Banana Bread

Ingredients

* 1 cup + 1 tbsp (250g/2 medium bananas) ripe mashed banana
* 2 1/2 tbsp (50g) Organic Honey
* 2 tsp (10ml) vanilla extract
* 3 1/2 tbsp (50g) coconut oil, melted
* 1/4 cup (60g) unsweetened applesauce
* 4 eggs (200g)
* 1/2 cup (55g) coconut flour
* 1/2 cup (50g) almond meal
* 3/4 tsp baking soda

Preheat your oven to 170C/340F.

Grease and line a small loaf tin and set aside.

In a medium mixing bowl, mash your bananas and add in your honey, vanilla, melted coconut oil, applesauce and eggs.

Mix in your coconut flour, baking soda and almond meal and allow to sit for two minutes. The mix will look really runny at first, but the coconut flour will soon absorb the liquid and form a thicker batter. It's more of a pancake batter consistency than a thick cake batter, however, if your mix is extremely liquidy, add in coconut flour one teaspoon at a time.

Pour your banana bread mixture into your prepared loaf tin and bake for 40 minutes to an hour (keep an eye on it - cooking times will depend on your pan size) or until your loaf is cooked through and a skewer inserted into the middle removes clean.

If your banana bread is browning too quickly but isn't cooked in the middle, cover it with foil.

Allow to cool completely before slicing.

We find this banana bread keeps best in a sealed container in the refridgerator and it will keep for up to a week. You can also freeze the slices by wrapping the slices individually and storing them in a sealed zip lock bag in the freezer.

Carrot Cake

Dry ingredients

* ¾ cup gluten free flour
* ½ cup gluten free oat flour
* ¼ cup vanilla protein powder (optional)
* ¼ cup of Honey
* 1 tsp baking powder
* ½ tsp baking soda
* ½ tsp salt
* 1 T cinnamon

Wet ingredients

* 1 egg, lightly whisked (substitute for a flax egg for vegan)
* 1 T coconut oil, melted
* ½ cup Almond yogurt
* 1/4-1/2 cup+ coconut milk

Other

* 2 large carrots, grated
* ½- 1 cup chopped walnuts

Instructions

Preheat the oven to 180 degrees Celsius. Grease a 9 x 9 inch loaf pan generously with oil.

In a large mixing bowl, combine the dry ingredients and mix well. In a small bowl, combine the egg, coconut oil and Almond yogurt and mix until combined.

Add the wet mixture to the dry mixture and mix well. Stir through the grated carrots and chopped walnuts until fully incorporated.

Pour mixture into the greased loaf pan (or baking dish) and bake in the oven for 40- 45 minutes, or until golden brown on top. Test the cake by inserting a skewer or knife in the very centre and ensuring it comes out clean.

Remove from the oven and allow to cool on a cooling rack before slicing

**Quinoa pizza**

Ingredients

* ½ cup quinoa
* 3 tsp. olive oil, divided
* 1 cup water
* 2 large eggs
* 1 ½ tsp. garlic salt
* ½ tsp. dried oregano leaves
* ½ tsp. dried basil leaves
* ½ tsp baking powder

Instructions

Place the uncooked quinoa into a fine mesh strainer and run under cool water for about a minute until water runs clear. Shake off as much excess liquid as possible. Add the rinsed quinoa and 2 tsp. olive oil to a medium sauce pot. Turn the heat to medium high and stir occasionally for 6-7 minutes. The excess moisture will evaporate and the quinoa will begin to toast.

Carefully add the water to the toasted quinoa and cover. Bring to a boil then reduce to a simmer. Let the quinoa cook for about 15 minutes, stirring occasionally. Remove the lid and turn the heat to low. Cook 5 more minutes, stirring occasionally (evaporating excess moisture). Transfer the cooked quinoa to a large bowl and let it cool for at least 10 minutes.

Preheat oven to 425 degrees F. Line a baking sheet with parchment paper and spray with cooking spray.

In a small bowl, add the eggs, 1 tsp. olive oil, garlic salt, oregano, basil, and baking powder. Whisk until well combined.

Add the egg mixture to the quinoa. Stir until well combined.

Spread the quinoa dough into a ¼ inch, even layer on the parchment paper. Bake for 18-20 minutes, edges should begin to brown.

Top with the pizza, or garlic bread, toppings and return to the oven for 5 minutes.

Let the pizza, or garlic bread, cool for 5 minutes before slicing.

**Spinach Tortilla**

Gluten-Free Spinach Tortillas

Serves: 6

Ingredients

* 3 cups packed spinach, cleaned and stems removed
* ¼ cup water
* 1 cup all-purpose gluten-free flour
* ¼ teaspoon baking powder
* 4 tablespoons oil
* ½ teaspoon salt

Instructions

In a large skillet, cook the spinach and water over medium heat until soft.

Drain the excess water from the spinach, and set aside for use in the dough.

Place the spinach in a food processor (or blender) and grind until smooth.

Add the flour, baking powder, oil, and salt. Mix until crumbly.

Add the reserved water from cooking the spinach, slowly as needed, until a smooth dough is formed.

Divide the dough into equal parts, then roll into thin circles (dust with flour, as needed). Try to achieve about a 6-inch tortilla.

Heat in a pan, one at a time, on the stove on medium heat. Toast on each side until it starts to bubble or golden dots appear.