



HEALTHY BAKING RECIPES

With Mika

CHOCOLATE CHIP COOKIES



PREP TIME

- Prep | 5 m
- Bake | 12 m
- Servings: 8

INGREDIENTS

- 2 Tbsp coconut flour
- 1/4 cup peanut flour
- 1/4 cup granulated Sweetener
- 3 Tbsp oat fiber
- 3 dashes cinnamon
- dash of salt
- 6-7 Tbsp water
- 1/2 tsp vanilla extract
- 1 Tbsp Sugar-Free Chocolate Chips

PROCEDURE

Preheat oven to 200 Degree, line baking sheet with parchment paper, and set aside.

Combine coconut flour, peanut flour, sweetener, oat fiber, cinnamon, and salt in mixing bowl and whisk with a fork.

Add in 6 Tbsp water and vanilla extract, and stir. If dough isn't fully moist, add in more water, one tablespoon at a time.

Stir in chocolate chips.

Form dough into 8 equal-sized balls, place on baking sheet, and slightly flatten with the palm of your hand.

Bake for 12 minutes.

Allow to cool completely before eating!

CHOCOLATE BAKED OATS



PREP TIME

- Prep | 5 m
- Bake | 20 m
- Servings: 8

INGREDIENTS

- 40g plain porridge oats
- 20g of chocolate protein powder
- 1 small egg
- 100g Coconut yogurt
- 100g of any favourite berries (frozen or fresh)

PROCEDURE

Preheat your oven to 200°C/fan 180°C

Place all the ingredients in a bowl and mix together well.

Transfer the mixture to a small ovenproof dish and bake in the oven for 35 minutes, or until browned!

PEANUT BUTTER MUG CAKE



PREP TIME

- Prep | 2 m
- Bake | 1 m
- Servings: 1

INGREDIENTS

- 2 tablespoons flour or all-purpose flour (sub your favorite gluten-free flour blend for a GF version)
- 2 tablespoons peanut butter
- 2 tablespoons unsweetened almond milk
- 1 tablespoon pure maple syrup
- 1/4 teaspoon baking powder
- 1/2 teaspoon pure vanilla extract (optional)

PROCEDURE

Add all ingredients to an 8-ounce or larger microwave-safe mug.

Use a fork to stir together until combined. It might seem lumpy at first but keep stirring and it'll resemble cake batter in no time!

Microwave on high until the cake has risen and springs back slightly when you poke it, 45-60 seconds.

If it's not done after 60 seconds, try cooking in 15-second intervals until done.

Enjoy

SWEET POTATOE BROWNIES



PREP TIME

- Prep | 30 m
- Bake | 50 m
- Servings: 10

INGREDIENTS

- 2 large sweet potatoes, peeled and cut into small cubes
- 12 medjool dates, pitted
- 100g ground almonds
- 100g oat flour
- 2 tablespoons coconut oil, melted
- 6 tablespoons cacao powder
- 6 tablespoons maple syrup
- 2 tablespoons almond butter, optional
- water from 1x 400g can chickpeas
- 1 teaspoon baking powder
- handful of dark chocolate chips
- pinch of sea salt

For the chocolate sauce

- 1 teaspoon cacao powder
- 2 tablespoons coconut oil
- 2 tablespoons date syrup
- 4 tablespoons coconut milk, from a carton, or any other plant-based milk
- pinch of sea salt

PROCEDURE

Preheat the oven to 180c, fan setting. Place the sweet potato into a steamer or in a saucepan with boiling water for 15-30 minutes, until they become really soft (the length of time will depend on the size of the chunks). While the sweet potatoes cook, grind the oats in a food processor until they form a flour (if not already), place to one side. Once the sweet potatoes are soft and beginning to fall apart, drain them and add them to a food processor with the pitted dates. Blend until smooth. Now add the remaining ingredients (except the chocolate) and blend until smooth.

Once blended, stir through the chocolate chips (if using). Spoon the mixture into a lined baking dish and cook for 45-50 minutes until you can pierce the brownie with a fork and bring it out clean. Remove the tray and allow it to cool for at least 10 minutes – this is really important as it needs this time to stick together.

For the chocolate sauce, simply place all of the ingredients into a pan over a medium heat. Stir continuously until everything is melted and has come together to form a smooth sauce, about 5 minutes.

Pour on top of the brownies when ready to serve.

BANANA BREAD



PREP TIME

- Prep | 10 m
- Bake | 50 m
- Servings: 12 Slices

INGREDIENTS

- 2 cups oat flour (200 g)
- 3 large ripe bananas, mashed
- 160g Medjool dates, pitted
- 1 cup oat milk (240 ml)
- 1 tsp cinnamon
- 2 tbsp lemon juice
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- ½ cup walnuts, crushed (60 g)

PROCEDURE

If you don't have any oat flour on hand, just get 7 oz (200 g) of rolled oats and process them into flour with a blender or food processor.

Place the oat milk, pitted dates, bananas and lemon juice in a blender jar and blend until smooth.

In a big bowl, mix the flour with baking powder, baking soda, salt and cinnamon. Add in the wet ingredients and stir until combined. Let the batter sit for half an hour so the flour can soak up all the liquid.

Preheat oven to 350° F (180° C) and get out a loaf pan. Get your banana bread batter and gently fold in the crushed walnuts, then pour the mixture into your prepared loaf pan.

Bake for 50-60 minutes.

Allow to cool before cutting into slices and serving.

CARROT CUPCAKES

PREP TIME

- Prep | 20 m
- Bake | 50 m
- Servings: 9

PROCEDURE

Preheat oven to 180 Degree and place 9 cupcake liners in a muffin tin.

Combine all dry ingredients in a mixing bowl, then set aside.

In a large measuring cup, combine all liquid ingredients (including carrot).

Mix wet ingredients into dry, and immediately portion into the baking cups and place in the oven.

Bake 19 minutes, then allow the healthy carrot cake cupcakes to cool before removing from the tray.

Top them with the frosting recipe linked above or with my healthy cream cheese frosting recipe, also posted on the blog.

For the frosting:

Chill coconut milk or cream in the fridge overnight. Once cold, open the can and transfer only the thick and creamy part to a bowl. (Discard the watery part)

Using either a stand mixer or hand beaters whip the cream with vanilla until it forms stiff peaks like real whipped cream!



INGREDIENTS

- 1 1/2 cup spelt, flour
- 1/2 tsp baking soda
- 3/4 tsp salt
- 1 tsp cinnamon
- 1/3 cup xylitol
- 1/16 tsp uncut stevia
- 1/2 cup raisins
- 1/2 cup applesauce
- 1/3 cup oil
- 2 tsp apple cider vinegar
- 2 tsp pure vanilla extract
- 200g shredded carrot

Coconut Whipped Cream

- 1 can coconut milk or coconut cream
- 1/4 tsp pure vanilla extract