List of Baking Recipe Names & Ingredients

Note: All dried fruit must be sulphur dioxide, glycerine and sugar free. Also, make sure all ingredients are as natural as you can get it.

Fancy Fruit & Nut Cookies

2/3 cup virgin coconut oil
1/2 cup coconut or palm sugar
1/4 tsp stevia light liquid
2 tbsp golden flax meal
1/4 cup warm water
1 cup brown rice flour
2 tsp baking powder, gluten free
1/2 tsp sea salt
1 tsp vanilla
1 cup chopped macadamia or Brazil or Pine nuts
1 cup dried cherries, cut in half's

Raw Apricot Coconut Balls

1 cup chopped dried apricots
1 cup sultanas
1 cup fresh orange juice, made from oranges
1 Tbsp coarsely grated orange rind,
1 1/2 cups shredded coconut
3/4 cup chopped raw pecans or walnuts
+ 1/2 cups shredded coconut for rolling balls in

Thimble Cookies

2 cups blanched almond flour
2/3 cup coconut flour
1/4 teaspoon sea salt
1 teaspoon baking soda
2 tsp vanilla extract
1/2 cup virgin coconut oil or unsalted organic butter
1/2 cup palm sugar, ground finely
1 Tbsp golden Flax meal
1 Tbsp water
1/4 cup walnuts, finely chopped

Apple/Raspberry Jam

3 cups apples
1 cup Raspberries, fresh or frozen
1/2 tsp liquid stevia (Sunny Dew is best)
2 Tbsp sucanat

Raw Chocolate Balls

1/4 cup virgin coconut oil
1/4 cup agave nectar
2/3 cup raw cacao powder
5 tsp finely ground golden flax meal
1/4 cup raw cacao nibs
1/4 cup chopped walnuts or pecans
1/2 cup fine coconut
Little extra coconut and cacao powder
1 tsp cinnamon

Pecan Shortbread Cookies

1 cup virgin coconut oil or unsalted organic butter
2/3 cup coconut sugar
1/2 tsp of liquid stevia
1 cup brown rice flour
2/3 cup white rice flour
1/3 cup potato flour
1/4 cup arrowroot
Pinch of sea salt
1/2 cup chopped pecans

Gluten Free Pastry

1/2 cup brown rice flour
1/4 cup white rice flour
2 Tbsp chickpea flour
2 Tbsp golden flax meal
1/4 cup warm water
1/2 tsp. salt
1/3 cup virgin coconut oil
2 tsp brown rice syrup

Ragged Robins

1/2 cup brown rice syrup
1 Tbsp water (hot)
1 tsp vanilla extract
1/4 tsp salt
3 tbsp potato flour
1/4 tsp baking powder
3 tbsp sucanat
1 cup dates
1 cup walnuts
1/2 cup dried cherries
2 cup cornflakes, sweetened with juice

Carob Chip Cookies

2 cups blanched almond flour
2/3 cup tablespoons coconut flour
1/4 teaspoon sea salt
1 teaspoon baking soda
2 tsp vanilla extract
1/2 cup virgin coconut oil or unsalted organic butter
1/2 cup palm sugar, ground finely
1 Tbsp Flax meal
1 Tbsp water
3/4 cup carob chips (sugar free)* (can sub chocolate chips)

Cranberry Ginger Bars

3 cups of fresh or frozen cranberries
2 cups of raisins
1/4 cup fresh ginger, grated
2 apples, chopped well
1 cup water

2 cups brown rice flour
2 Tbsp potato flour
1/2 cup brown rice syrup
1/2 tsp of salt
2/3 cup virgin coconut oil
1 cup of rolled oats
1 tsp liquid Stevia in 3 Tbsp water

Mince Pie Filling

2 cups cooking apples, chopped finely
2 lemons, juice and zest of rind, grated
2 oranges, juice and zest of rind, grated
2 1/2 cups currants
2 1/2 cups sultanas, chopped finely
1 cup raisins, chopped finely
1 cup dates, chopped finely
4 Tbsp cider vinegar
1 Tbsp blackstrap molasses
1/2 tsp salt
2 tsp cinnamon
1 tsp nutmeg
1/2 tsp cloves
1/2 tsp ground ginger
1/2 cup virgin coconut oil or unsalted butter,
1/2 cup slivered almonds