

# Gluten Free & Vegan

C O O K B O O K

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*tips and advice on how to bake both gluten free  
and vegan*



REBECCA SMITH  
GLUTARAMA

# A BIT ABOUT ME FIRST



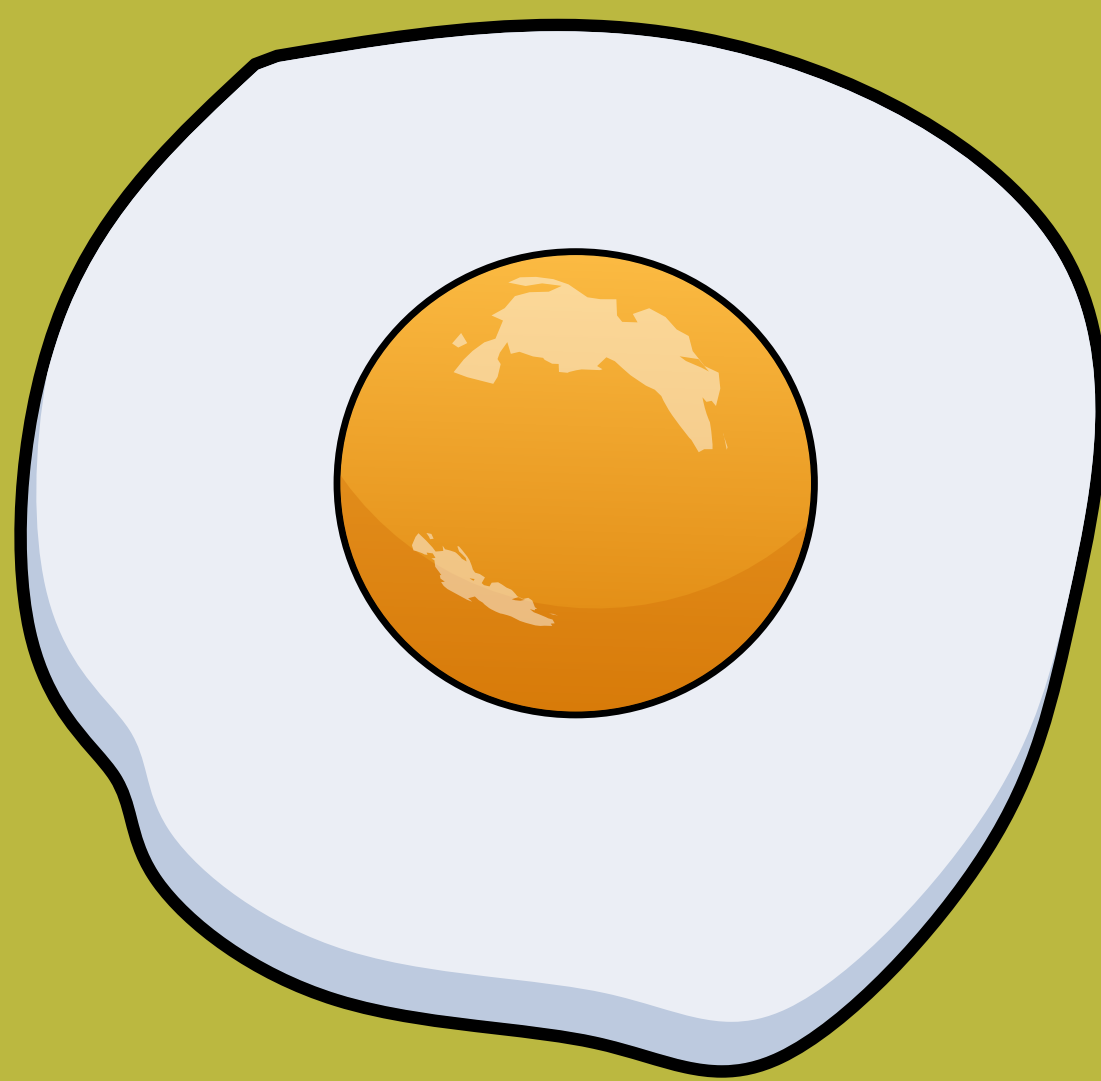
I am a mum to two amazing kids who between them have Coeliac Disease, Type 1 Diabetes and Autism.

Glutarama started back in 2015 as a bit of a hobby, something to keep me sane when I had to give up a 15 year career and a great excuse to bake - a lot!

In that time I've gotten pretty good at baking gluten free.. Plus in 2017 I cut out dairy and eggs as I could no longer tolerate them so many of my bakes are vegan too.

you can find me on Facebook, Twitter and Instagram as GLUTARAMA hope to see you around.

# HOW TO REPLACE EGGS IN BAKING



# EGG MADE FROM SEEDS

everything you need to know about what seeds are used  
and why without blinding you with science!



## CHIA SEEDS

I use a mix of both chia and flax seeds, why? Because I had a glut of both in my cupboard, so I blitzed them together in a blender and now have a tub of both. Chia seed has a different consistency when added to liquid. You end up with a frog-spawn texture as the seed plumps. The source for this glue-like swelling is soluble fibre and mucilage which together slow down digestion and help to prevent sugar spikes. This in turn makes you feel fuller for longer. They are also high in fibre, protein, Omega-3 and antioxidants. In fact 60% of the oil in chia seeds is Omega-3.

## FLAXSEED/LINSEED

Fun fact here, did you know they are the same? Well technically they're a big plant and a little plant but effectively the same thing. For those of you who are gardeners it's a bit like a tulip and a dwarf tulip. One (flaxseed) is taller and spindlier and the plant is mainly used to make material and ropes. The other (linseed) is the shorter plant and only used for its flower heads packed with tiny seeds. Like the chia, the flax seed is high in fibre but also substantially high in Lignan. Flaxseed appears to have less mucilage in its structure, this would explain the fact that a flax and water solution does not produce the glue-like texture as a 'chia egg' would. Which is why I've taken to add another ingredient to my bakes to create the binding agent necessary to replace egg and gluten.



Both seeds can be found in most supermarkets in the wellbeing isles and in online health stores such as Planet Organic and Buy Wholefoods Online

# EGG REPLACERS

not keen on the idea of using seeds to replace your eggs, then why not try these store bought egg replacer powders



## ORGRAN

this is a supermarket bought egg replacer that I used to use before I discovered the chia and flax egg replacements. It costs around £3 for 200g. The instructions are straight forward, and one box contains the equivalent to 66 eggs but with the following ingredients does not add a great deal of nutritional value; Potato Starch, Tapioca Starch, Raising Agent: Calcium Carbonate. Acidity Regulator: Citric Acid. Vegetable Gum (Stabiliser): Methylcellulose

Available in:

ASDA | WAITROSE | HOLLAND & BARRATT | and many online stores such as Planet Organix

## FREE & EASY

like the Orgran, this is easily prepared and can be bought in store for around £2.50 for 135g. It boasts 45 eggs worth of replacer in one tub and has less ingredients than Orgran; Potato Flour, Tapioca Flour, Cream of Tartar, Xanthan Gum, Methylcellulose

Available in:

ASDA

WAITROSE

HOLLAND & BARRATT

and many online stores such as Planet Organix



# EGG MADE FROM FRUIT

if you want to add fruit and moisture to your baking  
then try out these egg replacers



## BANANA

Banana – due to its naturally sticky flesh, the banana makes an excellent binder for vegan baking. The flavour can be recognised in the final bake so this often puts people off using it as an egg replacement. However, gluten free bakes can often look quite pale in contrast to their glutenous counterparts so by adding banana you get a warmer golden finish to bakes due to the high levels of naturally occurring sugars.

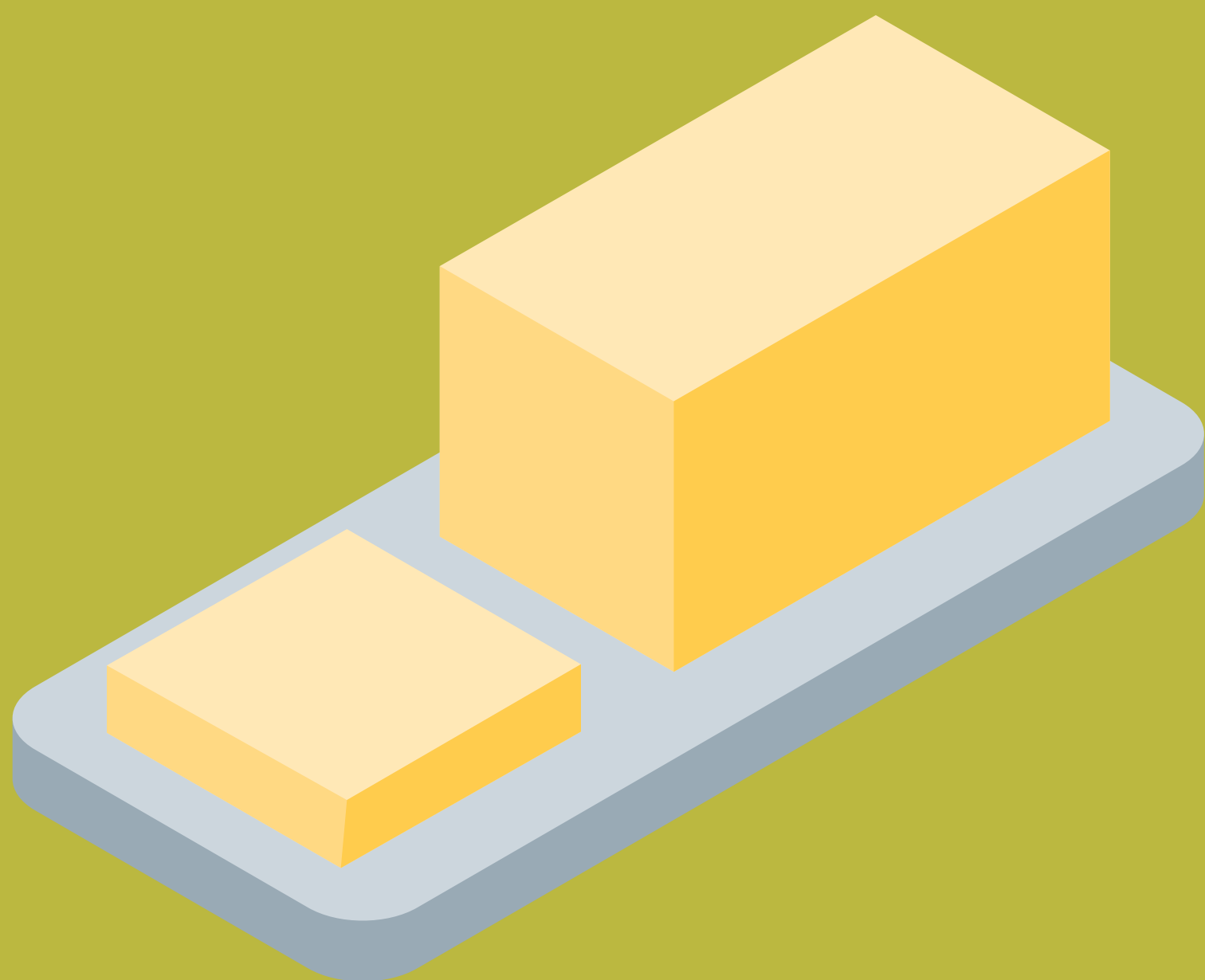
## APPLE

Apples make a great addition to gluten free baking as they add much needed moisture in some cases. If you plan to use this ingredient as an egg replacer then you'll need to stew it first. to do this I simply peel and core the apple and add it to a saucepan with a splash of water. Pop on the lid and heat until the apple has broken down into an apple sauce. You can use dessert apples (pictured) red or green, it doesn't matter or Bramley Cooking Apples but these will be tarter in flavour and possibly require additional sweetener.

To store I simply pour the stewed fruit in a sterilised jar and keep in the fridge. 50g of stewed apple equals 1 egg



# HOW TO REPLACE DAIRY IN BAKING



# ALTERNATIVES TO MILK

There are many milk alternatives on the market, the supermarkets can now dedicate almost a whole aisle to these alone



## SOYA, RICE, OAT

Finding a dairy free milk you like that is multipurpose can be a trial and error time. Ideally you want to find a milk alternative that goes well in baking, in a cup of tea and poured onto your cereal. Soya can be one such option (sweetened and unsweetened). Others may prefer rice or oat milks but of course be sure to check that the oat milk is indeed gluten free as many brands are not.

Something else to consider is checking to see if they are fortified with added calcium so you're not missing out.

## NUT

As I mentioned above the choice of milk alternative you use can be quite a personal preference.

If you like to think ethically and want to be kinder to the environment, then Almond Milk would be your best bet as it's proven to have the smallest carbon footprint. Otherwise, simply choose the milk alternative according to your dietary needs and taste buds. I prefer soya as it's cheap and creamier.

Other nut milks are

- Cashew
- Hazelnut
- Coconut (not strictly a nut)



# ALTERNATIVES TO BUTTER

if you want to add fruit and moisture to your baking  
then try out these egg replacers



## SOLID FATS

I have to be honest and say that I am a fan of Flora plant butter, its the closest thing I've found to behave like butter and you can also get it n salted and unsalted but here are some other solid fats. Note the white fats are excellent for adding to pastry but not as a straight swap for butter.

- Flora
- Stork
- Trex – white fat
- Crisp n Dry – white fat

## SPREADS

I have my own tub of Vitalite at home to spread on my sandwiches and bagels but of course you can use dairy free spreads to replace butter in baking. Please note that if using a spread for certain things, like a butter cream for example, you may need more dry ingredients to balance out the additional water element of a spread over a butter.

- Pure
- Vitalite

Both the solid fats and spreads can be found in

ASDA | WAITROSE | TESCO | SAINSBURY'S | HOLLAND  
&BARRATT



# ALTERNATIVES TO CREAM

if you want to add fruit and moisture to your baking  
then try out these egg replacers



## PLANT CREAMS

There are a couple of main contenders for vegan creams on the market. I used to get Alpro all the time but I've been impressed with Elmlea lately with their choice of single or double cream. There is also a squirty cream but this is less widely available, I know this to be in Morrisons or Asda.

- Food Heaven Whipped Spray Cream
- Elmlea Plant Based (single and double)
- Alpro Soya Cream

## COCONUT CREAM

To make a lovely thick and whipable cream your best bet is coconut milk.

To achieve the best results I'd recommend a tin of coconut milk that states it has 60% or more coconut extract in it.

Making the cream is easy. Simply open the tin and pour away the cloudy coconut water and keep the solid white fat. This can then be whipped with a little sugar or maple syrup to sweeten and is thick enough to add to trifles.



# BINDERS FOR GLUTEN FREE BAKING

Baking gluten free can lead to poorly structured cakes and bakes, make them vegan too and you lose an important binder - the egg. These are some binders I use in my baking and all can be bought on Amazon.



## XANTHAN GUM

Xanthan gum is probably a name you are familiar with if you've followed a gluten free diet for a while. Its used in the production of many foods and not just gluten free ones. It's actually made by fermenting sugars that are then dried out and turned to powder.

It's used to thicken and stabilise foods so in the case of gluten free it acts as a binding agent in place of the glue-like gluten. However, some people find it hard to digest.

## PSYLLIUM HUSK

I've used psyllium husks for a while now in my baking. I don't use it religiously and cakes are fine without it so don't feel you have to rush out and buy some. However, baked goods with psyllium husk powder in them do crumble less and hold their structure better. When making a flax/chia 'egg' I tend to add 1/2 teaspoon of psyllium husk powder to the 'egg' you'll instantly see the mixture thicken to a wallpaper paste consistency.

Be mindful that it does have a laxative quality. Also be sure to get the powder version and not just husks.



## GLUCOMANNAN

This is a new ingredient I've been trialling and I'm impressed but my goodness you don't need much of it. Adding just 1/4 of a teaspoon to your flax/chia 'egg' will thicken it up to the point you could stand your spoon upright in it.

The white powder comes from the Konjac tuber found in Asia. It's used as a bulk fibre and has health benefits for those with diabetes, constipation and high cholesterol.

personally I find the results equal to psyllium husk but I've not tried and tested this in control batches yet.



# IS VEGAN AND DAIRY FREE THE SAME?

NO! sorry to shout but many of you found my website due to dairy allergies and intolerances. Vegan does not mean it is 100% dairy free unless the labelling clearly states it is. Many vegan products have guidance to say that they are 'made in a factory that handles dairy' therefore you cannot trust the vegan marketing when it comes to special diets for CMPA or cow milk protein allergy or intolerances.

As you no doubt already do always check the labels for gluten and dairy, and not just during Veganuary. If it hasn't already, and your new to a gluten free diet, this will become a second nature to you.



# Gluten Free Veganuary Shopping List

## *Egg Replacements*

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- ☐ Ground Chia Seeds
- ☐ Ground Flax Seeds
- ☐ Orgran Egg Replacer
- ☐ Orgran Easy Egg ^
- ☐ Free and Easy Egg Replacer

## *Butter/Fat Replacements*

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- ☐ Vitalite
- ☐ Flora Plant Butters
- ☐ Pure
- ☐ Trex
- ☐ Crisp n Dry

## *Gluten Free Flours*

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- ☐ Doves Freee Blends
- ☐ Cassava Flour
- ☐ Free From Fairy Wholegrain
- ☐ Supermarket GF own brands
- ☐ Coconut Flour

## *Milk Replacements*

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- ☐ Soya Milk
- ☐ Almond Milk
- ☐ Rice Milk
- ☐ Coconut Milk
- ☐ Oat Milk

## *Cream Replacements*

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- ☐ Emlea Plant Creams
- ☐ Soya Creams
- ☐ Squirty Cream
- ☐ Tinned Coconut Milk

## *Binders*

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- ☐ Psyllium Husk Powder
- ☐ Xanthan Gum
- ☐ Glucomannan (Konjac)

^ not for baking, this makes scrambled eggs, omelette etc.



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# 15 GLUTEN FREE AND VEGAN RECIPES

# Vegan Chocolate Orange Cake

★★★★★  
4.88 from 8 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Superbly moist and the perfect addition to an afternoon tea table, this simple to make gluten free and vegan cake will have family coming back for more time and time again.

Course: Tea Time  
Cuisine: Free From - gluten and vegan  
Keyword: Chocolate, Dairy Free, Egg Free, Gluten Free, Orange, Vegan  
Servings: 8  
Calories: 339 kcal  
Author: Glutarama



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## Ingredients

- 200 g self raising gluten free flour
- 100 g golden caster sugar
- 50 g dairy free spread
- 40 g cocoa powder
- 2 heaped tsp ground chia seeds
- 150 ml soya milk
- juice and zest of one large orange leave a little zest back to decorate

### Chocolate Orange Icing

- 100 g dark chocolate melted
- 100 g icing sugar
- 50 g dairy free spread
- remaining zest of one orange

## Instructions

1. Pop the oven on to preheat at 200°C (180°C for fan ovens)
2. In a large mixing bowl add the caster sugar and dairy free spread and beat to combine.
3. Add the remaining ingredients; juice, chia seeds, cocoa powder, soya milk and flour. Take out any frustration on the cake batter and beat like crazy - this is a throw it in the bowl kind of recipe, my favourite kind!
4. Plop the cake batter into a prepared greased and lined tin, I used a loose bottom 7" cake tin on this occasion, an 8" tin will work just as well but you'll get a shallower cake that's all!
5. Bake for 20-22mins, it's ready when it smells awesome and is springy to the touch. Remove from oven and allow to cool completely before proceeding to the icing stage.
6. To make the icing simply add all the ingredients to a mixing bowl (use the same one as before, saves washing up!) and mix to combine. pour over the cooled cake and smooth to the edges, adding the remaining zest to decorate.
7. Stick the kettle on and enjoy with friends.

# Tropical Banana Bread

★★★★★  
5 from 1 vote

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

One bowl, mashed bananas and away you go! Such a simple recipe, ready from start to finish in under 40mins

Course: Dessert, Tea Time  
Cuisine: Free From - gluten and vegan  
Keyword: Banana, Bread, Coconut, Dairy Free, Egg Free, Gluten Free, Vegan  
Servings: 10 slices  
Calories: 122 kcal  
Author: Glutarama



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## Ingredients

- 2 large ripe bananas or 4 small
- 50 g caster sugar
- 50 g dessicated coconut
- 2 heaped tbspcocoa powder
- 150 g gluten free self raising flour
- 1 tsp vanilla extract
- optional splash of water or milk/milk alternative

## Instructions

1. Mash your bananas in a large bowl
2. Add remaining ingredients and beat with a wooden spoon to combine.
3. If mixture does not drop from spoon add a little water or milk to loosen it.
4. Spoon mixture into a loaf tin, I use an odd sized tin that I got from Amazon, but its super non stick and works everytime, failing this use a 1lb tin.
5. Pop into a preheat oven at 180C for 25-30 mins. Loaf is ready when an inserted skewer comes out clean.

## Recipe Notes

You can choose to decorate by sprinkling coconut or sugar on the top or even layer fresh banana cut into coins to add an extra dimension to the loaf and keep in moisture.

# Sticky Date and Toffee Pudding; gluten free and dairy free

★★★★★  
4.62 from 18 votes

Prep Time	Cook Time	Total Time
20 mins	40 mins	1 hr

A family favourite, this Sticky Date and Toffee Pudding is sticky, moist, naughty but totally gluten free, dairy free and vegan if you choose.

Course: Dessert  
Cuisine: Free From - gluten and vegan  
Keyword: Dairy Free, Egg Free, Gluten Free, Pudding, Toffee, Vegan  
Servings: 4 people  
Calories: 438 kcal  
Author: Glutarama



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## Ingredients

### For the date pudding

- 125 g chopped dried dates
- 100 ml boiled water
- 1 tbsp of ground chia seeds or 1 egg if not vegan/egg free
- 50 g dairy free butter I use Pure
- 100 g gluten free self raising flour I use Free From Fairy Flour
- ½ tsp bicarbonate of soda

### For the toffee sauce

- 125 ml soya cream
- 80 g light brown sugar
- 30 g dairy free butter

## Instructions

1. Preheat the oven to 160°C Fan/180°C and grease your 4 mini pudding bowls or 1pt pudding basin.
2. In a large jug add your dates and pour over the boiled water, leave to soak whilst setting to work on your toffee sauce.
3. In a small pan add the soya cream, brown sugar and dairy free butter and stir over a medium to high heat until the 'butter' had melted and it reaches boiling point.
4. Set a timer for 15 mins and let the liquid reduce to a thick toffee sauce. Don't leave unattended, you'll need to give it a stir once in a while and ensure it doesn't boil over.
5. Remove from the heat and pour into your pudding basin or equally divide across your four mini pudding bowl. The sauce will continue to thicken as it cools.
6. While the toffee sauce is working its magic, add the chia seeds (or egg) and the dairy free butter (I melt mine for 10 seconds in the microwave) and mix thoroughly to combine, you'll notice the dates will have plumped up, and broken down into a date paste.
7. Add the self raising flour and bicarbonate of soda and beat until combined. Spoon into you chosen pudding bowls cover loosely with kitchen foil.
8. Pop into the oven for 20mins for individual mini puddings or 35-40mins for one larger pudding.
9. To test if the larger pudding is ready, remove the foil and insert a skewer, if it's ready it will come out clean, the smaller puddings will be ready if bouncy to the touch.



# Self Saucing Chocolate Pudding

★★★★★  
4.65 from 14 votes

Prep Time	Cook Time	Total Time
5 mins	35 mins	40 mins

A superbly rich and comforting self saucing chocolate pudding that's so easy to make and a real showstopper at the dinner table. This will serve 4-6 people or just me! No really! I don't normally 'do' chocolate puddings but this one I make an exception!

Course: Dessert  
Cuisine: Free From - gluten and vegan  
Keyword: Chocolate Biscuit, Dairy Free, Gluten Free, Magic Pudding, Self Saucing, Vegan  
Servings: 6 people  
Calories: 413 kcal  
Author: Glutarama



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## Ingredients

- 60 g butter or butter alternative I use Pure or Vitalite
- 135 g caster sugar
- 1 large egg or 1tbsp flax, 3 tbsp water
- 150 g self raising flour I used Free From Fairy Flour
- 1 tsp baking powder
- 2 tbsp cocoa powder
- 200 ml milk or milk alternative I use soya for it's creamy taste

### For the liquid

- 250 ml water
- 200 g soft light brown sugar
- 1 tbsp cocoa powder

## Instructions

1. In a large bowl cream the butter (or dairy free spread) and caster sugar until light.
2. Add beaten egg (or flax egg) and milk (or milk alternative) combine
3. Sift in flour, baking powder and cocoa
4. Top Tip: I always sift from a greater height, this allows air particles to attach to the flour grains, thus encouraging a more impressive rise in the bake.
5. Fold in dry sifted ingredients quickly
6. Pour into an oven proof dish (big enough to hold a litre of water) and put to one side.
7. to make the sauce mix a little of the water with the cocoa to make a paste to reduce chance of lumps
8. Add the rest of the water and sugar and pour over the cake mixture.
9. Bake in a preheated oven at 180C/350F/Gas 4 for 30-35mins
10. Serve with custard and revel in your genius!

## Recipe Notes

In a large bowl cream the butter and caster sugar until light. Add beaten egg and milk combine Sift in flour, baking powder and cocoa Top Tip: I always sift from a greater height, this allows air particles to attach to the flour grains, thus encouraging a more impressive rise in the bake. Fold in dry sifted ingredients quickly Pour into an oven proof dish (big enough to hold a litre of water) and put to one side. to make the sauce mix a little of the water with the cocoa to make a paste to reduce chance of lumps Add the rest of the water and sugar and pour over the cake mixture. Bake in a preheated oven at 180C/350F/Gas 4 for 30-35mins Serve with custard and revel in your genuis!

# Roast Orange and Pecan Cake

★★★★★  
5 from 3 votes

Prep Time	Cook Time	Total Time
40 mins	30 mins	1 hr 10 mins

A deliciously moist and rich cake, packed with an orange punch from the roast orange. No waste, you use the whole orange, skin and all.

Course: Dessert  
Cuisine: Free From - gluten and vegan  
Keyword: Dairy Free, Gluten Free, Orange, Pecans, Vegan  
Servings: 10 slices  
Calories: 309 kcal  
Author: Glutarama



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## Ingredients

- 1 large orange
- 150 g pecans blended into fine crumbs
- 150 g light brown sugar
- 200 g self raising gluten free flour I used Free From Fairy Flour
- 2 eggs flax seed eggs 2tbsp flaxseed and 100ml cold water
- 50 ml olive oil
- 1 tsp baking powder
- 100 ml water

### For the orange glaze

- 1 orange juiced
- 50 g light brown sugar
- 1 tsp Cointreau optional

## Instructions

### To roast the orange

1. Simply massage olive oil into the orange skin and bake in a roasting tin in the oven for 40mins on 200°C/180°C Fan.
2. After 40mins remove from oven and cool

### To make the cake

1. Once the orange has cooled cut into chunks and add whole, including the skin and pith to a blender, blitz into a paste and tip into a mixing bowl/cake mixer.
2. Add the ground pecans, sugar, flour, olive oil and 2 eggs (or flaxseed eggs) to a mixer and combine on a slow speed.
3. Start to add the 100ml of water until you achieve a soft dropping consistency, you may need a little less, or a little more depending on absorbency of the flour you use.
4. Spoon into a greased and lined cake tin or flan tin, I used a 9" fluted flan tin with a loose bottom.
5. Smooth down the surface with a wet metal spoon and if you have extra pecan halves use these to decorate the cake.
6. Cook in the oven at 200°C/180°C Fan for 30mins.

### To make the orange glaze

1. Add the juice of the other orange to a saucepan with the sugar and heat rapidly to melt the sugar, keep stiring for 5-10mins and the glaze will begin to thicken.
2. Remove from heat and at this stage you can add your orange liqueur if you wish to use it.
3. With the cake removed from the oven and cooled you can now add the glaze which will continue to thicken slightly as it cools.
4. The glaze will harden as the cake completely cools and create a delicious sugary crust.

# Rhubarb & Ginger Crumble Cake

★★★★★  
4.7 from 10 votes

Prep Time	Cook Time	Total Time
20 mins	1 hr	1 hr 30 mins

A deliciously light sponge with a rhubarb layer, topped with a lightly spiced ginger crumble. Gluten free and easily make dairy free and egg free too.

Course: Tea Time, Treat  
Cuisine: Free From - gluten, dairy, wheat, soya, egg  
Keyword: Cake, Ginger, Gluten Free, Rhubarb, Vegan  
Servings: 9 squares  
Calories: 440 kcal  
Author: Glutarama



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## Ingredients

### Cake Base

- 170 g Unsalted Butter/dairy free spread only use 150g if using dairy free spread
- 170 g Caster Sugar
- 170 g Gluten Free Self Raising Flour
- 3 Eggs 3tbsp flax seed & 130ml water
- 2 tsp Vanilla Extract
- 200 g Diced Rhubarb
- 1 tsp Psyllium Husk Powder not imperative but will help stabilise sponge structure if making vegan version

### Crumble Topping

- 125 g Self Raising Flour
- 80 g Unsalted Butter/dairy free spread
- 50 g Caster Sugar add more if you prefer a sweeter crumble
- 2 tsp Ground Ginger

## Instructions

1. Preheat the oven to 180C/Gas 4
2. If making vegan version, make your flax eggs now, beat to incorporate. If using psyllium husk add this too and leave to stand for 5mins to thicken.
3. Line the bottom and grease the sides of a 20cm/20cm (8") square tin.
4. Add the butter and sugar to a large bowl or mixer and beat until light and fluffy.
5. Add the eggs or flax seed 'eggs' and vanilla extract.
6. Sift the flour into the bowl and mix to combine, then take 100g of the rhubarb and fold this into the cake batter.
7. Pour the batter into the tin and smooth to the edges.
8. Scatter the remaining 100g of rhubarb over the batter.
9. To make the crumble add the ingredients into a separate bowl and using your finger tips work into a breadcrumb mixture.
10. Add the crumble mixture to the top of the bake making sure to have an even cover.
11. Pop into the oven for 60mins
12. Remove from oven when crumble is golden brown and a skewer comes out clean
13. Allow to cool for 20mins before taking out of the tin - this helps the crumble to set.
14. Can be enjoyed warmed up with custard or cream or equally as tasty eaten cold.

## Recipe Notes

Check on your bake after 45-50mins you may need to cover with foil for this last part of the bake to prevent the crumble from colouring too much.

# Roast Banana Cake Buns

★★★★★  
5 from 2 votes

Prep Time	Cook Time	Total Time
10 mins	35 mins	45 mins

Quick and simple mini Roast Banana Cake Buns made with whole roasted bananas in a pretty bun tin or if you don't have one a Madeleine tin will work equally as well. These are gluten free, dairy free and vegan

Course: Tea Time  
Cuisine: Free From - gluten and vegan  
Keyword: Banana, Dairy Free, easy, Egg Free, Gluten Free, simple, Vegan  
Servings: 12 buns  
Calories: 113 kcal  
Author: Glutarama



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## Ingredients

- 2 bananas
- 75 g caster sugar
- 50 g butter I use Flora vegan butter
- 150 ml milk I use soya milk
- 140 g self-raising gluten free flour

## Instructions

1. The first thing you need to do is roast your bananas. To do this I preheat the oven to 220°C | 200°C fan | 425°F | Gas 7. I use a pair of scissors to cut off the hard stalk of each banana then wrap them in a foil parcel, making sure there are no gaps for liquids to leak or steam to escape. Place the parcel onto a baking sheet and bake for 25mins.
2. While you roast your bananas heat the 50g of butter (or dairy alternative) in a saucepan and allow to bubble until the butter turns dark brown. This is burnt butter and add to the depth of the buns plus you will need this to prepare your bun tin.
3. Allow the burnt butter to cool so it starts to solidify.
4. Your banana's will be cooked now so remove those from the oven and turn the oven down to 200°C | 180°C fan | 400°F | Gas 6
5. Unwrap the foil parcel and allow the bananas to cool for 10mins. In the meantime your butter will be cool enough to brush into the bun tin moulds, I use a silicone pastry brush to do this and with two coats, the butter forms a thick layer of protection against the metal tin. This butter also adds a deliciously nutty flavour to the finished bun. Don't discard the left-over butter, you need this for your bun batter.
6. Once the bananas are cool enough add them to a blender along with the 150ml of milk (I used soya milk). Blend until smooth with no more bits of banana peel visible.
7. Add the caster sugar, the remaining burnt butter, and the self-raising gluten free flour to a bowl and pour in your banana puree, fold until fully incorporated.
8. Spoon the banana bun batter into the bun tin, this makes 12 little buns
9. Pop into the oven and bake for 15mins, you want your buns to go a beautiful golden colour, they will rise into little mountain shapes and have a firm bounce to the touch.
10. Remove from the oven once baked and turn out to cool, the underside of the buns should be a beautiful deep brown colour thanks to the burnt butter.
11. Allow to cool completely before dusting with icing sugar and serve.



# Pear, Chocolate & Almond Torte

☆☆☆☆☆  
0 from 0 votes

Prep Time	Cook Time	Total Time
10 mins	35 mins	45 mins

Deliciously simple to make, this Pear, Chocolate & Almond Torte is the perfect recipe to use the one or two windfall pears you get after a storm. Beautifully moist and rich yet low in sugar. Gluten free, dairy free and egg free so almost everyone can enjoy.

Course: Dessert, Tea Time  
Cuisine: Free From - gluten and vegan  
Keyword: easy, Pear, seasonal fruit, simple  
Servings: 8 slices  
Calories: 296 kcal  
Author: Glutarama



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## Ingredients

- 100 g self raising gluten free flour
- 100 g dark chocolate use your favourite free from bar
- 85 g dairy free spread or butter
- 85 g ground almonds
- 50 g golden caster sugar
- 1-2 large pears peeled, cored and sliced
- 2 tbsp ground flax seed
- 100 ml water
- 1 tsp psyllium husk

## Instructions

1. Preheat oven to 200°C/180°C Fan/400°F/Gas 6
2. Make you flax seed egg by combining the ground seed, water and psyllium husk if your using it in a small jug, set aside to thicken a little.
3. Prepare your 9inch (22cm) flan tin by greasing and lining with baking paper. I also add a tbsp of rice flour and tap the tin to coat, this helps the torte to rise and prevents sticking.
4. Melt the dark chocolate in a microwave or traditionally over a bowl of boiled water.
5. Add the melted chocolate and dairy free butter to a mixing bowl and using the whisk attachment whisk until combined.
6. Add sugar and flax egg and repeat whisking.
7. Add ground almonds and fold into the chocolate mixture.
8. Finally sieve the flour into the bowl and repeat folding process.
9. Pour into your prepared flan tin and smooth the top with a spatula.
10. Decorate with your prepared pear slices as you see fit.
11. Pop into the oven and bake for 35 minutes.
12. The bake will be ready when it has a soft bounce to a light touch in the centre of the torte.
13. Remove and cool or eat hot.
14. To serve I recommend custard, cream or ice cream.

# One Bowl Apple Cake

☆☆☆☆☆  
0 from 0 votes

Prep Time	Cook Time	Total Time
10 mins	40 mins	50 mins

The recipe for this One Bowl Apple Cake was given to me by a French chef and after a couple of tweaks I now pass it onto you. Ever so simple to make, delicious using seasonal eating apples and made gluten free, dairy free, egg free and vegan.

Course: Tea Time  
Cuisine: Free From - gluten and vegan  
Keyword: Apple, Dairy Free, easy, Egg Free, French, Gluten Free, Vegan  
Servings: 10 slices  
Calories: 315 kcal  
Author: Glutarama



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## Ingredients

- 2 eating apples peeled, cored and sliced
- 1 banana
- 500 g natural soya yogurt
- 300 g gluten free self raising flour
- 200 g caster sugar
- 100 ml vegetable oil
- 1 tsp vanilla extract

## Instructions

1. In a large bowl mash the banana with a fork.
2. Add the sugar, vanilla extract and yogurt and mix to combine.
3. Finally add the flour and oil and beat together until all ingredients are thoroughly incorporated.
4. Pour half the mixture into a prepared lined 20" round cake tin or a 20" square tin.
5. Then take the apple slices and spread them evenly over the cake batter.
6. Pour the remaining batter over the apples slices and put into the oven at 180°C fan/200°C for 40 minutes.

## Recipe Notes

This cake becomes more moist the longer you keep it, if you want to eat it whilst is less moist I'd recommend eating it on the day it's baked otherwise I'd keep it on the work surface with a clean tea towel over it to protect it and prevent it from sweating. If a super moist apple cake isn't an issue then feel free to pop it into a sealed container.

# Pear and Apricot Cobbler

★★★★★  
5 from 5 votes

<b>Prep Time</b>	<b>Cook Time</b>	<b>chilling time</b>
10 mins	15 mins	30 mins
<b>Total Time</b>		
55 mins		

This quick and easy to make Pear and Apricot Cobbler is the very best of autumnal comfort food. Using any fruits from the harvest time, you can whip this cobbler up in no time with gluten free ingredients and no egg or dairy so vegan too.

Course: Dessert, Treat

Cuisine: Free From - gluten and vegan

Keyword: Apricot, Bread Pudding, Cobbler, Dairy Free, easy, Egg Free, Gluten Free, mini, Pear, simple, Vegan

Servings: 4 mini puddings

Calories: 325 kcal

Author: Glutarama



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## Ingredients

### Fruit base

- 3 ripe pears I used Bartlett (Williams) pears
- 6 dried apricots
- 20 g caster sugar
- 2 tbsp water
- ¼ tsp sweet ground cinnamon

### Cobbler dough

- 40 g dairy free butter I used Flora vegan salted block
- 40 g caster sugar
- 60 g self-raising gluten free flour
- 30 g almonds if you like omit the almonds and add half the quantity of flour
- 30 ml water
- ½ tsp flax seeds or chia seeds
- ¼ tsp psyllium husk powder or you can use xanthan gum (this is optional)

## Instructions

### To make the fruit base

1. Core and chop your pears and cut the apricots into small pieces, I use scissors and cut each apricot into 6 pieces.
2. Add both the fresh and dried fruit to a saucepan and add the water, sugar and cinnamon.
3. Cook over a medium heat until the fruit begins to breakdown slightly and the juices get sticky and thicker. Set aside to cool

### To make the cobbler dough

1. In a bowl rub together the butter/dairy free spread and flour into breadcrumbs.
2. Add the sugar and almonds and mix to combine.
3. Add your ground seed and psyllium husk (optional) and mix again to combine.
4. Pour in the 30ml/2tbsp of water and with a knife cut through the breadcrumb mixture until it begins to come together to form larger lumps.
5. Tip this large crumble mixture onto the kitchen surface and begin to bring together by kneading. Don't worry, it will come together to form a dough.
6. Roll the cobbler dough into a ball, wrap in foil and pop into the fridge to rest for 30mins.
7. Preheat the oven to 190°C | 170°C fan | 375°F | Gas 5

### To build the cobbler

1. In your individual ramekin dishes, equally spoon the cooled stewed fruit and pat down with the back of a spoon to achieve a flat surface.

2. Take the cobbler dough out of the fridge and knead for 1 minute until smooth.
3. Cut the dough into 4 and gently roll into a ball, then squash it flat inbetween your palms so you have a disc shape.
4. Place the cobbles on top of each of the fruit filled ramekins.
5. Sprinkle a little sugar on top of each cobble to help it go a golden colour.
6. Bake in the oven for 15mins until golden in colour and the fruit bubbles around the edges of the pie dish.
7. If your cobblers are a bit pale, you can finish these off under the grill until you achieve that beautiful golden colour (this is what I did with the mini cobblers pictured).
8. Serve once slightly cooled with custard or cream.



# Mocha Cake

★★★★★  
5 from 4 votes

<b>Prep Time</b>	<b>Cook Time</b>	<b>Cooling time</b>
10 mins	30 mins	15 mins
<b>Total Time</b>		
40 mins		

A delicious moist vegan and gluten free cake that melts in the mouth, perfect with a coffee or tea for a rich tea time treat

Course: Dessert, Tea Time  
Cuisine: Free From - gluten and vegan  
Keyword: Chocolate, Coffee, Dairy Free, Gluten Free, Mocha, Vegan  
Servings: 8  
Calories: 341 kcal  
Author: Glutarama



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## Ingredients

- 200 g gluten free self raising flour
- 150 ml soya milk
- 40 g cocoa powder
- 150 g golden caster
- 50 g dairy free spread
- 2 tbsp ground flax seed
- 6 tbsp water
- 1 tsp psyllium powder
- 40 ml espresso

### Icing Ingredients

- 40 ml espresso
- 30 g dairy free spread
- 80 g icing sugar
- 100 g 70% dairy free chocolate

## Instructions

### To make the cake

1. Preheat the oven to 200°C (180°C fan)
2. Make your 'egg' by adding the ground flax seed and water to a glass and stir thoroughly to combine (if adding psyllium powder add this too) leave to thicken.
3. In a large mixing bowl cream together the dairy free spread and sugar until light in colour.
4. Add the cocoa powder, espresso and milk and beat to combine.
5. Add the flax seed egg and after beating to combine add the flour, again beating to combine.
6. Spoon the mixture which should be a soft easy dropping consistency into a greased and lined 8" cake tin.
7. Pop into the oven for 25-30 minutes, when ready the cake will have a soft bounce and almost feel uncooked but a skewer will come out clean, the final setting process takes place on cooling so don't be tempted to overcook.

### To make the icing

1. Simply melt the dark chocolate in a bowl in the microwave or over a saucepan of simmering water.
2. Add the dairy free spread, and espresso and stir quickly to combine.
3. Finally add the icing sugar and beat to a smooth ganache style icing.
4. Once the cake is cool pour the icing over the cake and tease evenly to the edges with the back of a spoon.

# Gluten Free Apple Turnovers

★★★★★  
5 from 1 vote

Prep Time	Cook Time
15 mins	15 mins

Make your own Gluten Free Apple Turnovers from scratch. Easy to make with simple ingredients these are a popular pastry in our household. No one suspects they are gluten free and dairy free, I've been told they're better than any bakery! Depending on the puff pastry you get these can easily be vegan too.

Course: Tea Time, Treat  
Cuisine: Free From - gluten and vegan  
Keyword: Apple, Cinnamon, easy, Puff Pastry, simple  
Servings: 4 Turnovers  
Calories: 402 kcal  
Author: Glutarama



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## Ingredients

- 1 packet ready-made GF puff pastry I use Jus-Rol Puff Pastry in the UK
- 2 large eating apples
- 3 tbsp apple sauce check notes to make your own
- 2 tbsp water
- 1 tbsp caster sugar or less depending on the sweetness of your apples
- ½ tsp cinnamon
- Milk or dairy free milk to brush
- Coconut sugar or dark brown sugar to mix with the milk wash
- Granulated sugar to sprinkle over the turnovers

## Instructions

1. Take your gluten free ready-made puff out of the fridge and leave until it reaches room temperature.
2. Peel, core and chop your apples into small chunks the size of your thumbnail.
3. Add the apple, 2tbsp water, cinnamon and apple sauce to a saucepan and heat gently until the apple chunks have softened but not broken down.
4. Set aside too cool for 5mins
5. Unwrap your ready-made puff and cut into equal sized squares or rectangles (depending on the shape of your pastry) I tend to do this on the tray I plan to bake my turnovers on and I always use a silicone baking sheet.
6. Brush all four sides of the pastry with your milk and coconut/dark sugar wash, this will help the sides stick and prevent apple sauce from bleeding out of your turnover during cooking.
7. Place spoonful's of the apple filling in the centre of each puff square/rectangle and gently fold to achieve your chosen final shape.
8. Using the prongs of a fork press along the edges of the pastry parcel to seal in your delicious filling.
9. Brush the tops and crimped sides with the remaining milk wash and sprinkle with granulated sugar.
10. Finally, with a knife cut two tiny slits in the centre of the top of the parcel, this will allow hot air to escape during cooking.
11. Bake in a preheated oven on 200°C/180°C Fan for 15 minutes of until golden brown
12. Either cool completely to store or eat once cool enough.

## Recipe Notes

To make your own apple sauce.

Peel, core and roughly chop 6 apples (you can use dessert apples or 4 large cooking apples for a less sweet apple sauce).

Add the chopped apple to a non-stick saucepan and pour in 100ml of cold water.

Place a lid on the saucepan and cook on a gentle heat for 10-15mins making sure to stir occasionally to prevent burning at the bottom of the pan.

The apple sauce will be ready when the apples have completely broken down into a thick apple sauce.

No need to add sugar as you can add this later depending on the recipe you use it in.

To store sterilise a 500g Kilner Jar by filling with boiled water and leaving until cool enough to handle, pour the water away and fill with the still hot/warm apple sauce and add the lid immediately. Allow to cool completely. Your apple sauce can now be kept in the fridge for up to 3 months.



# Gluten & Dairy Free Double Deckers

★★★★★  
4.73 from 11 votes

Prep Time	Chilling time	Total Time
30 mins	1 hr	1 hr 30 mins

Oh how I've missed Double Deckers since going dairy free, I knew I had to make them myself one day and I'm pretty darn impressed with the end result, even if I do say so myself!

Course: Snack, Treat  
Cuisine: Free From - gluten, dairy, wheat, soya, egg  
Keyword: Chocolate Bar, Dairy Free, Double Deckers, Gluten Free, Vegan  
Servings: 5 Bars  
Calories: 706 kcal  
Author: Glutarama



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## Ingredients

### To make the base

- 200 g granola or (100g gluten free oats)
- 50 g puffed rice
- 150 g dairy free 'milk' chocolate I used Tesco's freefrom in all cases

### To make the nougat

- 200 g marshmallows use vegan marshmallows to make this vegan
- 50 g dairy free 'milk' chocolate

### To coat the chocolate bar

- 150 g dairy free 'milk' chocolate

## Instructions

1. Pick out any excessively large nutty bits and nibble...enjoy!
2. In a large bowl empty the granola and bash with the end of a rolling pin - not too much, we don't want granola dust!
3. In a smaller bowl melt the 150g of freefrom chocolate and pour over the granola, mix to combine.
4. In another bowl add the marshmallows and 50g of freefrom chocolate and melt this in the microwave for 1min or under depending on the wattage.
5. Pour the chocolatey marshmallow mixture into a small baking tin greased and lined with baking paper. I use the tiny ones you can get from Sainsbury's that measure approx 13x19cm. Pop this in the fridge.
6. Meanwhile pour the chocolatey granola mix into a second identical sized tin (these do come in packs of two) that's been greased and lined with baking paper, smooth the granola mix down and make cuts to determine the size of your 5 Double Deckers (this makes cutting them when set so much easier). Pop this tray into the fridge to set.
7. Once fully set remove both trays, cut the granola bars into 5 using the indentation you've already made.
8. Cut equal size bars into the nougat and place a strip of nougat on top of each granola bar. Pop back in the fridge.
9. Melt the remaining freefrom chocolate and remove the bars from the fridge. This bit gets messy, dip each end of the bar into the chocolate in a stirring motion, then roll the bar in the chocolate to coat each long side.
10. Once all bars are fully coated return to the fridge to set...lick bowl of chocolate! Congratulations! you made it in one piece and now you can sit back and...in Bethany's case...enjoy your first ever Double Decker!

# Fig Frangipane Tart

☆☆☆☆☆  
0 from 0 votes

## Prep Time

10 mins

## Cook Time

35 mins

## chilling time

30 mins

## Total Time

1 hr 15 mins

This easy to make Fig Frangipane Tart is a celebration of fig season, so if you're not sure what to do with fresh figs then this is the gluten free bake for you. This is also vegan so dairy and egg free too.

Course: Dessert, Tea Time

Cuisine: Free From - gluten and vegan

Keyword: Dairy Free, Danish Pastry, Egg Free, Figs, Frangipane, Fresh Figs, Gluten Free, Vegan

Servings: 6 slices

Calories: 491 kcal

Author: Glutarama



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## Ingredients

### For the pastry

- 170 g plain gluten free flour
- 70 g dairy free block of butter I used Flora, but you can use normal butter
- 20 g caster sugar
- 1 egg or flaxseed egg\*
- ½ tsp psyllium husk powder\*\*

### For the jammy fig layer

- 1 fresh fig
- 6 dried figs snip off the hard stem bit with scissors
- 1 tsp caster sugar not necessary if you prefer less sweetened
- 1-2 drops of almond extract

### For the frangipane

- 100 g self-raising gluten free flour
- 100 g dairy free butter I used Flora, but you can use normal butter
- 75 g caster sugar
- 50 ml soya milk or milk
- 1 egg or flaxseed egg\*
- 2 tsp almond extract
- ½ tsp psyllium husk powder\*\*

### To decorate

- 3 fresh figs cut in half or quarters if you wish for smaller figgy bite size pieces.
- 2 tbsp marmalade to brush the figs

## Instructions

### To make the pastry base

1. Measure the flour and 'butter' into a bowl and using your fingertips (or in my case a pastry cutter) work the two together until you have breadcrumbs.
2. Stir in the caster sugar.
3. Make a well in the middle of the breadcrumb mixture and add the egg or flaxseed egg.
4. Using a rounded knife cut through the mixture to begin to incorporate the egg into the crumbs. Once the mixture begins to come together tip out onto a clean kitchen work surface (no need to flour the surface).
5. Using the heel of your hands push down and through the pastry crumbly mixture until it comes together to form a dough, have faith, no need to add liquid it will bind after about 3mins of doing this.

6. Roll into a ball, wrap, or pop into a container (less plastic waste) and chill for 30mins.

### **To make the jammy layer**

1. Take 1 of the four fresh figs and add to a blender along with 6 dried figs, and a few drops of almond extract to your taste.
2. Blend until thoroughly combined into a thick paste. Add the sugar if you think necessary.

### **To make the frangipane**

1. Measure out the 'butter' and sugar into a mixing bowl and beat together until creamy and smooth.
2. Add the egg or flaxseed egg and 2 teaspoons of almond extract and beat again but start to add the flour spoon by spoon so the mixture does not curdle (it's less likely to curdle if using a flaxseed egg).
3. Finally add the milk or soya milk to loosen the frangipane batter to a soft dropping consistency.

### **To build the Fig Frangipane Tart**

1. Preheat the oven to Gas 4/180°C/200°C fan/350°F
2. Remove the chilled pastry and dust the work surface and a rolling pin with flour.
3. Knead the pastry for a minute to prevent cracking and roll out to a circle large enough to line an 8 inch flan tin.
4. Carefully transfer the pastry to the tin and tease into the edges, don't worry if you get the odd crack, use a little of the overhanging pastry to fill these patches in.
5. Prick the pastry case with a fork several times to prevent bubbling.
6. Spoon the fig jam filling into the base of the case and with the back of a spoon spread evenly ensuring good even coverage.
7. Finally spoon the frangipane batter into the flan tin and with a fork tease the batter dollops so no jam layer is visible.
8. To decorate simply cut your remaining three fresh figs in half or quarters and place them evenly in the frangipane batter, pressing them in slightly.
9. One last thing brush the fig slices with marmalade to encourage a sweeter glossier looking end result.
10. Pop into the preheated oven for 30-35mins until you are happy with the colour of the frangipane and a metal skewer comes out clean.

## **Recipe Notes**

\*To make 1 flax egg you need the following ingredients:-

1tbsp ground flax seed- 3tbsp water- 1tsp psyllium husk (optional but does add elasticity to baking)

Simply add all ingredients to a glass and stir before measuring out the other recipe ingredients, by the time you come to use your 'egg' mixture it will have thickened to a frog-spawn consistency (thicker if you added psyllium husk). Then just add to your baking as you would an egg.

For 2 eggs double the ingredients but note that recipes that require more than two eggs may fail due to lack of support in the structure.

\*\* If using a normal egg you may not wish to use psyllium husk (or xanthan gum) but I have left it in for those who like to add a gum to their baking to help bind ingredients



# Banana and Date Loaf

★★★★★  
4.3 from 10 votes

## Prep Time

10 mins

## Cook Time

35 mins

This is Banana and Date Loaf another way to use up those rogue bananas that end up over ripe before you get around to eating them. The date and bananas complement each other and if you can use demerara sugar you get an added toffee style flavour that's quite delicious. This recipe is not only gluten free but also dairy free and vegan too, so nobody needs miss out at teatime.

Course: Tea Time

Cuisine: Free From - gluten and vegan

Keyword: Banana, Dairy Free, easy, Egg Free, Gluten Free, simple, Vegan

Servings: 8 slices

Calories: 167 kcal

Author: Glutarama



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## Ingredients

- 3 over ripe bananas mashed
- 160 g self raising gluten free flour
- 60 g demerara sugar
- 60 g chopped dates
- 60 ml soya milk
- 1 tsp vanilla extract

## To decorate

- 1 unripe banana cut into coins

## Instructions

1. Add all the ingredients to a bowl and beat together to combine, it really is that simple.
2. If necessary, add a little more milk to make the cake mixture into a wet enough consistency to drop off the spoon.
3. Pour the mixture into a well-greased 2lb loaf tin and smooth the top with the back of a wet spoon or spatula.
4. To decorate, place the coins from the extra banana over the top of the loaf in a pretty pattern.
5. Pop into a preheated oven at 200°C / 180°C for 35-40mins