



## GLUTEN-FREE MUFFINS

Makes 10 - 12 muffins

1 cup (250 ml) freshly liquidised apple juice\* or freshly-squeezed orange juice or plain yoghurt

2 large organic or free-range eggs

¼ cup (60ml) purified water

¼ cup (60ml) olive, cold pressed sunflower or macadamia nut oil

¼ cup (60 ml) honey and tapioca syrup

1 cup (250 ml) chickpea flour

½ cup (125 ml) rice, sorghum or buckwheat flour

1 tsp (5 m) bicarbonate of soda

2 tsp (10 ml) ground cinnamon or mixed spice

½ tsp (2 ml) unrefined salt

¼ cup (60 ml) rice bran (leave out if stone-ground flours are used)

1. Pre-heat oven to 180°C.
2. Mix the apple/orange juice or yoghurt, eggs, water, oil and honey well.
3. Sift the dry ingredients into the liquid ingredients then add the rice bran. Mix well.
4. Place the number of muffins you require into greased muffin moulds and bake for 15 to 20 minutes or until a skewer comes out clean. The muffin must spring back when touched with your finger.

### Note

\*For best results when baking these gluten-free muffins, make your own apple juice by liquidising 1 fresh apple, chopped, with ¾ cup purified water.



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## GLUTEN-FREE MUFFINS (CONTINUED)

Make up the muffin mix and store in an airtight container in the free baked products do not have a good shelf life.  
Alternatively freeze the baked muffins and thaw at room temperature.

*We highly recommend adding one of the following variations to the gluten-free muffins:*

Add ½ cup of any of the following or a combination: seeds, like chia, sunflower, pumpkin, sesame and/or flax seeds; chopped nuts of choice; raisins; chopped dates; cranberries; blueberries or desiccated coconut.

Add 2 mashed bananas or 1 cup grated apple

Add ½ cup finely grated carrot, ½ cup grated apple or grated pineapple and ¼ cup chopped pecan nuts

Add ½ cup finely grated carrot and ½ cup finely grated baby marrow.



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## GLUTEN-FREE CHOCOLATE CAKE OR BROWNIES

Makes one cake or 24 brownies

- $\frac{3}{4}$  cup (200 ml) honey
- $\frac{1}{2}$  cup (125 ml) olive, cold pressed sunflower or macadamia nut oil
- $\frac{1}{2}$  cup (125 ml) purified water
- 3 organic or free-range eggs
- 1 cup (250ml) buttermilk or amasi
- $\frac{1}{2}$  tsp (2ml) pure vanilla extract
- $\frac{1}{2}$  cup (125ml) stone-ground sorghum or buckwheat flour
- $\frac{1}{2}$  cup (125 ml) stone-ground brown rice flour,
- $\frac{3}{4}$  cup (200 ml) chickpea flour
- $\frac{1}{2}$  cup (125ml) cacao or carob powder (or 200ml for a rich chocolate cake)
- 1 tsp (5 ml) bicarbonate of soda
- $\frac{1}{4}$  tsp (1ml) unrefined salt
- $\frac{1}{2}$  cup (125 ml) chopped walnuts or pecan nuts (optional)

1. Pre-heat the oven to 180°C
2. Mix the honey, oil, water, eggs, buttermilk and vanilla together in large bowl.
3. Sift all the dry ingredients into the liquid ingredients then mix well using a balloon whisk or hand blender.
4. Fold in nuts if desired.
5. Place the mixture in two (20 cm) round greased cake tins and bake for 20 - 35 minutes or place mixture in one (25 cm) round cake tin and bake for 35 – 45 minutes, or until a skewer comes out clean. Let the cake cool before removing from the tin.
6. If making chocolate squares, place the mixture into a rectangular pan (28cm x 18cm) and bake for 20 to 35 minutes. Cut into squares once the cake has cooled down.



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## GLUTEN-FREE CHOCOLATE CAKE OR BROWNIES (CONTINUED)

### Variations

**Wheat-free:** replace the sorghum or buckwheat flour with oat or barley flour.

### Topping options

**Chocolate or carob cream topping:** 1 cup dark organic chocolate or carob chunks, peeled into shavings and then melted by stirring constantly over a bowl of boiling water. Allow to cool, then add ¼ cup freshly-squeezed orange juice or 1 cup crème fraîche, sour cream or thick cream and whisk well. Pour over the cooled cake or spread on with a knife dipped in water.

**Orange and chocolate syrup:** ¼ cup fresh orange juice, ¼ cup honey, ¼ cup raw cacao or carob powder, pinch of salt. Mix using a balloon whisk and pour over the still hot chocolate cake, which has been pricked all over.



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## CHICKPEA FUDGE

Indulge in this special treat in moderation. Makes 12 pieces of fudge.

150 ml ghee or butter

½ cups (375 ml) chickpea flour

¼ cup (60 ml) honey or tapioca syrup or honey

½ tsp (2 ml) ground cardamom or 6 cardamom pods - remove small black seeds from pod and grind.

2 tbsp (30 ml) ground almonds or cashew nuts\*

¼ tsp (1 ml) nutmeg

¼ tsp (1 ml) liquorice root powder (optional)

1. Melt ghee or butter in heavy based saucepan on medium heat.
2. Add chickpea flour and continually stir on medium heat until golden – It takes about 10 minutes. Be careful not to allow the flour to become too brown or dark.
3. Remove from heat and add the honey or tapioca syrup, spices and nuts, stirring well. Cool until it can be handled, about 15 - 20 minutes.
4. Roll into small balls, about 3cm in diameter. Alternatively, roll or press chickpea mix onto a sheet of baking paper (2.5cm thickness) and cut into squares.
5. Arrange the fudge on a plate and set aside for an hour, or until they are hard, before serving. Set them in a refrigerator in warm weather.

### Note

\* Grind your nuts in a pestle and mortar or coffee grinder.



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