

EGG-FREE BASIC BREAD / CAKE / MUFFIN / PIZZA BASE MIX

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

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

Instead of ground almonds (which you can purchase in supermarkets and health food shops), you can use walnuts, pecans, hazelnut, 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.

2 tablespoons of butter (or coconut oil, ghee, goose fat, duck fat)

2 cups of cooked and mashed squash (butternut squash, pumpkin or other less watery squashes, apple sauce, pear sauce – see overleaf for more suggestions)

This is quite a moist recipe, so you may want to play around with the quantities a little

Eggs are usually used as a binder in baking, but some people have an allergy or intolerance to eggs.

Cut squash (pumpkin) in half and remove seeds. Place on a baking tray, cut side down. Bake until very soft (a knife should go through easily). Cool, scoop out all the inside and mash with a fork.

Mix all ingredients well. Put into a well-buttered baking dish and bake in the oven at 150°C-175°C (300°F-350°F) for 45-60 minutes. A loaf will need longer cooking, maybe 1 to 1.5 hours depending on the ingredients used, the more moist the ingredients, potentially the longer it will need cooking. I find that muffins take about 25 – 30 minutes. Occasionally check with a dry knife to see if it ready (the knife will come out dry if ready).

Variations

Add seasonings, dried herbs, tomato puree, grated cheese, coarsely chopped 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.

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, hopped 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.

The following ingredients will act as a binder in baking instead of eggs: -

- Gelatine – well dissolved in a small amount of hot water
- Pumpkin – baked and mashed
- Butternut squash and other Winter squashes
- Banana, mashed
- Apple, baked and mashed or made into an apple sauce
- Pear, baked and mashed or made into a sauce
- Courgettes (or marrow), baked, mashed and drained of excess liquid