

Recipe



BY ZOE KITCHEN CREATIONS

CHOCOLATE 'PUDDING' BROWNIES

AS IF BROWNIES WEREN'T AMAZING ENOUGH ALREADY, THESE CREATIONS ARE THAT LITTLE BIT EXTRA ;)

PRESENTING GLUTEN FREE, VEGAN FRIENDLY, CHOCOLATE 'PUDDING' BROWNIES!

AS A BAKER/TASTE-TESTER WHO IS VERY PICKY ABOUT THE CONSISTENCY AND OVERALL OUTCOME OF BROWNIES, I'M HAPPY TO REPORT THAT THESE GEMS ARE A DELICIOUS BALANCE OF GOOEYNESS WITH A SLIGHTLY CRUNCHY LAYER!

WITHOUT DRIBBLING ON (HE HE) ABOUT THESE DROOL-WORTHY CREATIONS ANY LONGER, LET'S GET INTO THE RECIPE!



INGREDIENTS:

120G DAIRY FREE 'MILK' OR DARK CHOCOLATE
(I USED SWEET WILLIAM CHOCOLATE BLOCKS)

1 CUP APPLE SAUCE

1/4 CUP CACAO POWDER

OPTIONAL: 1/4 CUP CHOCOLATE PROTEIN POWDER
(I USED THE TROPEAKA LEAN PROTEIN POWDER)

1/2 TSP BAKING SODA

1 TSP VANILLA EXTRACT

PINCH OF HIMALAYAN SEA SALT

1/2 CUP GLUTEN FREE PLAIN FLOUR (I USED
BOB'S RED MILL 1:1 BAKING FLOUR)

OPTIONAL TOPPING: 50G DAIRY FREE WHITE
CHOCOLATE

METHOD:

1. PREHEAT OVEN TO 180°C FAN-FORCED. GREASE A 24CMX24CM SQUARE TRAY AND LINE WITH BAKING PAPER.
2. MELT CHOCOLATE IN MICROWAVE OR ON THE STOVE. ONCE COMPLETELY MELTED, SET ASIDE TO COOL.
3. IN A LARGE BOWL, MIX TOGETHER APPLE SAUCE, CACAO POWDER, PROTEIN POWDER, BAKING SODA, VANILLA EXTRACT, SALT, AND FLOUR UNTIL NO LUMPS REMAIN. ADD IN MELTED CHOCOLATE, STIRRING UNTIL ALL COMBINED.
4. POUR INTO PREPARED TRAY, AND PLACE IN OVEN FOR 30-35 MINUTES OR UNTIL DESIRED CONSISTENCY.
5. ALLOW UP TO 30 MINUTES TO COOL COMPLETELY. IN THE MEANTIME, MELT WHITE CHOCOLATE IN MICROWAVE OR ON THE STOVE, AND DRIZZLE OVER THE BROWNIES. BEST ENJOYED SLIGHTLY WARM!

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FLUFFY TURMERIC PANCAKES

DOES ANYONE ELSE GET IN THOSE MOODS WHERE ALL YOU ARE CRAVING IS TO EVER WAKE UP ON A SUNDAY MORNING CRAVING PANCAKES AND SPEND MORE TIME SEARCHING FOR RECIPES THAN EATING THEM? WELL I'VE GOT YOUR BACK WITH THESE GLUTEN FREE + VEGAN FRIENDLY + HEALTHY + FLUFFY TURMERIC PANCAKES!

A HANDFUL OF REASONS WHY TURMERIC IS THE BEES KNEES FOR YOUR HEALTH IS DUE TO ITS HIGH ANTI-INFLAMMATORY PROPERTIES, ANTIMICROBIAL PROPERTIES, HIGH ANTIOXIDANTS, AND DETOXIFICATION SUPPORT FOR THE LIVER.

HESITANT TO TRY TURMERIC IN A BREAKFAST MEAL?? DON'T STRESS BECAUSE THE USUALLY-STRONG TURMERIC FLAVOUR DOES NOT COME THROUGH IN THESE PANCAKES. THESE TASTE LIKE REGULAR PANCAKES, JUST WITH THE ADDED BENEFITS #WINWIN



INGREDIENTS:

PANCAKE BATTER:

- 1/2 CUP APPLESAUCE
- 1 1/4 BUCKWHEAT FLOUR
- 1 TBSP BAKING POWDER
- 1/2 TSP CINNAMON
- 1/2 TSP GROUND TURMERIC
- 1/4 TSP GINGER
- PINCH BLACK PEPPER
- 1/2 CUP COCONUT MILK
- 2 TBSP MAPLE SYRUP
- 1 TSP VANILLA EXTRACT

(OPTIONAL) TOPPINGS:

- MELTED DARK CHOCOLATE
- UNHULLED TAHINI
- FRESH BLUEBERRIES



METHOD:

1. COMBINE ALL INGREDIENTS IN A LARGE MIXING BOWL.
2. ONCE ALL COMBINED, POUR A DASH OF OIL IN A PAN ON MEDIUM-HIGH HEAT.
3. PLACE ROUGHLY 1/4 CUP OF BATTER INTO THE PAN. COOK 2-3 MINUTES ON ONE SIDE.
4. FLIP WITH A SPATULA, COOK FOR ANOTHER 2-3 MINUTES ON THE OTHER SIDE.
5. REMOVE FROM THE PAN, PLACE ON A PLATE UNDER A TOWEL TO KEEP WARM.
6. TOP WITH FRESH BLUEBERRIES, MELTED DARK CHOCOLATE AND TAHINI DRIZZLE. ENJOY!

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BANANA-BERRY CHOCOLATE WALNUT MUFFINS

GLUTEN FREE + VEGAN FRIENDLY NUTRITIOUS, FILLING, AND DELICIOUSLY SWEET SNACKS FOR A BUSY WEEK AHEAD!

THESE GEMS ARE A PERFECT ADDITION TO ANY WEEKLY MEAL-PREP ROUTINE, OR AS A QUICK TREAT TO WHIP UP FOR AFTERNOON TEA.

HAVE AS A 3.30PM PICK-ME-UP, AS A BRUNCH ON-THE-GO, OR A STUDY SNACK!



INGREDIENTS:

- 1 CUP QUINOA FLOUR
- ½ CUP GLUTEN FREE PLAIN FLOUR
- ¼ CUP COCONUT SUGAR
- ¼ CUP STEVIA
- 1 TBSP MIXED SPICE
- 1 TSP
- 2 TSP BAKING POWDER
- 1 ½ FRESH BANANA
- ¾ CUP COCONUT MILK
- ¼ CUP RASPBERRIES
- ¼ CUP WALNUTS (CHOPPED)
- ¼ CUP DAIRY FREE CHOCOLATE (CHOPPED)

METHOD:

1. PREHEAT OVEN TO 180 °C. LINE A MUFFIN TRAY WITH LINERS.
2. COMBINE ALL DRY INGREDIENTS IN A LARGE BOWL UNTIL NO LUMPS REMAIN.
3. IN A SEPARATE SMALL BOWL, MASH THE BANANA UNTIL SOFT AND NO LUMPS REMAIN.
4. ADD MASHED BANANA AND MILK TO THE LARGE BOWL OF DRY INGREDIENTS, AND COMBINE.
5. LASTLY, STIR IN THE RASPBERRIES, WALNUTS, AND DAIRY FREE CHOCOLATE.
6. USING A SMALL SPOON, DOLLOP THE MIXTURE INTO EACH MUFFIN LINER UNTIL IT FILLS ¾ OF THE WAY.
7. BAKE IN OVEN FOR 16 MINUTES. LET MUFFINS SIT FOR 5 MINUTES BEFORE MOVING TO A COOLING RACK.
8. ENJOY IMMEDIATELY WHILE WARM, OR TRANSFER TO A CONTAINER IN THE FRIDGE.

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