

Recipes for Bake Sale/UCC – February 2017

5 STAR CHOCOLATE CHIP BANANA BREAD

PREP TIME: 25 minutes COOK TIME: 50 minutes to 1 hour

NUTRITIONAL BITES

Buckwheat, commonly thought of as a grain, is in fact a fruit seed, closely related to rhubarb. It contains nutritious components that protect against disease by extending the action of vitamin C and by acting as an antioxidant.

It took me a long time to tweak this recipe – I wanted a truly tasty banana bread with healthy fats, no refined sugar, dairy and gluten free. I usually double up this recipe and freeze one for later as it's very popular! A good tip is to use up all your overripe bananas; I put my overripe bananas in the freezer and pull them out a few hours before starting to bake so they come up to room temperature.

Wet ingredients

½ cup coconut sugar
¾ cup coconut oil
5 large bananas
3 organic egg

Dry ingredients

¾ cup each of buckwheat flour and brown rice flour (1.5 in total)
2 teaspoons baking soda
½ teaspoon sea salt
1 teaspoon allspice
1 teaspoon cinnamon
½ cup good dairy-free quality chocolate chips (I like 'Camino' brand)

LET'S COOK!

1. Set the oven to 350 degrees. Grease a loaf tin with coconut oil, or use unbleached parchment paper to line the tin, I find this makes it easier to lift out!
2. In the food processor, mix together all the wet ingredients well, then add the dry ingredients in (I never bother to sieve the baking soda and

- flour together before I add it and it comes out perfectly fine)
3. Pulse to combine – don't over mix at this point
 4. Cook for 50-1 hour in the middle of the oven or until a skewer comes out clean. (Note: it can take up to one hour and 15 minutes to cook, especially if you were using frozen bananas that have not fully defrosted!)
 5. Leave it to cool down on a wire rack before taking it out of the loaf time. Be ready for the hordes!

THE BEAST BAR

PREP TIME: 25 minutes COOL DOWN TIME: 1 hour

NUTRITIONAL BITES

This is a nut-free bar that is full of amazing antioxidant and plant protein ingredients for beastly power and strength! In addition to being nut free this bar is also dairy free, refined sugar free and gluten free.

- ¾ cup coconut oil
- ½ cup brown rice syrup
- ½ teaspoon cinnamon powder
- ¼ teaspoon Celtic sea salt
- 2 cups rolled oats
- ½ cup pumpkin seeds
- 1 tablespoon hemp seeds
- 1 tablespoon either flax OR chia seeds (whole, not ground)
- 1 cup total of dried fruit such as apricots, figs, raisins, dates - cut into small bitsize pieces
- 1/3 cup goji berries
- 1/3 cup cacao nibs or dairy free, nut free chocoalte chips (Enjoy brand works)
- 1/3 cup unsweetened shredded coconut

So it sounds like a lot of ingredients, but it's not called The Beast Bar for nothing!

LET'S COOK!

1. Line a square baking dish with parchment paper (preferably unbleached/unchlorinated)
2. In a medium pan on lower heat, melt the coconut oil, brown rice syrup, cinnamon powder and salt
3. Add the oats and seeds to the pan, stirring to coat
4. Next add the chopped fruit and goji berries, making sure everything gets a good coating
5. Lastly, you can add the chocolate chips now and the heat will melt them or put the mixture into a mixing bowl and allow to cool for 5-10 minutes before adding the chocolate chips so they remain whole!
6. Spoon the mixture onto the parchment paper and press down REALLY HARD with the back of a clean large spoon to make an even condensed layer – about ½” thick. Then, using clean hands, press down firmly with your palms, making sure you press down all around the edge. This step is VIP as it helps ‘hold’ the bar together.
7. If you are in a hurry, pop the dish into the freezer for least 1 hour or place in the fridge for 1-2 hours to harden
8. Once set, remove and cut into the size of bar you want to dig your teeth into!

FLAPJACK CRACKERJACK

PREP TIME: 25 minutes COOK TIME: 25-30 minutes

NUTRITIONAL BITES

These flapjacks are nut free dairy free, gluten free, refined sugar free. Perfect for packing into lunch boxes, for school sporting events, camps and post workouts, or any time you need a delicious protein, fibre and carb refuelling snack. Make a double batch because they also freeze really well – just wrap tightly in parchment paper (preferably unbleached/chlorine free) and slid into a ziplock bag.

Ingredients

¼ cup coconut oil

¾ cup brown rice syrup

¼ cup maple syrup (or honey – your choice!)

3 ½ cups rolled oats

½ cup sultanas (roughly chopped)

¼ cup sesame seeds (unhulled – black, preferably)

¼ teaspoon Celtic sea salt

1 teaspoon vanilla extract

LET'S COOK!

1. Heat oven to 350 degrees. Line a rectangular pan with parchment paper (I find this makes it easier to lift the flapjacks out) or oil liberally with coconut oil
2. Melt the coconut oil, brown rice syrup and maple syrup (or honey) gently in a medium size pan for a few minutes
3. Add all the other ingredients, mixing around with a wooden spoon until the oats, riasins and seeds are thoroughly coated
4. Spoon the flapjack mixture into the pan and press down hard to make an even layer, using the back of the wooden spoon or better sstill, use your hands (make sure they're clean!) Pressing down is really crucial to holding the flapjacks together, so put some muscle into it!
5. Slip the pan into the oven and cook for 20-25 minutes, or until they are golden brown