

# Gluten and dairy free brownies

**Makes: 12 brownies**

**Prep: 15min > Cook: 40min > Ready in: 55min**

## Ingredients:

- 75g unsweetened cocoa powder
- 75g buckwheat flour
- 75g brown rice flour
- 1 teaspoon gluten-free baking powder
- 1 teaspoon xanthan gum (Dove's Farm makes it)
- 1/4 teaspoon sea salt
- 200g 70% cocoa dark vegan chocolate chips
- 225g agave syrup
- 2 teaspoons pure vanilla extract
- 150g (about 2 small) mashed bananas
- 150g unsweetened applesauce
- 150g chopped pitted dates
  
- **For topping**
- 100g 70% cocoa dark vegan chocolate chips

## Method:

1. Preheat oven to 180 degrees C / Gas mark 4. Lightly grease a 20cm square cake tin.
2. Sift together the cocoa powder, flours, baking powder, xanthan and salt into the bowl of your stand mixer (or use a mixing bowl and an electric beater).
3. Gently heat the chocolate chips and agave syrup, until just melted. Stir in vanilla.
4. Pour this mixture into the dry ingredients and mix gently until well combined
5. Mix together mashed banana and apple sauce. Fold in this mixture into the chocolate batter. Fold in chopped dates.
6. Spoon mixture into cake tin and spread evenly. Bake for 20 minutes and then sprinkle the extra chocolate chips over the top. Place back in the oven for another 15-20 minutes. The brownies are done when an inserted skewer comes out clean. Let cool at room temperature before serving.

## Dairy and Sugar Free Peanut Biscuits

*If you enjoy nutty treats, you'll love these. Remember to buy a dairy free peanut butter. Try a health or whole food store and ask for a product that has nothing in it but peanuts and peanut oil.*

### **Ingredients:**

- 150g (5oz) dairy free margarine
- Four tablespoons of honey
- Four tablespoons dairy free peanut butter
- 75g (2.5oz) plain flour

### **Method:**

Start by preheating your oven to 180°C/350°F/gas mark four. Then take two flat biscuit trays and grease them with a small amount of your dairy free margarine. Take a small saucepan and over a low heat melt the rest of your dairy free margarine, along with your honey and peanut butter. Keep stirring until you have a nice brown liquid. Meanwhile, sieve your flour into a bowl. Then pour in the hot liquid. Stir until you have a good dough. Divide your mixture into small pieces and roll into round balls the size of conkers or large marbles. Place these on the trays, well spaced apart, then press down on top of each with a fork. Slide the trays into the oven and bake for about 10 minutes until golden brown. Remove from the heat and leave to cool before eating.

## Gluten, dairy and sugar free muffins

### Ingredients:

- 1/2 cup coconut flour
- 4 eggs
- ¼ cup grape seed oil or butter
- 2 TBS lime juice
- Zest of 2 limes
- 1/2 cup blueberries
- 6 TBS coconut milk
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 TBS lemon zest
- 2tbs honey or maple syrup
- Tsp. vanilla extract

### Method:

Preheat oven to 180 degrees Celsius or gas mark 4

In a bowl combine dry ingredients

In a separate bowl mix eggs, lime juice, blueberries, vanilla extract, grape seed oil, coconut milk

Mix dry ingredients into wet and combine well

Pour batter into greased 6 cup large muffin pan about  $\frac{3}{4}$  full

Bake in oven for 12-15 minutes

Remove from oven and cool on wire rack

# Sugar-Free Oatmeal Banana Raisin Cookies

**Makes 24 cookies**

## **Ingredients:**

- 3 ripe bananas
  - 473.18ml rolled oats
  - 78.07ml vegetable oil (or olive oil)
  - 14.79ml vanilla extract
  - 236.59ml raisins
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## **Method:**

1. Preheat oven to 350°F/180°/gas mark 4.
2. Mash bananas in a large bowl. Stir in the rest of the ingredients and combine well.
3. Drop by teaspoonfuls onto a cooking sheet sprayed with baking spray.
4. Bake for 15 minutes or until lightly browned.

## Gluten Free Sugar Free Cookies

*This is a plain biscuit that may be dressed up in any way you fancy. Try adding fruit or diabetic chocolate before you mix it into a dough.*

### Ingredients:

- 100g (3.5oz) butter
- Two tbsp honey
- 150g (5oz) gluten-free plain flour
- Half a tsp gluten-free baking powder

### Method:

Preheat your oven to 180 deg C/350 deg F/gas mark 4. Melt your butter and honey in a small pan over a low heat. Sieve your gluten-free plain flour and baking powder into a large bowl, and mix. Slowly stir in your hot mixture until you have a good dough. Take small handfuls and roll into balls. Place the balls on a greased baking sheet and press down with a fork. Bake in the centre of the oven for about 10 minutes. Remove from the heat and allow to cool