

Gluten,  
Wheat, Dairy,  
Egg, or Nut  
Free Recipes  
ideas



## RED VELVET CAKE

Can be separated into cupcakes

½ cup (80g)	Coconut flour
½ cup (64g)	Arrowroot starch
2 Tbsp	Cocoa powder
1 tsp	Baking soda
¼ tsp	Salt
4	Eggs
¼ cup (50g) sugar	Granulated or coconut
½ cup	Light olive oil
¼ cup (84g)	Raw honey
½ cup	Cultured buttermilk or coconut cream
1 tsp	Vanilla extract
½ tsp	Distilled vinegar
2-3 Drops	Natural red food colouring or beet juice
½ cup	Chopped pecans

1. Preheat oven to 170C and grease a baking pan.
2. Sift together the coconut flour, arrowroot starch, cocoa powder, baking soda, and salt.
3. Separate the egg yolks from the egg whites. Whip the egg whites on high speed until a meringue forms.
4. Sprinkle in the granulated/coconut sugar and whip. Don't worry if the meringue falls a bit.
5. Combine the egg yolks, olive oil, honey, buttermilk, vanilla, vinegar, and food colouring. Whip until combined.
6. Mix in the dry ingredients and whip until combined.
7. Add a heaping of the egg whites into the batter and mix. Gently fold in the rest of the egg whites.
8. Pour the batter into the greased cake pans. Bake at 170C, centre rack, for 25-28 min, until an inserted toothpick comes out clean. Let cake cool for 10 minutes inside the pan. Flip out of the pan and let cool to room temperature before frosting.



Sourced from Plated with Style

## GLUTEN AND DAIRY FREE COCONUT SLICE

2 cups	Almond meal/flour
90g	Coconut oil, melted
¼ cup	Coconut flour
1 tsp	Vanilla extract
Raspberry jam	
2	Eggs
2 cups	Shredded coconut
½ cup	Coconut sugar

1. Preheat your oven to 180 degrees C and grease and line a slice tin, then add the melted coconut oil to a large bowl, followed by the almond meal/flour, two eggs, coconut flour and vanilla extract and mix well.
2. Press this mixture into the slice tin, pushing down into all the edges. Prick with a fork all over and bake in the oven for about 15 minutes until golden.
3. Remove from the oven and allow to cool for five minutes, then spread the base with a good helping of jam.
4. Place two eggs, shredded coconut and coconut sugar to a bowl and mix well to combine. Sprinkle over the top of the jam and return to the oven for another 25 minutes. Remove from the oven, allow to cool, and cut into slices while in the tin.



Sourced from smooth.com.au

## GLUTEN FREE - CHOCOLATE FUDGE BROWNIES

Makes 12

½ cup	Rice flour
½ cup	Plain gluten-free flour
¼ tsp	Baking powder
1/3 cup	Cocoa powder
1 ¼ cups	Caster sugar
2	Eggs, lightly beaten
150g	Butter, melted

1. Preheat oven to 180°C. Grease a 4cm-deep, 20cm x 30cm (base) slab pan. Line with baking paper, allowing a 2cm overhang at both long ends.
2. Sift flours, baking powder and cocoa into a large bowl. Add sugar. Stir to combine.
3. Make a well in the centre. Add eggs and melted butter to flour mixture. Using a metal spoon, mix until just smooth.
4. Spread mixture into prepared pan. Bake for 20-25 mins or until a skewer inserted in the centre comes out with crumbs clinging. Remove from oven. Allow to cool in pan. Lift from pan. Cut into squares.

## CARAMEL MACADAMIA CUPCAKES

170g	Macadamia nuts
70g	Pitted medjool dates, or date paste
100g	Coconut cream
4 large	Eggs
½ tsp	Vanilla powder or extract
½ tsp	Bicarb soda

### *Caramel Icing*

60g	Pitted medjool dates
100g	Coconut cream
¼ tsp	Sea salt, fine
½ tsp	Vanilla powder or extract

Preheat oven to 180C. Line a muffin tin with 12 paper baking cups. (I use "If You Care" baking cups as they are unbleached, non-toxic, and the cakes don't stick to them.) Place all ingredients into Thermomix bowl and mix 1 min/speed 9. (Or mix in a blender/processor until batter is smooth and creamy). Divide mixture between cupcake cups. Bake 20 mins at 180C.

Cool, then ice with caramel icing.

### *Caramel Icing*

Place all icing ingredients into Thermomix bowl and mix 10 sec/speed 6. Scrape down lid and sides of bowl with spatula. (Or finely chop dates by hand and place in a saucepan with other ingredients.) Cook 5 mins/100C/speed 3 (or simmer in saucepan over med heat, stirring until smooth). Chill icing for approx an hour, then ice cupcakes.



Sourced from quirky cooking

## GLUTEN FREE CARROT CAKE

unsalted butter ,	for greasing
225g	Gluten-free self-raising flour , plus extra for dusting
2	Eggs
125g	Soft brown sugar
125ml	Sunflower oil
1½ tps	Ground ginger
1 tps	Ground cinnamon
1	Apple
200g	Carrots
1	Orange , zest and juice
½ cup	Sultanas
50g	Walnuts , (optional)

1. Preheat the oven to 190°C/375°F/gas 5. Grease a springform cake tin (roughly 20cm) with butter, line the base with greaseproof paper, then dust the sides with gluten-free flour.
2. Lightly beat the eggs in a large bowl, add the sugar and oil, then mix to combine. Sieve in the flour and spices, then fold through. Peel and grate the apple (core and all) and carrots, then stir into the mixture along with the orange zest and juice and sultanas. Roughly chop and add the walnuts, if using.
3. Pour the mixture into the prepared cake tin, then place on the middle shelf of the oven for 30 to 35 minutes, or until golden and an inserted skewer comes out clean. Leave the cake to cool in the tin for around 5 minutes, before turning it out onto a wire cooling rack to cool completely.
4. Once cooled, decorate the cake with the icing. Lightly crush the walnuts in a pestle and mortar and sprinkle on top. Finish with a grating of orange zest, then serve.



Sourced from Jamie Oliver

## THERMOMIX CARAMEL SLICE

Makes 18

200g	Butter, roughly chopped
100g	Plain flour
100g	Brown sugar
75g	Desiccated coconut
75g	Rolled oats
1½ tsp	Baking powder
1200g	Sweetened condensed milk
60g	Golden syrup
200g	Dark chocolate, roughly chopped



1. Preheat oven to 170°C.
2. Place 170g butter in TM bowl, melt for 2 minutes 30 seconds, 100°C, speed 1. Add flour, sugar, coconut, oats and baking powder, mix for 15 seconds, speed 4. Scrape down sides. Mix for a further 3 seconds, speed 4. Press into a lined slice tin (approximately 20x30x4cm).
3. Bake for 10 to 15 minutes, or until golden.
4. Meanwhile, insert butterfly in clean TM bowl. Add condensed milk, golden syrup and remaining 30g butter, cook for 10 minutes, 100°C, speed 1. Pour caramel over hot base and bake for a further 20-25 minutes, or until caramel is golden, bubbling and set. Allow to cool completely.
5. When slice is cool, place 100g chocolate in TM bowl, grate for 8 seconds, speed 6. Melt for 2 minutes, 50°C, speed 1. Scrape down sides.
6. Add remaining 100g chocolate, mix for 2 minutes, 37°C, speed 3. Pour over caramel and leave at room temperature to set. When chocolate is firm but not completely hard (about 5 minutes), cut into individual servings.
7. Preheat oven to 170°C. Place 170g butter in TM bowl, melt for 2 minutes 30 seconds, 100°C, speed 1. Add flour, sugar, coconut, oats and baking powder, mix for 15 seconds, speed 4. Scrape down sides.
8. Mix for a further 3 seconds, speed 4. Press into a lined slice tin (approximately 20x30x4cm).
9. Bake for 10 to 15 minutes, or until golden.
10. Meanwhile, insert butterfly in clean TM bowl. Add condensed milk, golden syrup and remaining 30g butter, cook for 10 minutes, 100°C, speed 1. Pour caramel over hot base and bake for a further 20-25 minutes, or until caramel is golden, bubbling and set. Allow to cool completely.
11. When slice is cool, place 100g chocolate in TM bowl, grate for 8 seconds, speed 6. Melt for 2 minutes, 50°C, speed 1. Scrape down sides.
12. Add remaining 100g chocolate, mix for 2 minutes, 37°C, speed 3. Pour over caramel and leave at room temperature to set. When chocolate is firm but not completely hard (about 5 minutes), cut into individual servings. Sourced from [alycealexandra.com](http://alycealexandra.com)

## FAIRY CAKES

Makes 24

2 cups	Self raising flour
1 cup	Caster sugar
1 tsp	Vanilla essence
1 Tbsp	White vinegar
½ cup	Canola oil
1 cup	Soy or rice milk

### Icing

125g	Nuttlex
1 ½ cups	Icing sugar
1 Tbsp	Soy or rice milk
60	Marshmallows
25	Small sugar lollies

1. Preheat oven to 180C. Grease or line muffin pan.
2. Sift flour and sugar into a large bowl. Add vanilla, vinegar, oil and milk.
3. Using a whisk or electric beaters beat until combined and smooth.
4. Pour into prepared tin and bake in a moderate oven for 35-40 minutes.
5. Cool in tine for 10 minutes then turn onto a cooling rack. When completely cold, ice and decorate as desired.

### Icing

1. Cut each marshmallow in half.
2. Place margarine in a small bowl and add sifted icing sugar. Beat with an electric mixer until combined. Slowly add milk and beat until smooth and easy to spread with a spatula.
3. Spread the icing onto the top of each muffin. Pinch marshmallow halves at both ends then arrange five halves on each muffin. Top with a sugar lolly using some icing to make it stick.

## JAM FILLED BISCUITS

Makes 40

250g Nuttlex  
¾ cup Caster sugar  
2 ½ cups Plain flour  
2 tsp Vanilla  
1tsp Soy or rice milk  
Your favourite jam

1. Preheat oven to 180c. Line large baking tray with baking paper.
2. Cream Nuttlex and sugar until soft and fluffy; add the milk and vanilla and mix until smooth.
3. Add the flour and mix until it forms a ball of dough, wrap the ball in cling film and put in the fridge for 30 minutes.
4. Sprinkle extra flour onto a board. Roll out the pastry to 0.5cm thick. Cut circles using a 4-5cm circle cutter. Place half the circles onto the prepared tray. Spread a little jam onto the centre of the circles. Jam at room temperature spreads easier than jam from the fridge.
5. Using a tiny shape cutter cut the middle out of remaining circles, carefully place the top circle over the base and gently press down around the edges.
6. Bake in a moderate oven for about 12 mins or until golden brown. Allow to cool completely on the tray.



## BLUEBERRY CRUMBLE CAKE

2 cups Self raising flour  
1 cup Caster sugar  
1 tsp Vanilla essence  
1Tbsp White vinegar  
125g Nuttlex, melted  
1 cup Soy or rice milk  
*Crumble*  
1 cup Rolled oats  
¼ cup Coconut  
½ cup Plain Flour  
80g Nuttlex  
¾ cup Frozen blueberries

1. Preheat oven to 180C. Grease and line 20cm round spring form pan.
2. In a large bowl, sift flour and sugar. Add vanilla, vinegar, Nuttlex and soy milk. Using a hand held mixer beat until smooth. Pour into prepared pan.
3. Combine in a medium bowl oats, coconut, flour, brown sugar and melted Nuttlex. Stir until well combined.
4. Remove the blueberries from the freezer and stir through the crumble. Sprinkle the crumble over the top of the cake mixture. Using a spoon, gently mix the crumble into the top of the cake mixture a little, but not too deep.
5. Bake in a oven for 35-40minutes.
6. Cool in pan for five minutes before turning onto a cooling rack.

