



# Allergen friendly Recipe EBook

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Gluten free, sugar free and allergen friendly recipes



# Vegetarian Courgette lasagna



## Ingredients:

- 1 ONION
- 2TBSP OF OLIVE OIL
- 2 MEDIUM COURGETTES
- 2 CANS OF CHOPPED TOMATOES
- FRESH BASIL
- SALT
- 2 BUFALLO MOZZARELLA
- GRATED CHEDDAR AND PARMESAN ON TOP

## METHOD:

- FIRST YOU NEED TO MAKE YOUR OWN TOMATO SAUCE STIR FRYING THE ONION AND THE OLIVE OIL UNTIL ONION IS TRANSLUCENT.
- THEN ADD YOUR CHOPPED TOMATOES AND LET IT SIMMER FOR 50/60 MINUTES. ADD BASIL AND SALT 5 MINUTES BEFORE THE END OF THE COOKING.
- START PEELING THE COURGETTES LENGTH WISE. ADD A LITTLE TOMATO SAUCE AT THE BOTTOM OF THE OVEN DISH AND THEN START DOING YOUR LAYERS WITH COURGETTE, SAUCE, PARMESAN, BUFFALO MOZZARELLA. ADD THE SAUCE AT THE BEGINNING OF EACH LAYER.
- AT THE VERY TOP LAYER LEAVE THE TOMATO SAUCE AND TOP IT WITH PARMESAN AND MOZZARELLA. BAKE IN THE OVEN AT 180 DEGREES FOR ABOUT 25 MINUTES.
- ENJOY HOT.



# Broccoli Fritters



## Ingredients:

- 1 MEDIUM HEAD OF STEAMED BROCCOLI
- 1 EGG
- 20G PARMESAN
- 4TBSP OF MILLED FLAXSEEDS
- SALT AND PEPPER

## METHOD :

- START BY CUTTING THE BROCCOLI HEAD INTO SMALL PIECES AND STEAM THEM FOR ABOUT 4 MINUTES. MAKE SURE THEY ARE REALLY DRY AND NOT TOO WATERY.
- MASH IT WITH A FORK OR HANDBLENDER AND ADD THE REST OF THE INGREDIENTS, THEN FORM LITTLE FRITTERS SHAPES.
- COOK IN THE PAN WITH SOME OLIVE OIL UNTIL GOLDEN BROWN. SERVE WITH SALAD.
- THEY CAN BE FROZEN BUT MAKE SURE YOU SEPARATE THEM WITH SOME PARCHMENT PAPER SO THAT THEY DO NOT STICK TOGETHER.
- ENJOY THEM WITH SOME GREEK YOGURT, LEMON JUICE AND BASIL DIP.

# Wild Blackberry G/F Pancake

## Ingredients:

- 160G OF MERRYMILL G/F PANCAKE MIX
- 100ML OF ORGANIC WHOLE MILK OR COCONUT FOR DAIRY FREE.
- 190ML WILD BLACKBERRY SYRUP
- 1EGG
- COCONUT OIL FOR FRYING

## METHOD:

- TO MAKE THE SYRUP SIMPLY STEW SOME WILD BLACKBERRIES WITH A SMALL AMOUNT OF WATER AND ADD SOME SUGAR/ERYTHRITOL PLUS VANILLA EXTRACT. SIEVE SEEDS AND PULP FOR A SMOOTH CONSISTENCY.
- MIX ALL THE WET INGREDIENTS AND COMBINE THE FLOUR MIX. USE COCONUT OIL FOR FRYING
- SERVE WITH FULL FAT GREEK YOGURT, TOPPED WITH HEMP SEEDS OR CHOPPED WALNUTS FOR AN EXTRA OMEGA 3 BOOST.
- ENJOY WARM



# Sugar free Bounty Bars



## Ingredients:

- 2 CUPS OF DESSICATED COCONUT
- 1/4 CUP OF ERYTHRITOL
- 4 TBSP OF COCONUT CREAM
- 1 TO 2 TBSP OF COCONUT MILK(CANNED)
- 2TBSP OF COCONUT OIL

## COATING:

- 100G OF MELTED 85% DARK CHOCOLATE
- 1TBSP OF ERYTHRITOL
- 70G OF MELTED BUTTER

## METHOD:

START BY REFRIGERATING A CAN OF COCONUT MILK OVERNIGHT, YOU WILL HAVE CREAM FORMED ON TOP.

THEN START COMBINING ALL THE DRY INGREDIENTS FIRST AND ADD THE COCONUT CREAM. MIX IT WELL TOGETHER AND ADD 1 TBSP OF COCONUT MILK FIRST AND CHECK THE CONSISTENCY. IF TOO DRY ADD ANOTHER TBSP. FREEZE FOR 1 HOUR.

PREPARE THE COATING BY MELTING THE CHOCOLATE IN BAIN- MARIE, THEN ADD THE BUTTER AND WHISK IN THE ERYTHRITOL UNTIL SMOOTH. USE A FORK TO COAT THE BARS TOP AND BOTTOM AND FREEZE FOR AT LEAST 2 HOURS. ENJOY IT STRAIGHT FROM THE FREEZER.