

# Gluten Freedom



Desirè Nagel



Enjoy the Gluten Free journey...  
Enjoy each step of the way.  
The failures, laughter, frustrations & success...

**Go ahead Honey... It's gluten free!!**

*Gluten free greetings,*

*Desire Nagel*

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a Lot of hard work & recipe testing has gone into this book.

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[info@glutenfreedom.co.za](mailto:info@glutenfreedom.co.za)

[www.glutenfreedom.co.za](http://www.glutenfreedom.co.za)

+27744803324

Thank you for your support.

*Happy Baking!*



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# Breads



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# Basic bread



## *Ingredients:*

- ½ cup Tapioca starch
- 2 cups Brown rice flour
- 2 Tablespoons Potato starch
- 2 teaspoons Instant yeast
- 1 Tablespoon Brown sugar or honey
- 1 Egg Replacer {I use chia or flax “egg”  
1 Tablespoon ground seed  
+ 3 Tablespoons hot water,  
let it gel for 5 min.}
- 1 teaspoon Salt
- 2 Tablespoons Olive oil
- 1 ¾ cups warm Water

## *Preparation:*

1. Mix dry ingredients. Combine wet ingredients. Mix all together until soft dough forms. Mix 2-3 minutes, use a hand mixer it makes it easier, and pour into a prepared medium loaf pan.
2. Place in warm oven {90-100 degrees celsius and turn off} and let rise until almost double {about 15 to 20 minutes}  
do not let it rise over top of pan! Remove from oven and preheat oven to 160 degrees celsius. Bake 25- 30 minutes, then heat up to 200 degrees and bake for 10 minutes or until golden brown.

Yields 1 loaf or 12 small “buns.”

To make buns: Pour into prepared muffin pan half way, let almost double and bake at 190 degrees celsius for 20-30 minutes.

# Buckwheat & Quinoa bread



## *Ingredients:*

- 2 cups Buckwheat {soaked overnight}
- 1 cup Quinoa {soaked overnight}
- 2 Tablespoons Psyllium husks /  
or ground chia
- 1 ½ teaspoons Salt
- 2 teaspoons Instant yeast
- 2x Egg replacers {2 Tablespoons ground  
flax + 6 Tablespoons warm water  
{Let gel for 5 min}}
- 4 Tablespoons Olive oil
- 1 teaspoon Apple cider vinegar
- 375ml warm Water

## *Preparation:*

1. Use the warm water to blend the Buckwheat & Quinoa till smooth.  
{Process in batches.}
2. Add all ingredients to the last batch of buckwheat, quinoa mix.
3. Add to the rest of mixture & stir until all is well incorporated.
4. Pour mixture into prepared pan, let rise for 30 min - 1 hour.
5. Put in pre-heated oven @ 180 degrees celsius and bake for 50-60 min.

# Pull-apart dinner rolls



## *Ingredients:*

- 2¾ cups Gluten free flour blend  
{Chef's flour blend}  
or 2 ½ cups Chef's flour blend  
+ ¼ cup Almond flour
- 1 ½ teaspoon Guar gum
- 2 teaspoons Instant yeast
- ¼ cup Brown sugar or honey
- 1 teaspoon Salt
- 1 cup warm Water
- 2 Tablespoons Coconut oil, melted
- 1 Egg replacer  
{1 Tablespoon ground flax  
+ 3 Tablespoons water}  
or 1 Tablespoon ground flax  
+ ¼ cup water and boil together for  
5min.
- 1 teaspoon Apple cider vinegar

## *Preparation:*

1. In the mixing bowl of your food processor, mix together flour, guar gum, instant yeast, sugar, and salt. With mixer running on low speed, add in the water, coconut oil, egg replacer, and apple cider vinegar. Mix on medium for 3 minutes.
2. Prepare a round cake pan or pie plate with baking paper. Using a scoop or 1/3 cup measuring cup, scoop dough into 9 "balls" in the pan. I place one in the middle, then scoop 8 "balls" of dough side by side all the way around the pan. Dip your fingers into warm water and use to smooth out the tops of the rolls, continuing to wet fingers as needed.
3. Cover with a dry towel and let rise in a warm place 45 minutes to 1 hour.
4. During the last few minutes that the rolls are rising, preheat oven to 190 degrees celsius.
5. Bake in oven for 25-30 minutes. Tops should be nice and brown and toothpick inserted should come out clean. Brush rolls with additional oil.

# Soft sandwich bread



## *Ingredients:*

- 1 ½ cup Brown rice flour
- 2 Tablespoons Chickpea or Pea flour
- ¼ cup Potato starch
- ¼ cup Tapioca starch
- 1 Tablespoon Instant Yeast
- 1 Tablespoons Guar gum
- 1 teaspoon Salt
- 2 Tablespoon Sweetener  
{Coconut sugar, brown sugar  
or Maple Syrup or Honey}
- 4 Tablespoons Macadamia / Light Olive oil
- 1 ¾ cup Warm water
- 1 teaspoon vanilla extract

## *Preparation:*

1. In the bowl of a food processor or with a hand mixer, whisk together the brown rice flour, chickpea flour, tapioca starch, potato starch, instant yeast, guar gum, salt, sweetener, oil, warm water and vanilla extract.
2. Mix on medium to medium-high for at least 7-10 min.
3. Scoop the batter into the prepared loaf pan and use a spatula dipped in warm water to evenly spread the dough and smooth the top.
4. Let it rise 30 min – 1 hour.
5. Preheat oven to 160 degrees celsius and line a loaf pan with baking paper.
6. Bake for 45 – 50 minutes or until toothpick inserted comes out clean.



# Teff sandwich bread



## *Ingredients:*

- 1 ¼ cup Teff flour
- ½ cup Sorghum flour
- ¼ cup white Rice flour
- ½ cup Tapioca flour
- ½ cup Potato starch
- 2 Tablespoons brown Sugar or Honey
- 1 ½ - 2 teaspoons Salt
- 1 Tablespoon Instant yeast
- ¼ cup whole Psyllium husk {not powder}
- 4 Tablespoons Olive oil or 2 Tablespoons Oil & 2 Tablespoons Applesauce {for a less – oil version}
- 2 ⅓ cups warm Water  
{Add a little extra if needed until dough is soft and pliable}
- 2 teaspoons Guar gum {optional}  
{ Makes a more stabilised bread & acts as a binder}

## *Preparation:*

1. Mix all the dry ingredients together and then all the wet ingredients to 2 cups of warm water, if mixture is still a bit dry add the other ⅓ cup gradually, if necessary use your hands to mix the dough through or blend with a paddle or dough hook on your stand mixer, or mix with a wooden spoon. The dough will be wet and sticky. Wetting your hands as you mix when the dough starts to come together will make it a little bit easier, it should start pulling away from the sides as you mix.
2. Wet your hands and move the dough or scoop the dough into your prepared bread pan.
3. Let the dough rise, covered, for about one hour.  
{Alternatively let it slow rise overnight in the oven, bake the following morning. Gives it a wonderful taste.}
4. Bake at 160 degrees celsius for 30 min and then bake at 190 degrees for last 20-25 minutes, or until it sounds hollow when tapped with the knuckles. Turn the bread out to cool on a wire rack.

# Muffins



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# Apple & Buckwheat muffins



## *Ingredients:*

- 1 ¼ cups Buckwheat flour
- ¼ cup Tapioca starch/flour {cassava flour}
- ¾ teaspoon Baking soda
- pinch of Sea salt
- 3 Flax eggs {3 Tablespoons ground flax +  
9 Tablespoons warm water}
- 2 cups Applesauce/stewed apples
- 2 tablespoons Honey  
{or agave, Maple syrup etc.}
- ¼ cup melted Coconut oil
- 1 teaspoon Vanilla extract
- ¼ cup Almond milk {or milk of choice  
coconut, rice etc.}

## *Preparation:*

1. Mix all dry ingredients in a bowl.
2. Add flax eggs.
3. In a small bowl mix applesauce, honey, vanilla and coconut oil.
4. Add wet to dry and mix well.
5. Fold through almond milk a little at a time until batter is loose.
6. Fill your muffin wells ¾ full.
7. Bake for 15-20 minutes or until toothpick inserted comes out clean.

# Buckwheatie muffins

## *Ingredients:*

- 2 cups soaked Buckwheat  
    {about 1 ¼ cup dry}
- 4 teaspoons Chia
- ½ cup GF flour {rice, chickpea,  
    or a flour mix}
- 4 Tablespoons Honey
- ½ teaspoon Baking soda
- ½ teaspoon Salt
- 2 grated Apples
- ¼ cup fine Coconut
- 4 Tablespoons Coconut oil, melted
- ¼ cup Water
- 1 teaspoon ground cinnamon.

## *Preparation:*

1. In a blender mix buckwheat, honey, water & oil together.
2. Mix with the rest of the ingredients.
3. Pour into prepared muffin pan.
4. Bake at 170 degrees celsius for 30-40 min.

# Chickpea & Rice flour muffins



## *Ingredients:*

- 1⅓ cup of water & 2 Apples, peeled and chopped. {Mix with water}
  - 1 cup Chickpea flour
  - 1 cup Rice flour
  - ¼- ½ cup Honey
  - ½ cup fine Coconut
  - 1 teaspoon Baking soda
  - ½ teaspoon Salt
- Mix all above ingredients together
- 1 Tablespoon ground Flax seed
  - 1 Tablespoon ground Chia
  - 4 Tablespoons Water

## *Preparation:*

1. Mix flax seed, and chia with water.
2. Make it first and let it gel for about 5-10 minutes.
3. Mix all ingredients together.
4. Bake in the oven at 180 degrees celsius for 25-30 minutes.

A wooden surface with a pink plastic fork and a blue quilted object.

# Pancakes, Pizza's & Wraps



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# Buckwheat pancakes



## *Ingredients:*

- ½ cup Buckwheat flour
- ½ cup Brown rice flour
- ¼ teaspoon Baking powder
- ¼ teaspoon Salt
- 2 Tablespoons Tapioca starch
- ½ teaspoon Vanilla extract/essence
- 1 Tablespoons Coconut oil, melted
- 1 ¼ cups Coconut milk  
or any other dairy free milk

## *Preparation:*

1. Place the buckwheat flour, rice flour & salt in a mixing bowl and make a well in the middle of the flour.
2. Add the coconut oil & a little of the milk, mixing well, gradually mix in the remainder of milk.
3. Heat a little coconut oil in a non stick pan & pour enough batter to coat the base of the pan.
4. Cook until golden brown, turn & cook on the other side.

# Chickpea pancake



## *Ingredients:*

- 2 – 2 ½ cups Water {as needed to make the batter not too thick or too thin}
- 2 cups Chickpea flour
- 1 cup Tapioca starch
- 2 Tablespoons Olive oil/ Coconut oil
- 1 teaspoon Salt
- 1 Tablespoon Cumin

## *Preparation:*

1. Mix all ingredients together until smooth & runny.
2. Use about ⅓ cup of mixture per wrap or pancake.

It will flip very easily once cooked properly, 1-2 min per side.

Makes about 9-10 pancakes.



# Chickpea wraps



## *Ingredients:*

- 1 cup Chickpea {Garbanzo flour}
- 1 cup Water
- 2 Tablespoons Nutritional Yeast  
    {optional, but very nice}
- ½ teaspoon Salt

## *Preparation:*

1. Heat a non-stick pan on medium-high heat.
2. Add flour, nutritional yeast and seasoning to a bowl and stir to combine.
3. Slowly add water, mixing well as you go to avoid clumps.
4. Coat pan lightly with coconut oil.
5. Add ¼ cup batter to the pan and whirl around to fill out the pan in a thin layer.
6. Cook until golden on both sides.

Eat these fresh for best taste and texture. This batter would probably keep well in the fridge to be used later.

# Garlic Focaccia



## *Ingredients:*

- ½ cup Tapioca starch
- ½ cup Potato starch
- ⅓ cup Coconut flour
- 2 Tablespoons Chickpea flour
- ¼ cup Brown/White rice flour
- ½ teaspoon Baking soda
- 2 Tablespoons Psyllium husk powder
- ½ teaspoons sea Salt
- ½ cup Coconut/Olive oil
- ½ cup warm Water
- 5-7 Garlic cloves, finely chopped
- 5-7 Rosemary sprigs
- 2 Tablespoons Apple cider vinegar

## *Preparation:*

1. Mix everything together in the following order: Dry ingredients and then add wet ingredients, add apple cider vinegar last. Mixture should be like smooth cake like batter.
2. Scoop into prepared baking dish {I use silicone bakeware} and bake at 160-170 degrees celsius for 20-25 min or until set. Poke small holes with a skewer all over the top and drizzle with olive oil, not too much more or less 3 Tablespoons.
3. Bake for another 5-10 minutes until golden brown.
4. Let cool slightly before removing from pan and cutting into squares.

# Pizza crust



## *Ingredients:*

- ½ cup Arrowroot powder / Tapioca starch
- 1 cup Brown rice flour
- 1 cup Chickpea flour
- ½ cup Sorghum flour
- 1 teaspoon Brown sugar / Honey
- 1 packet Instant yeast
- 2 teaspoons Psyllium husk powder
- 1 ½ teaspoons Sea salt
- 3 Tablespoons Olive oil, extra virgin
- 1 ¼ cups warm water

## *Preparation:*

1. Preheat oven to 180 degrees Celsius.
2. Mix together starch, rice flour, chickpea flour, sorghum flour, Psyllium, yeast & sugar if using that as sweetener.
3. Mix together Honey (if using) oil & warm water, add to dry ingredients and incorporate well until dough consistency is reached.
4. Put the dough in the fridge for 30 min, wrapped in clingwrap or Ziploc bag.
5. After 30 min put the dough between two pieces of baking paper and roll out about 1cm thick.
6. Put the dough on a baking tray or pizza stone prepared with flour or baking paper & bake for 25-30 min or until slightly brown, check regularly to see that it does not burn.

# "Plaatkoekies"



## *Ingredients:*

### **Wet ingredients:**

- 2 ¼ cups Coconut milk or Water
- 2 Tablespoons Honey or Sugar
- 1 teaspoon Apple cider vinegar
- 2 teaspoons Vanilla extract/essence
- 2 Tablespoons Coconut oil {melted} or oil of choice

### **Dry ingredients:**

- 1 cup Brown or white rice flour
- 1 cup Chickpea flour
- ½ cup Tapioca starch
- ¾ teaspoon healthy Baking powder {available at Dischem}
- ¾ teaspoon Salt

### **For an alternative option you can use:**

- 1 cup Gluten free Oat flour
- ¾ cup Rice flour
- ½ cup Chickpea flour
- ¼ Tapioca starch

## *Preparation:*

1. In a mixing bowl , combine coconut milk or water & apple cider vinegar.
2. Combine dry ingredients in a large mixing bowl & use a fork to mix in the coconut milk & apple cider vinegar, add vanilla, honey, melted coconut oil & mix until a smooth batter is achieved.  
Start with only 2 cups liquid, add more if needed.
3. Bake in a non stick pan until nicely browned and easy to flip, about 1-2 min and then flip over and bake on the other side.

# Quick Quinoa pizza crust



## *Ingredients:*

- $\frac{3}{4}$  cup Quinoa {uncooked}
- $\frac{1}{4}$  cup water {plus more for soaking Quinoa}
- $\frac{3}{4}$  teaspoon Baking soda
- $\frac{1}{2}$  teaspoon Himalayan salt
- $\frac{1}{2}$  teaspoon Garlic powder
- $\frac{1}{2}$  teaspoon Onion powder
- 1 teaspoon Oregano
- 1 Tablespoon Olive oil

## *Preparation:*

1. Soak quinoa in enough water to cover, overnight.
2. Drain and rinse quinoa properly, otherwise it will taste bitter.
3. Place the quinoa, water, baking soda, garlic and onion powder, oregano and oil in your blender and process on high until a smooth mixture is obtained.
4. Prepare a baking pan, line the pan with a sheet of baking paper.
5. Pour this mixture into the pan and let it bake for 15-20 minutes or until baked dry, at 200 degrees celsius.

A wooden table with a pink fork and blue patterned napkins. The text "Meals & Snacks" is written in a stylized, orange-outlined font in the center of the table.

# Meals & Snacks



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# Buckwheat granola

## *Ingredients:*

- 1 ½ cup raw Buckwheat {sprouted – optional}
- ½ cup fine Coconut
- ¼ cup Pumpkin seeds / Cranberries etc.
- ½ cup pitted Dates
- 3 Tablespoons Honey or sweet Molasses
- 2 Tablespoons Coconut oil {melted}
- 2 Tablespoons {dates} Water
- ½ teaspoon Cinnamon
- pinch of Himalayan Salt

## *Preparation:*

1. Pre heat oven to 160 degrees celsius.
2. Soak the dates in warm water for 20 minutes.
3. In a bowl, mix together buckwheat, coconut, pumpkin seeds, cinnamon, salt and set aside.
4. Take the dates out of the water, place in blender along with coconut oil and water from the dates and blend until it smooth.
5. Mix the date paste & honey or molasses with the dry ingredients until its completely covered.
6. Line baking tray with baking paper and spread out mix onto the tray.
7. Bake for 20-30 minutes turning occasionally so it doesn't burn and when it becomes light to golden brown, take out of the oven and cool {when it cools down it will harden up} then store in a air tight jar.

# Chickpea omelette



## *Ingredients:*

- 1 ½ cups Chickpea flour
- 3 Tablespoons Nutritional yeast
- 1 Tablespoon ground cumin
- 1 teaspoon Himalayan Salt
- ½ teaspoon turmeric
- Optional: ¼ teaspoon black Salt  
{Kala namak}
- Enough water to make a  
“pancake-type” batter
- Add veggies of choice: spring onion,  
mushrooms, peppers, carrots,  
baby spinach etc.

## *Preparation:*

1. Lightly fry or steam veggies before adding to batter for frying.
2. Add vegetables to batter or pour batter into pan and then add vegetables on top.
3. Fry until light brown, flip over and bake on other side.

Makes about 4-5 Omelettes



# Chickpea Quiche



## *Ingredients:*

- 1 cup Liquid {Water or milk or vegetable stock}
- 1 cup Chickpea flour
- 1 cup Spinach/Kale
- ½ cup Green onion
- 1 cup Mushrooms
- 2 Tablespoons Nutritional yeast
- 1 Tablespoon Tapioca starch
- 2 Tablespoons Coconut oil
- ½ teaspoon of each: Onion powder, Garlic powder, Oregano, Parsley
- ¼ teaspoon Himalayan salt
- ½ teaspoon Paprika

## *Preparation:*

1. Preheat oven to 170 degrees celsius.
2. Mix everything until well incorporated.
3. Pour into a greased oven-proof bowl or muffin pan.
4. Bake for 30-40 minutes.

OR

Alternatively fry vegetables separately and prepare batter by mixing water and chickpea flour together until no lumps are visible. Pour the batter over fried vegetables and cook on the stove on low heat, if possible use a lid to cover the quiche. Cook for about 10 minutes one side, then use a plate to tip the quiche over and put it back in the pan and cook for another 5-10 minutes.

# Crispy batter



## *Ingredients:*

- ½ cup Chickpea flour
- ½ cup of cold Water
- pinch of Salt
- ¼ teaspoon Baking soda

## *Preparation:*

1. Mix the batter together with a fork and put it in the fridge for 30 minutes.
2. Mix in whatever vegetables you would like to fry in this batter. {Onion rings, Mushrooms etc.}
3. Fry in a pan till puffy for about 4 minutes.

# Savoury millet 'cakes'



## *Ingredients:*

- 2 cups Millet
- 7 cups water
- ¼ cup sesame seeds
- 1 Tablespoon Coconut/ olive oil
- 1 teaspoon herbal salt
- Extra sesame seeds and salt for sprinkling

## *Preparation:*

1. Preheat the oven to 180 degrees celsius and grease a muffin pan.
2. Cook the millet according to the packet instructions, but use 7 cups water.
3. When all the water has cooked away, mix in the sesame seeds, oil and seasoning salt.
4. Spoon the mixture into the muffin pan and press down with the back of a spoon to compact.
5. Sprinkle with extra sesame seeds and salt and bake for 20-25 minutes or until the cakes pull away from the sides of the pan.
6. Serve warm or at room temperature, plain or with soup, hummus or any savoury topping.

# Quinoa Pasta Noodles



## *Preparation:*

### *Ingredients:*

- 1 ½ cups Quinoa flour
- ½ cup Potato starch
- 1 Tablespoon Psyllium husk
- ½ teaspoon Salt
- 1 Tablespoon Olive oil
- Up to ½ cup Warm water

1. Mix flour, starch, psyllium & salt and place on counter.
2. Mix in well the flour, add olive oil & 1-2 Tablespoons of water.
3. Begin mixing your dough from the outside in until you reach a pliable consistency.
4. Add water until the right consistency is reached.
5. Knead the dough for 5-10 min.
6. Flatten dough into a disc shape, cover in plastic wrap & let it rest for 30 min to an hour.
7. Break the dough into two halves.
8. Working with the first half, roll dough out as thin as you like it.
9. Using either a rolling pin/pasta maker. Repeat with the second half.
10. Cut into whatever shape you like. At this point you can dry, store or refrigerate.
11. Add noodles to boiling salt water, cook for 3-4 min.
12. Drain & serve.

A wooden surface with a pink spoon and a blue quilted object.

# Cakes, Cookies & Puddings



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# Carrot cake

## *Ingredients:*

- 100ml Water / Coconut milk
- 1/3 cup Honey or 1 cup Dates {pitted}
- ¼ Pumpkin seeds {or Sunflower}
- 1 teaspoon Baking powder
- 3 Tablespoons Oil
- Juice of 1 Lemon
- 1 ⅛ cup Gluten Freedom White flour blend
- ¼ teaspoon of each:   ground Cinnamon  
                                  ground Cloves  
                                  ground Ginger  
                                  ground Coriander  
                                  ground Nutmeg {optional}
- 1 cup grated Carrot
- ½ teaspoon Salt

## *Preparation:*

1. Mix all ingredients together, but add water last.
2. Bake at 180 degrees celsius for 25-30 min.

You can bake in a shallow loaf pan or in a muffin pan.

# Chickpea coconut rusks



## *Ingredients:*

- 1 cup Chickpea flour.
- 1 Tablespoon Coconut oil, melted
- ½ can Chickpeas, drained & rinsed
- 10 pitted Dates
- ¼ teaspoon Salt
- ½ teaspoon Bicarbonate of soda
- 1 Tablespoon Honey or alternative sweetener
- ½ cup fine Coconut
- 2 Tablespoons Cranberries, Pumpkin or Sunflower seeds
- ¼ teaspoon Caraway seeds
- ½ teaspoon ground Cinnamon
- 2 Tablespoons Water

## *Preparation:*

1. Place all ingredients in a blender / food processor & blend for a few minutes until the dates are roughly chopped up.
2. Oil an oven proof dish.
3. Place the rusk mixture in the dish & pat it out until 2cm thick (it does not need to fill the base of the dish)
4. Bake on 200 degrees celsius for 20 min.
5. Remove from the oven, tip onto a board & gently break into chunks.
6. Place back into the oven on 100 degrees celsius for 1 ½ hours and then leave in the oven till cool.

Keep in airtight container.  
Double the recipe for larger quantity.

# Fruit cake

(Not suitable for people with Nut allergies)

## *Ingredients:*

- Flour blend: 1 cup Almonds, 1 cup Buckwheat ,1 cup fine Macadamia flour
- 2 cups chopped dried fruit (apples, dates, cranberries, peaches, raisins, prunes, glazed cherries)
- 2 cups Apple or grape juice
- ½ teaspoon ground Cinnamon
- 1 teaspoon ground Ginger
- 1 teaspoon Mixed spice
- 1 Lemon's zest
- 3 Tablespoons Lemon juice
- ¼ cup Coconut oil, melted
- ¼ teaspoon Salt
- 2-3 Tablespoons Sweet blackstrap molasses
- 1½ teaspoon Baking soda
- 1 teaspoon Vanilla Extract/Essence
- 200ml Soy milk, or any other plant-based milk



## *Preparation:*

1. Place almonds and buckwheat together and blend until fine, to this add the fine macadamia flour.
2. Cook the juice, fruit, spices, lemon zest and coconut oil over low heat for 10 minutes (making a fruit mince)
3. Add flour mixture and fruit mixture together with salt, molasses, baking soda, vanilla, soy milk and lastly lemon juice.
4. Place in a deep cake pan 18-20cm lined with 2 layers of baking paper.
5. Bake on 150 degrees celsius for 45 min and on 170 degrees for the last 15-20 min.
6. To check whether it is done, press lightly with your hand on the cake, if it bounces back and if a skewer comes out rather clean, you can remove it from the oven.
7. Let it cool down completely in the pan before removing, then decorate and serve.



# Ginger cookies

## *Ingredients:*

- 9 pitted Dates
- ¼ cup Coconut oil
- ⅔ cup Blackstrap molasses
- 2 teaspoons grated Ginger
- 3 cups Gluten-free flour
- ¼ teaspoon Baking soda
- 1 teaspoon Cinnamon
- ½ teaspoon Cloves
- ½ teaspoon Nutmeg
- ¼ teaspoon Sea salt

## *Preparation:*

1. Preheat oven to 170 degrees celsius.
2. Cover 2 baking sheets with baking paper.
3. Blend dates in a food processor until chopped finely, then add oil, molasses and ginger while processor is running.
4. Add flour, baking soda, cinnamon, nutmeg, cloves and sea salt to food processor slowly and process until dough-like.
5. Chill dough for at least 20 minutes.
6. Flour your counter or workplace, then roll out the dough until approximately 1cm thick.
7. Cut shapes with cookie cutters or squares with a knife.
8. Bake for 10-15 minutes.

# Moist cake



## *Ingredients:*

- 1 cup Rice flour.
- ¼ cup Gluten free flour mix {Chef's flour blend}
- ½ cup Pea flour
- ⅓ cup Self raising flour {Nature's choice – It contains corn starch, so avoid if you have a corn allergy – Just add ¼ cup Potato or Tapioca starch – Might not come out the same}
- ½ - ¾ cup Honey
- ½ cup Carob / Cocoa powder
- 4 drops Chocolate essence if using carob powder {optional}
- 1 teaspoon Baking soda
- ⅓ cup Extra virgin olive oil / melted Coconut oil
- ½ teaspoon Salt
- 1 teaspoon Vanilla extract/essence
- 1 teaspoon Apple cider vinegar
- 1 cup Room temperature water
- 45ml Aquafaba {Chickpea brine}

## *Preparation:*

1. Sift together dry ingredients to avoid lumps.
2. Mix wet ingredients together, then add to dry ingredients and mix until smooth {for best results mix with food processor}.
3. Pour into pan that has been prepared with baking paper.
4. Bake for 30-35 min, till toothpick inserted comes out clean

# Oat flour brownies



## *Ingredients:*

- ½ cup Cashews, finely ground
- ½ cup Dates + ¼ cup Raisins {soaked in boiling water, just enough to cover}
- ½ cup Oat flour  
{you can freshly grind your own}
- ¼ cup Water
- 1 Tablespoon Flax seed, finely ground
- 5 Tablespoons Carob powder or {Cocoa}
- 2-3 drops Chocolate essence { omit if using cocoa}
  
- ½ teaspoon Baking soda
- 2 teaspoons Vanilla extract
- 2 teaspoons Apple cider vinegar
- pinch of Salt

## *Preparation:*

1. Add all ingredients together, but add flax and vinegar last.
2. Mix everything in the food processor till combined.
3. Scoop sticky dough into prepared baking tin, lined with baking paper.
4. Add nuts, seeds or fruit of choice and bake for 15-20 minutes, depending on your stove, or until dry on top.
5. Let it cool completely before slicing. Eat as is, or top with cream or icing of choice.

### Easy Cashew cream:

- 1 cup Cashew nuts
  - ¾ - 1 cup Water  
{depending on consistency you want}
  - 1-2 Tablespoons Honey
  - ½ teaspoon Vanilla extract
  - pinch of Salt
- Blend together until smooth.

# Pie crust

## *Ingredients:*

- 1/3 cup Sorghum flour
- 1/3 cup Millet flour
- 1/3 cup Tapioca starch
- 1/4 cup Brown rice flour
- 3/4 teaspoon Guar gum
- 1/2 teaspoon Salt
- 1/2 cup soft Coconut oil {not melted}
- 1 1/2 teaspoons Apple cider vinegar
- 3-5 Tablespoons cold Water

## *Preparation:*

1. In a large mixing bowl mix together the sorghum flour, millet flour, tapioca starch, brown rice flour, guar gum, and salt.
2. Mix in with a fork or cut in the coconut oil until the mixture resembles coarse crumbs. Add the apple cider vinegar and water, and stir gently until the mixture comes together to form a dough.
3. Press the dough evenly into the bottom and sides of a prepared pie pan (preferably lined with baking paper).
4. Fill as desired and bake.

To Pre-Bake the Crust without Filling:  
Preheat oven to 170 degrees celsius and prick the bottom of the crust all over with a fork. Bake for +- 25 minutes, or until the crust is golden brown and dried out. Cool completely before filling.

# Shortbread cookies

## *Ingredients:*

- 1 cup Almond flour
- 3 Tablespoons Coconut oil,  
softened not melted
- 1 ½ Tablespoons Honey
- pinch of Salt
- ¼ teaspoon vanilla or  
almond extract

## *Preparation:*

1. Preheat your oven to 170 degrees celsius.
2. Mix all the ingredients in a bowl until a batter forms, then use a tablespoon to scoop dough onto prepared baking sheet {lined with baking paper}.
3. Gently flatten cookies using a fork.
4. Bake cookies for 10 minutes, watching closely to ensure they don't burn.
5. Remove cookies from the oven when they are lightly golden brown, then cool on the pan for 10 minutes.
6. Transfer cookies to a wire rack and let cool completely before serving.

Thicker cookies, chill the batter in the fridge for 30 minutes prior to scooping and baking.

## Gluten Freedom All-purpose blend

- 2 parts heavy flour (Brown rice, Almond, Buckwheat or Teff)
- 2 parts medium flour (Chickpea, Millet or Sorghum)
- 1 part Potato starch
- 1 part Tapioca starch

## Gluten Freedom Chef's flour blend

- 2 cups Brown rice flour
- 1 cups Chickpea flour
- 1 cup Sorghum flour
- 1 cup Potato starch
- 1 cup Tapioca starch

## Gluten Freedom Light flour blend

- ½ cups Super fine Brown rice flour
- ½ cups Sorghum flour
- ½ cups Arrowroot powder/ Tapioca starch
- ¼ cups Potato starch

## Gluten Freedom White flour blend

- ¾ cups White rice flour
- ⅓ cup Coconut flour
- ⅓ cup Potato starch
- ⅓ cup Cornstarch or Arrowroot powder
- ½ teaspoon Guar gum

# Leaky Gut Syndrome

Food allergies usually go hand-in-hand with Leaky gut syndrome.

## The 4 R's

### 1. REMOVE (Foods & factors that damage)

- **Wheat-based products:** bread, pasta, cereals, wheat flour, couscous, etc.
- **Gluten-containing grains:** barley, rye, bulgur, oats (contain **avenin**, a protein that may cause problems because it has a similar amino-acid structure as **gluten**).
- **Corn Gluten, Zein** is the prolamine found in **corn**. Although **Zein** is not as reactive as gliadin (wheat gluten), it is reactive enough to cause severe **problems** for those with gluten sensitivity, IBS, Crohn's, colitis and **leaky gut** syndrome.
- **Milk, eggs** and other **dairy** products. Dairy is one of the two most inflammatory foods (second only to gluten). Seventy percent of the population stop producing the lactase enzyme needed to properly digest dairy after they finish breastfeeding, which is why so many people have a dairy intolerance. (<https://www.theguardian.com/lifeandstyle/2016/nov/21/should-humans-drink-cows-milk>) Plus, dairy products are often full of gut-damaging hormones and antibiotics.
- Some will have to avoid **banana's** (except organic bananas are okay, as they are not "dipped" to ripen).
- **Peanuts, nuts.**
- **Refined oils:** canola, sunflower, soybean, and safflower oils.
- **Artificial sweeteners:** aspartame, sucralose, and saccharin.
- **Sauces:** salad dressings, as well as soy, teriyaki etc.
- **Beverages:** alcohol, carbonated beverages, and other sugary drinks.
- **Processed meats:** cold cuts, deli meats, bacon, hot dogs, etc.
- **Baked goods:** cakes, muffins, cookies, pies, pastries, and pizza.
- **Snack foods:** crackers, muesli bars, popcorn, pretzels, etc.
- **Junk food:** fast foods, potato chips, sugary cereals, candy bars, etc.
- If you've already removed **gluten and dairy** (the two most inflammatory foods) and are still experiencing symptoms of food sensitivities, **nightshades** could be the missing link in overcoming your symptoms. Tomatoes, Bell peppers, Eggplant, White potatoes, Chili peppers, Cayenne pepper, Paprika, Goji berries.

## 2. REPLACE (Healing foods)

-Turmeric, ginger, cinnamon,, Garlic, Thyme, Peppermint, Rosemary. Don't eat too many raw vegetables, too many raw vegetables could be slowing your progress when you're dealing with a leaky gut. That's because digesting raw vegetables takes a lot of work, and if you're short on digestive enzymes (as many people with gut issues are), raw veggies can contribute to bloating, gas, and other GI discomfort. Vegetables like broccoli, brussels sprouts, cabbage, carrots, kale, beetroot, spinach, mushrooms, and zucchini.

- **Roots and tubers:** potatoes, sweet potatoes, yams, carrots, squash, and turnips
- **Fruit:** coconut, grapes, blueberries, raspberries, strawberries, kiwi, pineapple, oranges, lemon, limes and papaya etc.
- **Seeds:** chia seeds, flax seeds, sunflower seeds, and more
- **Gluten-free grains:** buckwheat, amaranth, rice (brown and white), sorghum, teff, and certified gluten-free oats
- **Healthy fats:** avocado, avocado oil, extra virgin coconut oil, extra virgin olive oil.

## 3. REPAIR (Specific supplements)

L-Glutamine, Slippery elm, Marshmallow root, Licorice root, Digestive enzymes, Flaxseed oil, Selenium, Vit C, Aloe, Oregano oil, Olive leaf extract, Grapefruit seed extract.

I make a mixture of equal quantities of the following; Turmeric, Slippery elm, Dandelion root, L-glutamine, Marshmallow root and to this ¼ teaspoon black pepper. Use 1 teaspoon twice daily (morning and evening on an empty stomach) mixed with some Coconut oil to make a paste ball and swallow down with water or mix in with water to your liking +- 2-3 Tablespoons.

## 4. REBALANCE (Probiotics)

**Take a probiotic supplement** if you don't get enough probiotics in your diet. As with probiotic supplements, if you have SIBO or Candida overgrowth, you should wait until after you've repaired your gut to use fermented foods as they could potentially be feeding your bad bacteria and yeast, thereby worsening the overgrowth and derailing your gut-repairing progress. Bacterial overgrowth in the small intestine can be an overgrowth of good bacteria as well as bad, and typically involves lactobacillus or bifidobacterium species. So when you take a lactic acid-based probiotic (which most on the market are) you are actually throwing fuel onto the fire by feeding those "good" bacteria that have grown out of control and mistakenly inhabited your small intestine. Until your gut is repaired, you should use a soil-based probiotic that contains spore-forming bacteria, which are able to bypass your small intestine and colonize your colon and large intestine instead.