

Grab a giveaway!

Check out the amazing goodies we have to be won this issue

5 fab prize bundles



Bag yourself a breakfast bundle

Mornflake has spent years refining the perfect porridge recipe to make sure that the most important meal of the day is super-tasty as well as being full of gluten-free goodness. We're thrilled to have five fabulous breakfast bundles to give away to readers of the magazine, including Porridge Oats, Jumbo Oats and Pinhead Oatmeal, totalling £40 each! What's more, each of the yummy Mornflake set of gluten-free goodies will also come with a limited edition china breakfast set exclusively designed by Sophie Allport, featuring a bowl, cup and saucer. Who knew that the first meal of the day could be so glam? Head to mornflake.com for more information on the range of products on offer. **To enter, text ELGF13MORNFLAKE, your name, address and email to 87474*.** Texts will be charged at 50p plus your standard network tariff rate. See opposite page to enter by post.*



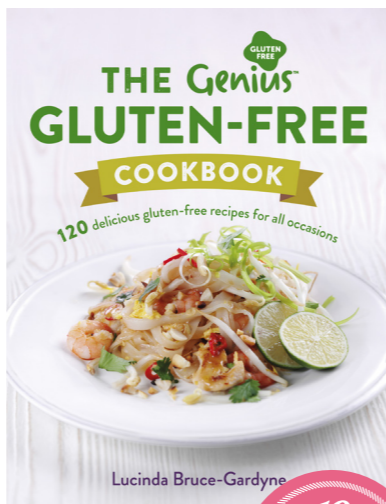
Healthy cold-pressed juices to be won

Kick start your January detox with a little help from Prescription, the juicing expert! The tasty juices in its range contain a variety of superfoods that are cold-pressed to keep those all-important vitamins in. One lucky winner will receive a three-day Signature Cleanse, worth £165, that's jam-packed with vegetables, fruit and nuts. The juices can be used over the course of three days as a detox programme or you can simply add them to your normal diet for that extra health boost. Visit prescription.co.uk to see the entire range. **To enter, text ELGF13PRESS, your name, address and email to 87474*.** Texts will be charged at 50p plus your standard network tariff rate. See opposite page to enter by post.*

Worth £165

Win a brand new Genius cookbook

Lucinda Bruce-Gardyne, who's the founder of the gluten-free bakery brand Genius, has just launched a brand new title, *The Genius Gluten-Free Cookbook*, worth £14.99. We've managed to get our hands on 10 copies hot off the press to give to you lucky readers! This go-to book includes a whopping 120 tried and tested recipes, ranging from the trusty classics to brand-new inspiration. This amazing cookbook shows that gluten free living doesn't have to be boring – in fact, your meals can be bursting with flavour as well as being healthy. Head to geniusglutenfree.com to learn more about the brand and purchase their products. **To enter, text ELGF13GENIUS, your name, address and email to 87474*.** Texts will be charged at 50p plus your standard network tariff rate. See opposite page to enter by post.*



10 lucky winners

Win a gluten-free cookbook

Searching for that do-all recipe book that you can turn to time and time again when you're looking for the perfect gluten-free meal? We present to you *The Gluten-Free Cookbook*, worth £12.99, from Dorling Kindersley publishers. This easy-to-follow cookbook is packed full of over 200 tried and tested recipes, with everything from cakes and pastries to bread and pasta. There's step by step techniques to all the dishes featured and, most importantly, they are all gluten-free. To find out more about the book, visit dk.com/uk. **To enter, text ELGF13COOKBOOK, your name, address and email to 87474*.** Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*



15 to be won!

Stylish retro poppy aprons up for grabs

Dotcomgiftshop is the go-to place for all those quirky kitchen essentials. Once you log on, you'll find everything from scales and mixing bowls to oven gloves and cake stands. We've teamed up with this online giant to offer 15 lucky readers the chance to win a retro poppy apron, worth £12.95. Now you can be sure that you'll look super-stylish while you're rustling up your next batch of gluten-free goodies! To see the whole bakeware and kitchen range, head to dotcomgiftshop.com. **To enter, text ELGF13APRON, your name, address and email to 87474*.** Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*



15 to be won!

Over £1,110 worth of prizes to be won!



10 prize bundles

Gluten-free baking mixes to give away

We've joined forces with the lovely folks at Ugg Foods to give you the chance to win one of 10 baking mix bundles, each of which have a value of over £20. Ugg Foods prides itself on developing tasty, nutritious recipes that are free from gluten, additives, dairy and soya. Winners will receive three mixes – the Chia Seed and Nut Bread Mix, the Fruit and Seed Loaf Mix and, our personal fave, the Chocolate Chia Muffin Mix (yum!) so you can whip up tasty treats in no time. Log on to uggfoods.com today to buy and view the full range of gluten-free products. **To enter, text ELGF13UGG, your name, address and email to 87474*.** Texts will be charged at 50p plus your standard network tariff rate. See below to enter by post.*

*To enter by post, write your name, address and chosen giveaway on the back of a postcard and send to: *Eating & Living Gluten Free* Jan/Feb, 2nd Floor, Tower House, Fairfax Street, Bristol BS1 3BN.

Terms and conditions of entry
Texts are charged at 50p plus your standard network tariff rate. Promotion excludes Immediate Media employees. Open to UK residents only. By entering, you agree to be bound by the rules of the promotion. Only one entry per person, per competition allowed. No responsibility accepted for lost, delayed, ineligible or fraudulent entries. Winning entries chosen at random from all eligible entries. Winners notified by post within 28 days of closing date. The draw is final, no correspondence will be entered into. For details of winners, send an SAE to the address above within two months of closing date. If any winner cannot be contacted within one month of the closing date, the promoter will offer the prize to a runner-up. The promoter reserves the right to substitute the prize with one of the same or greater value, with no cash alternative. By entering this competition you are agreeing to receive details of future offers and promotions from Immediate Media Company Bristol Limited and related third parties. If you do not want to receive this information, please add 'NO INFO' at the end of your text message or on your postcard. Entrants' details will be used in accordance with Immediate's Privacy Policy <http://www.immediate.co.uk/privacy-policy>. For customer care issues, please call 0117 927 9009. The closing date for all entries is 11.59pm on 31st March 2016. Promoter: Immediate Media Company Bristol Limited.