



## Recipe: Blueberry Muffins



It had been quite a while since I opened Sheila Kiely's Gimme the Recipe book, but I was on a quest for some goodies to bake recently. I always find lots I want to make when I open the book and I'm always pleasantly surprised all over again how easy and quick the steps are [...]



Category: Baking Breakfast Food Snacks Treats Tags: blueberries , blueberry , breakfast , dairy free , muffins , oat milk

## Sacla' Pesto Packs Competition Winners

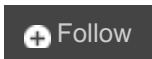


A big thank you to everyone who entered the competition, the lucky winners are Cathy Creighton and Sarah Mulville. I will be in contact shortly to arrange to get the prizes out to you.



Category: Giveaway Tags: competition winners , free from pesto , giveaway , sacla

## An Interview with Sam Parsons, Mother of 2 CMPA



# Children



This is the third in a series of interviews discussing reasons people might have a dairy free diet in their lives. The interview is with Samantha, one of which have cow's milk protein allergies. for taking the [...]



Category: Interviews Life Tags: allergic , cmpa , interview , parent

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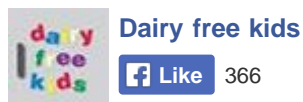
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