

GLUTEN-FREE AND VEGAN FOOD



Wraps



12-14 servings



60 minutes

Gluten-Free wraps that are not only healthy but delicious too!



INGREDIENTS

- 5 tbsp psyllium husk
- 2 cups warm water
- 420g GF flour mix
- 1 tps salt
- 1/4 cup oil

DIRECTIONS

1. Whisk the psyllium husk and warm water together in a small bowl and then leave it for about half a minute to form a gel.
2. In a separate bowl, whisk together the flour and salt.
3. Make a well in the center of the flour and add the gel mixture.
4. Mix with a wooden spoon until it comes together, at this stage use your hands to mix it, squeezing as you go along and kneading it to form a soft and smooth dough.
5. Turn it out onto a floured surface and divide into 12-14 balls.
6. Using a tortilla press lined with plastic wrap or baking paper, place the ball in the center near the back of the press and press down until it forms a tortilla.
7. Keep the tortillas under a cloth until you are ready to start cooking them.
8. Heat up a pan for 2 minutes until hot, do not add any oil or anything to the pan. Turn it down to medium high once hot and then add your first tortilla. Cook for 45 seconds on one side and then flip and cook the other side. The tortilla's should form small bubbles. Continue cooking all the tortilla's.

NOTES

The Tortilla's will last in the fridge in an airtight container for up to a week. Warm in the microwave for 30 seconds. Alternatively, you can wrap each one and freeze them. Defrost in the fridge.

Chocolate Tart



8 servings



45 minutes

Impress your guests with this beautiful chocolate tart.



INGREDIENTS

FILLING

- 400ml coconut cream
- 250g dark chocolate
- 1 tsp vanilla essence
- 1/2 tsp agar agar
- 2 tsp instant coffee

INGREDIENTS

BASE

- 127g almond or millet flour
- 70g coconut flour
- 7 dates
- pinch salt
- 1 tbsp coconut oil

DIRECTIONS

For the Base: Place all the ingredients in a food processor and blitz together until it comes together. Press into a tart dish.

Filling:

1. Add the coconut cream and chocolate to a double boiler and melt together.
2. Add the vanilla essence, agar agar and coffee. whisk.
3. Cool for 10 minutes off the double boiler
4. Pour over the tart base.
5. Place in the fridge for 4 hours to set.

NOTES

Best served with cream or ice-cream.

Peanut Butter Oat Bars



12-16 servings



20 minutes

Utterly moreish snacks!



INGREDIENTS

BASE

250g peanut butter

1 cup GF oats (ground to form a flour)

1/4 cup syrup

INGREDIENTS

TOPPING

1 cup chocolate chips

1 tbs coconut oil

DIRECTIONS

For the Base:

1. Line a 8x8" pan with baking paper.
2. In a small saucepan, mix the peanut butter and syrup until combined and smooth over a low heat.
3. Remove from the heat and add the oat flour. Mix.
4. Press the mixture into the pan with a spatula.

Topping:

1. In a double boiler melt the chocolate and coconut oil together and then pour this over the base.
2. Place in the fridge for a few hours to set and then cut into squares.
3. Store in an airtight container for up to 2 weeks.

NOTES

These can also be frozen if individually wrapped.

Rice crispy Bars



12-16 servings



20 minutes

Crunchy chocolate goodness!



INGREDIENTS

BASE

- 3 cups puffed brown rice
- 250g peanut butter
- 150g syrup
- 1 tbsp coconut oil
- 1 tsp vanilla essence

INGREDIENTS

TOPPING

- 1 cup chocolate chips
- 1 tbsp coconut oil

DIRECTIONS

For the Base:

1. Line a 8x8" pan with baking paper.
2. In a small saucepan, mix the peanut butter and syrup, vanilla and coconut oil until combined and smooth over a low heat.
3. Remove and add the puffed rice, mixing it together well.
4. Press the mixture into the pan with a spatula.

Topping:

1. In a double boiler melt the chocolate and coconut oil together and then pour this over the base.
2. Place in the fridge for a few hours to set and then cut into squares.
3. Store in an airtight container for up to 2 weeks.

NOTES

These can also be frozen if individually wrapped.

Date Brownies



10 servings



35 minutes

Moist and rich brownies! (and healthy!)



INGREDIENTS

200g pitted dates
240g water
35g cocoa powder
1 tbsp baking powder
1 tsp vanilla essence
pinch salt
1 and 1/4 cup almond flour
30g tapioca starch
60g almond milk

DIRECTIONS


1. Preheat your oven to 180c
2. combine the dates and water in a food processor and blend on high until smooth
3. Add the rest of the ingredients and blend until just combined.
4. spread the mixture into a lined 8x8 inch pan lined with baking paper.
5. Bake for 25minutes
6. Remove from the oven and allow to cool before slicing into squares.
7. Store in an airtight container in the fridge.

NOTES

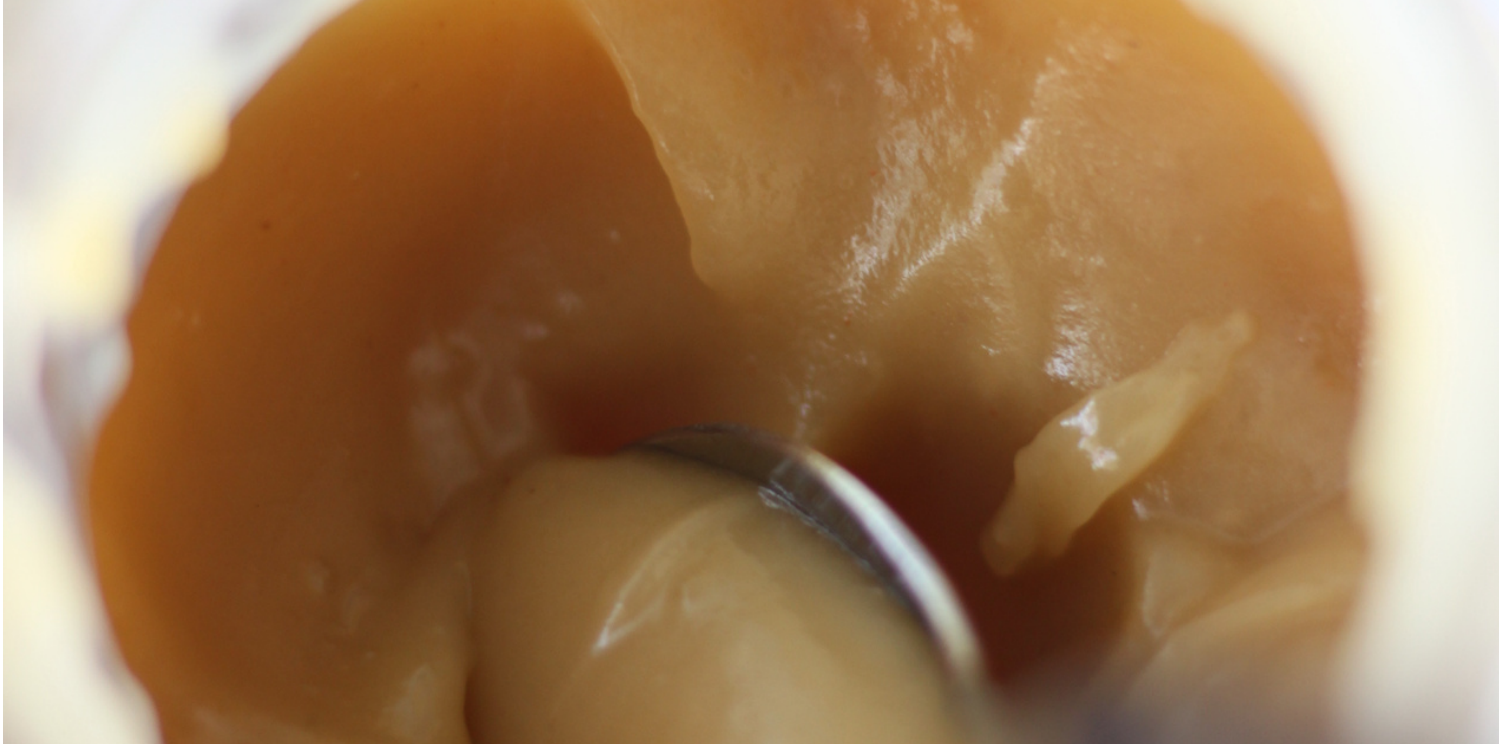
Perfect for a healthy breakfast!

Salted Caramel sauce

 1 cup

 45 minutes

Add to anything!



INGREDIENTS

400ml coconut cream
80g sugar of choice
60g vegan butter
1/2 tsp salt
1 tsp coconut oil
1 tsp vanilla essence

DIRECTIONS


1. Combine the coconut cream, sugar and salt in a small saucepan over medium high heat and bring to the boil, once it boils, lower the temperature to a simmer.
2. Simmer for 30 minutes until a darker color and it coats the back of a spoon.
3. Remove from the heat and add the vanilla essence and coconut oil.
4. Allow to cool before transferring to a glass Jar.

NOTES

Store for 2 weeks in the fridge.

Millionaire Shortbread

 1 cup

 45 minutes

The best snack in the world!



INGREDIENTS

SHORTBREAD

250g GF flour mix
150g vegan butter
50g icing sugar
1 tsp vanilla
1/2 tsp salt
72g cornstarch
1 tbsp water

INGREDIENTS

CARAMEL

140g vegan butter
140g coconut sugar
3 tbsp syrup
1 can vegan condensed milk

DIRECTIONS

Shortbread:

1. Mix all the ingredients together in a food processor and press into a 8x8" dish lined with baking paper.
2. Poke with a fork a few times.
3. Bake at 180c for 20minutes.
4. Take out the oven and allow to cool.

Caramel:

1. Place all the ingredients into a small saucepan and stir constantly until simmering and the sugar has dissolved.
2. Turn up the heat and boil for 10 minutes until it thickens and turns a darker color.
3. Pour over the shortbread and place in the fridge to set.

Chocolate topping: 200g chocolate and 1 tbsp coconut oil melted together and poured over the top.

NOTES

Cut into squares and store in an airtight container for up to two weeks.

chocolate cupcakes



12 cupcakes



45 minutes

Unbelievably good!



INGREDIENTS

240g GF flour mix

250g castor sugar

60g cocoa powder

pinch salt

2 tsp baking powder

2 tsp bicarb of soda

1 tsp xanthan gum if GF
flour mix does not contain.

240ml oil

480ml almond milk

Frosting:

340g icing sugar

150g vegan butter

2 tbsp almond milk

DIRECTIONS

1. Preheat oven to 180c and line a cupcake tin.
2. Mix all the dry ingredients together.
3. Mix all the wet ingredients together and add to the dry. mix well.
4. Transfer to the cupcake liners 3/4 cup full each.
5. Bake for 25-30 minutes
6. Allow to cool

Frosting:

1. Make sure the vegan butter is at room temperature. Mix it with a handmixer until soft.
2. Add the sifted icing sugar in 3 stages, mixing well.
3. Add the almond milk as needed.
4. Frost the cupcakes once cooled.

NOTES

For vanilla cupcakes, omit the cocoa powder and add 2 tsp vanilla essence.



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Bonnie van Esch

Certified Health Coach

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