

Tracey Fry + Joanne Ling

everyday gluten-free ✱

RECIPES THAT
TASTE LIKE THE
REAL THING!





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Jo's story

From my early twenties I've battled with stomach troubles, experiencing extreme bloating, embarrassing flatulence, and persistent fatigue. I often felt like I lacked the energy and vitality to live fully which became my new 'normal'.

I couldn't even stand a hug in bed from my husband over my stomach and would place his arm on my ribcage to stop it hurting.

The excruciating pain in my bowels led to fainting spells on the toilet, and yet medical tests showed no apparent issues. Despite consulting numerous GPs and undergoing blood tests for a range of things, including coeliac disease, I still had no answers. I even had a colonoscopy, which identified some polyps that were of no concern.

Doctors' advice was to consume more fibre drinks and that there really wasn't anything wrong with me, so I eventually stopped seeking help and resigned myself to living with my discomfort.

In 2013, our family transitioned to an additive-free lifestyle, and I delved into the holistic approach to understanding the root causes of health issues. I committed to addressing my problems long-term and embraced a Paleo lifestyle, which was trending at the time. The results were remarkable—I shed 20 kg, banished my fatigue, and, for the first time in years I felt genuinely awake and alert. No more afternoon slumps, and my digestive system improved significantly.

However, somewhere along the way, I reintroduced wheat, gluten, and sugar back into my diet, and it became evident that I didn't feel well again. I yo-yoed between going off gluten,

feeling better, thinking I was fine, so would eat gluten again, to then experiencing sickness, bloating, fatigue, and anxiety once more.

In 2019, following the most stressful year of my life, I became extremely unwell. I developed eczema for the first time, affecting behind my knees, elbows, arms, and the back of my armpits. I felt heavy and put on a lot of weight. I was bloated, tired, and was sinking into depression. I could have spent days in bed, not wanting to move.

Enough was enough and I needed answers. I consulted a holistic nutritionist who dedicated an hour to understanding my health concerns in his first consultation.

He ran stool tests and blood work which revealed shocking results, uncovering severe gut imbalances dating back 15+ years. With my nutritionist's guidance, I embarked on a comprehensive gut health reset. I knew it wouldn't be a quick fix, but as I headed into my 40's, with many more years ahead of me, I realised that there was no better time to start.

This journey required eliminating various foods and taking supplements, with the eventual reintroduction of some items over time. However, gluten remained a steadfast "no-go"—every attempt to reintroduce it resulted in bloating and discomfort.

During this period, my GP conducted a coeliac gene test, which, to my surprise came back positive. This was a pivotal moment, as it felt like I finally had documented answers.

I was advised that for an official celiac diagnosis, I should expose myself to gluten for a few weeks and undergo an endoscopy. I declined, as I didn't need further proof that gluten made me unwell.



My eczema has vanished, I have my energy back, my anxiety and depression are under control. I am fit, healthy, and life looks brighter than ever before.

The older I get the healthier I feel and I'm so grateful for that.

I've maintained a gluten-free diet, which means I understand the challenges that come with this new lifestyle. It can be isolating at times, and I often encounter scepticism about my gluten sensitivity since I'm not officially diagnosed as coeliac.

I do however consider myself fortunate not to have severe allergies, and I'm deeply grateful for that because living with anaphylaxis must be terrifying and I certainly don't take that lightly.

For many years I've been trialling and testing gluten-free recipes with more fails than I've had wins. However, over time I started to master recipes and I'm so proud to bring you this book along with Tracey and our team.

It's been years in the making, and I just know that it's going to help you and so many other people. No more eating food that tastes like cardboard or that's dry and crumbly! Not on our watch!

Enjoy! Jo x

grains that are gluten-free

Grains have been a dietary staple for centuries, offering sustenance and nourishment to countless cultures around the world.

However, for those who follow a gluten-free diet, the prospect of forgoing traditional grains like wheat, barley, and rye can seem daunting. The good news is that the world of gluten-free grains is not only diverse but can also be delicious and nutritious.

RICE
readily available

Rice, in its various forms, is one of the most widely consumed grains globally and is naturally gluten-free. Whether you prefer white, brown, jasmine, or basmati, rice is versatile and pairs well with a multitude of dishes. It's a great source of energy and serves as a staple in many gluten-free cuisines. We suggest buying organic rice, when possible, because rice can be heavily sprayed with pesticides.

QUINOA
the nutrient-packed superstar

Often referred to as a "superfood," quinoa is not only gluten-free but also packed with essential nutrients. This ancient grain is a complete protein source and offers a delightful nutty flavour. It's perfect for salads, as a side dish, or even as a breakfast cereal.

CORN
versatility at its best

Corn, in various forms like cornmeal, polenta, or cornflour, is a gluten-free grain that adds depth to both savoury and sweet dishes. It's the foundation of cornbread, tortillas, and a myriad of Mexican and Latin American recipes. Often corn is processed in the same plant as wheat, therefore, make sure your packet states gluten-free.

MILLET
a tiny powerhouse

Millet is a small but mighty gluten-free grain that boasts a slightly nutty flavour and is high in protein, fibre, and essential minerals. It's a fantastic addition to both sweet and savoury dishes and is a staple in many traditional African and Asian cuisines.

BUCKWHEAT
not a wheat, but gluten-free

Despite its name, buckwheat is not related to wheat and is naturally gluten-free. It's a versatile grain used in making hearty pancakes, soba noodles, and delicious porridge. Buckwheat's earthy taste adds depth to a variety of dishes.

AMARANTH
tiny grains with a big nutritional punch

Amaranth is another gluten-free grain that is packed with protein, fibre, and essential amino acids. It's often used in porridge, or as a thickening agent in soups and stews. Amaranth's earthy, nutty flavour makes it a valuable addition to your gluten-free pantry.

SORGHUM
an ancient grain

Sorghum is a gluten-free grain that has been cultivated for thousands of years and is especially popular in Africa and parts of Asia. It's a versatile grain, used to make flours, cereals, and even brewed into a refreshing gluten-free beer.

TEFF
the smallest whole grain

Teff is a tiny, gluten-free whole grain originating from Ethiopia. It's a key component in making injera; the spongy, sourdough flatbread enjoyed in Ethiopian cuisine. Teff is high in iron, calcium, and fibre, making it a nutritionally dense choice.

TAPIOCA
a lovely thickening agent

Derived from the starchy roots of the cassava plant and known for its fine texture and neutral taste, this versatile flour is a pantry essential for those on gluten-free diets. Tapioca flour works wonders as a thickener in sauces and soups, and it's the key to achieving that perfect chewiness in gluten-free baked goods.

ARROWROOT FLOUR
similar to tapioca

A starch extracted from the rhizomes of the arrowroot plant, it is a versatile gluten-free kitchen gem. Known for its neutral taste, light texture, and ability to thicken without clouding.

BESAN FLOUR
the nutty powerhouse

Besan flour, also known as chickpea or gram flour, is made from ground chickpeas. This flour carries a nutty, earthy flavour that can elevate a variety of dishes.

Besan flour is a versatile ingredient, perfect for crafting savoury and sweet creations. In Indian cooking, it forms the base for classics like pakoras and besan chilla, while in the Middle East, it's the key to making mouth-watering falafels. Its high protein content makes it a valuable addition for those seeking plant-based protein sources.

ALMOND FLOUR
nature's nutty gift

Made from ground almonds, almond flour is a nutrient-rich option, often used in gluten-free baking. It adds a lovely nutty flavour to various recipes and is perfect for making gluten-free cakes, cookies, and pancakes.

COCONUT FLOUR
gluten-free wonder

Produced from dried, ground coconut meat, coconut flour offers a subtle coconut flavour and high fibre content. It's a favoured choice for gluten-free, paleo, and keto diets, and it's fantastic for creating light and fluffy baked goods.

start here
(important to read)



If you are new to starting a gluten-free lifestyle you may be freaking out a little—and that’s ok!

This start here guide will help before you dive into our recipes!

1 We recommend making our signature flour blend (recipe page 9) as all the dishes in this cookbook are designed around our blend. Using store-bought flour may not produce the same outcome.

Store-bought blends consist of different flours and lack consistency and most contain xanthan gum, which can cause stomach upsets in sensitive people.

2 When starting out you may feel like there is a lot to buy and it can get very overwhelming. But don’t be overwhelmed, just trust and follow the process! We have our staple ingredients shopping list on the next page.

3 To save on money buy the key staples in bulk or when on sale. We tend to avoid the supermarket and buy from our local (scoop style) organic stores or online at

wholesale places like Honest to Goodness (goodness.com.au). Joining a co-op will also save you money as they tend to buy things in bulk. Keep in mind that once you’ve bought the initial lot of ingredients, you’ll only require top ups thereafter. Like anything, change is often never easy, so give it time to adjust.

4 Cooking gluten-free is NOT like cooking with gluten-based ingredients. Often the mixture is sticky, it takes way longer to rise, and it will not stay fresh for as long.

5 When baking gluten-free, moisture is a must. If your mixture is too dry it will often crumble and not be as nice to eat. Don’t be scared to have the dough or mixture a little sticky. If you need to alter a recipe, start cooking at the instructed temperature, but if it’s looking like it’s burning, drop the temperature and cook for longer.

6 The recipes in this book are staples, meaning you can use these recipes as the base for any traditional dishes. Please look at our website (additivefreelifestyle.com) or our additive-free lifestyle App (available in the app store) for 300+ recipes you can transform into gluten-free.

7 All the recipes used in this cookbook do not use self-raising flour. We use our signature flour blend and add gluten-free baking powder as needed. Make sure to look for aluminium-free baking powder and that the packet states it’s gluten-free as often it is not!

8 Sometimes products can be cross contaminated or not gluten-free at all, like baking powder. When purchasing read the packet to ensure its gluten-free.

gluten-free pantry
staples shopping list

These are the most used ingredients throughout this book.

USED IN
LARGE AMOUNTS

- sorghum flour
- potato starch
- tapioca starch
- fine brown rice flour
- rapadura sugar (known as panela sugar in the supermarket) or coconut sugar

USED IN
SMALLER AMOUNTS

- cassava flour
- guar gum
- gluten-free baking powder
- psyllium husk
- almond meal



signature flour blend

INGREDIENTS

PLAIN FLOUR

- 200 grams sorghum flour
- 400 grams potato starch
- 400 grams tapioca starch
- 300 grams fine brown rice flour
- 60 grams guar gum

SELF-RAISING FLOUR

Add two teaspoons of gluten-free baking powder to every one cup (120 grams) of flour and mix well to combine.

MAKES

1.36 kg

METHOD

Add everything into an airtight storage container and mix until completely incorporated.

VARIATIONS

- Can replace sorghum flour with besan flour. However, besan flour can have quite a strong taste and may not appeal to everyone.
- Can replace potato starch with cassava flour. However, from our experience, potato starch works much better.
- Can replace tapioca flour with arrowroot flour. However, tapioca flour has a slightly better texture and is often more affordable.

HINTS AND TIPS

- Store in an airtight container until the expiry date of your individual flours.
- If weevils are an issue, keep the flour in the freezer.

Consider visiting a bulk buy health food store or exploring a nearby co-op for cost-effective options.

Additionally, online retailers frequently offer budget-friendly flours.

Guar gum serves as an effective thickening agent, particularly in gluten-free cooking. It is a preferable substitute to xanthan gum, often present in store-bought gluten-free flour, which can lead to bloating and flatulence.

Guar gum helps recipes stick together, it's kind of like the 'glue' needed in 'glue'ten free cooking.

You can find guar gum in most supermarkets, health food stores and online retailers.

white bread

INGREDIENTS

- 2 teaspoons dried yeast
- 180 grams lukewarm water
- 20 grams psyllium husk (not psyllium husk powder)
- 170 grams water
- 20 grams 100% pure maple syrup
- 5 grams apple cider vinegar
- 300 grams signature flour blend
- 160 grams brown rice flour
- 200 grams greek yoghurt (can use dairy free)
- 50 grams olive oil
- large pinch of salt

MAKES

1 loaf

THERMAL METHOD

- 1 Begin by adding dried yeast and 180 grams lukewarm water to the mixing jug, then stir for 5 minutes/37°C/speed 1.
- 2 In a separate medium-sized bowl mix together psyllium husk, 170 grams water, maple syrup and apple cider vinegar. Let the mixture sit for a few minutes until it forms a gel.
- 3 Once the yeast water is ready, add to the mixing jug both flours, yoghurt, olive oil, salt, and psyllium gel. Mix for 10 seconds/speed 6, scrape down the sides. The mixture should be slightly sticky to the touch, if not add a little more water and mix again.
- 4 Knead for 2 minutes, then transfer to a lightly floured surface and shape into a loaf that matches the size of the tin. Flour hands if it's sticking (which it should).
- 5 Line a loaf tin with baking paper and place dough neat side up. Sit this somewhere warm (not direct sunlight) covered with a clean tea towel until it reaches the top of the tin (or nearly doubled in size). Time will vary depending on your temperature and humidity. In warmer climates it may take between 30 minutes – 2 hours. In colder climates it could take between 2-5 hours. Do not over prove or it'll flop during cooking.
- 6 Once the dough has doubled in size, preheat oven to 200°C allowing it to reach temperature before cooking the bread.
- 7 Bake in the oven for 60 minutes or until the loaf sounds hollow to the tap. If it's browning too quickly or looks like it's starting to burn, reduce the oven temperature to 180-190°C and continue to bake a little longer.
- 8 After baking, transfer the loaf to a wire rack and (as tempting as it is) do NOT cut the loaf until it has cooled entirely. Cutting the loaf too early will cause it to become gummy and dense.

TRADITIONAL METHOD

- 1 Begin by adding dried yeast and 180 grams lukewarm water to small bowl. Stir together and let this rest in a warm spot for 10 minutes until activated and bubbly.
- 2 In a separate medium-sized bowl mix together psyllium husk, 170 grams water, maple syrup and apple cider vinegar. Let the mixture sit for a few minutes until it forms a gel.
- 3 When ready, in a large bowl, add yeast water, both flours, yoghurt, olive oil, salt, and psyllium gel and stir together well until completely incorporated.
- 4 Continue to mix for a few minutes until the dough doesn't stick to the side of the bowl, however it will be sticky to the touch.
- 5 Follow steps 5-8 as per thermal method.

HINTS AND TIPS

- Do not slice the bread until it has completely cooled down.
- Once it's cooled, slice and freeze straight away for optimal freshness.
- If it does go stale, it still makes perfect toast or breadcrumbs! Don't waste it.
- If you have a bench mixer with a dough hook, you could use that instead of mixing by hand.
- The dough should come together and be a little sticky.
- The loaf tin used for this cookbook was 13 x 26 cm.

STORAGE

- Store for up to 24 hours in an airtight container, or slice and store in the freezer for a few months.





bread rolls

INGREDIENTS

- 4 teaspoons dried yeast
- 2 teaspoons raw sugar
- 300 grams lukewarm water
- 20 grams psyllium husk
- 200 grams water
- 400 grams signature flour blend
- 180 grams brown rice flour
- 2 teaspoons guar gum
- 2 teaspoons baking powder
- 30 grams olive oil
- 2 pinches of salt

MAKES

10 rolls

THERMAL METHOD

- 1 Begin by adding dried yeast, sugar and 300 grams lukewarm water to the mixing jug, then stir for 5 minutes/ 37°C/speed 1.
- 2 In a separate medium-sized bowl mix together psyllium husk and 200 grams water. Let the mixture sit for a few minutes until it forms a gel.
- 3 Once the yeast water is ready, add to the mixing jug all remaining ingredients including the psyllium gel. Mix for 10 seconds/speed 6, scrape down the sides. The mixture should be sticky to the touch, if not add a little more water and mix again.
- 4 Knead for 2 minutes, then transfer to a lightly floured surface and shape into 10 bread rolls with floured hands.
- 5 Line a casserole dish or oven tray with baking paper and place rolls neat side up. Sit this somewhere warm (not direct sunlight) covered with a clean tea towel until doubled in size. Time will vary depending on temperature and could take up to 3–6 hours in cold environments. Warmer areas may only require 2–3 hours. Don’t overprove or they’ll flop.
- 6 Once the dough has doubled in size, preheat oven to 200°C allowing it to reach temperature before cooking the rolls.
- 7 Give the top a light spray of olive oil or brush with a little water; this prevents the crust from becoming too hard.
- 8 Bake in the oven for 25 minutes or until the rolls sound hollow when tapped.
- 9 After baking, transfer the bread rolls to a wire rack and eat as soon as possible. Otherwise, once they have cooled freeze the bread rolls to keep them fresh.

TRADITIONAL METHOD

- 1 Begin by adding dried yeast, sugar and 300 grams lukewarm water to small bowl. Stir together and let this rest in a warm spot for 10 minutes until activated and bubbly.
- 2 In a separate medium-sized bowl mix together psyllium husk and 200 grams water. Let the mixture sit for a few minutes until it forms a gel.
- 3 When ready, in a large bowl, add all ingredients including the psyllium gel and stir together well until completely incorporated.
- 4 Continue to mix for a few minutes until the dough doesn’t stick to the side of the bowl, however it will be sticky to the touch.
- 5 Follow steps 5–9 as per thermal method.

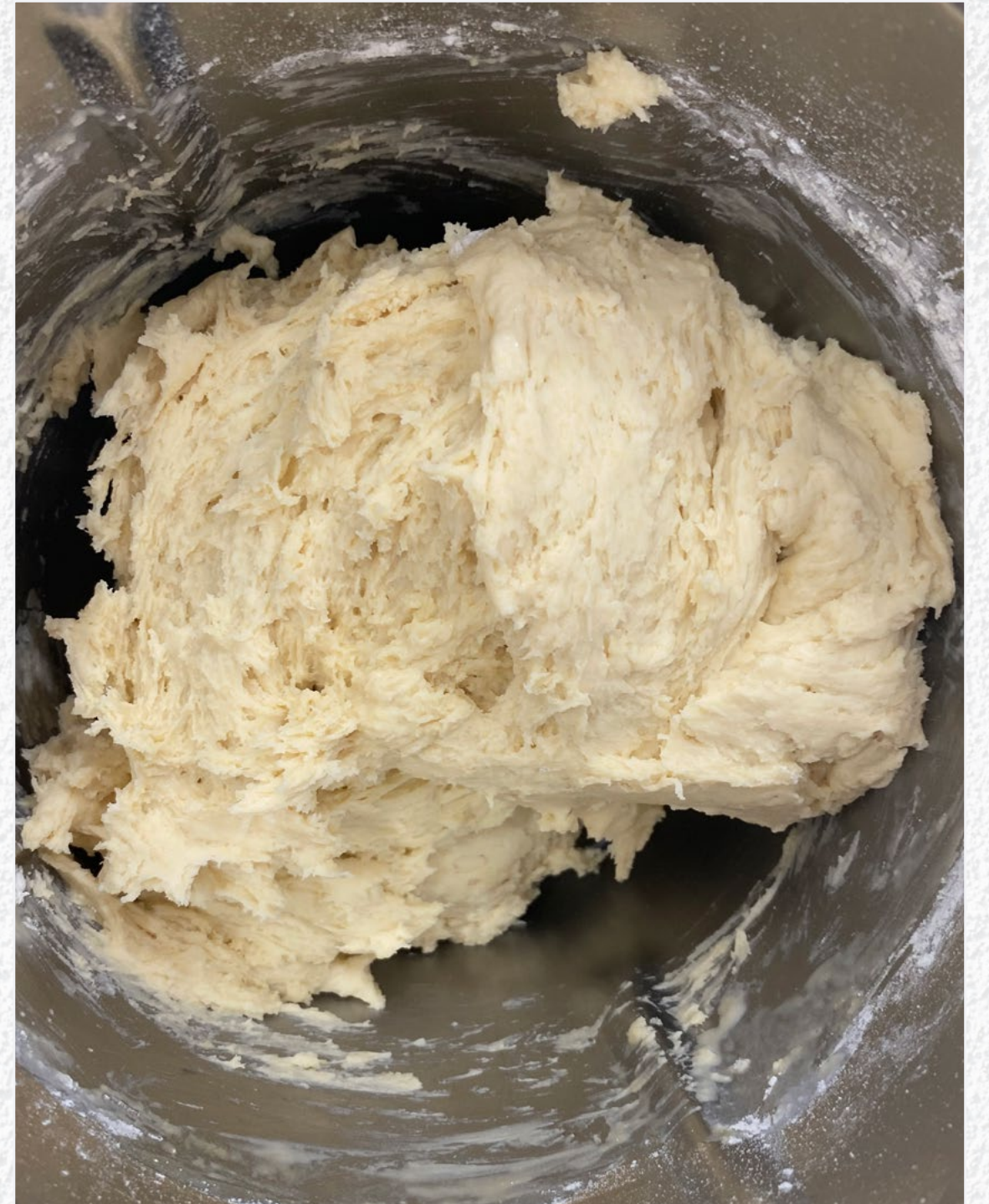
HINTS AND TIPS

- These are lovely eaten warm!
- If you have a bench mixer with a dough hook, you could use that instead of mixing by hand.
- The dough should come together and be a little sticky.

STORAGE

- Store for up to 24 hours in an airtight container, or for optimal freshness, as soon as they are cold store in an airtight container in the freezer for a few months.





wraps

INGREDIENTS

- 300 grams signature flour blend + extra for rolling
- 100 grams brown rice flour
- 1 teaspoon baking powder
- 1 teaspoon guar gum
- ½ teaspoon salt
- 50 grams butter (or refined coconut oil)
- 1–1½ cups boiling hot water

MAKES

12

It's like you're just heating the dough through. If you over cook the wrap it will go dry and crack making it impossible to roll. If it's cooking too fast turn the temperature down.

It's important to cover the wraps and allow them to sweat. This will create softer wraps.

THERMAL METHOD

- 1 Add all ingredients, apart from boiling water, and mix for 10 seconds/speed 7.
- 2 Turn the blades down to speed 2 and add boiling water slowly through the hole in the lid. Stop immediately once the dough becomes large pebbles. *
- 3 Flour the bench with a sprinkling of signature flour blend and tip out the dough. By hand knead the dough until it comes together into a ball. Shape it into a log shape and divide into 12 even pieces.
- 4 Preheat a dry frying pan over medium heat and roll one piece of dough into a wrap, 2 mm thick, adding more flour as needed to stop it from sticking.
- 5 Place one wrap at a time into the frying pan. Cook for 30–40 seconds, until air bubbles form, then flip and cook the other side. Flip before they go brown, it only needs to just cook the dough to heat through.
- 6 Remove from the frying pan and place onto a plate. Cover completely with a clean tea towel and continue to cook the remaining wraps, placing each wrap onto the plate under the towel.

TRADITIONAL METHOD

- 1 In a large bowl add all ingredients apart from boiling water. Using fingertips, rub in the butter or coconut oil until the mixture resembles very fine breadcrumbs.
- 2 Make a well in the middle of the mixture and add 1 cup of boiling water. Using a wooden spoon, stir the dough then add extra water, one tablespoon at a time and continue to stir the dough into a ball. Note—If you have a bench mixer with a dough hook, you could use that instead of mixing by hand.
- 3 Follow steps 3–6 as per thermal method.

HINTS AND TIPS

- Continuously dust the countertop with flour to prevent the wraps from sticking as you roll them out.
- Aim to roll them out thinly; thinner wraps work best.
- Maintain a moderate heat on the frying pan to avoid overcooking the wraps.
- Heat the wrap until it undergoes a slight colour change, then flip and 'cook' the other side. The objective is to cook off the flour.
- Place the cooked wraps under a tea towel, ensuring the edges are covered. Allow the cooked wraps to 'sweat' as this is what makes them soft.

- If you work swiftly, you can roll out the next wrap while one is cooking.
- When ready to eat, place them in the microwave for 20 seconds or wrap them in baking paper and warm them in the oven at 150°C for 10 minutes. This reheating process will restore their softness.

STORAGE

- Store these for up to 24 hours in an airtight container or freeze them once they have cooled completely.

**Be careful not to add too much water, but if you do, just add a little more flour. Add the water slowly in small amounts, then give it a few seconds to incorporate before adding more.*





naan bread

INGREDIENTS

- 410 grams cows milk
(or coconut milk from a carton)
- 3 teaspoons dried yeast
- 550 grams signature flour blend
- 1 teaspoon salt
- 2 tablespoons olive oil + ¼ cup
for cooking (or ghee)

MAKES

15

HINTS AND TIPS

- When ready to eat, place them in the microwave for 20 seconds or wrap them in baking paper and warm them in the oven at 150°C for 10 minutes. This reheating process will restore their softness.

STORAGE

- Store these for up to 24 hours in an airtight container or freeze them once they have cooled completely.

Refer to variations before actioning this step.

THERMAL METHOD

- 1 Add milk and heat, 5 minutes/37°C/speed 1. Then add dried yeast and heat for a further 2 minutes/37°C/speed 1.
- 2 Add flour, salt and olive oil, then stir 10 seconds/speed 6, then knead for 2 minutes.
- 3 Lightly oil a bowl and place the dough inside. Sit this somewhere warm (not in direct sunlight) and cover with a tea towel. Allow to rest and rise for 2–6 hours until puffy.
- 4 Sprinkle the bench with a little signature flour blend and tip out the dough. Roughly shape the dough into a log and divide into 15 pieces.
- 5 Preheat a frying pan over medium heat with a drizzle of olive oil or ghee (approx. 1 teaspoon). Roll one piece of dough approx. ½ cm thick adding more flour as needed to stop it from sticking to the bench.
- 6 Place the naan into the frying pan and cook until golden on one side, then flip to cook the other side before placing on a wire rack. Continue this process until all naans are cooked adding more olive oil or ghee to the pan as needed.

TRADITIONAL METHOD

- 1 Add milk into a saucepan and heat on low until it becomes lukewarm to the touch. Remove from the heat and add the dried yeast, mixing well. Let this sit for 10 minutes until the dried yeast becomes bubbly.
- 2 In a large bowl, stir together the flour, salt, and olive oil. Make a well in the middle and add the milk mixture.
- 3 Stir to combine until a smooth ball forms.
- 4 Follow steps 3–6 as per thermal method.

TOPPINGS—OPTIONAL

GARLIC NAAN

- ¼ cup melted butter or olive oil
- 5 garlic cloves, crushed

Mix together and brush onto cooked naans straight out of the frying pan.

CHEESY NAAN

- 1 cup freshly grated tasty cheese
- salt

Add a small amount of cheese (approx. 1 tablespoon) inside the middle of a piece of dough rolling the dough around the cheese (into a ball). Then roll out the naan bread and cook as per normal. Sprinkle with a pinch of salt once cooked.

SAAG NAAN

- 2 handfuls finely sliced baby spinach
- ¼ cup butter or olive oil
- 5 garlic cloves, crushed

Add a small amount of spinach (approx. 1–2 tablespoons) inside the middle of a piece of dough rolling the dough around the spinach (into a ball). Then roll out the naan bread and cook as per normal. Mix the melted butter and garlic together, and brush onto cooked naans straight out of the frying pan.



CHILLI CHEESY NAAN

- 1 cup freshly grated cheese
- 1 tablespoon dried chilli
- salt

Mix the cheese and chilli together, then add a small amount of mixture (approx. 1 tablespoon) inside the middle of a piece of dough rolling the dough around the mixture (into a ball). Roll out the naan bread and cook as per normal. Sprinkle with pinch of salt once cooked.



scrolls

INGREDIENTS

- 380 grams cows milk
(or coconut milk from a carton)
- 3 teaspoons dried yeast
- 550 grams signature flour blend
- 1 teaspoon salt
- 1 teaspoon guar gum
- 2 tablespoons olive oil

MAKES

16

There are unlimited variations for scrolls (see page 28 for some suggestions from us) or use your imagination and go wild!

THERMAL METHOD

- 1 Add milk and heat 5 minutes/37°C/speed 1. Then add dried yeast and cook for a further 2 minutes/37°C/speed 1.
- 2 Add flour, salt, guar gum and olive oil, then stir for 10 seconds/speed 6 then knead for 2 minutes. If the mixture is crumbly and dry, add an extra ¼–½ a cup of water while it's kneading until the dough forms a ball and is slightly sticky to the touch. Continue to knead for a further 2 minutes.
- 3 Lightly oil a bowl and place the dough inside. Place somewhere warm (not in direct sunlight) and cover with a tea towel. Allow to rest and rise for 2–6 hours until puffy.
- 4 Sprinkle the bench with a little signature flour blend and tip out the dough. Roughly shape the dough into a ball and roll out in a large rectangle, approx. 1 cm thick, flouring the rolling pin and bench to stop it from sticking.
- 5 Preheat oven to 180°C and line a large flat tray with baking paper.
- 6 Cover the top of the dough with toppings of choice, and follow individual instructions.

TRADITIONAL METHOD

- 1 Add milk into a saucepan and heat on low until it becomes lukewarm to the touch. Remove from the heat and add the dried yeast, mixing well. Let this sit for 10 minutes until the dried yeast becomes bubbly.
- 2 In a large bowl, stir together the flour, salt, guar gum and olive oil. Make a well in the middle and add the milk mixture.
- 3 Stir to combine until a smooth ball forms, then transfer to a slightly floured bench and knead by hand for 2 minutes.
- 4 Follow steps 3–6 of thermal method.

HINTS AND TIPS

- If wanting to reheat the scrolls, either place them in the microwave for 20 seconds or into a 150°C oven for 10 minutes. This reheating process will restore their softness.
- The sweet scrolls are lovely eaten cold, especially immediately after icing. This is a yummy dessert served with yoghurt or cream.
- Place a scroll into a lunchbox frozen, they should be defrosted by lunch and retain freshness.

STORAGE

- Store these for up to 24 hours in an airtight container or freeze them once they have cooled completely.
- Freezing the scrolls as soon as possible (once cold) in an airtight container will retain their optimal freshness. Layer between sheets of baking paper.



variations ideas

PIZZA SCROLLS

- ½ cup tomato paste
- 2 cups freshly grated tasty cheese
- 6 slices nitrate-free bacon, diced
- 1 cup pineapple pieces in juice, drained
- 2 cups finely diced baby spinach

Spread tomato paste evenly over dough, then add the toppings sprinkling out evenly as if you were making one huge pizza.

Starting at one edge of the dough, roll the dough into a scroll then slice each piece 2 cm thick and place onto an oven tray. Cook for approx. 20 minutes until golden brown and cooked through.

Allow to cool on a wire rack.

SWEET BERRY CUSTARD SCROLLS

- 1 cup frozen mixed berries
- 1 cup custard, cold *
- 1 cup icing sugar
- juice of 1 lemon

Cook this in a casserole dish, not an oven tray.

Spread custard evenly over the dough and sprinkle with berries.

Starting at one edge of the dough, roll the dough into a scroll lifting the dough up as it gets rolled in order to not push out all the custard. Slice each piece 2 cm thick and place into a casserole dish. Cook for approx. 20 minutes until golden brown and cooked through.

Allow to cool in the dish.

In a small bowl stir together the icing sugar and lemon juice until combined. Pour this over the cooked scrolls.

APPLE AND CINNAMON SCROLLS

- 1-2 red apples, peeled and diced into small cubes
- ½ cup preservative-free sultanas
- 3 teaspoons cinnamon
- 50 grams rapadura or coconut sugar

Evenly lay apple over the dough, sprinkle with sultanas, cinnamon and rapadura or coconut sugar.

Starting at one edge of the dough, roll the dough into a scroll then slice each piece 2 cm thick and place onto an oven tray. Cook for approx. 20 minutes until golden brown and cooked through.

Allow to cool on a wire rack.

In a small bowl stir together the icing sugar and milk until combined. Pour this over the cooked scrolls if desired.

ICING (OPTIONAL)

- 1 cup icing sugar
- 3 tablespoons milk of choice

**A custard recipe can be found on our website, additivefreelifestyle.com*



puff pastry

INGREDIENTS

- 340 grams signature flour blend + extra for rolling
- 100 grams frozen butter, cubed
- 60 grams frozen butter, shaved
- 4 ice cubes
- ½ cup to 1 cup cold water from the fridge, approx.
- ½ teaspoon salt

MAKES

1 yield

STORAGE

- This pastry needs to be made fresh, the raw dough does not freeze well.
- Cooked pastry freezes perfectly.

This is important— everything must be frozen and very cold.

THERMAL METHOD

- 1 Add flour, 100 grams frozen cubed butter, ice cubes and salt to mixing jug. Blitz for 10 seconds/speed 7. It should resemble breadcrumbs.
- 2 Turn machine onto speed 3 and drizzle cold water, slowly, through the hole in the lid. Once the dough turns into pebbles and starts to stick together, stop the machine.
- 3 Sprinkle the countertop with a little signature flour blend and tip out the dough. Form dough into a ball, wrap in baking paper and place in fridge for 30 minutes.

TRADITIONAL METHOD

- 1 Using a food processor, add flour and salt to the jug. Turn machine on high and feed 100 grams frozen cubed butter and ice through the chute one at a time. Blitz until it resembles breadcrumbs.
- 2 Turn machine down to a medium speed and slowly add cold water until the dough turns into pebbles and starts to stick together, stop the machine as soon as this happens.
- 3 Sprinkle the countertop with a little signature flour blend and tip out the dough. Form dough into a ball, wrap in baking paper and place in fridge for 30 minutes.

ROLLING THE DOUGH

- 1 Sprinkle the countertop with a little signature flour blend and roll out the dough into a large rectangle shape approx. ½ cm thick.
- 2 Working quickly, place half the shaved butter on one half of the dough, then flip the non-buttered side of dough on top of the buttered side (basically folding the dough in half like a buttered sandwich).
- 3 Sprinkle the bench with more flour if needed. Roll out the dough again to ½ cm thick rectangle, then turn the dough 90 degrees.
- 4 Place the remaining shaved butter on one half of the dough, then flip the other side of dough on top of the buttered side making a buttered sandwich once again.
- 5 Roll out to desired thickness, approx. 2–3 mm thick and use as desired.

HINTS AND TIPS

- This recipe will not work if the butter is not frozen. It won't 'puff'.
- Work quickly with this dough because it needs to be cold. If you live in a hot climate maybe roll the dough out in two batches otherwise the butter melts very quickly.
- If the butter does melt you'll find the dough may stick to the bench. Sprinkle more flour on the bench to stop it from sticking and work fast! If it does stick to the bench and melt, #dontstressit - just do your best. It'll still be yummy, but it just won't 'puff' as much.







Add 1 teaspoon of
vanilla bean paste
to make a 'sweet'
pastry for desserts.

shortcrust pastry

INGREDIENTS

230 grams signature flour blend
1 teaspoon guar gum
pinch of salt
130 grams butter, cubed, cold
(dairy-free vegan butter will work)
1 egg yolk + 1 whole egg,
whisked together
2–3 tablespoons cold water

MAKES

1 yield

HINTS AND TIPS

- Leave the baking paper on one side of the dough to help place the pastry into your greased dish by flipping the pastry upside down into the dish. Then peel the baking paper off.
- If it cracks while placing into the dish, #dontstressit, just push it together with your fingers.

STORAGE

- This pastry needs to be made fresh, the raw dough does not freeze well.
- Cooked pastry freezes perfectly.

THERMAL METHOD

- 1 Add flour, guar gum, salt, and butter into the mixing jug. Blitz 5 seconds/speed 7.
- 2 Turn the blades down to speed 2 and add the whisked egg to incorporate. Keep the blades going and drizzle the cold water through the hole in the lid until the mixture becomes a ball, then stop mixing.
- 3 Sprinkle the countertop with a little signature flour blend and tip out the dough. Form dough into a ball, wrap in baking paper and place in fridge for 30 minutes.

TRADITIONAL METHOD

- 1 Using a food processor add flour, guar gum, salt, and butter then pulse until the butter is completely chopped and the mixture resembles sand. If you don't have a food processor rub the butter into the flour using your fingertips, until it looks like fine breadcrumbs.
- 2 Add eggs and pulse, then turn onto medium speed and drizzle water down the chute until it forms into a ball. If doing by hand, make a hole in the centre of the mixture, add eggs and stir well to combine, then add a small drizzle of water, and continue mixing until it forms a ball.
- 3 Sprinkle the countertop with a little signature flour blend and tip out the dough. Form dough into a ball, wrap in baking paper and place in fridge for 30 minutes.

ROLLING THE DOUGH

- 1 Roll the dough between two pieces of baking paper to approx. 2 mm thick and cook as desired.



focaccia

INGREDIENTS

- 575 grams cows milk
(or cashew milk)
- 100 grams lukewarm water
- 2 teaspoons dried yeast
- 1 teaspoon sugar
(raw, rapadura, or coconut sugar
work well)
- 685 grams signature flour blend
- large pinch of salt
- 2 tablespoons olive oil

TOPPINGS

- 3 sprigs of rosemary, leaves only
- 1 teaspoon crushed garlic
- large pinch of salt
- ¼ cup olive oil

MAKES

10 pieces

THERMAL METHOD

- 1 Add milk and water into mixing jug and heat for 5 minutes/37°C/speed 1. Then add yeast and sugar, heat for a further 2 minutes/37°C/speed 1.
- 2 Follow steps 2–7 as per traditional method. This mixture is too large for a thermal machine.



TRADITIONAL METHOD:

- 1 Add milk and water into a saucepan and heat on low until it becomes lukewarm to the touch. Turn off the heat, add the yeast and sugar, stir together, and let this sit for 10 minutes until the yeast becomes bubbly.
- 2 Sift the flour and salt into a large bowl. Make a well in the middle and using electric beaters or bench mixer slowly pour in the milk mixture and olive oil. Mix for 5 minutes on medium-high speed.
- 3 Lightly oil a bowl and transfer the dough. Cover with a clean tea towel and sit this somewhere warm (not direct sunlight) until doubled in size. Time will vary depending on temperature and could take up to 4–6 hours in cold environments. Warmer areas may only require 2–3 hours.
- 4 In a large baking dish, cast iron frying pan, or oven tray, add ⅓ cup of olive oil. Tip dough into the dish and using fingertips, push the dough to spread into the dish making ‘dimples’ in the top. Oiling your fingers will stop it from sticking.
- 5 Add remaining oil evenly over the top of the dough, then sit this somewhere warm (not in direct sunlight) and cover with a tea towel. Allow to rise for an additional 30–60 minutes to puff up slightly.
- 6 Preheat oven to 200°C during the second rise. It is important to allow the oven to get to the correct temperature, do not attempt to cook while the oven is still warming up.
- 7 Sprinkle the top of the dough with rosemary, garlic, and salt and cook for approx. 30–35 minutes until well browned and cooked through.

HINTS AND TIPS

- This mixture is thick! It’s very sticky like a really thick cake batter.
- Using a cast-iron skillet like in the image will work best for this recipe, however, if you don’t own one that’s ok, it may just vary in cooking times.

STORAGE

- Store sliced focaccia for up to 24 hours in an airtight container, in the fridge for 24 hours. Otherwise, freeze slices once it has cooled completely separated between pieces of baking paper.

*For an added variation
sprinkle the top with
grated parmesan cheese
before cooking! YUM!*

*Or leave the rosemary off
and use freshly ground
black pepper instead.*



pizza base

INGREDIENTS

- 2 teaspoons dried yeast
- 250 grams lukewarm water
- 10 grams psyllium husk
- 100 grams water
- 5 grams 100% pure maple syrup
- 265 grams signature flour blend
- 140 grams brown rice flour
- 25 grams olive oil

MAKES

2

THERMAL METHOD

- 1 Begin by adding yeast and 250 grams lukewarm water to the mixing jug, then stir for 5 minutes/37°C/speed 1.
- 2 In a separate medium-sized bowl mix together psyllium husk, 100 grams water and maple syrup. Let the mixture sit for a few minutes until it forms a gel.
- 3 Once the yeast water is ready, add to the mixing jug all remaining ingredients including the psyllium gel. Mix for 10 seconds/speed 6, scrape down the sides. The mixture should be sticky to the touch, if not add a little more water and mix again.
- 4 Knead for 2 minutes, then transfer to a lightly oiled bowl and sit this somewhere warm (not direct sunlight) covered with a clean tea towel until doubled in size. Time will vary depending on temperature and could take up to 3–6 hours in cold environments. Warmer areas may only require 2–3 hours. Don't overprove or it'll flop.
- 5 Once the dough has doubled in size, preheat oven to 200°C allowing it to reach temperature before cooking the pizza bases.
- 6 Line a pizza tray with baking paper and using wet or floured hands, push out the dough into a pizza base. If you like thick bases allow to rise again. If not, cook now for 10 minutes. See hints and tips.
- 7 Once partially cooked, add toppings of choice and continue to bake until toppings are cooked and the bottom of the base is crispy. If it's cooking too fast turn the oven down to 170°C.

TRADITIONAL METHOD

- 1 Begin by adding yeast and 250 grams lukewarm water to a small bowl. Stir together and let this rest in a warm spot for 10 minutes until activated and bubbly.
- 2 In a separate medium-sized bowl mix together psyllium husk, 100 grams water and maple syrup. Let the mixture sit for a few minutes until it forms a gel.
- 3 When ready, in a large bowl, add all ingredients including the psyllium gel and stir together until completely incorporated. This mixture will be sticky.
- 4 Scrape down the sides and sit this somewhere warm (not direct sunlight) covered with a clean tea towel until doubled in size. Time will vary depending on temperature and could take up to 3–6 hours in cold environments. Warmer areas may only require 2–3 hours. Don't overprove or it'll flop.
- 5 Follow steps 5–7 as per thermal method.

HINTS AND TIPS

- This mixture is very sticky!
- Partially cooking the pizza dough will give the perfect crunch once fully cooked with the toppings.

STORAGE

- You can partially cook the dough and store them in an airtight container in the freezer waiting for a busy night.





**The trick with fantastic gnocchi is using the correct potato. Desiree potatoes are generally the best (they have a pink skin).*



gnocchi

INGREDIENTS

900 grams desiree potatoes *

½ cup brown rice flour + extra for rolling

½ cup signature flour blend

1 large egg

pinch of salt

SERVES

6

HINTS AND TIPS

- Adding the flour and other ingredients is best to add when the potatoes are still warm. It will help bind the mixture together.

STORAGE

- Once the gnocchi is cooked, it can be frozen by preparing a tray with baking paper. Lay cooked gnocchi flat on the baking paper ensuring none are touching each other. Once frozen, they can be transferred to a bag. Reheat gnocchi from frozen in boiling water or pan fry.

METHOD

- 1 Peel potatoes and dice into approx. 3 cm pieces. Place into a large saucepan and cover with water. Boil potatoes until they are cooked through and tender (not mushy).
- 2 Drain potatoes and discard water. Place potatoes back into the saucepan and mash with a potato masher until smooth (don't over mash or they'll become sticky and gloopy).
- 3 Add both flours, egg, and salt and using a wooden spoon, stir to combine until it forms a ball.
- 4 Sprinkle the bench with a little signature flour blend and tip out the dough. Form the dough into a large log and chop into eight even pieces.
- 5 Using the palm of the hand, roll each of these pieces into a long log (about the thickness of a thin beef sausage) then chop little pieces of gnocchi approx. 2 cm long.
- 6 Using a fork, push an imprint down into the gnocchi. If you want to get fancy, roll the fork along the little piece to form it into a cylinder shape.

COOKING THE GNOCCHI

OPTION 1

- 1 In a large pot of water, add ½ teaspoon of salt and bring it to the boil. Once boiling add the gnocchi, being careful to not overcrowd the pot. Once the gnocchi floats to the top it's cooked, this will only take a couple of minutes. Repeat until all the gnocchi is cooked.
- 2 Remove from the pot and stir through sauce of choice.

OPTION 2

- 1 Heat 2 tablespoons of butter, 1 teaspoon garlic and a few sprigs of fresh sage into a frying pan. Heat until butter has melted then add gnocchi, being careful to not overcrowd the pan. Stir and cook each side until golden brown.



pancake/pikelets

INGREDIENTS

130 grams signature flour blend

120 grams brown rice flour

2 teaspoons baking powder

½ teaspoon bicarb soda

1 egg

1 teaspoon vanilla bean paste

400 grams milk of choice
(may require an extra 50 grams)

50 grams sugar
(raw, rapadura, or coconut sugar
work well)

¼ cup butter for frying
(could also use ghee or refined
coconut oil)

MAKES

15 small pikelets

*These aren't just great
for breakfast! Once cold,
top with butter and jam
for lunchboxes.*

THERMAL METHOD

- 1 Add all ingredients (except the butter for frying) to the mixing jug and stir well to combine, 20 seconds/speed 4. If the batter is too thick add another 30–50 grams of milk. It needs to be thick but still pourable.

TRADITIONAL METHOD

- 1 Add all ingredients (except the butter for frying) to a large bowl and using a whisk or electric beaters, mix to combine well. If the batter is too thick add another 30–50 grams of milk. It needs to be thick but still pourable.

VARIATIONS

- At step one add in 30 grams of additive-free vanilla protein powder.
- At step one add in two diced apples and a heaped teaspoon of cinnamon powder for an apple twist. Cook on a lower heat for longer to cook the apple through.
- Once you pour the mixture into the pan, sprinkle on top of the wet dough (before it cooks) some blueberries or choc chips. Cook one side then flip to cook the other side.

HINTS AND TIPS

- These are perfect eaten cold, making them a great lunchbox or afternoon tea snack.
- If you are going camping add all dry ingredients into a bottle. Then while away add wet ingredients and shake the mixture until incorporated well.

STORAGE

- Once cool store between sheets of baking paper for up to 24 hours in an airtight container, in the fridge or freeze cooked pancakes.



bircher muesli with berry compote

INGREDIENTS

BIRCHER

- 70 grams buckwheat kernels
- 30 grams almond flakes
- 1 teaspoon flaxseed meal
- 30 grams sunflower seeds
- 15 grams chia seeds
- 40 grams vanilla protein powder *
- 150 grams milk of choice
- 150 grams greek yoghurt (or coconut yoghurt)

BERRY COMPOTE

- 1 cup frozen mixed berries
- 1 teaspoon gelatine (refer to hints and tips)
- 2 tablespoons water

SERVES

2

METHOD

- 1 Incorporate all bircher ingredients in a bowl and then separate into two jars. Sit in the fridge to rest while you make the topping.
- 2 In a saucepan on low heat add the mixed berries, gelatine and water stirring together well. Cook until berries are tender and then mash with a fork.
- 3 Allow the berries to cool down in the pot for 15-20 minutes and then gently pour on top of the bircher over the back of a spoon. Place in the fridge to set for at least an hour (overnight is best).

HINTS AND TIPS

- Double or even triple the recipe and experiment with different fruits for the compote.
- Be sure to source a pure gelatine made from grass fed cows.

STORAGE

- These store for 3-4 days in the fridge depending on the expiry date of the milk.

This recipe is VERY versatile. Use whatever nuts and seeds you like!

** Be sure to use the scanner in our additive-free lifestyle app when purchasing protein powder. They can often be filled with nasty additives!*

These are delicious for breakfast, but also make a great afternoon snack.



granola

INGREDIENTS

- 90 grams cashews
- 80 grams macadamias
- 110 grams almonds
- 80 grams walnuts
- 100 grams shredded coconut
- 80 grams coconut oil
- 30 grams 100% pure maple syrup
- 100 grams preservative-free dried fruit of choice

MAKES

6 serves

When buying dried fruit, be sure to get preservative-free. Sulphites found in dried fruit can be harmful to asthmatics.

This recipe is VERY versatile. Use whatever nuts, seeds and fruit you like!

THERMAL METHOD

- 1 Preheat oven to 200°C and line a large oven tray with baking paper.
- 2 Place all nuts into mixing jug and turbo for 0.5 seconds, twice. The nuts still need to be chunky but chopped a little bit.
- 3 Add all remaining ingredients, except the dried fruit, and mix 30 seconds/speed 2/reverse.
- 4 Spread this evenly over the oven tray and cook for 10 minutes. Stir and then cook for a remaining 5–8 minutes or until golden.
- 5 Allow to cool on the oven tray then mix in the dried fruit.

TRADITIONAL METHOD

- 1 Preheat oven to 200°C and line a large oven tray with baking paper.
- 2 Using a sharp knife, dice all nuts into chunky pieces and place into a large bowl.
- 3 Add all remaining ingredients, except the dried fruit, and mix together well.
- 4 Spread this evenly over the oven tray and cook for 10 minutes. Stir and then cook for a remaining 5–8 minutes until golden.
- 5 Allow to cool on the oven tray then mix in the dried fruit.

HINTS AND TIPS

- Keep an eye on the granola in the oven because it can burn within seconds. Ensure to mix from the outside in because the outside will cook quicker.

STORAGE

- Store in an airtight container in the cupboard, this mixture will last for months.



potato rosti

INGREDIENTS

4 desiree potatoes
1 large carrot
2 large eggs
½ cup signature flour blend
1 teaspoon mixed herbs
pinch of salt and pepper
olive oil for frying
(could also use ghee or refined coconut oil)

TOPPING IDEAS

bacon, nitrate-free
grilled or poached egg
grilled tomatoes
fresh garden salad
micro herbs
tomato relish
black pepper

SERVES

6

METHOD

- 1 Wash and peel potatoes and carrot, then coarsely grate. Add to a large mixing bowl along with all remaining ingredients. Mix until well incorporated.
- 2 Heat 1 tablespoon of oil in a large frying pan over a medium heat. Dollop ½ cup of mixture into the frying pan, cooking 3–5 minutes each side, or until golden brown.
- 3 Drain on paper towel and repeat until all the mixture has been cooked.
- 4 Serve with salad and toppings of choice.

HINTS AND TIPS

- If you want them perfectly round grease an egg ring and cook in that.

STORAGE

- Once cool store between sheets of baking paper for up to 24 hours in an airtight container, in the fridge. Freeze cooked rosti's separated by sheets of baking paper.
- To reheat, place in a warm frying pan, over a low-medium heat and cook until warmed through.



crackers

INGREDIENTS

10 grams psyllium husk
120 grams water
80 grams flaked almonds
40 grams pepitas
20 grams linseeds
35 grams black sesame seeds
1/2 teaspoon salt
65 grams butter or refined coconut oil
1 teaspoon guar gum
180 grams signature flour blend
60 grams raw honey

MAKES

approx. 90 crackers

STORAGE

- Once cooled down these freeze really well. They are great straight from the freezer or will defrost quickly if left out for a few minutes.

THERMAL METHOD

- 1 Preheat oven to 170°C and place a large oven tray on the bench.
- 2 In a small bowl add water and psyllium husk, incorporating well. Let rest for a few moments to form a gel.
- 3 Add everything to mixing jug (including psyllium gel) and mix for 10 seconds/speed 3/reverse or until well incorporated. You may need to scrape down the sides and repeat.
- 4 Divide the mixture in half and roll one half out between two sheets of baking paper until flat and 1–2 mm thin. Remove the top piece of baking paper.
- 5 Transfer the rolled out dough mixture (left on the bottom sheet of baking paper) to the oven tray and sprinkle with a little salt.
- 6 Using a knife or pizza cutter, cut the dough into crackers.
- 7 Cook for 20 minutes or until golden brown and cooked through. Often the outside pieces will cook before the inside, so remove these if needed and place on a wire rack to cool, then continue to cook the remaining batch.

TRADITIONAL METHOD:

- 1 Preheat oven to 170°C and place a large oven tray on the bench.
- 2 In a small bowl add water and psyllium husk, incorporating well. Let rest for a few moments to form a gel.
- 3 Add everything to a large bowl (including psyllium gel) and mix until well incorporated.
- 4 Follow steps 4–8 as per thermal method.



scones

INGREDIENTS

2½ cups signature flour blend
1 cup brown rice flour
1 teaspoon guar gum
7 teaspoons baking powder
2 tablespoons caster sugar
1 teaspoon vanilla bean paste
1¼ cups soda water
1 cup pure pouring cream

TOPPINGS

jam
whipped cream

MAKES

approx. 20

METHOD

- 1 Preheat oven to 200°C and line an oven tray with baking paper.
- 2 In a large bowl double-sift together both flours, guar gum, baking powder and sugar by sifting into one bowl, then sifting again into a second bowl.
- 3 Make a well in the centre and add vanilla bean paste, soda water and cream. Using a butter knife, fold the mixture until only just incorporated.
- 4 Tip out the dough onto the baking paper and dust the top with a little flour. Using floured hands, pat softly into a rectangle and using a floured butter knife, slice into square scones all the way through.
- 5 Cook in the oven for 15 minutes then turn the oven down to 150°C and cook for another 15 minutes or until cooked through.
- 6 Serve warm or cold topped with jam and cream.

HINTS AND TIP

- This mixture needs to be a little sticky and wet. If it's dry they will be dense and won't cook properly so add some more soda water if needed.
- Don't overwork the dough, once it comes together stop mixing and transfer to the baking paper.
- Flour your hands and the top of the dough to stop it from sticking.
- Cooking time will vary depending on how thick the scones are.

STORAGE

- These freeze well in an airtight container. To defrost simply leave out at room temperature in an airtight container, then reheat for 10–15 minutes in the oven on 150°C.

Do not skip step 2
as this is what helps
to create light and
fluffy scones.





savoury muffins

INGREDIENTS

150 grams cheddar cheese
(can use dairy-free)

1 large carrot

1 large handful of baby spinach
leaves

2 large eggs

1 tablespoon mixed herbs

280 grams signature flour blend

3 teaspoons baking powder

260 grams milk of choice

4 rashers nitrate-free bacon, diced

60 grams frozen corn

pinch of salt

MAKES

12

THERMAL METHOD

- 1 Preheat oven to 200°C and prepare a muffin tray by greasing each hole with butter and a coating of flour.
- 2 Roughly dice cheese into cubes, cut carrot into 3–4 pieces and add these, along with baby spinach into the mixing jug. Blitz for 10 seconds/speed 7.
- 3 Add all remaining ingredients and mix for 10 seconds/speed 4/reverse. Scrape down the sides and stir the rest with a spatula.
- 4 Fill each muffin hole about three-quarters full and bake for 20 minutes or until a skewer comes out clean.
- 5 Cool on a wire rack.

TRADITIONAL METHOD

- 1 Preheat oven to 200°C and prepare a muffin tray by greasing each hole with butter and a coating of flour.
- 2 Grate cheese and carrot and finely dice the spinach.
- 3 Add all ingredients to a large bowl and stir together, mixing well to ensure all the flour is incorporated.
- 4 Fill each muffin hole about three-quarters full and bake for 20 minutes or until a skewer comes out clean.
- 5 Cool on a wire rack.

HINTS AND TIPS

- These do not cook well in paper cases because they stick. We recommend using a silicon muffin tray or butter and flour a muffin tray.

STORAGE

- These freeze well in an airtight container. To defrost simply leave out at room temperature in an airtight container, then reheat for 10–15 minutes in the oven on 150°C or enjoy cold.

caramel slice

INGREDIENTS

BISCUIT BASE

- 40 grams desiccated coconut, preservative-free
- 60 grams brown or rapadura sugar
- 50 grams flaked almonds
- 100 grams butter (vegan dairy-free works well)
- 80 grams signature flour blend

CARAMEL MIXTURE

- 1 x 395 gram tin condensed milk (or coconut milk version)
- 20 grams butter (vegan dairy-free works well)
- 50 grams golden syrup

CHOCOLATE TOPPING

- 200 grams milk or dark chocolate

SERVES

15-18

If the caramel is too sweet use the tahini recipe for the Twix-ish bars on page 90.

THERMAL METHOD

- 1 Preheat oven to 180°C and line a 27.5 cm x 17.5 cm rectangle slice tin with baking paper.
- 2 Start by making the biscuit base. Melt the butter in the mixing jug for 2 minutes/60°C/speed 4.
- 3 Add all remaining biscuit base ingredients and stir to combine, 5 seconds/speed 3/reverse.
- 4 Transfer the mixture into the prepared tin and flatten down evenly (damp fingers help to stop it sticking).
- 5 Bake for 10 minutes, then sit the tin on a wire rack to cool while making the caramel filling. Turn oven down to 160°C. Wash mixing jug and dry well.
- 6 Now make the caramel filling by adding all caramel ingredients to mixing jug and melt for 4 minutes/60°C/speed 1.
- 7 Pour this on top of the biscuit base and bake again for 18 minutes. Remove from the oven and cool the slice in the tin on a wire rack for 20 minutes or until the bottom of the tin is warm but not hot. Then place in the fridge to cool completely. Wash mixing jug and dry well.
- 8 Break the chocolate into bits and place in the mixing jug and melt 3 minutes/60°C/speed 1. Repeat until completely melted.
- 9 Pour on top of the caramel and place back in the fridge for 20 minutes. Set a timer.
- 10 Slice the pieces through the chocolate layer only, then place back in the fridge for another hour or so until the slice is completely set (if you can resist).

TRADITIONAL METHOD

- 1 Preheat oven to 180°C and line a 27.5 cm x 17.5 cm rectangle slice tin with baking paper.
- 2 Start by making the biscuit base. On low-medium heat melt the butter in a saucepan and take off the heat once done.
- 3 Add all remaining biscuit base ingredients and stir to combine.
- 4 Transfer the mixture into the prepared tin and flatten down evenly (damp fingers help to stop it sticking).
- 5 Bake for 10 minutes, then sit the tin on a wire rack to cool while making the caramel filling. Turn oven down to 160°C.
- 6 Now make the caramel filling by adding all caramel ingredients to a clean saucepan and over low-medium heat stir until completely melted.
- 7 Pour this on top of the biscuit base and bake again for 18 minutes. Remove from the oven and cool the slice in the tin on a wire rack for 20 minutes or until the bottom of the tin is warm but not hot, then place in the fridge to cool completely.
- 8 Break up the chocolate and melt over a double boiler until only just melted.
- 9 Pour on top of the caramel and place back in the fridge for 20 minutes. Set a timer.
- 10 Slice the pieces through the chocolate layer only, then place back in the fridge for another hour or so until the slice is completely set (if you can resist).



HINTS AND TIPS

- Slicing through the chocolate layer before it sets completely helps to stop the chocolate cracking.

STORAGE

- Store the slice in an airtight container, in the fridge, for up to a week (if it will last that long!). Alternatively this freezes well.



hot cross buns

INGREDIENTS

- 220 grams cows milk
(or coconut milk from a carton)
- 3 teaspoons dried yeast
- 20 grams raw or rapadura sugar
- 235 grams signature flour blend
- 150 grams brown rice flour
- 2 teaspoons baking powder
- 1 teaspoon guar gum
- 3 large eggs, whisked together
- 2 teaspoons ground cinnamon
- 1 teaspoon mixed spice
- 1 teaspoon nutmeg
- pinch of salt
- ¾ cup cranberries or sultanas
- ¼ cup raisins
- ⅛ cup signature flour blend
for dusting

CROSS INGREDIENTS

- 3 tablespoons signature flour blend
- 3 tablespoons water

GLAZE INGREDIENTS

- 2 tablespoons brown or rapadura sugar
- 2 tablespoons boiling hot water

MAKES

8 buns

THERMAL METHOD

- 1 Line an oven tray with baking paper.
- 2 Add milk to mixing jug and heat for 5 minutes/37°C/speed 1. Then add yeast and sugar and heat for a further 3 minutes/37°C/speed 1.
- 3 Add both flours, baking powder, guar gum, whisked eggs, spices and salt. Mix for 10 seconds/speed 6.
- 4 Add dried fruit and mix for 10 seconds/speed 4/reverse.
- 5 Sprinkle some signature flour blend onto the bench and tip out the dough. Sprinkle a little more flour on top and roll the dough into a log, try not to overwork the dough.
- 6 Cut out 8 pieces and gently roll them into a ball, placing each ball onto the baking paper.
- 7 Sit this somewhere warm (not in direct sunlight) and cover with a tea towel. Time will vary depending on temperature and could take up to 3–6 hours in cold environments. Warmer areas may only require 2–3 hours. Don't overprove or they'll flop.
- 8 Preheat oven to 200°C allowing for it to come to temperature before baking the buns.
- 9 To make the cross mixture—in a small bowl, mix the cross ingredients together, then pipe the crosses onto the buns.
- 10 Bake in oven for 20 minutes until golden brown.
- 11 While the buns are baking, make the glaze by stirring the hot water and sugar together until it dissolves.
- 12 As soon as the buns are out of the oven glaze with syrup using a pastry brush.

When buying dried fruit, be sure to get preservative-free. Sulphites found in dried fruit can be harmful to asthmatics.

* If the mixture is too dry add a drizzle of water, the dough needs to be slightly sticky. If it's too dry it won't rise.

TRADITIONAL METHOD

- 1 Line an oven tray with baking paper.
- 2 Add milk into a saucepan and heat on low until it becomes lukewarm to the touch. No hotter than body temperature. Turn off the heat, add the yeast and sugar, stir together and let this sit for 10 minutes until the yeast becomes bubbly.
- 3 In a large bowl mix together both flours, baking powder, guar gum, spices and dried fruit. Make a well in the centre and add whisked egg and yeast/milk mixture. Using a butter knife stir together until flour is all incorporated. *
- 4 Follow steps 5–12 as per thermal method.

HINTS AND TIPS

- It's important that this dough is sticky and not overworked. If it's too dry add a little water until it becomes sticky to the touch and then use flour on top to stop it sticking to your hands.
- ## STORAGE
- These will remain fresh for 24 hours stored in an airtight container, otherwise freeze once completely cooled.
 - To defrost simply leave out at room temperature in an airtight container, then reheat for 10–15 minutes in the oven on 150°C or toast in a frying pan. Serve with a spread of butter.



chocolate cake

INGREDIENTS

- 150 grams coconut oil (or butter)
- 125 grams rapadura, raw, or coconut sugar
- 1 teaspoon vanilla bean paste
- 3 large eggs
- 430 grams signature flour blend
- 4 teaspoons baking powder
- 50 grams cacao powder
- 50 grams greek yoghurt (or coconut yoghurt)
- 400–450 grams cows milk (or coconut milk from a carton)

ICING INGREDIENTS

- 200 grams icing sugar
- 2 tablespoons cacao powder
- 20 grams butter (vegan dairy-free works well)
- 2–3 tablespoons milk of choice

SERVES

8

THERMAL METHOD

- 1 Preheat oven to 160°C and line a 20 cm round cake tin with baking paper.
- 2 Using the whipping tool, cream the coconut oil (or butter) and sugar for 10 seconds/speed 4. Scrape down sides and under blades as best as possible and repeat three more times until it's nice and creamy.
- 3 Add vanilla bean paste and mix 5 seconds/speed 3.
- 4 Leave blades on speed 3 and add the eggs, one at a time, through the hole in the lid and mix for 10–15 seconds, until well combined.
- 5 Remove whipping tool and scrape off any mixture.
- 6 Add flour, baking powder, cacao powder, yoghurt and milk. Mix 10 seconds/speed 4. Scrape down sides and repeat, adding more milk if needed (see post it note).
- 7 Pour the batter into prepared cake tin and cook for 40–45 minutes until a skewer comes out clean.
- 8 Allow to cool in tin for five minutes, then tip out onto a wire rack to cool completely before icing.

ICING

- 1 In a clean mixing jug, add all icing ingredients into the mixing jug and mix for 10 seconds/speed 4, or until well combined. Scrape down sides and repeat if needed.

Different brands of flour soak up less or more moisture. Start with 400 grams and add more if needed.

TRADITIONAL METHOD

- 1 Preheat oven to 160°C and line a 20 cm round cake tin with baking paper.
- 2 Using electric beaters, beat the coconut oil (or butter) and sugar until nice and creamy. Approx. 5 minutes on medium speed.
- 3 Add the vanilla bean paste and mix until well combined.
- 4 Add the eggs one at a time, beating well between each one.
- 5 In a separate large bowl sift the flour, baking powder and cacao powder together. Make a well in the middle and add in the wet ingredients, including the milk and yoghurt. Stir to incorporate. If it's really thick add a little more milk (see post it note).
- 6 Pour the batter into prepared cake tin and cook for 40–45 minutes until a skewer comes out clean.
- 7 Allow to cool in tin for five minutes, then tip out onto a wire rack to cool completely before icing.

ICING

- 1 In a clean bowl, add all ingredients together, then using electric beaters mix until smooth and there are no lumps.



HINTS AND TIPS

- Make into cupcakes, just adjust the cooking time to suit (approx. 15–20 minutes).

STORAGE

- Store the cake in an airtight container, in the fridge, for up to 48 hours. Otherwise it freezes well iced and all.



To create a plain vanilla cake, use the chocolate cake recipe on page 68, however, omit the cacao powder and add an extra 2-3 teaspoons of vanilla bean paste.

To create vanilla icing, again, leave out the cacao and replace with 1 teaspoon vanilla bean paste.



banana bread

INGREDIENTS

2–3 overripe small bananas, peeled
50 grams raw honey
(or 100% pure maple syrup)
50 grams rice malt syrup
(or raw, rapadura or coconut sugar)
2 large eggs
200 grams signature flour blend
2 teaspoons baking powder
pinch of salt

SERVES

10

*A few variations to try:
Add a large handful of
frozen raspberries or
frozen blueberries to the
batter before baking.*

*Another idea—sprinkle
a handful of crushed
walnuts over the top for
a little extra crunch or lay
banana slices on top of
the batter before baking.*

THERMAL METHOD

- 1 Preheat oven to 160°C and line a loaf tin with baking paper.
- 2 Add all ingredients into mixing jug and mix for 15 seconds/speed 4. Scrape down the sides and repeat if needed.
- 3 Pour batter into prepared loaf tin and bake for 40–45 minutes until a skewer comes out clean. Cooking time will vary depending on how ripe and large the bananas were.
- 4 Allow to cool in the tin for 5 minutes before turning out on a wire rack.

TRADITIONAL METHOD

- 1 Preheat oven to 160°C and line a loaf tin with baking paper.
- 2 Add peeled bananas to a large bowl and mash with a fork. Add all remaining ingredients and mix until well incorporated.
- 3 Follow steps 3–4 as per thermal method.

HINTS AND TIPS

- For the best banana bread use overripe bananas. You can freeze bananas peeled or not, just defrost the banana before baking.

STORAGE

- Store the bread in an airtight container, in the fridge, for up to 48 hours. Otherwise it freezes well. We like to pre-slice the bread so we can grab a piece at a time rather than having to defrost the whole loaf.

lemon loaf

INGREDIENTS

- 3 large eggs
- 1 teaspoon vanilla bean paste
- zest of 1 lemon *
- (keep the juice for the icing)
- 180 grams sour cream
- (or greek or coconut yoghurt)
- 240 grams signature flour blend
- 2 teaspoons baking powder
- 60 grams caster sugar

ICING

- 200 grams icing sugar
- juice of 1 lemon
- (approx. 1 tablespoon)
- 2 tablespoons butter
- (vegan dairy-free works well)

OR

- 125 grams cream cheese
- 3-5 tablespoons icing sugar
- 1 tablespoon lemon juice

SERVES

10

THERMAL METHOD

- 1 Preheat oven to 160°C and grease and line a small loaf tin with baking paper.
- 2 Place eggs, vanilla, lemon zest, and sour cream (or yoghurt) into the mixing jug and mix for 10 seconds/speed 4.
- 3 Add all remaining loaf ingredients and mix again for 20 seconds/speed 4. Scrape down the sides and incorporate the rest with a spatula.
- 4 Pour the batter into the prepared loaf tin and bake for 35-45 minutes, or until a skewer comes out clean (this will depend on the size of your loaf tin).
- 5 Leave in tin for 5 minutes, then turn out onto a wire rack to cool completely before icing.

ICING

- 1 In a clean mixing jug, add all icing ingredients together and mix for 10 seconds/speed 4. Spread over the loaf and leave somewhere cool to set.

**To make lemon zest, peel a lemon with a veggie peeler trying not to get any white part of the peel. Turn the thermal machine to speed 9 and add lemon peel through the hole in the lid whilst the blades are going. Scrape down the sides and whizz again, repeating 2-3 times.*

Freeze leftover zest for other recipes.

TRADITIONAL METHOD

- 1 Preheat oven to 160°C and grease and line a small loaf tin with baking paper.
- 2 Place eggs, vanilla, lemon zest, and sour cream (or yoghurt) into a bowl. Using an electric mixer, on medium speed, beat until smooth and creamy, about 2-3 minutes.
- 3 Add everything else and mix until fully combined and there are no lumps.
- 4 Pour the batter into the prepared loaf tin and bake for 35-45 minutes, or until a skewer comes out clean (this will depend on the size of your loaf tin).
- 5 Leave in tin for 5 minutes, then turn out onto a wire rack to cool completely before icing.

ICING

- 1 Add all icing ingredients together in a medium bowl, then using electric beaters mix until smooth and there are no lumps. Spread over loaf and leave somewhere cool to set.

HINTS AND TIPS

- The size of the loaf tin won't really matter, it'll just mean you have a higher or flatter loaf depending on the size. We have made this in an enamel pie dish and it was perfect.

STORAGE

- Store the loaf in an airtight container, in the fridge, for up to 48 hours. Otherwise it freezes well iced and all. We like to pre-slice the loaf so we can grab a piece at a time rather than having to defrost the whole loaf.





lemon kiss biscuits

INGREDIENTS

- zest of 1 lemon *
- (keep the juice for the icing)
- 100 grams raw sugar
- 100 grams icing sugar
- 250 grams butter
- (vegan dairy-free works well)
- 1 teaspoon vanilla bean paste
- 2 large eggs
- 35 grams tapioca flour
- 3 cups signature flour blend
- 6 teaspoons baking powder

ICING

- 200 grams icing sugar
- 20 grams butter
- (vegan dairy-free works well)
- 2 tablespoons lemon juice
- ½ teaspoon vanilla bean paste

SERVES

20

THERMAL METHOD

- 1 Preheat oven to 160°C and line 2 flat baking trays with baking paper.
- 2 Insert whipping tool into mixing jug, then add lemon zest, both sugars, and butter and beat for 10 seconds/speed 4. Scrape down the sides and repeat until smooth and creamy.
- 3 Add vanilla and eggs and mix for 5 seconds/speed 4.
- 4 In a large bowl sift the flours and make a well in the middle. Add butter mixture to the flour and fold to combine. If it's too dry add ¼ cup of milk.
- 5 Roll teaspoon-sized amounts into small balls and flatten with the back of a fork.
- 6 Bake in the oven for approx. 15 minutes or until golden brown. Transfer to a wire rack and allow to cool completely before icing.
- 7 Make the icing and join cold biscuits together.

ICING

- 1 Add all ingredients to a clean mixing jug and mix for 10 seconds/speed 4. Scrape down sides and repeat if needed.

**To make lemon zest, peel a lemon with a veggie peeler trying not to get any white part of the peel. Turn the thermal machine to speed 9 and add lemon peel through the hole of the lid whilst the blades are going. Scrape down the sides and whizz again, repeating 2-3 times.*

Freeze leftover zest for other recipes.

TRADITIONAL METHOD

- 1 Preheat oven to 160°C and line 2 flat baking trays with baking paper.
- 2 Add lemon zest, both sugars, and butter to bowl. Using electric beaters, mix on medium speed until smooth and creamy.
- 3 Add vanilla and eggs and mix on medium speed until incorporated well.
- 4 Follow steps 4-7 as per thermal method.

ICING

- 1 Add all ingredients together in a medium bowl, then using electric beaters mix until smooth and there are no lumps.

HINTS AND TIPS

- You can swap the lemon for orange or lime.
- Don't make the biscuits too big because you will be joining two together.

STORAGE

- These store well in an airtight container for a couple of days, otherwise they freeze well iced and all. Separate layers with a sheet of baking paper.





chocolate muffins with a twist

INGREDIENTS

- 1 x 420 gram tin black beans
- 3 large eggs
- 30 grams cacao powder
- 70 grams cassava flour
- 130 grams greek or coconut yoghurt
- 80 grams rapadura or coconut sugar
- 2 teaspoons baking powder
- 1 teaspoon vanilla bean paste
- ½ cup choc chips to decorate

MAKES

8

HINTS AND TIPS

- You can use kidney beans, however, they aren't quite as sweet.
- Try stirring through a handful of frozen raspberries into the batter before baking.

STORAGE

- These store well in an airtight container for a couple of days, otherwise they freeze well. Separate between a sheet of baking paper if stacking them in a container.

THERMAL METHOD

- 1 Preheat oven to 170°C and prepare a muffin tray by greasing each hole with butter and a coating of flour.
- 2 Drain and rinse beans under water shaking off any excess water.
- 3 Add beans to the mixing jug along with the eggs. Blitz 10 seconds/speed 6. Scrape down the sides and repeat.
- 4 Add everything else, except the choc chips, to the mixing jug and mix for 10 seconds/speed 4.
- 5 Fill each muffin hole about three-quarters full, top with a few choc chips, and bake for 18–20 minutes until a skewer comes out clean. Allow to cool in the tin for 5 minutes before transferring to a wire rack to cool completely.

TRADITIONAL METHOD

- 1 Preheat oven to 170°C and prepare a muffin tray by greasing each hole with butter and a coating of flour.
- 2 Drain and rinse beans under water shaking off any excess water.
- 3 Add beans to a blender along with the eggs and blitz until the beans are chopped finely. Pour into a large mixing bowl.
- 4 Add everything else, apart from choc chips, and stir to combine.
- 5 Fill each muffin hole about three-quarters full, top with a few choc chips, and bake for 18–20 minutes until a skewer comes out clean. Allow to cool in the tin for 5 minutes before transferring to a wire rack to cool completely.

These are tasty, contain protein and fibre but are low in refined sugar!

Win/Win



choc chip cookies

INGREDIENTS

200 grams butter or coconut oil
150 grams rapadura or
coconut sugar
60 grams almond meal
200 grams signature flour blend
1 large egg
½ teaspoon bicarb soda
1 teaspoon vanilla bean paste
pinch of salt
100 grams choc chips, or finely
diced chocolate

MAKES

25

THERMAL METHOD

- 1 Chop butter into small chunks and place into mixing jug. Melt for 5 minutes/60°C/speed 1.
- 2 Add all remaining ingredients, except chocolate, and mix for 10 seconds/speed 4. Allow the mixture to cool slightly.
- 3 Add chocolate and mix for 10 seconds/speed 2/reverse.
- 4 Tip into a bowl and refrigerate for 30 minutes. Do not skip this step.
- 5 Line two flat oven trays with baking paper and preheat oven to 180°C.
- 6 Without handling the dough too much, roll walnut sized balls and place onto the oven tray 5 cm apart. No need to flatten down. Bake for 18 minutes or until golden and cooked through.
- 7 Allow to cool for 10 minutes on the oven tray before transferring to a wire rack.

TRADITIONAL METHOD

- 1 In a large saucepan melt the butter then remove from the heat.
- 2 Add all ingredients, except chocolate, to the saucepan and mix until incorporated well. Allow the mixture to cool slightly.
- 3 Add chocolate and mix through.
- 4 Follow steps 4–7 as per thermal method.

STORAGE

- These store well in an airtight container for a couple of days, otherwise they freeze well. Separate between a sheet of baking paper if stacking them in a container.



ANZAC biscuits

INGREDIENTS

90 grams flaked almonds
70 grams raw sugar
50 grams desiccated coconut,
preservative-free
160 grams signature flour blend
120 grams butter
(vegan dairy-free works well)
45 grams golden syrup
½ teaspoon bicarb soda
2 tablespoons boiling hot water

MAKES

20

METHOD

- 1 Preheat oven to 150°C and line two large oven trays with baking paper.
- 2 In a large bowl stir together the almonds, sugar, coconut, and flour. Make a well in the centre and set aside.
- 3 In a small saucepan melt butter and golden syrup together over a low heat, stirring often. While that is melting, boil the kettle and combine the bicarb and water in a small bowl.
- 4 Once the butter is melted, pour the bicarb water into the butter mix and it should foam up.
- 5 Pour the foamed butter into the dry ingredients and mix well.
- 6 Roll tablespoons of mixture into balls; place 5 cm apart on lined oven trays, then flatten slightly.
- 7 Bake for approx. 15–20 minutes or until golden brown.
- 8 Allow to cool on the oven tray.

HINTS AND TIPS

- We think these are best cooked without a thermal machine, hence why we have not added a thermal method.

STORAGE

- These store well in an airtight container for a couple of days, otherwise they freeze well. Separate between a sheet of baking paper if stacking them in a container.

*If you like crunchy
ANZAC's bake for
longer, if you like
soft ANZAC's bake
for less time.*

carrot cake

INGREDIENTS

- 300 grams carrots
- 200 grams macadamia oil
- 3 large eggs
- 150 grams rapadura or brown sugar
- 75 grams sultanas (optional) *
- 120 grams roughly chopped walnuts
- 300 grams signature flour blend
- 4 teaspoons baking powder
- ½ teaspoon bicarb soda
- 2 teaspoons mixed spice

FROSTING

- 125 grams cream cheese
- 3–5 tablespoons icing sugar
- 1 tablespoon lemon juice
- ½ cup diced walnuts for decorating

SERVES

8

** When buying dried fruit, be sure to get preservative-free.
Sulphites found in dried fruit can be harmful to asthmatics.*

THERMAL METHOD

- 1 Preheat oven to 160°C and line a 25 cm round springform cake tin with baking paper.
- 2 Grate carrots by hand and set aside (or roughly dice the carrots into 4 pieces and ‘chop’ carrots in mixing jug 3–5 seconds/speed 5—set aside).
- 3 Insert whipping tool.
- 4 Add the oil, eggs and sugar and mix for 20 seconds/speed 4. Remove whipping tool.
- 5 Add the carrots, sultanas, and walnuts. Stir 5 seconds/speed 3/reverse.
- 6 Add the flour, baking powder, bicarb and mixed spice, stir 10 seconds/speed 3/reverse. Stirring any remainder with a spatula.
- 7 Pour into prepared tin and bake for 45–50 minutes or until a skewer comes out clean.
- 8 Let it cool in tin for 10 minutes before transferring to a wire rack to cool completely.
- 9 Once cool top with frosting and extra walnuts.

FROSTING

- 1 In a clean mixing jug, add all ingredients (except walnuts) and mix 10 seconds/speed 4. Scrape down the sides and repeat if necessary.
- 2 Spread evenly onto the cake and top with walnuts.

TRADITIONAL METHOD

- 1 Preheat oven to 160°C and line a 25 cm round springform cake tin with baking paper.
- 2 Grate carrots and add these to a large bowl along with oil, eggs, sugar, sultanas, and walnuts. Stir to combine.
- 3 Sift in the flour, baking powder, bicarb and mixed spice, stir well to combine.
- 4 Pour into prepared tin and bake for 45–50 minutes or until a skewer comes out clean.
- 5 Let it cool in tin for 10 minutes before transferring to a wire rack to cool completely.
- 6 Once cool top with frosting and extra walnuts.

FROSTING

- 1 Add all ingredients (except walnuts) in a medium bowl, then using electric beaters mix until smooth and there are no lumps.
- 2 Spread evenly onto the cake and top with walnuts.

HINTS AND TIPS

- We think the texture is better when you grate the carrots by hand. Of course if you have a grater attachment for your machine you could use that.
- Rather than carrot use zucchini—it’s really good!

STORAGE

- This cake will stay fresh in an airtight container for 48 hours. It also freezes well iced and all stored in an airtight container.





twix-ish bars

INGREDIENTS

BISCUIT BASE

- 60 grams butter
(or coconut oil)
- 100 grams signature flour blend
- 45 grams cassava flour
- ½ teaspoon guar gum
- 50 grams raw, rapadura or coconut sugar

CARAMEL LAYER

- 150 grams tahini
- 100 grams 100% pure maple syrup
- pinch of salt

CHOCOLATE TOP

- 200 grams dark or milk chocolate
- 50 grams white chocolate to drizzle on top (optional)

MAKES

24

If you don't like tahini make the caramel as per the caramel slice recipe on page 62.

THERMAL METHOD

- 1 Preheat oven to 180°C and line a 27.5 cm x 17.5 cm slice tin with baking paper.
- 2 Melt the butter (or oil) in mixing jug for 4 minutes/60°C/speed 1.
- 3 Add all remaining biscuit base ingredients and stir to combine, 10 seconds/speed 4.
- 4 Tip into the prepared tin (it will be crumbly) then using fingers or the back of a spoon, push it to flatten evenly.
- 5 Bake in the oven for 12–15 minutes until golden brown and allow to cool in the pan.
- 6 In a separate bowl stir together the tahini, maple syrup and salt. Once the biscuit base is cold to the touch spread the caramel layer over the top and place in the freezer for an hour. Do not skip this step.
- 7 Carefully remove the slice from the tray, then cut in half longways down the middle of the slice. Then chop approx. 12 small fingers. Place these back into the freezer while preparing the chocolate.
- 8 Break up the chocolate into small chunks then melt 3 minutes/60°C/speed 1 or until completely melted.
- 9 Dip each finger into the chocolate using two forks allowing any excess to drip off. Place onto a flat baking tray lined with paper and place back into the fridge to set.
- 10 Melt white chocolate and drizzle over the top or add a sprinkle of salt if desired.

TRADITIONAL METHOD

- 1 Preheat oven to 180°C and line a 27.5 cm x 17.5 cm slice tin with baking paper.
- 2 Melt the butter (or oil) in a saucepan and remove from the heat.
- 3 Add all remaining biscuit base ingredients and stir to combine.
- 4 Follow steps 4–10 as per thermal method except use a double boiler to melt the chocolate in step 8 and 10.

HINTS AND TIPS

- These are best worked with when frozen otherwise the tahini melts when dipped into the chocolate. The base holds together better when frozen too.
- If you don't want to dip the whole piece into the chocolate, just cover the top instead.
- Don't want to cut it into fingers? Turn it into a slice instead! Cover the top with chocolate and cut into small squares.
- If you love caramel, double the caramel mixture to make it extra thick.
- For the drizzle of chocolate, rather than using white chocolate you could certainly use dark or milk.

STORAGE

- Store these for up to two weeks in an airtight container, in the fridge. Otherwise they can be frozen for months.



apple and mixed berry crumble

INGREDIENTS

BASE
4 green apples
½ cup frozen mixed berries *
2 tablespoons raw, rapadura, or coconut sugar
1 tablespoon fresh lemon juice

TOPPING/CRUMBLE
115 grams flaked or slivered almonds
65 grams cassava flour
70 grams almond meal
85 grams rapadura, coconut, or brown sugar
120 grams butter
(vegan dairy-free works well)
1 teaspoon ground cinnamon

SERVES

6

THERMAL METHOD

- 1 Preheat oven to 170°C and grease a casserole dish with butter.
- 2 Peel, core and cut up apples into 2 cm chunks and place into the mixing jug. Add all remaining base ingredients and cook for 8 minutes/100°C/slowest speed/reverse.
- 3 Tip into the prepared dish and set aside while making the top. No need to wash the jug.
- 4 In the mixing jug add all topping ingredients and mix for 10 seconds/speed 4/reverse.
- 5 Spoon the crumble mixture over the top of the apple mix, it's ok if it's chunky.
- 6 Cook in the oven for 15–20 minutes until golden on top.
- 7 Serve warm with ice-cream and/or cream.

**This recipe is versatile, leave out the mixed berries and just have apple crumble. Add sultanas (preservative-free) if you wish and/or more cinnamon!*

Replace the berries with rhubarb – yum!

TRADITIONAL METHOD

- 1 Preheat oven to 170°C and grease a casserole dish with butter.
- 2 Peel, core and cut up apples into 2 cm chunks and place into a saucepan along with all remaining base ingredients.
- 3 Cook on low-medium for 8–10 minutes making sure to not cook the apple all the way through. Keeping them a little undercooked is best.
- 4 Tip into the prepared dish and set aside while making the crumble top.
- 5 In a bowl stir together all topping ingredients until well incorporated. It's okay if the mixture has lumps and sticks together, although, if the butter is hard rub this into the mixture with fingertips.
- 6 Sprinkle the crumble mixture over the top of the apple mix and cook in the oven for 15–20 minutes until golden on top.
- 7 Serve warm with ice-cream and/or cream.

STORAGE

- Allow to cool then store in the fridge for up to 4 days in an airtight container. Otherwise, it freezes well in an airtight container.







lemon almond cake

INGREDIENTS

3 large eggs
100 grams caster or raw sugar
200 grams almond meal
2 teaspoons baking powder
zest of one medium sized lemon

TO SERVE

icing sugar for dusting on top
whipped cream or yoghurt

OR LEMON DRIZZLE (OPTIONAL)

juice of one lemon
2 tablespoons icing sugar
1 tablespoon boiling hot water

SERVES

6

*For a different variation
swap lemons for oranges.*

*To make lemon drizzle
stir all ingredients
together and place
in the fridge to cool.
Drizzle on top of the
cake when serving.*

THERMAL METHOD

- 1 Preheat oven to 160°C and line a small 10 cm round cake tin with baking paper.
- 2 Insert whipping tool into the mixing jug. Add sugar and eggs then whip together, 30 seconds/speed 4.
- 3 Add almond meal, baking powder and lemon zest. Mix 10 seconds/speed 1. Remove the whipping tool and scrape off any excess. Mix anything not incorporated with a spatula, trying not to overmix.
- 4 Pour the batter into the prepared cake tin and bake for 45–50 minutes or until golden brown and cooked through.
- 5 Serve warm or cold with a dusting of icing sugar, lemon drizzle and/or whipped cream or yoghurt on the side.

TRADITIONAL METHOD

- 1 Preheat oven to 160°C and line a small 10 cm round cake tin with baking paper.
- 2 Using electric beaters on medium speed whip the egg and sugar together for 5 minutes until light and fluffy.
- 3 Add almond meal, baking powder and lemon zest and stir with a wooden spoon or spatula until only just incorporated, try not to overmix.
- 4 Pour the batter into the prepared cake tin and bake for 45–50 minutes or until golden brown and cooked through.
- 5 Serve warm or cold with a dusting of icing sugar, lemon drizzle and/or whipped cream or yoghurt on the side.

STORAGE

- This cake will stay fresh in an airtight container for 48 hours. It also freezes well stored in an airtight container.



crepes

INGREDIENTS

4 large eggs
600 grams milk of choice
280 grams water
200 grams brown rice flour
120 grams cassava flour
1 teaspoon guar gum
40 grams raw sugar
1 teaspoon vanilla bean paste

EXTRAS

butter for frying
toppings of choice *

MAKES

8

**Topping ideas are fresh berries, banana, cream or ice-cream! Lemon juice with a sprinkling of raw sugar is also delicious.*

THERMAL METHOD

- 1 Insert whipping tool and add the eggs. Mix for 5 seconds/speed 4.
- 2 Add all remaining ingredients and mix for 30 seconds/speed 4. Allow to rest for five minutes.
- 3 Heat a frying pan over medium heat and bring to temperature. Add 1 teaspoon of butter and allow to melt.
- 4 Pour in $\frac{1}{4}$ cup of batter and swirl the pan to create a round crepe. Cook until bubbles form and the crepe becomes translucent. Flip to cook the other side.
- 5 Serve warm with toppings of choice.

TRADITIONAL METHOD

- 1 Using electric beaters whip the eggs until incorporated well.
- 2 Add all remaining ingredients and mix for one minute until incorporated well. Allow to rest for five minutes.
- 3 Follow steps 3–5 of thermal method.

STORAGE

- Allow to cool then store in the fridge for up to 4 days in an airtight container. Otherwise they freeze well in an airtight container rolled like in the image.

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