



GLUTEN FREE CHOCOLATE CAKE

SERVES: 12

PREPARATION TIME: 55 minutes

INGREDIENTS

- 1/2 cup sorghum flour
- 1/2 cup tapioca flour
- 1/2 cup rice flour
- 1 cup cocoa, sifted
- 1/2 teaspoon baking soda
- 2 1/2 teaspoons baking powder
- 1 1/2 teaspoons xanthan gum (thickplus™)
- 3/4 cup salted butter, room temperature
- 3/4 cup brown sugar
- 1 cup granulated sugar
- 3 large eggs
- 2 egg yolks
- 2 teaspoons vanilla essence
- 1 1/2 cups buttermilk
- 10 tablespoons semi-sweet chocolate
- 1/2 cup sour cream
- 1/2 teaspoon vanilla essence
- 1-2 tablespoons whipping cream

UTENSILS

- Measuring cups & spoons
- 1 medium size bowl
- Electric mixer
- Sifter
- Whisk
- Spoon
- Baking pan (9x13)
- Wire rack for cooling

METHOD (CAKE)

- Preheat the oven to 180°C. Lightly grease the bottom of a 9x13 baking pan. Sift the three flours together. Add cocoa, xanthan gum, baking powder, and baking soda to the flours and whisk together in a medium bowl.
- Beat the butter until creamy.
- Slowly add the brown sugar and the granulated sugar; whip until fluffy. Add the eggs and the egg yolks one at a time. Add the vanilla essence. Turn the mixer to low and alternately add the flour mixture and the buttermilk.
- Pour into the prepared pan. Bake for 30-35 minutes until the cake is springy to the touch.
- Remove pan from oven and place on a wire rack to cool.

METHOD (ICING)

- Melt chocolate in the microwave or over a double boiler. Let chocolate cool until warm.
- Stir in the sour cream and vanilla essence.
- Add whipping cream to desired consistency. The frosting will thicken slightly as it cools.
- Once the cake has cooled frost the cake.



GLUTEN FREE BUTTERMILK POUND CAKE

SERVES: MAKES A 9x5" LOAF
PREPARATION TIME: 1.5 HOURS

INGREDIENTS

- 1 3/4 cups white rice flour
- 1/2 cup sweet rice flour
- 1/3 cup cornstarch
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon xanthan gum (thickplus™)
- 1 1/2 sticks of butter, at room temperature
- 1 cup granulated sugar
- 2 large eggs, at room temperature
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 3 tablespoons of juice from a large lemon
- 1 cup icing sugar

UTENSILS

- Measuring cups & spoons
- Whisk
- 1 small size bowl
- 1 medium size bowl
- Wooden spoon
- Spoon
- Spatula
- Baking pan (9x5)
- Electric mixer
- Electric mixer paddle attachment
- Skewer
- Wire rack for cooling
- Baking paper

METHOD (CAKE)

- Preheat oven to 180°C. Grease 9x5 baking pan with non-stick cooking spray or grease with solid shortening and dust with white rice flour. Set pan aside.
- In a medium bowl, whisk together white rice flour, sweet rice flour, cornstarch, baking powder, salt, and xanthan gum. Set aside.
- Fit stand mixer with paddle attachment. In bowl of stand mixer, cream butter and sugar together on medium speed until light and fluffy (about two minutes). After one minute, stop mixer. Scrape paddle and sides and bottom of bowl.
- Add eggs, one at a time, mixing well between each addition. Stop mixer. Scrape side and bottom of the bowl. Mix an additional minute.
- Reduce mixer speed to medium-low. Add dry ingredients in three additions, alternating with buttermilk. (Begin and end with dry ingredients.) Mix thoroughly after each addition of dry ingredients and buttermilk. Stop mixer. Scrape sides and bottom of bowl. Add vanilla extract and blend to combine, about 30 seconds.
- Spread dough evenly into prepared pan.
- Bake for 45 minute or until a cake tester (skewer) inserted into the center of the loaf comes out clean.
- Remove pan from oven and place on a wire rack to cool. Allow loaf to cool in the pan for five minutes. After five minutes, turn loaf out onto the wire rack and allow to cool completely.

METHOD (ICING)

- In small bowl slowly whisk icing sugar into lemon juice.
- Once the loaf has cooled place a piece of baking paper under the wire rack and glaze.



CHEWY GLUTEN FREE CHOCOLATE CHIP COOKIES

SERVES: 48

PREPARATION TIME: 1.2 HOURS

INGREDIENTS

- 1 cup softened butter
- 2 cups brown rice flour
- 1/4 cup cornstarch
- 2 tablespoons tapioca flour
- 1 teaspoon xanthan gum (thickplus™)
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/4 cup sugar
- 1 1/4 cups brown sugar
- 1 egg
- 1 egg yolk
- 2 tablespoons milk
- 1 1/2 teaspoons vanilla essence
- 24 tablespoons dark chocolate chips

UTENSILS

- Measuring cups & spoons
- 1 large size bowl
- 1 medium size bowl
- Wooden spoon
- Electric mixer
- Medium saucepan
- Baking tray
- Wire rack for cooling

METHOD

- Melt the butter in a medium saucepan over low heat.
- In a large bowl, combine brown rice flour, cornstarch, tapioca flour, xanthan gum, salt and baking soda.
- In a mixing bowl, pour melted butter over brown sugar and sugar. Mix together until creamed.
- Add egg, egg yolk, milk, vanilla essence and mix until incorporated.
- Slowly add flours and cornstarch mixture and mix until combined.
- Add chocolate chips and stir until combined.
- Chill in the refrigerator until firm (about 1 hour).
- Line a baking tray with parchment paper. Scoop dough into 1 inch balls. Bake in 180°C oven for about 10-12 minutes, or until golden brown.
- Remove from the oven, let cool on the pan for a couple of minutes. Remove from the pan to finish cooling.

NOTES

- Tapioca flour, also known as tapioca starch, is ground to powdery fine granulation from the dried roots of the cassava plant. It is especially good for thickening soups, sauces, dips, pie fillings and puddings. Tapioca flour is also an excellent ingredient for gluten-free baking, as it lends a springy texture, promotes browning and makes crispy crusts. Tapioca flour is available in the health food aisle at your local supermarket.



GLUTEN FREE COCONUT JAM SLICE

SERVES: MAKES 16x26cm SLAB
PREPARATION TIME: 1.25 MINUTES

INGREDIENTS

- 3/4 cup amaranth flour
- 1/4 cup tapioca starch
- 1/2 teaspoon xanthan gum (thickplus™)
- 110 grams coconut oil or butter (melted)
- 1/4 cup golden syrup
- 3/4 cup jam (flavour of your choice)
- 2 cups shredded unsweetened coconut
- 2 eggs (beaten)

UTENSILS

- Measuring cups and spoons
- Whisk
- 1 large size bowl
- 1 medium size bowl
- Spatula
- Electric mixer
- Small Slab baking tray
- Wire rack for cooling
- Sharp knife
- Spoon

METHOD (BASE)

- Preheat oven to 180°C. Line a small slab baking tray with baking paper.
- In a bowl combine amaranth flour, xanthan gum and tapioca starch and whisk to combine.
- Add melted butter or coconut oil and half of the golden syrup and mix to combine.
- Pour into your prepared baking tray and press evenly into the tray. Bake for about 12 minutes.
- Take out of the oven and allow to cool for about 20 minutes then spread the jam evenly over the base. While the base is cooling though you can prepare the topping.

METHOD (TOPPING)

- In another bowl add the coconut, the remaining golden syrup and beaten eggs and mix to thoroughly combine.
- Spoon over the top of the jam making sure the entire base is covered with the topping.
- Place back into the oven for another 18-20 minutes. Allow to cool in the tray then carefully remove.
- Cut into squares when cool.



GLUTEN FREE CHOCOLATE SLICE

SERVES: 15

PREPARATION TIME: 35 MINUTES

INGREDIENTS

- 125g Nuttalex butter
- 1 cup dark chocolate chips
- 1 1/2 cups caster sugar
- 3 eggs (lightly beaten)
- 3/4 cup gluten-free plain flour mix
- 1/4 cup gluten-free self-raising flour mix
- 1/3 cup cocoa powder
- 1 teaspoon xanthan gum (thickplus™)

METHOD

- Preheat oven to 180°C. Grease a 3cm deep, 17cm x 28cm (base) slab pan and line with baking paper.
- Combine Nuttalex and 1/2 cup chocolate bits in a heatproof, microwave-safe bowl. Microwave, uncovered, on medium heat for 2-3 minutes, stirring every minute with a metal spoon, or until smooth. Stir in sugar and eggs.
- Stir flours, cocoa and xanthum gum over chocolate mixture. Add remaining 1/2 cup chocolate bits. Stir gently to combine.
- Spread mixture into pan. Bake slice for 22-25 minutes or until a skewer inserted into the centre comes out clean. Cool completely in pan.
- Dust slice with cocoa powder.
- Cut into pieces.

UTENSILS

- Measuring cups & spoons
- 1 medium size microwave safe bowl
- Sifter
- Metal spoon
- Baking pan (17cm x 28cm)
- Skewer
- Sharp knife
- Wire rack for cooling
- baking powder

NOTES

- Made with the finest plant seed oils. Nuttalex butter contains absolutely no artificial flavours, artificial colours, extra salt or sweeteners and is available in the dairy aisle at your local supermarket.
- Orgran is a leading brand manufacturing gluten free food products including plain and self-raising flour. Orgran is stocked in Woolworths nationally.



GLUTEN FREE BANANA BAR

SERVES: 12

PREPARATION TIME: 45 MINUTES

INGREDIENTS

- 3/4 cup rice flour
- 1/4 cup potato starch
- 2 tablespoons tapioca flour
- 1/4 teaspoon xanthan gum (thickplus™)
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup banana (mashed ripe, 2 bananas)
- 3/4 cup brown sugar
- 1/3 cup white sugar
- 1/4 cup buttermilk
- 1 eggs
- 1 tablespoon vegetable oil
- 2 teaspoons vanilla essence
- 1/2 cup chopped walnuts (optional)
- 1/4 cup icing sugar
- 2 teaspoons milk

UTENSILS

- Measuring cups & spoons
- 1 small size bowl
- 1 medium size bowl
- Electric mixer
- Whisk
- Spoon
- Skewer
- Sharp knife
- Square baking pan (9 inch)
- Wire rack for cooling

METHOD (BAR)

- Preheat oven to 180°C.
- Grease a 9 inch square pan with shortening or spray with vegetable oil.
- In a small bowl, whisk together the flours and potato starch mixture, xanthan gum, baking powder, and salt. Set aside.
- In the bowl of your mixer, beat together the mashed banana and both sugars until blended.
- Add the buttermilk, egg, oil and vanilla essence. Beat well.
- Stir in the dry ingredients until just blended (do not beat!). Fold in the nuts.
- Spoon the batter into the prepared pan.
- Bake for 25-30 minutes or until a skewer comes out clean. Remove from the oven and keep the cake in the pan.

METHOD (TOPPING)

- Stir together the icing sugar and milk until just thick enough to drizzle well.
- Drizzle in a zigzag pattern over the cooling cake.
- When cold, cut the cake into 12 bars.



GLUTEN FREE GRANOLA BARS

SERVES: 18

PREPARATION TIME: 35 MINUTES

INGREDIENTS

- 1 cup flour (rice or corn)
- 1/2 cup dark chocolate chips
- 1/2 cup sunflower seeds
- 1/2 cup almonds, crushed
- 1/2 cup shredded coconut
- 1/2 cup puffed amaranth seed
- 1/2 cup mixed seeds (sesame, flax, poppy, pumpkin)
- 1/2 cup honey
- 1 teaspoon cinnamon
- 2 teaspoons vanilla
- 1 egg (beaten)
- 1/2 cup olive oil
- 1/2 teaspoon unrefined sea salt
- 1/2 teaspoon xanthan gum (thickplus™)

UTENSILS

- Measuring cups & spoons
- 1 large size bowl
- Wooden spoon
- Baking tray
- Wire rack for cooling

METHOD

- Preheat oven to 165° C.
- Lightly grease a baking tray.
- In a large mixing bowl combine all ingredients.
- Lightly press mixture into the prepared sheet, spreading it out evenly.
- Bake for 18-22 minutes or until golden brown.
- Let cool for 10 minutes before cutting into bars.
- Let bars cool completely in pan before removing or serving.

NOTES

- Granola is a popular breakfast food and snack food consisting of rolled oats, nuts, honey and sometimes puffed rice, that is usually baked until crisp. During the baking process the mixture is stirred to maintain a loose, breakfast cereal type consistency. Dried fruits such as raisins and dates are sometimes added.
- Besides serving as food for breakfast and/or snacks, granola is also often eaten by those who are hiking, camping, or backpacking because it is lightweight, high in calories, and easy to store; these properties make it similar to trail mix and muesli.
- Granola, particularly recipes that include flax seeds, is often used to improve digestion.