



# Baker Denise in the limelight

The founder of Denise's **Delicious Gluten-Free** Bakery in Little Island will guest star in Neven Maguire's *Healthy Home Chef* programme on RTÉ 1 tomorrow.

Denise O'Callaghan's appearance and demonstration was filmed at her Co Cork bakery and also at Fota Island Resort.

With Sonia O' Sullivan featuring in the new TV series' first episode, Cork is well represented with a focus on healthy eating.

Each programme is based around a different health theme including 'Food on the Go' with Daithí Ó Sé, 'Coping with Stress' with Maureen Gaffney and 'Food Intolerances' with Ms O'Callaghan.

Helped by Neven, **Denise** will show viewers how to make delicious French classic, Quiche Lorraine, using her special **gluten-free** flour blend.

Ireland has a very high rate of Coeliac disease, affecting one in every 100.

This, combined with a growing number of people making a lifestyle choice to eat **gluten-free**, has seen demand soar for good **gluten-free** products.

A former investment banker, **Denise** was inspired by her dad, Michael O'Callaghan, who is a coeliac, to set up her bakery.

What began as a home-cooking passion to support him, prompted her to open the

country's first **gluten-free** artisan bakery in 2008.

The bakery, a family business, has grown substantially now employing a team of 13 at its base in Little Island, Cork.

It is one of the leading producers of cakes and baked products for coeliacs and those following a 'free from' **gluten**, wheat, dairy and yeast free lifestyle.

Her range of products are available across the country from the major multiples and also feature on the Aer Lingus Premier menu.

**Denise** is also author of her first book titled *Delicious – Recipes from My Gluten-Free Bakery*.

Chef Neven Maguire said: "As a nation, we are on track to becoming one of the unhealthiest in Europe in the near future.

"With this new series, I hope to show families how easy it can be to create quick, nutritious and tasty meals at home using Bord Bia Quality Assured products.

"With a family of my own, I understand the need for this more than ever and this was the motivation behind the new series."

■ For **Denise's** Quiche Lorraine and more see [www.delicious.ie](http://www.delicious.ie)  
The programme is screened tomorrow at 7.30pm.