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Gluten Free
eCookbook





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LEMON Syrup Cake

This luscious easy cake makes a lovely dessert or special occasion cake. Extra delicious with a serving of low-fat Greek-style yoghurt! Yum!

INGREDIENTS

½ cup oil (e.g. Rice Bran)
¼ cup water
2 cups **Healthieries Simple Baking Mix**
1 tsp lemon zest
3 eggs
½ cup sugar
¼ cup lemon juice
extra ¼ cup sugar

METHOD

Step 1

Pre heat your oven to 180°C. Grease and line a 20cm round cake tin with baking paper.

Step 2

Place the sugar & eggs in a bowl and beat until thick. Gradually pour in the oil, then water and lemon zest. Stir in the baking mix and pour the mixture into your prepared cake tin.

Step 3

Bake for 30 - 35 minutes.

Step 4

While cake is cooking, place lemon juice & extra sugar in a saucepan and simmer until sugar is dissolved. Pour the lemon syrup over the hot baked cake.



Baking time: 30-35 mins
Serves: 12

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Anzac Cookies

This recipe takes the good old Anzac biscuit and turns it into a gluten free sensation!

INGREDIENTS

- 1 ¼ cups **Healthieries Simple Baking Mix**
- ¾ cup desiccated coconut
- 100g fat reduced spread
- ¼ cup boiling water
- ¼ cup golden syrup
- 1 cup **Healthieries Wholegrain Rice Flakes**
- ½ teaspoon baking soda
- ¾ cup brown or raw sugar

METHOD

Step 1

Preheat oven to 180°C (350°F/Gas 4).
Grease a large baking tray.

Step 2

In a large bowl combine the baking mix, rice flakes and the coconut, and make a well in the centre.

Step 3

Combine the spread, water, and golden syrup in a pan and cook over low heat until melted and smooth.

Step 4

Remove from the heat and stir in the baking soda.

Step 5

Pour wet ingredients into the dry ingredients and mix to combine.

Step 6

Drop tablespoons of mixture onto the prepared trays and flatten slightly with a fork. Allow plenty of space for cookies to spread.

Step 7

Bake for 16 minutes or until golden. Transfer to a wire rack to cool.



Serves: 16

Baking Time: 16 minutes

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LEMON & Poppyseed muffins

This recipe makes delicious, feather-light textured muffins which are then dusted with a sticky cinnamon topping. They are the perfect gluten free treat to enjoy with a cuppa or pop into the lunchbox.

INGREDIENTS

1 cup Healthieries Ground Cornmeal Flour
 2 cups Healthieries Simple Baking Mix
 2 Tbsp lemon juice
 ½ cup oil
 1 cup low fat milk
 ½ cup caster sugar
 2 x 150g pottle low fat plain or fruit yoghurt
 3 eggs
 2 tbsp poppy seeds
 2 tbsp lemon zest
 4 tsp gluten free baking powder
 ½ tsp ground cinnamon
 4 tsp ground cinnamon (topping)
 2 tsp raw sugar (topping)

METHOD

Step 1

Preheat oven to 180°C. Lightly grease or fill a 12 cup muffin tray with paper muffin cups.

Step 2

Mix flour, baking powder, lemon zest, cinnamon, poppy seeds and sugar into a bowl.

Step 3

In a separate bowl, beat oil, eggs, lemon juice, milk and yoghurt until well combined.

Step 4

Make a well in the centre of dry ingredients and pour in liquid and mix until just moistened.

Step 5

Spoon mixture into muffin tray so each cup is ¾ full. Mix extra cinnamon and sugar together and sprinkle evenly over the batter.

Step 6

Bake at 180°C for 15-20 minutes or until muffins spring back when lightly touched.



Cooking time: 15-20 minutes
Serves: 12

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Banana Bread

You can't beat this gluten free recipe for Banana Bread which is simply delicious and moist, perfect for morning tea!

INGREDIENTS

½ cup vegetable oil
 1 cup sugar
 2 large eggs
 1 tsp vanilla extract
 3 medium over-ripe bananas
 1 ½ cups **Healthieries Simple Baking Mix**
 1 tsp baking soda

METHOD

Step 1

Preheat oven to 160°C. Grease a 28cm spring form tin or two 9" loaf pans.

Step 2

Place the eggs, sugar and oil in a bowl and beat with an electric mixer until pale and creamy (about 3 minutes on high).

Step 3

Add the vanilla and bananas, and beat until well combined.

Step 4

In another bowl, sift together the baking mix and soda. Add to the banana mixture and stir until just combined.

Step 5

Pour mixture in to the tin/s. Bake for about 50 minutes or until a skewer comes out clean. Allow to cool in the tin for 10 minutes before turning out onto a wire cooling rack.

Storage: This bread freezes well. Store wrapped in plastic wrap in the fridge for up to five days.



Serves: 14

Baking Time: 50 minutes

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Chocolate Chippie Cookies

These cookies are great for a yummy homemade lunchbox treat. You'll be pleased to know that this is a Gluten and Wheat free recipe and quick and easy to bake!

INGREDIENTS

125g butter, softened
¼ cup sugar
3 tblsp sweetened condensed milk
few drops vanilla essence
1½ cups **Healthieries Simple Baking Mix**
1 tsp gluten free baking powder
½ cup chocolate chips

METHOD

Step 1

Cream butter, sugar, condensed milk and essence until the mixture is light and fluffy.

Step 2

Mix your dry ingredients and chocolate chips into creamed mixture until they are all nicely combined.

Step 3

Roll tablespoonfuls of mixture into balls and place them onto a greased oven tray. Flatten the balls with a fork. Bake at 180°C for 10-15 minutes until cooked and golden.



Serves: 20 cookies

Baking Time: 15 minutes

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TROPICAL Muesli Bars

Who can resist tropical flavours packed into a delicious and nutritious muesli bar that is low fat and gluten-free.

INGREDIENTS

BASE

- ½ cup canola oil
- ½ cup sugar
- 1 cup Healthieries Simple Baking Mix
- 1 pkt Healthieries Simple Tropical Cereal
- 1 t orange rind
- ¼ cup orange juice

ICING

- 1 cup gluten free icing sugar
- 1 ½ T orange juice

METHOD

Step 1

Preheat oven to 180°C. Line a 24 x 30 cm baking tray with baking paper and lightly spray or brush with oil.

Step 2

Place the oil and sugar in a bowl and mix until combined.

Step 3

Add the baking mix, tropical cereal, orange juice and rind and mix well.

Step 4

Firmly press into the prepared baking tray.

Step 5

Cook for 10 -15 minutes until golden and a knife inserted into the middle comes out clean.

Step 6

Remove from oven, cool, then cut into bars. Chill in the refrigerator until hard.

Step 7

Sieve the icing sugar into a bowl, add orange juice and mix until combined. Drizzle the icing in zigzags over each bar.



Serves: 18 bars

Baking time: 15 minutes

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Chocolate Cake with Raspberry Cream

Baking gluten free recipes just got better with this moist chocolate cake smothered in raspberry cream. It will have your mouth watering for seconds!

INGREDIENTS

½ cup olive oil
3 eggs, separated
1 ¾ cups **Healthieries Simple Baking Mix**
¼ cup cocoa
½ cup caster sugar
1 tsp vanilla essence
150g dark cooking chocolate, melted

ICING

100g fat reduced spread
(e.g. olive oil based)
1 tsp vanilla essence
1 cup icing sugar
300g pkt frozen raspberries, thawed

METHOD

Step 1

Preheat oven to 180°C / 160°C fan-forced.
Grease and line a 20cm square cake pan with baking paper.

Step 2

Whisk together oil, egg yolks and ½ cup water in a large bowl.

Step 3

Sift in combined baking mix and cocoa.
Stir in sugar, vanilla and chocolate.

Step 4

Using an electric beater, beat egg whites until soft peaks form. Fold into the mixture.

Step 5

Spoon into the pan. Bake for 40-45 minutes or until skewer inserted in centre comes out clean.

Step 6

Cool on wire rack. Ice and serve with berries.

RASPBERRY CREAM ICING

Step 1

Place spread and vanilla in a bowl. Beat using an electric mixer, gradually adding icing sugar until creamy and combined.

Step 2

Stir through some berries to make a swirled effect, and spread over top of cake.



Serves: 12

Baking Time: 45 minutes

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MEXICAN Corn Bread

This is the perfect accompaniment to your favourite spicy Mexican dish or just as delicious served on its own as either a side or a starter dipped into your favourite oils. The best part is this recipe is also Gluten and Wheat Free!

INGREDIENTS

- 1 cup Healtheries Ground Cornmeal Flour
- ½ teaspoon salt
- 2 teaspoons gluten free baking powder
- 2 eggs
- ¼ cup Extra Virgin Olive Oil
- ½ cup sour cream
- 1 cup whole kernel corn
- ¼ cup diced green capsicum
- 2 cups grated tasty cheese

METHOD

Step 1

Preheat your oven 190°C

Step 2

Place all your dry ingredients into a bowl and make a well in the middle.

Step 3

In another bowl beat the eggs, oil and sour cream until the mixture is nice and smooth.

Step 4

Pour your wet mixture into the dry mixture with the corn, capsicum and 1½ cups cheese. Fold it in gently until it's just mixed.

Step 5

Pour the mixture into a lined 20cm round tin and then sprinkle with the remaining cheese. Bake the Cornbread in a preheated oven for about 30 minutes or until your cake skewer comes out clean.

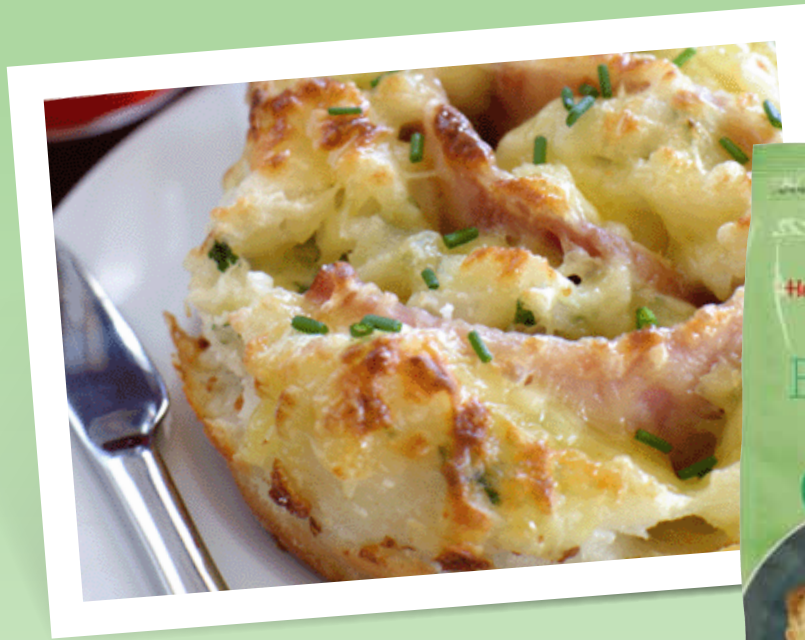
Tip: If you feel like adding some extra heat to your Cornbread, add 1 sliced fresh green chilli.



Serves: 5-10

Baking Time: 55-60 minutes

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Savoury scrolls

You will love the cheesy and herb aromas that escape as you pull apart these freshly made scrolls. This is an easy recipe perfect for a gluten free picnic lunch or party food.

INGREDIENTS

400mls water
50mls canola oil
1 egg
1 tsp wheat and gluten free instant dried yeast (we recommend Edmonds with the orange lid)
500g **Healtheries Simple Bread Mix**
3 slices ham
¼ cup grated cheese
1 tablespoon chopped herbs
1 tablespoon pumpkin seeds
¼ cup grated cheese

METHOD

Step 1

Place the water, oil, egg and yeast in the bread maker bowl, add the bread mix. Process the bread using the dough only setting.

Step 2

Preheat the oven to 220°C. Lightly oil 6 ring moulds or large muffin pans.

Step 3

Using a spoon, half fill each mould or muffin pan.

Step 4

Arrange the ham in a circle on top of the dough.

Step 5

Add the first measure of cheese, herbs and pumpkin seeds to the remaining dough.

Step 6

Carefully spoon the remaining dough into the mould or muffin pan, making sure the ham remains in a circle.

Step 7

Sprinkle with the second measure of cheese. Place in preheated oven and cook for about 15 minutes or until cooked and golden.



Serves: 6

Baking Time: 15 minutes

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SPAGHETTI WITH Rocket, Lemon & Prosciutto

This quick an easy spaghetti is simplicity at its finest as the flavours marry together to create a wonderfully satisfying Gluten Free meal.

INGREDIENTS

250g Healtheries Simple Spaghetti
2 Tbsp Olive Oil
2 crushed garlic cloves
1 finely chopped red chilli
1 tsp finely grated lemon zest
2 Tbsp lemon juice
2 Tbsp chopped parsley
150g shredded rocket
6 slices chopped prosciutto
Salt and pepper (to taste)

METHOD

Step 1

Cook pasta following the directions on the back of the pack. While your pasta is cooking prepare the remaining ingredients

Step 2

Heat oil in a frying pan and add garlic and chilli. Cook over medium heat for 2 mins or until the garlic is golden. Set aside.

Step 3

Drain pasta and stir into the frying pan with the remaining ingredients.

Step 4

Remove from the heat and serve immediately.



Serves: 2

Cooking Time: 15 minutes

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The logo for Healtheries, featuring the word "Healtheries" in a red, sans-serif font. A small green leaf icon is positioned above the letter 'i'. A registered trademark symbol (®) is located at the end of the word.

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