



APRIL 2016 RECIPES

These recipes are all gluten-free. The roti and wrap recipes were provided to us by two of our face book followers and show tasty ways of using our Gluten-Free Flour Mix.

Gluten-Free Homestyle Bread

Ingredients:

1 ½ cups HCW Almond Flour
¾ cup HCW Arrowroot Powder
¼ cup HCW Flaxseed Powder
½ tsp sea salt
½ tsp baking soda
5 eggs
1 tsp HCW Apple Cider Vinegar

Method:

1. In a bowl, mix together the almond flour, arrowroot powder, flaxseed powder, salt and baking soda.
2. In a larger bowl, beat the eggs until frothy.
3. Add the vinegar to the eggs and stir well.
4. Mix the dry ingredients into the wet ingredients.
5. Scoop the batter into a well-greased loaf pan and bake at 180°C for 30-35 minutes, until cooked through.

Gluten-Free Roti's

Ingredients:

2 cups HCW Gluten-Free Flour Mix
½ tsp fine salt
¼ cup sunflower oil
1 cup boiling water

Method:

1. Mix all ingredients together well to form a soft dough.
2. Leave aside for 20 minutes.
3. Roll into medium size balls; then use a rolling pin to roll into roti shape. Fry on both sides and serve.

Gluten-Free Wraps

Ingredients:

- 2 cups HCW Gluten-Free Flour Mix
- 1 tsp baking powder
- ½ tsp salt
- 2 tbsp extra virgin olive oil
- 1 cup warm water (a little more or less if needed)

Method:

1. Combine dry ingredients: flour, baking powder and salt.
2. Add olive oil and rub through.
3. Add half warm water and slowly work through the flour, keep adding a little water at a time until gathered together into a ball.
4. Knead for 10 min. This dough has a lovely soft texture.
5. Rest the dough in the same bowl covered with a dish cloth for 10 minutes.
6. Divide the dough into 10-12 balls depending on the size you are wanting them to be.
7. Roll each ball into a circle using a rolling pin, onto a floured surface until very thin. Please be aware that this is a very soft dough so be very gentle when handling. Use a pot lid to neaten the edges, as you would with a cookie cutter.
8. Heat a non-stick pan to a medium to high heat.
9. Cook each wrap for 30 seconds each side. (If your wraps are thicker, time may vary slightly.)

Serve or freeze in a zip lock / freezer bag.