



# Gluten-free and delicious

For people who no longer can or want to eat foods with gluten, a protein substance found in grains such as wheat, barley or rye, substitutes never seem to have quite the same flavour.

Laura Grant, who studied at the culinary Institute of Canada in Charlottetown for two years, is working hard to make gluten-free baking delicious.

“Taste and nutritional value of ingredients is exactly what we strive for,” says Laura, owner of Laura Elizabeth’s Gluten Free Shop in Truro.

“I’m a perfectionist in my baking and I’m always taking my training in classical French cooking and applying it to what I’m doing,” she says. “I’m trying to get the same textures and flavours by using combinations of bean flours and other ingredients that you wouldn’t see in a normal pastry shop.”

There’s a gourmet side to the business, along with the personal side of helping people “lead healthier lives and find that little piece of happiness.”



**Laura Elizabeth’s  
Gluten Free Shop**

**Laura Elizabeth Grant**  
*Chef/Proprietor*

563 Prince St Truro NS B2N 1G2

[www.LauraElizabethsgf.com](http://www.LauraElizabethsgf.com)  
[LauraElizabethsgf@gmail.com](mailto:LauraElizabethsgf@gmail.com)