



# Gluten-Free Guru

— recipes —

**ALL OUR RECIPES ARE EASY AND DELICIOUS... AND THEY'RE GLUTEN-FREE TOO!**



# Indian Sweets

These Desi Dessert recipes are our family favourites.

Tried & tested, easy, authentic, and full of irresistible sweetness!

# GFG Badam Pak



## INGREDIENTS

- 250g butter
- 300g almonds
- 250g GFG plain flour
- Saffron – few strands
- ¼ tsp ground cardamon
- ¼ tsp ground nutmeg
- 3 heaped tsp finely ground edible gum
- 375g sweet, condensed milk

## METHOD

1. Sauté butter and GFG flour until golden brown and you get a nutty, buttery fragrance – keep stirring
2. Add the ground edible gum and stir – you may hear little popping sounds – few seconds – keep stirring
3. Add spices
4. Add ground almonds – stir
5. Turn off the heat, add the sweet milk – stir till well-mixed
6. Pour into a tray. Pat down with spoon and the bottom of a glass to give a smooth finish
7. Cut into squares or diamond shape and let it cool

# GFG Cardamon and Saffron Cake



## INGREDIENTS

- 175g soft butter
- 175g golden caster sugar
- 3 large eggs
- 225g GFG self-raising flour
- 1 tsp baking powder
- 2 tsp vanilla extract
- 3 or 4 strands saffron
- ½ tsp ground cardamon
- 2 drops yellow food colour

## GARNISH

- Crushed dried rose petals
- Slivered almonds and pistachios

## METHOD

1. Preheat oven to 160-180°C and grease tin.
2. Put butter, sugar, eggs and flour in a bowl. Beat with wooden spoon for 2-3 minutes, then with an electric beater for 1-2 minutes.
3. Stir in spices with a wooden spoon.
4. Mix in baking powder and vanilla essence and food colour.
5. Tip mixture into tin and garnish with silvered almonds and pistachios.
6. Bake for 50 minutes.
7. Sprinkle few crushed rose petals

# GFG Chotli



## INGREDIENTS

- 300g GFG plain baking flour
- 1 tsp baking powder
- 3 tbs oil
- Pinch salt
- Warm water to bind

## FOR SYRUP

- ½ cup water
- ½ cup sugar
- Pinch golden yellow food colour

## METHOD

1. Mix flour and baking powder.
2. Rub in oil.
3. Bind with warm water to form soft dough.
4. Leave the dough to rest for 30 mins
5. Roll out into a rectangle. Cut into thin strips ( 5mm wide) . Join three and make a plait.
6. Deep fry on low heat till golden brown. Will crisp on cooling.

## FOR SYRUP

1. Add sugar and food colour to water.
2. Simmer on low heat till sticky consistency.
3. Cool a bit and then dip fried plaits in the syrup.
4. Decorate with chopped nuts.
5. Enjoy with tea.

# GFG Gajjar Ka Halwa



## INGREDIENTS

- 2 lbs carrots, peeled and grated
- 1 tbs GFG plain baking flour
- ½ can (175ml) evaporated milk
- ½ cup sugar
- ½ cup whole milk
- ½ cup (4oz) butter
- ½ tsp cardamom
- ¼ tsp nutmeg
- 8-10 strands saffron
- 15-20 raisins or sultana

## GARNISH

- sliced almonds
- pistachios
- white poppy seeds
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## METHOD

1. Melt butter in pot, add carrots, cook on medium heat for 20-30 min, stirring continuously until butter starts to separate.
2. Add remaining ingredients and continue cooking on low heat for approx 1 hour, stirring continuously making sure it does not stick to bottom.
3. Mixture will dry out and look caramelized.
4. Garnish with slivered almonds, pistachios and white poppy seeds. Serve warm.

# GFG Gulab Jamuns



## INGREDIENTS

- 1 bowl mawa/khoya grated (recipe below)
- 4 tbs GFG plain baking flour
- 1 tsp baking powder
- 1 tsp heaped ground cardamon
- ¼ tsp ground nutmeg
- 2 tbs plain yogurt
- 1 tbs ghee
- 2 tbs milk (optional)
- Oil or ghee for frying

## FOR MAWA/KHOYA

- 3 cups skim milk powder
- ¼ cup evaporated milk
- 1 tbs ghee

## FOR SUGAR SYRUP

- 3 cups sugar
- 2 cups water
- 8-10 strands saffron
- Small pinch yellow food colour

## METHOD

1. Melt butter in pot, add carrots, cook on medium heat for 20-30 min, stirring continuously until butter starts to separate.
2. Add remaining ingredients and continue cooking on low heat for approx 1 hour, stirring continuously making sure it does not stick to bottom.
3. Mixture will dry out and look caramelized.
4. Garnish with slivered almonds, pistachios and white poppy seeds. Serve warm.

# Kheer



## INGREDIENTS

- 2 ltr milk
- ¼ cup basmati rice
- 1 tbs tapioca pearls (medium size)
- Approx ½ cup sugar (to taste)
- ¼ cup evaporated milk
- 20-25 raisins
- ½ to 1 tsp ground cardamon
- ¼ tsp ground nutmeg
- 8-10 strands saffron
- Slivered almonds and pistachios for garnish

## METHOD

1. Rinse the rice and soak in warm water for 5-10 minutes.
2. Boil milk on low heat, add rice and continue cooking on low heat, stirring continuously to prevent the rice from sticking to the bottom.
3. Once the rice is well cooked, add sugar. Whisk the mixture to break up the rice. Simmer.
4. Add cardamon, nutmeg, raisins and tapioca pearls. Continue cooking on low heat till the tapioca pearls are cooked while stirring continuously.
5. Lastly, add evaporated milk and saffron, cook for 2-3 minutes and remove from heat.
6. Cool by placing the pot in a cold bath. Stir continuously to avoid any lumps.
7. Garnish with slivered almonds and pistachios. Serve chilled in summer and warm in winter.

# Easy Mango Kulfi



## INGREDIENTS

- 1 ltr double cream
- 1 ltr mango pulp
- 1 ltr can condensed milk
- 1 ltr can evaporated milk
- 1 tsp ground cardamom (optional)

## METHOD

1. Whip double cream and then mix all ingredients properly together and freeze overnight.
2. Decorate with tropical fruit before serving (sliced mango, lychees etc)

# Easy Saffron Kulfi



## INGREDIENTS

- 1 ltr double cream
- 500 ml evaporated milk
- 500 ml condensed milk
- Saffron strands
- Green cardamom powder
- 2 drops yellow food colour

## METHOD

1. Whip double cream, blend with other ingredients and pour into a dish.
2. Sprinkle slivered pistachios, almonds and saffron strands.
3. Freeze overnight.
4. Cut squares and serve.

# Traditional Kulfi



## INGREDIENTS

- 1 ltr milk
- 4 tbs sugar
- Saffron strands
- 2 drops yellow food colour
- Green cardamom powder
- 4 tsp chopped cashew nuts
- 1 tbs slivered and blanched pistachios

## METHOD

1. Heat the milk in a saucepan, cook on medium heat, stirring continually till it is reduced to a quarter of its original quantity.
2. Remove the milk from the heat and stir in sugar until completely dissolved.
3. Add saffron, yellow colour, cardamom powder and nuts
4. Fill the mixture into kulfi containers and seal with lids.
5. Place moulds in freezer for 1.5 hours and allow mixture to set.
6. Remove lids and serve immediately.

# GFG Crunchy Mitha Thepla/Mathri



## INGREDIENTS

- 3 cup GFG plain flour
- 1 cup whipping cream
- 1 mug plus 1 tbs brown sugar
- Freshly ground cardamom
- Oil for frying
- Sesame seeds for garnish

## METHOD

1. Mix cream, brown sugar and cardamon and stir well.
2. Add GFG flour.
3. Knead lightly till dough binds.
4. Divide into 3 portions.
5. Roll out each portion flat, less than 1cm thick.
6. Sprinkle sesame seeds.
7. Flatten lightly.
8. Cut diamond shapes or round, depending on preference.
9. Deep fry till evenly browned.
10. Enjoy with tea.

# GFG Qahwa and Walnut Cake

(Arabic coffee cake)



## INGREDIENTS

- 200g GFG self-raising flour
- 200g soft butter
- 200g soft light brown sugar
- 2 tsp baking powder
- 2 tsp coffee essence
- ¼ tsp ground cardamon
- 4 eggs
- Chopped walnuts

## FROSTING

- 325g icing sugar
- 75g butter
- 2 tbs water
- 25g caster sugar
- 2 tsp coffee essence
- Pinch of cardamon

## METHOD

1. Preheat oven to 175°C and grease baking tin.
2. Sift GFG flour into a bowl.
3. Add butter, soft brown sugar, coffee essence and eggs.
4. Beat well until soft and smooth.
5. Fold in GFG flour, baking powder and walnuts, and spices.
6. Pour into tin and leave in oven for 30-50 mins.
7. Take out and leave to cool.

## FOR FROSTING

1. Sift icing sugar into a bowl.
2. Measure butter, water, sugar and coffee essence into a pan on low heat, stir until sugar has dissolved and butter melted.
3. Pour into icing sugar, add spice
4. Beat well.
5. Spread on cool cake and leave to set.
6. Decorate with walnuts.

# GF Rice Seviyan



## INGREDIENTS

- 2 tbs butter
- 200g roasted rice vermicelli
- 2½ cup hot water with pinch orange food colour dissolved
- 3 or 4 strands of saffron soaked in a little hot water
- ½ cup sugar
- 2 tbs golden raisins
- 10 sliced almonds
- 10 slivered pistachios
- ¼ tsp freshly ground cardamom

## METHOD

1. Heat the butter in a large saucepan.
2. Add the rice vermicelli and fry until golden brown.
3. Add the water and the saffron, mix and cook for a few minutes.
4. Add the sugar, raisins, nuts and cardamom.
5. Turn the heat down and cook for a further 30 minutes until all liquid is absorbed.

For another option, cook in 3 cups milk, add extra dried fruit and nuts for a seviyan kheer.

# GFG Shakar Para



## INGREDIENTS

- 270g GFG plain baking flour
- 4 tbs ghee/oil
- Pinch of salt
- 80 ml warm water
- 100g sugar
- Oil for frying
- 10 sliced almonds
- 10 slivered pistachios
- ¼ tsp freshly ground cardamom

## METHOD

1. Mix salt and flour
2. Rub in ghee/oil
3. Warm the water, dissolve sugar in it
4. Add sugar water to flour mixture to form dough
5. Let dough rest for 20-30 minutes
6. Roll out and cut into small squares
7. Fry till golden brown
8. Should become crispy as they cool down
9. Dust lightly with sieved icing sugar to decorate
10. Store in airtight container

# Christmas Recipes

Make your festive celebrations extra special with these delicious recipes

# GFG Xmas Butter Cookies



## INGREDIENTS

- 200g butter
- 100g icing sugar
- ¼ tsp nutmeg
- ¼ tsp cinnamon
- 180g GFG self-raising flour

## METHOD

1. Beat butter and sugar to make a smooth mixture.
2. Add flour and vanilla essence.
3. Make a soft dough.
4. Roll into balls, flatten to make round shapes.
5. Lay on baking tray, leave space for spreading.
6. Bake at 180C for 15 mins.

# Xmas Chocolate Date Truffles



## INGREDIENTS

- 80g soaked dates
- ½ cup almond flour
- 1 tbs GFG plain flour
- ¼ cup pumpkin seeds
- A splash of maple syrup
- Pinch of salt
- 3 tbs cocoa

## FOR THE COATING

- 2 pieces of cooking chocolate
- Desiccated coconut for decoration

## METHOD

1. Blitz all ingredients in a blender.
2. Pour out mixture onto greaseproof paper.
3. Make round balls.
4. Dip in melted chocolate (melted in a steel container in boiling water), milk or dark.
5. Set on greaseproof paper – chocolate should set quite quickly.
6. Garnish with a sprinkle of desiccated coconut.

# GFG Baked Cinnamon Donuts



## INGREDIENTS

- 210g GFG self-raising flour
- ¼ tsp salt
- 25g white sugar
- 120 ml milk
- 2 eggs
- 120 ml oil
- ¼ tsp cinnamon and icing sugar

## METHOD

1. Preheat the oven to 220C. Lightly grease 2 donut baking trays.
2. In a medium-sized mixing bowl, beat together the oil and sugar until smooth.
3. Add the eggs, beating to combine.
4. Stir the flour into the oil mixture alternately with the milk, beginning and ending with the flour and making sure everything is thoroughly combined.
5. The batter will be fairly thick; when you draw your spatula through the batter, it will leave a furrow.
6. Spoon the batter into the lightly greased doughnut pans, filling the wells to about 3/4.
7. Bake donuts for 10 minutes.
8. Remove them from the oven, and wait 5 to 7 minutes before turning them out of the pans onto a rack.
9. Dust lightly with icing sugar and cinnamon through a sieve.

# GFG Christmas Date Log



## INGREDIENTS

- 1 cup whipping cream
- 1 tbs cocoa
- 1 lb chopped pitted dates
- 2 cups mixed unsalted, roasted almonds
- ½ cup desiccated coconut
- 1 tbs GFG plain baking flour

## METHOD

1. Combine GFG flour, whipping cream, cocoa and dates in saucepan on medium heat.
2. Cook stirring constantly until thick and shiny (about 10 minutes) when patted with a spoon.
3. Stir in nuts and cook for 5 minutes.
4. Cool the mixture to a temperature you can handle and divide into two.
5. Make 2 rolls (2-inches in diameter each) by rolling each half on a flat surface.
6. Roll each log in the desiccated coconut.
7. Wrap separately in foil and freeze for at least 5 hours.
8. Remove logs from the freezer about 10 minutes before you want to serve.
9. Cut ¾-inch thick slices.

A good idea to take as a gift if you need to take a pre-prepared gluten-free dessert for a friend, and leave as a roll.

# GFG Delicious Christmas Fruit Ring



## INGREDIENTS

- 300g GFG plain baking flour
- 3 tsp instant yeast
- 50g sugar
- 200g butter

## FILLING

- 100g raisins / sultanas
- 100g mixed nuts
- 50g butter
- 50g brown sugar
- Mixed spice / cinnamon

## METHOD

1. Mix flour yeast sugar
2. Rub in butter
3. Bind with warm water
4. Rest for an hour
5. Roll out into rectangle
6. Spread filling evenly
7. Roll like a Swiss roll. Shape into a circle then slice half way through (12 pieces)
8. Bake at 180 C for 20-30 mins till golden brown

## FILLING

1. Cream butter and sugar
2. Add remaining ingredients
3. Mix together

# GFG Christmas Mince Pies



## INGREDIENTS

- 225g cold butter
- 350g GFG plain baking flour
- 100g caster sugar
- Pinch salt
- Cold water

## MINCEMEAT

Use ready-made — or:

- 100g raisins / sultanas
- 50g mixed nuts
- 50g butter
- 50g brown sugar
- Brandy
- Cinnamon / mixed tea spice

## METHOD

1. Rub butter into flour
2. Add sugar and salt
3. Combine into ball (add 1-2 tablespoons of cold water if required)
4. Heat oven to 200°C
5. Roll out dough. Using cutter, cut and place into patty tins
6. Spoon mincemeat mixture into pies
7. Cut star shapes from remaining pastry and place on top of pies
8. Brush with egg and bake for 15-20 minutes or until golden brown.

## FOR THE MINCEMEAT

1. Cream butter and sugar
2. Add chopped nuts and raisins
3. Add cinnamon/ mixed tea spice
4. Add brandy

# Christmas Sticky Toffee Pudding



## INGREDIENTS

- 300g GFG plain baking flour
- 255g pitted dates
- 240 ml boiling water
- 75g butter (room temperature)
- 145g brown sugar
- 1 tsp vanilla extract
- 2 eggs
- 35g molasses
- 1 tsp baking soda
- 1 tsp baking powder
- Pinch salt

## MINCEMEAT

- 120 ml heavy whipped cream
- 115g butter
- 160g brown sugar
- Pinch salt
- 1 tsp vanilla essence

## METHOD

1. Soak dates in boiling water for 15 minutes, then blend
2. Cream butter and sugar, add eggs, vanilla extract and molasses
3. Add sifted GFG plain flour and baking powder
4. Add baking soda to dates mixture
5. Add dates to cake batter. Fold in gently
6. Pour into pan or muffin tin.
7. Bake for 15-20 minutes

## TOFFEE SAUCE

1. Mix all ingredients in a saucepan and heat gently until sugar has dissolved and mixture is smooth and slightly thickened
2. Spoon over ready cake and decorate with walnuts
3. Serve with ice cream or on its own

# SWEET RECIPES

Try some of these easy Gluten-free Guru recipes to indulge your sweet tooth.

## GFG Healthy Biscotti



Oven: 200C



20 Minutes

### INGREDIENTS

- 70g butter
- 12g coconut sugar
- 1 egg
- 1 tsp vanilla essence
- 170g GFG Self-raising flour
- 30g chopped almonds
- 30g cranberries
- ½ tsp baking powder
- 20g melted chocolate chips to drizzle
- Dash of cinnamon

### METHOD

1. In a bowl mix together the GFG flour, sugar, and baking powder.
2. Add the eggs and, butter and vanilla essence. Mix.
3. Add the cranberries, almonds and chocolate chips. Mix until everything is well combined.
4. Transfer the dough into a floured surface and knead gently until it comes together  
if The dough is a bit sticky sprinkle with a bit more flour.
5. Shape the dough into a rectangle and place it on a baking tray.
6. Brush the dough with egg wash and bake for 20 minutes on 200C.
7. Remove from the oven and let it cool completely.

**Servings: 250g**

# GFG Protein Bites



Oven: 150C



25-30 Minutes

## INGREDIENTS

- 125g butter
- 2 eggs
- 40g sugar
- 115g solid cooking chocolate (1)
- 75g solid cooking chocolate (2)
  - ½ tsp vanilla essence
- 25g GFG plain baking flour
  - 25g pea protein
  - 30g cocoa

## METHOD

1. Melt butter and chocolate (1)
2. Whisk eggs and sugar, add to melted butter chocolate mixture
3. Add vanilla essence
4. Stir in flour, protein powder, cocoa
5. Chop cooking chocolate (2) in chunks and add to mixture
6. Lay in baking tray and bake at 150C for 25-30mins
7. Remove and cut into thick, rectangle slices

# Banana Walnut Cake



Oven: 180C



30-50 Minutes

## INGREDIENTS

- 200g GFG Self-raising flour
  - 200g butter
  - 200g brown sugar
  - 2 tsp baking powder
- 3 ripe medium-sized bananas
  - 4 eggs
  - Chopped walnuts

## METHOD

1. Beat butter, brown sugar, 2 bananas and eggs until smooth mixture
2. Fold in baking powder and walnuts, and mashed up last banana.
3. Pour into tin and bake in pre heated oven at 180C for 30-50 mins.

# GFG Delicious Chocolate Birthday Cake



Oven: 180C



30 Minutes

## INGREDIENTS

- 170g sugar
- 226g GFG self-raising flour
  - 65g cocoa
  - 1 tsp salt
- 150 ml cooking oil
- 4 large eggs
- 400ml water
- 2 tsp vanilla essence

## METHOD

1. Whisk together oil, water, eggs, and vanilla essence until ingredients form a smooth mixture
2. Add dry ingredients one at a time ie salt, flour, cocoa, sugar and blend well
3. Pour in baking dish and bake in pre heated oven at 180C for 30 mins

# Blueberry Cake



Oven: 180C



50 Minutes

## INGREDIENTS

- 175g Soft butter
- 175g sugar
- 3 Large eggs
- 225g GFG Self-raising flour
- 1 tsp baking powder
- 2 tsp vanilla extract
- 142ml carton soured cream
- 3 x 125g punnets of blueberries

## For the icing:

- 200g Philadelphia cheese
- 100g Icing sugar

## METHOD

1. Beat butter, sugar, eggs and flour with wooden spoon for 2-3 minutes, then with electric beater for 1-2 minutes.
2. Add 4 tbsp soured cream, beat, stir in blue berries with a wooden spoon.
3. Add baking powder and vanilla essence.
4. Bake for 50 minutes at 180C

### Icing

1. Beat soft cheese with icing sugar and remaining soured cream in a bowl until smooth and creamy.
2. Spread on the cake.
3. Scatter remaining blueberries on the cake.

**Store in the fridge.**

# GFG Chocolate Cake



Oven: 180C



30 Minutes

## INGREDIENTS

- 6 eggs stored at room temperature
  - 2tsp vanilla essence
  - 2tbs cocoa
- 200g GFG self-raising flour
  - 200g soft butter
  - 175g sugar

## METHOD

1. Beat sugar and butter until creamy, add eggs, flour, vanilla essence and cocoa.
2. Bake at 180C for an hour in pre heated oven, or when a knife comes out clear.
3. Cool, and store in air tight container.

**Servings: 1kg cake**

# Coffee and Walnut Cake



 Oven: 180C  30-50 Minutes

## INGREDIENTS

- 200g GFG Self-raising flour
  - 200g butter
  - 200g brown sugar
  - 2 tsp baking powder
- ¼ cup strong black coffee
  - 4 eggs
- Chopped walnuts

## For the icing:

- 325g Icing sugar
  - 75g butter
  - 2 tbs water
- 25g caster sugar
- 2 tsp coffee essence

## METHOD

1. Sift flour into a bowl, add butter, brown sugar, coffee and eggs.
2. Beat well until smooth.
3. Fold in baking powder and walnuts.
4. Pour into tin and bake in pre heated oven at 180C for 30-50 mins.
5. When ready, remove and leave to cool.

## Icing

1. Sift icing sugar into a bowl.
2. Melt butter, water, sugar and coffee essence lightly in a pan, until sugar dissolved and butter melted.
3. Pour into icing sugar, mix.
4. Spread on cake and leave to set.
5. Decorate with walnuts.

# GFG Plain Cake



Oven: 180C



60 Minutes

## INGREDIENTS

- 3 eggs stored at room temperature
  - 2tsp vanilla essence
- 150g GFG self-raising flour
  - 150g soft butter
  - 120g sugar

## METHOD

1. Beat sugar and butter until creamy, add eggs, flour, vanilla essence.
2. Bake at 180C for an hour in pre heated oven, or when a knife comes out clear.
3. Cool, and store in air tight container.

**Servings:** 1/2 kg cake

# Butter Cookies



## INGREDIENTS

- 200g butter
- 100g icing sugar
- 1 tsp vanilla
- 180g GFG self-raising flour

## METHOD

1. Beat butter and sugar to make a smooth mixture
2. Add flour and vanilla essence
3. Make a soft dough.
4. Roll into balls, flatten to make round shapes
5. Lay on baking tray, leave space for spreading
6. Bake at 180°C for 15 mins

# GFG Chewy Double Chocolate Chip Cookies



Oven: 180C



15 Minutes

## INGREDIENTS

- 140g brown sugar
- 115g butter
- 1 egg
- 145g GFG Plain Baking flour
- 15g cocoa
- ½ tsp soda bicarbonate
- 100g chocolate chips
- 1tsp vanilla essence

## METHOD

1. Stir together all the ingredients in a large bowl and rub in butter and eggs.
2. Chill the dough for 20mins in the freezer.
3. Pre-heat oven to 200C and grease two baking sheets.
4. Take a scoop of dough with a teaspoon, roll into a ball and then flatten into a cookie.  
Leave room for spreading.
5. Bake for 8-10mins.
6. Store in air tight container.

# GFG Double Chocolate Chip Cookies



 Oven: 200C  8-10 Minutes

## INGREDIENTS

- 125g brown sugar
  - 115g butter
    - 1 egg
- 145g GFG Plain Baking flour
  - 20g cocoa
- ½ tsp soda bicarbonate
- 85g chocolate chips

## METHOD

1. Stir together all the ingredients in a large bowl and rub in butter and eggs.
2. Chill the dough for 20mins in the freezer.
3. Pre-heat oven to 200C and grease two baking sheets.
4. Take a scoop of dough with a teaspoon, roll into a ball and then flatten into a cookie.  
Leave room for spreading.
5. Bake for 8-10mins.
6. Store in air tight container.

**Servings: 10**

# GFG Plain Chocolate Chip Cookies



## INGREDIENTS

- 90g brown sugar
- 150g butter
- 1 egg
- 225g GFG plain baking flour
- ½ tsp soda bicarbonate
- ¼ tsp salt
- 100g chocolate chips
- 2 tsp vanilla essence

## METHOD

1. Stir together all the ingredients in a large bowl and rub in butter and eggs.
2. Chill the dough for 20 mins in the freezer.
3. Pre-heat oven to 200°C and grease two baking sheets.
4. Take a scoop of dough with a teaspoon, roll into a ball and then flatten into a cookie. Leave room for spreading.
5. Bake for 8-10 mins.
6. Store in air tight container.

# GFG Oat and Cranberry Cookies



 Oven: 175C  10-15 Minutes

## INGREDIENTS

- 100g cranberries
- 210g GFG Self raising flour
- 1 tsp soda bicarbonate
  - 1 tsp cinnamon
  - ½ tsp salt
  - 118g butter
- 100g coconut or brown sugar
  - 60ml milk
- 2 tsp vanilla essence
- 150g rolled oats

## METHOD

1. Combine flour, soda bicarbonate, cinnamon and salt
2. Beat sugar and butter
3. Add to flour mixture
4. Add milk and vanilla, flour, oats, cranberries
5. Make a soft dough
6. Scoop out enough for a cookie, roll into a ball
7. Refrigerate for 30mins
8. Flatten balls, lay on baking tray.
9. Bake at 175C for 10-15 mins
10. Cool
11. Store in air tight container

# GFG Apple Crumble



Oven: 140C



45 Minutes

## INGREDIENTS

- 3-4 medium apples
- 1 tbs brown sugar
- 1 lemon squeezed
- Pinch of cinnamon
  - For the crumble
- 70g GFG Plain baking flour
  - 80g oats
- 50g cold butter diced
  - 15g sugar

## METHOD

1. Peel, core and slice apples into chunks. Place fruit in ovenproof dish and sprinkle sugar, cinnamon, and drizzle lemon juice.
2. To make the crumble combine flour, sugar, oats and rub in butter lightly with fingers to make coarse bread crumbs.
3. Sprinkle crumble over the fruit.
4. Bake for 45 minutes in oven at 180C until fruit is tender.
5. Leave to cool for a few minutes before serving with ice cream or custard

# GFG Cupcakes



 Oven: 170C  10-12 Minutes

## INGREDIENTS

- 150g GFG plain flour
  - 150g butter
  - 120g sugar
  - 3 eggs
- 1 ½ tsp vanilla essence

## METHOD

1. Beat butter and sugar
2. Add eggs one at a time
3. Add sugar and vanilla
4. Mix well
5. Bake in pre heated oven at 170C for 10-12 minutes

# GFG Baked Donuts



 Oven: 220C  10 Minutes

## INGREDIENTS

- 210g GFG self-raising flour
  - ¼ tsp salt
- 25g white sugar
- 120 ml milk
- 2 eggs
- 120ml oil

## METHOD

1. Preheat the oven to 220C. Lightly grease 2 donut baking trays.
2. In a medium-sized mixing bowl, beat together the oil and sugar until smooth.
3. Add the eggs, beating to combine.
4. Stir the flour into the oil mixture alternately with the milk, beginning and ending with the flour and making sure everything is thoroughly combined.
5. The batter will be fairly thick; when you draw your spatula through the batter, it will leave a furrow.
6. Spoon the batter into the lightly greased doughnut pans, filling the wells to about 3/4  
Bake donuts for 10 minutes.
7. Remove them from the oven, and wait 5 to 7 minutes before turning them out of the pans onto a rack.
8. Dust lightly with icing sugar through a sieve or glaze with melted chocolate

# GFG Maple Syrup Granola



## INGREDIENTS

- 2 tbsp vegetable oil
- 125ml maple syrup
- 2 tbsp honey
- 1 tsp vanilla essence
- 300g rolled oats
- 30g GFG plain flour
- 50g sunflower seeds
- 4 tbsp sesame seeds
- 50g pumpkin seeds
- 100g flaked almonds
- 100g dried cranberries
- 50g desiccated coconut

## METHOD

1. Heat oven to 150°C.
2. Mix the oil, maple syrup, honey and vanilla in a large bowl.
3. Tip in all the remaining ingredients, except the cranberries and coconut, and mix well.
4. Tip the granola onto two baking sheets and spread evenly
5. Bake for 15 mins, then mix in the coconut and cranberries, and bake for a further 10-15 mins.
6. Remove and scrape onto a flat tray to cool.
7. Serve with cold milk or yogurt.

The granola can be stored in an airtight container for up to a month.

# GFG Honey Granola



## INGREDIENTS


- 350g oats
- 1 tbs GFG plain baking flour
- 80g mixed chopped nuts eg cashews, almonds
- Pinch of salt
- Pinch of cinnamon
- ½ cup oil
- ¼ cup honey
- 4 tbs vanilla essence
- 50g pumpkin seeds
- 50g sesame seeds
- 80g cranberries
- 80g chocolate chips

## METHOD

1. Stir together all ingredients.
2. Lay on baking tray.
3. Bake for an hour at 180°C until light golden brown.
4. Leave to cool completely.
5. Store in air tight container.

# GFG Vegan Mocha Mini Loaves



 Oven: 180C  10 Minutes

## INGREDIENTS

- 150 GFG Self raising flour
- 220g Brown sugar or coconut sugar
  - 65g Cocoa
  - 1tsp soda bicarbonate
  - 1 ½ tsp vanilla essence
  - 1/3 cup cooking oil
  - 1 tsp white vinegar
- ¼ tsp instant coffee dissolved in 10 ml hot water
  - 1 cup cold water

## METHOD

1. Mix all ingredients together.
2. Pour into greased mini loaf tray
3. Bake at 180C for 10 minutes
4. Remove, cool
5. Store in air tight container
6. Consume within 3 days

**Servings: 8 mini loaves**

# GFG Pancakes



## INGREDIENTS

- 270g GFG pancake flour
- 50g sugar
- 4 tsp baking powder
- ½ tsp salt
- 2 eggs
- 2½ cup milk
- 50g melted butter
- 2 tsp vanilla essence

## METHOD

1. Mix flour, sugar, baking powder and salt. Leave.
2. Mix milk, melted butter and vanilla essence
3. Add milk mixture to dry ingredients and stir well to form a smooth batter
4. Batter should be thick, but pourable
5. Leave batter for 10 mins
6. Make pancakes on low to medium heat

Servings: 15 pancakes

# GFG Vegan Chocolate Fudge Pudding



Oven: 180C



50 Minutes

## INGREDIENTS

### Cake Mixture

- 120g GFG self raising flour
  - 1 tbs cocoa
  - 60g coconut sugar
  - 1 tbs cooking oil
- Few drops vanilla essence
- 100 ml almond milk

### Sauce

- 90g coconut sugar
  - 1tbs cocoa
- 250ml boiling water

## METHOD

1. Mix together all the ingredients and stir well to make a smooth cake mixture.
2. Pour into oven proof baking dish
3. In a separate bowl dissolve the sugar and cocoa in boiling water for the sauce, stir well
4. Pour sauce on top of cake mixture
5. Bake in pre heated oven at 180C for 50 mins
6. Serve hot with ice cream

# GFG Chocolate Shortbread Dips



 Oven: 200C  8- 10 Minutes

## INGREDIENTS

- 100g butter
- 50g sugar
- 125g GFG self-raising flour
- 2 tbs cocoa
- 1 tbs milk
- **For dip**
- 100g chocolate chips

## METHOD

1. Stir together all the ingredients in a large bowl and rub in butter.
2. Chill the soft dough for 20mins in the freezer.
3. Pre-heat oven to 200C and grease two baking sheets.
4. Take a scoop of dough with a teaspoon, roll into a ball and then flatten into a cookie.  
Leave room for spreading.
5. Bake for 8-10mins. Remove and leave aside to cool.
6. Melt chocolate chips in microwave for 10 seconds. Dip the cookies in one by one.
7. Leave aside to cool.
8. Store in air tight container.

**Servings: 12**

# SAVOURY RECIPES

Use the GFG range of flours to make these easy recipes for dishes with a distinctive Kenyan flavour.  
There are delicious vegetarian and vegan options too.

## GFG Burger Patties



🕒 60 Minutes

### INGREDIENTS

- ½ kg minced beef or lamb  
(makes approx. 12)
- 2 medium onions finely chopped
- 2 slices GFG bread (see separate recipe)
- 4 green chillies finely chopped (optional)
- 4 sprigs coriander finely chopped
  - 1 tsp ginger paste
  - 1 tsp garlic paste
  - 2 eggs beaten
  - Salt/pepper
  - Oil for frying

### METHOD

1. Mix all ingredients except oil and leave for 1hr
2. Shape into 12 equal patties
3. Pan fry with constant temperature, until evenly brown
4. Serve with GFG burger buns and chips

**Servings: 12 patties**

# GFG Crispy Chicken Nuggets



 Oven: 200C  30 Minutes

## INGREDIENTS

- 100g GFG plain flour
- 150g cornflakes
  - 2 eggs
- 4-6 chicken breasts cut into chunks  
(makes approx 30)
  - Olive Oil
  - Salt/pepper


## METHOD

1. Put cornflakes in a bag and crush with rolling pin, leave aside in large bowl.
2. Lightly beat eggs.
3. Season flour with salt and pepper.
4. Dredge chicken pieces in GFG flour, egg and cornflakes.
5. Place on baking sheet and drizzle olive oil.
6. Bake at 200C or pan fry.
7. Serve hot with oven chips

**Servings: 30 nuggets**

# GFG Roast Chicken



 Oven: 180C

## INGREDIENTS

- 1 chicken cut into pieces
- 6-8 potatoes skinned and sliced
- 2-3 tbsp tomato sauce
- 2-3 tbs GFG plain flour
  - 1 tsp oil
- 1 tbsp vinegar
- ½ lemon squeezed
- 1 tsp garlic
- Salt/pepper

## METHOD

1. Mix GFG flour, salt, pepper, vinegar, lemon juice, garlic and make a paste with a little water
2. Coat chicken pieces and place in oven proof dish
3. Arrange potatoes around the chicken and drizzle oil
4. Bake at 180C until cooked

# GFG Fish Fingers



 Oven: 220C  20 Minutes

## INGREDIENTS

- 300g white fish skinned
  - 1 eggs
  - 2 tbs milk
- 50 g seasoned cornflakes
  - ½ lemon squeezed
  - 1 tbs olive oil
- 50g seasoned cornflour with alt/pepper

## Topping

- 75g cornflakes or 75g GFG plain flour

## METHOD

1. Marinate fish in olive oil and lemon juice for 20mins
2. Combine egg and milk in bowl
3. Chop fish into equally sized chunks or fingers
4. Dip chunks into cornflour, then egg, then GFG plain flour or cornflakes
5. Place on baking sheet
6. Bake at 220C after drizzling with a little olive oil, for 20mins or pan fry
7. Serve with chips

# GFG Mince Cutlets



 Oven: 220C  20 Minutes

## INGREDIENTS

- ½ kg minced beef or lamb  
(makes approx. 12)
- 2 medium onions finely chopped
- 2 slices GFG bread (see separate recipe)
- 4 green chillies finely chopped (optional)
- 4 sprigs coriander finely chopped
  - 1 tsp ginger paste
  - 1 tsp garlic paste
- 1 tomato finely chopped
  - 2 eggs beaten
  - Salt/pepper
  - Oil for frying
- GFG plain flour or breadcrumbs

## METHOD

1. Mix all ingredients except oil and leave aside for 1hr
2. Shape into 12 equal patties
3. Coat with GFG plain flour or GFG breadcrumbs
4. Dip into beaten egg
5. Shallow pan fry with constant temperature, until evenly brown
6. Serve with chips, coconut chutney, coleslaw

**Servings: 12 cutlets**

# GFG Prawns in Batter



🕒 30 Minutes

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## INGREDIENTS

- 1kg prawns
- 3 cups plain GFG flour
  - 1 tsp garlic
  - 1 tsp oil
- 1tsp baking powder
  - 1 tsp vinegar
- ½ lemon squeezed
  - Salt/pepper
  - Oil for frying

## METHOD

1. Wash and dry prawns on kitchen towel
2. Marinate prawns in non metallic dish in salt, pepper, garlic and lemon juice for ½ hour
3. Add oil, vinegar, salt, pepper, baking powder to GFG flour, add water to make a runny batter
4. Leave batter to rise or ½ hour
5. Coat prawns in batter and deep fry in hot oil until golden brown
6. Serve with chilly sauce or mango coriander chutney

# BREADS AND NAAN

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## GFG Rustic Loaf



 Oven: 200C  10-50 Minutes

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### INGREDIENTS

- 300g GFG bread flour
- 1 ¼ tsp instant dried yeast
  - 2 tsp sugar
  - ¾ tsp salt
  - 3 tbs oil

### METHOD

1. Mix flour, salt, sugar and yeast
2. Rub in oil
3. Bind with warm water
4. Leave to rise for 1- 1.5 hours
5. Knead and shape into a ball and leave to rise again for 30 mins
6. Sprinkle with water and dust lightly with flour
7. Bake in pre heated oven at 200C for 10-15 mins until golden brown

# GFG Yeast-Free Bread



 Oven: 190C  15-20 Minutes

## INGREDIENTS

- 500g GFG Bread flour
- 4 tsp baking powder
- 5 tbs cooking oil
  - 1 tsp sugar
- 200 ml almond milk
  - 110ml water

## METHOD

1. Mix flour, salt and baking powder
2. Add oil
3. Bind with almond milk and water
4. Knead
5. Make a flat pancake, an inch thick
6. Scour it with a knife
7. Bake in pre heated oven at 190C for 15-20 mins

# Naan



🕒 30 Minutes

## INGREDIENTS

- 212g GFG chapati flour
  - 1 tsp BP
  - 2 tbs oil
  - 1 tsp salt
- ½ cup warm water

## METHOD

1. Add salt and baking powder to flour
2. Rub in oil
3. Bind with warm water
4. Leave dough to rest for 20mins
5. Roll into balls
6. Roll with rolling pin into flat round shapes
7. Cook on dry griddle, flipping once
8. Lightly spread butter once cooked
9. Serve hot with chicken tikka or paneer tikka
10. Can keep in fridge in air tight container and be served the next day

# GFG Puri



🕒 20 Minutes

## INGREDIENTS

- 1 cup GFG chapati flour
  - Salt
  - 1 tbs oil
  - Oil for frying

For spicy puri add ¼ turmeric, ¼ tsp red chilli powder

## METHOD

1. Mix and bind flour, oil and salt into a firm dough
2. Roll out into circles or use a cookie cutter
3. Deep fry in oil

# GFG Bread Crumbs



🔥 Oven: 190C 🕒 15-20 Minutes

## INGREDIENTS

- Bread

## METHOD

1. Toast bread until crispy
2. Break into chunks, whiz in food processor
3. If breadcrumbs seem damp, toast in medium oven (180C) for 5 mins

# Tortillas



🕒 20 Minutes

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## INGREDIENTS

- 200g GFG flour
- ½ tsp salt
- 2 tbs oil
- Warm water

## METHOD

1. Put flour into mixing bowl. Add salt and mix.
2. Add oil and rub in.
3. Add warm water and form a soft dough. It should not be sticky.
4. Let the dough rest for at least half an hour.
5. Roll into balls, about 60g each.
6. Roll into circles.
7. Brush frying pan with a little oil.
8. Dry roast on a frying pan on medium to high heat, flipping once
9. Cover with tea towel when ready.

# Chapatis

🕒 30 Minutes

## INGREDIENTS

- 200g GFG flour
- ½ tsp salt
- 2 tbs oil
- Warm water



## METHOD

1. Put flour into mixing bowl. Add salt and mix.
2. Add oil and rub in.
3. Add warm water and form a soft dough. It should not be sticky.
4. Let the dough rest for at least half an hour.
5. Roll into balls, about 60g each.
6. Roll into chapati.
7. Brush frying pan with a little oil.
8. Fry chapati on medium to high heat, flipping once.

# TIPS AND TRICKS

Try these Tips & Tricks from the Gluten-Free Guru for better gluten-free baking

## **Increase The Moisture**

Cooking with GFG flour may make your food a bit crumbly and dry. To fix this, try mixing equal parts of milk and yoghurt and add to your baking. It will make your final product deliciously moist.

## **Increase The Butter**

If you're following a wheat recipe and replacing wheat flour with GFG flour, then try increasing the butter content. This will add more moisture to your baking.

## **Increase The Protein**

If the recipe requires water, replacing some it with an egg will help with the structure of the final product. You can also try adding an egg to the wet ingredients.

## **Storage**

Ideally, you should store your GFG flours in the freezer. Remember to remove them a little time before baking to bring them back to room temperature.

## **Be Persistent!**

When baking from scratch, you may have some failure. Don't get discouraged! Keep going, and your GFG baking will get there!



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