette that is available on [Amazon](#) & [Flipkart](#)

My Another book on Vegan & GlutenFree Diet with Mr. Ramakrishnan Available on [Amazon](#)

Here are some latest recipes from my blog.

Sattu Ragi Momos & Parathas

Sattu is flour of toasted gram. The difference between sattu and besan is that while **besan** is flour of raw channa, **sattu** is the flour of roasted channa. Also Sattu is slightly coarser than besan. It is quite a nutritious flour with low glycaemic index and so is believed to be safe for diabetics too. [Read More](#)

Osan

Osan is another favourite dish from Sindhi cuisine that is similar to dal soup / kadhi with vegetables.

It is a very healthy and Sathwik dish which does not use onion & garlic. [Read More](#)

Millet Kuska

Kuska is a plain biryani from originating Tamil Nadu and Andhra cuisine. The word Kuska comes from urdu word **Kushk** which means dry /plain / simple. True to its name, this biryani is simple and uses only rice and spices and no vegetables or meat. [Read More](#)

Jowar Koki

Koki is a delicious flatbread from Sindhi Cuisine. Onions, fresh coriander and chillies make Kokis a flavourful dish. Above all, the crunchy pomegranate seeds lends an authentic flavour to this dish. [Read More](#)

Alu Poto Posto

Potato and Pointed Gourd in Poppy Seeds paste gravy

Potol (Pointed gourd) is a very popular vegetable in Bengali cuisine. Mainly, it is available throughout the year in Bengal. As a result, there are quite a few Bengali recipes using this vegetable. I have posted one of them—Doi Potol in my recently released book *“Dairy free Gluten free recipes”* for Indian Palette. Read more

Checkout 100+ Dairy Free Gluten Free Recipes @ Dairy-Free-GlutenFree-Diet.com

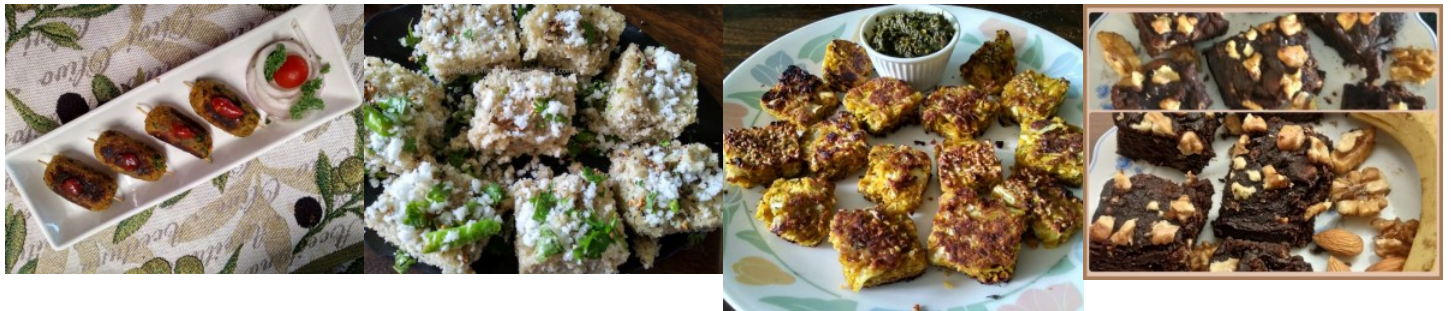
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Hope you enjoy the recipes you find on my blog.

Thanks

Healthy Eating

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