

BASIC BREAD / CAKE / MUFFIN / PIZZA BASE MIX

Basic recipe

2 cups ground almonds (I substitute ½ a cup for ground flaxseeds) – add an extra ½ cup of ground almonds for a more bread-like base

¼ cup of softened butter (or coconut oil, goose fat, duck fat, or yogurt, crème fraiche)

3 eggs

Bake as as loaf (bread substitute), cakes, muffins, pizza bread base

Instead of ground almonds (which you can purchase in supermarkets and health food shops), you can use walnuts, pecans, hazelnut, Brazil nuts, peanuts, pine nuts, sunflower seeds and pumpkin seeds, or a mixture of all of the above, which you can grind very well in your food processor to a flour consistency.

Mix all ingredients well. You can add more or less almonds to achieve a porridge-like consistency.

Grease your baking pan with butter or ghee. Line it with greased baking paper and put the mixture into it.

Bake in the oven at at 150°C (300°F) for about an hour. A loaf will need longer cooking, maybe 1 to 1.5 hours depending on the ingredients used. For single muffins, I usually bake them for around 20 minutes. Check occasionally with a clean dry knife. If the knife comes out dry, then the bread is ready.

Variations

Add seasonings, dried herbs, tomato puree, grated cheese, nuts, seeds, dried fruit, fresh or frozen berries (I add a large handful of frozen blueberries to the mix which works really well), small chunks of cooking apple, grated carrot, chunks of pumpkin (without skin and seeds), bee pollen, flaxseed, chia seed etc. Instead of ground almonds you can use other nuts as long as they are very finely ground.

Sweetening

If you want to sweeten the mixture, add ½ cup of honey (raw, untreated is best) and/or 1 ½ cups of dried fruit (dates, apricots, raisins, figs) and/or 2 ripe bananas. If the dried fruit is hard, soak in water for a few hours to soften and bring up to the boil in a little water.

Pizza Base

Using the basic recipe above, spread on a baking tray covered with greased baking paper in a layer about 2cm thick. Bake in oven at 150°C (300°F) for approx 30 minutes. Check with dry knife to see if it is ready. When cool, spread with tomato puree and add your choice of filling: slices of red/yellow/green pepper, mushrooms, pieces of cooked meat or sausages, slices of tomato, chopped greens, anchovies, fish, prawns, pineapple etc.

Put grated hard cheese (pecorino is like parmesan but is sheep's cheese) on top of the filling. If cheese is not tolerated, then you can use homemade mayonnaise instead.