

# GF Chocolate Banana Cake

## Ingredients

300g plain gluten free flour (*or spelt flour*)

1/2 tsp fine sea salt

1 tsp baking powder

2 tsp bicarb soda

30g raw cacao powder or organic cocoa

120g Rapadura or coconut sugar

140g macadamia oil (*or other light oil for nut free*)

240g rice-almond milk *or preferred milk for nut free (may need a little more if bananas are not very ripe)*

1 tsp apple cider vinegar

2 eggs

350g ripe bananas (*approx. 3 large bananas - use 350-400g bananas if not using eggs*)

## Preparation

Weight and place all ingredients into a food processor/blender

Pour into two round cake tins, or 1 large spring form tin, well-greased or lined with baking paper. Bake at 180C for about 30 mins (or longer if in one large pan), until a skewer inserted in centre comes out clean. Or you can bake in muffin tins for about 15 to 20 minutes.

*Reference: Quirky Cooking*



# Supercharged Breakfast Bars

## Ingredients

Unsalted butter, or coconut oil for greasing

125g almond meal

Pinch of Celtic sea salt

1/4 tsp bicarbonate of soda (baking soda)

60ml coconut oil

60ml rice malt syrup, or sweetener of your choice

1 tsp alcohol-free vanilla extract

40g cashews, crushed

160g combined flax seeds, sunflower seeds and slivered almonds

40g dried cranberries (optional) no additives



## Preparation

Preheat the oven to 175°C.

Grease a 20 x 20 x 5 cm square ovenproof tin.

Mix the almond meal, salt and bicarbonate of soda together in a bowl.

In a separate bowl, combine the coconut oil, rice malt syrup and vanilla. Add the almond meal mixture, and mix in the nuts, seeds and cranberries, if using.

Wet your hands and then transfer the mixture to the tin, using your hands to press down firmly on the mixture.

Transfer to the oven and bake for 15 to 20 minutes.

Remove from the oven, transfer to a wire rack and cool before dividing into eight bars and serving.

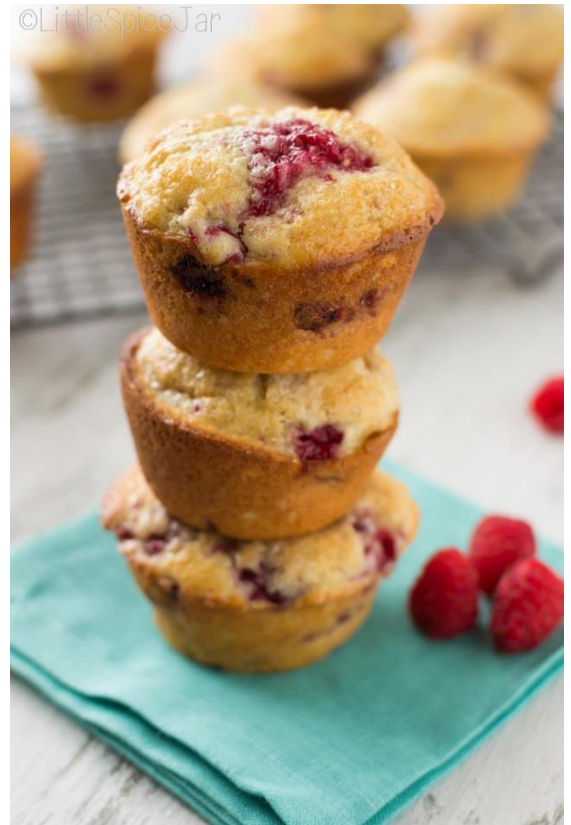
By the way these bars will keep in an airtight container for seven to 10 days (if they last that long!).

*Reference: supercharged food*

# Raspberry Muffins

## Ingredients

- 2 cups spelt flour
- 3/4 cup of coconut sugar
- 3 tsp baking powder
- 2 eggs
- 1 cup of coconut milk (or milk of your choice)
- 2 tsp vanilla powder (extract)
- 6 tablespoons of coconut oil
- 1 cup raspberries (fresh or frozen)



## Preparation

Preheat oven to 180C.

Melt the coconut oil in a small saucepan (or use liquid coconut oil)

Combine the egg, milk, and vanilla with the coconut oil.

Combine flour, sugar, and baking powder in a separate bowl.

Stir wet ingredients into dry ingredients. Mix until all clumps are smoothed out.

Fill muffin cups halfway and add berries.

Fill the muffin cups about a centimetre from the top and add a few more berries.

Bake for approximately 20 minutes

Makes 12

# Zucchini Hash Browns

## Ingredients

- 2 cups (about 3 medium) organic zucchini, grated
- 3 spring onions sticks, finely chopped
- 1 clove garlic, minced
- 1/8 tsp of Himalayan Pink salt (I use [Herbamare](#))
- Fresh ground pepper, to taste
- 1/4 cup organic Parmesan cheese
- 1 egg
- 2 tbsp plain gluten-free flour
- 5 tbsp organic coconut oil (for frying)



## Preparation

1. Remove excess water from grated zucchini either with a cloth napkin or drain for a few minutes – squeezing the zucchini to get the water out.
2. Heat a large frypan to medium and add 1 tablespoon of coconut oil.
3. In a medium-sized bowl, add egg, flour, garlic, salt and pepper. Mix well.
4. Add zucchini, onion and cheese to egg and flour mixture. Mix well.
5. Scoop a spoonful of mixture and place in frypan. Repeat as needed to fill frypan with about 2 inches between each hash brown.
6. Cook about 3-5 minutes on each side, and then set aside on a wire cooling rack so the hash browns don't get soggy.
7. Repeat steps 5 and 6 until all hash browns are cooked.

These hash browns may also be eaten cold and are great addition to lunchboxes.

# Spelt Chocolate Chip Muffins

## Ingredients

1 2/3 cup wholemeal spelt flour

2 eggs

1/3 cup coconut oil

1/3 cup coconut sugar

2 tsp vanilla extract

3/4 cup coconut milk

3 tsp baking powder

pinch salt

1/2 cup chocolate chips



## Preparation

Preheat oven to 180 degrees

Line a muffin tray with paper liners and set aside.

Combine the wet ingredients in a small bowl. Combine the dry ingredients in a large bowl. Pour the wet into the dry and mix until just combined.

Spoon the mixture into the prepared tray and sprinkle the extra chocolate chips over the top.

Bake for 20 minutes or until the top springs back and they are evenly golden brown.

Turn out onto a wire rack to cool.

Makes 12

# Chocolate Zucchini Muffins

## Ingredients

- 300g of organic wholemeal spelt flour
- 30g organic raw cacao
- 100g organic coconut sugar
- 1 grated small size zucchini (about 120g)
- 80g macadamia or coconut oil or melted butter
- 2 organic eggs
- 1 tsp vanilla powder
- 1 tsp bicarb
- 1 tsp baking powder
- 200 g coconut milk (or milk alternative)
- Choc chips (optional)

## Preparation

Preheat your oven to 180C

Grate zucchini and set aside.

Fold the milk, eggs and oil together in a bowl

Mix the dry ingredients in a separate bowl

Mix wet ingredients into the dry ingredients and combine

You can spoon this batter into muffin cases or bake in a cake tin.

Sprinkle with choc chips.

Bake for approximately 30min.



# Food Additives to Avoid

## ***Artificial Sweeteners***

Aspartame, (E951) more popularly known as NutraSweet and Equal, is found in foods labelled "diet" or "sugar free".

Found in: diet or sugar free sodas, diet coke, coke zero, jelly, desserts, sugar free gum, drink mixes, baking goods, table top sweeteners, cereal, breath mints, pudding, ice tea, chewable vitamins, toothpaste

## ***High Fructose Corn Syrup***

Found in: most processed foods, breads, candy, flavoured yogurts, salad dressings, canned vegetables, cereals

## ***Monosodium Glutamate (MSG / E621)***

Found in: Chinese food (Chinese Restaurant Syndrome) many snacks, chips, cookies, seasonings, most Campbell Soup products, frozen dinners, lunch meats

## ***Trans Fat***

Trans fat is used to enhance and extend the shelf life of food products and is among the most dangerous substances that you can consume. Found in deep-fried fast foods and certain processed foods made with margarine or partially hydrogenated vegetable oils, trans fats are formed by a process called hydrogenation.

Found in: margarine, chips and crackers, baked goods, fast foods

## ***Common Food Dyes***

**Blue #1 and Blue #2 (E133)** May cause chromosomal damage

Found in: candy, cereal, soft drinks, sports drinks and pet foods

**Red dye # 3 (also Red #40) (E124)**

Has been proven to cause thyroid cancer and chromosomal damage in laboratory animals, may also interfere with brain-nerve transmission

Found in: fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products and more!

## Yellow #6 (E110) and Yellow Tartrazine (E102)

Increases the number of kidney and adrenal gland tumours in laboratory animals, may cause chromosomal damage.

Found in: Some cheese, macaroni and cheese, confectionary and carbonated beverages, lemonade and more!

## ***Sodium Nitrate/Sodium Nitrite***

Sodium nitrate (or sodium nitrite) is used as a preservative, colouring and flavouring in bacon, ham, hot dogs, luncheon meats, corned beef, smoked fish and other processed meats. This ingredient, which sounds harmless, is actually highly carcinogenic once it enters the human digestive system.

Found in: hotdogs, bacon, ham, luncheon meat, cured meats, corned beef, smoked fish or any other type of processed meat

## **Sulphur Dioxide (E220)**

Sulphur dioxide is used to preserve foods and prevent discoloration. Sulphur dioxide is a colourless gas that has antimicrobial properties and is used in dried fruits to keep the food fresh and prevent growth of microorganisms. Adverse reactions include: bronchial problems particularly in those prone to asthma, hypotension (low blood pressure), flushing tingling sensations or anaphylactic shock. It also destroys vitamins B1 and E. Not recommended for consumption by children.

Found in: soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products.

Source: Food Matters

# HEALTHY BODY WORKSHOP

WITH *Derya Kucukali*



"My workshops aim to educate students about healthy food choices, through interactive and engaging programs."  
**Derya Kucukali**

DERYA KUCUKALI IS A WHOLISTIC HEALTH COACH, WITH A SECONDARY SCIENCE TEACHING BACKGROUND, BUSINESS OWNER AND MOTHER OF THREE CHILDREN.



The number of overweight children in Australia has doubled in recent years, with 1 in 4 children considered overweight or obese. Causes of obesity in children include unhealthy food choices, lack of physical activity and family eating habits.

Students benefit from an education at an early age about what constitutes a healthy and balanced diet and lifestyle. Our interactive and engaging workshops are designed to educate students about the many small but practical changes they can make to achieve overall health and vitality, ultimately improving their performance at school and in their life.

### THE WORKSHOPS INCLUDE:

Interactive and engaging student led activities on how to make every day decisions about healthy food choices.

Presentations about healthy vs unhealthy food choices that are designed to help teachers discuss healthy food choices in class and parents make better lunch box choices for their children.

Educative ideas on how to integrate learning about healthy food choices in the school curriculum. Handouts and recipes will be offered to educators for classroom distribution.

Workshops are also available to parents and teachers on varying topics.

Derya Kucukali is registered with the Victorian Institute of Teaching (VIT)

SCHOOL WORKSHOPS RUN  
FROM \$150/HOUR



DERYA KUCUKALI BSc (SpEd)  
Wholistic Health Coach  
Diploma (Organic Nutrition)  
M 0432 412 735  
E info@dkwholisticcoach.com

