GLUTEN-FREE ≡ SUGAR-FREE ≡ DAIRY-FREE ≡ EGG-FREE ≡ VEGGIE

Free-From HEAVEN

MARCH/APRIL 2017

101 Seasonal RECIPES

Make your own nut butters, flours and milk

Italian Easter pie, p28

Eat your way to better bone health

GET SET FOR Allergy Awareness Week

24-30 April

THE PHYSIQUE GEEK

TOP 5 WEIGHT LOSS TIPS

Make our Easter pie!

Get preparations underway for your Easter feast...

ANTHEM

FREE-FROM HEAVEN MAR/APRIL 17 PRICE £4.99

THE SMALL PRINT

Look out for the seven deadly sins of food labelling

DIETARY DEFICIENCIES

Give your body all the nutrients it needs – and all dairy-free!

Coeliac UK
Midweek meals
Ask the experts

The stuff of Irish Tradition

MR·CRUMB

Fresh, Delicious, Handmade

@MrCrumbUK

Fresh stuffing just like Grandmother's! We use fresh breadcrumbs and pure Irish butter. We hand sauté the onions and add herbs, spices and other ingredients. Ready to cook in 2 and a half mins in the microwave. We promise our traditional Irish recipes add a "blasta" addition to any meal. Can be found in the chiller near the Yorkshire puds. Suitable for vegetarians.

Jason Coyle

Free-From HEAVEN

Welcome

I know, it may seem like we were celebrating all the joys of Christmas just a few moments ago, and yes, some of us are still trying to shake off the excesses that came with that, but it's time to do it all over again, albeit with fewer hideous jumpers and without doubt less expense. So hooray, let's hear it for Easter! And one of the great things about Easter is the food, so we have championed that for you and have a recipe section from page 14 that is brimming with eggs, bunnies and of course some much-loved chocolate. In fact, it appears all celebrations we hold during the year basically come down to chocolate!

Also in this issue we look at maintaining bone health on page 42, we show you how to make nut butters, flours and milk on page 56, The Physique Geek delivers five easy steps for weight loss without having to 'fad diet' on page 34 and we also find out how to take on board all the nutrients our bodies need without consuming dairy on page 118. I'd also like to direct you to page 36, where we take a glance at the work the small Coeliac UK team do in their dedicated quest to help those with coeliac disease. Without going too Winston Churchill on you, they do remind me of his famous '*Never in the field of human conflict*' quote (look it up!).

Of course, we have all the regular recipe sections for you to enjoy and a whole host of exciting features for you to digest. We hope you enjoy reading this issue as much as we've enjoyed putting it together.

Nick

Nick Gregory *Editor*

LOSE WEIGHT IN 5 STEPS

The Physique Geek shows how dieting can be made easier on page 34.

PROTECT YOUR BONES

See how to get better bone health on page 42.

Make your own nut

Flours, butters and milk on page 56.

Read the small print

Discover the seven deadly sins of food labelling on page 86.

Cover image
Italian Easter pie
© StockFood, The Food Media Agency

Get in touch

Facebook
Find us at www.facebook.com/FreeFromHeaven

Twitter
Go to www.twitter.com and search for **@Freefrommag**

Alternatively email nick.gregory@anthem-publishing.com

Subscribe

Turn to page 54 to take advantage of this month's special *Free-From Heaven* subscription offer.

IN THIS ISSUE

March/April Contents

Discover the secrets of healthy and nutritious free-from living...

NUTRITIONAL INFORMATION

Our symbols

- GF Gluten-free
- SF Sugar-free
- DF Dairy-free
- EF Egg-free
- V Veggie

We have adopted the nutritional criteria used by the **British Food Standards Agency** (FSA) who define the colours in its traffic light labels based on comprehensive scientific studies and consultations. This system uses a reference value of 100 grams for food products and 100 millilitres for drinks and classifies levels of fat, saturated fat, sugars and salt as low (green), medium (amber) or high (red). We have added Protein.

Daily GDA's

Calories	2,000 kcal
Protein	50g
Carbohydrates	300g
Sugars	25g
Fat	70g
Saturates	20g
Salt	6g

Low Medium High

FEATURES

EVERY ISSUE

Weekend p75

Midweek p61

Breakfast p37

Lunch p45

117

56

Sweet treats p89

Sweet bakes p103

Essential information

- We use **standard UK measurements**, where 1tbsp is 15ml and 1tsp is 5ml.
- Our **vegetarian recipes** often include cheese. Some may contain animal rennet, so check the label and use a vegetarian substitute if you prefer.
- Where we use a gluten-free, sugar-free, dairy-free, egg-free, or vegetarian symbol, we recommend you **check the ingredents** list of any manufactured products you use – even if you use them regularly, as manufacturers change their recipes.

On the cover

RECIPE FINDER

GF Gluten-free SF Sugar-free DF Dairy-free EF Egg-free V Vegetarian

In Season

Easter table

Breakfast

Lunchtime

Midweek

Weekend

Sweet treats

Sweet bakes

Bread

Free-From HEAVEN

Anthem Publishing Ltd, Suite 6,
Piccadilly House, London Road, Bath BA1 6PL
Tel **+44 (0) 1225 489984**

SENIOR EDITOR **Sally FitzGerald**
sally.fitzgerald@anthem-publishing.com

EDITOR **Nick Gregory**
nick.gregory@anthem-publishing.com

CREATIVE DIRECTOR **Jenny Cook**
jenny.cook@anthem-publishing.com

ART EDITOR **Rob Eyres**
rob.eyres@anthem-publishing.com

SENIOR ADVERTISING MANAGER
Darren Gratton
darren.gratton@anthem-publishing.com

MARKETING MANAGER
Verity Travers
verity.travers@anthem-publishing.com

DIGITAL EDITOR **Rachel Smith**
rachel.smith@anthem-publishing.com

MANAGING DIRECTOR **Simon Lewis**
simon.lewis@anthem-publishing.com

CHIEF EXECUTIVE **Jon Bickley**
jon.bickley@anthem-publishing.com

PRINT **William Gibbons & Sons Ltd**
Tel +44 (0) 1902 730 011

DISTRIBUTION **Marketforce (UK) Ltd**,
5 Churchill Place, Canary Wharf, London E14
5HU Tel: +44 (0) 20 378 79001

SUBSCRIPTION ENQUIRIES
anthem.subscribeonline.co.uk
Call UK 0844 848 8425,
Europe & World +44 1795 419 854
USA – Call Toll Free 800.428.3003

Calls to 0844 numbers cost 7 pence per minute plus your phone company's access charge.

ANTHEM PUBLISHING PPA

What's March/April cooking?

Keep up to date with all the latest free-from happenings

All your vitamins in one Vitabox!

HEALTH & NUTRITION BRAND Vitalize Care have just launched 'Vitabox' – a one stop box of daily vitamins and goodness perfect for those with busy lifestyles.

Vitabox is jam packed with daily strips of four vitamins which provide you with all the nutrients to make your body feel healthy and vitalised.

The four daily tablets in each Vitabox strip include:

- Omega 3,6,9 - the most essential fatty acids for a healthy heart and muscles.
- Green Tea – a powerful natural antioxidant which helps maintain a healthy metabolism.
- Multivitamins – to provide overall benefits for supporting cardiac, circulatory, digestive, immune, mental and vision health.
- Co-Enzyme Q10 – to help your body to produce energy.

Vitalize Care have chosen important supplements for your daily health and have created an easy, affordable product line with a convenient monthly subscription system that replenishes your daily vitamin schedule every month. A one-month supply of Vitabox goodness is £28.99 and a monthly subscription is £25.99 per month. For more information, visit www.vitalizecare.com

PASTA PERFECT!

La Triestina has brought some fabulous new Italian products to the market, including chickpea pasta, red lentil pasta, and rice flour and beetroot pasta. These are all gluten-free and suitable for vegans.They also have a pistachio pesto that we know you are going to love. All cost £4 and details of stockists can be found on their website. Readers can get a 10% discount for a whole month quoting coupon code freefrom.

For more information, visit www.latriestina.co.uk

PIZZA ANYONE?

Dr. Oetker Ristorante's newly-launched Gluten Free Pizzas, Pizza Mozzarella and Pizza Salame, have certainly made a name for themselves here at *Free-From HQ*. The thin and crispy gluten-free base is great and the tast toppings will take you straight to the streets of Naples.For more information, visit www.oetker.co.uk

WHITWORTHS SHOTS

This healthy snacking range includes 10 flavours, all under 100 calories and each containing a hint of indulgence in them. Two of our favourites are:

Toffee Pecan Shot: A sweet and satisfying collection of juicy sultanas, dried chopped dates, toffee pieces and crunchy pecan nuts (99 calories per pack).

Cranberry and Almond Shot: A super-saintly mix of juicy, succulent crimson raisins, little jewel cranberries and toasted, crunchy almond slices with no added refined sugar (97 calories per pack).

For more information, visit www.whitworths.co.uk

Veggie shortage opens new and exciting avenues

The UK is experiencing a vegetable shortage due to bad weather in the Mediterranean.

The UK vegetable shortage will hopefully be short-lived. In the meantime, should customers struggle to get hold of certain fresh vegetables, there are alternatives to consider to ensure they are still getting important nutrients into their, and their families, diets.

Vegetable powders can be a useful alternative to fresh vegetables as they can be stocked in the larder for up to two months, and contain many of the vitamins and minerals that the fresh varieties boast.

Concentrated beetroot, tomato, spinach, pea and kale powders can all be added to sauces, smoothies and recipes such as pies to stews – to boost flavour as well as nutritional content.

Perhaps it's time to try something new!. For more information, visit www.healthysupplies@.co.uk

Gluten-free pasties to earn their crust at the World Pasty Championships

Gluten-free bakers will be rising to the challenge in a new section of the World Pasty Championships at the Eden Project on March 4.

For the first time, amateur pasty-makers can enter a gluten-free category in the global competition supported by the Cornish Pasty Association. It is thought that this is the first gluten-free pasty baking competition of its kind.

Other categories of the World Pasty Championships include professional, company, amateur and junior for both traditional Cornish and non-Cornish pasties.

The World Pasty Championships is raising awareness of the need for more gluten-free alternatives to be made available by introducing this special new class.

The gluten-free category has been sponsored by Lisa Hackett from the bakery Let Them Eat, based in Saltash, Cornwall, who is offering the winner a chance for their prize pasty to be developed into a commercial product.

Lisa, who will lead a workshop on how to make a gluten-free pasty at the event, said: "It is really good that the World Pasty Championships is raising awareness of the fact that lots of people do suffer from food allergies, but that there are alternatives out there."

Gluten-free pasties will be available to buy at the World Pasty Championships.
For more information, visit www.edenproject.com/pasty

How To Make OF THE MONTH

NUT BUTTERS

NOT THAT LONG ago, the only choice when it came to nut butters was smooth or crunchy peanut butter. Now the preserves shelves in health food shops are offering a choice of almond, cashew and brazil alternatives – but what are the health benefits?

While nuts may contain a seemingly high amount of calories and fat – they can play a role (in the right portions!) in a well-balanced, healthy diet. Most of the fat in nuts are the healthy unsaturated type, plus they are a fabulously well-rounded source of protein, vitamins E and B group, minerals including copper, zinc and magnesium and fibre.

They are a great on-the-go snack with a low glycaemic index to help you feel fuller for longer and help suppress appetite. You can easily make your own, just by blitzing nuts (pre-roast for a few minutes if you like) in a food processor until the natural oils are released to form a buttery texture. But if you go for shop-bought, check the label to find one that has no hidden nasties like sugar or palm oil. Here's our breakdown of the pros and cons of the nut butter aisle:

- **Peanut** (not a true nut, but a legume, we have included it here as it is conventionally grouped with other tree nuts to consumers) ***Pros*** A good source of protein; highest folic acid content (useful during pregnancy) as well as being high in healthy monounsaturated fats and vitamin E.
  Cons Some brands have a little added sugar but these days many have none added.
- **Cashew *Pros*** Highest in zinc, copper and iron – naturally sweeter than many other nut butters.
  Cons Less protein than other nuts.
- **Almonds *Pros*** One of the lowest in calories and the highest in protein, fibre and calcium.
  Cons Relatively few, although some brands can have a bitter aftertaste.
- **Walnut *Pros*** One of the few vegetarian sources of the omega-3 fatty acid, ALA some of which can be converted to long chain omega 3 known to be involved in heart health.
  Cons Bitter aftertaste, slightly lower protein and slightly higher in fat than some other nut butters.
- **Hazelnut *Pros*** One of the lowest percentages of saturated fat (along with pine nuts and almonds); highest proanthocyanidins (PACs) content of all nut butters. The antioxidant capabilities of PACs are likely to be 20 times more potent than vitamin C and 50 times more potent than Vitamin E.
  Cons Often found to be coupled with chocolate spreads so read the label carefully! See page 56 for instructions.

THE HOTTEST PLACE IN TOWN

Paris House

Woburn Park, London Road, Woburn, MK179QP

Set in 22 acres of stunning deer park on the Duke of Bedford's Woburn Estate, Paris House is an award-winning fine dining restaurant owned by one of the country's brightest culinary talents.

Phil Fanning, Executive Chef and Proprietor, was just 29 when he won his first Michelin Star. Phil's passions are seasonality, quality and craftmanship and he is also very allergy aware – regularly featuring naturally free-from dishes on his menus. There are four dishes on the current Winter Menu that are gluten-free and two of them are dairy-free, too.

All dietary requirements are noted at the point of booking and the reservations team call guests to confirm specific details in the week before they arrive. The kitchen and front of house team are fully debriefed and they also double check all details when guests arrive – to ensure that mistakes are made.

For further information, visit www.parishouse.co.uk

Superfood OF THE MONTH

WATERCRESS

WITH THE CURRENT LIMITATIONS of produce such as kale, courgettes, broccoli, aubergines and salads coming in from Spain due to poor weather, this month we go closer to home and look at Britain's own favourite, watercress. Bursting with vitamins and minerals, this peppery little leaf is one of our natural superfoods – and tastes great too.

Pile it into sandwiches, toss into salads, use it to make a watercress soup or watercress sauce, wilt into pastas or stir fries, it's incredibly versatile – but don't just leave it to languish on the side of the plate as a garnish! For more information, visit www.watercress.co.uk

Found on Facebook

M&S FOODHALL

We brought you news that M&S had launched two new vegan sandwiches alongside a selection of veggie pots. Here's your thoughts...

Being out on the road, finding a suitable lunch when I haven't managed to take something myself is always a task, so a couple more choices is always welcome. I may not be a vegan, but I'm always drawn to vegan varieties due to their use of non-dairy spreads etc.
Dairy Free Happy

They add unnecessary ingredients and chemicals though.
Emma Louise Morgan

It's about ruddy time! Everything on their 'To Go' range has dairy in there somewhere – for no reason!
Sara Friend

Gluten-free and vegan would be great. Sadly it seems to be one or the other!
Jasmine Jirbandey

Worth knowing for when out and about, however motorway services need them as well. Actually, any café, or food outlet needs them at service stations. I nearly starved during my last two-day car journey!
Sandra Carter

The pots are fantastic and they also stock plenty of salad, quinoa and rice dishes.
Alix Ford-Young

Follow us on Facebook @FreeFrom Heaven and send us your thoughts about free-from living…

Free-From HEAVEN Menu

Prepare tempting dishes all week with these delicious menus to suit all your desires...

Wholesome day

Apple and chia bircher muesli p38

Soba noodle salad p50

Thai chicken curry p64

Adventurous day

Mini aubergine cakes p46

Roasted rack of lamb p31

Detox chocs p90

Decadent day

Prawn tart p53

Paella p80

Black Forest cheesecake p101

In Season

Best from mid-December through to mid-April, the cauliflower has taken on greater levels of importance over the past few years, with cauliflower rice now a particular favourite among the health conscious. And there's a good reason for that; it's full of goodness and nutrition, while it bulks up to provide a decent amount of substance and density to any meal...

CAULIFLOWER

Cauliflower is one of several vegetables in the species *Brassica oleracea* in the genus *Brassica*, which is in the family *Brassicaceae*. It is an annual plant that reproduces by seed. Typically, only the head is eaten.

Nutritionally, 100g (3½oz) raw white cauliflower provides 25 calories, is low in fat, carbohydrates, dietary fibre and protein. It has a high content (20% or more of the daily value) of vitamin C and moderate levels (10-19% DV) of several B vitamins and vitamin K.

Boiling reduces the levels of cauliflower compounds, with losses of 20-30% after 5 minutes, 40-50% after 10 minutes, and 75% after 30 minutes. However, other preparation methods, such as steaming, microwaving and stir-frying, have no significant effect on the compounds.

Also in season...

- Bananas
- Cabbage
- Grapefruit
- Leeks
- Lemons
- Purple sprouting
- Rhubarb
- Spring onions

Turmeric and coconut cauliflower steaks

By Angela Warren
(www.imperfectly-paleo.blogspot.co.uk)

GF SF DF EF V

Serves **2** | *Prep* **10 mins** |
Cook **30-40 mins** | *Calories* **172** *(per serving)*

1 large cauliflower

1 tbsp coconut oil, melted, or olive oil

1 tsp ground turmeric

2 tbsp unsweetened desiccated coconut

salt and freshly ground black pepper to taste

1. Preheat the oven to 180°C/Gas Mark 4.
2. Remove the tough outer leaves from the cauliflower, sit it on its base on a sturdy chopping board, then cut it in half down the middle.
3. Cut a slice 2cm (1in) thick from each side of the dissection, creating two even-sized large 'steaks'. Cut another two smaller ones if your cauliflower is large enough and serve as children's portions.
4. Rub coconut oil or olive oil on both sides of the steaks, then sprinkle over the turmeric, rubbing it in.
5. Season with salt and pepper.
6. Lay the steaks on a baking sheet lined with baking parchment and sprinkle over the desiccated coconut.
7. Bake in the oven for 30-40 minutes, flipping them over halfway, until cooked through and lightly browned on the surface.

13.5g	11.7g	0.2g	5g	4.2g
Total fat	Saturates	Salt	Sugar	Protein

Mini curry samosas with tamarind dip

By MyNutriCounter (www.mynutricounter.com)

GF SF DF V

Makes **20** | *Prep* **30 mins** | *Cook* **20 mins** | *Calories* **45** *(per samosa)*

FOR THE SAMOSAS

500g (1lb 1oz) potatoes

30g (1oz) carrots

50g (1¾oz) peas

10g (¼oz) coriander

3g aloo bhaji spice mix

50g (1¾oz) cauliflower

1 tsp garlic, peeled, puréed

15g (½oz) curry powder

salt and freshly ground black pepper, to taste

2 tbsp cornstarch, diluted in 2 tbsp water

FOR THE WRAPS

coconut oil, for frying

4 free-range egg whites

50ml (1¾fl oz) water

20g (1oz) coconut flour

¼ tsp gluten-free baking powder

FOR THE TAMARIND DIP

30ml (1fl oz) tamarind juice

50ml (1¾fl oz) honey

½ tsp coriander, to taste

1. Whisk all the wrap ingredients in a bowl to form a batter. The consistency should easily coat the back of a spoon. Add more flour if the mixture is too thin, or more water if too thick.
2. Coat a 25cm (10in) non-stick pan lightly with coconut oil. Ladle in 80ml (2¾fl oz) batter and swirl around the pan.
3. Cook until firm to handle. Set aside, placing parchment paper in between the layers to prevent the wraps from sticking together.
4. Whisk all the dip ingredients in a bowl. Set aside until ready to serve. Preheat the oven to 220°C/Gas Mark 7.
5. For the samosas, wash and peel all the vegetables. Boil the potatoes until soft.
6. Finely chop the carrots, coriander and cauliflower. Blanch the vegetables, garlic, curry powder and the peas for about 1 minute. Drain.
7. When the potatoes are done, transfer them to a bowl and mash. Fold in the vegetables and chopped coriander.
8. Season with aloo bhaji, salt and pepper.
9. Lay a prepared wrap on the work surface and cut in half. Fill with the vegetable mixture close to one edge, then wrap into triangles, sealing with the cornstarch mixture. Repeat with the other wraps.
10. Bake in the oven for 10 minutes, flip, then bake for a further 10 minutes. Drain on paper towels. Serve with the tamarind dipping sauce.

0.2g	0g	0.05g	3.5g	1.6g
Total fat	Saturates	Salt	Sugar	Protein

Your festive Easter table

Create mouthwatering seasonal dishes that you can enjoy with friends, family and loved ones...

Easter bunny cakes

GF DF V

Makes **4** | *Prep* **15 mins** | *Cook* **30-40** | *Calories* **870** *(per bunny)*

FOR THE CAKES

- **225g (8oz) vegan margarine, softened, plus extra for greasing**
- **225g (8oz) caster sugar**
- **4 large free-range eggs, beaten**
- **70g (2½oz) tapioca flour**
- **2 tbsp cornflour**
- **70g (2½oz) brown rice flour**
- **1½ tsp gluten-free baking powder**
- **¾ tsp xanthan gum**
- **a pinch of salt**
- **4 tbsp almond milk**

TO SERVE

- **icing sugar, for dusting**

1. For the cakes, preheat the oven to 180°C/Gas Mark 4 and grease four individual bunny cake moulds.
2. Cream together the margarine and sugar in a large mixing bowl until pale and thick, about 2-3 minutes. Gradually whisk in the eggs in four additions, beating well after each addition.
3. Stir in the flours, cornflour, baking powder, xanthan gum, salt and almond milk. Scrape the mixture into the prepared moulds and tap a few times on a flat surface to help settle the batter.
4. Bake for about 30-40 minutes until golden-brown; a toothpick should come out clean when inserted into their centres. Remove to wire racks to cool.
5. For the glaze, once the cakes have cooled, turn out onto a chopping board and liberally dust with icing sugar before serving.

53.3g	11.8g	0.8g	60g	8g
Total fat	Saturates	Salt	Sugar	Protein

Easter cake

GF DF V

Serves **10-12** | *Prep* **30 mins** | *Cook* **30-40 mins** | *Calories* **658** *(per serving)*

FOR THE SPONGES

300g (11oz) golden caster sugar
120g (4oz) white rice flour
65g (2¼oz) brown rice flour
30g (1oz) tapioca flour
30g (1oz) cornflour
80g (3oz) cocoa powder
2½ tsp gluten-free baking powder
1 tsp xanthan gum
½ tsp salt
125ml (4½fl oz) vegetable oil
4 large free-range eggs
300ml (10fl oz) water
1 tsp vanilla extract

FOR THE GANACHE

300g (11oz) dairy-free dark chocolate, chopped
a pinch of salt
250ml (9fl oz) coconut milk

TO DECORATE

150g (5oz) dairy-free dark chocolate, chopped
4 tbsp coconut oil
150g (5oz) dairy-free white chocolate, chopped
mini chocolate eggs (see tip)
cocoa powder
icing sugar

1. For the sponges, preheat the oven to 180°C/Gas Mark 4. Grease and line two 23cm (9in) cake tins with greaseproof paper.
2. Combine the sugar, flours, cocoa powder, baking powder, xanthan gum and salt in a mixing bowl, giving it a quick stir.
3. Beat together the oil, eggs, water and vanilla extract in a separate bowl until blended. Beat into the dry ingredients in three even additions.
4. Divide between the tins, tapping them on a flat surface to help settle the batter. Bake for about 30-40 minutes until risen and dry to the touch; a cake tester or toothpick should come out clean when inserted into their centres. Remove to wire racks to cool.
5. For the ganache, place the chocolate in a heatproof bowl with the salt. Warm the coconut milk in a saucepan until it just starts to boil.
6. Pour over the chocolate and leave the mixture to stand for 5 minutes. Stir well until smooth and even, then leave to cool and thicken for a further 5-10 minutes.
7. Turn out the cakes from their tins. Spread a thin layer of the cooled ganache over one cake, sitting the other on top. Spread the remaining ganache over the top and sides of the cake with a knife, leaving some texture by flicking the knife in parts. Set aside.
8. To decorate, combine the dark chocolate and 2 tbsp coconut oil in a heatproof bowl. Set over a half-filled saucepan of simmering water and stir until smooth.
9. Remove from the heat and leave to cool for 5 minutes. Pour the chocolate over a chilled marble pastry board (or a sheet of acetone on a chilled baking tray) and spread into a rough rectangle shape.
10. Freeze for 5-7 minutes until firm to touch; when pressed, your fingertip should leave a mark without leaving an impression or dent.
11. Remove from the freezer and use a pastry scraper to trim the edges to a neat finish. Use the full edge of the pastry scraper to section off curls of chocolate.
12. Repeat steps 8-11 for the dairy-free white chocolate, melting it with the remaining 2 tbsp coconut oil.
13. Top the perimeter of the cake with mini chocolate eggs and the chocolate curls.
14. Dust lightly with cocoa powder and icing sugar before serving.

TIP For the mini chocolate eggs, use any dairy-free mini eggs that you can find, or leave off altogether.

37.7g	21.6g	0.25g	54g	8.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Chocolate log cake

GF DF V

Serves **10** | *Prep* **40 mins** | *Cook* **12-15 hr** | *Calories* **639** *(per serving)*

FOR THE SPONGE

1 tbsp sunflower oil

4 medium free-range eggs

120g (4oz) caster sugar

2 tbsp warm water

120g (4oz) gluten-free plain flour mix, sifted

½ tsp xanthan gum

55g (2oz) cocoa powder, sifted

FOR THE FILLING

120g (4oz) dairy-free margarine, softened

185g (6½oz) icing sugar

2 tsp vanilla extract

FOR THE BUTTERCREAM

150g (5oz) dairy-free margarine, softened

325g (11oz) icing sugar

75g (2½oz) dairy-free dark chocolate, chopped

TO DECORATE

100g (3½oz) dairy-free dark chocolate, chopped

1 tbsp coconut oil

dairy-free mini chocolate eggs, with sugar coating

icing sugar

1. For the sponge, preheat the oven to 180°C/Gas Mark 4. Line a 25x37cm (10x15in) Swiss roll tin with greaseproof paper. Grease the paper with sunflower oil.
2. Beat together the eggs and sugar in a large mixing bowl until thick, pale, and glossy. Add the water, flour mix, xanthan gum and cocoa powder, folding gently to incorporate.
3. Spoon the batter into the prepared tin. Bake for 12-15 minutes until set and springy to the touch. Remove to a wire rack to cool.
4. Once cool, lift the sponge out of the tin using the greaseproof paper to help. Place on a flat work surface.
5. For the filling, beat the margarine in a mixing bowl until smooth and creamy. Beat in the icing sugar in three additions, followed by the vanilla extract.
6. Spread the mixture over the sponge, before rolling tightly into a log.
7. For the buttercream, beat the margarine in a mixing bowl until smooth, about 2 minutes. Beat in the icing sugar in four additions until fully incorporated.
8. Melt the chocolate in a heatproof bowl set over a half-filled saucepan of simmering water, stirring occasionally. Set aside to cool for 5 minutes.
9. Beat the melted chocolate into the buttercream until smooth and even.
10. Spread the buttercream over the top and sides of the log cake with a damp knife, flicking it in parts to leave some texture.
11. To decorate, combine the chocolate and coconut oil in a heatproof bowl set over a half-filled saucepan of simmering water, stirring occasionally until smooth.
12. Remove from the heat and leave to cool for 5 minutes. Pour the chocolate over a chilled marble pastry board (or a sheet of acetone on a chilled baking tray) and spread into a rough rectangle shape.
13. Freeze for 4-6 minutes until firm to touch; when pressed, your fingertip should leave a mark without leaving an impression or dent.
14. Remove from the freezer and use the full edge of the pastry scraper to section off curls of chocolate.
15. Cut the log cake into slices. Garnish with chocolate curls and mini chocolate eggs. Lightly dust with icing sugar before serving.

TIP For the mini chocolate eggs, use any dairy-free mini eggs that you can find, or leave off altogether.

32.3g	9.5g	0.4g	71g	6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Divine chocolate balls

By Becky Excell (www.glutenfreecuppatea.co.uk)

GF DF EF V

Makes **10-12** | *Prep* **20 mins** *plus chilling* | *Cook* **none** | *Calories* **309** *(per ball)*

5 tbsp free-from chocolate spread

5 tbsp hazelnuts, chopped, crushed

whole hazelnuts

2 gluten-free wafers (cones work well), crushed

50g (1¾oz) chopped hazelnuts, to mix with the melted chocolate

200g (7oz) dairy-free, gluten-free dark chocolate, melted

1. Spoon the chocolate spread into a freezer-proof bowl, add 2-3 tbsp chopped/crushed hazelnuts, then mix thoroughly. Place in the freezer for 45 minutes.
2. Remove from the freezer and allow to soften for 10 minutes. Grab a small amount of the mixture and place a whole hazelnut in the centre. Roll the mixture in your hands into a ball (make sure your hands are cold).
3. Place the balls on a baking sheet and place in the freezer for 20-30 minutes, until solid.
4. Remove the balls from the freezer and leave for 5 minutes. Roll the balls in the wafer, then return to the freezer.
5. Melt the dark chocolate in a bain-marie, then allow to cool for 5 minutes. Add the remaining chopped hazelnuts to the chocolate and mix thoroughly. Remove the balls from the freezer and coat them in the melted chocolate. Return to the freezer to set – this should not take long.
6. These balls are best served chilled from the fridge. Wrap some in foil if desired.

21g	7.3g	0.25g	15.4g	5.4g
Total fat	Saturates	Salt	Sugar	Protein

Shortbread biscuits

GF DF V

Makes **24** | *Prep* **25 mins** *plus chilling* | *Cook* **20-25 mins** | *Calories* **203** *(per biscuit)*

FOR THE SHORTBREAD

260g (9oz) gluten-free plain flour mix, plus extra for dusting

70g (2½oz) cornflour

¾ tsp xanthan gum

½ tsp salt

125g (4½oz) dairy-free margarine, softened

125g (4½oz) caster sugar

1 large free-range egg yolk

2 tbsp almond milk

finely grated zest and juice of ½ a lemon

TO DECORATE

475g (1lb) white fondant icing

natural pink or red food colouring

icing sugar, for dusting

4 tbsp apricot jam

24 mini sugar flowers

1. Stir together the flour mix, cornflour, xanthan gum and salt in a large mixing bowl.
2. In another mixing bowl, cream together the margarine and sugar until pale and creamy, about 2 minutes.
3. Add the egg yolk and almond milk, beat well, then fold in the flour mixture, lemon juice and zest. Mix to a soft dough. Shape the dough into a round, wrap in clingfilm, and chill for 1 hour.
4. After chilling, preheat the oven to 170°C/Gas Mark 3. Grease and line two baking trays with greaseproof paper.
5. Roll out the dough on a lightly floured surface 7.5mm (1/3in) thick. Use a flower-shaped cookie cutter to cut out flower shapes from the dough.
6. Arrange on the trays, spaced apart, then bake in the oven for 20-25 minutes, until dry to the touch and golden on top. Remove to wire racks to cool.
7. To decorate, colour the white fondant icing with a few dabs of food colouring, kneading well until the entire ball is uniformly pink in colour.
8. Roll out to about 7.5mm (1/3in) thick on a surface dusted with icing sugar. Use an embossed flower-shaped cutter to cut out 24 shapes.
9. Brush a little apricot jam onto the tops of the biscuits before securing the fondant flowers to them.
10. Do the same with more jam to attach the mini sugar flowers on top of the icing. Let set before serving.

8.4g	2.5g	0.25g	18g	2.3g
Total fat	Saturates	Salt	Sugar	Protein

Hot cross buns and hot chocolate

GF DF EF V

Makes **18** | *Prep* **35 mins** | *Cook* **30-40 mins** | *Calories* **250** *(per bun)*

FOR THE BUNS

300g (11oz) cornflour
200g (7oz) brown rice flour
3 tsp dried yeast
1 tsp xanthan gum
2 tsp mixed spice
½ tsp ground cinnamon
60g (2oz) golden caster sugar
1 tsp salt
finely grated zest of 1 lemon
450ml (16fl oz) tepid water, plus extra as needed
110g (4oz) vegan margarine, softened
200g (7oz) raisins
1 tbsp chopped candied peel

FOR THE CROSSES

120g (4oz) white rice flour
3 tsp cornflour
a pinch of xanthan gum
3 tbsp golden caster sugar
water

FOR THE GLAZE

175g (6oz) apricot jam, or marmalade, warmed

FOR THE HOT CHOCOLATE

1ltr (1¾pt) almond milk, unsweetened
40g (1½oz) gluten-free cocoa powder
75g (2½oz) vegan chocolate chips
3 tbsp golden caster sugar, plus extra as needed
vegan chocolate fingers

1. For the buns, line a large square baking tray with greaseproof paper.
2. Combine the flours, yeast, xanthan gum, spices, sugar, salt and lemon zest in a mixing bowl and stir well to mix.
3. Add 400ml (14fl oz) water and the margarine, and mix until the water is incorporated. Beat until well-blended and the consistency of cake batter, adding more water if the mixture is too thick.
4. Stir in the raisins and candied peel. Place the bowl in a warm place and leave for about 25-30 minutes until the mixture is slightly swollen.
5. For the crosses, put the rice flour, cornflour, sugar and xanthan gum into a small bowl and gradually whisk in enough water to make a smooth pipeable paste. Spoon into a piping bag fitted with a thin, round nozzle.
6. Take 18 small mounds of the dough mixture and place on the baking tray, side by side, in the shape of a large round.
7. Pipe crosses on top of each bun with the prepared paste; the crosses should resemble a spider's web when looked at overhead. Leave to rise in a warm place for 1 hour.
8. Preheat the oven to 180°C/Gas Mark 4. After rising, bake for about 30-40 minutes until golden, risen and dry to the touch.
9. To glaze, remove from the oven and brush all over with the warmed jam.
10. For the hot chocolate, warm the almond milk in a heavy-based saucepan set over a moderate heat until rapidly simmering.
11. Remove from the heat and add the cocoa powder, chocolate chips and sugar. Leave to cool for 2 minutes, before whisking gently until even and slightly thickened.
12. Return to the heat and return to a simmer for 3 minutes. Adjust sweetness to taste by adding more sugar.
13. Pour into mugs or glasses and garnish with chocolate fingers. Serve with the hot cross buns on the side.

5.9g	1g	0.3g	16.3g	3g
Total fat	Saturates	Salt	Sugar	Protein

Easter chick cupcakes

GF DF V

Makes **12** | *Prep* **35 mins** *plus chilling* | *Cook* **20-25 mins** | *Calories* **590** *(per cupcake)*

FOR THE CUPCAKES

60ml (2fl oz) boiling water
120ml (4fl oz) almond milk
80g (3oz) cocoa powder
175g (6oz) dark agave nectar
175g (6oz) dairy-free margarine, softened
2 large free-range eggs
1 tsp vanilla extract
225g (8oz) gluten-free plain flour mix
½ tsp bicarbonate of soda
½ tsp gluten-free baking powder

FOR THE WHITE CHOCOLATE ICING

275g (10oz) cocoa butter
25g (1oz) granulated sweetener
4 tbsp vanilla protein powder, rice or plant-based
1 tsp vanilla extract
a pinch of salt

FOR THE CHOCOLATE ICING

150g (5oz) sugar-free dark chocolate, chopped
1 tbsp coconut oil

FOR THE MARZIPAN CHICKS

150g (5oz) almond flour
100g (3½oz) granulated sweetener
1 large free-range egg white
½ tsp almond extract
natural food colouring, yellow, orange, and black

1. For the cupcakes, whisk together the water, milk and cocoa powder in a mixing bowl until smooth. Set aside.
2. Preheat the oven to 180°C/Gas Mark 4. Line a 12-hole muffin or cupcake tin with paper cases.
3. Beat together the agave nectar, margarine and eggs in a large mixing bowl for 2 minutes. Beat in the cocoa mixture, then the vanilla extract.
4. Add the flour, bicarbonate of soda and baking powder and fold well until just combined.
5. Divide the batter between the cases and bake for 20-25 minutes, until a cake tester comes out clean from their centres. Remove to a wire rack to cool.
6. For the white chocolate icing, place the cocoa butter in a heatproof bowl set over a half-filled saucepan of simmering water, stirring occasionally, until melted.
7. Remove from the heat and allow to cool for 10 minutes. After cooling, stir in the sweetener, two tablespoons at a time, until fully incorporated.
8. Add the protein powder, vanilla extract and salt and stir well to incorporate.
9. Pour the mixture into a blender and pulse a few times until smooth and creamy. Pour into a piping bag fitted with a small, round nozzle. Cover the nozzle with clingfilm and chill the mixture until firm enough to pipe.
10. For the chocolate icing, combine the chocolate with the coconut oil in a heatproof bowl set over a half-filled saucepan of simmering water. Stir occasionally until melted.
11. Remove from the heat and pour into a piping bag fitted with a small, round nozzle. Cover the nozzle with clingfilm and chill the mixture until firm enough to pipe.
12. Once both icings are firm enough to pipe, pipe strands of the white chocolate icing onto the outer edges of the cupcakes. Pipe nests of chocolate icing on top, leaving a hole in the middle for the eggs.
13. For the marzipan chicks, combine the almond flour and sweetener in a mixing bowl. Add the egg white and almond extract and mix well to a soft dough.
14. Turn out and knead gently for 1 minute until even. Wrap in clingfilm and chill for 30 minutes.
15. Break off most of the marzipan and colour with dabs of yellow food colouring. Knead until uniformly yellow. Pinch off pieces and shape into small eggs.
16. Divide the remaining marzipan in two and colour each respectively with dabs of orange and black colouring, kneading until evenly coloured.
17. Divide the orange marzipan into pieces and shape into beaks for the eggs. Divide the black icing into small dots for eyes. Attach the beaks and eyes to the eggs with a little water. Leave them to set before placing in the middle of the cupcakes.

45.6g	18.7g	0.5g	16.3g	8.5g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Fireworks fudge

GF EF V

Makes **40** *pieces* | *Prep* **20 mins** *plus freezing* | *Cook* **none** | *Calories* **104** *(per piece)*

350g (12oz) gluten-free dark chocolate

1 x 400ml (14fl oz) tin of condensed milk

30g (1oz) butter, plus extra for greasing

a good pinch of sea salt

150g (5½oz) pistachios

1 tbsp popping candy (optional)

1. Bash your chocolate in its wrapper on the side of the worktop or table to break it into small pieces.
2. Empty the chocolate into a heavy based saucepan and add the condensed milk, butter and salt. Stir to melt over a low heat.
3. Put the pistachios into a freezer or food bag, then bash with a rolling pin until you have all different sized pieces.
4. Add the nuts and orange pieces to the chocolate and stir until evenly distributed.
5. Pour into a lightly buttered 23cm (9in) square tin or baking dish, then smooth the top with a spatula. Let the fudge cool a little, then sprinkle 1 tbsp popping candy on the top. Transfer to the fridge until set.
6. When set, cut into small squares and lift out using your spatula. Pile high on a plate and put any leftover portions wrapped in clingfilm in the freezer. You can take these out any time and eat almost immediately, it takes no time to defrost.

TIP You can put any flavour combination you like in this fudge, but keep the pistachios because the saltiness works really well with the sweet rich chocolate. Cranberries work extremely well too.

5.8g	3g	0.1g	12.5g	2.2g
Total fat	Saturates	Salt	Sugar	Protein

Eccles cake

GF DF V

Serves **12** | *Prep* **25 mins** | *Cook* **1 hr** | *Calories* **296** *(per serving)*

FOR THE CAKE

175g (6oz) vegan margarine, softened

175g (6oz) honey

4 large free-range eggs

120g (4oz) ground almonds

65g (2¼oz) gluten-free plain flour mix

1 tsp gluten-free baking powder

1 tsp xanthan gum

a pinch of salt

150g (5oz) raisins

TO SERVE

50g (1¾oz) granulated sweetener

2 tbsp cornflour

hot water

grated zest of 1 large orange, sliced into strips

1. For the cake, preheat the oven to 180°C/Gas Mark 4. Grease and line a 20cm (8in) springform cake tin with greaseproof paper.
2. Beat together the margarine and honey in a large mixing bowl for 2 minutes. Beat in the eggs, one by one, then fold through the almonds, flour mix, xanthan gum, baking powder and salt until you have an even batter.
3. Spoon about one-quarter of the batter into the base of the lined tin. Scatter over the raisins in an even layer, before topping with the remaining batter.
4. Tap the tin on a flat surface a few times to help settle the batter. Bake for about 1 hour until risen and dry to the touch on top; a cake tester should come out clean from its centre when ready. Remove to a wire rack to cool.
5. To serve, once the cake is cool, turn out from the tin onto a serving plate.
6. Pulse together the sweetener and cornflour in a food processor until fine and powdery.
7. Tip the mixture into a mixing bowl and stir in hot water by the tablespoon until you have a smooth, pourable icing.
8. Drizzle the icing over the cake and garnish with strips of orange zest before slicing and serving.

18.4g	2.8g	0.25g	19g	5.2g
Total fat	Saturates	Salt	Sugar	Protein

Italian Easter pie

GF SF V

Serves **8** | *Prep* **30 mins** *plus chilling* | *Cook* **1 hr** | *Calories* **431** *(per serving)*

FOR THE PASTRY

180g (6oz) white rice flour, plus extra for dusting
65g (2¼oz) brown rice flour
65g (2¼oz) cornflour
½ tsp salt
½ tsp xanthan gum
¼ tsp gluten-free baking powder
150g (5oz) vegetable shortening
3-4 tbsp cold water

FOR THE FILLING

500g (1lb 1oz) frozen spinach, thawed, squeezed dry
2 large free-range eggs
1 tsp grated nutmeg
475g (17oz) ricotta cheese
1 tbsp paprika
salt and freshly ground black pepper
1 large free-range egg, beaten with 1 tbsp water, to glaze

1. For the pastry, combine the rice flours, cornflour, salt xanthan gum, baking powder and vegetable shortening in a food processor. Pulse until the mixture resembles rough breadcrumbs. Add the cold water, one tablespoon at a time, and pulse between additions until a rough dough comes together.
2. Turn out the dough onto a floured surface and knead briefly. Wrap in clingfilm and chill for 30 minutes.
3. After chilling, remove the dough from the fridge and preheat the oven to 170°C/Gas Mark 3.
4. Roll out the dough on a lightly floured surface to 5mm (¼in) thick and use it to line the base and sides of a deep springform 20cm (8in) cake tin or pie dish.
5. Cut away any overhanging excess and gather into a ball. Wrap in clingfilm and chill until needed.
6. Prick the base of the lined pastry all over with a fork. Chill until needed.
7. For the filling, chop the spinach and arrange in the lined pastry. Briefly whisk together the eggs in a mixing bowl with the nutmeg.
8. Add the ricotta and stir until just combined. Season to taste with salt and pepper. Spoon over the top of the spinach and then sprinkle over the paprika.
9. Roll out the reserved ball of pastry 5mm (¼in) thick. Drape it over the filling and attach to the lined pastry at the edges by sealing together with the tines of a fork.
10. Brush the top of the pie with the beaten egg wash. Bake for about 1 hour, until the pastry is cooked through and golden.
11. Remove from the oven and let cool before turning out. This pie can be served cold as well.

TIP You can make this dairy-free by swapping the ricotta cheese for a dairy-free alternative.

26.3g	9.4g	0.5g	0.8g	13.1g
Total fat	Saturates	Salt	Sugar	Protein

Meatloaf

GF SF DF

Serves **6-8** | *Prep* **20 mins** *plus chilling* |
Cook **40-45 mins** | *Calories* **223** *(per serving)*

FOR THE MEATLOAF

7 large free-range eggs

400g (14oz) beef mince

200g (7oz) pork mince

1 small onion, peeled, finely chopped

60g (2oz) gluten-free rolled oats

3 tbsp gluten-free ketchup

salt and freshly ground black pepper

TO SERVE

baby carrots

frozen peas

chervil sprigs, to garnish

1. For the meatloaf, cook six eggs in a large saucepan of simmering water for 8 minutes. Drain well and refresh in iced water. Drain again, peel and rinse off any shell.
2. Crack the remaining egg into a large mixing bowl and add the beef mince, pork mince, onion, oats, ketchup and plenty of salt and pepper to taste.
3. Scrunch the ingredients together until well-combined. Take half the mixture and shape into a rounded rectangle shape on a large double-layer of aluminium foil.
4. Place the cooked eggs, end-to-end, down the middle of the meat mixture. Arrange the remaining meat mixture on top, shaping it around the eggs so that it meets the meat underneath. Bring the foil around the meatloaf and roll into a tube shape. Tie the ends with kitchen twine to secure tightly. Chill for 1 hour.
5. Preheat the oven to 190°C/Gas Mark 5. Place the meatloaf on a baking tray and bake for 40-45 minutes until cooked through and golden-brown, opening up the foil after 30 minutes. Remove from the oven and let cool to one side. Top with chervil and serve with peas and carrots.

8.3g	2.8g	0.3g	2.2g	27g
Total fat	Saturates	Salt	Sugar	Protein

Roasted rack of lamb

GF SF DF EF

Serves **4** *cake* | *Prep* **15 mins** |
Cook **25-30 mins** | *Calories* **401** *(per serving)*

4 tbsp olive oil, plus extra as needed

4 garlic cloves, peeled, chopped

a small bunch of curly parsley, leaves only

a small bunch of sage, leaves only

a small bunch of rosemary, leaves only

a small bunch of thyme, leaves only

2 lamb racks, best end, 7-8 chops per rack, trimmed

salt and freshly ground black pepper

1. Preheat the oven to 220°C/Gas Mark 7.
2. Combine the olive oil, garlic and herbs in a food processor and pulse until you have a paste, adding more oil to loosen it if necessary. Season to taste with plenty of salt and pepper.
3. Smear the paste onto the lamb racks. Sit them on trivets inside a large roasting tray.
4. Roast for about 25-30 minutes, until the centre of the racks registers at least 60°C/140°F on a thermometer.
5. Remove from the oven and let rest, covered with aluminium foil, for at least 10 minutes.
6. Cut into chops before serving.

TIP Cook for 5-10 minutes longer for more well-done meat.

20.3g	8g	0.25g	0g	44g
Total fat	Saturates	Salt	Sugar	Protein

Savoury Swiss roll

GF SF DF V

Serves **8** | *Prep* **5 mins** |
Cook **20-25 mins** | *Calories* **545** *(per serving)*

FOR THE CAKE

4 large free-range eggs

100ml (3½fl oz) olive oil

1 tsp salt

400g (14oz) gluten-free plain flour mix

1 tsp xanthan gum

2 tsp gluten-free baking powder

4 tbsp nutritional yeast

225g (8oz) carrots, peeled, finely grated

freshly ground black pepper

FOR THE FILLING

250g (9oz) coconut milk yoghurt

250g (9oz) vegan cream cheese

2 tbsp lemon juice

2 tsp horseradish sauce

2 small carrots, peeled, grated

25g (1oz) cress, snipped

TO GARNISH

salad cress, snipped

1. For the cake, preheat the oven to 180°C/Gas Mark 4. Grease and line the base of a 25x37cm (10x15in) Swiss roll tin with greaseproof paper.
2. Whisk the eggs with the oil and salt. Sift in the flour mix with the xanthan gum and baking powder. Stir in the yeast and carrots. Season to taste with salt and pepper.
3. Spoon into the tin and bake for about 20-25 minutes, until cooked through and dry to the touch on top; a cake tester should come out clean from its centre.
4. Remove from the oven and cool in the tin for 5 minutes, before placing on a wire rack to cool completely.
5. For the filling, combine the yoghurt, cream cheee, lemon juice and horseradish in a food processor. Pulse until smooth and creamy. Spoon into a bowl, stir through the carrots and cress, and season to taste with salt and pepper.
6. Spread the top of the cake with about half the filling. Roll up into a roulade and place on a serving plate. Top with the remaining filling, spreading it out in an even layer over the top and sides. Garnish with cress.

34.1g	16.6g	0.6g	3.7g	14.2g
Total fat	Saturates	Salt	Sugar	Protein

Mixed doughnuts

GF V

Makes **12** | *Prep* **30 mins** *plus proving* |
Cook **15 mins** | *Calories* **538** *(per doughnut)*

FOR THE DOUGHNUTS

2 tsp dried active yeast

2 tbsp warm water

450g (16oz) gluten-free plain flour mix, plus extra as needed

250ml (9fl oz) whole milk, at room temperature, plus extra as needed

3 tbsp butter, softened

1 large free-range egg

2 tbsp caster sugar

1 tsp xanthan gum

1 tsp salt

1½ ltr (2½pt) vegetable oil, for deep-frying

TO DECORATE

100g (3½oz) dark chocolate, chopped

375g (13oz) icing sugar, sifted

75-100ml (2½-3½fl oz) whole milk

½ tsp vanilla extract

natural pink food colouring

75g (2½oz) milk chocolate, finely chopped

assorted coloured sprinkles

1. For the doughnuts, stir together the yeast and warm water in a bowl. Set aside in a warm place for 5-10 minutes until frothy. Add the flour mix, milk, butter, egg, sugar, xanthan gum, and salt and mix until you have a rough, sticky dough. Cover with a damp tea towel and set aside to rise for 1 hour until doubled in size.
2. After rising, turn out the dough onto a floured surface and pat down into a 1.25cm (½in) thick round. Cut out 12 rounds of dough. Poke a hole in each round, then arrange on lightly floured baking trays. Cover with damp tea towels and leave to rise for 35-45 minutes until puffed.
3. Heat the vegetable oil in a large saucepan to 185°C/365°F, then fry 2-3 dough rounds at a time, turning, until brown and crisp. Remove with a slotted spoon and drain on kitchen paper. Repeat for the remaining doughnuts.
4. To decorate, place the chocolate in a heatproof bowl set over a pan of simmering water. Stir occasionally until melted, then remove from the heat and let cool to one side. Place the icing sugar in a bowl. Whisk in enough milk to make a smooth, pourable icing. Add the vanilla extract
5. Spoon half the icing into another bowl. Colour with a few drops of pink food colouring, stirring. Spoon one-third of the remaining plain white icing into another bowl. Add the melted chocolate and stir well until combined.
6. Press the tops of half the doughnuts into the pink icing. Decorate with white sugar sprinkles and leave to set on wire racks, icing side facing up. Dip three of the remaining doughnuts into the chocolate icing. Sprinkle with chopped milk chocolate and leave to set on a wire rack, icing side facing up. Dip the remaining doughnuts into the plain white icing. Sprinkle with coloured sprinkles and leave to set on a wire rack, icing side facing up. Serve once the icings have set.

25.2g	8.6g	0.4g	41.5g	6.6g
Total fat	Saturates	Salt	Sugar	Protein

WHY EATING LOW-CALORIE *Doesn't work* long term

Eat less, exercise more gets you in shape right? Not always! Jay Geraghty looks at why we might be doing it all wrong...

You will have heard it time and time again, oh you just need to eat less or you need to exercise more.

For me, the two go hand in hand, but what's more important is that more often than not, people go to low-calorie, overdo the exercise and seem to get nowhere fast.

I created my 90-Day SMT program to inspire and educate as many people as I can on nutrition, and fuelling their body with the right foods to get them lean, healthy and strong without going hungry. I'm on a mission to save as many people as possible from struggling with low calorie, crash diets that don't work, instead providing them with a sustainable, tailored program to transform their lives forever and show them that eating low-calorie is not the answer to their weight-loss goals.

The problem with low-calorie diets

I have worked with so many people that have tried low-calorie diets, initially they've worked for them, but then all of a sudden the weight loss stops so they reduce calories again.

This sounds like the right thing to do doesn't it? However, a few weeks later weight loss grinds to a halt again and you're left feeling constantly tired, hungry, not sleeping and having no motivation to continue, so you give up and weight goes back on.

The problem with low-calorie is, the more you reduce your calories, the lower the chances are of you sticking to the diet long term. Why? Because they're no fun. If you do actually manage to adhere to them, you're highly likely to trigger a rebound effect, where you'll gain all of the weight back, plus some.

Not to mention other problems with these fad diets, such as:

Loss of muscle mass

When you're eating low-calorie, your body doesn't have enough energy to survive, so it starts drawing energy from your muscles.

5 tips to weight loss

1 Focus on what you eat, rather than how much. Eating more of the right foods will help you lose weight in an enjoyable and sustainable way.

2 Do not avoid fat – it's good.

3 Eat foods high in protein and fat – they stimulate hormones to help keep you full.

4 Don't expect too much, too soon. The most sustainable weight loss plans take time.

5 Find a plan that's right for you. Programs that are tailored to your individual goals and tastes are the easiest to stick to, provide you with life-long results and are really enjoyable.

Nutrition

In order to be healthy, you need a balance of foods from different food groups. Low-calorie diets make it very difficult to get good nutrition and for you to feel satisfied.

Gallstones

When the body experiences a calorie deficit, it then starts to break down fat for energy. The liver conceals more cholesterol and when merged with bile, can form gallstones.

Decreased leptin levels

Leptin is a hormone that helps signal to your brain when you're feeling full or hungry. Low levels of leptin send the 'I'm hungry' signal. Good luck trying not to binge eat when this happens!

The world we live in today has everybody scared to eat, or pushing them in the direction of these ridiculous fad diets which have them watching their calories like a hawk, telling them carbs are bad, then oh carbs are good, fat is great, fat is bad – what fat should I eat? There is so much conflicting information out there, it's no wonder people get disheartened when their progress stalls and they don't know where to turn.

Your basal metaolic rate

To explain it as clearly as I can, your body needs a certain amount of calories per day just to function correctly. This is known as your BMR (basal metabolic rate). Your BMR is the amount of calories your body needs daily to maintain your current shape and ensure your body and its organs function correctly. It then needs additional calories to compensate for your activity level each day as well as your physical activity, whether that be in the gym, playing sports, walking for the bus etc. Eating below this level will only lead to the above points happening time and time again.

Our bodies are built to survive, so when eating below what our body actually needs, our bodies see this as a threat, and literally clings onto our usable energy sources (body fat).

So what does work?

To sum up, eat more to lose more. Your fat loss program should always be tailored to you in every way possible. It should be built for sustainability, it should never have you restricting foods you like and it should be something you see as a lifestyle not a diet. Anything other than that will set you up to fail.

There is no magic diet out there that someone is hiding, or a magic food that will change your physique. The best fat loss program available out there is the one that is built and tailored exactly to you. There is nothing generic about you, so why use a generic program. This is exactly why I created the SMT program.

What is the SMT Program?

On the SMT Program, not only is every single meal tailored to exactly what your body needs to lose body fat, the times you choose to eat is your choice – timing doesn't matter. The days you choose to workout, again, are up to you – you choose when works best for you!

"It's not about giving you a routine, you create your own."

JAY GERAGHTY *The Physique Geek*

Jay Geraghty is an online nutrition coach and the creator of the 90-day SMT program. He creates tailored fat loss programs, which take into account intolerances, allergies and food preferences to transform the bodies and lives of his clients forever.

Jay has created his program to help cut through the fad-diet noise and to give his clients the delicious, easy to prepare meals, tools and expert advice they need to start improving their health. www.thephysiquegeek.com

coeliac uk
live well gluten free

50 YEARS OF EXPERT GUIDANCE ON COELIAC DISEASE AND GLUTEN FREE

Long before the gluten free diet became part of popular culture, it was known only to a small number of the population who used it as treatment to manage coeliac disease.

How the gluten free diet became the treatment for coeliac disease can be traced back to the Second World War when a Dutch paediatrician, Willem-Karel Dicke, noticed the health of children with coeliac disease improved during the bread shortages caused by the war, and only a few years after that, wheat and other gluten-containing grains were recognised as the problem in coeliac disease.

From then, the understanding and capabilities for diagnosing coeliac disease grew and, in the 60s, a small and passionate group founded *The Coeliac Society* in a bid to provide support to those with the condition.

Since then, diagnosis, research and management of coeliac disease has improved by leaps and bounds and *Coeliac UK*, as they eventually became known, were there every step of the way lobbying, campaigning and setting up a membership charity to give specific medical and dietary support to those diagnosed with the disease and living on a strict gluten free diet.

Today, much more is known about the disease and the number of the population affected by it. With 1 in 100 people having the disease and only 24% of those diagnosed, Coeliac UK still have their work cut out getting people on the pathway to diagnosis, helping them adapt to the gluten free diet, and giving them the means by which they can live a normal life.

The charity, the largest coeliac charity in the world, remains independent of government support, relying on financial contributions mainly from membership fees and fundraising.

Their impartiality gives them the ability to stay focused on their members' needs and fight for better health and guidance on diagnosing and managing coeliac disease, while also working with, and training, retailers and manufacturers to provide more choice and better quality food on supermarket shelves and in restaurants.

With the charity turning 50 next year, they continue to be passionate about creating a world where people affected by gluten are not limited by it.

MEMBERSHIP!

SIGN UP TO COELIAC UK FOR JUST £24* A YEAR

As a Coeliac UK member you receive the following benefits:

- Your own *Food and Drink Directory* listing over 20,000 foods to help make gluten free shopping easier
- Expert advice and support from our team of dietitians
- Guide listing over 6,000 venues
- Over 800 inspirational recipes
- Exclusive magazine, *Crossed Grain*
- Monthly newsletters on latest news, products and offers
- Local help and support through our Local Groups
- Advice when on-the-go with mobile apps.

Join today at www.coeliac.org.uk/join-us/ or call 0333 332 2033 for more information.
*concessionary rates available

Yummy Breakfast RECIPES

Start your day with a boost of goodness...

Apple and chia bircher muesli

By Aoife Howard (www.thegoodfoodgoddess.com)

GF DF EF V

Serves **1** | *Prep* **5 mins** *plus chilling* |
Cook **none** | *Calories* **669** *(per serving)*

50g (1¾oz) gluten-free oats
2-3 tsp chia seeds
½ an apple, grated
¼-½ tsp ground cinnamon
1 tsp honey or maple syrup (optional)
160ml (5½fl oz) almond milk
toppings of your choice

1. Add all the ingredients to a bowl and stir well to combine. Place in the fridge to chill overnight.
2. Remove from the fridge and add any toppings you like.

44.2g Total fat | 34.9g Saturates | 0.04g Salt | 23.3g Sugar | 12g Protein

Oat banana breakfast pancakes

By Nancy Morris (www.superfoodscrumptious.co.uk)

GF SF DF EF V

Makes **2-4** | *Prep* **10 mins** |
Cook **10 mins** | *Calories* **304** *(per pancake)*

2 small bananas, peeled
150g (5½oz) gluten-free oats
115ml (4fl oz) coconut milk
½ tsp salt
1 tsp vanilla extract
½-1 tsp cinnamon
½ tsp bicarbonate of soda
coconut oil, for frying

OPTIONAL TOPPINGS

berries, coconut, syrup, bananas, nuts, seeds

1. Measure out all the ingredients, except the coconut oil, and pulse in a blender until the batter is smooth.
2. In a frying pan, heat 1 tsp coconut oil until melted and covering the base of the pan, then pour out a quarter of the batter into the pan. Tilt the pan to ensure the batter reaches the edges.
3. Cook on a medium heat for 2 minutes, or until the edges of the pancake pull away from the side of the pan, then flip over and continue cooking for a further 1 minute on the other side.
4. Once the pancake is cooked, place on a tray in a warm oven to keep hot while you repeat with the remainder of the batter.
5. Top with bananas, berries, dried fruit and syrup, if desired.

14g Total fat | 10.5g Saturates | 0.6g Salt | 8.7g Sugar | 6.2g Protein

Peach and matcha green tea smoothie bowl

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)

GF DF EF V

Makes **1** *large bowl* | *Prep* **10 mins** |
Cook **none** | *Calories* **568** *(per serving)*

a large handful of fresh coriander

½ a courgette, roughly chopped

5cm (2in) piece of cucumber

¼ fennel bulb, roughly chopped

½ a peach

¼ a medium-ripe avocado

2 tbsp unsweetened desiccated coconut

1 tbsp ground chia seeds

1 tsp matcha powder

1 tbsp lucuma powder

1 tsp manuka honey (add extra to taste if needed), or maple syrup if vegan

½ tsp rose water (optional)

175-215ml (6-8fl oz) coconut milk or coconut water

FOR THE TOPPINGS

½ a peach, sliced

pistachios, and any other nuts, seeds, fruits of choice

1. Add all the ingredients (except the toppings) to a high powered blender and blend until smooth.
2. Add extra honey if needed and extra coconut milk if too thick. The mixture will thicken as the chia seeds absorb more liquid.
3. Transfer to a bowl and top with sliced peach and toppings of your choice. Eat immediately.

50.4g Total fat | **40.9g** Saturates | **0.1g** Salt | **21.9g** Sugar | **7.2g** Protein

Caramel banana pancakes

By MyNutriCounter (www.mynutricounter.com)

GF DF V

Makes **8** | *Prep* **15 mins** |
Cook **10 mins** | *Calories* **312** *(per pancake)*

FOR THE BATTER

2 large ripe bananas, peeled, sliced

4 free-range eggs

160g (5¾oz) almond flour

a pinch of cinnamon

a pinch of gluten-free baking powder

1 tsp vanilla extract

coconut oil, for frying

FOR THE CARAMEL

250ml (9fl oz) honey

25ml (1fl oz) coconut cream

30ml (1fl oz) coconut oil

1½ tsp vanilla extract

a pinch of salt

1. For the caramel, melt the coconut oil in a saucepan. Whisk in the honey, vanilla, coconut cream and salt. Cook for about 3 minutes over a medium heat, stirring constantly.
2. For the batter, whisk the eggs in a bowl and mash the bananas in a separate bowl, then combine all the ingredients together.
3. Brush a little coconut oil onto a non-stick frying pan.
4. Ladle about 80ml (2¾fl oz) batter into the pan and cook until bubbles start to form on the surface of the batter. Flip to cook the other side. Repeat with the remaining batter to make 8 pancakes in total.
5. Top with slices of fresh banana and caramel sauce.

16.8g Total fat | **5.4g** Saturates | **0.07g** Salt | **30.6g** Sugar | **7.5g** Protein

Almond & coconut energy balls

By Ruth Crump (www.nutritiouslynaughty.co.uk)

GF SF DF EF V

Makes **15** | *Prep* **10 mins** *plus chilling* |
Cook **none** | *Calories* **88** *(per ball)*

200g (7oz) Medjool dates, pitted

100g (3½oz) smooth almond butter

25g (1oz) desiccated coconut

½ tsp vanilla extract

1. Pulse all the ingredients together in a blender or food processor until combined (the mixture should stick together between your fingers).
2. Break off small pieces of the mixture, approximately 20g (1oz), and roll it between your hands to form a ball shape.
3. Place the energy balls in the fridge for at least 30 minutes to set.
4. Store in an airtight container, preferably in the fridge, as they taste amazing cold and it gives them a fudgy texture!

4.5g	1.2g	0g	8.9g	1.9g
Total fat	Saturates	Salt	Sugar	Protein

Kale, pear and almond smoothie

By Aoife Howard (www.thegoodfoodgoddess.com)

GF DF EF V

Serves **2** | *Prep* **10 mins** |
Cook **none** | *Calories* **352** *(per serving)*

225ml (8fl oz) unsweetened almond milk

5 kale stalks

1 pear

½ a small banana, peeled

1 tbsp almond butter

1. Cut the kale away from its thick green central stalk.
2. Cut the pear into quarters.
3. Place the kale, pear, banana, almond milk and almond butter in a blender and blend for 2-3 minutes until smooth and creamy.

28.5g	23g	0.03g	14.3g	4.4g
Total fat	Saturates	Salt	Sugar	Protein

Dreamy overnight oats with toffee and banana

By Whitworths (www.whitworths.co.uk)

GF EF V

Serves **1-2** | *Prep* **5 mins** *plus chilling* |
Cook **none** | *Calories* **212** *(per serving)*

FOR THE BASE

50g (1¾oz) gluten-free rolled oats

100ml (3½fl oz) milk of your choice

1 tsp Greek yoghurt

2 tbsp honey

chia seeds (optional)

FOR THE TOPPINGS

Whitworths Toffee and Pecan Shot

½ a banana, peeled, sliced

chia seeds, (optional)

1. Place all the base ingredients in a bowl and mix to combine. Leave to chill and set in the fridge overnight
2. The next day, top with the Whitworths shot, banana slices and chia seeds, if desired.

2.8g	1g	0.04g	23g	5.5g
Total fat	Saturates	Salt	Sugar	Protein

Sugar - free milk alternative range

New designs!

Organic 7% Almond drink sugar free 1 L | Organic 7% Almond drink sugar free calcium 1 L | Organic Almond drink sugar free vanilla 1 L | Organic Almond drink sugar free protein 1 L | Organic Coconut milk sugar free 1 L | Organic Coconut milk sugar free calcium 1 L | Organic Hazelnut drink sugar free 1 L | Organic Hemp drink sugar free 1 L

Maintain a healthy lifestyle by favouring products that are naturally low in sugars. Try to avoid added sugars and sweeteners which are used to alter the natural taste of foods and drinks.
Ecomil's range of dairy and sugar free drinks can help you to regulate your sugar intake as they are:

Sugar free
No added sugar
Unsweetened
Lactose free, Gluten free
Certified Organic

MADE IN SPAIN BIO ORGANIC

Vegan®

www.ecomil.com facebook.com/ecomiloficial/ instagram.com/ecomiloficial/

UK sales (Organico Realfoods) : Tel: 0118923867 - Email: sales@organico.co.uk

10 NATURAL WAYS TO BUILD BONE HEALTH

We all probably associate bone health with calcium, but there are other ways to keep our levers in peak condition...

By Franziska Spritzler

(www.authoritynutrition.com)

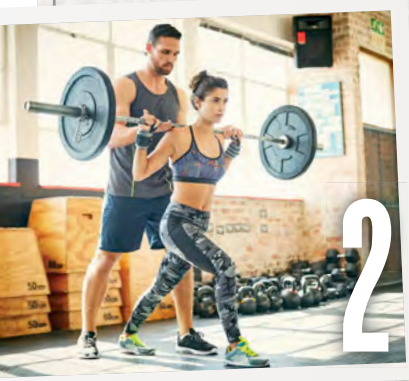
Building healthy bones is extremely important. Minerals are incorporated into your bones during childhood, adolescence and early adulthood. Once you reach 30 years of age, you have achieved peak bone mass.

If not enough bone mass is created during this time or bone loss occurs later in life, you have an increased risk of developing fragile bones. Fortunately, many nutrition and lifestyle habits can help build strong bones and maintain them as you age, and it's never too early to start...

1 Eat lots of vegetables

Vegetables are great for your bones. They're one of the best sources of vitamin C, which stimulates the production of bone-forming cells. Vegetables also seem to increase bone density, a measurement of the amount of calcium and other minerals found in your bones.

2 Perform strength training and weight-bearing exercises



Engaging in specific types of exercise can help you build and maintain strong bones. One of the best types of activity for bone health is weight-bearing or high-impact exercise, which promotes the formation of new bone.

Studies in children, including those with type 1 diabetes, have found that this type of activity increases the amount of bone created during the years of peak bone growth.

3 Consume enough protein

Getting enough protein is important for healthy bones. In fact, about 50% bone is made of protein.

Researchers have reported that low protein intake decreases calcium absorption and may also affect rates of bone formation and breakdown.

However, concerns have also been raised that high-protein diets leach calcium from bones in order to counteract increased acidity in the blood.

Nevertheless, studies have found that this doesn't occur in people who consume up to 100g (3½oz) protein daily, as long as this is balanced with plenty of plant foods and adequate calcium intake. Diets containing a high percentage of calories from protein may help preserve bone mass during weight loss.

4 Eat high-calcium foods throughout the day

Calcium is the most important mineral for bone health, and it's the main mineral found in your bones.
Because old bone cells are constantly broken down and replaced by new ones, it's important to consume calcium daily to protect bone structure and strength.

5 Get plenty of vitamin D and vitamin K

Vitamin D and vitamin K are extremely important for building strong bones. Vitamin D helps your body absorb calcium. You can get enough vitamin D through sun exposure and food sources such as fatty fish, liver and cheese. The two most common forms of vitamin K2 are MK-4 and MK-7. MK-4 exists in small amounts in liver, eggs and meat.

6 Avoid very low-calorie diets

Dropping calories too low is never a good idea. In addition to slowing down your metabolism, creating rebound hunger and causing muscle mass loss, it can also be harmful to bone health. Studies have shown that diets providing fewer than 1,000 calories per day can lead to lower bone density in normal-weight, overweight or obese individuals. To build and maintain strong bones, follow a well-balanced diet of at least 1,200 calories per day. It should include plenty of protein and foods rich in vitamins and minerals.

7 Consider taking a collagen supplement

While there isn't a lot of research on the topic yet, early evidence suggests that collagen supplements may help protect bone health. Collagen is the main protein found in bones. It contains the amino acids glycine, proline and lysine, which help build bone, muscle, ligaments and other tissues.
Collagen hydrolysate comes from animal bones and is commonly known as gelatine. It has been used to relieve joint pain for many years. Although most studies have looked at collagen's effects on joint conditions like arthritis, it appears to have beneficial effects on bone health as well.

8 Maintain a stable, healthy weight

In addition to eating a nutritious diet, maintaining a healthy weight can help support bone health.
In fact, low body weight is the main factor contributing to reduced bone density and bone loss. On the other hand, some studies suggest that being obese can impair bone quality and increase the risk of fractures due to the stress of excess weight. Repeatedly losing and regaining weight also appears detrimental to bone health. One study found that bone loss during weight loss was not reversed when weight was regained, which suggests that repeated cycles of losing and gaining weight may lead to significant bone loss over a person's lifetime.

9 Include foods high in magnesium and zinc

Magnesium plays a key role in converting vitamin D into the active form that promotes calcium absorption. Zinc is needed in very small amounts. It helps make up the mineral portion of your bones, promotes the formation of bone-building cells and prevents the excessive breakdown of bone.

10 Consume hoods high in omega-3 fats

Omega-3 fatty acids are well known for their anti-inflammatory effects. They've also been shown to help protect against bone loss during the ageing process.
In addition to including omega-3 fats in your diet, it's also important to make sure your balance of omega-6 to omega-3 fats isn't too high. Generally speaking, it's best to a ratio of 4:1.

Head online to visit our fabulous website today!

JOIN US ONLINE FOR

- Essential information on free-from diets
- Weekly giveaways
- The best free-from recipes
- Share your experiences!

For all this and much more, go straight to

www.freefromheaven.com

Inspiring Lunchtime RECIPES

Create a tasty treat to break up your day...

Trout, peach, avocado and pistachio salad

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)

GF DF EF

Serves **1-2** | *Prep* **10 mins** |
Cook **none** | *Calories* **476** *(per serving)*

FOR THE SALAD

a large handful of mixed salad leaves (rocket, lettuce, watercress, baby chard)

½ a ripe peach, chopped

1 small beetroot, washed, peeled, chopped

¼ a ripe avocado, chopped

a small bunch of mint leaves, roughly torn

1-2 tbsp raw unsalted pistachio nuts (toast them if you prefer more crunch)

1 trout fillet, cooked, cooled, roughly flaked

FOR THE DRESSING

3 tbsp extra-virgin olive oil or avocado oil

juice of ¾ a lemon

finely grated zest of 1 lemon

1 tbsp honey or maple syrup

2 tsp rose water

1 tsp ground cinnamon

2 tsp ground cumin

½ tsp ground cardamom

sea salt, to taste

1. Combine all the dressing ingredients together.
2. For the salad, assemble the salad leaves on a serving plate, then scatter over the avocado, peach and beetroot.
3. Add the trout, pistachios and mint, then drizzle with dressing just before serving.

34.9g Total fat | 5.5g Saturates | 0.3g Salt | 15.1g Sugar | 23g Protein

Mini aubergine cakes

GF SF DF V

Makes **9** | *Prep* **20 mins** |
Cook **30-40** | *Calories* **308** *(per cake)*

80ml (3fl oz) olive oil, plus extra for greasing

2 aubergines, diced

80ml (3fl oz) almond milk

2 large free-range eggs

220g (8oz) gluten-free plain flour mix

½ tsp xanthan gum

2 tsp gluten-free baking powder

110g (4oz) dairy-free Parmesan, grated

110g (4oz) dairy-free cheese, cubed

2 tbsp rosemary leaves, chopped

salt

1. Preheat the oven to 180°C/Gas Mark 4. Grease 9 individual mini loaf tins with olive oil.
2. Toss the aubergine in a mixing bowl with a liberal sprinkling of salt. Spread out on a large tray lined with kitchen paper. Set aside for 10 minutes.
3. Whisk together the olive oil, almond milk, and eggs in a large mixing bowl.
4. Mix together the flour mix, xanthan gum, baking powder, cheeses and rosemary in a separate mixing bowl.
5. Stir in the wet ingredients until you have a rough butter; it shouldn't be totally smooth.
6. Wipe away any moisture from the salted aubergine. Add it to the batter and fold through. Divide between the greased loaf tins.
7. Arrange between baking trays. Bake for 30-40 minutes until golden and dry to the touch on top; a cake tester should come out clean from their centres.
8. Remove to a wire rack to cool before turning out and serving.

19.9g Total fat | 8.6g Saturates | 0.3g Salt | 1.9g Sugar | 10.5g Protein

Pappa al pomodoro soup

By Jordan Bourke

GF SF DF EF V

Serves **4** | *Prep* **20 mins** | *Cook* **30 mins** | *Calories* **113** *(per serving)*

1kg (2lb 2oz) ripe, sweet tomatoes
1 tbsp red wine or balsamic vinegar
extra-virgin olive oil
1 onion, peeled, finely chopped
4 garlic cloves, peeled, crushed
60g (2oz) gluten-free bread
a small handful of basil, chopped, to serve
sea salt and freshly ground black pepper

1. Preheat the oven to 200°C/Gas Mark 6.
2. Put the tomatoes in a baking tray, toss with the vinegar, 1 tbsp olive oil and season well with salt and pepper. Roast for 20 minutes, until the skins burst open and begin to caramelise.
3. Meanwhile, heat 4 tbsp olive oil in a large saucepan over a low-medium heat. This may seem like a lot of oil, but it is important for the flavour of this soup. Add the onion and garlic and sweat down until they are translucent, roughly the same time it takes for the tomatoes to roast. Make sure to keep the heat quite low, otherwise the flavour of the extra-virgin olive oil will be altered.
4. Blitz half the roasted tomatoes and juices in a food processor or with a stick blender, until smooth. Add this and the whole tomatoes and all the oil and juices from the pan to the onions. Tear the bread into the pan and add most of the basil. Season with 1 tsp salt and a grind of pepper, and simmer gently for 20 minutes. The soup should be very thick, but if it is too thick stir in a few tablespoons of water.
5. Taste and adjust the seasoning if necessary.
6. Serve up in bowls with a good drizzle of extra-virgin olive oil and the remaining basil scattered over the top.

Recipe taken *Healthy Baking* by Jordan Bourke, published by Orion. (RRP £20).

2.3g	0.25g	0.25g	8.5g	4.1g
Total fat	Saturates	Salt	Sugar	Protein

Thai slaw

By Tess Masters

GF DF EF V

Serves **6-8** | *Prep* **20 mins** *plus chilling* | *Cook* **none** | *Calories* **396** *(per serving)*

FOR THE DRESSING

1 tsp finely grated lime zest, plus extra to taste

120ml (4fl oz) fresh lime juice

80ml (2¾fl oz) extra-virgin olive oil

80ml (2¾fl oz) rice vinegar

80ml (2¾fl oz) toasted sesame oil

35g (1¼oz) roasted unsalted cashews

3 tbsp gluten-free soy sauce or tamari

3 tbsp coconut sugar

2 tbsp finely chopped fresh ginger

¼ tsp chilli flakes

¼ tsp natural salt

FOR THE SALAD

480g (17oz) Chinese cabbage (1 small head), shredded

400g (14oz) red cabbage, shredded

160g (5¾oz) beansprouts

180g (6oz) red pepper, deseeded, julienned

40g (1½oz) finely chopped coriander

150g (5½oz) unsalted roasted cashews, roughly chopped

25g (1oz) finely chopped Thai basil

20g (¾oz) finely chopped mint

25g (1oz) spring onions (green parts only), diagonally sliced

salt, to taste

limes wedges, to serve

OPTIONAL BOOSTERS

50g (1¾oz) leeks (white part only), julienned

2-3 medium tangerines or mandarin oranges, peeled, segmented

1 tsp finely chopped kaffir lime leaves, plus extra to taste

1. For the dressing, place all the dressing ingredients into a blender and blast on high for about 60 seconds until smooth and creamy. Tweak the lime zest to taste.
2. Toss all of the salad ingredients, including the leek, tangerine and kaffir lime boosters, in a large bowl. Fold the dressing into the salad, then chill, covered, for 30-60 minutes to allow the flavours to open and mingle. Season with salt to taste, and serve with lime wedges.

Recipe taken from *The Perfect Blend* by Tess Masters, photography by Anson Smart, published by Jacqui Small. (RRP £16.99).

30.5g	4.9g	0.7g	14g	7g
Total fat	Saturates	Salt	Sugar	Protein

Fig & goat's cheese salad

By Lisa Roukin (www.myrelationshipwithfood.com)

GF EF V

Serves **4-6** | *Prep* **20 mins** |
Cook **10 mins** | *Calories* **460** *(per serving)*

8 fresh figs, (4 cut in half)

150g (5oz) goat's cheese, crumbled

2 tsp honey

2 handfuls of toasted walnuts, crumbled

a handful of pistachios, roughly chopped

2 handfuls of pomegranate seeds

a large handful of rocket

2 tbsp walnut oil

sea salt and freshly ground black pepper

1. Preheat the grill to a high setting and line a baking tray with foil or parchment paper.
2. Wash and stem the figs. Place the halved figs cut-side up in a baking dish together with the remaining 4 figs (cut a cross in the top of these to about halfway down the fig so that they open up a bit if gently squeezed at the bottom). Drizzle the honey over top of the figs.
3. Roast for about 10 minutes, or until the honey is just beginning to bubble. They should not be too soft. Be careful not to burn them - you need to be able to pick them up with your fingers
4. Allow to cool for about 10 minutes before assembling the salad.
5. Place the figs on the serving platter, scatter over the crumbled goat's cheese, walnuts, pistachios and pomegranate seeds. Drizzle with walnut oil and 1 tbsp fig juice from the baking tray. Season to taste, then garnish with rocket.

28.6g	7.7g	0.3g	28g	17.5g
Total fat	Saturates	Salt	Sugar	Protein

Red cabbage and cashew soup

By Lisa Roukin (www.myrelationshipwithfood.com)

GF SF DF EF V

Serves **6** | *Prep* **10 mins** |
Cook **30 mins** | *Calories* **338** *(per serving)*

1 whole red cabbage, stem removed, finely sliced

1 large red onion, peeled, finely sliced

1 apple, peeled, cored, cubed

200g (7oz) raw cashews, rinsed

2 tbsp rapeseed oil

4 tsp vegan bouillon powder

sea salt and freshly cracked white pepper

1 2/3 ltr (3pts) boiling water

TO GARNISH

dill sprigs

50g (1¾oz) roasted cashews, crushed

olive oil

cracked black pepper

1. In a large saucepan, sauté the red onion with the rapeseed oil until soft and translucent. Add the apples and sauté with the onions. Season with sea salt and white pepper.
2. Add the sliced red cabbage, slowly, coating with the onions as you go. Keep stirring as it's cooking, then add in the bouillon powder and mix into the cabbage so it's all coated. Add the rinsed cashew nuts and boiling water. Put a lid on the saucepan and simmer for 25 minutes.
3. Once cooked, blend the soup, season to taste and serve straight away. Top with crushed cashews, dill sprigs and a drizzle of olive oil.

26.3g	5g	0.1g	8.3g	7.3g
Total fat	Saturates	Salt	Sugar	Protein

Soba noodle salad

By Angela Liddon

GF SF DF EF V

Serves **6** | *Prep* **20 mins** | *Cook* **15 mins** | *Calories* **283** *(per serving)*

FOR THE DRESSING

60ml (2fl oz) toasted or untoasted sesame oil

3-4 tbsp rice vinegar, to taste

25g (1oz) tahini

1 tbsp maple syrup, or to taste

1 tbsp tamari

2 garlic cloves, peeled, grated

FOR THE SALAD

225g (8oz) soba noodles

1 medium red bell pepper, seeded, diced

1 medium yellow bell pepper, seeded, diced

3-4 spring onions, peeled, finely chopped

50g (1¾oz) coriander leaves, minced

1 batch of cast-iron tofu (page below)

fine sea salt

1 tbsp sesame seeds, to garnish

fresh lime juice, to serve (optional)

sriracha, to serve

FOR THE TOFU

340-450g (12-16oz) firm tofu

3 tsp olive oil

1 tsp garlic powder

¼ tsp fine sea salt

¼ tsp onion powder (optional)

1. Press the tofu overnight, or for at least 30 minutes. Slice into 9-10 rectangles 1cm (½in) thick, then slice each rectangle into 6 squares, to make a total of 54-60 pieces.
2. Heat a large cast-iron (or non-stick) frying pan over a medium-high heat for several minutes. In a large bowl, combine the tofu with 1½ tsp oil until coated. Stir in the garlic powder, salt and onion powder (if using).
3. Add the remaining oil to the pan, then add the tofu. Cook on one side for 4-7 minutes, until you have a golden crust. Flip each piece and cook for 4-5 minutes more.
4. Whisk together all the dressing ingredients until smooth. Cover and refrigerate to thicken slightly.
5. Cook the noodles according to the package directions. Drain and place in a large bowl. Add the bell peppers, spring onions and coriander. Add the dressing and toss to coat. Add half the tofu cubes and toss again. Taste and season with sea salt if necessary.
6. Top the salad with the remaining tofu, sesame seeds and coriander. You can also add a squeeze of lime juice on top of each bowl just before serving, or simply serve with a lime wedge and sriracha. The salad can be stored in an airtight container in the fridge for up to 3 days.
7. The tofu will soften as it sits, but it's still very tasty!

Recipe taken from *Oh She Glows Every Day* by Angela Liddon, published by Michael Joseph. (RRP £18.99).

18.6g	2.8g	0.5g	6g	8.9g
Total fat	Saturates	Salt	Sugar	Protein

Lemon chicken salad

By Rachel De Caen (www.facebook.com/Rachel-de-Caen)

GF SF DF EF

Serves **2** | *Prep* **15 mins** |
Cook **35 mins** | *Calories* **760** *(per serving)*

2 chicken breasts, skin removed

1 lemon, sliced

100g (3½oz) baby potatoes, thinly sliced

2 courgettes, cut into bite-sized pieces

1 tbsp olive oil

200g (7oz) French beans

100g (3½oz) spinach

a handful of mint, chopped

1. Preheat the oven to 220°C/Gas Mark 7.
2. Put the potatoes and courgettes on a baking tray, coat with the oil and season. Bake in the oven for 35 minutes until golden.
3. Put the chicken on a tray. Season and top each breast with sliced lemon. Bake in the oven for 25 minutes; if the lemons start to go too brown, cover with tinfoil
4. Boil a pan of water when the chicken is nearly cooked. Cook the French beans for 4 minutes until crunchy. Drain.
5. Mix the spinach, French beans, mint, potatoes and courgettes and split between two plates. Slice the chicken and top the salad with the chicken and lemon slices.

15.2g	2.9g	0.4g	4.2g	76g
Total fat	Saturates	Salt	Sugar	Protein

Lamb, asparagus and mint salad

Si and Dave, aka The Hairy Bikers

GF SF DF EF

Serves **4** | *Prep* **20 mins** *plus marinating* |
Cook **20 mins** | *Calories* **377** *(per serving)*

2 lamb leg steaks

1 tbsp olive oil

1 tbsp cider vinegar

1 tsp dried mint

1 tsp dried oregano or thyme

12 small new or salad potatoes

a bunch of asparagus

a bag of pea shoots or lamb's lettuce

a small bunch of mint

sea salt and freshly ground black pepper

FOR THE DRESSING

3 tbsp olive oil

1 tbsp lemon juice or cider vinegar

¼ tsp honey

1. Put the lamb in a glass, plastic or ceramic bowl – the acid in the marinade can react with metal. Whisk the olive oil and cider vinegar in a small bowl, then stir in the herbs and season well with salt and pepper. Pour this over the lamb, turning the meat over to make sure it is completely covered, then leave to marinate for at least 1 hour.
2. Put the potatoes in a steamer and cook for about 15 minutes. Bend each asparagus stem until it snaps, then discard the woody ends. Put the asparagus on top of the potatoes and steam for a further 3-5 minutes.
3. Heat a griddle pan until it's too hot to hold your hand over. Grill the lamb steaks for 2-3 minutes on each side, until well charred but still juicy inside. Leave to rest for at least 5 minutes, then thinly slice.
4. Whisk the dressing ingredients together and season. Arrange the pea shoots or lamb's lettuce, potatoes and asparagus on plates, then add mint leaves. Top with the lamb, then drizzle over the dressing.

21.7g	4.7g	0.25g	2.3g	31g
Total fat	Saturates	Salt	Sugar	Protein

Carrot and quinoa salad with allspice dressing

By Aoife Howard (www.thegoodfoodgoddess.com)

GF DF EF V

Serves **1** | *Prep* **10 mins** |
Cook **12-15 mins** | *Calories* **734** *(per serving)*

1 large carrot, peeled
60g (2oz) quinoa, rinsed
100g (3½oz) drained chickpeas
2 tbsp dried cranberries
2 tbsp finely chopped mint
2 spring onions, chopped

FOR THE DRESSING

1 tsp maple syrup
1 tsp apple cider vinegar
2 tsp olive oil
¼ tsp ground allspice
¼ tsp Dijon mustard
salt and freshly ground black pepper

1. Boil the quinoa in 175ml (6fl oz) water for 12-15 minutes until tender. Transfer to a bowl and allow to cool.
2. Grate the carrot and add to the quinoa. Add the dried cranberries, mint, spring onions and chickpeas.
3. Combine all the dressing ingredients and mix well. Season to taste.
4. Add the dressing to the salad just before serving.

19.4g	2.4g	0.4g	18.9g	30g
Total fat	Saturates	Salt	Sugar	Protein

Tomato, fennel and chickpea soup

By Aoife Howard (www.thegoodfoodgoddess.com)

GF SF DF EF V

Serves **3-4** | *Prep* **10 mins** |
Cook **30 mins** | *Calories* **159** *(per serving)*

coconut oil, for frying
400g (14oz) tinned chopped tomatoes
1 small fennel bulb,diced
1 white onion, peeled, diced
1 celery stick, diced
1 garlic clove, peeled, crushed
1 tsp dried oregano
450-550ml (16-20fl oz) gluten-free vegetable stock
115g (4oz) chickpeas, reserve a few to serve
1 tbsp tomato purèe
a small bunch of basil
coconut yoghurt, to serve
dried fennel seeds, to serve

1. Heat a little coconut oil in a large saucepan. Add the celery, onion, garlic and fennel. Fry gently until the onion is a light golden brown.
2. Add the oregano, tomatoes, tomato purèe, chickpeas and vegetable stock. Reduce the heat, cover and simmer for 20-25 minutes.
3. Blend the soup with a stick blender, or transfer the mixture to a blender and blend until smooth. Add the basil and blend again. Season to taste.
4. Serve with a dollop of coconut yoghurt along with a sprinkling of chickpeas and dried fennel seeds.

2.3g	0g	0.15g	8g	8g
Total fat	Saturates	Salt	Sugar	Protein

Spring prawn tart

GF SF DF

Serves **6-8** | *Prep* **25 mins** *plus chilling* | *Cook* **45 mins** | *Calories* **535** *(per serving)*

FOR THE PASTRY

180g (6oz) white rice flour, plus extra for dusting

65g (2¼oz) brown rice flour

65g (2¼oz) cornflour

½ tsp salt

½ tsp xanthan gum

¼ tsp gluten-free baking powder

150g (5oz) gluten-free vegetable shortening

3-4 tbsp cold water

1 large free-range egg, beaten with 1 tbsp water

FOR THE FILLING

250g (9oz) asparagus spears, woody ends removed

250g (9oz) kale

4 large free-range eggs

250g (9oz) vegan cream cheese

250ml (9fl oz) coconut milk

80g (3oz) vegan hard cheese, grated

5-6 large king prawns, peeled, deveined

salt and freshly ground black pepper

TO SERVE

60g (2oz) pine nuts

30.7g *Total fat* | **17g** *Saturates* | **0.8g** *Salt* | **2.6g** *Sugar* | **27g** *Protein*

1. For the pastry, combine the rice flours, cornflour, salt, xanthan gum, baking powder and vegetable shortening in a food processor. Pulse until the mixture resembles rough breadcrumbs. Add the cold water, one tablespoon at a time, and pulse between additions until a rough dough comes together.
2. Turn out the dough onto a floured surface and knead briefly. Wrap in clingfilm and chill for 30 minutes.
3. After chilling, remove the dough from the fridge and preheat the oven to 170°C/Gas Mark 3.
4. Roll out the dough on a lightly floured surface 7.5mm (1/3in) thick and use it to line the base and sides of a 28x20cm (11x8in) fluted rectangular tart tin.
5. Cut away any overhanging excess and prick the base of the lined pastry all over with a fork.
6. Line with greaseproof paper and fill with baking beans. Blind-bake for 15 minutes until golden at the edges. Remove from the oven, discard the beans and paper. Return to the oven for 3-4 minutes to brown the base.
7. Remove from the oven and brush with the beaten egg wash. Allow to cool.
8. For the filling, blanch the asparagus and kale leaves in a large saucepan of salted, boiling water for 2 minutes. Drain and refresh in iced water.
9. Drain again and pat dry. Trim the thick stems/stalks from the kale and roughly chop the leaves.
10. Arrange the asparagus and kale in the pastry case. Whisk together the eggs, cream cheese and coconut milk with salt and pepper to taste in a mixing bowl.
11. Pour into the pastry case. Return the tart to the oven for 20 minutes.
12. Remove after 20 minutes and scatter the cheese, then the prawns on top, seasoning with salt and pepper at the same time.
13. Bake for a further 10-15 minutes, until the filling is set and the prawns are cooked through.
14. Remove from the oven and let cool, before serving with a topping of pine nuts.

FFP44

SUBSCRIBE TO Free-From HEAVEN

YES! I would like to subscribe to *Free-From Heaven (6 issues a year)*
☐ **UK Direct Debit** – *Just £19.99 every 6 issues – saving 33%* *

YES! I would like to subscribe to *Free-From Heaven* and *Gluten-Free Heaven* and save more (12 issues a year, alternating on a monthly basis)
☐ **6 monthly UK UK Direct Debit** – *Just £19.45 every 6 issues – saving 35%**

(Please complete the Direct Debit instructions below)

INSTRUCTION TO YOUR BANK OR BUILDING SOCIETY TO PAY DIRECT DEBIT

Originator's Identification Number **8 3 7 1 8 1**

DIRECT Debit

1 Name of your Bank or Building Society

2 Name of account holder(s)

3 Branch sort code ☐☐ ☐☐ ☐☐

4 Account number ☐☐☐☐☐☐☐☐

5 Instruction to your Bank/Building Society Please pay Anthem Publishing Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Anthem Publishing and if so, details will be passed electronically to my Bank or Building Society.

Signature(s) Date

DIRECT DEBIT GUARANTEE
Direct Debit is only available in the UK. If you're not entirely satisfied with *Free-From Heaven* or *Gluten-free Heaven* at any time during your subscription, you can cancel it and receive a refund for any unmailed copies

YOUR DETAILS

Title Forename Surname

Email address+

Address

Postcode Country

Daytime tel

Mobile+

OTHER PAYMENT METHODS

☐ **UK credit/debit card** (1 year) - 6 issues for £22.45 – saving 33%
☐ **Europe** continuous credit card – €44.20 every 6 issues
☐ **Rest of World** continuous credit card – £39.99 for 6 issues
☐ **USA/Canada** continuous credit card – $60 every 6 issues

Please debit my card

☐ Visa ☐ Mastercard ☐ Maestro ☐ American Express

Card ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐

Valid from ☐☐ ☐☐ Expiry date ☐☐ ☐☐ Issue no ☐☐

Signature(s) Date

☐ I enclose a cheque made payable to Anthem Publishing Ltd for £

Send your completed form to **Anthem Publishing Ltd, Freepost RRBS-LRRG-CTBJ, 800 Guillat Avenue, Kent Science Park, Sittingbourne ME9 8GU**

Offer ends **31 MARCH 2017.**

Code **FFP44**. *33% Saving is available to customers in the UK. Your subscription will start with the next available issue. 35% saving available when you subscribe to both Gluten-Free and Free-From Heaven in the UK

If you subscribe to Free-From Heaven only, you will receive a total of 6 issues a year (one Direct Debit payment). If you subscribe to both Free-From and Gluten-Free Heaven, you will receive a total of 12 issues a year (two Direct Debit payments).

+Please enter this information so that Anthem Publishing Ltd, publisher of Free-From Heaven, can keep you informed about your subscription via email or free text messages. You may unsubscribe from these messages at any time.

Anthem Publishing Ltd may contact you with details of our products and services or to undertake research. Please tick here if you prefer not to receive such information by post ☐ phone ☐ email ☐ We occasionally pass your details on to carefully selected companies whose products and services we feel may be of interest to you. Please tick here if you prefer not to receive such information by post ☐ phone ☐

Add Free-From Heaven to your subscription package

SAVE 35%

Gluten-Free HEAVEN + Free-From HEAVEN

£19.45 every 6 issues

Whether you choose to eat a specific diet as part of a healthy lifestyle, or you have intolerances to certain produce including dairy, gluten, sugar, eggs or meat, the great range of tempting and nutritious recipes in these magazines will help you enjoy varied and tasty meals every day of the week.

Subscribe to both magazines today and you'll **save 35% on the shop price!**

Visit **anthem.subscribeonline.co.uk/freefromcombo** and enter code **FFCP44.**
Or call us on **0844 826 5036** quoting **FFCP44**

Making your own nut...

Butter, milk & flour

This extract and recipes on pages 56-59 are taken from *The Goodness Of Nuts & Seeds* by Natalie Seldon, photography by Faith Mason, published by Kyle Books. (RRP 9.99).

Seeing hazelnut milk, cashew butter or almond flour in recipes may seem daunting, but they are easier to make than you think...

Natalie Seldon is a UK-based food writer, cook, food and prop stylist. Her vibrant, seasonal and health-based recipes celebrate seasonal food, spices, nuts, seeds and herbs by the handful. She has just completed writing and styling her exciting debut cookbook *The Goodness of Nuts & Seeds*, which harnesses the hottest healthy-eating trend of this year with an array of mouth-watering, vegan, gluten and dairy-free recipes for the whole family to enjoy.

NUT BUTTER

One of the best things to spread on your bread or add to a smoothie first thing in the morning, nut or seed butter is indulgent and fantastically good for you. Choose good-quality, very fresh raw almonds, hazelnuts, cashews or walnuts. Roasting the nuts first will give the butter a richer taste and creamier texture.

Ingredients

100g (3½oz) nuts or seeds of your choice (or a mixture)
a pinch of salt
1 tsp honey or other natural sweetener such as agave, date or maple syrup (optional)
½ tsp spices of your choice, e.g. cinnamon, mixed spice, ground ginger, vanilla (optional)

Method

1 Process the nuts or seeds with a pinch of salt in a food processor or high-speed blender until you obtain a creamy paste. As the nuts are blending, add either a little honey (or other natural sweetener) or water to help the mixture form into an emulsified butter, then add spices.
2 Store in an airtight container or lidded jar in the fridge. It will keep for up to 3 months.

NUT MILK

Spices add extra flavour: try cinnamon, vanilla bean paste or extract, cardamom seeds, mixed spice or turmeric. Or add coffee, cacao or cocoa powder.

Ingredients

Makes about 1 litre (1¾pt)
150g (5½oz) nuts or seeds of your choice
a pinch of sea salt
1 tsp spices of your choice
2-4 Medjool dates (optional, or 1 tbsp agave, date or maple syrup)

Method

1 Place the nuts or seeds in a large bowl, cover with water and leave to soak for 4-6 hours, or preferably overnight. (Soaking aids the body's ability to absorb nutrients, making the nuts more beneficial, nutritious and easily digested; almonds and hazelnuts need a couple of hours more; hemp seeds do not require soaking).
2 Drain the nuts or seeds, rinse under cold water and put into a high-speed blender or food-processor. Add the remaining ingredients with 1 litre (1¾pt) cold water and process until smooth.
3 Taste and adjust the sweetness and spices to your liking, adding more if necessary.

Nut flours take very little time to make and can be substantially cheaper than shop-bought alternatives...

4 Strain the milk through a fine cloth or fine mesh sieve into a large bowl. Discard the solids. Stored in the fridge in a covered jug or lidded glass bottle, it will keep for 3-4 days.

NUT FLOUR

Nut flours come in all sorts of varieties and make a super low-carb and grain-free alternative to standard grain flours. Technically, if the skin is still on the nut, it is considered 'meal' rather than flour, but I recommend using blanched nuts. There is nothing to stop you from experimenting with seeds too. Nut flours take very little time to make and can be substantially cheaper than shop-bought alternatives.

Ingredients

500g (1lb 1oz) nuts or seeds of your choice (or a mixture)

Method

1 Place the nuts or seeds in a high-speed blender or food-processor and pulse until they are as finely ground as you like, scraping the sides of the bowl with a flat-bladed knife from time to time. This shouldn't take more than about 10-20 seconds: if you process them for much longer they will turn into butter. To help avoid this, make sure that the processor bowl and blade are dry and cool and the nuts are at room temperature.

Chia, raspberry and coconut slice

By Natalie Seldon

GF DF

Serves **10-12** | *Prep* **25 mins** *plus chilling* | *Cook* **20 mins** | *Calories* **537** *(per serving)*

THE BASE

175g (6oz) almond flour (see page 57)

100g (3½oz) desiccated coconut

50ml (1¾fl oz) date syrup

1 free-range egg, lightly beaten

2 tbsp hemp seeds

¼ tsp sea salt

75ml (2¾fl oz) almond or coconut oil, melted

THE RASPBERRY LAYER

300g (10½oz) gf raspberry jam

1 tbsp chia seeds

THE COCONUT CREAM

4 gelatine leaves

300ml (10fl oz) coconut cream

200ml (7fl oz) almond milk (see page 56)

2 tbsp maple syrup

1 tbsp vanilla extract

THE TOPPING

140ml (5fl oz) almond or coconut oil, melted

125g (4½oz) cacao powder, plus 1 tbsp to dust

1. Preheat the oven to 180C/Gas Mark 4. Grease and line a 900g (2lb) straight-sided loaf tin with greaseproof paper.
2. Mix together all the base ingredients, then press evenly into the bottom of the tin. Bake for 20 minutes, or until lightly golden. Set aside to cool.
3. Stir together the jam and chia seeds in a bowl, then set aside. Soak the gelatine leaves in a bowl of cold water for 5 minutes. Heat the coconut cream and almond milk in a pan over a medium heat.
4. Squeeze the excess water from the gelatine and add to the pan, stirring until dissolved. Strain into a bowl and set aside to cool. Stir in the maple syrup and vanilla.
5. Spoon the jam in a layer on top of the base, then place in the fridge for 30-45 minutes, or until the jam is soft set. Carefully pour the coconut cream mixture on top of the layer of jam. Return to the fridge to chill for 2-3 hours, or until firm and set.
6. Combine the oil with the cacao powder and stir until smooth. Remove the slice from the baking paper and transfer to a wire rack. Pour the topping mixture over the top, allowing the topping to coat the edges. Leave to set, then dust with cacao.

43.3g	31g	0.1g	22.4g	7.6g
Total fat	Saturates	Salt	Sugar	Protein

Apricot, pistachio and almond tart

By Natalie Seldon

GF DF EF V

Serves **10-12** | *Prep* **20 mins** | *Cook* **25 mins** | *Calories* **387** *(per serving)*

FOR THE CRUST

200g (7oz) almonds

150g (5½oz) pecans

100g (3½oz) pistachios

150g (5½oz) dried apricots, softened in hot water

¼ tsp salt

FOR THE FILLING

550g (1lb 2oz) fresh apricots, stones removed, 200g (7oz) sliced

175g almond butter (see page 56)

60ml (2fl oz) maple syrup, plus 2 tbsp for topping

1 tsp vanilla bean paste or extract

finely grated zest of ½ an orange

1 tbsp coconut oil, melted

50g (1¾oz) pistachios, ground

1. Preheat the oven to 180°C/Gas Mark 4. Grease and line a 23cm (9in) tart tin.
2. Put the crust ingredients in a food processor and blitz until combined., then spread around the base and sides of the tin.
3. Blend the apricots (not the slices) to a purèe. Add the almond butter, maple syrup, vanilla bean paste and half the zest. Blitz until combined. Spread on top of the crust.
4. Arrange the apricot slices on top of the filling. Mix together the remaining maple syrup and zest with the coconut oil, then brush over the top. Bake for 25 minutes, or until golden. Sprinkle over the pistachios and drizzle over extra maple glaze.

31.9g	3.7g	0.2g	10.9g	11.2g
Total fat	Saturates	Salt	Sugar	Protein

Cashew & acai berry smoothie bowl

By Natalie Seldon

GF DF EF V

Serves **2** | *Prep* **15 mins** *plus soaking* | *Cook* **none** | *Calories* **668** *(per serving)*

100g (3½oz) raw cashews (soaked for 2-3 hours, or preferably overnight)

1 large banana, peeled, chopped, frozen

50g (1¾oz) raspberries

50g (1¾oz) blackberries

50g (1¾oz) strawberries

75ml (2¾fl oz) cashew milk (see page 56)

1 tbsp acai berry powder

1 tbsp linseeds

FOR THE TOPPING

1 tbsp pumpkin seed butter (see page 56)

a handful of mixed fresh berries

seeds, such as chia, pumpkin, sunflower

a few edible flowers (optional)

1. Drain and rinse the cashews, then place into a blender with all the ingredients for the smoothie and blitz until smooth.
2. Allow the mixture to stand and thicken for 1 minute, then blend for a further 10 seconds.
3. Divide the mixture into bowls and serve with a swirl of pumpkin seed butter, then top with fresh berries, a mixture of your favourite seeds and a few edible flowers, if desired.

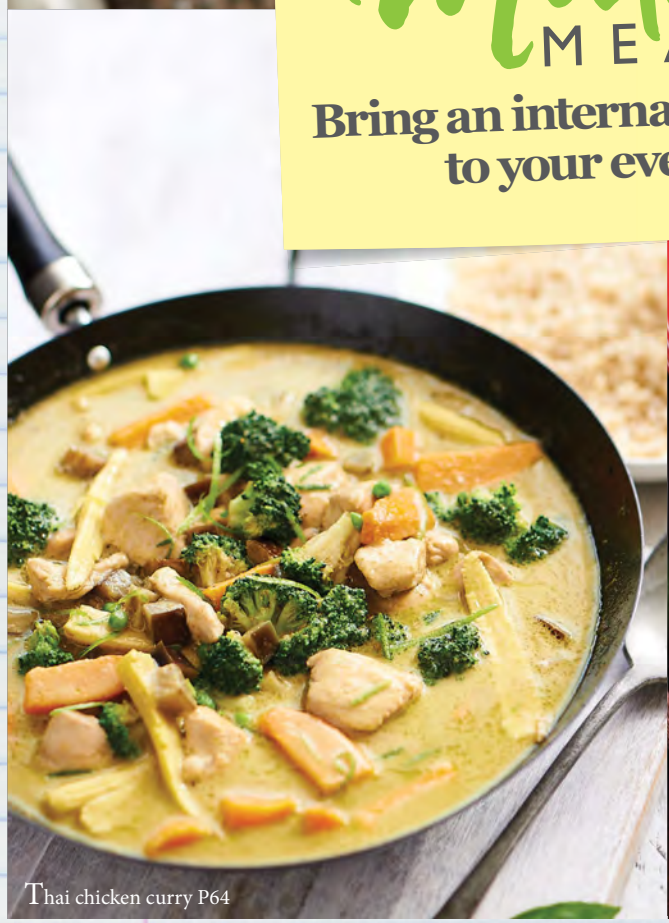
48g	9.4g	0g	15.3g	19g
Total fat	Saturates	Salt	Sugar	Protein

Lamb shanks P65

Giant meatballs P70

Free-From HEAVEN Midweek MEALS

Bring an international flavour to your evenings...



Thai chicken curry P64

Beef fajitas P71

Sweetcorn lasagne with smoked ham

GF SF EF

Serves **6-8** | *Prep* **20 mins** | *Cook* **20 mins** | *Calories* **432** *(per serving)*

1½ tbsp olive oil, plus extra for drizzling
225g (8oz) smoked pancetta, diced
500g (1lb 1oz) tinned sweetcorn
150g (5½oz) créme fraîche
12 gluten-free lasagne sheets
475ml (17fl oz) passata
225g (8oz) grated mozzarella
a small bunch of chives
salt and freshly ground black pepper

1. Preheat the oven to 230°C/Gas Mark 8.
2. Heat the olive oil in a large saucepan set over a moderately high heat.
3. Add the pancetta and fry until golden-brown and crisp, around 6-7 minutes.
4. Use a slotted spoon to remove the pancetta from the pan, draining it on a plate lined with kitchen paper. Set aside to cool.
5. Open the tinned sweetcorn and drain through a colander in the sink. Tip into a bowl and add the créme fraîche. Stir well until the kernels are coated.
6. Add the pancetta and stir again to thoroughly incorporate. Seasoning to taste.
7. Bring a large saucepan of salted water to the boil. Blanch the lasagne sheets in the water, six at a time, for 1 minute. Remove the sheets from the water and drain on kitchen paper.
8. Line the base of a large baking dish (or three smaller dishes) with the lasagne sheets, cutting them to size as needed so that they fit snugly into the base.
9. Top with the sweetcorn mixture, scattering it over the lasagne sheets in an even layer.
10. Top the sweetcorn with the remaining lasagne sheets, cutting them to size to fit.
11. Spread the tops of lasagne sheets with passata and season with salt and pepper.
12. Scatter with an even layer of mozzarella and drizzle with olive oil. Bake for about 10 minutes until golden-brown and bubbling on top. Sprinkle with chives before serving.

21.6g	7.8g	1g	3.3g	21g
Total fat	Saturates	Salt	Sugar	Protein

Cod fish cakes

By Jay Geraghty (www.thephysiquegeek.com)

GF SF DF

Makes **4** | *Prep* **10 mins** *plus chilling* | *Cook* **30 mins** | *Calories* **145** *(per fishcake)*

220g (8oz) cod
180g (6oz) sweet potatoes
1 tsp coconut oil
1 tsp parsley
1 free-range egg
salt and freshly ground black pepper
70g (2¾oz) kale, to serve

1. Preheat the oven to 190°C/Gas Mark 5.
2. Add the potatoes to a pan of boiling water and cook until tender. When cooked, drain, mash, then set aside.
3. Bake the cod in the oven for 15 minutes until cooked, Mix the fish, mashed potato, parsley and egg together until well combined. Season with salt and pepper. Reduce the oven temperature to 150°C/ Gas Mark 2 and bake the kale for 15 minutes until crispy.
4. Shape the mixture into 4 patties and set aside to chill in the fridge for 1 hour.
5. Heat the coconut oil in a frying pan and fry the fish cakes until golden brown on each side and heated right through. Serve the fishcakes with the crispy kale.

2.8g	1.4g	0.25g	0g	15.2g
Total fat	Saturates	Salt	Sugar	Protein

Prawn red Thai curry

By Jay Geraghty (www.thephysiquegeek.com)

GF SF DF EF

Serves **1** | *Prep* **10 mins** | *Cook* **20 mins** | *Calories* **481** *(per serving)*

190g (6½oz) prawns

1 tsp coconut oil

100g (3½oz) green beans

a pinch of salt

75ml (2¾fl oz) boiling water

30g (1¼oz) Thai red curry paste

30ml (1fl oz) coconut milk

40g (1½oz) asparagus, sliced

½ a red onion, peeled, sliced

1. Heat the coconut oil in a pan. Add the green beans, onion, asparagus and salt and cook until the onion is tender.
2. Stir in half the red curry paste and the prawns and cook for 5 minutes.
3. Add the coconut milk, boiling water and the remaining paste. Simmer for 10 minutes before serving.

21.6g	14g	1.5g	5.5g	47g
Total fat	Saturates	Salt	Sugar	Protein

Plantain waffles

By Ambra Torelli (www.littlebitesofbeauty.com)

GF DF EF

Serves **1** | *Prep* **20 mins** | *Cook* **45 mins** | *Calories* **615** *(per serving)*

FOR THE WAFFLES

40g (1½oz) plantain flour (see right)

8g powdered gelatine

5g collagen

10g (¼oz) arrowroot

55ml (2fl oz) coconut milk

45ml (1½fl oz) water

FOR THE TOPPINGS

½ chicken breast, boiled, shredded

3 tbsp coconut aminos

¼ tsp Himalayan salt

2 courgettes

1 tsp ground ginger

60ml (2fl oz) coconut milk

FOR THE PLANTAIN FLOUR

4 green plantains

2 tbsp olive oil

1 tbsp Italian herbs

¼ tsp garlic powder

1 tsp Himalayan salt

1. For the plantain flour, peel and slice the plantains lengthwise in very thin slices. Preheat the oven to 180C/Gas Mark 4.
2. Baste the plantain slices with oil, sprinkle over the seasonings, then bake in the oven for 20 minutes until completely crispy.
3. Allow to cool down, put them in a high speed blender, then grind until you have a fine flour.
4. For the topping, place the chicken in a casserole dish, season with coconut aminos, then bake in the oven for 15 minutes.
5. Slice the courgette, put them in a pan, add the ginger, salt and coconut milk and cook over a medium heat for about 10 minutes, until soft. Add water if needed.
6. For the plantain waffles, turn on your waffle machine. Mix all the dry ingredients in a bowl, then add the wet ingredients. You'll have a very thick batter, quite different from regular batter, but this is the consistency you need when making waffles without grains or eggs to prevent them coming out mushy.
7. Scoop the batter into the middle of the waffle machine, spread it around and close.
8. When your waffles are ready (the light on your machine should turn green), top with the ginger courgette and shredded chicken.

33g	25.8g	1g	16.7g	52g
Total fat	Saturates	Salt	Sugar	Protein

Thai chicken curry

By Lisa Roukin (www.myrelationshipwithfood.com)

GF SF DF EF

Serves **4-6** | *Prep* **30 mins** | *Cook* **30-40 mins** | *Calories* **577** *(per serving*

2 sweet potatoes, cut into 5cm (2in) strips, halved

4 tbsp garden peas

400g (14oz) broccoli florets

1 aubergine, cubed

100g (3½oz) baby corn, cut in half lengthways

1 tbsp vegetable or sunflower oil

1 garlic clove, peeled, chopped

1-2 tbsp Thai green curry paste

1 tbsp gluten-free Thai fish sauce

4 tsp palm sugar

4 chicken breasts, cut into bite-sized pieces

3 wide strips of grated lime zest, plus extra to garnish

1 tsp madras curry powder (optional)

2 x 400ml (14fl oz) tins of coconut milk

2 tbsp coconut yoghurt

Thai basil leaves

wholegrain rice, to serve

1. Put the sweet potatoes in a pan of boiling water and cook for 5 minutes. Remove, then replace with the broccoli florets and cook for a further 3 minutes. Add the baby corn and cook for 3 minutes, until everything is tender, but not too soft. Drain and set aside.
2. In a wok or large frying pan, heat the oil until very hot, then drop in the garlic and cook until golden. Don't let it go very dark or it will spoil the taste.
3. Spoon in the curry paste and stir for a few seconds to begin to cook the spices and release all the flavours.
4. Pour in the cream from one tin of coconut milk and let it come to a bubble, then pour in the rest of the tin (use only one tin at this point).
5. Stir in the fish sauce and palm sugar, then add the chicken and aubergine and cook on a medium-high heat. Turn the heat down to a simmer and cook, covered, for about 15-20 minutes, until the chicken is cooked through and the sauce is slightly reduced and thickened. Check for taste as you may wish to add more curry paste.
6. Tip in the sweet potatoes, broccoli florets, baby corn and garden peas and let them warm through in the hot coconut milk. If the coconut milk has rapidly reduced at this point, add the second tin slowly, depending on the amount that you need, and cook for a further 10 minutes.
7. Stir in the shredded lime. Top with the basil leaves, but only leave them briefly on the heat or they will quickly lose their brightness. Check for seasoning, adding more fish sauce if needed.
8. Add the coconut yoghurt and curry powder, if using.
9. The curry is best left to sit for a few minutes so the sauce becomes creamier. You will also taste the true flavours of the curry paste ingredients when it's slightly cooler. Serve with wholegrain rice.

34g	23g	0.5g	9.9g	36g
Total fat	Saturates	Salt	Sugar	Protein

Salmon teriyaki

By Jay Geraghty (www.thephysiquegeek.com)

GF DF

Serves **1** | *Prep* **5 mins** |
Cook **15 mins** | *Calories* **582** *(per serving)*

145g (5½oz) salmon fillets
1 tsp sesame oil
1 tsp gluten-free soy sauce
finely grated zest and juice of 1 lime
1 small chilli, chopped
1 tbsp maple syrup
1 garlic clove, peeled, finely chopped
1 tsp ginger powder
200g (7oz) gluten-free noodles

1. Heat the oil in a pan and fry the ginger, garlic and chilli.
2. Add the lime zest and juice, then pour in the soy sauce. Add the maple syrup and cook for 1 minute, or until reduced and sticky.
3. Meanwhile, pan-fry the salmon for 2 minutes each side in a hot griddle pan.
4. When the sauce has reduced, add the salmon to the teriyaki sauce.
5. Drain and rinse the noodles, then microwave for 2 minutes. Serve with the salmon and enjoy.

17.8g Total fat | 2.8g Saturates | 0.5g Salt | 13.4g Sugar | 38g Protein

Lamb shanks

By Lisa Roukin (www.myrelationshipwithfood.com)

GF DF EF

Serves **4** | *Prep* **20 mins** | *Cook* **3 hours** | *Calories* **853** *(per serving)*

4 lamb shanks, each weighing 275g (10oz), washed, pat dry
250g (9oz) button mushrooms, finely chopped
300g (10½oz) Chantenay carrots
2 small brown onions, peeled, finely chopped
6 shallots, peeled
4 garlic cloves, peeled minced
2 x 400g (14oz) tinned cherry tomatoes, sieved, discard pulp and seeds
2 tbsp mild honey
3 tbsp olive oil
600ml (1pt) gluten-free chicken stock
50g (1¾oz) cornflour
150ml (5fl oz) red wine
2 tsp Worcestershire sauce
1 tbsp tomato paste
paprika
sea salt and freshly cracked black pepper
garlic granules

1. Preheat the oven to 180°C/Gas Mark 4.
2. Sprinkle the cornflour, paprika, sea salt, cracked black pepper and garlic granules on a chopping board and mix together.
3. Place each shank in the seasoned flour and coat all sides of the shank.
4. In a large casserole dish, heat the olive oil over a medium heat. Place each shank in the dish and brown well on all sides, then remove from the dish. Drain away the excess fat in the dish, then add the onions, mushrooms and garlic, stirring until the onions are soft. Add the red wine, reduce for 5 minutes, then add the tomato paste.
5. Place a sieve over the casserole dish and squeeze through the tomato sauce. Season with garlic granules, salt and pepper.
6. Add the Worcestershire sauce, shallots and carrots.
7. Return the lamb to the casserole dish with the chicken stock and bring to the boil. Add the honey. Cover with a lid and transfer to the oven for 2¾ hours, turning the lamb shanks occasionally.
8. After 2 hours, reduce the oven temperature to 150°C/Gas Mark 2 and cook for a further 45 minutes.

32.2g Total fat | 8.9g Saturates | 1g Salt | 22.5g Sugar | 84.7g Protein

Vegan Swedish meatballs

By Rhian Williams (www.rhiansrecipes.com)

GF DF EF V

Serves **4** | *Prep* **30 mins** | *Cook* **30 mins** | *Calories* **785** *(per serving)*

FOR THE MEATBALLS

2 tbsp olive oil

1 onion, peeled, diced

2 garlic cloves, peeled, sliced

200g (7oz) puy lentils, cooked, drained

6 tbsp gluten-free breadcrumbs

salt and freshly ground black pepper, to taste

FOR THE GRAVY

500ml (18fl oz) unsweetened almond milk

1 tsp mustard

2 tbsp tamari

2 tbsp nutritional yeast

1 tbsp cornflour

FOR THE MASHED POTATOES

500g (1lb 1oz) potatoes, peeled, diced

a splash of almond milk

FOR THE CRANBERRY SAUCE

150g (5½oz) fresh or frozen cranberries

5 tbsp coconut sugar (or sub sugar or any other sweetener), to taste

TO SERVE

flat leaf parsley, finely chopped

1. For the cranberry sauce, add the cranberries to a saucepan with the sugar. Leave to cook on a low heat for 20-30 minutes, until the cranberries have lost their shape and the liquid has thickened. Once done, transfer to a bowl and leave to cool.
2. For the meatballs, preheat the oven to 180°C/Gas Mark 4.
3. Heat the olive oil in a saucepan and add the onions and garlic once hot. Fry for 5 minutes, until the onions have softened slightly.
4. Place the cooked onions and garlic in a blender with the lentils, breadcrumbs, salt and pepper, then blend until smooth.
5. Use an ice cream scoop (or a spoon and your hands if you don't have one) to form the meatball mixture into little balls, then place them on a greased baking tray lined with baking parchment. Repeat for the rest of the mixture.
6. Bake the meatballs in the oven for 20 minutes, until golden brown.
7. Meanwhile, make the mashed potatoes. Place the potatoes in a saucepan with enough water to cover. Bring to the boil, then turn down the heat, leaving the potatoes to cook for 15-20 minutes until soft. (Test with a fork, they should be easy to pierce).
8. Once cooked, drain the potatoes, add the almond milk, salt and pepper and mash until smooth
9. For the gravy, add the almond milk, mustard, tamari, nutritional yeast and black pepper to a saucepan and bring to the boil.
10. Place the cornflour in a separate bowl with a small amount of water and mix to make a paste.
11. Add the paste to the gravy once it is boiling and stir gently until it becomes thicker.
12. To serve, place the mashed potatoes in a bowl with the meatballs, pour over the gravy, add a dollop of cranberry sauce and scatter over chopped parsley.

40g	29g	1g	25.2g	23.3g
Total fat	Saturates	Salt	Sugar	Protein

Creamy miso pasta sauce

By Rhian Williams (www.rhiansrecipes.com)

GF SF DF V

Serves **2** | *Prep* **10 mins** | *Cook* **20 mins** | *Calories* **543** *(per serving*

2 portions of gluten-free pasta

2 tbsp vegetable oil

1 leek, finely sliced

a handful of frozen edamame beans

a handful of shiitake mushrooms, finely sliced

FOR THE SAUCE

2 tsp gluten-free sweet white miso

½ tsp agave syrup (or sub any other sweetener)

100ml (3½fl oz) unsweetened almond milk

1 tbsp tamari

1. Boil the pasta according to the instructions. Add the frozen edamame, so you can boil it at the same time.
2. Heat the oil in frying pan and add the leeks and mushrooms once the oil is hot. Fry until the leeks are soft, golden brown and slightly caramelised.
3. Meanwhile, add all the ingredients for the sauce to a small bowl and mix well.
4. Drain the pasta and the edamame once the pasta has cooked and add to the frying pan.
5. Add the sauce and mix well. Add more almond milk if it's looking too dry. Taste and add more tamari or salt to taste if necessary.

20.5g	3.5g	1g	3.7g	21.1g
Total fat	Saturates	Salt	Sugar	Protein

Red lentil and amaranth dhal

By Jordan Bourke

GF SF DF EF V

Serves **4** | *Prep* **15 mins** | *Cook* **20 mins** | *Calories* **330** *(per serving)*

220g (8oz) split red lentils

40g (1½oz) amaranth, or more lentils

5 garlic cloves, peeled, crushed

2 tbsp tamari

1 tsp ground coriander

1 tsp ground cumin

775ml (1¼pt) water

50ml (1¾fl oz) yoghurt (dairy, soy or coconut), plus extra to serve

2 tbsp olive oil, plus extra to drizzle (optional)

1 courgette, halved lengthways, sliced

200g (7oz) baby plum tomatoes, halved

a small handful of coriander, chopped, to serve

sea salt and freshly ground black pepper

1. Wash the lentils and amaranth thoroughly under running water. Transfer them to a large saucepan together with the garlic, tamari, ground coriander and cumin, and cover with the water.
2. Bring to the boil, reduce the heat and simmer for 15 minutes, stirring frequently to stop the lentils sticking to the base of the pan. Add the yoghurt and simmer for another 5 minutes until you have a creamy dhal.
3. While the lentils and amaranth are cooking, put the oil in a pan and place over a high heat. Add the courgette and tomatoes, season with salt and pepper and fry for 3-4 minutes, until slightly golden and charred.
4. Turn off the heat and leave to one side. When the dhal has finished cooking, divide it between 4 bowls, then top with the courgette, tomato, coriander and a dollop of yoghurt.
5. Drizzle over a little olive oil if you like and serve immediately.

Recipe taken from *Healthy Baking* by Jordan Bourke, published by Orion. (RRP £20).

8.2g	1.3g	0.8g	4.7g	20g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *The Perfect Blend* by Tess Masters, photography by Anson Smart, published by Jacqui Small. (RRP £16.99).

No-fry falafels

By Tess Masters

GF DF EF V

Serves **4** | *Prep* **30 mins** *plus chilling* | *Cook* **30 mins** | *Calories* **542** *(per serving)*

FOR THE FALAFELS

260g (9oz) cooked chickpeas

25g (1oz) finely chopped flat-leaf parsley

50g (1¾oz) red onion, peeled, diced

20g (¾oz) spring onions (white and green parts), finely chopped

1 tbsp garlic, finely chopped

1 tbsp lemon juice, plus extra to taste

2 tbsp chickpea flour

1 tsp ground cumin

¾ tsp sea salt, plus extra to taste

½ tsp ground coriander

¼ tsp apple cider vinegar

¼ tsp tamari

⅛ tsp freshly ground black pepper

a pinch of cayenne pepper, plus extra to taste

1 tbsp extra-virgin olive oil

FOR THE TAHINI SAUCE

80ml (3fl oz) water

4 tbsp lemon juice, plus extra to taste

120g (4½oz) hulled tahini

1 tsp finely chopped garlic, plus extra to taste

¼ tsp sea salt, plus extra to taste

a pinch of freshly ground black pepper, plus extra

TO SERVE

1-2 lettuce hearts, leaves pulled apart

180g (6oz) tomato, deseeded and diced

150g (5½oz) cucumber, deseeded, diced

160g (5¾oz) gherkins, diced

35g (1¼oz) red onion, peeled, diced

1 tsp finely chopped dill

1 tsp finely chopped mint

OPTIONAL BOOSTERS

2 tsp green chilli, plus extra to taste

⅛ tsp ground turmeric

2 tbsp finely chopped coriander

1. Add the falafel ingredients, except the olive oil, but including the chilli and turmeric boosters, if using, into a food processor and pulse for about 30 seconds until combined. Add the lemon juice, salt, cayenne and chilli to taste. Transfer the mixture to a bowl and bring it together with your hands.
2. Line a baking sheet with kitchen paper. Using a 1 tbsp measuring spoon, scoop out portions of the falafel mix and roll them between your hands to form balls. Place on the baking sheet and transfer to the fridge to firm up for about 30 minutes.
3. Add the tahini sauce ingredients, including the coriander booster, into a blender and blast on high. Add water if needed to get the mixture to blend. Tweak the lemon juice, garlic, salt and pepper to taste. Transfer to a serving bowl.
4. Preheat the oven to 200°C/Gas Mark 4. Line a baking sheet with baking paper.
5. Transfer the falafels to the baking sheet in rows 1cm (½in) apart. Using your thumb, flatten each ball slightly.
6. Pour the olive oil into a small bowl and, with a pastry brush, brush the tops of the falafel balls with a generous slather so that the oil runs down the sides and hits the baking sheet. Lift each ball and dip it in the olive oil that has run down so that the bottom is coated as well.
7. Bake the falafels for 10-15 minutes, until the bottoms are slightly browned. Gently flip over each falafel and bake for a further 10-15 minutes until lightly browned. Remove from the oven and allow to cool slightly or completely.
8. Serve the falafels and tahini dressing buffet style with the lettuce leaves, tomato, cucumber, gherkins, onion, dill and mint on the table. To assemble, take a lettuce leaf and place 1-2 falafels (depending on the size of the leaf) on top. Add the tomato, cucumber, gherkins, onions, dill and mint, and a drizzle of tahini sauce.

24.6g	3.4g	1g	18.4g	21g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Paleo chicken fried Rice

By Ambra Torelli (www.littlebitesofbeauty.com)

GF SF DF EF

Serves **2** | *Prep* **25 mins** | *Cook* **20 mins** | *Calories* **306** *(per serving)*

FOR THE FRIED RICE:

- **1 tbsp bone marrow**
- **250g (9oz) riced cauliflower**
- **½ a free-range chicken breast, cooked in the bone broth, shredded**
- **2 rosemary sprigs**
- **a pinch of Himalayan salt**
- **60ml (2fl oz) bone broth**

FOR THE VEGGIES:

- **2 tbsp bone marrow**
- **2 tbsp chopped onions**
- **500g (1lb 1oz) spinach**
- **250g (9oz) squash, cubed**
- **a pinch of Himalayan salt**
- **80ml (2¾fl oz) water**
- **80ml (2¾fl oz) coconut milk**

1. Heat the bone marrow in a pan and, when it starts to sizzle, toss in the cauliflower rice and chicken breast.
2. Finely chop the rosemary and toss it in the pan with a pinch of salt.
3. Add the bone broth as the rice starts to cook. Let it cook, covered, for about 10 minutes.
4. For the veggies, heat up the bone marrow in a large pan and add the chopped onions, spinach and squash.
5. Add the water and let it cook, covered, for about 15 minutes, stirring occasionally.
6. Just before the veggies are cooked, add the coconut milk and salt and mix well.

13.3g	9.5g	0.8g	8g	30g
Total fat	Saturates	Salt	Sugar	Protein

Quinoa & black bean burgers

By Holly Jade (www.thelittleblogofvegan.com)

GF SF DF EF V

Makes **2** | *Prep* **20 mins** | *Cook* **15 mins** | *Calories* **1294** *(per burger)*

FOR THE BURGERS

- **310g (11oz) quinoa, cooked**
- **175g (6oz) black beans**
- **90g (3oz) cannellini beans**
- **2 small garlic cloves, peeled**
- **½ an onion, peeled**
- **¼ tsp salt**
- **a pinch of ground cumin**
- **a pinch of cayenne pepper**
- **¼ tsp chilli flakes**
- **40g (1½oz) gluten-free breadcrumbs**
- **3 tbsp light olive oil**

TO SERVE

- **guacamole**
- **lettuce**
- **red onion, peeled**
- **tomatoes**
- **gluten-free, dairy-free burger buns**

1. Place all the burger ingredients into a food processor and whizz up. Leave the mixture a little chunky for texture.
2. Place the burger mixture into a bowl and pop into the fridge for 25 minutes.
3. Form the mixture into burgers and place onto baking paper.
4. Pop the burgers back into the fridge for 10 more minutes.
5. Coat a large wok with light oil and heat on low. Cook the burgers for 5-8 minutes on each side until brown and crispy.
6. Place the cooked burgers onto kitchen paper to remove any excess oil (optional).
7. To assemble, place the burgers into a bun, and top with lettuce, tomatoes, red onion and guacamole.

TIP You can freeze the burgers in a sealed container for later use, but defrost fully before cooking.

33.2g	4.7g	0.6g	5.3g	55g
Total fat	Saturates	Salt	Sugar	Protein

Giant meatballs

By Michaella Mazzoni (www.michaellaskitchen.com)

GF SF

Serves **4** | *Prep* **25 mins** | *Cook* **30 mins** | *Calories* **621** *(per serving)*

FOR THE MEATBALLS

750g (1lb 7oz) lean beef mince
¾ an onion, peeled
2 garlic cloves, peeled
60g (2oz) gluten-free breadcrumbs
2 tbsp Parmesan cheese, grated
a pinch of salt
a pinch of pepper
5 parsley sprigs
1 free-range egg

FOR THE BASIL SAUCE

400g (14oz) tinned chopped tomatoes, drained
200g (7oz) tomato purèe
5 garlic cloves, peeled, finely chopped
3 basil sprigs, finely chopped
½ a small carrot, peeled, finely chopped
½ an onion, peeled, chopped
1 tsp freshly ground black pepper
½ tsp salt
60ml (2fl oz) olive oil
115ml (4fl oz) water

1. For the basil sauce, heat the olive oil in a large saucepan on a low heat. Add the garlic and onions.
2. Once the onions are translucent, add the tomato purèe, chopped tomatoes and half the water.
3. Stir well, then add the basil, carrots, salt, pepper and half the remaining water. Leave on a low heat and stir in the remaining water after 20 minutes.
4. The sauce will be ready after 30 minutes, however, if you have the time, leave to simmer for 45 minutes before serving.
5. Meanwhile, for the meatballs, preheat the oven to 180°C/Gas Mark 4 and line a baking sheet with parchment paper.
6. Finely chop the onion, garlic and parsley. In a large mixing bowl, mix together the mince, egg and breadcrumbs.
7. Add the onion, garlic, parsley, Parmesan and salt and pepper to taste. Mix well with a wooden spoon, then, using your hands, roll the mixture into evenly-sized meatballs.
8. Transfer the balls to the baking tray and bake in the oven for 30 minutes.
9. Dress the meatballs with the sauce and enjoy.

29g	7.7g	0.8g	8g	65g
Total fat	Saturates	Salt	Sugar	Protein

Spicy chana masala with chickpeas

GF SF DF EF V

Serves **4** | *Prep* **25 mins** | *Cook* **50 mins** | *Calories* **474** *(per serving)*

2½ tbsp sunflower oil

1 large onion, peeled, sliced

3 garlic cloves, peeled, finely chopped

1 red chilli, seeded and finely chopped

1 tbsp fresh ginger, peeled, minced

2 tsp ground cumin

2 tsp ground coriander

1 tsp paprika

1 tsp ground turmeric

a pinch of granulated sweetener

2 large potatoes, peeled, cubed

600g (1lb 4oz) tinned chickpeas, drained

500ml (18fl oz) gluten-free vegetable stock,

coriander sprigs

salt and freshly ground black pepper

1. Heat the oil in a large saucepan or casserole dish set over a medium heat. Add the onion, garlic, chilli, ginger and a pinch of salt, sweating for 6-7 minutes until softened.
2. Add the spices and sweetener, stir well, and cook for about 2-3 minutes, until the oil starts to bubble up from beneath the spices.
3. Stir in the potatoes, chickpeas and stock and bring to a rapid simmer. Reduce the heat to low and partially cover with a lid.
4. Cook steadily for about 30-40 minutes until the potato is soft and most of the stock has been absorbed. Add more stock if it runs dry. Season to taste. Serve with a garnish of coriander on top.

14.8g	1.5g	0.2g	8g	20g
Total fat	Saturates	Salt	Sugar	Protein

Beef fajitas

GF DF EF

Serves **4** | *Prep* **15 mins** | *Cook* **40 mins** | *Calories* **781** *(per serving)*

FOR THE SAUCE

2 tbsp olive oil

1 small onion, finely chopped

2 garlic cloves, peeled, minced

1½ tsp ground cumin

1 tsp paprika

¾ tsp dried oregano

a pinch of ground cinnamon

250g (9oz) passata

4 tbsp vegan and gluten-free chocolate chips

salt and freshly ground black pepper

FOR THE BEEF

4 tbsp olive oil

500g (18oz) sirloin steak, trimmed of excess fat, sliced

1 large red onion, peeled, sliced

1 large yellow pepper, cored, sliced

1 large red pepper, cored, sliced

2 garlic cloves, peeled, finely chopped

2 tsp ground cumin

2 tsp ground coriander

2 tsp smoked paprika

a pinch of chilli powder

juice of 1 lime

salt

TO SERVE

8 gluten-free flour tortillas

1 large avocado, halved, pitted, sliced

flat-leaf parsley sprigs

lime wedges

1. For the sauce, heat the olive oil in a large saucepan set over a medium heat. Add the onion, garlic and a pinch of salt. Cook for 4-5 minutes until softened. Sprinkle over the spices, stir well, and cook for 2 minutes.
2. Stir in the passata and chocolate chips and simmer until the sauce is thickened and the chocolate has fully melted. Season to taste with salt and pepper. Set aside to cool.
3. For the beef, heat 2 tbsp olive oil in a large pan set over a high heat until hot. Season with salt and pepper, and brown in batches in the oil. Remove from the pan.
4. Add the remaining oil, then add the onion, peppers and a generous pinch of salt. Sauté for 4-5 minutes until starting colour. Add the garlic, stir well, and cook for a further 2 minutes.
5. Sprinkle over the spices, stir well, then return the steak to the pan. Cook for a further 5 minutes over a medium-low heat, tossing and stirring from time to time. Season to taste with lime juice, salt and pepper.
6. To serve, warm the tortillas in a dry frying pan set over a medium heat. Reheat the prepared sauce.
7. Serve the beef and vegetables with the sauce, tortillas, avocado, parsley sprigs, sliced avocado and lime to garnish.

42.7g	9.9g	0.4g	10.8g	53g
Total fat	Saturates	Salt	Sugar	Protein

ALLERGY UK Awareness Week

Allergy UK is committed to raising the awareness of allergies and the impact they have on the quality of a person's life...

All the indicators are telling us that the number of people with allergies in the UK is on the rise, and those numbers are certainly significant. Around 21 million people in the UK have at least one allergy – that's one in three of the population. And at a time when our health services are already stretched, it is difficult to see how people with allergies will receive the diagnosis and effective treatment they need to improve their quality of life.

There are only around 30 allergy specialists in the UK – just one for every 700,000 people living with an allergic condition.

There is no doubt that an allergic condition can have an enormous impact on a person's life – people of all ages and demographics who experience loss of school and work days, social disadvantage and consequent financial burden. At its most extreme, allergic disease causes loss of life and yet there is still a lack of knowledge and understanding of the seriousness of this disease of the immune system.

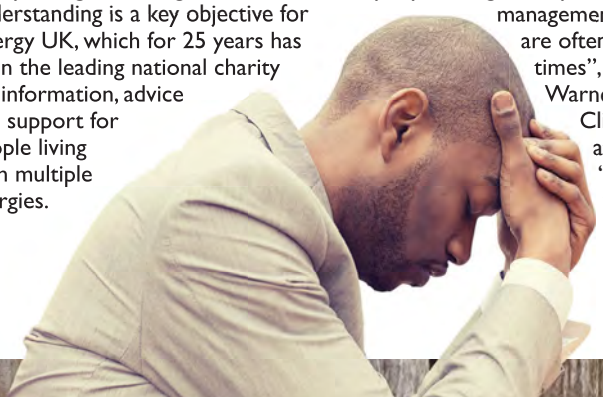
Improving knowledge and understanding is a key objective for Allergy UK, which for 25 years has been the leading national charity for information, advice and support for people living with multiple allergies.

The charity was set up by a group of leading allergists to improve awareness and treatment of allergy, and has built its reputation as the 'voice' of allergy sufferers, representing people of all ages affected by this debilitating condition.

As the only patient organisation providing support across the breadth of allergic disease, Allergy UK looks to raise the awareness of allergies, and, in particular, the impact they can have on the quality of a person's life.

Help and support

"There is a lack of allergy and immunology services in the UK, where people can go for specialist advice and management, and there are often long waiting times", says Amena Warner, Head of Clinical Services at Allergy UK. "Having to live with the risk



of having a severe allergic reaction impairs quality of life, not just for the person affected, but for their whole family."

Over the years Allergy UK has developed and extended a range of services to provide help and support. Its helpline is open throughout the working week, with well-trained advisors who can give information on a wide range of allergic conditions. The Allergy UK website offers over 100 free downloadable factsheets on a wide range of allergic conditions from Asthma and Anaphylaxis to Hay Fever and Eczema. In 2015/16, website visits grew by 27% to a massive 3.2 million. Factsheet downloads also increased, with over 25,000 downloads for the Eczema factsheet alone.

Delivering awards

Helpline calls were up too by 25% from the previous year. As well as its consumer-facing work, providing information and education for healthcare professionals is a priority. Masterclasses run by allergy experts throughout the UK are targeted at GPs and nurses to help improve their knowledge of allergic disease.

Allergy UK also endorses products and services on an international scale with its 'Seal of Approval' and 'Allergy Friendly Product' award to help people with allergies find products which will help improve their daily lives, from air purifiers to allergy friendly beds and mattresses.

Every year, Allergy UK dedicates an awareness week to a particular allergic condition...

Every year, Allergy UK dedicates an awareness week to a particular allergic condition. The focus of the 2017 Allergy Awareness Week is eczema. Also known as 'atopic eczema' or 'atopic dermatitis', eczema is becoming more and more common, with around one in five children and one in 12 adults in the UK suffering from what, in its severest form, is a painful, distressing and debilitating condition. It usually starts in children under five years old, and it can break down the skin barrier to leave the immune system exposed, creating a risk of developing other allergic conditions later in life.

Jumping into action

During Allergy Awareness Week (April 24th-30th April) Allergy UK will be running surveys, webinars and other high-profile activities, for both consumers and healthcare professionals, focused on improving awareness and understanding of eczema, and its increasing incidence among both children and adults.

Chief Executive of Allergy UK, Carla Jones says: "Our mission is to create improved awareness and understanding of allergic disease that will lead, inevitably, to faster diagnosis and efficient and effective treatment, to improve the lives of people with allergic disease.

"At the same time we are providing the best help and support we can to people who live with allergic disease and all its consequences every day of their lives. Our Awareness Week this year focuses on eczema because we know that this condition affects people, not only physically, but emotionally as well, and we want to communicate this message as part of building a better understanding of the reality of living with this condition."

AllergyUK

REACHING OUT

The Allergy UK Helpline is available on 01322 619898 and the website can be found at www.allergyuk.org.

Free-From HEAVEN Trolley Dash

Pick up the latest and greatest free-from products...

Kale Crisps
Leafy **£1.99**
Low-calorie snacking with high nutritional value, these crisps contain just 41 calories per pack, 75% fewer than a premium potato crisp.
www.leafyfoods.co.uk

Hemp Milk
Good Hemp **£1.49**
Made from natural hemp seeds it is 100% allergen free, tastes delicious and is perfect in tea, coffee, shakes, cereal or enjoyed on its own as a refreshing drink.
www.goodhempfood.com

Mocha and Caramel Giant Swiss Meringues
Merangz **£3.99**
These meringue nests are packed full of flavour and are more than enough for one, although you may want two!
www.flowerandwhite.co.uk

Dark Chocolate Easter Egg
Amedei
The Easter egg is both gluten-free and dairy-free, and is vegan. All Amedei products are Kosher certified and don't contain palm oil, soy lecithin or conservatives.
www.amedei.it/en

Raw Chocolate Easter Egg
The Raw Chocolate Pie Company **£9.99**
Dairy-free, gluten-free, soya-free with no added sugar, this raw chocolate shell is packed with sugar-free cranberries and goji berries. Suitable for vegans.
www.rawchocpie.co.uk

Rice Dream
Rice Dream
Rice Dream is the original rice drink – first introduced in California more than 30 years ago. It's allergy free: free from dairy, lactose, soy, gluten, wheat and nuts and has no added sugars, only naturally occurring sugars from the rice fermentation.
www.mydairyfreedream.com

Indulgent Weekend RECIPES

Impress your friends and family with a little extra flamboyance...

Lemon and garlic roasted guinea fowl with sautéed potatoes

By Tom Kitchin

GF SF EF

Serves **4** | *Prep* **25 mins** *plus marinating* | *Cook* **45 mins** | *Calories* **861** *(per serving)*

1 free-range guinea fowl, about 1.2kg (2lb 7oz)
olive oil, for marinating and cooking
sea salt and freshly ground black pepper
1 tbsp dried herbs de Provence
2 fennel bulbs, trimmed
500g (1lb 1oz) baby new potatoes, washed, patted dry
1 tsp caraway seeds
½ head of garlic, cut horizontally
1 lemon, halved or cut into wedges
2 thyme sprigs
2 baby gem lettuces, halved lengthways
25g (1oz) unsalted butter, in pieces

1. Preheat the oven to 180°C/Gas Mark 4. To make it easier to cut the breast from the bird, first remove the wishbone. To do this, cut down either side of the wishbone with a knife, then reach in and hook the bone out. Cut the breasts and legs from the guinea fowl carcass and put them into a dish. Drizzle with olive oil, season with salt and pepper, and sprinkle with the dried herbs. Leave to sit for 10 minutes.
2. Cut each fennel bulb into 6 wedges. Cut any larger baby potatoes in half.
3. Heat a large heavy-based ovenproof frying pan over a medium heat and add 1 tbsp olive oil. When hot, add the guinea fowl legs and breasts to the pan, placing them skin-side down. Cook for 5-6 minutes until they start to take on a nice golden colour, then turn and do the same on the other side. Remove the guinea fowl pieces to a plate and set aside.
4. Return the pan to the heat and add a little more olive oil. Tip the potatoes into the pan and season with salt and pepper. Sauté for 2-3 minutes, then add the fennel and cook for a further 2-3 minutes. Scatter over the caraway seeds and add the garlic, lemon and thyme.
5. Place the guinea fowl on top of the vegetables, cover the pan with the lid and cook in the oven for 10-12 minutes.
6. Remove the guinea fowl breasts to a warm plate, cover and set aside to rest in a warm place. Give the potatoes, fennel and guinea fowl legs a stir, put the lid back on and return to the oven for a further 12-15 minutes until cooked. Add the lettuce, dot with the butter, cover and cook for a further 2 minutes.
7. Place the breasts back on top of the potatoes and fennel and serve.

33.5g	4.2g	0.3g	2g	111g
Total fat	Saturates	Salt	Sugar	Protein

Homemade meat pies

GF SF DF EF

Makes **4** *Pies* | *Prep* **30 mins** *plus chilling* | *Cook* **3½-4½ hrs** | *Calories* **1280** *(per pie)*

FOR THE PASTRY

125g (4½oz) white rice flour, plus extra for dusting
100g (3½oz) brown rice flour
35g (1¼oz) potato flour
35g (1¼oz) tapioca flour
½ tsp salt
½ tsp xanthan gum
½ tsp gluten-free baking powder
150g (5oz) vegetable shortening
2-3 tbsp iced water, plus extra as needed

FOR THE FILLING

3 tbsp cornflour
900g (2lb) stewing steak, trimmed, cubed
4 tbsp sunflower oil
1 large onion, peeled, finely chopped
160g (6oz) closed-cup mushrooms, quartered
500ml (18fl oz) gluten-free beer
500ml (18fl oz) gluten-free beef stock
salt and freshly ground black pepper

64g	17g	1g	2.7g	89g
Total fat	Saturates	Salt	Sugar	Protein

1. For the pastry, combine the flours, salt, xanthan gum, baking powder and vegetable shortening in a food processor. Pulse until the mixture resembles rough breadcrumbs.
2. Add the cold water, one tablespoon at a time, and pulse between additions until a rough dough comes together. Turn out the dough onto a floured surface and knead briefly. Wrap in clingfilm and chill for 30 minutes.
3. After 30 minutes, remove the dough from the fridge and preheat the oven to 170°C/Gas Mark 3.
4. Roll out the dough on a floured surface to about 7.5mm (1/3in) thick. Cut out four rounds of pastry to line the base and sides of four pie dishes.
5. Cut away any overhanging excess and gather into a ball. Wrap in clingfilm and chill until needed.
6. Prick the lined pastry bases with a fork. Arrange on a baking tray, cover with clingfilm and chill until needed.
7. For the filling, sprinkle the cornflour over the beef and season with salt and pepper. Heat 2 tbsp sunflower oil in a large casserole dish set over a moderate heat until hot.
8. Brown the beef in batches, using more oil as needed, until golden all over. Remove from the dish, then add the onion, mushrooms and a pinch of salt and pepper.
9. Fry for 4-5 minutes, stirring frequently, then deglaze with the ale. Return the beef to the dish and cover with the stock.
10. Bring the liquid to the boil, reduce the heat, cover, then simmer gently for 2½-3 hours, stirring occasionally, until the beef can be pulled apart with your fingers.
11. Remove the beef from the sauce and set aside. Reduce the sauce over a high heat until thickened. Season to taste with salt and pepper. Set aside to cool for 1 hour.
12. Preheat the oven to 180°C/Gas Mark 4. Spoon the beef filling into the lined pastry dishes.
13. Roll out the reserved pastry 5mm (¼in) thick on a floured surface. Cut out four rounds to top the pies, draping them over the filling and seal against the lined pastry. Cut away any excess.
14. Bore a small hole in the top of the pastry to let steam escape. Bake for about 1 hour until the pastry is cooked and the filling is piping hot.
15. Remove from the oven and let cool, before turning out and serving.

Vegan Pho

By Becky Excell (www.glutenfreecuppatea.co.uk)

GF SF DF EF V

Serves **1** | *Prep* **10 mins** |
Cook **15 mins** | *Calories* **119** *(per serving)*

300ml (10fl oz) gluten-free vegetable stock

a handful of mushrooms, chopped

gluten-free ribbon rice noodles

bean sprouts

a handful of fresh coriander, chopped

½ a red chilli

spring onions, finely chopped (just the green tops)

1. Pour the vegetable stock into a saucepan and heat gently over a medium heat. Add the mushrooms and allow them to soften a little.
2. Add the noodles and bean sprouts and cook for a few more minutes.
3. Remove from the heat and pour into a serving bowl.
4. While the noodles are still cooking, top with coriander, red chilli and a few pieces of green spring onion.

0.9g	0g	0.5g	6.2g	7g
Total fat	Saturates	Salt	Sugar	Protein

The ultimate fish pie

By Becky Excell (www.glutenfreecuppatea.co.uk)

GF SF DF EF

Serves **6** | *Prep* **25 mins** |
Cook **40-45 mins** | *Calories* **469** *(per serving)*

2 salmon fillets

2 smoked haddock fillets

2 cod fillets

6-8 raw king prawns

500ml (18fl oz) dairy-free milk

50g (1¾oz) dairy-free spread

25g (1oz) gluten-free plain flour

3-4 potatoes

1 tsp Dijon mustard (optional)

dairy-free cheese, grated (enough to cover the top)

salt and freshly ground black pepper

1. Peel, chop, then boil the potatoes for about 20 minutes. Remove from the heat, drain, then mash with a little milk, dairy-free spread and mustard. Season with salt and pepper to taste. Set aside. Preheat the oven to 160°C/Gas Mark 2½.
2. Place the fish fillets in a large ovenproof dish. Pour over the milk and bake in the oven for 15-20 minutes. Remove from the oven and turn the heat up to 180°C/Gas Mark 4.
3. Use a slotted spoon to remove the fish from the milk, then pour the milk into a jug.
4. Create a white sauce by adding flour, dairy-free spread and the milk in the jug to a saucepan. On a low/medium heat, keep stirring your mixture until it thickens.
5. Return the fish to the ovenproof dish, break it up into bite-sized chunks and add the prawns. Drizzle over the white sauce until covered. You may not need all the sauce. Spoon over the mashed potato, making sure it covers all the edges. Sprinkle with dairy-free cheese and pepper.
6. Bake in the oven for about 25 minutes, until the top starts to turn golden.

30.7g	19.4g	0.5g	3.1g	37g
Total fat	Saturates	Salt	Sugar	Protein

Grilled vegetable and almond ricotta crostinis

By MyNutriCounter (www.mynutricounter.com)

GF SF DF EF V

Makes **30** | *Prep* **25 mins** *plus soaking* | *Cook* **20 mins** | *Calories* **86** *(per crostini)*

1 gluten-free French baguette
250g (9oz) cherry tomatoes
250g (9oz) aubergine
250g (9oz) red onions, peeled
a pinch of marjoram
a pinch of oregano
50ml (1¾fl oz) olive oil
salt and freshly ground black pepper
fresh herbs, chopped

FOR THE ALMOND RICOTTA

200g (7oz) slivered almonds
15ml (½fl oz) lemon juice
salt and freshly ground black pepper

1. Soak the raw almonds in hot water for at least 1 hour.
2. Transfer the almonds to a food processor with about 60ml (2fl oz) soaking liquid and lemon juice. Preheat the oven to 180°C/Gas Mark 4,
3. Process until smooth, but still a bit grainy. Add more of the liquid if you want a smoother consistency. Season to taste. Transfer to a bowl and refrigerate.
4. Slice the baguette diagonally into 5mm (1/3in) thick. Brush lightly with olive oil and toast in the oven for about 8 minutes.
5. Cut the cherry tomatoes in half. Peel and cut the red onions to bite-sized wedges. Chop the aubergine into 1cm (½in) cubes.
6. Arrange the chopped vegetables in a roasting pan. Drizzle with olive oil, season with salt and pepper and add the dried herbs. Roast in the oven for about 8 minutes.
7. To assemble, take each toast and spread over 1 tbsp almond ricotta. Top with the roasted vegetables and some chopped fresh herbs.

5.3g	0.5g	0.15g	1.5g	2.4g
Total fat	Saturates	Salt	Sugar	Protein

Orange marmalade glazed chops

By MyNutriCounter (www.mynutricounter.com)

GF SF DF EF

Serves **2** | *Prep* **5 mins** |
Cook **20 mins** | *Calories* **645** *(per serving)*

2 pork chops

salt and freshly ground black pepper

15ml (½fl oz) olive oil

30g (1oz) sugar-free orange marmalade

45ml (1½fl oz) balsamic vinegar

French beans, to serve

1. Season the chops with salt and pepper on both sides.
2. Heat the olive oil in a frying pan, then sear the chops for 3-4 minutes on each side.
4. Add the balsamic vinegar and orange marmalade.
5. Reduce the heat to a simmer, cover, and cook for about 7 minutes. Serve with French beans.

15.5g	3.6g	0.3g	9.1g	66g
Total fat	Saturates	Salt	Sugar	Protein

Paella

GF SF DF EF

Serves **4-6** | *Prep* **20 mins** |
Cook **45 mins** | *Calories* **560** *(per serving)*

4 tbsp olive oil

1 large onion, peeled, chopped

3 garlic cloves, peeled, minced

1 red pepper, cored, diced

1 orange pepper, cored, diced

200g (7oz) chorizo, peeled, diced

300g (10½oz) paella rice

1¼ltr (44fl oz) gluten-free chicken stock

a pinch of saffron threads

1 tsp smoked paprika

150g (5oz) frozen peas, thawed

450g (1lb) prawns, peeled, deveined

juice of 1 lemon

a small handful flat-leaf parsley, leaves only, chopped

salt and freshly ground black pepper

1. Heat the olive oil in a large, shallow pan or paella pan and sauté the onion, garlic and peppers with a pinch of salt for 7-8 minutes until soft. Add the chorizo and cook for a further 5 minutes, stirring occasionally. Stir in the paella rice, coating it thoroughly in the oil.
2. Stir the saffron into the stock, then pour the stock over the rice. Add the paprika, stir well, and cook until simmering. Leave to cook steadily, uncovered, for 20 minutes, until the rice is almost tender.
3. Add the peas, stir well, then top the rice with the prawns. Cover with a lid and cook for a further 6-8 minutes until the prawns are firm to the touch and cooked through.
6. Season to taste with lemon juice, salt and pepper before serving with a sprinkle of chopped parsley on top.

24.5g	6.8g	1.5g	5.3g	31g
Total fat	Saturates	Salt	Sugar	Protein

Traditional lasagna

GF SF DF

Serves **6-8** | *Prep* **1 hr 30 mins** | *Cook* **5 mins** | *Calories* **404** *(per serving)*

FOR THE BOLOGNESE

2 tbsp olive oil

1 large onion, peeled, finely chopped

1 large carrot, peeled, diced

2 garlic cloves, peeled, minced

500g (1lb 1oz) beef mince

200ml (7fl oz) red wine

400ml (14fl oz) gluten-free beef stock

500ml (18fl oz) passata

salt and freshly ground black pepper

FOR THE BÉCHAMEL

60g (2oz) vegan margarine

50g (1¾oz) cornflour

700ml (25fl oz) unsweetened almond milk

a pinch of cayenne pepper

2 medium free-range egg yolks

60g (2oz) vegan Parmesan, grated

TO ASSEMBLE

10-12 gluten-free lasagne sheets

TO SERVE

vegan Parmesan, grated

basil sprigs

1. For the bolognese, heat the olive oil in a casserole dish or heavy-based saucepan set over a moderate heat until hot.
2. Stir in the onion, carrot and a little salt, sautéing for 3-4 minutes until starting to colour. Stir in the garlic and cook for a further 30 seconds.
3. Increase the heat to high and add the beef mince to the pan, browning well all over. Break it up into smaller chunks with a wooden spoon.
4. Once the beef is browned all over, add the red wine and deglaze the base of the dish, stirring and scraping the base with a spoon to release any stuck-on food.
5. Let the wine reduce by about two-thirds before stirring in the beef stock and passata. Stir well to incorporate into the sauce.
6. Bring the sauce to a steady simmer. Cook over a low heat for 45 minutes until thickened, stirring frequently from time to time to stop it from catching on the base of the pan.
7. Season to taste with salt and pepper. Set aside to cool.
8. For the béchamel, melt the margarine in a saucepan set over a moderate heat. Sprinkle over the cornflour and whisk well to form a roux. Cook until blonde in appearance, 2-3 minutes.
9. Whisk in the almond milk in a slow, steady stream until incorporated. Bring to a simmer and cook for 5 minutes, stirring constantly, until slightly thickened.
10. Remove from the heat and whisk in the cayenne, then the egg yolks, one by one. Whisk in the grated Parmesan and season to taste with plenty of salt and pepper.
11. To assemble, preheat the oven to 190°C/Gas Mark 5.
12. Spoon a little of the béchamel onto the base of a large baking dish. Arrange lasagne sheets on top and spoon over some of the bolognese.
13. Top with layers of béchamel, then lasagne sheets, then meat sauce, until you finish with a final layer of the béchamel.
14. Bake for about 50-60 minutes until the sauce is bubbling and coloured on top. Remove from the oven and let stand for 5 minutes.
15. To serve, sprinkle with grated Parmesan and garnish with basil sprigs before serving.

18.4g	4.7g	0.6g	1.5g	27.3g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Greedy green curry

By Tess Masters GF SF DF EF V

Serves **4** | *Prep* **30 mins** | *Cook* **40 mins** | *Calories* **813** *(per serving)*

FOR THE CURRY PASTE

1 tsp coconut oil, melted

70g (2½oz) shallots, peeled, chopped

2 tbsp lime juice

2 tbsp water

25g (1oz) Thai basil leaves, cut into ribbons

40g (1½oz) coriander roots (or stems), finely chopped

3 tbsp thinly sliced lemongrass

6 tbsp green chillies, chopped

2 tbsp dried shiitake powder

2 tbsp dried porcini powder

1½ tbsp chopped kaffir lime leaves

1½ tbsp sliced galangal

3 garlic cloves, peeled, chopped

1 tsp salt

FOR THE CURRY

1 tbsp coconut oil, melted

960ml (1¾pt) full-fat coconut milk

240ml (8½fl oz) gluten-free vegetable stock

½ tsp gluten-free soy sauce

¼ tsp sea salt, plus extra to taste

185g (6½oz) aubergine, cut into 4cm (1½in) pieces

115g (4oz) red pepper, deseeded, cubed

200g (7oz) firm tofu, cut into cubes

2 tbsp Thai basil leaves, cut into ribbons

2 tbsp finely chopped coriander

1 tsp finely chopped kaffir lime leaves

540g (1lb 2oz) cooked quinoa or brown rice

OPTIONAL BOOSTERS

35g (1¼oz) raw or roasted cashews, crushed

25g (1oz) beansprouts

½ tsp finely grated lime zest

1. For the curry paste, in a frying pan over a medium-high heat, heat the coconut oil and sauté the shallots for about 5 minutes. Allow to cool slightly, then transfer to a blender with the rest of the paste ingredients. Blast on high for about 1 minute until smooth.
2. For the curry, in a large pot over a medium heat, heat the coconut oil and sauté 105g (3½oz) curry paste for 1-2 minutes until fragrant.
3. Stir in 480ml (17fl oz) coconut milk and simmer for about 5 minutes, until the oil comes to the top.
4. Stir together until the paste is completely dissolved. Add the remaining coconut milk, the vegetable stock and salt and increase the heat to medium-high to bring the mixture to a simmer; do not allow to boil.
5. Reduce the heat to low and simmer, uncovered, for about 30 minutes, until the oils start to come to the top again, the coconut begins to skim and separate and the mixture reduces.
6. Add the aubergine and simmer for 5 minutes until softened. Add the red pepper and simmer for 3-5 minutes until just softened.
7. Gently stir in the tofu just to warm it. Into four bowls, scoop 135g (4¾oz) quinoa or brown rice and top with curry, then top with the Thai basil, coriander and kaffir lime, as well as the cashew, beansprouts and lime zest boosters.

Recipe taken from *The Perfect Blend* by Tess Masters, photography by Anson Smart, publsihed by Jacqui Small. (RRP £16.99).

47.9g	37.7g	0.8g	8.5g	15.6g
Total fat	Saturates	Salt	Sugar	Protein

Sausage and pea pasta

GF SF DF

Serves **4-6** | *Prep* **40 mins** *plus chilling and standing* | *Cook* **40 mins** | *Calories* **648** *(per serving)*

FOR THE PASTA DOUGH

180g (6oz) gluten-free plain flour mix, plus extra for dusting

100g (3½oz) brown rice flour

100g (3½oz) tapioca flour

100g (3½oz) potato flour

½ tsp xanthan gum

1½ tsp salt

2 tbsp warm water

4 medium free-range eggs, lightly beaten

FOR THE MEATBALLS

600g (1lb 4oz) pork mince

50g (1¾oz) gluten-free white breadcrumbs

1 small free-range egg, beaten

1 tsp dried sage

salt and freshly ground black pepper

FOR THE SAUCE

1 tbsp olive oil

1 shallot, peeled, finely chopped

1 garlic clove, peeled, minced

250g (9oz) frozen peas, thawed

120g (4oz) vegan cream cheese

TO SERVE

mint leaves

vegan Parmesan, or other hard cheese

1. For the pasta dough, combine the flours, xanthan gum, salt and water in a bowl. Mix briefly until just combined, then slowly beat in the eggs until the flour has absorbed it.
2. Turn out the dough onto a lightly floured surface and knead briefly before dividing into two balls. Pat down into discs and wrap in clingfilm. Chill for 30 minutes.
3. Roll out the dough pieces on a lightly floured surface into rough rectangular strips. Pass them through a pasta machine set to its widest setting.
4. Repeat until smooth before passing them through the machine at increasingly narrow settings until they are approximately 2.5mm (1/8in) thick.
5. Hang the sheets of pasta off a cold oven handle and leave to dry for 1 hour.
6. After drying, cut the sheets into thin strands of linguine, arranging them on floured trays.
7. For the meatballs, preheat the oven to 200°C/Gas Mark 6.
8. Scrunch together all the meatball ingredients in a large bowl. Season to taste with salt and pepper.
9. Shape into meatballs with your hands and arrange on a large baking tray, spaced apart.
10. Bake for about 20-25 minutes, turning once, until golden-brown. Remove from the oven and set aside, covered loosely with aluminium foil.
11. For the sauce, heat the oil in a large sauté pan set over a medium heat. Add the shallot, garlic and a pinch of salt, and sweat for 3-4 minutes.
12. Stir in the peas and a splash of water. Cover the pan with a lid and cook for 4-5 minutes, until the peas are tender. Mash roughly with a fork or potato masher.
13. Remove from the heat and stir through the cream cheese. Add the meatballs to the sauce and stir to coat. Season to taste.
14. Scatter over mint leaves and a grating of cheese.

17.7g	7.3g	1.3g	3.9g	41g
Total fat	Saturates	Salt	Sugar	Protein

Sauerkraut, mushroom and pancetta tarte flambée

GF DF EF

Serves **4-6** | *Prep* **25 mins** *plus proving* | *Cook* **50-60 mins** | *Calories* **581** *(per serving)*

FOR THE DOUGH

1 tbsp active dried yeast

300ml (11fl oz) warm water

1 tbsp caster sugar

450g (1lb) gluten-free flour mix, plus extra for dusting

1 tsp xanthan gum

1 tsp salt

½ tsp gluten-free baking powder

1 tbsp olive oil, plus extra for greasing

FOR THE TOPPING

1 tbsp olive oil, plus extra for drizzling

1 small onion, peeled, sliced

150ml (5fl oz) apple cider vinegar

1 large white cabbage, shredded

250ml (9fl oz) water

150g (5oz) mixed mushrooms, cleaned, chopped

250g (9oz) pancetta, chopped

2 tbsp flat-leaf parsley, leaves only, chopped

salt

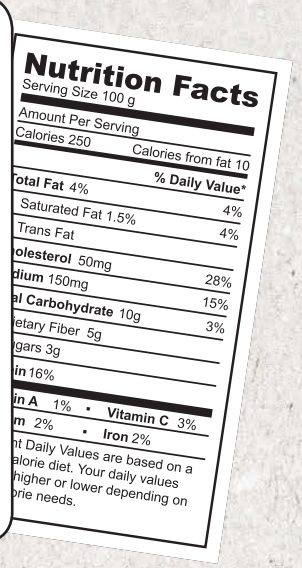
3 spring onions, green tops only, sliced

1. For the dough, place the yeast in a small bowl and add 180ml (6fl oz) warm water. Stir briefly and set aside for 5 minutes, stirring in ½ tbsp sugar after 2 minutes.
2. Combine the remaining sugar, flour, xanthan gum, salt and baking powder in a separate mixing bowl and stir well.
3. Make a well in the centre and add the yeast mixture and olive oil. Start to mix, then gradually add the remaining warm water to the bowl, mixing until a rough dough comes together.
4. Turn out the dough onto a lightly floured surface and knead briefly until almost smooth. Place in an oiled bowl, cover with a damp tea towel, and leave to rise in a warm place for 1 hour.
5. For the topping, heat the olive oil in a large saucepan set over a medium heat. Add the onion and a pinch of salt, sweating for 5-6 minutes until softened.
6. Add the vinegar and let it come to the boil. Reduce by one-third before stirring in the cabbage and water. Season with plenty of salt.
7. Cover with a lid and cook over a very low heat for about 30-40 minutes, stirring from time to time, until tender; add a splash of water if it starts to dry out too much. Set aside to cool.
8. After the dough has risen, preheat the oven to 220°C/Gas Mark 7. Turn out the dough and punch it down.
9. Divide in two and roll out into ovals before lifting onto two baking trays. Spread the tops with the sauerkraut. Top with a mixture of the mushrooms and pancetta.
10. Drizzle with olive oil and bake for about 15-20 minutes, until the dough is cooked through and the pancetta is crisp and golden.
11. Remove from the oven and scatter with chopped parsley and spring onions before serving.

23g	6.5g	1.7g	4.7g	26g
Total fat	Saturates	Salt	Sugar	Protein

THE SEVEN DEADLY SINS OF FOOD LABELLING

DR ANDY BOWLES TAKES A TOUR OF THE SUPERMARKET TO SHOW US WHY LABELLING IS OFTEN MISLEADING



DR ANDY BOWLES is a Specialist Food Solicitor who runs the niche law firm ABC Food Law, who provide training on behalf of the Food Standards Agency to local authority food officers. ABC also run a food label assurance scheme ABC Legal Labels (www.abc-legal-labels.co.uk). As well as being a solicitor, Andy is a qualified microbiologist and Fellow of the Institute of Food Science and Technology.

We all want to eat healthily and rely on the information provided on food labels to help us make the right choices. Since December 2016, most foods are required to include full nutritional information on the label, but how many of us have the patience to scrutinise this nutritional information before we put the product in our basket?

In practice most of us look for the 'headlines' in the form of claims on a food label and place our trust in the manufacturer to ensure that these statements are accurate. Common claims include 'Low fat', 'Good for you', 'Healthy choice' and so on. Unfortunately, some of the claims that we rely on are inaccurate, incomplete or downright misleading.

I raised this point with a journalist who asked me to prove what I was saying. I took her to one of the major high street retailers and within 15 minutes had filled a basket with obviously illegal foods. Some were making misleading claims, most were not providing enough information to justify the 'headlines' or to meet their legal obligations. The situation is worse in independent retailers and with artisan and regional foods. The internet is also becoming a 'wild west' of inaccurate claims, with many businesses not realising that the same rules apply to their websites, Twitter and Facebook postings as to their food labels.

To be fair, some manufacturers take their responsibilities to correctly inform the consumer very seriously, but their great work is undermined by others who show a disregard for the law. So, what are the rules and what are the issues?

Health claims

Health claims are ones that suggest there is a health benefit from eating a particular food – such claims can be either general or specific. General claims don't make a clear statement on the benefits of eating a food, but instead use sweeping statements like 'Good for you' or 'Healthy'. These are only allowed in law when a more specific health claim, which has been authorised by the European Commission, is permitted to be used on the label.

Specific health claims have been scientifically proven and can only be made on a label where it is also clearly stated how much of the food is required to obtain the claimed healthy effect, together with a statement indicating the importance of a varied and balanced diet and a healthy lifestyle. The label must also, where appropriate, give warnings about over consumption of the food and details of any person who should avoid the food.

For example, beta-glucans are naturally found in oats and have been scientifically proven to have some beneficial health effects. One authorised health claim which may appear on porridge oats is: "Beta-glucans contribute to the maintenance of normal blood cholesterol levels."

However, the claim may be used only for food which contains at least 1g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim, information must be given to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.

Nutrition claims

Nutrition claims are those which refer to the beneficial nutritional properties of a food such as 'Low fat', 'High protein' or 'Low in calories'. There is a list of permitted nutritional claims which can be used together with the rules that must be followed. For example, a typical nutritional claim refers to high levels of vitamins or minerals. A claim that a food is a 'source' of named vitamins or minerals can only be made if there is a significant amount of the named vitamin or mineral present in the food. In order to make a 'High in vitamin or minerals' claim, there must be twice the 'significant amount in the food'.

For example: in most foods the 'significant amount' of Vitamin C set out in law is 12mg per 100g. If this amount is present in the food, the label can refer to "a source of Vitamin C" or words of a similar meaning. If there is at least 24mg per 100g, the food can claim that the food is "high in vitamin C". If there is less than 12mg per 100g, no mention of Vitamin C can be made on the label.

BREAKING DOWN THE SEVEN DEADLY SINS OF FOOD LABELLING

Other claims

Some other claims are also subject to legal restrictions such as 'gluten-free', but most are not. The main criteria governing the use of most claims is that they are accurate, honest and substantiated. However, there are exceptions: for example, no food can claim to treat or cure a disease and any references to the treatment of cancer are prohibited.

The seven deadly sins of food labelling

'Hang on a minute', I hear you say, 'there are lots of products on the supermarket shelves that claim to be good for me using phrases like 'bursting with antioxidants'. Are they legal?' The short answer is no – there is widespread non-compliance with law when it comes to food claims. Here's a list of the most common failings:

1 USE OF GENERAL HEALTH CLAIMS WITHOUT INCLUDING A SPECIFIC, AUTHORISED CLAIM

If you see terms like 'healthy' or 'good for you', look for a claim which refers to a specific ingredient, for example:

"Calcium contributes to normal energy-yielding metabolism.'
"Biotin contributes to the maintenance of normal skin."

2 USE OF NON-APPROVED HEALTH CLAIMS

The following are examples of claims that have not been scientifically substantiated and cannot be used on food labels:
'Antioxidants protect cells from the harmful/damaging effects of free radicals. Antioxidants protect against oxidation, which causes cell damage. Contains antioxidants.'
'Dietary fibre helps to reduce fat absorption.'
'Wheat grain fibre helps with weight control.'
As a general rule, any claim which states a beneficial health effect of 'antioxidants' is unlawful and misleading.

3 HEALTH & NUTRITION CLAIMS ON UNHEALTHY FOODS

Health and nutrition claims are intended to provide the consumer with accurate information regarding the benefits of eating particular foods. However, the presence of, for example, a vitamin in a high fat food does not make it healthy. We regularly advise clients on the reformulation of unhealthy foods to make them more healthy and allow them to use permitted claims. There are plenty of foods which are high in fat and/or sugar but which make misleading claims regarding the presence of vitamins and/or minerals.

4 INSUFFICIENT VITAMINS OR MINERALS TO MAKE A VALID CLAIM

In order to make a valid claim about the presence of vitamins and/or minerals in a food there must be a legal minimum of the vitamin or mineral present. Terms like 'bursting with vitamin C' can only be made if there is sufficient vitamin to make a 'high in' claim.

5 INCORRECT WORDING

Where a food is permitted to use an authorised health claim, they must use the correct wording and ensure that the consumer is reminded of the importance of a balanced and varied diet. Some labels ignore the approved wording, which makes it difficult for consumers to compare similar products.

6 CLAIMS SUCH AS 'NATURAL' WHICH ARE NOT SUBSTANTIATED

The term 'natural' should not be used when the product contains refined ingredients, for example sugar.

7 FREE-FROM

Such claims should only be made when similar products commonly include the ingredient referred to. For example 'gluten-free' should not be used on a product where this product would not usually contain gluten anyway. As such, a jar of strawberry jam should not be labelled gluten-free because all jams are indeed gluten-free. However a 'gluten-free' pasta alternative would be acceptable because most pasta is made from wheat and includes gluten.

GLUTEN FREE

Better Bread

Better You

Whether you're tucking into a piece of hot toast in the morning, or biting into a tasty sandwich at lunch, nothing beats the sheer delight we get from eating bread.

So we look to create authentic gluten-free breads with real flavour. But it's not just about what goes into our bread. It's about what doesn't too, so we choose not to add any preservatives.

We think it's the way bread should be made, and the way its best enjoyed.

For more information visit: **www.schar.co.uk/bakery**

EST. 1922

EUROPE'S Nº 1 GLUTEN FREE

Schär

Best in Gluten Free

Delightful Sweet Treat RECIPES

Arouse your tastebuds with tasty sweet creations...

Detox chocs

By Tess Masters

GF SF DF EF V

Makes **10** | *Prep* **15 mins** *plus chilling* | *Cook* **none** | *Calories* **175** *(per choc)*

120ml (4fl oz) coconut oil, melted
20g (¾oz) cacao powder or unsweetened cocoa powder
65g (2¼oz) raw almond butter
2 tbsp pure maple syrup
¼ tsp sea salt
½ tsp spirulina
a tiny pinch of cayenne pepper
30g (1oz) crushed raw walnuts

1. Throw the coconut oil, cacao, almond butter, maple syrup, salt, spirulina and cayenne pepper into the blender. Blast on high for 10-20 seconds until well combined.
2. Transfer the mixture to a liquid measuring jug. Stir in the walnuts. Pour the mixture into small silicone chocolate moulds or tiny paper baking cases set out on a tray. Chill in the freezer for 20-30 minutes until solidified. Gently release the chocolates from the moulds and transfer to a container. Store, well sealed, in the fridge or freezer, and serve chilled.

TIP Because of the coconut oil, the chocolates will melt if left out at room temperature.

Recipe taken from *The Perfect Blend* by Tess Masters, published by Jacqui Small. (RRP £16.99).

17.3g	10.9g	0.07g	2.7g	2.5g
Total fat	Saturates	Salt	Sugar	Protein

Snowballs

By Donna Crous (www.eighty20nutrition.com)

GF SF DF EF V

Makes **15** | *Prep* **5 mins** |
Cook **none** | *Calories* **218** *(per serving)*

150g (5½oz) dried raw mulberries

450g (1lb) ground almonds

110g (4oz) coconut butter

2 tsp vanilla extract

desiccated coconut, for rolling

1. Combine all the ingredients, except for the desiccated coconut, in a food processor and blend until well mixed and sticky.
2. Roll into balls, then roll in coconut.

18.5g	4.3g	0g	2.3g	8.7g
Total fat	Saturates	Salt	Sugar	Protein

Matcha cacao nice cream cups

By Angela Warren (www.imperfectly-paleo.blogspot.co.uk)

GF SF DF EF V

Makes **10** | *Prep* **15 mins** *plus freezing* |
Cook **none** | *Calories* **101** *(per cream cup)*

3 ripe bananas, peeled, mashed

4 tbsp unhulled tahini

3 tbsp raw cacao powder (or unsweetened cocoa powder)

a pinch of sea salt

1 tsp matcha green tea powder

TO DECORATE

unsweetened dessicated coconut, cacao nibs, black sesame seeds, hulled hemp seeds, goji berries (all optional)

1. Mix together banana, tahini and sea salt in a bowl until well combined. Divide the mixture into two bowls.
2. Add matcha to the first bowl and mix to combine. Add cacao to the second and mix to combine.
3. Scatter 1 teaspoon of optional decoration to the bottom of each silicon mould. Half fill each mould with the matcha mix and smooth over the surface.
4. Place in the freezer for a few minutes to firm up, then fill the rest of the moulds with the cacao mix.
5. Freeze for 1-2 hours or until firm. Defrost for a few minutes prior to eating for a creamier consistency.

5.5g	1.6g	0.05g	6.8g	2.2g
Total fat	Saturates	Salt	Sugar	Protein

Chocolate mousse

GF DF EF V

Makes **4** | *Prep* **35 mins** *plus chilling* | *Cook* **5 mins** | *Calories* **686** *(per mousse)*

FOR THE DARK CHOCOLATE MOUSSE

400ml (14fl oz) coconut milk, chilled overnight

1 tsp vanilla extract

150g (5oz) sugar-free dark chocolate, chopped

FOR THE WHITE CHOCOLATE MOUSSE

150g (5oz) cocoa butter

15g (½oz) granulated sweetener

2 tbsp vanilla protein powder, rice or plant-based

½ tsp vanilla extract

a pinch of salt

400ml (14fl oz) coconut milk, chilled overnight

FOR THE CHOCOLATE HEARTS

100g (3½oz) sugar-free dark chocolate, chopped

1 tbsp coconut oil

TO SERVE

150g (5oz) raspberries

2 tbsp granulated sweetener

1 tbsp lemon juice

blueberries

raspberries

mint sprigs

1. For the dark chocolate mousse, carefully open the tin of coconut milk and spoon the thick cream into a mixing bowl, discarding the liquids, or reserving for another use.
2. Beat with the vanilla extract until thick. Meanwhile, melt the chocolate in a heatproof bowl set over a half-filled saucepan of simmering water, stirring occasionally.
3. Beat the melted chocolate into the coconut cream, then cover and chill until needed.
4. For the white chocolate mousse, place the cocoa butter in a heatproof bowl set over a half-filled saucepan of simmering water, stirring until melted. Remove from the heat and allow to cool for 10 minutes. After cooling, stir in the sweetener, protein powder, vanilla extract and salt. Pour the mixture into a blender and pulse a few times until smooth and creamy. Set aside.
5. Carefully open the tin of coconut milk and spoon the thick cream into a mixing bowl. Beat 90% of the melted chocolate into the coconut cream, then cover and chill until needed. Set the remaining white chocolate in a bowl to one side.
6. For the chocolate hearts, combine the chocolate and coconut oil in a heatproof bowl set over a half-filled saucepan of simmering water, stirring occasionally until smooth. Remove from the heat and leave to cool for 5 minutes. Pour the chocolate over a chilled marble pastry board (or a sheet of acetone on a chilled baking tray) and spread into a rough rectangle shape. Drizzle with the reserved melted white chocolate. Freeze for 4-6 minutes until firm.
7. Cut out 12 small heart shapes from the chocolate sheet with a heart-shaped cookie cutter, leaving them on the board. Return the chocolate to the freezer for 10 minutes until solid and set.
8. Remove from the freezer and stand at room temperature until you can remove the hearts from the board. Spoon the mousses into piping bags fitted with round nozzles.
9. Place one heart on each plate and pipe white chocolate mousse on top. Sit another chocolate heart on top and pipe dark chocolate mousse on top. Sit the remaining chocolate hearts on top of the dark chocolate mousse. Chill.
10. To serve, purée the raspberries, sweetener and lemon juice in a food processor.
11. Pass the coulis through a fine sieve into a bowl. Spoon squiggles of the coulis onto the plates, next to the mousses. Garnish with blueberries, raspberries, and mint sprigs.

52g	42g	0.2g	38g	8.1g
Total fat	Saturates	Salt	Sugar	Protein

Macaroons

GF V

Makes **25-30** | *Prep* **30 mins** *plus standing* | *Cook* **12-15 mins** | *Calories* **104** *(per macaroon)*

FOR THE MACAROON SHELL

225g (8oz) icing sugar

125g (4½oz) ground almonds

125g (4½oz) free-range egg whites (from about 4 medium eggs, but do weigh it out)

25g (1oz) caster sugar

20-30 drops of food colouring

½ tsp flavour extract

FOR THE FILLING

150g (5½oz) butter, softened

75g (2¾oz) icing sugar

6.2g	2.7g	0.05g	10.8g	1.4g
Total fat	Saturates	Salt	Sugar	Protein

1. Preheat the oven to 140°C/Gas Mark 1. In two batches, put the icing sugar and ground almonds in a food processor and blitz until you have a fine powder. Sieve the powder into a large mixing bowl – again, do it in batches. Try to sieve any remaining chunky almond bits, which can then be thrown away.
2. Put the egg whites into a clean metal mixing bowl and whisk until they start to hold their shape. Gradually whisk in the caster sugar in two lots until the whites form stiff peaks. Finally, whisk in the desired food colouring and ½ tsp flavour extract until well combined.
3. Stir one-third of the whites into the dry ingredients to loosen the mixture, then gently stir in the rest. You want it to be smooth and glossy, but not too liquid. The texture is very important and tricky to judge; when you fold the mixture, it should form a ribbon on the surface. Transfer the mixture to a piping bag with an 8mm plain nozzle.
4. Pipe a round onto a baking tray lined with silicone paper, approx 2cm (¾in) in diameter. Lift the nozzle sharply to finish the blob. Carry on piping more blobs, leaving approx 2cm (¾in) around each one to allow for spreading.
5. Leave them to stand for at least 30 minutes before baking to help them to form a smooth shell.
6. Bake the macaroons in the middle of the oven, one tray at a time for 12-15 minutes. The exact timing will depend on their size and your oven. Try a small test batch first; leaving the uncooked macaroons on their trays won't hurt them. Remove from the oven and leave to cool on their trays. You should then be able to remove them gently without leaving the insides behind. If not, carefully ease off with a knife.
7. For the filling, beat together the icing sugar and butter to give a buttercream base filling. This can be adapted to the colour and the flavour desired using food colouring and your chosen flavour extract.
8. Pair macaroon shells of similar size and sandwich together with 1-2 tsp of the buttercream.

Orange and pineapple 'mocktail'

By Holly Jade (www.thelittleblogofvegan.com)

GF DF EF V

Serves **3** | *Prep* **10 mins** *plus chilling* |
Cook **none** | *Calories* **314** *(per serving)*

200g (7oz) pineapple

280ml (9½fl oz) coconut milk

275ml (9fl oz) Fentimans Mandarin & Seville Orange Jigger

100g (3½oz) ice

a pinch of ground cinnamon

TO GARNISH

dairy-free vanilla ice-cream

fruit

1. Pop all of the ingredients into a blender/food processor and whizz up until smooth and creamy.
2. Pour equal amounts of the 'mocktail' into each glass.
3. Add a scoop of ice-cream into each glass and garnish with fruit.
4. You can even serve them with a mini sparkler. This looks wonderful and is perfect for special occasions.

23.3g Total fat | 18g Saturates | 0.04g Salt | 22g Sugar | 3.2g Protein

Berry pavlova

By Flower & White (www.thelittleblogofvegan.com)

GF V

Serves **4** | *Prep* **10 mins** |
Cook **none** | *Calories* **484** *(per serving)*

3 medium Merangz Pavs in vanilla or strawberry (see products on page 74)

400g (14oz) strawberries and raspberries

200ml (7fl oz) double cream

seeds from 1 vanilla pod

200ml (7fl oz) fat-free natural yoghurt

strawberry coulis

fresh mint and blueberries, to decorate

1. Whip the cream until it forms soft peaks, then stir in the yoghurt and fold in the vanilla seeds.
2. Spoon half the cream mixture on top of one of the Pavs and smooth it out.
3. Sprinkle half the berries evenly around the cream mixture.
4. Place another meringue on top and press down gently to stick them together.
5. Spread the remaining cream mixture over the top layer, and sprinkle the remaining strawberries and raspberries on top. Stack as high as you dare!
6. Drizzle over strawberry coulis, scatter with blueberries and a few small mint leaves before serving.

19.4g Total fat | 12g Saturates | 0.05g Salt | 8.6g Sugar | 8.3g Protein

Cherry trifle

GF DF EF V

Serves **10-12** | *Prep* **35 mins** | *Cook* **30-40 mins** | *Calories* **813** *(per serving)*

FOR THE CHERRY SAUCE

900g (2lb) red cherries, pitted

180g (6oz) caster sugar

juice of 1 lemon

FOR THE CUSTARD

600ml (1pt) sweetened almond milk

80g (3oz) caster sugar

120g (4oz) cornflour

1 tbsp vanilla extract

a pinch of salt

FOR THE SPONGE

500ml (18fl oz) sweetened soy milk

1 tbsp apple cider vinegar

350g (12oz) gluten-free plain flour mix

40g (1½oz) cornflour

1½ tsp xanthan gum

2 tsp gluten-free baking powder

1 tsp bicarbonate of soda

a pinch of salt

475g (17oz) caster sugar

175ml (6fl oz) sunflower oil

1 tbsp vanilla extract

TO ASSEMBLE

400ml (14fl oz) coconut milk, chilled overnight

2 tbsp icing sugar, sifted

300g (11oz) cherries, with stems

1. For the cherry sauce, combine the cherries, sugar and lemon juice in a large saucepan. Cover and cook over a medium heat until the cherries are soft and juicy and the sugar has dissolved, 8-10 minutes. Remove from the heat and chill until needed.
2. For the custard, warm 500ml (18fl oz) almond milk in a saucepan until simmering. As it warms, combine the remaining milk with the sugar, cornflour, vanilla extract and salt in a mixing bowl.
3. Once the milk is simmering, remove from the heat and whisk half into the dry ingredients until smooth.
4. Pour the mixture back into the saucepan of remaining milk and cook over a medium heat, whisking constantly, until thickened.
5. Remove from the heat and cover the surface of the custard with oiled clingfilm. Chill until needed.
6. For the sponge, preheat the oven to 180°C/Gas Mark 4. Grease and line two 23cm (9in) springform cake tins with greaseproof paper.
7. Combine the milk and vinegar in a measuring jug, whisking briefly until slightly thickened.
8. Combine the flour mix, cornflour, xanthan gum, baking powder, bicarbonate of soda, salt and sugar in a large mixing bowl.
9. Add the oil and vanilla extract to the jug of soy milk and whisk briefly to combine. Add the wet ingredients to the dry, mixing until you have a smooth batter.
10. Divide the batter between the tins and bake for 30-40 minutes until a cake tester comes out clean from their centres. Remove to wire racks to cool.
11. Once cool, turn out from the tins. Split in half with a serrated knife to give you four sponge rounds.
12. To assemble, open the tin of chilled coconut cream and carefully scrape the cream solids into a mixing bowl; discard the coconut water or reserve for another use.
13. Add the icing sugar to the bowl and beat with the cream until the cream is softly whipped.

31.7g	15.4g	0.3g	66g	7.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Raw mint chocolate chip cheesecake

By Holly Jade (www.thelittleblogofvegan.com) GF DF EF V

Serves **10-12** | *Prep* **25 mins** *plus freezing* | *Cook* **none** | *Calories* **372** *(per serving)*

FOR THE BASE

210g (7¼oz) hazelnuts
100g (3½oz) dates, pitted
2 tbsp cacao or cocoa powder
40g (1½oz) raw dark chocolate, melted
1 tbsp coconut oil, melted
a pinch of salt

FOR THE CHEESECAKE LAYER

200g (7oz) cashew nuts, soaked overnight
1 tsp vanilla extract
3 tsp mint flavouring
75ml (6fl oz) coconut oil, melted
20g (¾oz) spinach leaves
60ml (2fl oz) maple syrup
1 dairy-free mint chocolate bar, chopped (optional)
fresh mint leaves, to decorate
desiccated coconut, to decorate
homemade chocolate, to decorate

29.4g	11.2g	0.05g	15.9g	6.5g
Total fat	Saturates	Salt	Sugar	Protein

1. For the base, line a springform cake tin with greaseproof paper.
2. In a food processor/blender, add the hazelnuts, dates, cacao powder, melted dark chocolate, coconut oil and salt. Whizz up on high until it resembles breadcrumbs.
3. Firmly press the mixture into the cake tin and place into the freezer.
4. For the cheesecake layer, drain the water from the soaked cashew nuts, and place them into a food processor/blender, along with the vanilla extract, mint flavouring, melted coconut oil, fresh spinach and maple syrup. Whizz up on high for 5-8 minutes until smooth.
5. Once smooth, fold in the mint chocolate (optional).
6. Pour the creamy mint layer onto the base, level, then pop back in the freezer to set. This will take around 2-4 hours. You can leave it overnight.
7. Once fully set, decorate with melted chocolate and garnish with fresh mint leaves, unsweetened desiccated coconut and some mint leaves.
8. Defrost the cheesecake for 1 hour before serving.

Mini no bake lemon cream pies

GF EF V

Makes **12** | *Prep* **20 mins** *plus chilling* |
Cook **none** | *Calories* **344** *(per cream pie)*

FOR THE BASE

225g (8oz) gluten-free biscuits, crushed

85g (3oz) butter, melted

FOR THE FILLING

400ml (14fl oz) tinned condensed milk

280ml (9¾fl oz) double cream

grated zest and juice of 4 lemons

⅓-½ jar of lemon curd

1. Line a 12-hole muffin tin with paper cases. For the base, place the crushed biscuits in a large bowl, add the melted butter and mix well. Divide the biscuit mixture equally between the paper cases, press down well, then place in the fridge.
2. For the filling, beat the condensed milk and double cream together using an electric mixer. With the mixer running slowly, add the lemon zest and juice, then increase the speed. You will notice the lemon affects the thickness of the mixture and once it's thickened it's ready.
3. Take the paper cases out of the fridge and add 1-2 tsp lemon curd to each case to cover the biscuit base. Divide the creamy lemon mixture equally between the paper cases, spreading with the back of a spoon to ensure it covers the lemon curd. Place back in the fridge for 1-2 hours to firm up a little more before serving. The pies will keep for a few days in the fridge.

Tip You can also freeze the filling for a simply delicious ice cream!

23.8g Total fat | 13.1g Saturates | 0.5g Salt | 21.3g Sugar | 5g Protein

Chocolate lovers heaven

By Whitworths (www.whitworths.co.uk)

GF DF EF V

Serves **2** | *Prep* **10 mins** *plus chilling* |
Cook **none** | *Calories* **385** *(per serving)*

FOR THE BASE

50g (1¾oz) gluten-free rolled oats

250ml (9fl oz) milk of your choice

2 tsp cocoa powder

2 dsp agave nectar (optional)

FOR THE TOPPING

Whitworths Raisin and Chocolate Shot

a handful of raspberries

a sprinkle of desiccated coconut

1. Mix all the base ingredients together, then chill in the fridge for 30 minutes.
2. Once chilled, remove from the fridge and top with the Whitworths Shot, a few raspberries and a sprinkling of desiccated coconut.

14.4g Total fat | 10.6g Saturates | 0.15g Salt | 32.6g Sugar | 9.2g Protein

Mulberry and pistachio fudge

By Donna Crous (www.eighty20nutrition.com)

GF SF DF EF V

Makes **15-20** *pieces* | *Prep* **20 mins** *plus chilling* | *Cook* **none** | *Calories* **40** *(per fudge piece)*

240g (8½oz) tub of cacao butter
300g (10½oz) tahini
50g (1¾oz) raw cacao powder
150g (5½oz) dried white mulberries
200g (7oz) pistachios, shelled
1 tbsp maple syrup

1. To soften the cacao butter, place it in a bowl of boiling hot water. The area around the edge will start to soften and change colour. Turn the tub upside down in a saucepan and the butter should slide straight out.
2. Place the saucepan on a medium heat to melt (this may take some time as it needs to melt at a lower temperature to preserve the nutrients).
3. Once the butter has melted and is a beautiful golden colour, add the tahini, cacao, maple syrup and most of the mulberries (keep ½ a cup back for later).
4. Stir the mixture together until all the cacao lumps have broken up. Keep stirring until the mixture has warmed through thoroughly.
5. Using an immersion blender, blitz the mixture, making sure all the mulberries are blended and the mixture is smooth.
6. Stir through the remaining mulberries and pistachios. Transfer to silicone ice moulds or a tub lined with greaseproof paper.
7. Place in the fridge for at least 1 hour until set. Once set, remove and chop into squares

TIP Add a couple of drops of rose extract for a lovely Middle Eastern flavour and sprinkle with a few dried rose petals.

3.8g	1.4g	0.04g	0g	0.9g
Total fat	Saturates	Salt	Sugar	Protein

Carob chocolate

By Ambra Torelli (www.littlebitesofbeauty.com)

GF SF DF EF V

Makes **10** *squares* | *Prep* **15 mins** *plus chilling* | *Cook* **5 mins** | *Calories* **60** *(per square)*

3 tbsp carob powder

1½ tbsp coconut milk

1 tsp cinnamon

1 tsp honey

2 tbsp coconut oil

½ tbsp golden raisins

½ tbsp tigernut flakes

1. Place the carob powder and cinnamon in a small bowl, add the coconut milk, little by little, mixing well until creamy, then blend in the honey.
2. Melt the coconut oil over a very low heat. Remove from the heat and stir it into the carob cream mix.
3. Pour the 'melted chocolate' over a flat surface lined with a sheet of parchment paper and spread evenly with a spatula. You can make it as thin as you like.
4. While the carob chocolate is still soft, sprinkle over the tigernut flakes and raisins. Place in the freezer until solid, then cut into chunks and enjoy!

   TIP As carob chocolate melts quickly, always leave it stored in the freezer.

4.9g	4.3g	0g	2.6g	0.5g
Total fat	Saturates	Salt	Sugar	Protein

Hazelnut truffles

By Aoife Howard (www.thegoodfoodgoddess.com)

GF SF DF EF V

Makes **10-15** | *Prep* **15 mins** *plus chilling* | *Cook* **none** | *Calories* **169** *(per serving)*

75g (2¾oz) hazelnut butter

75ml (2¾fl oz) honey or maple syrup

3-4 tbsp cacao powder (depending on how chocolatey you want your truffles to be)

16 whole hazelnuts

75g (2¾oz) hazelnuts, chopped

1. In a large bowl, mix together the hazelnut butter, honey or maple syrup and cacao powder.
2. Divide the mixture into 1 tsp little balls and place on parchment paper (don't worry if they look like blobs!), then place in the fridge for 15-20 minutes to allow them to firm up.
3. Remove from the fridge and one by one roll the blobs into balls. Press a hazelnut into the centre of each ball and roll again.
4. Scatter the chopped hazelnuts on a chopping board or plate and roll the balls until they are liberally coated. Place in the fridge again for 5-10 minutes.
5. Remove from the fridge a few minutes before serving.

   TIP If you don't have hazelnut butter, these would be equally amazing made using peanut butter and rolled in chopped salted peanuts.

14.8g	1.4g	0g	5.1g	4.1g
Total fat	Saturates	Salt	Sugar	Protein

Gâteau au chocolat

By Rhian Williams (www.rhiansrecipes.com)

GF DF EF V

Serves **8** | *Prep* **15 mins** *plus soaking* |
Cook **20 mins** | *Calories* **320** *(per serving)*

15 small dates, pitted, soaked overnight in cold water, or for a few hours in boiling water

200g (7oz) ground almonds

1 heaped tsp baking powder

¼ tsp bicarbonate of soda

4 tbsp coconut or olive oil

4 tbsp cocoa powder

60ml (2fl oz) dairy-free milk, any kind

a pinch of salt

a handful of dark dairy-free chocolate chips (optional)raspberries, to garnish

1. Preheat the oven to 180°C/Gas Mark 4.
2. Drain away most of the water from the dates, leaving a little bit. Use a food processor or a stick blender to blend the dates into a smooth purée (leaving a little water will make it much easier).
3. Add the puréed dates to a bowl with all the other ingredients and mix well. Transfer to a greased baking dish, then bake in the oven for 20 minutes.
4. The cake keeps well in the fridge for up to a few days

22.8g Total fat | 9.3g Saturates | 0.1g Salt | 18.5g Sugar | 7.3g Protein

Crunchy oat and marshmallow mega feast

By McVitie's (www.mcvities.co.uk)

GF EF V

Makes **2** | *Prep* **5 mins** |
Cook **5 mins** | *Calories* **454** *(per biscuit)*

4 McVitie's Gluten-Free Original Hobnobs Biscuits

4 x 2cm (1in) marshmallows

50g (2oz) gluten-free chocolate

1. Take two McVitie's Gluten Free Original Hobnobs Biscuits and put onto a grill pan. Cut the marshmallows in half to make thinner rounds. Arrange four pieces of marshmallow onto each of the two biscuits.
2. Warm under a grill until just melting. Quickly top with the remaining two biscuits. Lightly squash together and run a knife around the edge to smooth the marshmallow. Set aside and leave to cool completely.
3. Put the chocolate into a small heatproof bowl set over a small pan of simmering water. Warm gently over a low heat until melted. Dip the biscuits into the chocolate and spread the chocolate over to coat half of the biscuit. Put onto baking parchment and leave until the chocolate has set.

17.5g Total fat | 10.2g Saturates | 0.7g Salt | 38.6g Sugar | 5.5g Protein

Black Forest cheesecake

By Nancy Morris (www.superfoodscrumptious.co.uk)

GF DF EF V

Serves **8-10** | *Prep* **15 mins** *plus chilling* | *Cook* **none** | *Calories* **652** *(per serving)*

FOR THE BASE

85g (3oz) flaxseeds

75g (2¾oz) hazelnuts

60ml (2fl oz) coconut oil, plus extra for greasing

1 tbsp rice malt syrup

FOR THE CHERRY LAYER

75g (2¾oz) frozen cherries

60ml (2fl oz) rice malt syrup

150g (5½oz) cashew paste

110ml (4fl oz) coconut oil

FOR THE PLAIN LAYER

225g (8oz) cashew paste

75ml (2¾fl oz) oil

75ml (2¾fl oz) rice malt

1 tsp vanilla extract

TO SERVE

dairy-free chocolate spread

frozen cherries

desiccated coconut

1. For the base, place the flaxseeds, hazelnuts and coconut oil in a high speed blender and blend on high until has a sandy texture.
2. Grease a cake tin with coconut oil, then tip the base mixture into it. Press the mixture into the base of the tin, ensuring it is evenly covered. Place in the fridge to set.
3. For the cherry layer, place all the ingredients into a clean blender and blend on high until the mixture is completely smooth. Empty on top of the crust base layer and smooth out evenly, then return to the fridge to set for at least 90 minutes.
4. For the plain layer, repeat step 3 with the ingredients.
5. To finish the dessert, after the final plain layer has set, spread over a thin layer of chocolate spread and top with more frozen cherries and a sprinkle of desiccated coconut.

54g	25g	0.05g	19.8g	9.7g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Biscuit pie

GF DF V

Serves **10-12** | *Prep* **35 mins** *plus chilling* | *Cook* **20-25 mins** | *Calories* **734** *(per serving)*

FOR THE CRUST

260g (9oz) gluten-free plain flour mix, plus extra for dusting

70g (2½oz) cornflour

¾ tsp xanthan gum

½ tsp salt

125g (4½oz) dairy-free margarine, softened

125g (4½oz) caster sugar

1 large free-range egg yolk

2 tbsp almond milk

finely grated zest and juice of ½ a lemon

250g (9oz) mixed nuts

120g (4oz) vegan dark chocolate, roughly chopped

80g (3oz) coconut oil, melted, plus extra as needed

a pinch of salt

FOR THE FILLING

800ml (28fl oz) coconut milk

120g (4oz) agave nectar

2 tbsp cornflour, mixed to a paste with 2 tbsp water

1 tsp vanilla extract

120g (4oz) vegan dark chocolate, chopped

TO SERVE

70g (2½oz) vegan dark chocolate, chopped

51.8g	29g	0.4g	33g	10g
Total fat	Saturates	Salt	Sugar	Protein

1. For the crust, stir together the flour mix, cornflour, xanthan gum and salt in a large mixing bowl.
2. In another mixing bowl, cream together the margarine and sugar until pale and creamy,
3. Add the egg yolk and almond milk, beat well, then fold in the flour mixture, nuts, lemon juice and zest and mix to a soft dough. Shape the dough into a round, wrap in clingfilm, and chill for 1 hour.
4. After chilling, preheat the oven to 170°C/Gas Mark 3. Grease and line two large baking trays with greaseproof paper.
5. Roll out the dough on a lightly floured surface 7.5mm (1/3in) thick. Use a round cookie cutter to cut out shapes from the dough.
6. Arrange on the trays, spaced apart. Bake for 20-25 minutes until dry to the touch and golden on top. Remove to wire racks to cool.
7. Pulse together half the biscuits with the chocolate, coconut oil and salt in a food processor until it resembles wet, rough sand; add more melted coconut as needed. Reserve the remaining biscuits.
8. Pack the mixture into a 20cm (8in) fluted springform tart tin. Chill.
9. For the filling, pour the coconut milk into a heavy-based saucepan.
10. Warm over a medium heat, stirring frequently for 2 minutes. Whisk in the agave nectar and continue to cook for 2 minutes until dissolved.
11. Whisk in the cornflour mixture and bring to a simmer, cooking gently for 5-6 minutes until thickened.
12. Remove from the heat and stir in the vanilla extract. Cover and chill the mixture for 4 hours.
13. After chilling, add the chopped chocolate. Pour the mixture into an ice-cream machine and churn until softly set, about 10-20 minutes.
14. Spoon the ice cream into the chilled base. Cover and freeze overnight.
15. To serve, remove the pie from the freezer 10 minutes before serving.
16. Crush the reserved biscuits and mix with the chocolate. Scatter over the pie before slicing and serving.

Sweet bakes!

Baking RECIPES

Refine your technique and prepare something out of the ordinary...

Paleo baked stuffed peaches

By Ambra Torelli (www.littlebitesofbeauty.com)

GF DF EF V

Makes **6** | *Prep* **5 mins** *plus chilling* |
Cook **30 mins** | *Calories* **116** *(per stuffed peach)*

FOR THE STUFFED PEACHES

3 large peaches

2 tbsp coconut flour

1½ tbsp carob powder

4 tbsp tinned coconut milk (free-from guar gum)

1 tbsp honey

¼ tsp cinnamon

¼ tsp turmeric

TO GARNISH

1 tsp coconut flour

6 mint leaves

¼ tsp cinnamon

1. Preheat the oven to 180°C/Gas Mark 4.
2. Cut the peaches in half, remove the pit and carve out the pulp in the middle, leaving at least a 2cm (¾in) border of fruit.
3. Place the carved pulp in a food processor, add the coconut flour, carob powder, honey and coconut milk and pulse until you have a thick paste.
4. Place the 6 peach halves in a casserole dish and stuff them with the paste you just prepared. Dust with cinnamon and turmeric and bake in the oven for 30 minutes.
5. When baked, sprinkle over a little coconut flour and top with a mint leaf.

4.9g Total fat | 4.3g Saturates | 0.02g Salt | 12.1g Sugar | 2.3g Protein

Peanut butter and cacao cookies

By Aoife Howard (www.thegoodfoodgoddess.com)

GF SF DF EF V

Makes **12-15** | *Prep* **10 mins** |
Cook **10-12 mins** | *Calories* **81** *(per cookie)*

FOR THE COOKIES

6 tbsp peanut butter

2 tbsp gluten-free oat or buckwheat flour

3 tbsp cacao powder

½ tsp gluten-free baking powder

1 tbsp maple syrup

1 tbsp coconut sugar

2 tbsp coconut oil, melted, or olive oil

1 tbsp almond milk (if required)

FOR THE PEANUT DRIZZLE

2 tbsp peanut butter

Natvia sweetener, to taste

chopped peanuts, to serve

almond milk

1. Preheat the oven to 170°C/Gas Mark 3.
2. In a large bowl, combine all the cookie ingredients, except the almond milk and mix well.
3. If the mixture is too dry to come together as a 'dough', slowly add the almond milk.
4. Divide the mixture into your desired cookie size. Roll each cookie into a ball and flatten with the back of a spoon.
5. Bake in the oven for 10-12 minutes, then remove and allow to cool.
6. For the peanut butter drizzle, mix together the peanut butter and desired amount of sweetener. Slowly add the almond milk until you have a pourable consistency.
7. Drizzle the cooled cookies with the peanut butter and decorate with chopped peanuts.

6.6g Total fat | 2.8g Saturates | 0.07g Salt | 2.4g Sugar | 2.5g Protein

Pillowy pumpkin snacking cookies

By Angela Liddon DF EF V

Makes **10-12** | *Prep* **10-15 mins** | *Cook* **12-14 mins** | *Calories* **85** *(per cookie)*

3 tbsp coconut oil, softened
50g (¾oz) brown sugar
75g (2¾oz) unsweetened pumpkin purée
½ tsp pure vanilla extract
2 tsp ground cinnamon
2 tsp milled linseed
¾ tsp ground ginger
½ tsp bicarbonate of soda
½ tsp freshly grated nutmeg
⅛ tsp ground cloves
a dash of ground cardamom
¼ tsp fine sea salt
115g (4oz) white or spelt flour
coconut whipped cream, for topping (optional)

1. Preheat the oven to 180°C/Gas Mark 4. Line a large baking sheet with parchment paper.
2. In a large bowl using an electric mixer, beat together the coconut oil, sugar, pumpkin and vanilla until smooth.
3. Add the cinnamon, linseed, ginger, bicarbonate of soda, nutmeg, cloves, cardamom and salt. Beat until combined. Add the flour and beat again until combined. The dough should be moist and easy to roll into balls.
4. Shape the dough into large balls, about 2 packed tbsp each. Place the balls 5-8cm (2-3in) apart on the baking sheet. Do not flatten the balls, or the cookies will not be as fluffy.
5. Bake for 12-14 minutes, until the cookies have puffed up. Some might be lightly cracked on the surface.
6. Allow to cool on the pan for 5 minutes, before transferring to a cooling rack to cool completely.
7. Pipe coconut whipped cream onto the cookies, if desired (make sure they are completely cool or the cream will melt). Store the cooled cookies in an airtight container in the fridge for 2-3 days, or freeze for up to 2 weeks.

3.5g	1.3	0.15g	4.3g	1.1g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *Oh She Glows Every Day* by Angela Liddon, published by Michael Joseph. (RRP £18.99).

Salted caramel adzuki bean brownies

By Rhian Williams (www.rhiansrecipes.com)

GF DF V

Makes **12** | *Prep* **20 mins** *plus soaking* |
Cook **30 mins** | *Calories* **284** *(per brownie)*

FOR THE BROWNIES

2 x 400g (14oz) tinned adzuki beans (or sub black beans), drained, rinsed

2 free-range eggs

6 tbsp cocoa powder

4 tbsp coconut or olive oil

4 tbsp maple syrup (or sub any other sweetener)

2 tsp gluten-free baking powder

50g (1¾oz) dairy-free, gluten-free dark chocolate chips

FOR THE CARAMEL

a handful of dates, soaked overnight in cold water or in boiling water for a few hours, drained

1 tsp vanilla extract

½ tsp flaky sea salt, to taste

1. Preheat the oven to 180°C/Gas Mark 4.
2. For the caramel, put the dates and vanilla extract in a food processor and blend until completely smooth. Transfer to a bowl and set aside.
3. Add all the brownie ingredients, except the chocolate chips, to the same food processor and whizz until completely smooth – you might need to mix it around a few times to make sure it's evenly blended. Stir in the chocolate chips.
4. Pour the mixture into a square or rectangular baking tin lined with greased baking paper. Evenly dot small spoonfuls of the date caramel on top of the mixture.
5. Use a chopstick or skewer to swirl in the caramel to create a marbled effect. Sprinkle over the sea salt.
6. Bake in the oven for 30 minutes – it should be slightly cracked at the top and firm inside (but make sure not to over-cook).
7. Leave to cool before cutting into squares.

7.5g	5.2g	0.15g	11.6g	12.7g
Total fat	Saturates	Salt	Sugar	Protein

Chocolate brownie cake

By Jenny Tschiesche (www.lunchboxdoctor.com)

GF DF V

Serves **12** | *Prep* **20 mins** |
Cook **20 mins** | *Calories* **310** *(per serving)*

170g (6oz) coconut oil (plus a little extra for greasing)

170g (6oz) dark chocolate (use chocolate sweetened with stevia for refined sugar-free), broken into squares

3 large free-range eggs

100g (3½oz) maple syrup

100g (3½oz) coconut sugar

145g (5¼oz) buckwheat flour

2 tbsp arrowroot flour

a pinch of sea salt

1. Preheat the oven to 180°C/Gas Mark 4.
2. Melt the chocolate and the coconut oil in a small saucepan over a low heat until liquid. Leave to cool a little.
3. Meanwhile, in a separate bowl or food processor, combine the eggs, maple syrup and coconut sugar.
4. In another bowl, mix the buckwheat flour, arrowroot flour and salt.
5. Add the melted chocolate and oil mix to the food processor and stir.
6. Add the flours to the wet ingredients and stir to combine.
7. Pour into a greased 20cm (8in) springform cake tin.
8. Bake for about 20 minutes until firm on the surface, but still a little gooey underneath. It will continue to cook as it cools. Once cooled, remove from the tin and slice into 12 portions.

20g	15.7g	0.1g	21g	4.2g
Total fat	Saturates	Salt	Sugar	Protein

Hobnobs, chocolate and coconut tarts

By McVitie's (www.mcvities.com)

GF EF V

Makes **2** | *Prep* **15 mins** *plus chilling* |
Cook **5 mins** |*Calories* **844** *(per tart)*

150g (5½oz) McVitie's Gluten Free Milk Chocolate Hobnobs Biscuits

50g (1¾oz) butter

50g (1¾oz) gluten-free plain chocolate

4 tbsp full-fat coconut milk

1 tbsp icing sugar, or to taste

1 McVitie's Gluten Free Milk Chocolate Hobnobs Biscuit, crushed, or 1 tsp desiccated coconut, to decorate

a small handful of fresh mixed strawberries, raspberries and blueberries to top the tarts, optional

1. Line the base of two 10cm (4in) loose-bottomed flan tins with baking parchment.
2. Put the McVitie's Gluten Free Milk Chocolate Hobnobs biscuits into a freezer bag and crush well using a rolling pin.
3. Melt the butter, then stir in the biscuit crumbs. Divide between the two tins and, using the back of a spoon, press the crumbs to form the base and sides of the tart. Set aside to cool.
4. Put the chocolate into a small heatproof bowl and set over a small pan of simmering water. Warm gently over a low heat until melted. Stir in the coconut milk and icing sugar and mix well. Spoon into the biscuit cases, cool, then chill for 2 hours.
5. Decorate with a little crushed McVitie's Gluten Free Milk Chocolate Hobnob biscuit or desiccated coconut. Serve with fresh berries.

56.5g	34g	0.7g	49g	8g
Total fat	Saturates	Salt	Sugar	Protein

Flourless chocolate brownies

GF V

Serves **12** | *Prep* **15 mins** |
Cook **25-30 mins** | *Calories* **440** *(per serving)*

225g (8oz) dark chocolate, minimum 70% cocoa solids

225g (8oz) butter

2 tsp vanilla bean paste

200g (7oz) golden caster sugar

3 free-range eggs, beaten

150g (5½oz) ground almonds

100g (3½oz) chopped walnuts

1. Preheat the oven to 170°C/Gas Mark 3 and grease and line a 23cm (9in) square baking or brownie tin.
2. Melt the chocolate in a heavy-based saucepan along with the butter. Once melted, take off the heat and add the vanilla paste and sugar and allow to cool for a few minutes (otherwise you will have scrambled eggs).
   Add the beaten eggs, ground almonds and chopped walnuts and beat until fully combined.
3. Pour the mixture into the tin and bake in the oven for 25-30 mins. The brownie should be set on top, but still gooey underneath. Allow to cool a little before cutting and serving straight away as a warm pudding. Or, allow to cool a little, cut into squares and store in an airtight container in the fridge.

   TIP Serve with crème fraiche and a fresh grating of cacao, but of course these would be great with ice cream and a few berries would work well too.

33g	14.6g	0.25g	30g	7.6g
Total fat	Saturates	Salt	Sugar	Protein

Coconut, tahini and cranberry macaroons

By Jordan Bourke GF SF DF EF V

Makes **14-16** | *Prep* **15 mins** | *Cook* **8 mins** | *Calories* **182** *(per macaroon)*

110g (4oz) tahini
45g (1½oz) dried cranberries
a pinch of sea salt
finely grated zest and juice of ½ a lemon
100ml (3½fl oz) maple syrup
25g (1oz) rice flour
1 tsp bicarbonate of soda
220g (7¾oz) desiccated coconut
80g (2¾oz) vegan dark chocolate, melted

1. Preheat the oven to 180°C/Gas mark 4, and line a baking sheet with greaseproof paper.
2. Put all the ingredients, except the melted chocolate, into a large bowl and mix together until thoroughly combined. The mixture is quite dry, but persevere until everything is mixed together.
3. Place 2 tablespoons of the mixture into the palm of your hand and compress to form a ball. Lightly flatten into a disc and position on a baking sheet, leaving a 2cm (¾in) gap in between each macaroon. Bake for 8 minutes, until lightly golden.
4. Remove from the oven and leave to cool completely to firm up. Dip the cooled macaroons into the melted chocolate and set aside in a cool spot until the chocolate has set. Keep in an airtight container in the fridge for up to 1 week.

Recipe taken from *Healthy Baking* by Jordan Bourke, published by Orion. (RRP £20).

14.1g	9.4g	0.15g	7.5g	2.6g
Total fat	Saturates	Salt	Sugar	Protein

Blueberry cranberry tarts

GF DF V

Makes **6** | *Prep* **20 mins** | *Cook* **45 mins** | *Calories* **423** *(per tart)*

FOR THE PASTRY

240g (8oz) almond flour, plus extra for dusting
2 tbsp soft brown sugar
¼ tsp gluten-free baking powder
a pinch of salt
2 tbsp coconut oil, chilled
1 medium free-range egg

FOR THE FILLING

150g (5oz) blueberries
125g (4½oz) cranberries
180g (6oz) caster sugar
250g (9oz) dairy-free cream cheese, softened
1 large free-range egg
1 tsp vanilla extract

1. For the pastry, combine the almond flour, sugar, baking powder and salt in a food processor. Pulse to combine.
2. Add the coconut oil in clumps and the egg, and pulse until a rough ball of dough comes together around the blades of the processor; add some water to help bring it together if it's too dry.
3. Turn out onto a lightly floured surface and gently knead into a ball. Wrap in clingfilm and chill for 30 minutes.
4. For the filling, combine the blueberries and cranberries with half of the sugar and 3 tbsp water in a heavy-based saucepan.
5. Cook over a medium heat, stirring occasionally, until softened and juicy, about 10-12 minutes. Set aside to cool.
6. Beat together the cream cheese with the remaining sugar, the egg and vanilla extract in a mixing bowl. Set aside until needed.
7. Preheat the oven to 180°C/Gas Mark 4.
8. Roll out the pastry on a lightly floured surface to 7.5mm (1/3in) thick. Cut out six rounds of pastry and press them into the base and sides of six individual fluted tartlet tins.
9. Cut away any excess overhanging pastry and prick the bases with a fork. Arrange on a large baking tray.
10. Fill with the cream cheese filling followed by the blueberry and cranberry mixture.
11. Bake for about 25-30 minutes, until the pastry is cooked through and the filling is set. Remove from the oven and cool on wire racks before turning out and serving.

26.3g	14g	0.25g	36.8g	7.6g
Total fat	Saturates	Salt	Sugar	Protein

Vegan white chocolate, coffee and macadamia nut blondies

DF EF V

Makes **16** | *Prep* **25 mins** | *Cook* **35-40 mins** | *Calories* **321** *(per blondie)*

2 x 225g (8oz) tinned cannellini beans, drained, rinsed

100ml (3½fl oz) rapeseed oil

225g (8oz) caster sugar

50ml (1¾fl oz) agave syrup

100ml (3½fl oz) soya milk

1 tsp vanilla extract

½ tsp salt

3 tbsp golden flaxseeds, milled

1 tbsp instant espresso coffee

125g (4½oz) plain flour

200g (7oz) vegan white chocolate, broken into chunks

100g (3½oz) macadamia nuts

1. Preheat the oven to 170°C/Gas Mark 3. Grease and line the base and sides of a 23cm (9in) square baking tin with baking paper.
2. Blend the cannellini beans, rapeseed oil, sugar and agave syrup in a food processor until the mixture is smooth. Add the soya milk, vanilla extract, salt, milled flaxseeds and instant espresso and blend until well combined.
3. Transfer the mixture into a large mixing bowl, add the flour and stir until fully incorporated. Fold in the white chocolate and macadamia nuts. Pour the mixture into the baking tin and level the top.
4. Bake in the middle of the oven for 35-40 mins – the blondies stay light in colour so if you like a browned crust place under the grill for a short burst, but keep an eye on them. Leave to cool completely in the tin, then remove from the tin and cut into portions.

TIP Vegan white chocolate is available in all good health food stores.

15.3g	5.7g	0.15g	22.4g	8.3g
Total fat	Saturates	Salt	Sugar	Protein

Whipped cream and berry tart

GF DF EF V

Serves **8-10** | *Prep* **25 mins** *plus chilling* |
Cook **20-25 mins** | *Calories* **481** *(per serving)*

FOR THE PASTRY

225g (8oz) gluten-free plain flour mix

a pinch of salt

½ tsp xanthan gum

1 tbsp caster sugar

¼ tsp gluten-free baking powder

120g (4oz) dairy-free margarine, cold, cubed

3-4 tbsp ice-cold water

FOR THE FILLING

800ml (28fl oz) coconut milk, two tins, chilled overnight

60g (2oz) icing sugar

1 tsp vanilla extract

TO DECORATE

120g (4oz) flaked almonds

200g (7oz) raspberries

200g (7oz) blackberries

200g (7oz) blueberries

icing sugar, for dusting

1. For the pastry, combine the flour, salt, xanthan gum, sugar, baking powder and margarine in a food processor. Pulse until the mixture resembles rough breadcrumbs. Add the cold water, 1 tbsp at a time, and pulse between additions until a rough dough comes together around the blade.
2. Turn out the dough onto a lightly floured surface and knead briefly. Wrap in clingfilm and chill for 30 minutes.
3. After 30 minutes, remove the dough from the fridge and preheat the oven to 180°C/Gas Mark 4.
4. Roll out the dough on a lightly floured surface to about 7.5mm (1/3in) thick and use it to line the base and sides of a 35x10cm (14x4in) fluted tart tin, pressing it well into the base and sides.
5. Cut away any excess overhanging pastry and prick the base all over with a fork. Line with greaseproof paper and fill with baking beans. Blind-bake for 15-20 minutes until golden-brown at the edges.
6. Remove from the oven and discard the paper and beans. Return to the oven for 5 minutes to brown the base. Remove and let cool on a wire rack.
7. For the filling, carefully open the tins of coconut milk and scrape the creamy solids into a large mixing bowl, keeping the coconut water for another use.
8. Add the icing sugar and vanilla extract to the solids and beat well with an electric mixer until thick, white and voluminous. Spread the mixture into the baked pastry case.
9. To decorate, toast the almonds in a large, dry frying pan set over a moderate heat until golden-brown. Tip out onto a plate to cool.
10. Arrange the berries on top of the cream filling and scatter the almonds on top. Dust lightly with icing sugar before slicing and serving.

35.3g	19.4g	0.2g	14.2g	7.5g
Total fat	Saturates	Salt	Sugar	Protein

Chocolate éclairs

GF DF EF V

Makes **12** | *Prep* **30 mins** | *Cook* **30 mins** | *Calories* **308** *(per éclair)*

FOR THE PASTRY

120ml (4fl oz) almond milk, unsweetened

60g (2oz) vegan margarine

1 tbsp maple syrup

1 tsp vanilla extract

a pinch of salt

100g (3½oz) gluten-free plain flour mix, sifted

30g (1oz) cocoa powder

1 tsp guar gum

½ tsp gluten-free baking powder

FOR THE EGG SUBSTITUTE

3 tbsp water, warm

1½ tbsp tapioca flour

1 tsp gluten-free baking powder

¼ tsp guar gum

a pinch of cream of tartar

FOR THE FILLING

800ml (28fl oz) coconut milk, two tins, chilled overnight

60g (2oz) icing sugar

1 tsp vanilla extract

FOR THE GANACHE

150g (5oz) vegan chocolate chips

4 tbsp vegan margarine

TO SERVE

vegan dark chocolate

1. Preheat the oven to 220°C/Gas Mark 7. Grease and line two large baking trays with greaseproof paper.
2. For the pastry, combine the milk, margarine, maple syrup, vanilla extract and salt in a small saucepan. Warm over a low heat, stirring, until the margarine has melted completely.
3. Remove from the heat, leave to stand for 2 minutes, then add the flour mix, cocoa powder, guar gum, and baking powder, beating with a wooden spoon until smooth and paste-like.
4. For the egg substitute, beat together all the ingredients in a bowl until thick. Working quickly, fold into the pastry mixture until incorporated.
5. Spoon the pastry into a piping bag fitted with a large, straight-sided nozzle.
6. Pipe 12 lines of pastry onto the prepared trays, in the shapes of wide fingers. Smooth the tops with a damp fingertip.
7. Bake for 20 minutes until browned. Reduce the temperature to 180°C/Gas Mark 4 and bake for 10 minutes more, until the pastries are brown and sound hollow when tapped. Remove to a wire rack to cool.
8. For the filling, carefully open the tins of coconut milk and scrape the creamy solids into a large mixing bowl, keeping the coconut water for another use.
9. Add the icing sugar and vanilla extract to the solids and beat well until thick, white and voluminous. Spoon into a piping bag fitted with a large, round nozzle.
10. For the ganache, microwave the chocolate chips in 10-second bursts, stirring in between bursts until melted. Beat in enough margarine until the ganache is thick and glossy. Set aside until needed.
11. Split the éclairs in half from one side, stopping short of cutting all the way through. Pipe the filling into each éclair. Top with the chocolate ganache, spreading it evenly. Leave to set, before grating over dark chocolate.

22.3g	13.2g	0.2g	13.9g	3.4g
Total fat	Saturates	Salt	Sugar	Protein

Crispy chocolate spiders

GF DF EF V

Makes **12** | *Prep* **15 mins** *plus chilling* | *Cook* **none** | *Calories* **262** *(per spider)*

300g (11oz) vegan chocolate, chopped
100g (3½oz) vegan margarine
30g (1oz) gluten-free cornflakes
200g (7oz) gluten-free pretzels, crushed
12 vegan chocolate eggs
colourful sugar sprinkles

1. Line a 12-hole cupcake tin with paper cupcake cases.
2. Combine the chocolate and margarine in a heatproof bowl set over a half-filled saucepan of simmering water, stirring occasionally until melted.
3. Remove from the heat and add the cornflakes and crushed pretzels, stirring well to coat.
4. Divide the mixture between the paper cupcakes cases. Top with chocolate eggs and sugar sprinkles.
5. Chill for 1 hour until set. Remove from the fridge just before serving.

16.7g	7.4g	0.15g	5.5g	3.4g
Total fat	Saturates	Salt	Sugar	Protein

ON SALE MAR 30

Gluten-Free HEAVEN

NEW LOOK ISSUE

Next month

Springtime

Enjoy light and heavenly gluten-free meals...

THE CLEAN LABEL PARADOX

How natural, healthy, free-from, and 'good for you' may not be!

Ask the experts
Focus on sorghum
Coeliac UK

Photograph taken from *Healthy Baking* by Jordan Bourke, published by Orion * Contents subject to change

Satisfying BREAD RECIPES

Turn your kitchen into a fragrant micro-bakery...

Herby seeded loaf

By Carolyn Valentine (www.facebook.com/PaleoHaggis)

GF SF DF V

Serves **8** | *Prep* **10 mins** |
Cook **55 mins** | *Calories* **278** *(per serving)*

200g (7oz) ground golden flaxseeds

5 free-range eggs

125ml (4½fl oz) water

75g (2¾oz) pumpkin seeds

25g (1oz) chia seeds

40g (1½oz) dairy-free spread, melted

1 tsp gluten-free baking powder

1 tsp salt

2 tsp fresh rosemary

1. Preheat the oven to 200°C/Gas Mark 6. Line a loaf tin with parchment paper.
2. Whisk the eggs, then add the melted butter and water. In a separate bowl, mix together all the remaining dry ingredients. Thoroughly mix the two bowls together.
3. Pour the batter into the loaf tin, then bake in the oven for 55 minutes.

TIP Different herbs work well too. Oregano is delicious!

20.5g	3.6g	0.5g	0.7g	11g
Total fat	Saturates	Salt	Sugar	Protein

Quinoa & buckwheat loaf

By Jenny Tschiesche (www.lunchboxdoctor.com)

GF SF DF V

Serves **8** | *Prep* **15 mins** |
Cook **1 hr 10 mins** | *Calories* **258** *(per serving)*

300g (10½oz) quinoa, soaked in 300ml (10fl oz) water for at least 6 hours – top up with more water if the quinoa soaks the water up too quickly

2 tbsp honey

2 large free-range eggs

165ml (5¾fl oz) water

130g (4½oz) buckwheat flour

45g (1½oz) ground flaxseeds

2 tsp salt

2½ tsp gluten-free baking powder

1. Preheat the oven to 180°C/Gas Mark 4. Line a 900g (2lb) loaf tin with parchment paper.
2. Drain and rinse the quinoa. Blend the quinoa, honey and eggs to a paste in a food processor. Add water and blend again.
3. Add the buckwheat flour, ground flaxseeds, salt and baking powder and process again. Pour the mixture into the loaf tin then bake in the oven for 40 minutes.
4. Reduce the heat to 160°C/Gas Mark 2½ and bake for a further 30 minutes.
5. Remove from the oven, leave to cool, then remove from the tin and serve.

5.8g	1g	1g	4.9g	10g
Total fat	Saturates	Salt	Sugar	Protein

Banana bread with chia seeds

GF DF V

Serves **8-10** | *Prep* **20 mins** | *Cook* **1 hr** | *Calories* **404** *(per serving)*

140g (5oz) gluten-free plain flour mix

140g (5oz) brown rice flour

40g (1½oz) gluten-free rolled oats

½ tsp xanthan gum

1 tsp gluten-free baking powder

1 tsp bicarbonate of soda

a pinch of salt

150g (5oz) vegan margarine, softened

125g (4½oz) caster sugar

2 large free-range eggs

3 tbsp almond milk

1 tsp vanilla extract

4 medium bananas, very ripe, mashed

1 large banana, peeled, split in half

100g (3½oz) chia seeds

1. Preheat the oven to 180°C/Gas Mark 4. Grease and line the base and sides of a 900g (2lb) loaf tin with greaseproof paper.
2. Combine the flour mix, brown rice flour, oats, xanthan gum, baking powder, bicarbonate of soda and salt in a large mixing bowl, stirring well.
3. Beat together the margarine and sugar in a separate bowl until pale and creamy. Beat in the eggs, one by one, then the almond milk, vanilla extract and mashed bananas.
4. Add the chia seeds to the dry ingredients, then stir into the banana mixture in two additions, until a slightly lumpy batter comes together. Do not to over-mix.
5. Spoon the batter into the loaf tin and tap on a work surface. Top with the split banana, cut-side facing up, then bake for about 1 hour until golden and risen on top; a skewer inserted into the centre should come out clean. Remove from the oven and leave to cool on a wire rack before turning out, slicing and serving.

19.7g	3.9g	0.4g	20.2g	7g
Total fat	Saturates	Salt	Sugar	Protein

Cheese and thyme bread

GF DF V

Makes **8 mini loaves** | *Prep* **25 mins** *plus proving* | *Cook* **30-40 mins** | *Calories* **288** *(per loaf)*

140g (5oz) cornflour

80g (3oz) potato flour, plus extra for dusting

75g (2½oz) brown rice flour

65g (2¼oz) golden flaxseeds, ground

2 tsp gluten-free baking powder

1 tsp salt

1 tsp xanthan gum

2 tbsp caster sugar

2¼ tsp active dry yeast

110g (4oz) dairy-free hard cheese, grated

a small bunch of thyme, leaves only

500ml (18fl oz) lukewarm water

2 large free-range eggs, at room temperature

2 tbsp dairy-free margarine, melted, plus extra for brushing

vegetable oil, for greasing

1. Combine the cornflour, potato flour, brown rice flour, ground flaxseeds, salt, xanthan gum, baking powder, sugar, yeast, cheese and thyme in a large mixing bowl. Whisk briefly until combined, then create a well in the centre.
2. Whisk together the water, eggs and margarine in a jug and add to the well in the dry ingredients. Start to bring together the wet and dry ingredients until the mixture starts to form a rough dough. Turn out onto a lightly floured surface and knead until smooth, about 5 minutes.
3. Divide the dough into eight pieces and shape into mini loaf tins. Cover loosely with oiled clingfilm and leave to rise at room temperature until doubled in size, about 1 hour.
4. Preheat the oven to 220°C/Gas Mark 7.
5. Once the dough has risen, brush the tops with vegan margarine and bake for 10 minutes, before reducing the oven to 180°C/Gas Mark 4 and baking for a further 20-30 minutes until the breads are golden-brown. Remove from the oven and leave to cool on a wire rack.

11.7g	3.5g	0.7g	3.7g	10.3g
Total fat	Saturates	Salt	Sugar	Protein

Defeciencies from a DAIRY-FREE DIET (AND HOW TO COMBAT THEM)

Scientist Michelle Kickham looks at how to get all the nutrients your body needs without relying on dairy sources...

Dairy is a somewhat staple source of nutrients in the average diet; and for good reason. It's high in protein, provides your body with an abundance of essential vitamins and minerals and is also pretty easy on the coin-purse!

However, if you are one of the many now avoiding dairy products, due to either a dietary issue or for ethical reasons, you may find yourself lacking in these vital nutrients and running the risk of developing bone and muscle degradation, among other things.

Here I've laid out the top three deficiencies commonly seen in dairy-free diets, along with some tips on how to combat them to ensure you're diet fulfils your body's needs and doesn't result in you breaking a bone next time you trip up the stairs (admit it; we all do this!).

Protein

Dairy-based products such as yoghurt, cheese and milk are some of the main sources of protein in the average diet. Protein is vital for muscle growth, cell repair and metabolic regulation. It is particularly important for teenagers and the elderly to support growth and limit muscle degradation.

If dairy is eliminated from your diet, protein intake can become a bit of an issue. However, there are many alternatives you can easily integrate into your diet to ensure your body is as strong as your will-power to avoid frozen yoghurt (and that's saying something!)

COMBAT IT Meat, fish and eggs are the holy grail of protein sources for anybody following a dairy-free diet. However, if you're following a vegan or vegetarian diet things get a little trickier, but with a few tweaks here and there it's easily done.

Legumes such as beans, peas, lentils and soybeans are terrific sources of protein that can be added to salads, soups and even into vegan burgers and sausages (such as Dee's Vegan Range). It's not all about the beans though (we all know what happens when we overdo the bean intake!) so be sure to include protein-rich grains such as quinoa, brown rice and oats into your diet as well.

In addition, vegan protein powders are excellent sources of protein that are easily blended into your morning smoothie.

Calcium

The biggest selling point of dairy-based products is their exceptionally high calcium content; with up to 35% of your recommended daily intake in just one serving of yoghurt.

We all know how important calcium is for strong bones and healthy teeth, but it's also vital for muscle contractions, blood clotting (the ones that prevent you bleeding from a paper cut – not the deadly blood clots!) and regulation of your heart rate. Clearly, calcium deficiency is not to be taken lightly and can lead to osteoporosis (weakening of the bones) and other health defects.

COMBAT IT Calcium isn't exclusively produced by cows; it doesn't judge! There are plenty of other sources that can be included in anybody's diet whether you're a meat-eater or vegan. Leafy greens like broccoli, spinach and kale are excellent calcium sources along with almonds, sunflower seeds and even chickpeas. If you can stand the taste, sardines are also quite high in calcium, but let's be honest, they taste pretty bad. I'd stick with the leafy greens, but if this doesn't fulfil your calcium needs there are plenty of calcium supplements available that will provide you not only with your RDA of calcium but also Vitamin D3 - calcium's best friend!

Zinc & Phosphorous

Dairy is rich in zinc and phosphorous; two very important minerals in your diet that are often neglected when following a dairy-free diet. Zinc is essential for efficient energy metabolism, nerve function and immunity, while phosphorous is required for the formation of healthy bones and teeth.

Following a dairy-free diet can result in zinc and phosphorous deficiency not only due to the limited sources of them in a dairy-free diet, but also because no-one really thinks about them; they're neglected! Deficiencies in either of these minerals can result in poor immune function, nerve and muscle pain, osteoporosis and even impairments of the senses (visual, taste and smell). So if you're following a dairy-free diet be sure to show these two guys some love because what's the point in eating a cupcake if you can't even taste it!

COMBAT IT If you're a meat-eater, hitting your recommended daily requirement of zinc and phosphorous won't be an issue, as meat is a plentiful source of both minerals.

If you're also following a meat-free diet, then the best bet is to pack your diet full of lentils, chickpeas, pumpkin seeds and sesame seeds, which not only top up your zinc and phosphorous tanks, but also bump up your protein and B-vitamin intake; killing two birds with one stone!

Take home message

IT DOESN'T HAVE TO BE A MAJOR ISSUE

There are risks of dietary deficiencies when adhering to any elimination diet (one where an entire food group is removed) and dairy is no exception. Protein, calcium and minerals such as zinc, phosphorous and many others are often lacking in a dairy-free diet, and which can lead to brittle bones, muscle damage and metabolic impairment.

If you remove a major source of nutrients from your diet (in this case, dairy) you must ensure you are obtaining them from alternative sources. Simply swapping your cereal for a protein shake or throwing some leafy greens and almonds into your next stir-fry is an easy (and tasty!) way to provide your body with all of the ingredients for a strong,

Free-from advice Ask the experts

Do you need help with your free-from cooking, or do you have a nutritional query? Email your question to nick.gregory@anthem-publishing.com

Q I am lactose intolerant, should I be worried about casein?

Casein is a protein found mainly in dairy products, so if you are avoiding all dairy products then your chances of consuming casein are low, but be cautious as some other foods also contain casein. Be wary when a product says lactose-free, as it may not be casein-free. When you go out for a meal to a restaurant, make sure your food is not cooked in butter, which will have traces of casein in.

You don't have to worry about not having casein in your diet, as there are plenty of other foods available where you can get the necessary amount of protein from.

LISA ROUKIN

Q My boyfriend has just been diagnosed with coeliac disease. Where do I start!?

Don't panic! Coeliac disease is certainly more serious than a mild gluten intolerance, but there are now so many gluten-free products available that you should be able to adjust to his new diagnosis without too much upheaval.

Coeliac disease means that coming into contact with any gluten can cause damage to the delicate lining of the intestines, resulting in uncomfortable digestive symptoms like diarrhoea, wind, constipation, pain, cramping and bloating and, in some cases, nausea and vomiting. Due to the 'blunting' of the small finger-like projections that line the intestine called 'villi', the disease also limits the body's ability to absorb nutrients from food.

In terms of what you can eat, the main foods to avoid are obvious – wheat-based products like bread, pasta and cereal – but there are lots of other foods containing gluten that may not be so obvious; ingredients like 'dextrin', 'brown rice syrup', 'hydrolysed vegetable protein', so ensure food is certified if buying pre-packaged.

Sticking to real, unprocessed whole foods is a nutritional win-win, but if that's not always practical, make friends with the 'Free-From' aisle in the supermarket, where you'll find plenty of GF alternatives to your boyfriend's fave foods. These days restaurants are more aware of gluten too and most have GF options

on the menu – if you're not sure, then check ahead online.

Finally, to be extra vigilant, look out for bath and body products that may be hiding gluten as it's commonly used as a thickener. If he is particularly sensitive, you might also like to consider using a gluten-free make up range - Green People cover all bases. Medications and supplements can also be culprits so always check the label, and finally another rather bizarre one is stamps and envelopes! Opt for self-sticking to be on the safe side.

For more guidance on living with coeliac disease have a look at the info at www.coeliac.org.uk.

BECKY GRAHAM

Q What are the potential repercussions of eating gluten when living with coeliac disease?

It can be devastating to be told you'll never eat gluten again. Upon hearing this, most coeliacs go through the recognised 5 stages of grief:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

The first four stages leave coeliacs vulnerable to eating gluten again. This could be:

- Pretending you don't have it
- Feeling resentful when cakes appear in the office and having one anyway
- Deciding you'll only eat it when you go out
- Getting upset and using foods with gluten as a source of comfort.

It's easy to assume that pain or other symptoms (such as diarrhoea or weight loss) are an indicator for whether gluten has affected your body. The truth is, it's a lot more complex than that. There are long-term issues that include osteoporosis, complications in pregnancy, anaemia and bowel cancer. Since none of these are likely to happen after a 'cheat' day, you might think it's okay to have a bite of normal pizza or to drink a pint of ale at your local pub.

But the effects of eating gluten are harmful and have different outcomes for each Coeliac. It's extremely unwise to opt for the short-term gain of eating gluten (whether for practicality or out of frustration).

The final stage of acceptance is the only sensible option, which means total abstinence from gluten no matter what. To achieve a happy and healthy lifestyle, you may find it useful to join an online support group such as Coeliacs in the UK on Facebook.

ALI WALSH

OUR EXPERTS

Ali Walsh
Ali Walsh has been a Coeliac for twenty years. She started her award-winning business The Local Bakehouse to provide delicious gluten-free cakes and cake decorating courses. A regular on BBC radio, Ali also writes a blog giving factual advice, recipes and videos to make life a little bit easier. Find out more at www.thelocalbakehouse.com

Lisa Roukin
Chef, teacher and writer
Lisa, author of *My Relationship with Food* has as her main focus the desire to develop gluten- and wheat-free recipes. She runs her own business teaching private cookery lessons and demonstrations, based around her healthy way of eating. She has cooked live on BBC Radio, and was a finalist on Gordon Ramsay's *The F Word*. She is also a blogger for the Huffington Post and provides gluten-free recipes to Ocado.
www.myrelationshipwithfood.com

Becky Graham
Becky is a nutritional therapist based at the renowned Institute for Optimum Nutrition in Richmond, London. She is trained in Functional Medicine, which uses a personalised approach to nutrition working with a wide range of conditions from stress and low energy to digestive or hormonal imbalances. As well as working with clients on an individual basis, Becky works with large companies to support health and well-being initiatives.
www.healthyhedonist.co.uk

My free-from life...

Lisa Satur

Aspiring baker turns adversity into opportunity to bring her passion to the public forum...

I am 24 years old and was born with a number of medical problems that required a great deal of treatment in my first years of life. Of these, swallowing difficulties associated with severe reflux, was a significant issue. I could not feed normally for the first two or three years of my life and my dietary needs were a nightmare for my parents.

When I did start eating normally there were a number of foods that suited me most, like light pastries and cakes. The drink that suited me until my late teenage years was milk. As the years have gone on I have been able to enjoy other foods and have developed an ability to eat and tolerate most foods, but banana remains on the blacklist.

From the age of seven my chosen career was a baker, seemingly improbable due to my physical disabilities. Nevertheless, after finishing school, I pursued a catering course at sixth form college. I completed the first year, but as the course was aimed at training personnel for work in professional kitchens, an unrealistic goal for me, I reluctantly left.

I was left, in my later teenage years, unemployed. Despite sending out numerous job applications, all were unsuccessful. Meanwhile my mum and I used to bake cakes at home for us as a family to enjoy, passing the time and exercising my passion. We discussed whether it would be a possible to bake and sell my cakes, but I wasn't quite sure anyone would enjoy my cakes sufficiently to buy them. Nevertheless, we tried out my tray bake cakes on members of my dad's amateur orchestra and they proved to be a hit. This was just a single tray bake once a week, but a small and positive outcome.

Adapting to new demands

Around about this time I started to develop a new medical problem, which was devastating. I was 21 years old and I had developed severe gastrointestinal disturbance, in particular diarrhoea, that was frequent and uncontrollable. I was investigated at the local hospital for gluten and lactose intolerance.

While I was being investigated we tried to live a normal life by adapting to the demands of a diet that was gluten and lactose-free. This proved to be a task that was far from easy. I remember taking my Grandma out for a meal that did not contain either gluten or milk – it was almost impossible.

I was diagnosed as having very severe lactose intolerance. My mum and I researched the foods that did not contain lactose, only to find that almost every kind of food imaginable contains it: crisps, margarine, soup, cakes, pies, chocolate, etc.

Establishing a normal daily diet was a mammoth of a task.

Following the first experience of café or restaurant food, there were many almost universally distressing, traumatic and disappointing experiences that followed. Starters frequently contained cream, the mains' sauces were milk-based and desserts to this day remain an unimaginative combination of meringue, fruit salad and sorbet. Yet one my holidays abroad proved this did not need to be the case. The resort we stayed at provided a full and varied menu.

Establishing a normal daily diet was a mammoth of a task...

From small acorns...

Although it was initially hard going, I considered using this experience in a positive way. I adapted my cake recipes to be lactose-free and I experimented selling my cakes at church on Sunday, which proved successful. We then explored marketing lactose-free cakes to local cafés. Some wanted them, but many also wanted gluten-free cakes so I started adding these to my repertoire.

As I started getting regular orders I got help from the government scheme supporting small businesses. While this is not as yet a big concern, it has a positive look to the future.

I now have a good understanding of how to manage the lactose-free diet and remain hopeful that restaurants will start to address the needs of lactose-free clients, as this problem affects a wide range of people. I am hopeful in the future they will create more interesting menus that are truly lactose-free.

The alternative to the 'M' word.

Milk, that is. With 50% of our daily intake of Omega 3 per glass.

Delicious & Completely Allergen Free.

Available in Tesco, Waitrose, Sainsbury's, Asda, Morrisons and at GOODHEMPFOOD.COM

GLUTEN FREE

HIGH IN FIBRE & VITAMINS

LOW SUGAR
THANK GOODNESS

SHARE YOUR FABULOUS CREATIONS USING #MYNUTRIBREX
@NUTRIBREX

GLUTEN FREE NEVER LOOKED SO GOOD

Bye-bye boring breakfasts! Our super tasty, Gluten Free cereal is made from wholegrain Sorghum and packed full of all the scrummy goodness needed to make your breakfast worth showing off. So get creative, get making, get sharing and get eating because Nutri-Brex is here to make your breakfasts dreamy!

FIND US IN THE FREE FROM AISLE

Nutri-Brex is perfect for Vegans and has the thumbs up from Coeliac UK