

# Banana Bread

## Ingredients

- 170g wholemeal spelt flour
- 80g butter or macadamia oil
- 1/2 tsp vanilla bean powder
- 80g coconut sugar
- 1 egg
- 3-4 ripe bananas
- 1 tsp bicarb soda
- Pinch of salt
- Crushed walnuts (optional)



## Preparation

Preheat the oven to 180°C or 160°C fan forced

Grease a loaf tin or use parchment paper to cover surface

Mash the bananas in a bowl

Add the egg, butter and vanilla powder and stir to combine.

In a separate bowl mix the dry ingredients flour, coconut sugar, bicarb soda and salt.

Pour the dry ingredients into the wet ingredients and combine.

Pour into the loaf tin and sprinkle crushed (or whole) walnuts to decorate

Bake for 1 hour or until golden brown and skewer comes out clean

Allow to cool prior to serving.

# Raspberry Spelt Muffins

## Ingredients

2 cups wholemeal spelt flour

1 cup coconut sugar

1/2 tsp vanilla powder

3 tbsp baking powder

2 eggs

6 Tbsp coconut oil, melted

1 cup coconut milk (or your preference of milk)

1 cup fresh or frozen raspberries (blueberries work well too)



## Preparation

Preheat the oven to 180C and lightly grease a muffin tray with coconut oil or lay out 6 muffin cases on a baking tray.

Place the flour in a large bowl and add the baking powder, vanilla and sugar, mix well.

Place the melted coconut oil, milk and eggs, and combine in another bowl.

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

Gently fold in the raspberries, ensuring they're evenly distributed throughout the batter.

Divide the muffin mixture evenly into the muffin tin or cases and place in the oven.

Bake at 180C for 20-25 minutes, until golden-brown on top and firm to touch.

Remove the muffins from the oven and allow them to cool for 10-15 minutes before serving.

## Nut Free Bliss Balls

- 1 cup dates, seeds removed
- 1 cup dried apricots
- 1 cup rolled oats or desiccated coconut
- 1 tablespoon tahini
- 2 teaspoons cocoa or cacao
- 1/4 cup coconut for rolling the balls in



Throw all ingredients into your blender, process until it all comes together, shape into balls, roll in coconut and enjoy!

## Gluten Free Chocolate Banana Cake

### Ingredients

- 300g plain gluten free flour
- 1/2 tsp fine sea salt
- 1 tsp baking powder
- 2 tsp bicarb soda
- 30g raw cacao powder or organic cocoa
- 120g coconut sugar
- 140g macadamia oil (*or other light oil for nut free*)
- 240g coconut milk *or preferred milk*
- 1 tsp apple cider vinegar
- 2 eggs
- 350g ripe bananas (*approx. 3 large bananas - use 350-400g bananas if not using eggs*)



### Preparation

1. Weigh the ingredient and add to a blender/food processor
2. 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.

*Courtesy: Quirky Cooking*

# Gluten Free Banana Bread

## Ingredients

- 1 1/2 cups mashed ripe banana (approx. 3-4 bananas)
- 1/2 cup macadamia oil or olive oil
- 1/3 cup coconut sugar
- 2 eggs
- 1 tsp vanilla powder
- 1 3/4 cups gluten-free self-raising flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 5 dates, chopped
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds



## Preparation

1. Preheat oven to 160°C. Line a loaf pan with baking paper.
2. Combine banana, oil, sugar and eggs in a large bowl. Whisk until well combined.
3. Sift flour, baking powder, vanilla powder and cinnamon together. Add to banana mixture and stir with a wooden spoon until just combined. Stir in dates with 1/3 cup each of pumpkin and sunflower seeds.
4. Transfer batter to pan and smooth top. Sprinkle with remaining seeds. Bake for 55 minutes, or until cooked when tested with a skewer. Stand for 5 minutes, before transferring to a wire rack to cool.

### Lunchbox Tip:

To make muffins, bake the mixture in a 12-hole muffin pan lined with paper muffin cases. Reduce cooking time to 20 minutes.

# Zucchini & Haloumi Savoury Muffins

## Ingredients

- 1 zucchini, grated
- 150 grams haloumi, grated or finely cubed
- 2 cups wholemeal spelt flour or white spelt
- 1/2 tsp Himalayan salt
- 2 tsps. baking powder
- 1 egg
- 1 cup milk (or dairy alternative soy, coconut milk)
- 2 tbsps. olive oil
- ½ cup pitted olives, sliced (kalamata work well)
- Dill garnish optional



## Instructions

1. Preheat the oven to 180 degrees and line a 12-muffin tray with paper liners
2. In a bowl combine the egg, oil and milk and whisk until well combined.
3. Add the wet ingredients to all the dry ingredients and mix until combined.
4. Garnish with olive slices and dill if desired.
5. Bake at 180 degrees for 15-20 minutes
6. Place on a wire rack to cool.

Makes Approx 12-15 muffins

# Food Additives to Avoid

## ***Artificial Sweeteners***

Aspartame, (E951) more popularly known as NutraSweet and Equal, is found in foods labeled "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, flavored 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 tumors 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, coloring and flavoring 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

### **Sulfur Dioxide (E220)**

Sulfur dioxide is used to preserve foods and prevent discoloration. Sulfur dioxide is a colorless 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.

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