

# Grain Free Hot Cross Buns

## Ingredients makes about 10 buns

2 cup **MyOrganics almond meal**  
1 cup arrowroot flour  
100g butter, softened  
4 eggs  
1 cup of **MyOrganics pitted dates**, chopped  
½ cup almond milk  
3 tbs **MyOrganics coconut sugar**  
2 tbs coconut oil  
2½ tsp cinnamon  
1 tsp nutmeg  
½ tsp ground ginger  
½ tsp vanilla powder or extract  
½ tsp bi-carb soda  
3-4 drops or orange essential oil (optional)

## The Cross

50g cacao butter  
1 tbsp coconut oil  
1 tbsp honey  
2 tbsp arrowroot flour



## Method

1. Preheat oven to 160 degrees (fan forced). Separate **egg yolks** and **whites** and set aside.
2. In a bowl combine, **almond meal, arrowroot flour, bi-card soda, cinnamon, nutmeg & ginger** – mix with a whisk ensuring there are no lumps.
3. In a separate bowl, cream **butter, coconut sugar** and **vanilla** together with an electric beater for 2-3 minutes until soft and fluffy. Add in **egg yolks** a couple at a time and mix to combine.
4. Add butter mixture and **almond milk** to dry ingredients and mix with a wooden spoon. Mix **coconut oil** with **chopped dates**, add to mixture and combine.
5. Add in **orange essential oil**, a couple of drops at a time and stir through. Set mixture aside.
7. Using an electric beater, whizz **egg whites** until soft peaks form. Gradually fold **egg whites** into mixture with wooded spoon.
7. Spoon mixture evenly into greased muffins trays. Bake for 18-20 mins or until buns springs back to the touch. Check with a skewer to make sure it comes out clean. Allow buns to cool for 10 mins before taking out of tin.
8. For the cross, melt **cacao butter, coconut oil** and **honey** until melted and combined. Allow to cool slightly then mix in **arrowroot flour** one tablespoon at a time. Allow it to cool until it comes to an icing like consistency, place it in the fridge if necessary.
9. Using a piping bag and round nozzle, pipe a cross over the cooled buns. Allow to dry before serving.
10. Best served warm or toasted with a spread of butter!

Best kept in an air tight container and eaten within 3-5 days.

## Enjoy!

Recipe created by:

*Cooked with love* 



# Raw Key Lime Tart with Avocado

**Time:** 20 min + refrigeration

**Serves:** 4

**Recipe by:** Zoe

## Ingredients

¾ cup **MyOrganics hazelnuts**

¾ cup **MyOrganics walnuts**

⅓ cup **MyOrganics almond meal**

½ cup Medjool dates

2 tbsp. virgin coconut oil melted

## Filling

2 avocados, pitted

2 limes, juiced

1 tsp. lime zest

1-2 tbsp. maple syrup

Pinch salt

1 tbsp. coconut oil, melted

¼ tsp. vanilla bean extract or paste

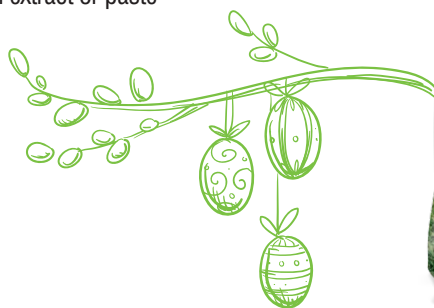
## Method:

In a food processor blend all of the base ingredients to rough dough, set aside.

To make the filling, place all of the ingredients in a food processor and blend until a smooth consistency is reached.

To assemble, press 1 tbsp. of the base mixture into a glass, top with a spoonful of filling and extra lime zest, repeat with remaining mixture, place in fridge to let set.

Alternatively, grease a springform cake tin, press the base mixture onto the base of the pan, pour the topping over and place in fridge until set.



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# Sweet Potato Brownie

**Time:** 50 min

**Recipe by:** Zoe

## Ingredients

500g sweet potato, peeled and cut into chunks  
¼ cup **MyOrganics cacao powder**  
⅓ cup **MyOrganics almond meal**  
¼ cup wholemeal plain flour, sifted  
¼ tsp. baking powder  
1 tsp. vanilla bean extract  
2 eggs, lightly beaten  
½ cup maple syrup  
100g dark chocolate, roughly chopped  
1 tbsp. olive oil

## Method:

Preheat oven to 180C and line a baking tray with baking paper.

Cook sweet potato until very soft, set aside to cool and mash.

In a small jug whisk together olive oil, vanilla, eggs and maple syrup set aside.

In a large bowl, combine sweet potato, cocoa, almond meal, wholemeal flour, baking powder, and dark chocolate, mix well. Pour in wet mixture and combine well.

Spoon mixture into the lined baking dish. Bake for 20-30mins until slightly firm to touch.



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# Chocolate Pancakes with Chocolate Sauce

## Ingredients

### Pancakes

1 cup plain flour  
2tbsp **MyOrganics Cacao Powder**  
¼ cup brown sugar  
1 tsp baking soda  
2 large eggs  
¾ cup whole milk  
3 tbsp melted unsalted butter, plus extra for greasing pan and buttering pancakes

### Sauce

½ cup cream  
200g semi-sweet chocolate, finely chopped  
½ cup strawberries, chopped  
1 tbsp mint, chopped  
Icing sugar

## Method:

In a large bowl, sift together flour, cacao, sugar, baking soda. In a medium bowl, whisk eggs, melted butter and milk. Pour liquid ingredients into dry and gently mix until batter is just moistened (there will be some lumps).

Melt small piece of butter in large non-stick pan over medium heat. Drop two heaped tablespoons batter in a hot skillet and spread into 2 ½ inch discs. Space discs 2 inches apart. Cook until bubbles form over entire top, about 30 seconds. Using a heatproof, non-stick spatula, carefully flip pancake and continue to cook until done, 15 to 30 seconds more.

In a small saucepan, heat cream to just simmering and take off the heat. Add chocolate and whisk until smooth.

Serve over pancakes with strawberries, mint and a sprinkle of icing sugar.



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# Fruit and Nut Muffins

Made with nuts and organic dried fruit with a hint of orange and spice, these healthy muffins are a delicious treat to nourish.

*Note: This recipe is free from gluten, dairy and refined sugar.*

**Makes:** 6 large or 12 mini muffins

**Cook:** 20mins

## Ingredients

3 large eggs  
Zest of 1 orange  
1/3 cup (85ml) freshly squeezed orange juice  
1 1/4 cups (140g) **MyOrganics almond meal**  
1/2 cup (75g) **MyOrganics pitted dates**, chopped  
1/2 cup (80g) organic dried fruit  
1/4 cup (35g) **MyOrganics walnuts**, chopped  
2 tsp (6g) baking powder  
1 tsp (2g) ground cinnamon  
1/2 tsp (1g) vanilla powder  
1/4 tsp nutmeg  
**MyOrganics almonds**, slivered or chopped to decorate (optional)

This recipe was designed by nutritionist and recipe developer Casey-Lee Lyons from Live Love Nourish

live  
love  
nourish

## Method:

1. Pre-heat fan-forced oven to 180°C.
2. In a mixing bowl combine eggs with orange zest and juice.
3. Mix in remaining ingredients and combine well.
4. Pour mixture into a greased muffin tray.
5. Sprinkle almonds on top (optional) and bake in oven for 20 - 25 minutes or until golden and cooked through.

## Recipe Tips:

These muffins are suitable to freeze.  
You can also top these muffins with coconut before baking.



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# Banana, Blueberry and Cashew Bread

## Ingredients

150 g (5 oz.) butter cubed (or coconut oil)  
3 ripe bananas mashed  
2 eggs  
2 cups **MyOrganics** blanched almond meal  
¾ cup **MyOrganics** dry roasted cashew nuts  
¾ cup blueberries  
1 tsp. 100% vanilla extract  
1 tsp. baking powder

## Method:

Preheat oven to 180°C (350°F) and line a 20cm x 10 cm (8 x 4 inch) loaf tin with baking paper.

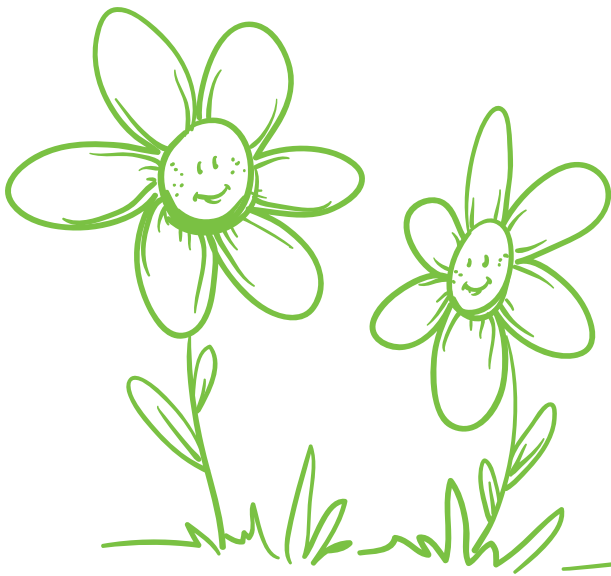
In a mix master cream the butter, eggs and vanilla.

In a large bowl mix the almond meal, cashew nuts and baking powder.

Add the butter mixture, mashed bananas and blueberries to the bowl, and stir until combined.

Transfer mixture into prepared tin, place into the oven for 50 minutes or until it springs back when you lightly touch the top.

Allow to cool before you turn out, slice and serve!



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