



RECIPES ADAPTED
FOR INTOLERANCES

Gluten Free Cakes



My personal journey with the autoimmune condition Ankylosing Spondylitis made me learn about all kind of intolerances and specific diets and realise the important role that food has for many people to be able to feel good!. So i went back to school to study nutrition and i experimented with different ingredients to create new recipes, and especially cakes!

Here you have the collection of recipes i made while i was in Mexico and Ecuador (Mind!), and that i sold in markets and restaurants - my kitchen became a little laboratory! In all these magic places there was raw cacao, that's why all these recipes are based on cacao and on gluten-free flours from local ingredients. Thank you Latin American and its food markets!

And, what if you don't have any condition but someone around does? Then they would love that you take them into consideration and cook something for them, trust me, intolerances can be a bit socially isolating! And despite any health issue, you can just be creative and use cooking as an art, experimenting replacing ingredients and creating your own recipes, and enjoying going to markets in search of new ingredients!. Maybe you get some inspiration from all of this, enjoy!

Wonderful substitutes

GLUTEN-FREE FLOURS

Coconut

Soy

Rice

Corn

Chickpea

Cassava

Gluten-free oats

Tapioca

Amaranth

Buckwheat

GLUTEN-FREE NUTTY FLOURS

Flaxseeds

Almonds

Walnuts

Hazelnuts

You can ground any nuts in a coffee grinder to turn them into flour, but do not do it for too long or you would get butter nut!

To use all these GF flours as replacements in traditional baking recipes you would just need to learn the different amount of liquid (water, eggs, milk, etc) that each one requires and the different time of baking. And also it is important to consider that each one has very different nutritional values!

EGG SUBSTITUTES

Applesauce
Mashed banana
Ground flaxseeds
Chia seeds
Silken tofu
Yogurt
Buttermilk
Cornstarch
Agar

PASTA/NOODLES SUBSTITUTES

Shredded courgette
Shredded green papaya
Shredded squash
Shredded pumpkin
Eggplant (lasagna)
Shirataki Japanese noodles



CORN STARCH SUBSTITUTES

Arrowroot starch
Tapioca starch
Potato starch
Tapioca starch
Xanthan gum
Starchy vegetables:
Potato, pumpkin,
sweet potato, squash,
parsnips, yams,
butternut.

SUGAR SUBSTITUTES

Stevia
Honey
Fruits
Dried fruits (dates!)
Raw cane (jaggery)
Coconut sugar
Maple syrup
Agave nectar
Xylitol
Yacon syrup (Yacón is a
South American plant)

DAIRY SUBSTITUTES

Coconut milk
Soy milk
Rice milk
Oats milk
Nut-based milks
(almonds, cashews,
hazelnuts, walnuts)
Nut-based vegan
cheese (cashews are
the most common)

BUTTER SUBSTITUTES

Avocado (it is also
fatty and creamy and
can be used in baking!)
Nut butters (you can
make them at home
just by grinding your
nuts long enough that
they become butter!)

The Recipes

COURGETTE CHOCO CAKE

SOY FLOUR CHOCO CAKE

QUINOA FLOUR HEALTHIEST CAKE

RICE FLOUR SPONGE CAKE

CORNMEAL CAKE

BANANA FLOURLESS CAKE

LEFTOVERS CAKE



Initial cakes tips

Dry and wet ingredients: the recipes will always have a mix of dry ingredients (e.g.flour) and we ingredients (e.g.milk). The principle i follow here is the first mixing the dry and wet ingredients separately, and then combine all together. Consider that all quantities given in the recipes are for cakes of around 8 medium portions

Baking time: the baking time will depend on your oven, but it is usually from 20 to 30 minutes. You can check when your cake is ready by putting a fork in it until it becomes clean, and remember no to open the door of the oven in the first 15 minutes because the temperature change can make the cake not raise properly

Storage: cakes usually last 2-5 days covered with a plastic layer or stored in an airtight container, not exposed to air or sunlight. You can also store them in the fridge or even freeze them!

Decoration: the decoration i used in all these photos is a chocolate ganache and nuts, making different design with a knife and white sugar caramelised. Be creative!



Courgette oat flour cake

PREPARATION TIME: 25 MINUTES

Non Vegan

Gluten free

Eggs free

Nuts free

Chocoholics

INGREDIENTS:

1.5 cup shredded courgette

1 tsp baking powder

1 tbsp baking soda

1 tsp salt

2.5 cups oat flour

4-5 small ripe bananas

2 tbsps apple sauce

4 tbsps or 1/2 cup olive oil

45 g cocoa

250 ml milk or water

(Optional) Pinch of cinnamon and vanilla

- Shred the courgette with the blender or a manual shredder. This is a secret ingredient to make cakes more juicy and tender, and it goes especially good with gluten-free flours to give extra softer consistency to the result
- You can make oat flour from oats, just blend them in the grinder until they become powder, it takes a few seconds
- Smash well the bananas and combine with the apple sauce
- Next, mix the dry ingredients in a bowl: oat flour, baking powder, baking soda, salt, cocoa, cinnamon and vanilla. And the rest of ingredients in another bowl
- Mix the dry ingredients into the wet ingredients and remove until everything becomes smooth, and this is the dough of the cake. Put it in an oven tray and preheat the oven for 5-10 minutes at 180° before you put the dough in it
- Bake the cake at 180° for 20-25 minutes, or until the fork comes out clean, and let it rest for at least 10 minutes before cutting it and serve it!



Soy flour choco cake

Non Vegan

PREPARATION TIME: 20 MINUTES

Gluten free

INGREDIENTS:

Lactose free

1.5 Cup soy flour

Starch free

4 tbsp cacao

Nuts free

1 tbsp bicarbonato and baking powder

Chocoholics

1 cup and 2 tbsp brown sugar

1 cup water

4 eggs

1 tsp of salt

(Optional) 1 tsp vanilla

- Soy flour is a good replacement for sponge and traditional cakes because it also makes the dough raise up and it has a quite light consistency. This particular cake was created in San Cristobal de las Casas in Mexico and it was amazing!
- So, if you want a cake with lighter consistency, start by beating the egg whites almost to snow and then add the yolks one by one. If you are in a rush or like more dense and flatter cakes, you can just whisk the eggs normally
- Mix all dry ingredients: flour, cacao, bicarbonato, baking powder, sugar, and salt
- Add first the water into the mix and mix well, then add the eggs and mix until all becomes a smooth dough
- Preheat the oven at 180°, bake for around 30 minutes, and let it rest for 10-15 minutes after you take it out of the oven
- Cover with chocolate ganache, that can be made with a cup of melted chocolate and 3 tbsp of butter (or 1 ripe avocado instead of butter for a healthier version), and sprinkle some nuts or cacao nibs!



Quinoa flour cake

Non Vegan
Gluten free
Lactose free
Starch free
Nuts free
Chocoholics

PREPARATION TIME: 20 MINUTES

INGREDIENTS:

1.5 cup quinoa flour

1.5 blown sugar

5 eggs

1 cup water

1 cup cacao

1/2 cup vegetable oil

1 tbsp bicarbonato and baking powder

1 tsp of salt

(Optional) 1 tsp vanilla

- Quinoa flour is probably the healthiest of all gluten-free alternatives! It is an amazing substitute to add also extra nutrients, like iron, fibre and protein!
- As already explained, if you want a cake with lighter consistency, start by beating the egg whites almost to snow and then add the yolks one by one. If you are in a rush or like more dense and flatter cakes, you can just whisk the eggs normally
- Mix all dry ingredients: flour, cacao, bicarbonato, baking powder, sugar, and salt
- Add first the water into the mix and mix well, then add the eggs and mix until all becomes a smooth dough
- Preheat the oven at 180°, bake for around 30-35 minutes, and let it rest for 10-15 minutes after you take it out of the oven
- Cover with chocolate ganache and white sugar caramelised. And to get the design of the photo, draw circular lines with the white caramel and after make lines from the center of the cake to the edges with a knife or fork



Rice flour cake

PREPARATION TIME: 20 MINUTES

Non Vegan

Gluten free

Lactose free

Starch free

Nuts free

Chocoholics

INGREDIENTS:

1.5 cup rice flour

1.5 cups brown sugar

5 eggs

1.5 cups brown sugar

1tbsp baking powder

1 tsp salt

1 cup cocoa

3 tbsp white beaten separated,

180° for 40 min

- Rice flour is the gluten-free alternative probably easiest to find and it is just perfect for baking. But there are different types: rice flour (for traditional and sponge cakes) and glutinous rice flour that gives a more chewy texture and is widely used in Asian cuisine. For this recipe choose the first one!
- Again, if you want a cake with lighter consistency, start by whisking the egg whites very well or even to snow
- Mix all dry ingredients: flour, cacao, bicarbonato and baking powder, sugar, salt and vanilla
- Mix dry and wet ingredients. Note that there is no need of water with this flour
- Preheat the oven at 180°, bake for around 40 minutes, and let it rest for 15-20 minutes after you take it out of the oven
- The decoration on this photo is made with chocolate ganache and cacao beans smashed into small pieces on the edges of the cake



Cornmeal flour cake

Non Vegan

Gluten free

Nuts free

PREPARATION TIME: 15 MINUTES

INGREDIENTS:

90g corn flour

150 g cane or coconut sugar

90 g unsalted butter

1 lemon peel and 1 tsp salt

3 eggs

2.5 tsp yeast

- Cornmeal is the most popular yellow corn flour used in Latin American countries, used in their every day cuisine, but it can also be used in cakes! These cakes have a dense and rich consistency, they are very filling and tasty!
- Whisk the egg to snow - in this recipe this step is no optional
- Heat the butter and add the sugar, yolks, yeast, flour, salt and lemon peel (in this order and gently)
- Only at the end add the whites to snow point, slowly, one spoon at a time and mixing it gently
- Preheat the oven at 180° for 10 minutes, and bake the cake for around 30 minutes
- The cake on the photo has two layers by cutting the initial cake in half, and it has been added a think layer of cream. The decoration is made with chocolate garnache made with dark chocolate and cream



Banana flourless cake

Non Vegan

Gluten free

No flours

Low starch

Chocoholics

PREPARATION TIME: 30 MINUTES

INGREDIENTS:

3 tbsp raw cane sugar

3 egg whites

1 tsp salt

3 tbsp cacao

2 tbsp unsalted butter

3 ripe bananas

5 tbsp raisins

5 tbsp chopped walnuts

- And what about cakes with no flours? Yes, very possible, and very delicious! As you can see in the photo, this cake will be flat and will not raise - soft and creamy
- Get the bananas into puré, or smash them well with a fork
- Heat the butter and add the cacao and raw cane sugar. Mix well and let it cool down - if it's too hot, when you add the eggs you will get an omelette!
- Then you need to whisk the egg to snow - in this recipe this step is no optional
- Add the egg yolks to the butter mix, one by one removing all the time
- After that, add slowly the egg whites to snow - a spoon at a time and mixing slowly
- Finally, pour the smashed bananas, raisins and walnuts into the mix
- Preheat the oven at 180° for around 10 minutes and bake the dough for around 40 minutes. After that let it rest for 15-20 minutes before serving. Enjoy!



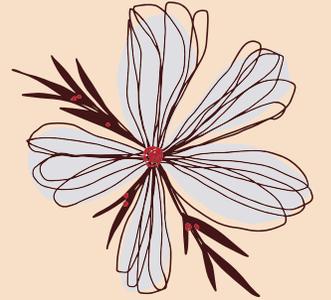
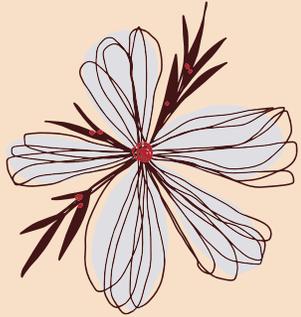
The leftovers cake!

PREPARATION TIME: 10 MINUTES

INGREDIENTS:

Use everything left from one cake to make another one after a couple of days if it has gone dried but it is still ok to consume! Smash the leftovers in to powder and add some wet ingredients into it, adjusting the quantity depending on the leftovers until you get the typical consistency of a dough, and you can bake it again, usually for half the time of a normal cake. I leave this here as a creative open suggestion! yes, the cake on the left side is a leftover cake!

Thank you!!!!

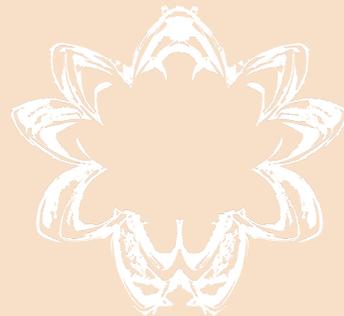


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