



Thought you had tried all the delicious offerings available from Bob's Red Mill?

In store now, try Sunnybrook's newly expanded range of these fantastic gluten-free products!

Sticky Teff Gingerbread Loaves

Don't let the ingredients list scare you, these loaves are fast and simple to make. If you don't have a mini-loaf pan, make a larger loaf or muffin sized treats!

Makes 1 large loaf, or 12 – 18 smaller portions

Ingredients:

- 2 cup Bob's Red Mill Biscuit & Baking Mix
- 1 cup Bob's Red Mill Teff Flour
- 1 1/2 tsp Bob's Red Mill Baking Soda
- 2 tsp Bob's Red Mill Baking Powder
- 1/2 tsp Lotus Fine Celtic Sea Salt
- 2 1/2 tsp allspice
- 1 tbsp dried ginger
- 1/2 tsp cinnamon
- 1/2 tsp cloves
- 1/2 tsp salt
- 1 cup oil (or butter)
- 1/2 cup water
- 1 cup Melrose Blackstrap Molasses
- 3/4 cup Loving Earth Dark Agave Syrup
- 3 eggs (or Orgran No-Egg, or chia eggs)
- 1/2 cup milk
- 2 inch knob of ginger, peeled and minced

Preheat oven to 170°C. Grease or line baking pans In a small saucepan combine the oil, water, molasses and agave over low heat. Stir the mixture frequently until all the ingredients are well blended. Remove from heat and pour into a large bowl to cool.

Sift together the flours, baking soda and powder, salt and spices, then set aside. Add the eggs to the wet mixture and combine well. Add the milk and then fold the dry ingredients into the batter slowly. Stir in the grated ginger.

Pour the batter into prepared pan/s until 3/4 full. Bake for 30min for mini loaves or muffins, or 1 – 1.5 hours for large loaves or until skewer inserted into centre comes out clean.

Remove from oven, cool in pan for 5 – 15minutes then turn out onto wire racks until completely cooled. Stored in an airtight container in the fridge these will keep for a few days. Bring back to room temperature before serving.



Sorghum Hazelnut Choc Cookies

Crunchy, chewy and white chocolately. Could anything be better than snacking on one of these little morsels?

Makes 12 – 18 cookies

Ingredients:

- 1 cup Bob's Red Mill Sorghum Flour
- 1/2 cup Lotus Tapioca Flour
- 1 cup Lowan's Rice Flakes
- 3/4 cup Lotus Rapadura Sugar
- 1/3 cup white chocolate chips
- 1/3 cup Aclara Organic Coconut Flakes
- 1/4 cup hazelnuts
- 1/2 tsp Bob's Red Mill Baking Soda
- 1/4 cup oil (or butter)
- 3 tbsp water (or milk)
- 2 tbsp Loving Earth Dark Agave Syrup

Preheat oven to 160°C.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine all dry ingredients - flour through baking soda.

In a separate bowl, combine oil, water, and agave, stirring well. Add wet mixture to the dry mixture, stirring until well combined.

Drop by level tablespoons 2 inches apart onto baking sheets lined with parchment paper.

Bake for 10 minutes or until almost set. Cool on pan 2 to 3 minutes or until firm. Remove cookies from pan, and cool completely on wire racks.

Not in the mood for white chocolate?

There are so many fun variations that can be made to this recipe! Substitute milk or dark-choc chips for white, switch out hazelnuts for your favourite nut or seeds, or even use a nut or seed butter instead!

Did you know?

Sorghum can be used 1:1 instead of wheat in many baking recipes, but works best in a ratio of 2:1 with tapioca starch or cornflour.

You can make a **chia egg** by combining 1 tbsp of chia with 3 tbsp of water and stirring briskly. The resulting gel can replace 1 egg in baking recipes!

Sorghum Breakfast Crepes

There is nothing like waking up with home-made pancakes on the weekend. Dress yours up with seasonal fruit, or try the savoury option for a tastebud tingling change!

Makes approximately 12 crepes

Ingredients

- 1 cup Bob's Red Mill Sorghum Flour
- 1/3 cup Erawon Glutinous Rice Flour
- 1 tbsp Lotus Arrowroot Powder
- 2 tbsp oil
- 2 eggs (or Orgran No-Egg, or chia eggs)

Sweet Option

- 2 tbsp honey or Lotus Rapadura Sugar
- seasonal fruit to serve

Savoury Option

- 1 tsp Herbamare (or your favourite spices)
- 1/2 tsp black pepper

Add all the major ingredients, plus your sweet or savoury choices in a blender and blend until smooth. Let sit for at least an hour before using.

Pour 1/4 cup or less onto a crepe pan or non-stick pan. Roll the pan to coat the bottom with the thinnest layer possible.

When the batter starts to bubble and get air holes, use a spatula to loosen the crepe along the edges. Lift the crepe and turn it over. It takes about 90 seconds for each side to cook.



Fudgy Black Bean Brownies

Have you ever tried using black beans in your chocolate cake recipes? Take it one notch up with the fine texture of Black Bean Flour to make a really dense and chewy brownie!

Makes 1 tray of delicious brownies

Ingredients:

- 12 dried dates or prunes
- 1 1/2 cups water
- 1 cup Bob's Red Mill Black Bean Flour
- 1 cup Bob's Red Mill Quinoa Flour
- 1 tsp Bob's Red Mill Baking Soda
- 1 tsp Lotus Fine Celtic Sea Salt
- 2/3 cup + 1/2 cup dark chocolate (separated), coarsely chopped
- 1/2 cup coconut oil (or other oil or butter)
- 1/2 cup Loving Earth Dark Agave Syrup) or 2/3 cup Lotus Rapadura Sugar)
- 1 tsp vanilla extract

Preheat oven to 175°C. Line a brownie or other deep rimmed tray with parchment paper.

In a small saucepan, simmer dates in 1 1/2 cups of water until soft and rehydrated. Microwave 2/3 cup of chocolate in a glass on high for 20 second bursts until melted or use simmering saucepan as a double boiler to melt.

Blend the water and dates together before adding the chocolate, oil, agave syrup and vanilla. Blend until well combined and smooth.

Mix all dry ingredients together in a large bowl and add these to wet mixture. Add 1/4 cup remaining chocolate chunks.

Bake for 35 – 40 minutes for a fudgy dense centre, or up to 50 minutes for a firmer bite.

Remove from oven and allow to cool in the tray before cutting into squares to serve.

Did you know?

Black bean flour is high in fibre and protein, with all the benefits of eating whole black beans.

Follow the recipe on every packet of Bob's Red Mill Black Bean Flour to make a nutritious and tasty **Black Bean Dip** whenever you're feeling a bit peckish.

Creamy Instant Black Bean Soup

Sometimes when you come home, it's just too much effort to drag out the pots and pans. Instant deliciousness is what it's all about in this one saucepan recipe solution.

Serves 4

Ingredients:

- 1 cup Black Bean Flour
- 2 cans Spiral Coconut Milk
- 1 tbsp Massel Chicken Style Broth Powder
- 1/8 teaspoon pepper, 1/2 teaspoon each of your favourite spices

Optional Extras

- 1 small onion, finely diced
- 1 can Eden Organic Black Beans or Kidney Beans
- 1 small chilli, seeded and finely diced

Garnishes

- Tortilla chips, parsley, sea salt flakes or just a spoon!

Add all the dry ingredients to the bean flour in a medium saucepan.

Stir 1/2 can of coconut milk into the bean flour until it is mixed well, then add the rest and heat it gently, constantly stirring.

Increase the heat and stir constantly as it reaches the boiling point, until it thickens. Boil soup for about a minute and then reduce to a simmer.

If the soup seems too thick, add more water/milk until thinned down your preferred consistency



All the fantastic products available in the Bob's Red Mill Range.

- Almond Meal/Flour
- Biscuit & Baking Mix
- Brownie Mix
- Coconut Flour
- Double Acting Baking Powder
- Homemade Wonderful Bread Mix
- Mighty Tasty Hot Cereal
- Organic Wholegrain Amaranth Flour
- Organic Wholegrain Quinoa Flour
- Organic Whole Ground Flaxseed Meal
- Premium Baking Soda
- Small Pearl Tapioca
- Stone Ground Black Bean Flour
- Sweet White Sorghum Flour
- Whole Grain Teff Flour

All recipes by Alison Murray.

To see recipe images and even more goodies, head to OmNomAlly.com!

Did you know?

At Sunnybrook Health Store we share Saturday Samples in-store every week, all to help you find your new favourite gluten-free products!

From dips, crackers and chips, to delicious lunch and dinner options, every Saturday we showcase the gluten-free products we know you'll love.

At **Sunnybrook Health Store**, we take pride in providing the largest range of gluten free products in Australia. Our range is constantly expanding and now consists of over 1100 different products.

Apart from the largest range of **Gluten Free** products, we also cater for a number of other dietary requirements, such as **Nut free, Sugar free, Egg free, Dairy free, Soy free, Vegan** and **Kosher**.

Come Visit Us

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