

The better Alternative

GLUTEN AND LACTOSE FREE COOK BOOK



MIRA KURDI

SUBSTITUTIONS



GLUTEN FREE FLOUR

BOB'S RED MILL GLUTEN FREE FLOUR

Found in Max-Fresh and Max-Mar, but any kind from Zabaneh, Gardens, and Bravo works

Note: This flour contains Xanthan gum.

GLUTEN FREE BISCUITS

OSEM GLUTEN FREE BISCUITS

This kind is found in Zabaneh, but any gluten free biscuits from Max-Mar and Max-Fresh will be as good

ALMOND FLOUR

SALEH KHALAF ALMOND FLOUR

Found in Max-Mar and Max-Fresh, but any kind from Zabaneh, Gardens, and bravo will be as good

COCONUT FLOUR

الشيخ قاسم COCONUT FLOUR

Found in Max-Mar and Max-Fresh, but any kind from Zabaneh, Gardens, and bravo will be as good

SUBSTITUTIONS



LACTOSE FREE MILK

CANDIA LACTOSE FREE MILK

Found in Zabaneh supermarket as well as Max-mar, Max-Fresh Gardens, and Bravo supermarkets. Any kind will do

NUTRITIONAL YEAST

BRAGG NUTRITIONAL YEAST

This kind is found in Max-Fresh, but any kind from Max-Mar will do.

MARGARINE

YELLOW BRAND MARGARINE

Found in Max-Mar and Max-Fresh, but any kind from Zabaneh, Gardens, and bravo will be as good

COCONUT MILK

NEWLAND COCONUT MILK

Found in Max-Mar, Max-Fresh, and Zabaneh. Occasionally found in Gardens and Bravo supermarkets.



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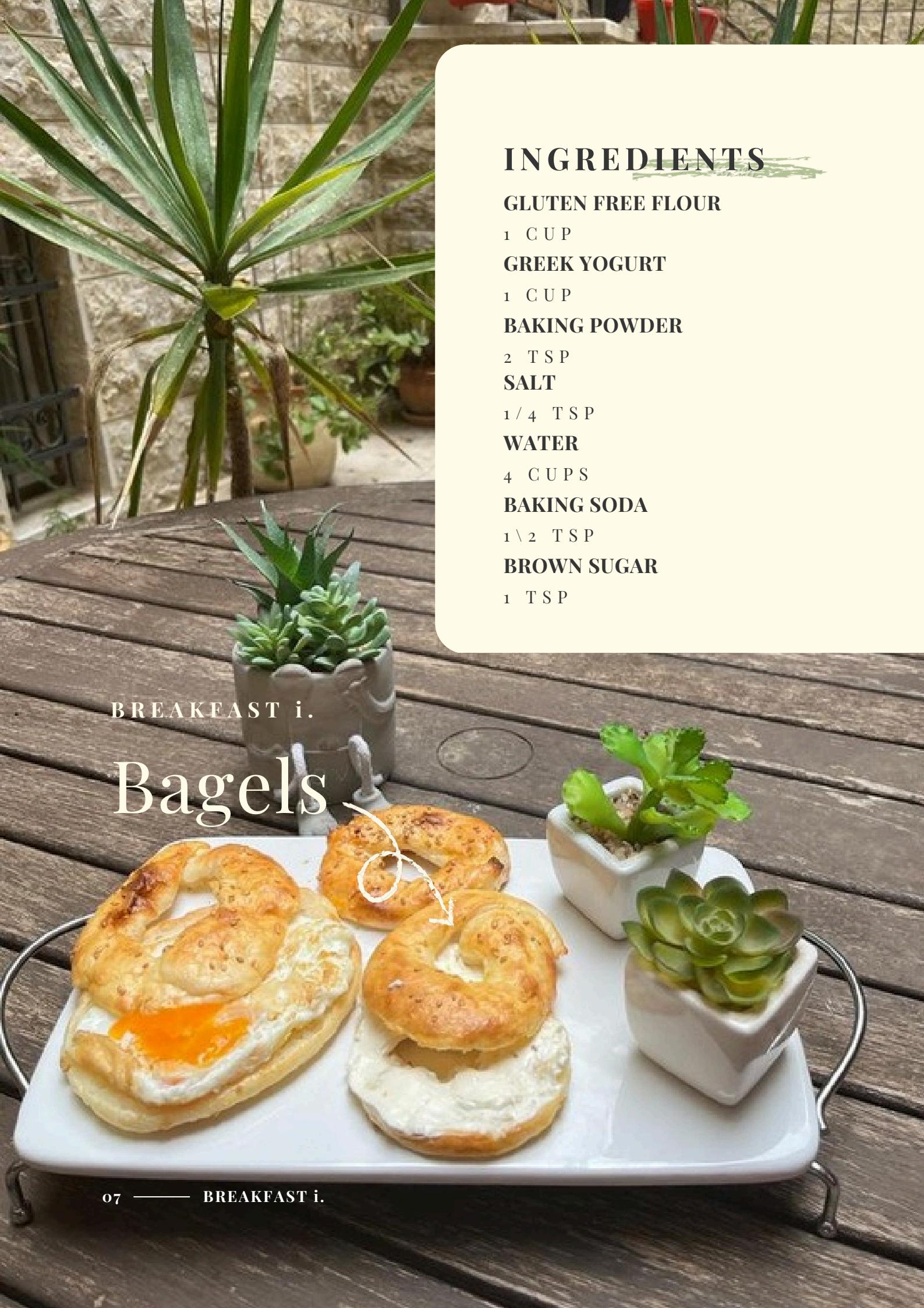
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GLUTEN
FREE



Breakfast





INGREDIENTS

GLUTEN FREE FLOUR

1 CUP

GREEK YOGURT

1 CUP

BAKING POWDER

2 TSP

SALT

1 / 4 TSP

WATER

4 CUPS

BAKING SODA

1 \ 2 TSP

BROWN SUGAR

1 TSP

BREAKFAST i.

Bagels

Directions

O1.

After preheating the oven to 200 C. Mix the water, baking soda, brown sugar, and a pinch of salt and bring to a boil.

O2.

Mix together the flour, yogurt, baking powder and salt until combined.

O3.

Kneed on a floured surface, adding flour as needed.

O4.

Cut into four equal parts and shape into bagels.

O5.

Once the water is boiling, drop the bagels in and boil on each side for 30 seconds.

O6.

Transfer onto a greased baking sheet, brush with egg wash and desired seasoning.

O7.

Bake for 18-20 minutes until golden brown.

INGREDIENTS

GLUTEN FREE FLOUR

90 GRAMS

BAKING POWDER

1 / 2 TSP

GREEK YOGHURT

75 MILLILITRES

OLIVE OIL

1 / 2 TBSP

SALT

1 PINCH

GRATED CHEESE

50 GRAMS

BREAKFAST ii.

Stuffed Cheese Tortillas



Directions

O1.

Add the flour, baking powder and salt to a mixing bowl and stir to combine. Then add in the yogurt and olive oil and combine with a wooden spoon. Don't worry if the dough is crumbly

O2.

Then knead the ingredients with your hands until they are properly combined and you are left with a soft dough.

O3.

Lay a piece of non-stick baking paper on your work surface. Flour the paper and then roll the dough out into rough square or circle-shape. Make the dough quite thin. You will need to use a little flour as you go, to avoid sticking

O4.

Now place the grated cheese in a square-shape in the centre of your flatbread. Leave enough of a dough border so that you can fold the exposed dough over the cheese to cover completely

O5.

The dough will be more prone to breaking, so use the baking paper to help you fold the dough over the cheese. Then pinch the edges together to seal.

Directions

06.

Roll the flatbread with your rolling pin, until it is roughly 1.5 cm thick. Make sure the dough parcel is perfectly sealed, else the cheese will leak out.

07.

Carefully transfer your stuffed flatbread to a buttered frying pan over a medium heat. Cook for about 3 minutes on each side, until the bread is golden and the cheese is molten inside (you'll be able to tell it has melted by poking it). Then take off the heat, slice and enjoy!



INGREDIENTS

GLUTEN FREE FLOUR

2 1 / 2 CUPS (MUST CONTAIN XANATHAN GUM)

BAKING POWEDER

1 T S P

RAPID INSTANT YEAST

2 1 / 4 T S P

EXTRA VIRGIN OLIVE OIL

1 / 4 C U P

HONEY

1 / 4 C U P

APPLE CIDER VINEGAR

1 T S P

WARM WATER

1 1 / 2 CUPS (100 - 110 °F)

EGG WHITES

3 (LARGE EGGS FROM ROOM TEMPERATURE)

SALT

1 T S P

BREAKFAST iii.

Bread

Directions

O1.

Move the top oven rack to the middle rack.
Preheat your oven to 180°C.

O2.

pray a loaf pan (i used 9.5 inches x 4.5 inches) with gluten-free cooking spray.

O3.

Add the gluten-free flour, baking powder, and instant yeast to a large bowl and stir to combine the ingredients.

O4.

Add the olive oil, honey, apple cider vinegar, and warm water to the flour mixture and mix on low for 1 minute. (If you are using a stand-up mixer use the paddle attachment, not the dough hook).

O5.

Add the egg whites and the salt to the dough and mix on medium for 1 minute. The dough will look like a thick cake batter.

O6.

Pour the dough into the bread pan. Spray plastic wrap with gluten-free cooking spray and cover the top of the pan. cover it with a kitchen towel and allow the bread to rise in a warm place to rise for 30 minutes.

Directions

07.

Unwrap and place in the oven to bake for 30 minutes. Bake the bread horizontally. The bread will be golden brown and have the internal temperature between 205-210°F.

08.

Allow the loaf to cool for 10 minutes in the pan.

09.

Remove the loaf from the baking pan and place it on a cooling rack. If the bread completely cools in the pan, the steam can get trapped and the loaf can get soggy, especially on the bottom.

10.

Allow the bread to cool completely before slicing.



GLUTEN
FREE



Snacks





INGREDIENTS

COCONUT FLOUR

70 GRAMS

DESICCATED COCONUT

30 GRAMS (PLUS MORE FOR TOPPING)

WHITE CHOCOLATE

50 GRAMS

MAPLE SYRUP

5 TBSP

PEANUT BUTTER

3.5 TBSP

DRIED BLUEBERRIES

HANDFULL

CHOCOLATE CHIPS (OPTIONAL)

HANDFULL

SNACK i.

Blueberry and coconut truffles



Directions

O1.

Combine the coconut flour, peanut butter and maple syrup in a large bowl until a sticky dough forms

O2.

Stir through the desiccated coconut and raspberry pieces, ensuring they are evenly distributed throughout the mixture.

O3.

Separate the dough into six to eight evenly sized chunks and use your palms to roll them into balls

O4.

dip the balls into the white chocolate and top with a sprinkle of dried blueberries and coconut

O5.

Place in the fridge for 30 minutes to allow the chocolate to set and enjoy!





INGREDIENTS

PEANUT BUTTER

$\frac{3}{4}$ CUP

MAPLE SYRUP

$\frac{1}{4}$ CUP

VANILLA EXTRACT

1 TSP

ALMOND FLOUR

$\frac{3}{4}$ CUP

CHOCOLATE CHIPS

$\frac{1}{2}$ CUP



Directions

O1.

Line a 9x5 loaf pan with parchment paper.

O2.

In a medium bowl, combine all of the cookie dough ingredients. Press down into the loaf pan using your hands until evenly packed and distributed. Place in the fridge to set for 20 minutes.

O3.

Melt the chocolate chips and coconut oil together in your microwave in 15 second increments, stirring between intervals until completely glossy and smooth.

O4.

Pour melted chocolate on top of the dough and smooth it until it is even.

O5.

Add flaky salt on top and place back into the fridge for about 30 minutes to set or until the chocolate has hardened. Slice into bars and enjoy immediately!

INGREDIENTS

GLUTEN FREE FLOUR

150 GRAMS

CHOCOLATE CHUNCKS\ CHIPS

100 GRAMS

BUTTER

65 GRAMS

CASTER SUGAR

50 GRAMS

LIGHT BROWN SUGAR

60 GRAMS

MARSHMALLOWS

30 GRAMS

COCOA POWDER

15 GRAMS

COLD WATER

3 TBSP

BICARBONATE OF SODA

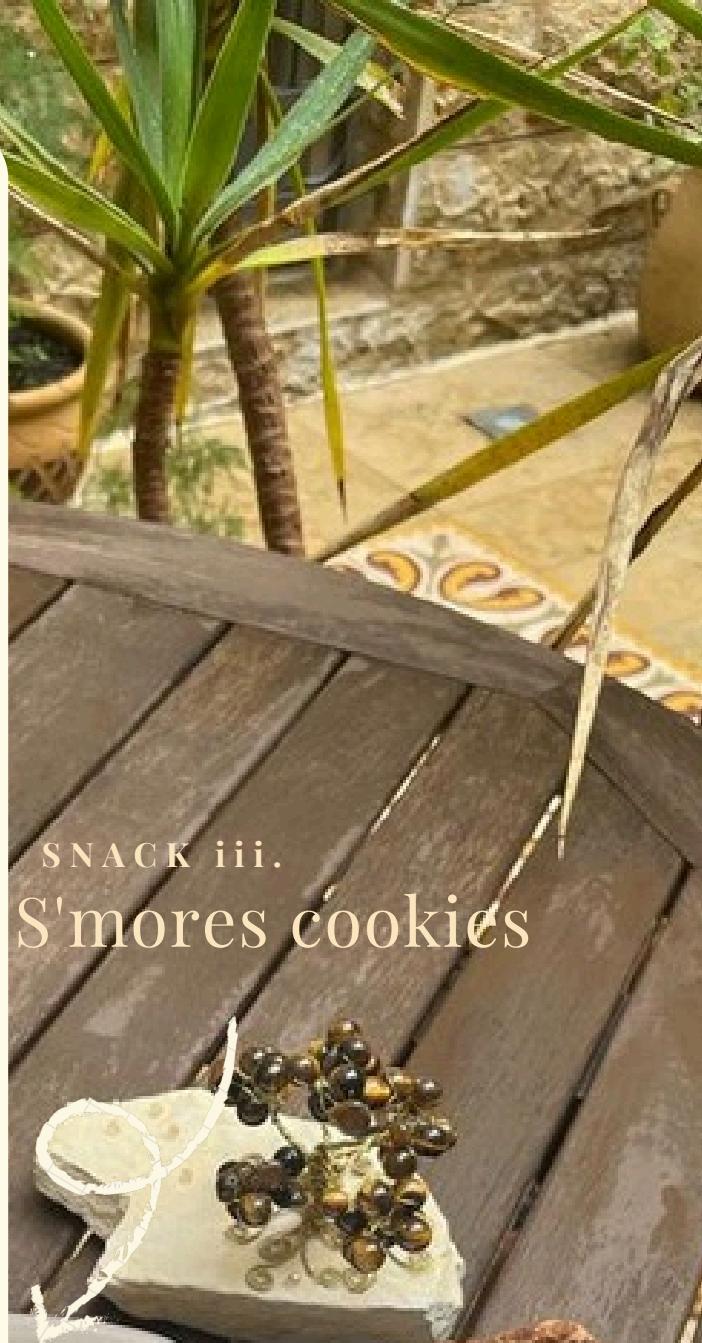
1 / 4 TSP

FLAX SEEDS

1 TBSP

SEA SALT

1 PINCH



SNACK iii.
S'mores cookies



Directions

O1.

Combine the flax seed and water in a cup and set aside for a minimum of ten minutes until a gel forms

O2.

Melt the butter in a saucepan over a low heat

O3.

Place the caster sugar and light brown sugar in a large mixing bowl, once cooled, stir in the butter

O4.

Add the flax mixture to the sugar mixture and stir well until the sugar dissolves and a pale brown liquid forms

O5.

Sieve in the flour and the cocoa powder before adding the bicarbonate of soda and the salt

O6.

Stir well until the mixture begins to come together and a sticky dough forms. You may need to use your hands to really bring the mixture together as it will be quite dry

Directions

07.

Roughly chop the marshmallows into small pieces and mix to the dough along with the chocolate chunks, holding a few back to scatter across the top.

08.

Place the dough in the fridge to chill for a minimum of thirty minutes

09.

Scoop out balls of the cookie dough using either a teaspoon or ice cream scoop and place onto a tray lined with baking paper, pressing down slightly to flatten the balls using your fingertips

10.

make sure you leave a few inches between each ball of cookie dough to allow room for them to spread in the oven

11.

Bake the cookies in a preheated oven for 15 - 18 minutes at 170 degrees Celsius

12.

Scatter any additional chocolate chunks or marshmallow pieces across the top of the cookies and allow to cool

GLUTEN
FREE



Lunch \ Dinner





INGREDIENTS

POTATO

400 GRAMS (2 MEDIUM SIZED)

GLUTEN FREE FLOUR

120 GRAMS

EGG

1 EGG

BUTTER SAUCE (OPTIONAL)

BUTTER

1/4 CUP

GARLIC

3 CLOVES

THYME

1 TSP

OLIVE OIL

1 TBSP

PARMESAN CHEESE

1/2 CUP

SALT

1 PINCH



LUNCH \ DINNER i.

Gnocchi

Directions

O1.

Transfer your peeled and chopped potatoes to a pot with salted water and bring to a boil. Boil the potatoes on medium heat for 15 minutes or until fork tender. Drain the potatoes and transfer them back to the pot. Use a potato masher and mash them well.

O2.

Add the flour and salt, knead with your hands until a dough forms. The dough should be a little sticky but easy enough to handle using lightly floured hands. Transfer the dough to a lightly floured surface. If needed, add a bit more flour and knead the dough until it can be formed into a ball easily.

O3.

Form the gnocchi dough into one or more ropes that are about $\frac{3}{4}$ - 1 inch thick, and cut the ropes into bite-sized pieces of equal size.

O4.

To shape the gnocchi, roll each piece of dough over the tines of a fork to create ridges.

Directions

05.

Add the gnocchi to a pot of salted boiling water and cook until they float to the top of the water.

06.

Remove from the pot with a slotted spoon, and add directly to your favorite pasta sauce. Garnish with fresh basil and parmesan cheese.

Directions

BUTTER SAUCE (OPTIONAL)

01.

Melt the butter in a deep pan, then add the garlic.

02.

Toss the gnocchi in another heated pan with the olive oil until they turn golden brown on both sides.

03.

Add the gnocchi and salt to the butter sauce and mix together. Take off the heat and immediately add the Parmesan cheese and stir. Top off with thyme and enjoy!

INGREDIENTS

GLUTEN FREE FLOUR

100 GRAMS

OLIVE OIL

10 MILLILITERS

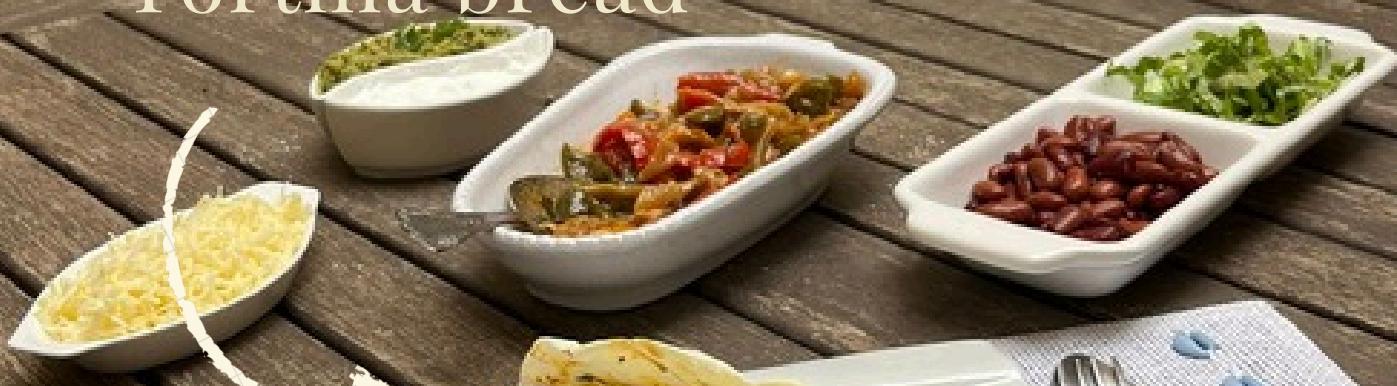
WATER

60 MILLILITERS

SALT

1 / 2 TSP

LUNCH \ DINNER II. Tortilla bread



Directions

O1.

Add the gluten free flour and salt to a mixing bowl and stir to combine.

O2.

Pour the water and olive oil into the bowl with the flour. Use a spoon to mix until you have a crumbly dough, then knead with your knuckles and hand until you have a smooth dough, formed into a ball. If the mixture is too dry add a little water, if too wet sprinkle with extra flour until you have a smooth, soft dough.

O3.

Dust your work surface with flour and break the ball into two equal pieces.

O4.

Use a floured rolling pin to roll out the dough to form a very thin, circle shape. Flour both sides of the dough well, and flip it periodically while you are rolling, to ensure it doesn't stick to the surface or rolling pin.

O5.

Heat and spray a pan over a medium flame, then once hot add your dough to the pan.

Directions

06.

Cook for about a minute, until small bubbles form in the dough, then flip and cook for a minute or so on the other side. Flip another couple of times until it looks well-cooked and puffy bubbles have formed.

07.

Pour the water and olive oil into the bowl with the flour. Use a spoon to mix until you have a crumbly dough, then knead with your knuckles and hand until you have a smooth dough, formed into a ball. If the mixture is too dry add a little water, if too wet sprinkle with extra flour until you have a smooth, soft dough.

08.

Transfer to a clean tea towel and wrap it in the cloth to stop it drying out.

09.

Repeat steps with the second ball, then enjoy your wraps!



LUNCH \ DINNER iii.

Pizza

INGREDIENTS

GLUTEN FREE FLOUR

1 1 / 2 CUPS (MUST CONTAIN XANATHAN GUM) + MORE FOR SHAPPING

GRANULATED SUGAR

3 / 4 TSP

INSTANT YEAST

1 / 2 TBSP

SALT

3 / 4 TSP

WARM WATER

4 1 / 2 OUNCES (ABOUT 95 °F)

EXTRA VIRGIN OLIVE OIL

2 1 / 4 TBSP + MORE FOR BRUSHING

TOPPINGS

ANY PIZZA TOPPINGS



Directions

O1.

In the bowl of your stand mixer fitted with the paddle attachment or your food processor fitted with the metal blade, place the flour, yeast, and sugar, and whisk to combine with a separate, handheld whisk. Add the salt, and whisk again to combine well.

O2.

Turn the mixer to high speed or your food processor on and process until the dough is no longer a ball but has begun to appear whipped (about 3 minutes).

O3.

Transfer the dough to an oiled container with a tight-fitting lid or a greased bowl, spray lightly with cooking oil spray, and cover tightly.

O4.

Place in a warm, draft-free area to rise until it's about 150% of its original volume (for an hour), or refrigerate the dough for up to 3 days.

O5.

When you're ready to make the pizza, place a pizza stone or overturned rimmed baking sheet in the oven and preheat it to 200°C.

Directions

07.

If you've refrigerated the dough, work with it straight from the refrigerator. If you haven't, place the tightly sealed dough in the refrigerator to chill for at least 15 minutes before working with it, as it's easiest to work with when it's chilled.

08.

Place the dough on a floured surface and sprinkle the top with more flour and knead until it's not sticky.

09.

Roll on the floured surface with a rolling pin, moving the dough frequently to prevent sticking.

10.

Create a smooth edge around the perimeter of the dough by pressing the edges with one hand toward the palm of your other.

Directions

11.

Transfer the dough to a large piece of unbleached parchment paper and brush the top of the dough generously with olive oil. Using a pizza peel or other flat surface like a cutting board, transfer the dough to the pizza peel or baking sheet in the preheated oven and bake it plain for 5 to 7 minutes, or until the crust has begun to crisp on the underside.

12.

Remove the crust from the oven, add your favorite toppings to the parbaked crust, and return the pizza to the hot oven until any cheese is melted and the edges have browned and puffed (another 5 to 7 minutes).

13.

Remove the pizza from the oven and allow it to set for 5 minutes before slicing and serving.



GLUTEN
FREE



Dessert





DESSERT i.

Cheese cake

INGREDIENTS

GLUTEN FREE BISCUITS

8 OUNCES

SUGAR

1 TSP

CINNAMON

1/2 TSP

SALT

1 PINCH (FOR CRUST)

BUTTER

4 TBSP, MELTED

CREAM CHESSE

4 PACKAGES (8 OZ EACH)

SUGAR

1 CUP (FOR FILLING)

EGGS

4 EGGS ROOM TEMP.

SOUR CREAM

1 CUP

LEMON JUICE

2 TSP

CORNSTARCH

1 TBSP

VANILLA

1 TSP



DESSERT i.

Directions

O1.

Preheat the oven to 350°F. Butter the bottom and sides of a 9-inch springform pan. Set aside.

O2.

Add gluten-free crackers to a food processor and process until finely ground.

O3.

Pour into a medium sized bowl and whisk together with sugar, cinnamon and salt. Then pour melted butter over the top and mix until the crust mixture resembles wet sand.

O4.

Press the mixture into the bottom of the springform pan. Bake at 350°F for 10-12 minutes, until the crust is lightly browned and fragrant. Remove from the oven and cool for at least 10 minutes while preparing the filling. (Keep the oven on)

O5.

To make the filling, combine softened cream cheese and sugar in a large mixing bowl. Beat on high for 1-2 minutes, until light and creamy.

Directions

06.

Add the eggs, one at a time, scraping down the bowl in between each addition. Then, add the sour cream, lemon juice, cornstarch and vanilla and mix only until combined and smooth.

07.

Pour the cheesecake filling over the crust and smooth with a spatula. Place cheesecake in the preheated oven and immediately lower the oven temperature to 300°F. Bake for 55 minutes to an hour, until the edges of the cheesecake are set (the center will still be a bit wobbly). Turn off the oven and let the cheesecake sit in the oven for another hour.

08.

Remove the cheesecake from the oven and carefully loosen the edges of the cheesecake from the sides of the pan with a knife, but leave the cheesecake in the pan. Let the cheesecake come to room temperature.

09.

Cover the cheesecake and refrigerator for at least 4 hours, preferably overnight. Remove the cheesecake from the springform pan and top with fresh berries and powdered sugar or other favorite toppings before serving.

INGREDIENTS

ACTIVE DRY RAPID RISE YEAST

2 $\frac{1}{4}$ T S P

MILK

1 C U P + 1 $\frac{1}{2}$ T B S P

GRANULATED SUGAR

3 T B S P

BUTTER, MELTED

1/4 C U P + 6 T B S P

SALT

1/4 T S P + 1 P I N C H

1:1 GLUTEN FREE FLOUR

2 $\frac{1}{2}$ C U P S

BROWN SUGAR

1/3 C U P

GROUND CINNAMON

2 T S P

POWDERED SUGAR

1 $\frac{1}{2}$ C U P S

CREAM CHEESE

2 T B S P

VANILLA EXTRACT

1 T S P

DESSERT ii.

Cinnamon rolls



Directions

O1.

Heat up 1 cup of milk, and mix with the granulated sugar and yeast in a stand mixer fitted with the dough hook. Allow to sit for 5 minutes. The mixture should foam, signaling that the yeast is active.

O2.

Add $\frac{1}{4}$ a cup of melted butter, 1 cup of the gluten free flour and $\frac{1}{4}$ tsp of salt. Mix until just combined. Add in $1\frac{1}{2}$ cups of flour and mix until the dough forms a ball and comes together.

O3.

Turn the dough out onto a heavily floured surface and knead for 15 minutes or until the dough is mostly smooth.

O4.

Coat a large bowl with oil and place the dough into the bowl. Cover with plastic wrap and set in a warm area to proof for 1 hour.

O5.

In a small bowl, combine the brown sugar and cinnamon for the filling. Lightly grease a 9 inch round baking pan. Set both aside.

Directions

06.

After 1 hour, look at the dough. The dough should be doubled in size. Turn the dough out onto a liberally floured work surface.

07.

Roll the dough out into a 9 x 13 inch rectangle. The dough will be thick. This is what you want.

08.

Spread 4 tbsp of melted butter over the dough, coating it evenly, all the way to the edge. Sprinkle on the brown sugar/cinnamon mixture and rub into the butter to combine.

09.

Working from the long edge, roll the dough into a log, pinching the ends so it stays together. Using a serrated knife or dental floss, cut the dough into 8 equal buns. Place into the prepared pan.

10.

Allow the dough to rise a second time. Cover the pan with a cloth and let it rest in a warm place for 1 hour.

Directions

11.

Preheat the oven to 375°F. Bake for 20-30 minutes, until the cinnamon buns are golden brown on top.

12.

While the cinnamon rolls are baking, make the cream cheese frosting. Combine 1 ½ cups of powdered sugar, 2 tbsp cream cheese, 2 tbsp butter, 1 tsp vanilla extract, pinch of salt and 1 ½ tsp of milk in a bowl and whisk until combined.

13.

Once the cinnamon rolls are out of the oven, cool for 10 minutes. Microwave the frosting for 10-15 seconds to thin it out slightly, then spread over warm cinnamon rolls and serve!





DESSERT iii.
Churros

INGREDIENTS

WATER

1 1 / 2 CUP

UNSALTED BUTTER

1 / 4 CUP

GRANULATED SUGAR

1 TBSP + 1 / 3 CUP

SALT

1 / 4 TSP

GLUTEN FREE FLOUR

1 CUP

EGG

1 LARGE

VANILLA EXTRACT

1 / 2 TSP

GROUND CINNAMON

1 TSP

VEGETABLE OIL

FOR FRYING

Directions

O1.

Heat 1-2 inches of vegetable oil in a deep skillet set over medium-high heat to 375°F.

O2.

While the oil heats, in a separate large saucepan, heat the water, butter, 1 tbsp of the sugar, and salt. Bring to a boil and then reduce heat to low.

O3.

Stir in the flour and stir constantly until combined and mostly smooth. Turn off heat.

O4.

Pour the flour mixture into the bowl of a stand mixer and allow to sit/cool for 2-3 minutes.

O5.

Add egg and vanilla and mix on high until smooth.

O6.

Transfer mixture to a piping bag with a star tip.

O7.

Add cinnamon and $\frac{1}{3}$ a cup of sugar to a shallow bowl and stir to combine.

Directions

08.

Line a plate with paper towels. Set aside.

09.

Carefully pipe a 5-6 inch length into the oil, using a sharp knife or scissors to cut off from the star tip.

10.

Allow to fry 2-3 minutes per side, or until golden brown. Transfer to a paper towel-lined plate.

11.

Allow to dry for about 1 minute, then roll in the cinnamon/sugar mixture.

12.

Repeat with the rest of the dough, frying 3 at a time.



L A C T O S E
F R E E



Breakfast





BREAKFAST i. Overnight oats

INGREDIENTS

OLD FASHIONED ROLLED OATS

1 / 2 C U P

SWEETENED ALMOND MILK

1 / 4 C U P

MAPLE SYRUP

1 T B S P

CHIA SEEDS

2 T S P

VANILLA EXTRACT

1 / 2 T S P

GROUND CINNAMON

1 / 2 T S P

CHOPPED APPLE

1 / 4 - 1 / 2 C U P

CHOPED RAW PECANS

2 T B S P



Directions

O1.

In a small bowl or glass jar, mix together the oats, almond milk, maple syrup, chia seeds and vanilla extract.

O2.

Add the cinnamon, apples and pecans to the bowl / container along with the base ingredients.

O3.

Cover / seal the container then transfer to the refrigerator to sit overnight.

O4.

In the morning, give it a good stir then enjoy!



INGREDIENTS

BANANA

1 MASHED

EGGS

2 EGGS

ALL PURPOSE FLOUR

1 / 4 CUP

CINNAMON

1 / 2 TSP

BREAKFAST ii.

Pancakes



Directions

O1.

Mix the mashed banana with the eggs

O2.

Add the flour and cinnamon and stir until combined

O3.

Cook the pancakes on a non-stick skillet for a few of minutes on each side

O4.

Serve with your favorite toppings and enjoy!



INGREDIENTS

ALMOND FLOUR

1 CUP

OATS

1 1/2 CUPS

BAKING POWDER

1 TSP

MAPLE SYRUP

1/2 CUP

COCONUT OIL

1/4 CUP

VANILLA

1 TSP

SALT

PINCH

FROZEN STRAWBERRIES

3 CUPS

LEMON ZEST

1/2 TBSP

LEMON JUICE

1 TBSP

CORNSTARCH

3.5 TBSP

BREAKFAST iii.
Strawberry
oatmeal bars



Directions

O1.

Start by making the crust. In a large bowl, combine the almond flour, oats, baking powder, maple, melted coconut oil, $\frac{1}{2}$ tsp vanilla, and salt. Mix them well.

O2.

Line the bottom of a 9 x 9 inch baking dish with parchment paper and grease it lightly with some coconut oil.

O3.

Then add the crust to the pan, but save about $\frac{1}{2}$ cup of the mixture for the top layer.

O4.

Use a spatula or your fingers to pat down the crust until you have a tightly packed, even layer.

O5.

Now it's time to make your filling. To a pan, add the strawberries, lemon zest, lemon juice, coconut sugar, and $\frac{1}{2}$ tsp vanilla.

O6.

Cook them over medium heat and use a potato masher to mash up the strawberries as best as you can.

Directions

07.

Cook the berry mixture for 3-4 minutes, then add in the cornstarch. Stir everything together for another minute, then remove from heat.

08.

Pour the berry filling on top of the layer of crust. Use a spatula to make sure it's even.

09.

Crumble the remaining $\frac{1}{2}$ cup of crust on top of the raspberries.

10.

Bake the bars for 30-35 minutes at 200*C.

11.

Remove from the oven and give the bars plenty of time to cool so that the filling can set.

12.

if they do not set, freeze for 2 hours.

13.

once set, slice into bars and enjoy!

L A C T O S E
F R E E



Snacks



INGREDIENTS

HAZELNUTS

3 C U P S

COCOA POWDER

3 T B S P

SUGAR

3 T B S P

VANILLA EXTRACT

1 T S P

VEGETABLE OIL

1 / 4 C U P

SALT

1 P I N C H

SNACK i.

Chocolate spread



Directions

O1.

Toast the hazelnuts in a preheated oven at 180C.

O2.

Let cool down for 10 minutes then remove some of their skin rubbing them with your hands.

O3.

Add toasted hazelnuts and sugar to a power blender or to a food processor and blend till you have a smooth hazelnut spread.

O4.

About 5 minutes in a power blender and 10 minutes in a food processor.

O5.

Add the cacao powder or the melted dark chocolate, the vanilla aroma, a pinch of salt and keep blending till all ingredients are mixed and you have a smooth spread.

Do not worry if the spread is too liquid, it will thicken up in the refrigerator.

O6.

Pour the nutella into a jar and store in the refrigerator for up to 2 months.



INGREDIENTS

RAW CASHEWS

1 1 / 2 C U P S

APPLE CIDER VINEGAR

2 T B S P

SQUEEZED LEMON JUICE

1 T S P

WATER

3 T B S P

COCONUT OIL

1 / 3 C U P

NUTRITIONAL YEAST

1 / 2 C U P

GARLIC POWDER

3 / 4 T S P

ONION POWDER

3 / 4 T S P

SEA SALT

1 1 / 4 T S P

SNACK ii.
Cheese

Directions

O1.

Boil the cashews for 15 minutes and rinse.

O2.

Add them to a high-powered blender, along with the vinegar, lemon juice, water, and oil. Blend on medium or high speed, scraping down the sides as you go, until relatively smooth and creamy.

O3.

Add the nutritional yeast, garlic powder, onion powder, and salt, and blend again until well incorporated and completely smooth.

O4.

Pour the mixture into a glass jar with an airtight lid. Seal and let the jar ferment in a warm place, for a minimum of 16 hours, or up to 48 hours.

O5.

Once the cheese has fermented, give it a stir and then refrigerate for at least 4 hours to firm up.

O6.

Once the cheese has solidified, spoon it on parchment paper.

Directions

07.

Use a spoon to push it into a log-like shape. Roll up the parchment paper and use your hands and the parchment paper itself to mold and shape the cheese into a log shape.

08.

Refrigerate for 2 hours, or more, to set, then spread and enjoy.



INGREDIENTS

OAT FLOUR OR BLENDED ROLLED OATS

1 / 2 C U P

GROUND FLAXSEEDS

1 T B S P

MAPLE SYRUP

2 . 5 T B S P

VANILLA EXTRACT

1 T S P

GROUND CINNAMON

1 T S P

BAKING POWDER

2 / 3 T S P

SWEETENED ALMOND MILK

1 / 2 C U P

FRESH BLUEBERRIES

2 T B S P

NUTS

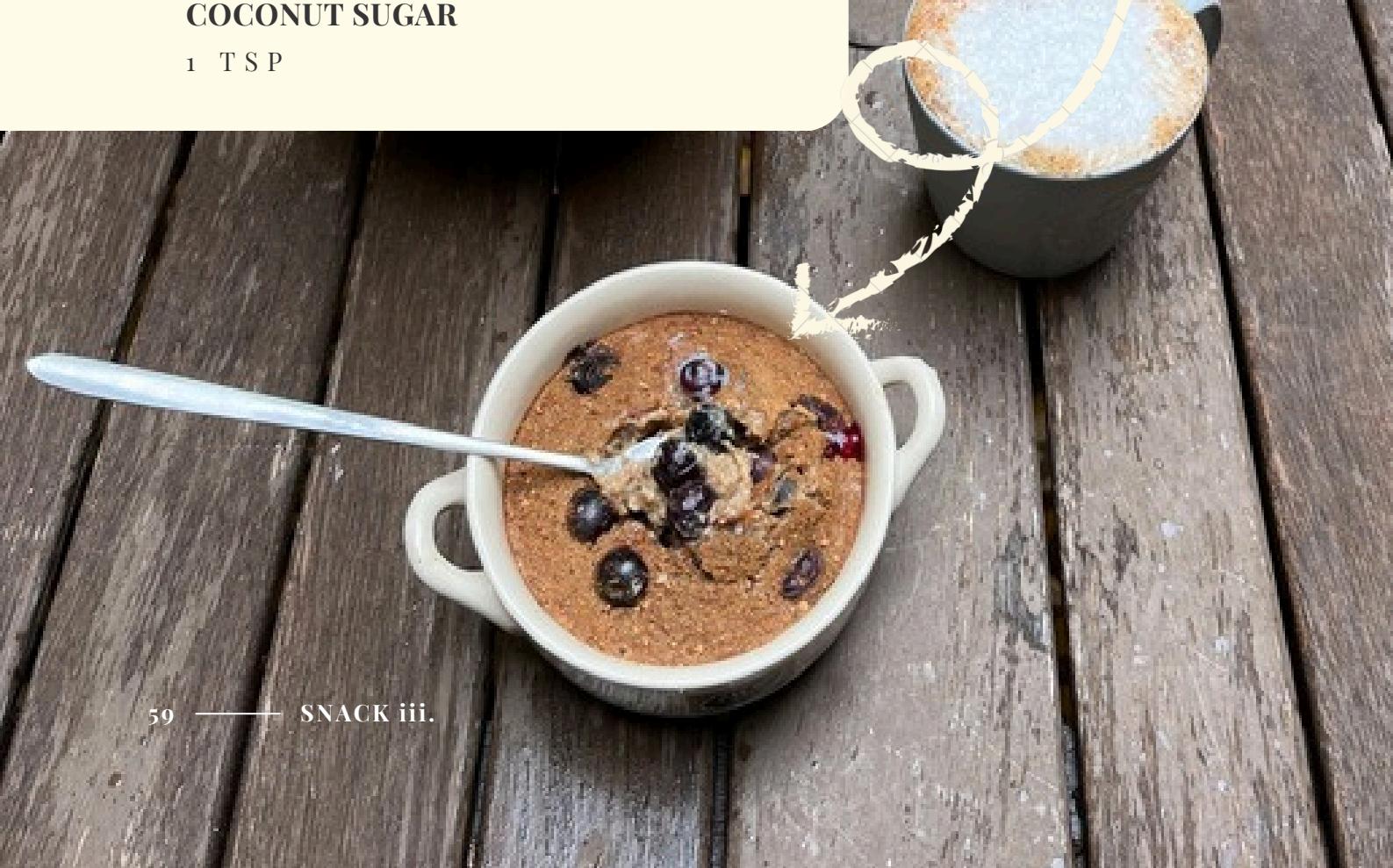
1 / 2 T S P

COCONUT SUGAR

1 T S P

SNACK iii.

Blueberry
baked oats



Directions

O1.

In a large mixing bowl, combine the oat flour, ground flaxseeds, maple syrup, vanilla, $\frac{1}{2}$ tsp cinnamon, baking powder. Stir in the almond milk and mix until smooth. *If using rolled oats - blend in a blender until it reaches a fine flour consistency.

O2.

Stir in half of the blueberries.

O3.

Transfer half the batter to a 6-ounce oven-safe ramekin, small bowl or baking pan.

O4.

Top with remaining blueberries. In a small bowl, mix together the coconut sugar + $\frac{1}{2}$ tsp cinnamon until combined. Sprinkle evenly over the oats along with chopped nuts.

O5.

Bake in a preheated oven at 350 F for 19-21 minutes, or until set



L A C T O S E
F R E E



Lunch \ Dinner



INGREDIENTS

LUKEWARM PLANT MILK

2 / 3 CUP + MORE TO BRUSH

WATER

1 / 2 CUP

INSTANT YEAST

1 TBSP

SUGAR

2 TBSP

SOFTENED MARGARINE

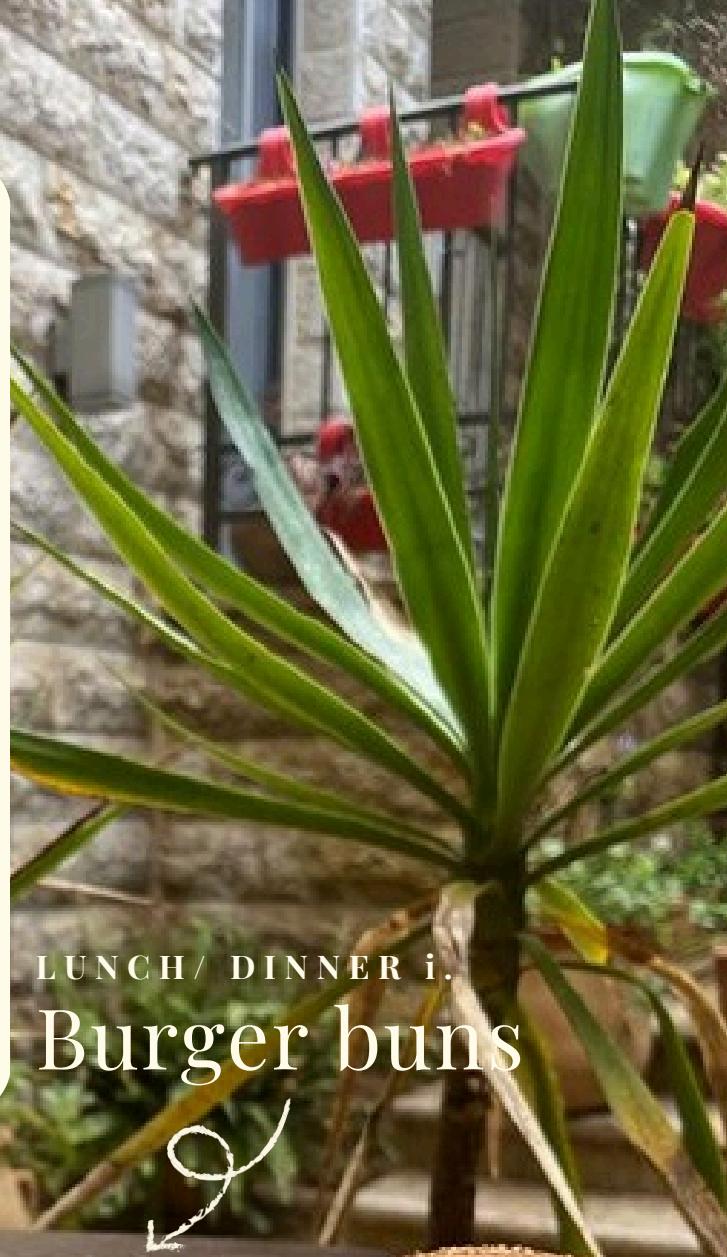
4 HEAPED TBSP

SESAME

TO SPRINKLE

SALT

1 TBSP



LUNCH / DINNER i.

Burger buns



Directions

O1.

mix plant milk, water, yeast and sugar, then set aside till frothy

O2.

combine flour and salt, make a well in the middle then add the yeast mixture and margarine

O3.

first stir to combine, then knead for 5-7 mins

O4.

Pour the flour mixture into the bowl of a stand mixer and allow to sit/cool for 2-3 minutes. then let the dough rise for 1 hour

O5.

make 6-9 balls and let RISE for 30 mins

O6.

brush with plant milk, sprinkle with sesame and bake at 180°C for 25-30 min or until golden brown





LUNCH / DINNER ii Mac and cheese



INGREDIENTS

MACARONI PASTA

16 OUNCE

BUTTERNUT SQUASH

1 1\2 CUPS

ONION

1 LARGE, DICED

GARLIC

3 CLOVES

COOKING WATER

1/4 CUP FROM PASTA

LACTOSE FREE MILK

1 1/4 CUPS

NUTRITIONAL YEAST

1/2 CUP

RAW CASHEWS

1/2 CUP

LEMON JUICE

2 TBSP

CORNSTARCH

2 TBSP

TUMERIC

1 TSP

DIJON MUSTARD

1 TSP

SALT

1 TSP

PAPRIKA

1/4 TSP

BLACK PEPPER

1/4 TSP

Directions

O1.

Add butternut squash and onion to a medium sauce pan and cover with water by at least an inch. Bring to a boil, then turn down the heat and simmer until the vegetables are tender (about 15 to 20 minutes).

O2.

While the vegetables are cooking, cook the pasta (boil it) Reserve $\frac{1}{4}$ cup of the cooking water and drain the pasta. Return the drained pasta to the pot and set aside.

O3.

When the squash and onions are tender, drain them and add them to a high speed blender along with the reserved cooking liquid, soy milk, nutritional yeast, cashews, lemon juice, cornstarch, turmeric, Dijon mustard, garlic, paprika, salt, and black pepper. Blend until completely smooth.

O4.

Pour the butternut squash sauce back into the medium sauce pan and heat over medium heat until the sauce comes to a boil and is thickened.

O5.

Pour the sauce into the pot of cooked pasta, and stir to coat all the noodles.

LUNCH / DINNER iii.

Pesto Pasta



INGREDIENTS

PASTA

16 OUNCES

FRESH BASIL LEAVES

2 CUPS PACKED

OLIVE OIL

1/2 CUP + 2 TBSP

PINE NUTS

1/2 CUP

GARLIC

3 CLOVES

SALT

1 TSP + MORE TO TASTE

ALL PURPOSE FLOUR

1 TSP

BLACK PEPPER

3 CUPS

LACTOSE FREE MILK

1/3 CUP

VEGETABLE BROTH

1/3 CUP



Directions

O1.

Cook the pasta according to the package directions.

O2.

Add the basil, $\frac{1}{2}$ a cup of olive oil, pine nuts, garlic, and 1 tsp salt to your food processor. Pulse the mixture, stopping to scrape down the sides of the food processor as needed, until relatively smooth.

O3.

In a saucepan over medium heat, whisk together 2 tbsp olive oil, flour, pepper, and salt (about $\frac{1}{2}$ tsp or to taste) for about 2 minutes.

O4.

Remove the saucepan from the heat. While whisking constantly, add the dairy-free milk a little at a time until incorporated.

O5.

Reduce the heat to medium-low. Return the saucepan to the heat. Slowly whisk in the broth. Simmer (do not boil) until the sauce thickens slightly, about 6 minutes, stirring often.

Directions

06.

Add the pesto mixture to the saucepan, and whisk until thoroughly combined and heated through. Taste, and add seasonings, if needed.

07.

Gently toss the cooked pasta and sauce together.



L A C T O S E
F R E E



Dessert





INGREDIENTS

APPLE CIDER VINEGAR

2 T B S P

LACTOSE FREE MILK

1 1 / 4 C U P S

BROWN SUGAR

2 C U P S

ALL PURPOSE FLOUR

2 1 / 4 C U P S

UNSWEETENED COCOA POWDER

1 / 2 + 1 / 3 C U P S

BAKING POWDER

1 1 / 2 T B S P

BAKING SODA

2 T S P

SALT

1 L A R G E P I N C H

COCONUT OIL

1 / 2 C U P , M E L T E D

VANILLA

1 T B S P

BOILING WATER

1 C U P

DESSERT i.

Chocolate
cake

Directions

O1.

Lightly grease a 9-inch baking tin with vegetable oil a baking sheet and set aside

O2.

Preheat your oven to 350° F.

O3.

To a small bowl, add your apple cider vinegar and milk. Stir to combine and set aside. Do not worry about the curdling, this is meant to happen. It is essentially cream!

O4.

To a large bowl, add your brown sugar, flour, cocoa powder, baking powder, baking soda and salt. Whisk till well combined and there are no lumps.

O5.

To the bowl, add the coconut oil, vanilla and milk mixture. Using a hand mixer or whisk, begin whisking for around 1-2 minutes or until combined. The mixture should be lumpy.

O6.

Gently add in the boiling water and whisk for another 30 seconds.

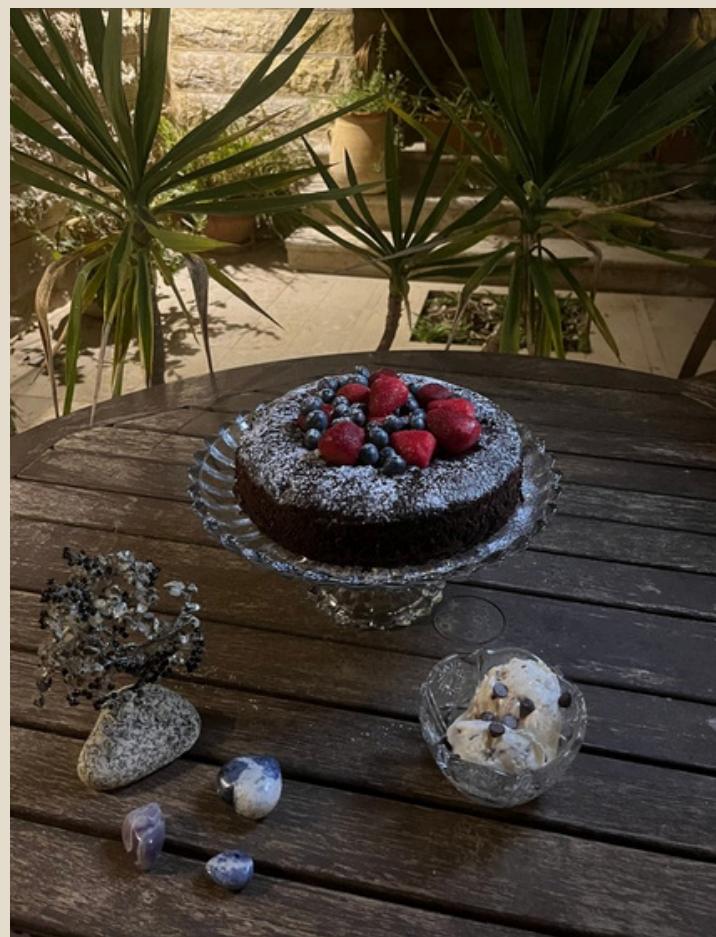
Directions

07.

Transfer mixture to the baking tin and bake for 32-35 minutes. Remove from the oven and let the cake cool completely in the baking tin.

08.

Top off with icing sugar or fresh berries or or both!



INGREDIENTS

EGGS

4 EGGS

SUGAR

1 CUP

VANILLA EXTRACT

1 TSP

MAZOLA OIL

1 CUP (NOT FILLED UP)

FLOUR

2 CUPS + SPRINKLE WITH ZEST

BAKING POWDER

3 TSP

ORANGE JUICE

1 CUP

LEMON OR ORANGE ZEST

1 / 2 TBSP (OPTIONAL)

DESSERT ii.
Orange
cake

Directions

O1.

Coat a 10 inch fluted ring cake tin with vegetable oil and set aside.

O2.

Preheat the oven to 170° c.

O3.

Mix the eggs, sugar, and vanilla together until the mixture turns into a light yellow color.

O4.

Combine the cup of oil and mix well.

O5.

Mix the flour, baking powder and orange juice, alternating three times.

O6.

add lemon or orange zest with a sprinkle of flour into the mixture.

O7.

Bake for about 25 - 30 minutes or until a toothpick is inserted and comes out clean.

DESSERT iii.
Crème Brûlée

INGREDIENTS

VANILLA EXTRACT

2 T S P

FULL FAT COCONUT MILK

1 3 . 5 O U N C E

EGG YOLKS

5 Y O L K S

WHITE SUGAR

1 / 4 C U P

SUGAR

4 T B S P

Directions

O1.

Preheat the oven to 325°F.

O2.

Whisk all ingredients, except the 4 TBSP of sugar for topping, until smooth.

O3.

Evenly divide the creme mixture between your ramekins .

O4.

Place ramekins in a baking dish. Fill the baking dish with hot water so that it comes half-way up the side of the ramekin. Be careful to not splash water into the custards, they won't set.

O5.

Bake for 40-45 minutes, or until the custard is "set." They should be nearly solid but still have some good jiggle.

O6.

Carefully remove the custards from the hot water. Cool at room temperature, uncovered, for 30-45 minutes. Then chill for 3-4 hours or overnight.

Directions

07.

Sprinkle the top of each custard with a thin, even layer of sugar. Melt the sugar with a kitchen torch, then enjoy.



