White Chocolate & Blueberry Blondies (GF)

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INGREDIENTS

- 75g caster sugar
- 175g light brown sugar
- 3 large eggs
- 200g salted butter
- 200g white chocolate
- 1/2 tsp vanilla bean paste
- 280g GF plain flour
- 1 tsp xanthum gum
- 150g blueberry conserve
- 50g blueberries
- 50g white chocolate chips

METHOD

1. Grease and line a 9inch square baking tin, pre heat the oven to 175 degrees fan
2. Whisk the eggs and butter until pale, light and fluffy
3. Combine the butter and white chocolate in a microwavable bowl and melt in 30 second bursts in the microwave
4. Pour the melted white chocolate and butter slowly into the egg mixture, keep the whisk running continuously, add the vanilla bean paste.
5. Add the GF flour and xanthum gum in a separate bowl and mix.
6. Fold the flour into the batter gently until fully combined.

7. Add the blueberry conserve and chocolate chips and lightly fold
8. Pour into the baking tin and bake for 25 minutes, it will have a slight wobble
9. Remove from oven, leave in the tin on a wire rack to cool completely. Once cool pop into the fridge for 6 hours, preferably overnight.
10. Slice and enjoy!



ENJOY! If you opt for White Chocolate and Blueberry GF Blondies, please do share a picture!

Salted Caramel Cupcakes (GF)

Salted Caramel Cupcakes (GF)

INGREDIENTS

CUPCAKE

- 200g salted butter
- 275g light brown sugar
- 3 tsp baking powder
- 225g GF plain flour
- 25g cocoa powder
- 50g soured cream
- 2 large eggs
- 1/2 tsp vanilla bean paste
- 100g caramel (I use carnation)
- pinch of salt
- 25g cocoa powder
- 1 tsp xanthum gum
- 50g condensed milk

ICING

- 275g butter
- 200g condensed milk
- 200g icing sugar
- 100g caramel
- 1/2 tsp salt

METHOD

1. Line a muffin tin with 12 deep cupcake cases and preheat the oven to 170 degrees fan.
2. Beat together your salted butter and sugar until light and fluffy. Add in the eggs, beat until combined.
3. Add the soured cream, vanilla bean paste, caramel, condensed milk and salt and beat until completely combined
4. In a separate bowl mix together the GF flour, xanthum gum and cocoa powder
5. Add the dry ingredients into the wet and beat again until just combined.
6. Spoon equal amounts into each cupcake case and bake for 22-25 minutes or until a skewer comes out clean.
7. Remove from oven, leave in the tin for 10 minutes then

transfer to a wire rack to cool completely.

8. To make the icing, combine the butter and icing sugar, beat until pale
9. Add in the condensed milk, caramel and salt and beat again until thick and creamy in consistency, pop in the fridge for 10 minutes before piping
10. Pipe onto the cooled cupcakes



ENJOY! If you opt for Salted Caramel Cupcakes (GF) Cupcakes, please do share a picture!

Ruby, Lime & Coconut Polenta Cupcakes (GF)

Ruby, Lime & Coconut Polenta

Cupcakes (GF)

INGREDIENTS

CUPCAKE

- 250g salted butter
- 150g golden caster sugar
- 100g light brown sugar
- 100g ruby chocolate, melted and cooled
- 100g polenta
- 50g desiccated coconut
- 1 tsp baking powder
- 150g coconut flour
- 4 large eggs
- 1 lime, zest and juice
- Pink food colouring (optional)

ICING

- 250g full fat cream cheese
- 250g mascarpone
- 100g white chocolate, melted and cooled
- 1/2 lime, juice and zest

METHOD

1. Line a muffin tin with 12 deep cupcake cases and preheat the oven to 160 degrees fan.
2. Beat together your salted butter and sugars until light and fluffy. Add in the eggs, beat until combined.
3. Add the ruby chocolate and lime juice and zest and beat again until mixed thoroughly
4. In a separate bowl mix together the polenta, desiccated coconut, coconut flour, baking powder
5. Add the dry ingredients into the wet and beat again until just combined. If you are using it at this stage add a couple of drops of the pink food colouring and

beat again until smooth

6. Spoon equal amounts into each cupcake case and bake for 22-25 minutes or until a skewer comes out clean.
7. Remove from oven, leave in the tin for 10 minutes then transfer to a wire rack to cool completely.
8. To make the icing, combine the cream cheese, mascarpone, white chocolate and lime juice in a bowl and beat until thick, creamy and holds its shape, pop in the fridge for 10 minutes before piping
9. Pipe onto the cooled cupcakes and top with the lime zest

Notes:

If you can't find ruby chocolate (I got mine from Tesco) just sub for white chocolate instead, it will give a slight different flavour but will be equally yummy!



ENJOY! If you opt for Ruby, Lime & Coconut Polenta Cupcakes, please do share a picture!

Almond Milk

Almond Milk

A lower calorie delicious alternative to shop bought almond milk, surprisingly very easy to make and lasts 4-5 days in the fridge. The only piece of equipment I would strongly suggest buying is a nut straining bag, Amazon do a great one that comes with a litre glass bottle to hold the finished milk in too for £9.99 – here

Makes 1 litre

INGREDIENTS

115g raw almonds
1 litre of filtered water
2 dates pitted
1 tsp vanilla extract

METHOD

1. Soak the almonds in a bowl of cold water overnight

2. Strain the almonds and then add to a food processor along with the dates and 250ml of water, blitz for a few minutes until a smooth consistency is formed.

3. Add in the rest of the water (depending on how thick or runny you would like it, vary the amount of water you add to a consistency that works for you) and pulse again

4. Pass the liquid through a nut straining bag over a bowl, squeeze out as much juice as you can. You can either discard the pulp that remains or use in other baking

5. Pour into your litre bottle and its ready to use, how easy is that!

Variations – you could add a little cocoa powder to make chocolate almond milk, or berries to make a fruity version (I like a cup of mine chilled and blended with blueberries and raspberries for a wonderful summer vegan milkshake). If you like it a little sweeter then just add another date.

TOTAL CALORIES PER 50ml – 31 cals. Macro split Fat 2.1g Carbs 2.7g Protein 0.9g



ENJOY! If you opt for Almond Milk, please do share a picture!

Coconut Banana Loaf with Dark Chocolate & Peanut Butter

Icing

Coconut Banana Loaf with Dark Chocolate & Peanut Butter Icing

This is one that caters for Vegans and non Vegans alike, a super tasty, quick loaf cake that you can also make gluten free by changing out the plain flour for gluten free flour too.

INGREDIENTS

Loaf Cake
4 ripe bananas mashed
Zest of 1 lemon
65ml sunflower oil
115ml maple syrup
1 tsp vanilla bean paste
320g plain flour
45g desiccated coconut
1tsp baking powder
1 tsp bicarbonate of soda
Pinch of salt
Handful of toasted coconut flakes

Butter Icing
250g vegan icing
500g icing sugar
4 heaped tablespoons peanut butter
100g melted dark vegan chocolate

METHOD

1. Preheat your oven to 180 degrees fan and line a loaf tin with greaseproof paper
2. In stand mixer add the mashed banana, lemon zest, sunflower oil, syrup and vanilla bean paste and beat until all combined (this can be done in a large bowl with an electric hand mixer)
3. Pour in the flour, desiccated coconut, baking powder, bicarb and salt and beat again, this will be a little lumpy and that is ok!
4. Pour into the loaf tin and bake for 35-40mins, check a skewer comes out clean. Cool in the tin once cooked for 10 mins then turn out on to a cooling rack and cool completely.
5. To make the butter icing combine all the ingredients and beat until a smooth butter consistency is formed.
6. Spread or pipe on to the top of the loaf cake and decorate with coconut flakes.

Enjoy!



ENJOY! If you opt for Coconut Banana Loaf with Dark Chocolate & Peanut Butter Icing, please do share a picture!