

A round chocolate cake, dusted with cocoa powder, sits on a wooden surface. The cake is the central focus, with its rich brown color contrasting against the lighter wood. The text 'HEALTHY BAKING' is overlaid in a large, elegant, gold-colored serif font across the middle of the cake.

# HEALTHY BAKING

TERESA CUTTER

“COOK WITH  
LOVE IN YOUR  
HEART AND MAGIC  
HAPPENS”

*Teresa Cutter*





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# SPELT BANANA BREAD

*I created this banana bread for the Healthy Chef Café many years ago and it's since been one of my most popular recipes. Its rich, beautiful texture comes from the smashed bananas and heart healthy olive oil, making it pure sunshine in a loaf. Serve it warm for a comforting breakfast or healthy snack.*

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## INGREDIENTS

Makes 1 loaf.

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450 g (15 ¾ oz) smashed banana  
2 organic eggs  
125 g (4 oz / ½ cup) raw honey  
125 ml (4 fl oz / ½ cup) extra virgin olive oil  
1 teaspoon ground cinnamon  
2 teaspoons gluten-free baking powder  
175 g (6 oz / 1 ¾ cup) desiccated coconut  
180 g (6 oz / 1 ½ cups) wholemeal spelt flour

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## METHOD

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**PREHEAT** your oven to 160°C fan-forced (320°F).

**COMBINE** banana, eggs, honey, olive oil and cinnamon into a mixing bowl.

**ADD** baking powder, desiccated coconut and spelt flour.

**MIX** until combined.

**SPOON** batter into a lined loaf tin.

**BAKE** for 1 hour or until cooked through - test with a skewer first before removing from the oven.

**COOL** completely before removing from the tin.

**+ Notes and Inspiration** Use organic maple syrup in place of honey.  
Add ½ cup of chopped walnuts before baking.



# BAKED BLUEBERRY OATMEAL

*This recipe is like eating apple pie for breakfast! It's full of fibre and goodness that supports a healthy digestive system, as well as warming spices to bring this nourishing meal to life.*

## INGREDIENTS Serves 2.

100 g (3 ½ oz / 1 cup) rolled oats	1 teaspoon vanilla bean paste
2 tablespoons chia seeds or golden ground flaxseeds	1 teaspoon gluten-free baking powder
250 ml (8 ¾ fl oz / 1 cup) rice milk	1 tablespoon raw honey (optional)
¼ teaspoon sea salt	60 g (2 oz / ½ cup) blueberries + extra for garnish
1 apple, grated	35 g (1 ¼ oz / ¼ cup) flaked almonds (optional)
½ teaspoon ground cinnamon	

## METHOD

**COMBINE** oats, chia seeds, rice milk and sea salt into a bowl.

**COVER** and place into the fridge overnight.

**PREHEAT** oven to 170°C fan-forced (325°F).

**REMOVE** soaked oatmeal from the fridge and add grated apple, cinnamon, vanilla, baking powder and honey.

**FOLD** through blueberries.

**DIVIDE** between 2 heat proof serving bowls or pre-heated individual cast iron pans.

**GARNISH** with a sprinkle of flaked almonds and scatter with a few extra blueberries.

**BAKE** for 30 minutes or until cooked through.

**REMOVE** from the oven and serve with a dollop of Greek style yoghurt or coconut yoghurt with a drizzle of honey.

**+ Notes and Inspiration** Use grated carrot, 40 g (1 ½ oz / ¼ cup) of raisins and a pinch of nutmeg and ginger spice in place of blueberries to make a delicious carrot cake oatmeal.



# CARROT + APPLE MUFFINS

*This is carrot cake given the healthy breakfast makeover! These muffins are so yummy and moist and full of heart protecting omega-3 fats, immune boosting protein, as well as vitamin E to help promote healthy skin.*

## INGREDIENTS

Makes 12 muffins.

250 g (8 oz) carrots, grated	2 teaspoons gluten-free baking powder
250 g (8 oz) apples, skin on, grated or finely sliced	120 g (4 oz / 1 ¼ cups) walnuts
130 g (4 oz / ¾ cup) raisins	<b>TOPPING</b>
60 ml (2 fl oz / ¼ cup) extra virgin olive oil	100 g (3 ½ oz / 1 cup) rolled oats
1 teaspoon vanilla extract	60 g (2 oz / ½ cup) pumpkin seeds
90 g (3 oz / ¼ cup) raw honey	30 g (1 oz) sunflower seeds
125 ml (4 fl oz / ½ cup) orange juice, freshly squeezed	50 g (1 ¾ oz / ¼ cup) butter
3 organic eggs	2 teaspoons raw honey
300 g (10 ½ oz / 2 ½ cups) wholemeal spelt flour	

## METHOD

**PREHEAT** your oven to 170°C fan-forced (325°F).

**COMBINE** the grated carrot, apple, raisins, olive oil, vanilla, honey, orange juice and eggs into a mixing bowl.

**ADD** the spelt flour, baking powder and walnuts.

**MIX** well with your hands until mixture is combined.

**SPOON** muffin mix into 12 lined muffin tins.

*TO MAKE TOPPING:*

**COMBINE** the oats and seeds in a mixing bowl.

**RUB** in the butter with your fingertips until evenly distributed throughout the mixture.

**ADD** honey and mix through lightly. The mix should be crumbly and delicious.

**TOP** the muffins with the crumble and bake for 30 - 40 minutes.

**+ Notes and Inspiration** Use Greek style yoghurt in place of orange juice.



# HEALTHY CHOCOLATE ÉCLAIRS

Éclairs add a decadent touch to any high tea. My spelt version imparts a delicious roasted flavour, while my gluten-free éclairs contain buckwheat for happy digestive health. Both follow the same method.

## INGREDIENTS Makes 24.

### SPELT + OLIVE OIL CHOUX PASTRY

125 ml (4 fl oz / ½ cup) water

50 g (1 ¾ oz / ¼ cup) butter or extra virgin olive oil

100 g (3 ½ oz) wholemeal spelt flour

3 - 4 organic eggs

1 teaspoon gluten-free baking powder

### FILLING

Vanilla Crème Pâtissière (see page 168)

### TOPPING

Dark Chocolate Ganache (see page 174)

### GLUTEN-FREE CHOUX PASTRY

125 ml (4 fl oz / ½ cup) water

50 g (1 ¾ oz / ¼ cup) butter or extra virgin olive oil

30 g (1 oz / ¼ cup) buckwheat flour

30 g (1 oz / ¼ cup) brown rice flour

3 - 4 organic eggs

1 teaspoon gluten-free baking powder

### FILLING

Lush Ricotta Crème (see page 176)

### TOPPING

Dark Chocolate Ganache (see page 174)

## METHOD

TO MAKE CHOUX PASTRY:

**PREHEAT** oven to 180°C fan-forced (360°F).

**COMBINE** water and butter into a heavy based pot.

**HEAT** until the butter melts and the water comes to a boil.

**ADD** the flour all at once, stirring vigorously with a wooden spoon.

> recipe continued on next page



# RAW CHOCOLATE TAHINI

*If you love Nutella, you will adore this nut-free chocolate spread. Enjoy straight from the spoon, or spread over cakes, brownies or toasted banana bread.*

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## INGREDIENTS

Makes 1 jar.

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75 g (2 ½ oz / ¼ cup) hulled tahini  
1 tablespoon cold-pressed coconut oil  
1 tablespoon organic maple syrup  
2 tablespoons raw cacao powder

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## METHOD

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**COMBINE** tahini, coconut oil and maple syrup in a small bowl using a whisk until smooth and creamy.

**USE** as desired.

**+ Notes and Inspiration** This will set in the fridge to a fudge-like consistency. Keep at room temperature if you require more of a spreading consistency. Add 2 – 4 tablespoons hot water if a chocolate ganache is required.





# GRAHAM CRACKER BISCUITS

*These delicious biscuits are also known as granita or digestive biscuits. They are wholesome, low in refined sugar and high in fibre, which helps support digestion.*

**INGREDIENTS** Makes 18 – 24 biscuits (depending on the size of your cookie cutter).

130 g (4 ½ oz) oat flour or oat bran	60 ml (2 fl oz / ¼ cup) cold water
150 g (5 oz / 1 ¾ cup) wholemeal spelt flour	1 teaspoon vanilla extract
60 g (2 oz) coconut sugar or unrefined raw sugar	EGG WASH
1 teaspoon gluten-free baking powder	1 organic egg
½ teaspoon sea salt	2 tablespoons milk
150 g (5 oz) cold butter, cut into cubes	

## METHOD

**PREHEAT** your oven to 160° C fan-forced (320°F).

**COMBINE** oat flour, spelt flour, coconut sugar, baking powder and sea salt into a mixing bowl.

**ADD** butter by rubbing it into the flour mixture until it resembles course breadcrumbs. You can do this either by hand or use a food processor.

**COMBINE** water and vanilla then pour into the biscuit crumb mixture.

**MIX** well until you get a soft dough.

**DUST** the dough with a little extra oat flour then turn out onto a working surface.

**FLATTEN** out the dough slightly then wrap in cling film and rest in the fridge for 30 minutes to 1 hour.

**REMOVE** from the fridge and roll out the dough using a rolling pin. Dust the dough with a little oat flour to prevent any sticking. The dough should be about ½ cm thick.

**CUT** the dough into rounds using a cookie cutter and arrange onto a baking tray lined with baking paper.

**PRICK** the dough with a fork and brush over with combined egg wash ingredients.

**BAKE** for 30 minutes or until golden.

**COOL** completely and enjoy.

**+ Notes and Inspiration** Serve with your favourite pot of tea.



# OATMEAL CHOC-CHIP COOKIES

*This is the famous secret recipe from my Healthy Chef Café. The secret to making these chocolate chip cookies lies in the mixing. Make sure the ingredients are gently combined so that the oats remain intact.*

**INGREDIENTS** Makes 12 cookies.

200 g (7 oz / 2 cups) organic rolled oats  
50 g (1 ¾ oz / ½ cup) desiccated coconut  
60 ml (2 fl oz / ¼ cup) extra virgin olive oil or macadamia nut oil  
60 g (2 oz) raw honey or organic maple syrup  
1 organic egg  
100 g (3 ½ oz) block good quality 70 per cent dark eating chocolate

## METHOD

**PREHEAT** your oven to 150°C fan-forced (300°F).

**COMBINE** oats, coconut, olive oil, honey and egg into a mixing bowl.

**MIX** through with your hands for a few minutes – massaging the ingredients together until the cookie starts to come together.

**REST** the mixture for 5 minutes after mixing so the oats soften a little more and hold together. Alternatively, you can mix with a stand mixer.

**CHOP** the chocolate into small pieces with a large knife and mix through the cookie dough.

**SCOOP** small delicate portions of cookie dough mixture using an ice-cream scoop or a spoon onto a lined baking tray and flatten slightly.

**BAKE** for 20 minutes or until golden.

**REMOVE** from the oven to cool completely and enjoy.

**+ Notes and Inspiration** Carob can be used in place of the dark chocolate.



# OATMEAL + APPLE PIE

Apples contain both soluble and insoluble fibre, which supports a healthy digestive system. High fibre foods have the power to help lower cholesterol and stabilise blood sugar.

## INGREDIENTS Serves 6-8.

1 x OATMEAL + VANILLA PASTRY (see page 328)	2 teaspoons vanilla extract or paste
APPLE FILLING	½ teaspoon ground cinnamon
8 sweet red apples or golden delicious apples	1-2 tablespoons raw honey or organic maple syrup
125 ml (4 fl oz / ½ cup) fresh apple juice	

## METHOD

**QUARTER** the apples and remove the core.

**CUT** each quarter in half and place into a large pot with the apple juice, vanilla and cinnamon.

**COOK** over a medium heat until apples are soft.

**REMOVE** from the heat and drain any liquid from the apples.

**FOLD** through the honey and cool the filling.

**ROLL** ⅓ of your chilled pastry between 2 sheets of baking paper to fit a 20 cm (8 inches) pie dish.

**LINE** the pie dish evenly and fill in any gaps in the pastry as needed.

**SPOON** in the cold apple filling.

**ROLL** out the rest of the pastry and gently place over the apple filling.

**SEAL** any edges and cut a cross at the top of the pastry with a sharp knife.

**BAKE** in a preheated 180°C (360°F) fan-forced oven for 45 minutes or until golden.

**+ Notes and Inspiration** Serve warm or at room temperature with custard or your choice of ice-cream, yoghurt or coconut cream.



# GARDEN OLIVE OIL CAKES

*This is the perfect cake that's wonderful to eat with a cup of loose leaf green tea. I love that it's not too sweet and scented with only a hint of raw organic honey.*

**INGREDIENTS** Makes 12 individual cakes or 1 large cake.

140 g (5 oz / 1 ¼ cup) buckwheat flour

100 g (3 ½ oz / 1 cup) almond meal

1 teaspoon baking soda

zest from 1 orange

125 ml (4 ½ fl oz / ½ cup) extra virgin olive oil

120 g (4 oz / ⅓ cup) raw honey

200 g (7 oz / ¾ cup) natural yoghurt

4 organic eggs

2 teaspoon vanilla extract

## METHOD

**PREHEAT** your oven to 160°C fan-forced (320°F).

**COMBINE** buckwheat flour, almond meal and baking soda into a bowl.

**ADD** orange zest, olive oil, honey, yoghurt, eggs and vanilla.

**MIX** well with a whisk until combined.

**LINE** 12 individual mini baking pans or 1x 20 cm (8 inches) baking tins. Alternatively, I like to lightly brush the pans with olive oil then dust with almond meal to prevent sticking.

**POUR** cake batter into the pans.

**BAKE** for 35 - 45 minutes or until cooked through.

**+ Notes and Inspiration** Add apple puree in place of yoghurt to make these cakes dairy-free.



# FROSTED HUMMING BIRD CAKE

*A luscious cake that's bursting with real fruit goodness! It's loaded with fresh chunks of sunny pineapple and scented with vanilla, capturing the magical essence of a tropical paradise by the ocean.*

## INGREDIENTS Makes 2 cakes.

2 medium-sized ripe bananas, mashed	1 teaspoon baking soda
3 organic eggs	240 g (8 ½ oz / 2 cups) wholemeal spelt flour
180 g (6 oz / ½ cup) raw honey	100 g (3 ½ oz / 1 cup) desiccated coconut
125 ml (4 fl oz / ½ cup) extra virgin olive oil or macadamia nut oil	250 g (8 oz) fresh pineapple, finely diced
zest from 1 orange	100 g (3 ½ oz / 1 cup) pecan nuts, roughly chopped
1 teaspoon vanilla extract	Cultured Yoghurt Frosting (see page 182)
	passionfruit or mango to garnish

## METHOD

**PREHEAT** your oven to 160°C fan-forced (320°F).

**COMBINE** banana, eggs, honey, olive oil, orange zest, vanilla and baking soda.

**ADD** spelt flour and coconut and mix through until combined.

**FOLD IN** pineapple and pecan nuts.

**DIVIDE** the batter between 2 x 20 cm (8 inches) lined baking tins.

**BAKE** for about 50 - 60 minutes or until the cake is cooked through.

**REMOVE** the tins from the oven and allow to cool.

**SANDWICH** the cake with yoghurt frosting and top with passionfruit.

**+ Notes and Inspiration** Use 400 g (14 oz / 4 cups) almond meal in place of the spelt flour for a gluten-free cake.



# POLISH CHRISTMAS CAKE

*This is based on a traditional recipe made by Ciocia, my great Polish Aunt. A European style cake that's sophisticated and timeless.*

## INGREDIENTS Makes 1 cake.

300 g (10 ½ oz) raisins	120 g (3 ½ oz / 1 cup) buckwheat flour
500 ml (17 fl oz / 2 cups) chai tea, more if required	120 g (3 ½ oz / 1 cup) cup almond meal
125 ml (4 fl oz / ½ cup) extra virgin olive oil	1 teaspoon ground cinnamon
90 g (3 oz / ¼ cup) cup raw honey	2 teaspoons gluten-free baking powder
2 teaspoons vanilla extract	2 red apples, finely chopped
3 organic eggs	

## METHOD

**PREHEAT** your oven to 160°C fan-forced (320°F).

**SOAK** raisins in chai tea, enough to cover them completely, then allow to cool and drain well.

**MIX** olive oil, honey and vanilla in a mixing bowl until light and fluffy.

**ADD** eggs, one at a time, beating well after each addition.

**ADD** buckwheat flour, almond meal, cinnamon and baking powder.

**FOLD** through drained raisins and apples.

**SPOON** into a lined 20 cm (8 inches) baking tin.

**BAKE** for 80 - 90 minutes until cooked through. Cover with foil to prevent over-browning.

**REMOVE** from the oven to cool completely and enjoy.

**+ Notes and Inspiration** Add a few handfuls of walnuts before baking.



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WINNER OF THE INDEPENDENT PUBLISHER WORLD BOOK AWARDS  
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Healthy Baking is a bestselling cookbook by The Healthy Chef, Teresa Cutter. The recipes are made from pure, honest wholefoods and are designed for pleasure as well as to nourish the body and soul.

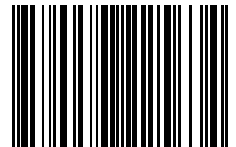
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“Teresa Cutter’s recipes are imaginative, health-conscious and delicious.”  
Sade Strehlke, Deputy Lifestyle Editor, TIME MAGAZINE

“Teresa Cutter is Australia’s number one bestselling wholefood author. Her low sugar maximum nutrient approach is based on pure, honest ingredients that nourish your body and treat your taste buds.” Jodi Scott, Beauty and Lifestyle Editor, VOGUE

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