

SWEET STUFF



I've collected Gluten Free recipes over the years and would like to share these favourites with you.

I hope that you enjoy them as much as I do!

Gluten Free recipes are easy to find now on the net, some favourite sources include Tania Hubbard at Gluten Free Grain Free, Jamie Oliver, Taste and BBC Good Food

SWEET STUFF

Gluten Free Recipes

Caramel Apple Bliss Balls	p3
Raw Caramel Slice	p4
Shortbread	p5
Anzac Biscuits	p6
Pumpkin Brittle	p7
Chocolate Cake	p8
Muesli Bars	p9
Lemon Drizzle	p10
Sponge Cake	p11
Banana Muffins	p12
Fruit Jelly	p13
Buckwheat Pancakes	p14
Coconut Pancakes	p15
Amaranth Slice	p16
Apple Omelette	p17
Sweet Potato Porage	p18
CADA	p19
Baked Apples	p20
Breakfast Smoothie	p21
Beetroot Porage	p22
Cinnamon Apple Muffin	p23

SWEET STUFF

CARAMEL APPLE BLISS BALLS

PREP TIME 15 MINUTES

MAKES APPROX. 20

2 CUPS DRIED APPLES

2 CUPS PITTED DATES

$\frac{3}{4}$ CUP COCONUT MILK OR CREAM

$\frac{1}{4}$ CUP COCONUT OIL (RUNNY/WARMED)

$\frac{3}{4}$ CUP ALMOND MEAL

ADDITIONS:

COULD ADD CACAO AND THREE OR FOUR DROPS OF WILD ORANGE ESSENTIAL OIL, OR PEPPERMINT ESSENTIAL OIL + DESSICATED COCONUT FOR ROLLING THEM IN

PLACE THE APPLES AND DATES INTO THE BOWL OF A GOOD, STRONG FOOD PROCESSOR. COMBINE FOR ABOUT 1-2 MINUTES UNTIL THE MIXTURE IS LOOKING FAIRLY CHOPPED BUT NOT YET A PASTE. WITH THE MOTOR STILL RUNNING, POUR IN THE COCONUT MILK AND COCONUT OIL, CONTINUE TO BLEND UNTIL THE MIXTURE FORMS A CARAMEL COLOURED PASTE. SCRAPE DOWN THE SIDES AT REGULAR INTERVALS. WHEN THE DESIRED TEXTURE IS ACHIEVED, ADD THE GROUND NUTS, CACAO AND ESSENTIAL OIL IF USING.

REMOVE THE MIXTURE FROM THE FOOD PROCESSOR AND TURN INTO A BOWL. USING DAMP HANDS, ROLL INTO APPROX. 20 BALLS, ROLLING IN DESSICATED COCONUT. KEEP IN THE FRIDGE FOR UP TO 1 WEEK.



SWEET STUFF

RAW CARAMEL SLICE

BASE

½ CUP MEDJOOOL DATES
1 ½ CUPS ALMONDS
1 TSP VANILLA ESSENCE

CARAMEL

½ CUP TAHINI
½ CUP MAPLE SYRUP
¼ CUP COCONUT OIL
1 TSP VANILLA ESSENCE
LARGE PINCH HIMALAYAN SALT

CHOCOLATE TOPPING

3-4 TBSP RAW CACAO
1 TSP CAROB POWDER
3-4 TBSP COCONUT SUGAR OR AGAVE SYRUP
½ CUP COCONUT OIL

METHOD:

GRIND DATES AND ALMONDS IN BLENDER. ADD VANILLA UNTIL STICKY AND THEN PRESS INTO RECTANGULAR DISH GREASED IN COCONUT OIL. BLEND CARAMEL INGREDIENTS TOGETHER AND POUR OVER BISCUIT BASE AND SET IN THE FREEZER FOR 20 MINUTES. WHILE SLICE IS SETTING, MELT COCONUT OIL FOR CHOCOLATE CRUNCH TOPPING AND THEN ADD ALL OTHER INGREDIENTS AND STIR WELL. LET COOL FOR 5 MINUTES AND THEN POUR TOPPING OVER SLICE AND PLACE BACK IN FREEZER TO SET AGAIN. CUT INTO SMALL SQUARES TO SERVE.

MAKES 15.

SWEET STUFF

GLUTEN FREE SHORTBREAD



INGREDIENTS:

70g cornflour

60g icing sugar

180g rice flour

175g butter, diced

METHOD:

Mix dry ingredients together well to air.

Add the butter and mix with the hands until a soft dough forms.

Refrigerate for one hour.

Pre-heat the oven to 150C. Grease a medium sized baking tray

Shape the dough into 2.5 cm balls and place on baking tray.

Flatten with a fork dipped in rice flour and bake for 20 – 25 minutes, depending on size and colour – remove from oven and place baking tray on a wire cooling rack once the shortbread is the desired colour. Some people like it blonde, some slightly brown. The colour changes quite quickly though so keep an eye on the biscuits in the oven!

Makes about 16-20 biscuits

SWEET STUFF

GLUTEN FREE ANZAC BISCUITS

A note about Anzac Biscuits - they contain oats. The protein found in oats, Avenin, can be tolerated by around 75% of Coeliacs. Oats do not contain gluten, but can be cross contaminated if grown in a field that wheat was previously grown in, or contaminated if transported or stored in a vessel that wheat was previously stored in. You may be able to tolerate oats in which case, enjoy as these biscuits are delicious!



INGREDIENTS

1 CUP ALL PURPOSE/PLAIN GLUTEN FREE FLOUR

1 CUP GLUTEN FREE ROLLED OATS

1 CUP BROWN SUGAR

½ CUP DESSICATED COCONUT

125G BUTTER

2 TBSP GOLDEN SYRUP

1 TABLESPOON WATER

½ TSP BICARBONATE OF SODA

METHOD:

Sift the flour into a bowl. Add the sugar,, rolled oats and coconut

Melt the butter in a saucepan and add the golden syrup and water

Stir the bicarbonate of soda into the liquid mixture

Add the liquid to the dry ingredients and mix thoroughly

Place the walnut sized balls of mixture on a greased tray and bake at 175C/350F for 15-20 minutes

Biscuits will harden when cool. For crunchier biscuits, add more golden syrup

SWEET STUFF

PUMPKIN BRITTLE

Purified water

1 cup raw pumpkin seeds

1 cup raw sunflower seeds

½ cup honey or maple syrup

½ tsp sea salt

Directions:

Soak the seeds in enough purified water to cover for 4 hours. Drain seeds and allow to drip dry for 30 minutes.

Using a food processor, pulse chop seeds for a few seconds.

Transfer seeds to a large bowl and stir in the honey or syrup.

Oven Method:

Using a food processor, pulse chop seeds for a few seconds.

Transfer seeds to a large bowl and stir in the honey or syrup.

Spread onto baking paper on a tray and pop into oven at lowest possible setting. Check regularly until the brittle is crunchy and easy to break. Break into pieces, store in air tight container/bag for up to 2 weeks.

Dehydrator method:

Using a spatula, spread the mixture evenly onto dehydrator sheets, dehydrating at 105F/41C for 22 -26 hours or until the consistency is similar to thick, slightly flexible leather. Break into pieces, store in air tight container/bag for up to 2 weeks.

SWEET STUFF

NUTLESS AND FLOURLESS CHOCOLATE CAKE

100g softened butter
240g caster sugar
1 tbl spoon boiling water
2ts granulated coffee
425g can rinsed and drained cannellini or kidney beans
1 tbl spoon vanilla
4 x 59g eggs
60g cocoa
1/2 ts bi carb
1 ts baking powder

Preheat oven to 170c and line a cake tin with paper.

Infuse coffee into boiling water and set aside. Cream butter and sugar until light in a food processor, taking care not to overbeat as the butter will melt.

Add the beans and process, then add one egg, the coffee mixture and vanilla.

Sift the dry ingredients together then add to the bowl with the remaining eggs. Process together until smooth.

Pour batter into the tin and bake for 45 mins or until skewer comes out clean. Cool in tin for 15 minutes then remove and cool completely.

Open to many variations!

Recipe provided by Susanne Wells from The Gluten Free Cooking School

SWEET STUFF

MUESLI BARS

Ingredients:

¾ cup dessicated coconut
1 cup g/f oats
1 cup sunflower seeds
1 cup pepitas (pumpkin seeds)
2 tbsp Chia seeds
½ cup golden/raw/rapadura sugar
2 tsp vanilla essence
Pinch of salt
6 tbsp butter
4 tablespoons golden syrup

TRADITIONAL METHOD:

Put oven on at 180C. Melt butter in large saucepan. Meanwhile blitz seeds (pepitas, sunflower, chia) in food processor. Add golden syrup and sugar to melted butter, stir in vanilla essence, salt, chia, pepitas, sunflower seeds, oats and coconut.

Press into greased tin and cook in oven at 180C for about 20 mins. Remove from oven when golden. Put on cooling rack until cool but not hard, cut into bars before cold and store in air tight box for several days.

THERMOMIX:

Put oven on at 180C. Blitz the pepitas and sunflower seeds for a few seconds to break them up a bit but not completely. Chuck rest of ingredients into Thermomix, heat mixture for 5 minutes at 100deg, then press into a greased tin and cook in oven at 180C for about 20 mins. Remove from oven when golden. Put on cooling rack until cool but not hard, cut into bars before cold and store in air tight box for several days.

SWEET STUFF

LEMON DRIZZLE CAKE

INGREDIENTS:

150g BUTTER, softened

1 tsp VANILLA EXTRACT

2 tsp finely grated LEMON RIND

220g CASTER SUGAR

3 EGGS

240g GROUND ALMONDS/ALMOND MEAL

110g S/R GLUTEN FREE FLOUR

In addition:

110g caster sugar

80ml LEMON JUICE

LEMON GLAZE

160g icing sugar

1.5 tbsp lemon juice

Preheat oven to 160C (140C fan forced). Grease a deep 20cm square cake pan, line the base with baking paper.

Beat the butter, extract, rind and sugar in a small bowl with an electric mixer until light and fluffy. Beat in the eggs, one at a time, until well combined. Transfer mixture to a large bowl. Stir in the ground almonds and sifted flour. Spread mixture into the prepared pan, smooth the top. Bake for an hour or until a skewer comes out clean when inserted into middle of cake.

Meanwhile combine the extra sugar and juice in a small saucepan, stir over a medium heat until the sugar is dissolved. Remove from the heat. Prick the surface of the cake all over with a skewer. Pour the hot syrup over hot cake, allow the cake to cool in the pan.

LEMON GLAZE:

Combine sifted icing sugar and lemon juice in a small bowl until smooth. Transfer the cake to a serving plate; spoon over the lemon glaze. Suitable to freeze without lemon glaze. Syrup suitable to microwave.

SWEET STUFF

GLUTEN FREE SPONGE

225g butter
397g tin condensed milk
75g potato starch
200g brown rice flour
4 eggs
3 level tsp GF baking powder
3 tsp vanilla extract
2 tsp glycerine
3 tbsp olive oil

Place butter and condensed milk in mixing bowl and mix together.
Add starch, rice flour, beaten eggs and stir well.

Add, baking powder, vanilla, glycerine, oil and 3 tbsp warm water and mix well.

Pour mixture into 2 x 23cm round lined cake tins. Bake at 180C for 25 -30 mins.

SWEET STUFF

GLUTEN FREE BANANA MUFFINS



INGREDIENTS:

¼ cup milk (I used rice milk)

3 ripe bananas

1 cup sugar

2 cups self-raising gluten free flour

2 large eggs, lightly beaten

60g butter or margarine

METHOD:

Preheat oven to 180C/356F

Place all ingredients in a bowl and mix on low speed until combined, then mix on medium for 2 minutes

Place mixture into patty pans or a muffin tin

Bake at 180C for 20 minutes

Turn and cook for a further 5-10 minutes

Leave in tray for 10 minutes then place on a wire rack

PREP TIME 15-20 MINUTES

MAKES 12 MUFFINS

SWEET STUFF

FRESH FRUIT JELLY (Thermomix recipe)

40g raw sugar

6 ice cubes

200g fresh fruit

15g powdered gelatine

300g cold water

100g fresh fruit (extra, chopped, optional)

Put sugar into TM bowl and pulverise for 3 secs on speed 9.

Add ice and fruit and chop for 1 minute on speed 9.

Heat juice to boiling – 4 minutes at 100deg on speed 1.

Add gelatine and mix for 10 secs on speed 5.

Add water and allow to cool slightly.

Place the extra fruit into moulds if using or serving bowl and pour the liquid mixture over the top.

Refrigerate until set, about 4 hours.

Idea for kids parties: “Hide” jellied lollies in the jelly.

This home-made jelly goes deliciously with soaked chia seeds –

+ CHIA SEEDS WITH FRUIT & SEEDS

Soak 2 tbsp Chia seeds in filtered water or a milk of your choice for 10 minutes, stirring once half-way through to incorporate seeds into liquid. It will go gloopy and can be dolloped on top of yogurt, chopped fruit or eaten alone with maple syrup.

SWEET STUFF

BUCKWHEAT PANCAKES

Ingredients: (serves 4)

110g gluten-free all purpose flour

110g buckwheat flour

3 tsp g/f baking powder

250ml rice/nut/soy milk

2 eggs

2 tsp pure maple syrup

Melted butter/rice bran oil for greasing pan

These little beauties are so versatile - as there's no sugar you can use this base for savoury pancakes. You could fill it with a cheesy sauce with poached shredded chicken, sweetcorn and peas. Or fill them with cinnamon apples and maple syrup or spread them with home-made Hazelnut Chocolate Spread and toss in some chopped banana, roll up and pop a blob of home-made g/f ice cream on the top for a hedonistic desert!

Anyway, back to the recipe!! Sift the combined flours and baking powder into a large bowl and make a well in the centre. Whisk together the milk, egg and maple syrup in a jug. Gradually add the milk mixture to the flour mixture, whisking constantly until smooth. Set aside for 15 minutes to rest -

I often make a double batch and use it over the next couple of days for savoury pancakes, brekkie or desert.

When ready to make pancakes, brush a large non-stick frying pan with melted butter or oil (I prefer oil) and heat over a medium heat. Pour enough batter for either one large pancake or two smaller ones into the pan, allowing room for spreading. Cook for around 2 minutes or until bubbles appear on the pancake surface and pancakes are golden when you peek underneath them. Turn and cook for the same amount of time on the other side. Transfer pancakes to a clean, dry t-towel, which you fold over pancakes to keep them warm.

SWEET STUFF

COCONUT FLOUR PANCAKES

Ingredients:

2 tbsp coconut flour

3 eggs, whisked

1 medium banana, mashed

1/4 tsp ground cinnamon

pinch of salt

Ghee or coconut oil for cooking

Melt Ghee or coconut oil in pan, meanwhile whisk eggs, add mashed banana, cinnamon, salt and coconut flour by gently stirring until combined. Dollop into pan in small batches, spreading mixture out a bit so the pancake isn't too thick. Turn when cooked on first side. Enjoy with maple syrup, toasted almonds, coconut flakes or stewed fruit.

SWEET STUFF

AMARANTH FRUIT & SEED SLICE



Keep this in an airtight container for up to a week - does not freeze well. Can use other combinations of fruit, nuts & seeds.

125g butter, chopped

1/3 cup brown sugar

2 tbsp golden syrup

1 cup g/f rolled oats

1 cup Amaranth

1/2 cup g/f self raising flour, sifted

1/2 cup dessicated coconut

1/2 cup chocolate bits/other fruit & seeds

1/4 cup chopped fruit - I used sultanas

Preheat oven to 160. Lightly grease and line an 18x28cm slice pan. Combine sugar, butter and golden syrup in a saucepan over medium heat. Stir until sugar and butter dissolved/melted. Take pan off heat and add oats, amaranth, flour, coconut, chocolate chips and fruit and or seeds. Mix well. Press firmly into prepared slice pan. Bake for 30-35 minutes until golden. Cool before cutting into bars.

SWEET STUFF

SPICED APPLE OMELETTES



Ingredients:

1 egg

Ground spice, cinnamon or allspice

1 apple

Drizzle of honey, maple syrup or lemon juice

Method:

Whisk the egg, add a pinch of ground spice such as cinnamon or allspice. Grate or chop an apple and squeeze the juice out between two sheets of kitchen paper/towel then stir it into the omelette mix. Pour the mix into your pan and make an omelette as usual. Also delicious filled with some cooked fruit compote, a drizzle of honey or some sugar.

SWEET STUFF

SWEET POTATO & SQUASH PORRIDGE WITH MAPLE SYRUP



PART ONE: Ingredients:

1 Butternut squash

2 Sweet Potatoes

Drizzle of Olive oil

1 - 2 tsps Cinnamon

PART TWO: Ingredients:

1/2 cup mixed nuts/seeds/dried fruit

Maple Syrup

METHOD:

Night before or early morning: Roast your sweet potato and butternut squash the night before in the oven with oil and cinnamon.

Morning: If you're using nuts, you might like to pulverise them, if so, place in food processor, blender or Thermomix/nutribullet. Pulverise, then add butternut squash, sweet potato and almond or coconut milk. Process until you've whipped up into a porridge-y consistency. Scoop the creamy goodness from the blender and place in a small saucepan with additional almond milk and heat for 5 minutes gently in a saucepan or in a ThermoMix. Surprisingly amazing brekkie!

Add your own toppings and prepare to be full of warm, sweet, comforting goodness.

SWEET STUFF

C.A.D.A



Ingredients:

Handful of shredded coconut
Handful of almonds
Handful of pitted dates
1 apple quartered

Method:

Pop all four ingredients in a Thermomix/food processor and press the Turbo button two or three times until at desired texture. Delicious served with a dollop of natural yoghurt.

THIS IS A RECIPE BY CYNDI O'MEARA

Cyndi O'Meara is a nutritionist, film maker – 'What's With Wheat?', best-selling author, international and TEDx speaker and founder of Changing Habits.

Not your typical nutritionist, Cyndi disagrees with low-fat, low-calorie diets, believes chocolate can be good for you and thinks cheating and eating yummy food is an important part of a well-balanced diet. Cyndi must be doing something right because she maintains a healthy weight and has never (in her whole life!) taken an antibiotic, pain-killer or any other form of medication. Cyndi is a passionate, determined and knowledgeable speaker on health issues and uses her education and experience to help others improve their quality of life so they too can enjoy greater health and longer lives.

SWEET STUFF

BAKED APPLES

4 Large Cooking or Green Apples

1 tsp Cinnamon

1/4 cup Rapadura Sugar

1/4 cup chopped Pecans/other nuts or seeds

1/4 cup chopped Raisins, Cranberries or other Dried Fruit

1 tbsp Butter

3/4 cup boiling water

Preheat oven to 375/180. Core the Apples, I like to leave the bottom intact so that when I stuff the apples, the filling doesn't drop out of the bottom of the apple. Mix together in a small bowl the filling: cinnamon, fruit, nuts and sugar. Top with a knob of butter. Set apples into a baking set, pour boiling water around the apples and bake for around 30-40 minutes. I bake 4 at a time and then enjoy the apples cold over the next few days either for brekkie or for desert with home-made ice cream.

SWEET STUFF

BREAKFAST SMOOTHIE



INGREDIENTS:

2 Bananas

Handful fresh spinach

1 cup mixed frozen berries

1/4 cucumber

Juice of 1 freshly squeezed orange

Pop all your ingredients into Thermomix or Blender, running machine until you get a smooth drink.

Could be thinned down with water or nut milk if you prefer instead of the orange juice base

SWEET STUFF

BEETROOT PORRIDGE by Nadia Marshall.

Nadia is an Ayurvedic Consultant & Cook, Health Writer and Managing Director of the Mudita Institute & Health Clinic in Byron Bay. She is also a Nutrition Columnist for Nova Magazine. The Mudita Institute cookbooks, “WARMTH: The Ayurvedic Cookbook” and “The Ayurvedic Kitchen” are available as printed books and ebooks from their website: www.muditainstitute.com. Many thanks Nadia for allowing me to post this delicious recipe! This porridge is excellent for building the blood and strengthening the liver.



Ingredients:

- 2 tsp ghee
- 1 medium beetroot, peeled & grated
- 1/2 cup of water
- 1 cup of unhomogenised organic/biodynamic milk
- 1/2 tsp ground cardamom
- 2 tbsp raisins/sultanas
- raw sugar (unrefined) or jaggery to taste

Method:

Melt the ghee in a medium sized pot. Cook the grated beetroot in the ghee over medium heat for about 5-10 mins, until the beetroot is quite tender. Add the milk and water. Turn up the heat and bring to the boil. Once boiling, continue to cook over a low-medium heat until the beetroot is very soft and this mixture is a porridge-like consistency. Finally, add the cardamom, raisins and sugar and cook for another minute before serving.

OPTIONAL: instead of beetroot, you can make this same porridge with two grated carrots.

SWEET STUFF

CINNAMON & APPLE MUFFINS

INGREDIENTS:

1 cup milk (I used rice or nut milk)
¾ cup brown sugar
2 1/2 cups self-raising gluten free flour
1 large egg, lightly beaten
½ cup vegetable oil
2 tsps ground cinnamon
2 small pink lady apples
Warmed honey to serve (optional)

METHOD:

Preheat oven to 190C/170C fan forced
Grease a 12 hole capacity muffin pan or use GF muffin papers
Combine flour, cinnamon and 2/3 of your cup of brown sugar in a bowl
Make a well in the centre. Add milk, oil and egg
Using a wooden spoon, stir until just combined
Peel and grate 1 apple. Fold grated apple into muffin mixture
Spoon mixture into holes of prepared pan
Core and quarter remaining apple, slice thinly
Arrange 2-3 apple slices on top of each muffin
Sprinkle remaining brown sugar on top.
Bake for 20-25 minutes or until browned and cooked through
Stand in pan for 5 minutes. Transfer to a wire rack to cool
Serve drizzled with honey, if using



SWEET STUFF