

gastropost

FOOD MISSIONS FOR FOOD LOVERS

EDMONTON

YOUR MISSION COMPLETED: GOING GLUTEN-FREE

Going gluten-free proved to be a breeze for Gastroposters! From tasty Thai lettuce wraps to pecan pie muffins, you rose to the occasion of taking gluten out of the equation. [Twitter handles are in blue](#) and [Instagram in brown](#).



Jennifer Ly
[@jly_at_truehealth](#)
The best oatmeal cookies ever: vegan and gluten-free



Alex Oloarte
[@greensandbites](#)
French toast with fruit, coconut, almond butter and maple syrup.



Melanie Villeneuve
[@thenomadicwife_](#)
Corn pasta does the trick for me



Keri Zwicker
First-time Gastroposter
Amazing homemade gluten-free pizza crust



Jeffrey Nguyen
[@jeffreynghuyen](#)
Japanese tofu appetizer with a gluten-free soy sauce



Trish Burke
[@flamingomomma](#)
Gluten-free cupcakes for Teagan's 15th birthday



Hana Laverick
[@hanalaverick](#)

Chocolate quinoa "risotto" is a gluten-free dish, super tasty and such a treat to have in the morning.



Sharman Hnatiuk
[@theporkgirl](#)
Rice noodle bowl with tuna and gluten-free soya sauce



Amrutha Harsha
[@sinfuleating](#)
Try pairing a delicious Indian curry with rice or quinoa



Mandy Moon
[@sincerity88](#)
Charred cabbage slaw on polenta crostini: all gluten-free



Kaley Hewitt
[@cookingwithkale](#)
Cauliflower hash browns: no gluten, all the flavour



Cheryl Schopp
[@edmside](#)
Gluten-free borscht



Amanda Zalewski
[@zalewskiamanda](#)
Rolled oat peanut butter chia seed breakfast cookies



Stacey Steinke
First-time Gastroposter
Homemade gluten-free cream puffs



Barbara Prezia
[@bsimpleproject](#)
Gluten-free mission complete: vegan pecan pie muffins



Michelle Marchuk
[@mecheisnice](#)
Egg drop soup: gluten-free. So easy and so good



Laureen King
[@laureenking](#)

I won a baking contest with these gluten-free oatmeal cookies.



Tracy Le
[@tracikins](#)
Tasty Thai lettuce wraps for a gluten-free meal

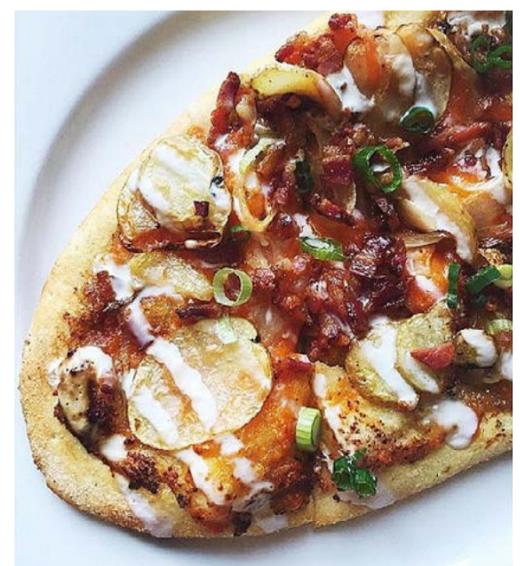


Sylvia Labelle
[@sylvia.labelle](#)
Gluten-free caprese salad caterpillars

JOIN US!

- ✓ Get your food pics & ideas published in the paper
- ✓ Be the first to find out about new Gastropost missions

NEXT MISSION: A TIME TO CRY



Hail to the king of vegetables! Very versatile and full of flavour, onions wear the crown when it comes to cooking. Sure, they might be tear-inducing, but that's nothing compared to how much we'd cry without this key ingredient. This week, **we want you to peel back the many layers that make onions so great.** Raw, cooked or caramelized — whether you're using them to start a sauce, top a hotdog or play a starring role in your salad, send us posts that will leave us in tears. Of joy, of course.

Photo of Love Pizza topped with green onions by Gastroposter [Dajana Fabjanovich](#)

MISSION INSPIRATION



"Onions are humble but super delicious," says Gastroposter [Linda Baker](#). "They add so much flavor to crockpot meals." Good call, Linda!

GASTROPOST IT

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DON'T HESITATE TO GET IN TOUCH WITH US. WE'D LOVE TO HEAR FROM YOU.

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