

# The Aussie Coeliac

Living Gluten Free In Australia

Ashlee Adams

Theaussiecoeliac@gmail.com

[www.theaussiecoeliac.com.au](http://www.theaussiecoeliac.com.au)



 [The Aussie Coeliac](https://www.facebook.com/TheAussieCoeliac) 8.8k

 [@AussieCoeliac](https://www.instagram.com/AussieCoeliac) 3.6k

 Newsletter list 1.8k

 Website 30k p/month avg

## About

Diagnosed at the age of 6 in 1998, I strive to help those living with Coeliac Disease or gluten intolerance navigate Australia.

Started in 2013 The Aussie Coeliac was created out of a passion for food and food products. I write product reviews, recipes and product release articles for gluten free foods and beverages.

The Aussie Coeliac is open to discussions about sharing products, venues and recipes that are appropriate for the Coeliac Community. The Average article turn-around is two weeks. Longer may be required for a large number of products.

All relationships will be disclosed at the time of the review/article and I retain the right to speak honestly of all experiences. You are welcome to check content before it is posted to the website.

Looking to advertise with The Aussie Coeliac? See the attached pricing guide for advertising opportunities and pricing.

## Demographic and Stats

### The Aussie Coeliac Facebook by State

- Victoria - 28%
- NSW — 15%
- Western Australia — 8%
- South Australia - 6%
- Queensland — 10%
- ACT— 2%
- Unknown—31%

### Gender

- 90% Female
- 9% Male



## Australian Gluten Free Blogs

View Latest Posts ▶

### 1. The Aussie Coeliac



📍 Melbourne

**About Blog** Posts on living gluten free in Melbourne Australia and sharing tips, reviews, guides and products by Ashlee Adams

**Frequency** about 3 posts per week.

**Since** Sep 2013

**Also in** [Gluten Free Blogs](#), [Australian Food Blogs](#)

**Website** [aussiecoeliac.com.au](http://aussiecoeliac.com.au)

**Number 1 Gluten Free Blog in 2019 as rated by Feedspot**

**Featured in:** (Click for link)



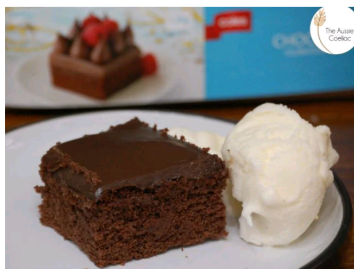
National | World | Lifestyle | Travel | Entertainment | Technology | Finance | Sport

food eat

### Popular Coles chocolate cake that is actually g free

A blogger has shared an unknown fact about a delicious cake topped in silky milk chocolate ganache many delighted.

Shireen Khalid



The Aussie Coeliac shared the incredible detail about this popular Coles cake. Source Supplied

"This will be my go-to celebration cake from now on, it is great on price and tastes delicious," the unearthen blog post on Aussie Coeliac from last year read.

"The cake has a lovely chocolate flavour and is suitably moist. It isn't too dense but if left out it does get a little dry."

News.com.au

Home Shop ▾ About us Recipes ▾ News

66-6722601:Coeliacs wild 12 chocolate treat Coles-calling new treat.html

Friday, Jun 7th 2019 14°C 37°F 8°C 5 Day Forecast

**Daily Mail AUSTRALIA**

Home | U.K. | U.S. | News | World News | Sport | TV&Showbiz | **Food** | Health | Science | Weather | Video | Travel | DailyMailTV

Latest Headlines | Meghan Markle | Fashion Insider | Kate Middleton | Kylie Jenner | Food | Shopping | Planning Blog | Royal Family | Login

**Have your cake and eat it too! Coeliacs go wild for \$12 chocolate dessert from Coles - calling it their 'go-to' treat**

- Grocery store Coles are selling a chocolate cake that coeliacs will be able to eat
- The delicious treat is called the Celebration Cake and it is gluten-free
- It is only \$12, serves 15 and is a whopping 1.2 kilos but it isn't clearly labelled

By **BILLIE SCHWAB DUNN** FOR DAILY MAIL AUSTRALIA

PUBLISHED: 14:11 AEST, 20 February 2019 | UPDATED: 20:05 AEST, 20 February 2019

69 shares

Coeliacs will finally be able to have their cake and eat it too as Coles are now selling a delectable chocolate cake that contains no gluten.

The Chocolate Celebration Cake is only \$12 and is a whopping 1.2 kilos but it isn't clearly labelled as suitable for coeliacs.

According to blogger Ashlee, who writes at [Aussie Coeliac](#), normally gluten free products are clearly labelled in bold font on the front of the packaging but the labelling on this is harder to find.

In this case you have to flip the box to see the 'GF' and 'V' (vegetarian) logos above the barcode.

**Improve workplace mental health**

**DON'T MISS**

- Blindley Cooper and Peter Dinklage 85, 27 after four years together... hours after experiencing the heartbreak of losing their son
- Alleged Russian spy: CIA claims to have confirmed details before

Daily Mail Australia

66-6722601:Meal go further by adding these ingredients

ABC Life / By Carol Reabus

Updated 7h ago

**Make your meals go further by adding these ingredients**

IMAGE: Need to feed a small army? There's better ways to bulk up your meal than just adding pieces of bread and butter to the plate. (Unsplash: Maarten Van Den Heuvel)

Share

Even if you enjoy cooking, some days it can feel

ABC Life

### Zingy Ginger Chicken Stew

Zingy and warming, this hearty chicken casserole will warm any home, and we especially love it because it is FOODMAP friendly, gluten free AND dairy free. We found another great recipe writer in The Aussie Coeliac, and below Ashlee shares her perfect Winter dish.



Serves 4

**Ingredients:**

- ½ tsp turmeric
- ½ tsp ground coriander
- ¼ tsp all spice
- ¼ tsp mustard powder
- ¼ tsp paprika

NoGo Sauces—Recipe