

# Bonnie's GF Bakery

Glutenfree recipe book



*Delicious recipes including healthier options*



# The Gluten Free Recipe book and guide

## BONNIE'S GLUTEN FREE BAKERY

Gluten Free cooking and baking can be quite challenging when starting out. In this recipe book you will find *my most loved recipes* that you can make at home.

Other dietary requirements like refined sugar free, dairy free or refined sugar alternatives are also included in this recipe book.

Changing to a gluten free diet is not only about changing the way you eat, but also about changing the way you think and feel about your new life. Maneuvering this new lifestyle change can be daunting and have implications on relationships, travel, work and your social life. To this end, I have also included a getting-started guide to gluten free living at the end of this book.

Please note that these help sections are written with gluten intolerance or Celiac disease in mind. I am not qualified in medicine nor nutrition, therefore this guide is purely from my own personal experience having lived with Celiac Disease for 7 years. If you think you could have a gluten sensitivity or Celiac Disease, please consult your health care probationer who will advise you further on what steps to take.



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# Baked Cheesecake

A healthy version of the much loved classic. A grain free base and no added refined sugar.

## INGREDIENTS

### CRUST

- 112g almond flour
- 1/2 cup mixed seeds (ground)
- 50g dark chocolate
- 2 Tbsp coconut oil
- 1/4 cup coconut flour

### FILLING

- 250ml whipping cream
- 500g full fat cream cheese
- 2 Tbsp vanilla essence
- 1/2 cup erythritol
- zest and grated peel of 1 lemon
- 3 eggs



1. For the crust: Into a bowl add the almond flour, coconut flour and ground seeds.
2. Melt the chocolate and coconut oil together and pour this over the almond flour mixture, making sure to combine well.
3. Press this mixture into a spring form baking tin lined with baking paper.
4. Bake at 180° C for 20 minutes and then remove from the oven.
5. Filling: In a large bowl whip the cream until soft peak stage and then add the cream cheese, vanilla essence, erythritol and beat with an electric whisk until just combined.
6. Add the eggs one at a time, beating after each addition.
7. Pour the mixture over the crust base and return to the oven for 45-55 minutes.
8. If you wish, you can cook the cheesecake in a water bath: place the spring form baking tin into a round silicone baking tin. Place a oven tray in the bottom rack of the oven and fill it with boiling water. Place the cheesecake on the center oven rack above the water bath and close the oven. Time for 45-55 minutes.
9. The cheesecake will be done when you shake the pan and it jiggles slightly in the middle. The water bath stops the cheesecake from cracking and creates a uniform color.
10. Once the cheesecake is baked, turn off the oven and remove the waterbath. Place a wooden spoon in the door of the oven to hold it ajar and leave the cake there for one hour. Then remove the cake and let it cool to room temperature on the counter. Place the cake in the fridge overnight to set. The next day the cake will be set enough to remove it from the base without

# Sugar Free Trifle

This Trifle is ideal for those hot summer days and refined sugar free too!

## INGREDIENTS

### Sponge Cake

140g Gluten free flour mix \*  
1/2 tsp bicarbonate of soda  
1 /2 tsp baking powder  
1 tsp chia seeds  
3 tbs boiling water  
56g butter  
3/4 cup Erythritol  
1 tsp vanilla essence  
2 eggs  
\*(add 1 tsp xanthan gum if your GF mix does not contain it)  
1/4 cup yogurt

Layer 2:

### Chocolate Cheesecake Mousse

250g plain smooth full fat cream cheese  
2 Tbsp custard powder  
1 tsp vanilla essence  
1/2 cup erythritol

Layer 3:

### Amurula cream

250ml whipping cream  
1 tot Amurula cream

### Sponge cake

1. Preheat your oven to 180°C
2. Line a baking tin with baking paper and set aside.
3. In a small bowl, mix the chia seeds and boiling water to make a slurry (thick gel like substance)
4. In a larger bowl, beat the butter and erythritol until creamy.
5. Add the chia slurry and yogurt to the butter mix and beat.
6. Add the dry ingredients to the wet ingredients in 3 parts, mixing after each addition.
7. Transfer the mixture to the baking pan and bake for 30 min.
8. Cool on a wire rack.

### Chocolate Cheesecake Mousse Layer

1. whip the cream until soft peaks form.
2. Add the cream cheese, custard powder, vanilla and erythritol and mix.
3. Set aside

### Amurula Cream layer

1. Whip the cream and tot of Amurula together until soft peaks.

### To Assemble

1. In a large glass bowl: crumble the sponge into the bottom until about 3cm deep.
2. Add a few teaspoons of coffee liqueur over the top
3. Next spread the chocolate cheesecake mousse on top.
4. Repeat the sponge and coffee liqueur layer.
5. Add the Amurula cream layer.
6. The final layer: grate 70% dark chocolate over the top and pecan and top with almond slivers. Refrigerate for a few hours or overnight.



# Ginger Malva Pudding

Perfect for those cold winter evenings!

## INGREDIENTS

### cake:

420g Gluten Free flour mix  
250ml milk of choice  
1 Tbsp bicarb of soda  
2 Tsp ground ginger  
2 Tbsp apricot jam  
2 eggs  
200g sugar  
227g butter

### Sauce:

200g sugar  
750ml boiling water  
1 Tbsp Sherry

### To make the cake:

1. Melt the butter in a small saucepan.
2. Add the sugar and simmer over a low heat until the sugar has completely dissolved.
3. Beat the eggs into the butter, along with the jam and ginger powder.
4. Mix the bicarb with the milk and add to the butter mixture.
5. Add the flour in stages until combined and smooth.
6. Pour the mixture into a greased and lined dish and cover with a lid.
7. Bake at 180° for 60 minutes

### To make the sauce:

1. Dissolve the sugar in the boiling water.
2. Add the sherry and pour over the hot cake as it comes out the oven.
3. Best served warm with custard or ice-cream.



### Make it dairy free

Simply swap the milk for a dairy-free milk alternative and use non dairy butter spread

# Chocolate Dessert cups

A easy delicious and utterly decadent chocolate dessert!

## INGREDIENTS

### Chocolate Dessert:

250ml whipping cream

1 can (340g) condensed milk

2-3 Tbsp chocolate pudding mix

### Topping:

Chocolate vermicelli sprinkles

Chocolate covered peanuts

## To make the dessert:

1. Whip the cream until soft peaks form.
2. Add the condensed milk and the pudding mix and beat until just combined.
3. Spoon into dessert bowls or cups and place in the fridge to set for about an hour.
4. Once set, add the chocolate sprinkles and chocolate covered peanuts.



### Make it dairy free

Swap for coconut whipping cream, and coconut condensed milk. Swap the pudding mix for Simply Delish

# Vegan Peanut Bars

Vegan Peanut Chocolate bars that are almost refined sugar free!!

## INGREDIENTS

### Base

127g almond flour  
70g coconut flour  
8 pitted dates  
1 Tbsp coconut oil

### Caramel layer:

3/4 cup coconut sugar  
1 can coconut cream (400ml)  
3 Tbsp coconut oil  
3 Tbsp peanut butter

### Chocolate layer:

200-250g dairy-free chocolate

### To make the base:

1. Add the Dates, almond flour, coconut flour and oil to a food processor and blitz until it forms a paste.
2. Spread evenly into a dish lined with baking paper, pressing down.
3. Place it in the freezer to harden while you carry on with the caramel layer.

### To make the caramel layer:

1. Bring the coconut sugar, coconut oil and coconut cream (discard the watery part) to a boil in a small saucepan on medium heat, stirring continuously until thick. This should take about 5-8 minutes. Add the mixture to a food processor and then add the peanut butter and blitz until thick.
2. Spread this mixture evenly into a dish lined with parchment paper.
3. Press 1 cup chopped peanuts evenly into the above layer and freeze until firm.
4. Once Frozen, take it out and cut it into bars. You should be able to get 12-16 bars out, depending on what sized dish you use. Place them back in the freezer.
5. Once frozen, take it out and cut into 16 bars and place it back in the freezer.

### To make the chocolate layer:

1. Melt the chocolate in a double boiler or in the microwave.
2. Take out the bars from the freezer.
3. Pour the chocolate into a heat safe bowl and using a fork, gently lower each bar into the chocolate, making sure to totally immerse the bar in the chocolate. Lift it up and let it drip off before placing it on a wire cooling rack to set. Continue until all bars have been dipped.





# No Bake Cheesecake

A easy cheesecake that requires no baking and contains no egg or added refined sugar!!

## INGREDIENTS

### Base

1 packet GF maria biscuits\*  
60-100g melted butter

### Filling:

250g Full fat smooth plain  
cream cheese  
250g whipping Cream  
1 tsp Vanilla Essence  
The juice of one lemon  
½ cup Erythritol  
2 Gelatin Leaves

\*use any glutenfree shortbread  
based biscuits

### To make the base:

1. Place the biscuits into a food processor and blitz until like bread crumbs.
2. Melt the butter and add to the crumbed biscuits. The mixture should stick together when you press a bit together with your fingers.
3. Press the mixture into a greased and lined spring form pan and place in the fridge.

### To make the filling:

1. Soak two gelatin leaves in a little cold water. Take the leaves out and squeeze out the excess water. Add a little hot water and dissolve the leaves.
2. In a bowl or stand mixer, beat the cream cheese, vanilla essence, lemon juice, Erythritol and dissolved gelatin together.
3. In a separate bowl, whip the cream until soft peaks.
4. Add the whipped cream to the cream cheese mixture and gently fold in with a spatula.
5. Pour the mix over the crust base and refrigerate for about 3 hours.

# Apple Crumble Pie

Nostalgic and homely, this apple crumble is a must for winter nights!!

## INGREDIENTS

### Crumble:

125g butter  
100g sugar  
1 egg  
250g GF flour mix  
1 cup tapioca flour extra  
10ml baking powder  
10ml cinnamon  
5ml cardamon

### Filing:

6 apples, peeled and sliced  
125g sugar  
1 lemon -juice of  
handful of almond flakes

### To make the base:

1. Cream the butter and sugar and then add the egg and beat until combined.
2. Add in the flour, baking powder and cinnamon and mix.
3. Add the extra tapioca flour until crumbly.
4. Press half the crumble mixture into a lined pie dish, blind bake for 10 minutes at 180° c. (add baking paper on top of the base and then pour uncooked rice on top and place in the oven)
5. Remove the rice and baking paper and cook for another 5 minutes.
6. Remove from the oven and set aside.

### To make the filling:

1. In a bowl add the sliced apples and add the lemon juice and sugar
2. Lay the apple slices evenly on top of the baked pie shell and then Sprinkle the lemon sugar mixture over the top.
3. Sprinkle the remaining crumble mixture over the top and add some more cinnamon and sugar and the almond flakes.
4. Bake for 50min until golden on top.
5. Cool on rack, serve warm with cream



# Carrot cake

This moist, refined sugar free nutty carrot cake will keep you coming back for more!!

## INGREDIENTS

### Cake:

320g GF flour with xanthum gum  
2 tsp bicarb of soda  
2 tsp baking powder  
2 tsp cinnamon  
1/2 tsp ginger  
1/2 tsp nutmeg  
1/2 tsp cloves  
1/4 tsp salt  
400g coconut sugar  
300ml vegetable/coconut oil  
2 tsp vanilla essence  
4 eggs  
600g grated carrots  
130g chopped pecans.

### Topping:

250g cream cheese  
56g butter  
2 tsp vanilla  
4 tbsp erythritol (grind or use powdered)



### To make the cake:

1. Preheat the oven to 180° c.
2. In a large bowl or stand mixer, whisk the flours, baking powder, bicarb, xanthan gum, spices and salt. set aside.
3. In another bowl whisk the oil and sugar until combined.
4. Whisk in the eggs to this mixture until well blended.
5. Add the dry ingredients to the wet and starting on a slow speed, beat until combined.
6. Stir in the grated carrots and nuts.
7. Divide the mixture between two greased and lined baking tins.
8. Bake for 35-45 minutes or until a cake skewer comes out clean.
9. Remove and allow to cool on a wire rack.

### To make the topping

1. In a bowl, beat the butter until soft and then add the cream cheese, vanilla and erythritol and beat until smooth.
2. Once the cake has completely cooled to the touch, you can spread this on the first layer, place the second layer on top and the spread some more on top.

# Flourless Chocolate cake

Rich and dark, this decadent flourless chocolate cake is fudgy and indulgent!

## INGREDIENTS

### Cake:

113g Dark chocolate  
3 eggs  
113g butter  
113g castor sugar  
1/4 cup cocoa powder  
2 tsp vanilla essence  
1/2 tsp salt

### To make the cake:

1. Preheat the oven to 180° c.
2. In a double boiler over low to medium heat, melt the butter and chocolate together.
3. Combine the chocolate mix together with the sugar and eggs and whisk until smooth.
4. Pour the batter into a greased and lined cake tin and smooth the top with a spatula.
5. Bake for 20-25 minutes.
6. Remove and cool on a wire rack.
7. Best served warm with whipped cream.



# Getting Started guide



Being diagnosed with Celiac Disease is a **lifestyle change** on so many levels. I remember in 2014 when I had to make the switch permanently, it was a huge shock to me! At the time, it consumed my whole life.

Where do you start? What do you do? What can you eat? What can't you eat? These are the questions no doubt that have through your mind.

Having being diagnosed with Celiac Disease, you likely already know the damage gluten causes to your intestinal gut lining. You also likely know the importance of staying off gluten for the rest of your life.

Going off gluten might not actually be the worst part. There are many areas in life that change such as your social life; the way you shop and prepare food; travel and entertainment; and even relationships can be affected. The emotional side of having to make such a huge adjustment can lead to feelings such as feeling rejected, different, isolated and alone.

There is one thing I would like to tell you: ***There is nothing wrong with you.*** Having Celiac disease does make you unworthy of any less love or respect. Having this condition does not change your personality, nor your fundamental beliefs. It does not make you better or worse than anybody else. Simply put, it is a disability of the gut! You are *still* you! Please do not let anybody make you feel any less. Do not let people make you apologize for having something that is not in your control. Let's face it: It is not something you have chosen to do. So you should never feel like you need to apologize for serving or eating gluten free food.

Going off gluten is much like a form of grieving. For those of who who have lost loved ones, the process of grief is a very complicated one, and it differs from person to person. But the stages are more or less the same : shock, denial, anger, bitterness, and maybe all these things at once or repeated, but finally comes acceptance. You will get to the stage where you accept your condition.

With acceptance comes peace. Peace in yourself. You accept what you can't change and can never go back to. You look forward and you start to appreciate all you CAN eat and hopefully dive headfirst into this new life with enthusiasm and determination to make it the best it can be.

There is a lot that can be said on this subject and for more support as well as coping with things like travel, holidays, entertainment and so on, please visit my blog on [www.bonniesgbakery.com/blog](http://www.bonniesgbakery.com/blog).

# Getting Started guide



This is what I would like to leave you with:

- Don't give up.
- Don't fight your new condition. Allow yourself time to grieve, but the sooner you can accept your new lot in life, the easier your transition will be.
- Don't ever let others make you feel unworthy.
- Focus on what you CAN eat and move forward, be positive.
- Remember that those who make unkind remarks likely do not know the struggle you have been through or what it is like to have a disability of the gut.
- Please believe you are more than your Diagnosis. It is part of who you are, but it does NOT define you.
- Food is still food with or without gluten. This is your new normal.

## Tips to making the transition easier

1. Take time to clear toxins from your life, in the form of chemicals you may use in your home and on your body. Gluten can be found in many products, not just food.
2. Start and maintain an exercise schedule that works for you. It does not have to be going to the gym. Walking in nature, hiking, exercising at home are all beneficial. Exercise will help your body to heal faster and it will make you feel good.
3. Don't underestimate the power of creativity: find something that you enjoy doing and do it on a regular basis whether it is gardening, photography, reading, music, being in nature, baking, cooking, painting. Studies have proven that doing something creative boosts self esteem, productivity, and helps the brain to stay active and continue to develop new connections.
4. There is life after gluten and from my experience I have learned that things won't always be as daunting as they are in the moment. As they say "this too shall pass". Your body will heal and life will go on.

## Other areas of life will be different

Shopping is one of the biggest things to master when you are transitioning to a gluten free lifestyle. One thing you **MUST** always do, no matter how many years go by, is **READ LABELS**. Foodstuffs you would think that would not contain gluten, sometimes do. Keep checking labels ingredients change.

Socializing, going out to eat, attending functions and events and traveling all present challenges. It takes time to adjust to each new situation and circumstance that this will bring.

For more help, advice, and support please visit my website [www.bonniesgfbakery.com](http://www.bonniesgfbakery.com) and my instagram account @bonniesgfbakery.

## ABOUT ME

My name is Bonnie. I have suffered with digestive issues my whole life but for many years did not know what the cause was. It was only in 2014 that I discovered I had Celiac Disease. I subsequently spent four years struggling with leaky gut and other health issues due to the damage caused by gluten.

Having always been an avid baker and with seven years of living and baking gluten free, together with trying many other forms of baking such as dairy free, low Fodmap, sugar free, I decided to start Bonnie's GF Bakery in June of 2020. My aim is to offer delicious gluten free food for others and to be a source of support and awareness of this condition. I operate from my home and offer a wide range of gluten free bakes as well as other health alternatives. For more information please visit my website [www.bonniesgfbakery.com](http://www.bonniesgfbakery.com) / Instagram page @bonniesgfbakery / Facebook: bonniesglutenfreebakery.



I am based in Somerset West, Western cape, south Africa and deliver in and around the Helderberg basin area. On my website you will find recipes as well as tips on living a happy and healthy gluten free life!



[www.bonniesgfbakery.com](http://www.bonniesgfbakery.com)