



# WHEATFREE Recipes

[www.wheatfree.com.au](http://www.wheatfree.com.au)



APPROVED BY THE  
COELIAC SOCIETY  
OF AUSTRALIA

## NO ADDED:

- Wheat
- Soya
- Casein
- Egg
- Yeast
- Gluten
- Corn
- Salicylates
- Amines
- Preservatives

# Foreword



*In 1998 I was faced with feeding family members diagnosed with a range of food allergies and intolerances. These varied from wheat, soy, corn, dairy, preservatives and yeast. It all seemed overwhelming. I was not a confident cook so I often used premixed package products.*

*My family was used to their daily snacks. I struggled to find everyday products free from any of the “forbidden” ingredients. It became an extreme challenge to provide my family with good basic food and snacks.*

*“What can I eat”, these words echoed in my ears. Family and friends panicked at the thought of having us over for a meal.*

*Flour formulas on the market did not meet our strict food criteria. I was determined to follow this new dietary guideline so we could heal and be healthy. I needed a quick and successful premix flour range to produce the basics we all loved, e.g. Breads, bread rolls, cakes, muffins, biscuits, slices, desserts, etc. I started blending flour to find the right formula.*

*I experimented on family and friends for 4 years to find the right premix flours. In 2004 three Brighterlife premixes; “Bendy Bread”, “Marvellous Muffin” and “Perfect Pikelet” were launched onto the market.*

*We used these three basic formulas as a starting point to create a wide choice of recipes. I was able to provide quick and easily prepared tasty goodies. This meant my family won the battle to successfully stick to our new diet criteria without forgoing taste. This is so critical in order for your health to improve.*

*I hope you find success using the three “Brighterlife” flour formulas and this recipe book. You and your family can eat well and feel “normal”, healthy and happy!*

*Welcome to a “Brighterlife”*





## Why Wheat-Free & Gluten-Free?

**WHEAT ALLERGIES** are becoming very common. Symptoms can consist of discomforts such as stomach bloating, diarrhoea, and low energy. The only way to overcome these symptoms is to not eat wheat. Unfortunately, wheat is widely used in processed and packaged foods. Wheat contains gluten which helps bind and prevent crumbling, giving baked goods light and fluffy characteristics. Other grains contain lesser amounts or no gluten and this results in harder, more crumbly products when used for baking. Those with wheat allergies can utilize many other grains in their diets such as rice, oats, corn, barley, soya, buckwheat, kamut, spelt, and quinoa, but many feel that baked goods using these grains are not as desirable. All of Brighterlife Healthy Foods recipes are perfect for those with a wheat allergy.

**COELIAC DISEASE** is a gluten intolerance. According to the Coeliac Society of Australia there are 1 in 100 people effected with Coeliac disease but 4 in 5 don't know they have it. Coeliac disease is one of the most under-diagnosed, yet most common chronic diseases. Left untreated, the possibility of severe consequences such as bowel cancer and osteoporosis increases.

Symptoms can consist of discomforts such as stomach bloating, diarrhoea, constipation, fatigue, headaches, candida, eczema, behavioural disorders, weight loss or gain, flatulence, excess mucus, asthma to name but a few.

Please refer to the coeliac society website [www.coeliac.org.au](http://www.coeliac.org.au) for more details on the guidelines for this condition.

For either of these conditions we strongly recommend you get professionally diagnosed.

For those who are looking for a quick, effective and accurate method to diagnose your allergy or intolerance and reduce symptoms please refer to [www.Allergyfreemybody.com](http://www.Allergyfreemybody.com).



# “THE SECRET”

## To why Brighterlife is the better choice!

- Plain formulas mean you make what you want with the ingredients you want - convert your favourite recipes - easy!
- Recipe book can guide you to numerous alternatives for breakfasts, snacks, lunch-box ideas and desserts.
- Strict criteria followed in ingredients, including very low sugar content.
- Premium Whey Blend Milk is the Whey of Life! This delicious drink is the special ingredient in Brighterlife and has unique benefits, including slow energy release, only trace elements of casein and is a delicious alternative to regular milk for people with dairy or lactose intolerances.
- Full Website support at [www.wheatfree.com.au](http://www.wheatfree.com.au), Hotline support for cooking **1300 766 433**, Recipe Releases in monthly newsletters, Brighterlife Blogspot, Sponsoships and Product Promotions, Photos and Customer Feedback.
- Get Me Started Packs - Affordable trial packs for customers.
- Bulk users can save money by buying in bulk.
- Unique Bio-Food compatibility testing (Find out which foods are making you sick) at [www.Allergyfreemybody.com](http://www.Allergyfreemybody.com)



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## Ingredients

### BREAD MIX

**Ingredients:** Rice Flour, Tapioca Starch, Premix - whey powder (from milk), whey protein concentrate (from milk), dextrose (from tapioca), palm oil, Maltodextrin (from tapioca), inulin, mineral salts (calcium carbonate), natural vanilla, emulsifier (tartaric acid), minerals (magnesium oxide, zinc sulphate, ferrous gluconate, potassium iodide), stabiliser (potassium phosphate), vegetable gums (xanthan gum, guar gum), antioxidant (a-tocopherol), vitamins (C, E, niacin, riboflavin, B6, thiamine, A, folate, D, B12) - Raising Agents (336, 500), Vegetable Gums (412, 415). \*Premix is Brighterlife Wheatfree Premium Whey Blend.

### MUFFIN MIX

**Ingredients:** Rice Flour, Premix - whey powder (from milk), whey protein concentrate (from milk), dextrose (from tapioca), palm oil, Maltodextrin (from tapioca), inulin, mineral salts (calcium carbonate), natural vanilla, emulsifier (tartaric acid), minerals (magnesium oxide, zinc sulphate, ferrous gluconate, potassium iodide), stabiliser (potassium phosphate), vegetable gums (xanthan gum, guar gum), antioxidant (a-tocopherol), vitamins (C, E, niacin, riboflavin, B6, thiamine, A, folate, D, B12) - Potato Starch, Raw Sugar, Raising Agents (336, 500) Vegetable Gums (412, 415). \*Premix is Brighterlife Wheatfree Premium Whey Blend.

### PIKELET MIX

**Ingredients:** Rice Flour, Potato Starch, Premix - whey powder (from milk), whey protein concentrate (from milk), dextrose (from tapioca), palm oil, Maltodextrin (from tapioca), inulin, mineral salts (calcium carbonate), natural vanilla, emulsifier (tartaric acid), minerals (magnesium oxide, zinc sulphate, ferrous gluconate, potassium iodide), stabiliser (potassium phosphate), vegetable gums (xanthan gum, guar gum), antioxidant (a-tocopherol), vitamins (C, E, niacin, riboflavin, B6, thiamine, A, folate, D, B12) - Raising Agents (336, 500) Vegetable Gums (412, 415). \*Premix is Brighterlife Wheatfree Premium Whey Blend.

# READING FOOD LABELS

*Kumara Lord (BED,MHN)*

An important part of choosing healthy, nutritious food suitable to specific dietary requirements is knowing how to read food labels. Unfortunately labels have their own language, and it is not always easy separating fact from fiction. The best starting point is learning how to decipher what a manufacturer has to tell you, as opposed to the information they volunteer in order to convince you to buy!

## Ingredients Listing

All manufacturers are required to list their ingredients in descending order according to their relative proportion by weight. Although by no means an exact measure, this list will give you an indication of the relative amounts of the different ingredients that make up the food. Be aware, that some manufacturers will use several different kinds of sugar (eg. Fructose, lactose, maltose, molasses, treacle, golden syrup, icingsugar, honey) or fat (eg. shortening, vegetable fat, vegetable oil, beef fat, butter, margarine, cocoa butter, canola oil and milk solids) so that each one will be present in a smaller proportion and will not be seen to be the major ingredient in the product.

## Gluten Free

If a product claims to be gluten free the nutritional analysis should indicate NIL. For those who cannot have corn – steer away from Maize. Finally, be careful purchasing already baked products that all ingredients are not clearly listed.

## Brighterlife Flour Premixes do not contain any artificial colours or preservatives.

We have introduced our own Brighterlife Natural Food Colour Range to assist you.

Go to [www.wheatfree.com.au](http://www.wheatfree.com.au) **Gluten Free Shop.**



*Below is a guide to the various additives we recommend you strive to avoid...*

## Avoid these additives...

(from: [www.fedup.com.au](http://www.fedup.com.au))

COLOURS:		FLAVOUR ENHANCERS:	
102,104,107,110,122,123,124,127,128, 129,132,133,142,151,155 & natural colour 160b (annatto)		Glutamates, incl. MSG	620-625
PRESERVATIVES:		Ribonucleotides	627, 631, 635
Sorbates	200-203	Hydrolysed Vegetable Protein (HVP)	
Benzoates	210-213	SYNTHETIC ANTIOXIDANTS:	
Sulphites	220-228	Gallates	310-312
Nitrates, nitrites	249-252	TBHQ, BHA, BHT	319-321
Propionates	280-283		



Brighterlife

# Premium Whey Blend

A Delicious Milk Alternative



## Premium Whey Blend is the Whey of Life!

The whey used to make Brighterlife Premium Whey Blend is Ultrafiltered to remove fat and increase the protein content. Whey proteins are recognised as being the easiest to digest and are best suited to muscle and tissue rebuilding, assisting the body to grow during the growing years and helping to prevent wear and tear later in life. The traces of lactose found in whey are easier for humans to digest. Essential nutrients, amino acids along with the protein fractions assist in important disease fighting effects. With added vitamins and minerals it is a delicious, nutritious alternative to milk used successfully by many who can not tolerate milk. You won't know until you try. This vanilla flavoured delicious drink is definately the Whey of Life!

**Ingredients:** Whey Powder (From Milk), Whey Protein Concentrate (From Milk), Dextrose, Palm Oil, Maltodextrin, Inulin, Mineral Salt (Calcium Carbonate), Natural Vanilla, Emulsifier (Tartaric Acid), Minerals (Magnesium Oxide, Zinc Sulphate, Ferrous Gluconate, Potassium Iodide), Stabiliser (Potassium Phosphate), Vegetable Gums (Xanthan Gum, Guar Gum) Antioxidant (A-Tocepherol), Vitamins (B6, B12, C, D, E, Niacin, Riboflavin, Thiamin, Folate)

No Added

WHEAT  
SOYA  
GLUTEN  
CORN  
CASEIN

EGG  
SALICYLATES  
AMINES  
YEAST  
PRESERVATIVES



9 321314 999936

Weight:  
**500g**



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For more recipes and products go to [www.wheatfree.com.au](http://www.wheatfree.com.au)

**Now Available!**

# Why Whey you say?

The whey used to make **Brighterlife Premium Whey Blend** is Ultrafiltered to remove fat and increase the protein content. Whey proteins are recognised as being best suited to muscle and tissue rebuilding, assisting the body to grow during the growing years and helping to prevent wear and tear later in life. Essential nutrients and amino acids along with the protein fractions assist in important disease fighting qualities.

With added vitamins and minerals this is a delicious, nutritious alternative to milk used successfully by many who can not tolerate milk. **You won't know until you try. "It's the Whey of Life!"**

## Mixing Instructions:

**Serving Suggestion** - Add 100 grams or half a cup of Premium Whey Blend to 1 litre of tepid water. Mix together and shake well. Refrigerate before use.

### Nutritional Information

PER SERVE:	50g	100g	PER SERVE:	50g	100g
Energy	865kj	1730kj	Carbohydrate		
Protein	9.1g	18.1g	- total	25.1g	50.3g
Fat			- sugars	21.0g	41.9g
- total	6.9g	13.7g	Dietry Fibre	3.8g	7.6g
- saturated	3.3g	6.6g	Sodium	180mg	360mg
Cholesterol	0.0g	0.0g	Potassium	398mg	796mg
			Casein	0.09g	0.18g

## Facts Uncovered

- Premium Whey Blend can be a great alternative to milk if you have been advised to avoid dairy.
- Our whey is a cost efficient source of calcium at approx \$3.10 a litre.
- Specifically blended to reduce casein to barely a trace – refer to nutritional panel above.
- Most of the allergy reactions that cause inflammation from milk relate to immunological responses are from the protein casein.
- Anyone suffering from lactose intolerance can usually tolerate low levels of lactose without any ill effect.
- Premium Whey Blend is known to be very easy to digest and low reactive.
- Premium Whey Blend in the Brighterlife Premixes boosts protein and complex carbohydrates, slowing the release of energy, improving texture and taste.
- Baked foods last longer after they are baked without preservatives.

**For more product information go to [www.wheatfree.com.au](http://www.wheatfree.com.au)**

# Pikelet Mix Recipes

Pikelet Mix (1 cup) = 180g

## BASIC COOKING INSTRUCTIONS

Measure out 180g (1 cup) of flour to 3/4 cup of water. You can vary the amount of flour you use and change the water content to match the ratio. **Note:** (Maximum 380g (2 1/4 cups): 1 1/2 cups water) - Sift flour and add egg or egg replacer. Add water and beat until well blended. Pour into a pre-heated, greased frypan. Wait until the mixture bubbles and turn. For pancakes increase the water content to preferred consistency.

Jam Drops

Breakfast Bar

Disney Biscuits

Orange Cake

Hot Cakes

Pumpkin Fruit Cake

- BANANA & CINNAMON
- ORANGE CAKE
- FAVOURITE TOPPINGS
- PUMPKIN FRUIT CAKE
- PANCAKE PIZZA
- SAVOURY PIKELETS
- JAPANESE PANCAKES
- JAM DROPS
- CHEESE & POTATO CHIP CRISPS
- DATE & WHITE CHOCOLATE SLICE
- BANANA & NUTELLA CAKE
- HOTCAKES WITH SLICED PEACHES & MAPLE SYRUP
- MUD CAKE
- DISNEY BISCUITS
- BRIGHTERLIFE GLUTEN-FREE CEREAL
- BRIGHTERLIFE BREAKFAST BAR

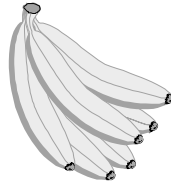


*Recipe using*

## Pikelet Mix

### Banana & Cinnamon

- 360g (2 cups) Pikelet Mix
- 1 banana mashed
- 1 egg\*
- stewed or grated apple
- 1 Tblspn of honey
- 2 tspn of cinnamon to taste
- 320 - 350mls water or Premium Whey Blend Milk\*



#### Method:

Mix dry ingredients

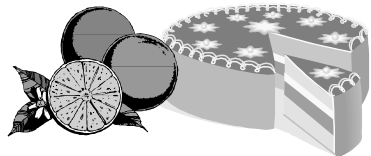
Add egg, water, honey & fruit to dry ingredients and mix well.



Sit for 5 minutes and cook in a pre-heated hot pan.

### Orange Cake

- 250g (1<sup>2</sup>/<sub>3</sub> cups) Pikelet Mix
- 1 orange or Orange Essence
- 60g butter\*
- ¼ cup sugar\*
- 1 egg\*
- 250mls water



#### Method:

Grate skin of orange and keep to one side, cut orange in half and boil in a cup of water for 10 mins.

Remove from heat and drain, squeezing juice out of orange. Use reserve liquid and top up to 250ml with cold water. Make sure the liquid is cool/warm.

Beat butter and sugar with orange rind until creamy.

Add egg, and beat well.

Sift in Pikelet mix and beat, adding water gradually.



Bake in a well greased small cake tin or ring tin at 160°C for approx. 25 mins.

Sprinkle poppy seeds on top as a variation.

*Recipe using*

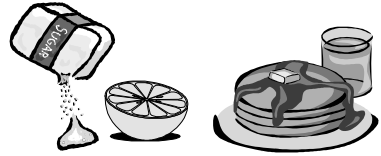
## Pikelet Mix

### Favourite Pancake Toppings

- Great substitute for bread as a brunch, lunch or dessert
- To make pancakes use 360g (2 cups) pikelet mix with 2 cups of water and 1 egg

#### TOPPING SUGGESTIONS:

- Sprinkle with lemon & sugar
- Sprinkle with sugar & cinnamon
- Syrup or Jam
- Chutney/Relish & Cheese
- Ham, Cheese & Tomato
- Ratatouille (Tomato, Zucchini & Onion Dish)
- Ice-cream with your favourite topping
- Maple Syrup



★ **Tip:** Add 50ml more water and you will get a thinner mixture if you prefer a more crepe-like pancake.

### Pumpkin Fruit Cake

- 360g (2 cups) Pikelet Mix
- ½ cup sugar\*
- 1 tspn ground nutmeg
- 300mls water
- 2 Tblspns oil
- 1 egg\*
- 1 cup cooked mashed pumpkin
- 1 cup mixed fruit
- 1 tspn lemon essence (*optional*)
- glaze Cherries extra

#### Method:

Sift Pikelet Mix with sugar and nutmeg

Make a well in the centre, add all other ingredients (except extra cherries)

Beat well and place in a paper lined baking tin.

Bake at 160° C for 35 mins and test to see if cooked then decorate with cherries (*optional*)



★ **Tip:** Preferred tin size is square 20.5 x 20.5cm or ring tin



# Muffin Mix RECIPES

Muffin Mix (1 cup) = 170g

## BASIC COOKING INSTRUCTIONS

Measure out 400g (2 ½ cups) of mix. Sift and add 1 egg or egg replacer and 300mls of water. Beat for approximately 2 minutes (don't overbeat). Stir in your favourite flavours. Pour into a 12 holed muffin tray and bake for 15 - 20 minutes.

Orange Sultana Muffins

Muesli Slice

Patty Cakes

Chocolate Cake

Banana & Chocolate Ring Cake

Pepita & Pumpkin Muffins

- Pepita Pumpkin Muffins/ Cakes
- BANANA CAKE
- FRUIT TEA CAKE
- APRICOT & PINEAPPLE Muffins
- APRICOT COCONUT Muffins
- BANANA Muffins
- CARROT PINEAPPLE DESSERT SLICE
- CHOCOLATE Muffins
- CHOCOLATE CAKE OR DESSERT CAKE
- CHOCOLATE RUM & RAISIN Muffins
- PATTY CAKE / FAIRY CAKE
- VARIATION FAIRY CAKES
- LAMINGTONS OR LAMINGTON BAR CAKE
- BASIC TWO-Egg BUTTER CAKE
- BLUEBERRY Muffins
- ORANGE SULTANA Muffins
- BANANA & CHOCOLATE RING CAKE
- MUESLI SLICE
- CARROT CAKE
- MOCHA FUDGE
- LEMON DELICIOUS PUDDING
- CHOCOLATE SELF SAUCE PUDDING
- MARBLE CAKE
- CHOCOLATE CRUNCH SLICE (OR CHEESECAKE SLICE)
- TEA LOAF
- STICKY DATE PUDDING
- BANANA BREAD
- STUFFIN Muffins!

*Recipe using*

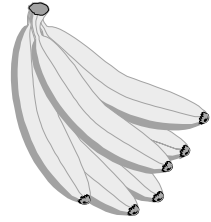
## Muffin Mix


### Banana Cake

- 400g (2½ cups) Muffin Mix
- ¼ cup sugar\*
- 250ml water
- pinch of salt (optional)
- 1 tspn of cinnamon
- grated nutmeg (optional)
- 1 egg\*
- 2 Tblspns oil
- 1 large ripe mashed banana

#### Method:

Sift flour, sugar, spices and salt  
Make a well & drop in egg, oil & water  
Mix thoroughly with beater  
Add banana and blend  
Pour into well greased ring tin



 Bake at 160°C for approx. 25 - 30 mins


★ **Tip:** *This may be cooked in patty tins for approx 15 mins*

### Pepita Pumpkin Muffins/Cakes

- 400g (2½ cups) Muffin Mix
- 2 tspns nutmeg
- ½ cup brown sugar\*
- 250mls water
- 1 cup (200g) pieces of peeled and cooked mashed pumpkin (well drained)
- 1 egg\*
- 2 Tblspns olive oil
- ½ cup pepitas
- top with poppy seeds

#### Method:

Mix together Muffin Mix, nutmeg, sugar, water, egg and oil.  
Stir in pumpkin and pepita seeds

 Bake in muffin trays for approx. 20 mins at 160°C

*Recipe using*

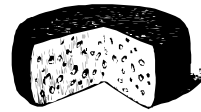
## Muffin Mix


### Fruit Tea Cake

- 400g (2½ cups) Muffin Mix
- 1 Tblspn sugar\*
- 1 Tblspn oil or melted butter\* (optional)
- 250mls water
- 1 egg\*
- Fruit of choice: eg. blueberries, banana, pineapple or a small carton of snack fruit (apple is great).

#### Method:

Mix sugar with sifted dry ingredients  
Add butter or oil with water and egg  
Add to dry ingredients  
Lastly, stir in fruit by hand  
Pour into well greased ring tin



 Bake mixture at 160°C for approx. 20 minutes

### Apricot & Pineapple Muffins

- 400g (2½ cups) Muffin Mix
- ½ cup glazed pineapple
- 1 egg\*
- 400mls water
- ½ cup diced dried apricots

**Method:** Measure and mix as per pack instructions  
Add fruit and stir through by hand  
Divide mixture into well-greased muffin tray (6 or 12)

 Bake at 160°C for 15-20mins

Place on wire rack to cool.

# BREAD MIX RECIPES

Bread Mix (1 cup) = 155g

## BASIC COOKING INSTRUCTIONS

Measure out 460g (3 cups) of mix. Sift and add 1 egg or egg replacer and 400mls of water. Beat thoroughly. Pour into a 17.5cm x 10cm bread tin and cook in a pre-heated 170°C (moderately slow oven) for approx 40 minutes. Leave to cool before slicing.



Bread Rolls

Biscuits

Pizza Bases

Biscuits

Fetta Cheese & Spinach Rolls

Scones

- FETTA CHEESE & SPINACH ROLLS
- BREAD MAKER LOAF
- HERB & CHEESE ROLLS
- PIZZA BASE
- FRUIT LOAF
- CHOCOLATE ALMOND BISCUITS
- CHOCOLATE LEMON COOKIES
- FRITTERS
- FRUIT SLICE
- COCONUT BARS
- FIBRE LOAF
- APPLE DESSERT SLICE
- BASIC BISCUIT MIXTURE
- GINGER BISCUITS
- COFFEE BALLS
- BANANA NUT LOAF
- EASY WHEATFREE CRUMBING
- CHICKEN COATING FOR FRIED CHICKEN
- PASTRY RECIPE SWEET
- PASTRY RECIPE SAVOURY
- PASTRY CASES
- SOUTH AFRICAN RUSKS
- CHILDREN 'RUSKIES'
- FASTEST BREADROLL 'IN THE WEST'
- FOCACCIA
- CORN & BACON FRITTERS
- ALMOND APRICOT BREAD
- ANZAC BISCUITS / ORANGE ANZAC SLICE
- SCONES
- PUMPKIN SCONES
- GINGERBREAD / CHOCOLATE BISCUITS
- RUM BALLS
- CHOCOLATE BALLS
- CHUNKY CHOCOLATE CHIPS
- CHOCOLATE NUT BROWNIES
- DATE & WALNUT COOKIE
- GRAVY OR WHITE SAUCE
- ALMOND SHORTBREAD DROP
- ORANGE PECAN BISCUITS

*Recipe using*

## Bread Mix

### Fetta Cheese & Spinach Rolls

- 460g (3 cups) Bread Mix
- 225g Frozen Spinach
- 100g Fetta Goats Cheese
- 350mls water
- 1 egg\*
- 1 tspn minced garlic (optional)
- 1 Tblspn oil (olive, macadamia)

#### Method:


Thaw spinach if frozen or steam if fresh

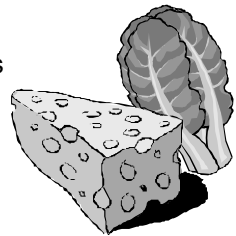
Sift Bread mix into bowl

Add grated goats fetta, if hard type (if soft, crumble as finely as possible)

Add spinach, water, egg and garlic

Mix well

 Bake in well-greased muffin tray or bread roll tray at 160°C for 15 - 20 mins



★ **Tip:** *Keep all left over bread in a bag in the freezer & keep adding to it. When the bag is full blend them in the food processor. Put them back into the bag so you can easily crush them when you need them. Return them to the freezer for fresh breadcrumbs when you need.*

## Recipe using

# Bread Mix

## Bread Maker Loaf

- 460g (3 cups) Bread Mix
- 1 egg\*
- 350mls water

### Method:

Mix as per pack instructions  
Transfer mix to breadmaker pan

 Set on 'Bake Only' setting for 40 mins

Do not open lid

Leave in Breadmaker for a further 20 - 25 mins. Take out!



★ **TIP:** *\*We have been successfully baking this loaf in a Breville (Gluten Free/Yeast Free Breadmaker) BB350 Model. This machine can only be set in 10min segments. In 40mins the dough was not quite cooked. In 50mins it was overcooked. It was perfect with the above instructions. Try on any 'Bake Only' cycle.*

## Multigrain Loaf

- 460g (3 cups) Bread Mix
- 1 egg\*
- 400mls water
- 2 Tblspns each of linseed, sunflower seeds and sesame seed or choose your own seed mix.



### Method:

Mix Bread Mix as per instructions.

Add chosen seeds and continue to mix with your beaters until well mixed through. Sprinkle with sesame seeds.

 Pour into well-greased Bread Tin and bake for 40 - 45mins at 160°C



Experience a "Brighterlife" with this healthy, convenient and easy to prepare allergy friendly product the whole family will enjoy!

# POPULAR RECIPES FOR SPECIAL OCCASIONS

- CRISPY NUT FLAKE CHEWS
- COCONUT PYRAMIDS
- HONEY FRUIT & NUT BAR ALTERNATIVES
- CHICKEN NUGGETS
- FESTIVE CARAMEL POPCORN BALLS
- DRIED FRUIT HALF DIPS
- RICE PUDDING OR PORRIDGE
- BOILED CHRISTMAS FRUIT CAKE
- EASTER BUNS
- VALENTINES HEART CAKES
- RICH CHRISTMAS PUDDING
- FRUIT MINCE PIES
- VALENTINES SHORTBREAD
- MINI CHOCOLATE CHRISTMAS CAKES
- BIRTHDAY CAKE IDEAS
- FESTIVE FRUIT & NUT CAKE
- RAINBOW PIKELETS

Rich Christmas Pudding

Boiled Fruit Cake

Easter Buns

Festive Fruit & Nut Cake

Birthday Cake Ideas

Rainbow Pikelets

*Recipe using*

## Popular Recipes for Special Occasions

### Crispy Nut Flake Chews

- 125g butter\*
- ½ cup firmly packed brown sugar\*
- 3 cups Crushed Cornflakes or Phyllium Flakes
- ½ cup desiccated coconut
- 1 egg, \* lightly beaten
- ½ cup of finely chopped nuts (your choice)
- ½ Tblspn syrup or black strap molasses

#### Method:

Combine the butter and the sugar in a bowl and heat on high for 1 minute.

In a bowl add crushed flakes, coconut, chopped nuts and beaten egg and stir gently until combined.

Add in butter and sugar mixture and continue to stir.

Place level tablespoons of the mixture onto a tray or place into patty cake papers.



Bake at 160°C for approx. 15 mins or until golden brown.

Leave on the tray to cool.

★ **Tip:** *These little treats are great for an after dinner snack with a cup of tea instead of dessert.*

*Recipe using*

## Popular Recipes for Special Occasions


### Coconut Pyramids

- 3 egg whites
- 50g rice flour
- 100 grams sugar\*
- 225g desiccated coconut
- ½ tspn vanilla

#### Method:

Whisk the egg whites very stiffly, stir in lightly the rice flour, sugar, coconut and essence.

Put the mixture in small close heaps on baking paper in the shape of pyramids or balls.

 Bake in a cool oven 150°C until they are light brown.

They are great for after dinner treats instead of dessert.

These store for ages in a glass jar.

*~Sourced from Mrs Beeton's Family Cookery 1975*

