

Gluten and dairy-free brownies

Makes 12 brownies

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)
- ¼ 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 apple sauce
- 150g chopped pitted dates

For the topping

- 100g 70% cocoa dark vegan chocolate chips

Method:

1. Preheat oven to 180°C/350°F/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 the vanilla extract.
4. Pour this mixture into the dry ingredients and mix gently until well combined.
5. Mix together the mashed banana and apple sauce. Fold this mixture into the chocolate batter then fold in the chopped dates.
6. Spoon the mixture into the 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 them cool at room temperature before serving.

Dairy and Sugar-Free Peanut Biscuits

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 dairy free margarine
- 4 tbsp honey
- 4 tbsp dairy free peanut butter
- 75g plain flour

Method:

1. Start by preheating your oven to 180°C/350°F/gas mark 4. Then take two flat biscuit trays and grease them with a small amount of your dairy-free margarine.
2. 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.
3. 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.
4. Remove from the oven and leave to cool before eating.

Gluten, dairy and sugar-free muffins

Makes 6 muffins

Ingredients:

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

Method:

1. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Grease and line a 6-cup muffin tin with cases.
3. In a bowl combine the dry ingredients.
4. In a separate bowl mix together the eggs, lime juice, blueberries, vanilla extract, grape seed oil, coconut milk.
5. Mix the dry ingredients into the wet mixture and combine well.
6. Pour the batter into the muffin cases until they are about $\frac{3}{4}$ full.
7. Bake in the oven for 12-15 minutes.
8. Remove from the oven and cool on wire rack.

Sugar-Free Oatmeal Banana Raisin Cookies

Makes 24 cookies

Ingredients:

- 3 ripe bananas
- 2 cups rolled oats
- 1/3 cup vegetable oil
- 1 tbsp vanilla extract
- 1 cup raisins

Method:

1. Preheat oven to 350°F/180°/Gas Mark 4.
2. Mash the 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 in the oven 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 butter
- 2 tbsp honey
- 150g gluten-free plain flour
- ½ gluten-free baking powder

Method:

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