



CAKES
COOKIES
+ RAW

HEALTHY BAKING

2. TERESA CUTTER

“COOK WITH
LOVE IN YOUR
HEART AND MAGIC
HAPPENS”

Teresa Cutter



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ARTISAN BREADS





RISE & SHINE

BERRY RICOTTA MUFFINS

Strawberries, lemon zest and ricotta combine to make these incredibly light and fluffy muffins. They're packed with protein to nourish and energise your body.

INGREDIENTS Makes 8 large muffins.

300 g (10 ½ oz / 3 cups) almond meal, extra for decorating

60 g (2 oz / ½ cup) desiccated coconut

2 teaspoons gluten-free baking powder

zest from 2 lemons

¼ cup lemon juice

1 teaspoon vanilla extract

4 organic eggs

60 ml (2 fl oz / ¼ cup) cold-pressed macadamia nut or extra virgin olive oil

125 ml (4 fl oz / ½ cup) organic maple syrup

RICOTTA FILLING

450 g (16 oz) ricotta, firm

3 tablespoons maple syrup or raw honey

½ teaspoon vanilla extract

250 g (8 oz) strawberries, washed with stems removed

METHOD

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

COMBINE almond meal, coconut, baking powder, lemon zest, lemon juice, vanilla, eggs, macadamia nut oil and maple syrup into a mixing bowl.

SPOON the batter into 8 lined muffin tins using an ice-cream scoop to equally portion them out.

COMBINE ricotta, maple syrup and vanilla in a mixing bowl.

SPOON the ricotta mixture into a piping bag fitted with a plain nozzle.

PIPE a generous amount of ricotta filling into the centre of the unbaked muffin. Make sure to leave a little extra for garnishing.

SPRINKLE muffins with almond meal and bake for 45 minutes until cooked through and golden.

COOL completely and then serve with a dollop of ricotta cream and fresh strawberries. .

+ Notes and Inspiration Use fresh blueberries or figs in place of strawberries.



SPINACH, KALE + CHIA MUFFINS

This muffin is bursting with superfoods and protein. This is a delicious savoury breakfast that will keep you satisfied and full of energy all morning. Top with smashed avocado and micro greens.

INGREDIENTS Makes 6 large or 12 small muffins.

100 g (3 ½ oz) kale or cavolo nero leaves, finely sliced	200 g (7 oz / 2 cups) almond meal
2 tablespoons extra virgin olive oil	2 avocados, smashed
½ teaspoon sea salt	2 tablespoons lemon juice
60 g (2 oz) baby spinach leaves	pinch of sea salt
1 small bunch chopped chives	2 tablespoons of cold-pressed avocado or extra virgin olive oil
280 g (9 ¾ oz / 2 cups) cooked quinoa	1 handful spouts or micro greens
3 organic eggs	
1 tablespoons chia seeds or golden flaxseeds	

METHOD

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

MASSAGE kale leaves with the oil and sea salt for 3 minutes until softened.

ADD baby spinach, chives and cooked quinoa.

BEAT the eggs in a separate bowl and then add the chia seeds.

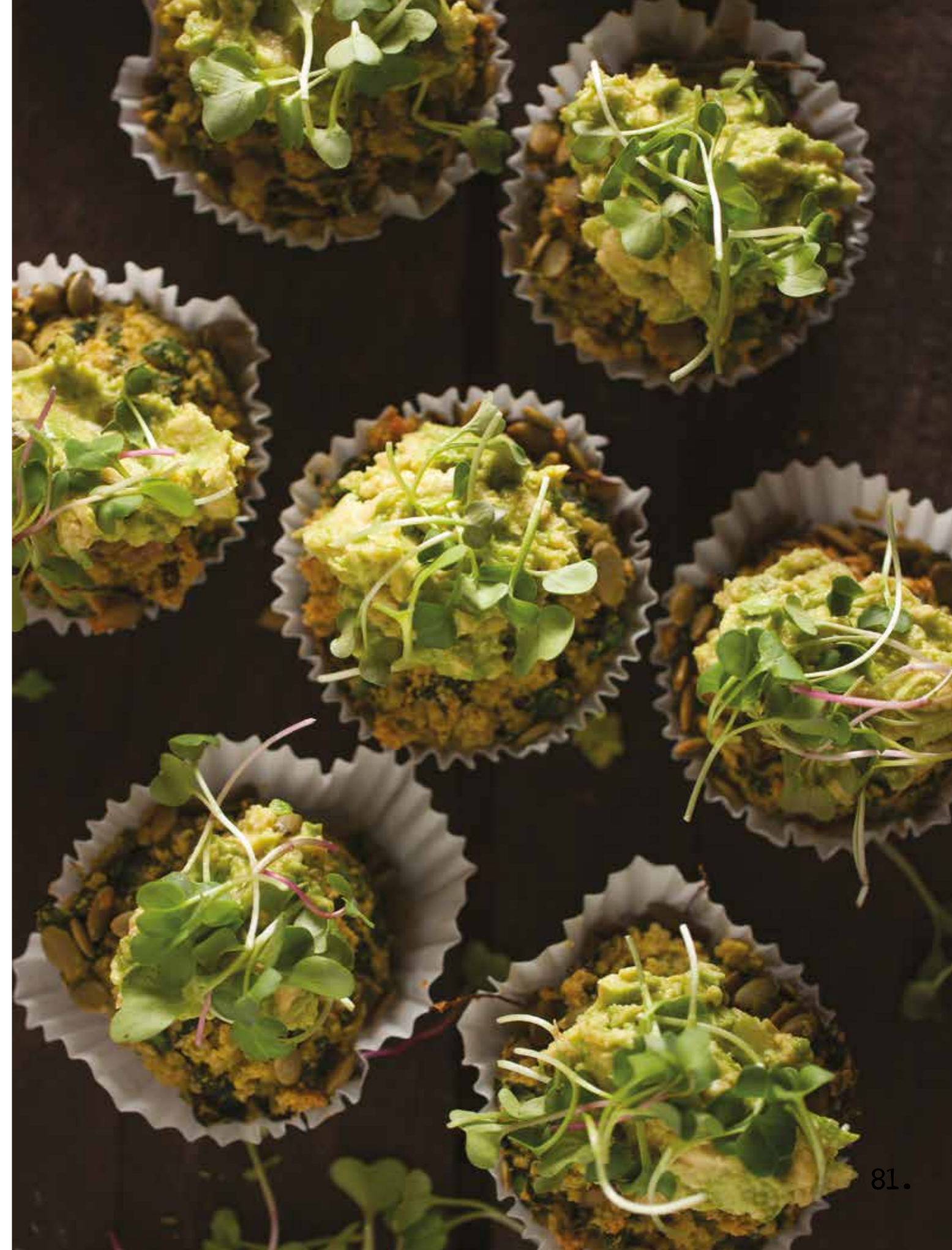
POUR the egg mixture over the leafy greens along with the almond meal and mix through until combined.

SPOON the batter into lined muffin cups and bake for 30 - 40 minutes until cooked through and golden.

COMBINE smashed avocado with lemon juice, sea salt and 2 tablespoons of cold-pressed avocado or olive oil.

PILE over the top of the savoury muffins and garnish with seeds and sprouts.

+ Notes and Inspiration Add feta cheese before baking or some roasted sweet potato.



STRAWBERRIES LSA + CASHEW CRÈME

A super simple recipe bursting with antioxidants and protein. This sweet bowl of goodness is pure nutrition for healthy glowing and youthful skin.

INGREDIENTS Serves 4.

500 g (16 oz) strawberries

2 tablespoons LSA

2 teaspoons raw honey

CASHEW CRÈME

185 g (6 oz / 1 ½ cups) raw cashews, soaked for 3 hours, then drained

180 g (6 fl oz / ¾ cup) water

1 teaspoon vanilla extract

pinch of sea salt

METHOD

COMBINE cashew crème ingredients into a blender.

BLEND until smooth and creamy.

STORE in a jar in the fridge until needed. (The cream firms up a little in the fridge so you will need to give it a good mix with a spoon before serving. Add water if needed.)

TO SERVE:

DIVIDE strawberries between 4 serving bowls.

TOP with Cashew Crème, LSA and a drizzle of honey.

+ Notes and Inspiration Use blueberries or other seasonal fruits in place of strawberries.



A top-down photograph of six round scones on a light-colored wooden surface. The scones are arranged in a loose pattern. One scone on the right has a pat of yellow butter melting on top. A butter knife is positioned in the upper right corner, with some crumbs on its blade. The background is a textured wooden surface with scattered crumbs.

HIGH TEA

CINNAMON DUSTED DOUGHNUTS

Take in the sweet aroma of these apple and cinnamon doughnuts as they're baking, and then devour them with a cup of tea! A nice twist on the cinnamon dusting is to add a pinch of turmeric.

INGREDIENTS Makes 8 doughnuts.

150 g (5 oz / 1 ½ cups) almond meal

¼ teaspoon baking soda

½ teaspoon ground cinnamon

pinch of sea salt

1 organic egg

60 ml (2 fl oz / ¼ cup) apple puree
(see Notes + Inspiration)

60 ml (2 fl oz / ¼ cup) extra virgin olive oil

½ teaspoon vanilla extract

2 generous tablespoons raw honey

CINNAMON DUSTING

1 tablespoon coconut sugar

1 teaspoon ground cinnamon

METHOD

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

LINE 8 doughnut tins with butter or oil and set aside.

COMBINE almond meal, baking soda, cinnamon and sea salt.

ADD egg, apple puree, olive oil, vanilla and raw honey.

MIX through until well combined.

PIPE batter into the prepared doughnut tins.

BAKE for 20 minutes.

REMOVE from the oven and cool.

+ Notes and Inspiration To make apple puree, combine 2 chopped apples, with the skin, into a blender. Blend for 1 minute until smooth. Red apples and golden delicious apples will be sweeter than green apples. Add a pinch of turmeric to the cinnamon dusting - it will look and taste amazing.



GOLDEN TURMERIC CUSTARD

A delicious healthy and raw custard that's perfect with fresh seasonal fruits and raw desserts. Made simply with sweet ripe mango cheeks and blended with coconut and a hint of orange. Welcome to paradise.

INGREDIENTS

Makes 1 jar.

2 mangoes
1 x 400 g (14 oz) can organic coconut cream
½ teaspoon ground turmeric
1 orange, juiced

METHOD

REMOVE the flesh and skin from the mango.

COMBINE into a blender with coconut cream, turmeric and the juice of 1 orange.

BLEND until smooth and creamy.

POUR into a glass jar and store covered in the fridge until needed.

SERVE with pies, tarts, fresh fruit or enjoy straight out of the jar.

+ Notes and Inspiration Add the juice from 1 orange if you require more of a pouring custard.





SCRUMPTIOUS COOKIES



SPELT + ALMOND BISCOTTI

Crisp and crunchy, these almond biscotti are great paired with a cup of steaming coffee. They are also a lovely after-dinner treat for those who prefer something not too sweet.

INGREDIENTS Makes 40.

2 organic eggs
½ teaspoon sea salt
90 g (3 oz / ¼ cup) raw honey
zest from 1 orange
zest from 1 lemon
1 teaspoon vanilla bean extract
60 ml (2 fl oz / ¼ cup) extra virgin olive oil

200 g (7 oz) wholemeal spelt flour
1 teaspoon baking powder
260 g (9 oz) whole raw almonds
EGG WASH
1 egg
2 tablespoons milk

METHOD

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

COMBINE eggs, sea salt, honey, orange zest, lemon zest, vanilla and olive oil in a large bowl.

ADD flour and baking powder and mix through by hand until a lovely sticky dough is formed.

ADD almonds and mix through the sticky dough.

TRANSFER the dough onto a sheet of baking paper and form into 2 logs, laying them out 8 cm (3 inches) apart.

BRUSH the biscotti with combined egg wash ingredients.

BAKE for 30 minutes until biscotti logs are golden.

COOL for 30 minutes.

CUT logs into slices with a serrated knife and lay individual biscotti onto the baking tray.

BAKE sliced biscotti for 10 – 15 minutes until golden.

COOL and enjoy.

+ Notes and Inspiration These biscotti can be stored in an airtight container for up to 3 weeks.







PIES CRUMBLES & TARTS



RAW TREATS

EGYPTIAN WATERMELON CAKE

An exotic and delicious raw cake reminiscent of pleasure and adventure. Be swept away with this fresh and summery raw dessert scented with strawberries and rose petals.

INGREDIENTS Makes 1 cake.

BASE

120 g (4 oz / 1 cup) pistachio nuts or cashews
100 g (3 ½ oz / 1 cup) desiccated coconut
½ teaspoon sea salt
1 teaspoon vanilla extract
1 tablespoons raw honey
2 tablespoons cold-pressed coconut oil

MIDDLE LAYER

1 whole seedless watermelon
1 tablespoon rosewater

FROSTING

2 x 400 ml (14 fl oz) tins coconut cream, chilled or
500 ml (17 fl oz / 2 cups) coconut yoghurt

METHOD

COMBINE nuts, coconut and sea salt in a food processor until the mixture resembles breadcrumbs.

ADD vanilla, honey and coconut oil then mix through again.

PRESS base into a lined 20 cm (8 inches) spring form tin, then place in the fridge to set for at least 1 hour.

CUT off both ends of the watermelon so it stands upright on a chopping board.

TRIM the green sides of the watermelon into a round shape using the 20 cm baking tin as a guide, then sprinkle with rosewater.

REMOVE the base from the spring form tin and place onto a serving plate.

PLACE the watermelon over the top of the base so it sits neatly and evenly.

REMOVE the tins of coconut cream from the fridge and scoop out the solid cream. Discard any watery liquid or use in a smoothie.

PLACE coconut cream or coconut yoghurt into a mixing bowl and whip until creamy.

SPREAD the cream lavishly over the watermelon.

+ Notes and Inspiration Regular whipped cream can be used in place of coconut cream. Garnish cake with rose petals for decoration.



APPLE WALNUT CAKE

This is my all-time favourite cake that's wholesome, simple to create and tastes delicious. It's perfect comfort food for when it's cold and rainy outside.

INGREDIENTS Makes 1 cake.

150 g (5 ¼ oz) raisins	120 g (4 oz / ⅓ cup) raw honey
500 ml (17 fl oz / 2 cups) chai tea, more if required	60 ml (2 fl oz / ¼ cup) milk or water
280 g (9 ¾ oz / 1 ½ cups) wholemeal spelt flour	2 teaspoons vanilla extract
1/2 teaspoon sea salt	3 organic eggs
3 teaspoons gluten-free baking powder	3 red apples, finely diced
1 teaspoon ground cinnamon	150 g (5 ¼ oz) walnuts, roughly chopped
125 ml (4 fl oz / ½ cup) extra virgin olive oil	CULTURED YOGHURT FROSTING (see page 182) to serve

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.

COMBINE flour, salt, baking powder and cinnamon into a mixing bowl.

ADD olive oil, honey, milk, vanilla and eggs and mix through.

FOLD in apples, raisins and walnuts.

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

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

REMOVE from the oven and cool completely.

SPREAD yoghurt frosting over the cake and enjoy.

+ Notes and Inspiration Remove nuts altogether if going nut-free.





ABOUT TERESA CUTTER

Teresa Cutter is a wellness expert and leading authority on healthy cooking. A qualified chef, nutritionist and fitness trainer, she has combined her knowledge of food, diet and exercise to specialise in developing recipes for optimum health and wellbeing.

Teresa is the founder of The Healthy Chef, a company that creates purely delicious functional food products made from wholefoods. She is also the author of several bestselling healthy cookbooks. Her latest release, *Purely Delicious*, published in 2015, went to No.1 on iTunes in Australia.

Teresa has inspired millions of people to make positive changes to their lives through her delicious healthy recipes on her website www.thehealthychef.com and has designed recipes and menu programs for health spas, resorts and international hotel groups.

When she's not cooking up a storm in the kitchen, Teresa likes to keep active with cycling, walking and Pilates.

To find out more about Teresa, go to www.thehealthychef.com

Healthy Baking – Cakes, Cookies + Raw is the ultimate “must have” healthy wholefood baking book of our time.

It’s all about going back to basics, keeping it simple and using pure honest ingredients that nourish the body and soul. With chapters on healthy cookies, wholesome cakes, raw desserts and the most amazing collection of gluten-free breads, this comprehensive book is packed with indulgent yet nourishing treats.

These delicious recipes are free from refined sugars and flours, and offer gluten-free and paleo alternatives to suit everyone’s taste.

Healthy Baking is written by Teresa Cutter, Australia’s #1 bestselling wholefood author of *The Healthy Chef – Purely Delicious* cookbook.

Continuing her refreshingly simple and innovative approach to food, Teresa shares her trade secrets from working as a chef and presents them in an easy to follow style that really works for people who are passionate about food and healthy cooking.

No matter how busy you are, *Healthy Baking* brings the pleasure of baking into the heart of the family home, and makes it deliciously fun and achievable for everyone.

Teresa Cutter

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