



PURE HEALTH

Registered Dietitians (SA)

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GLUTEN-FREE RECIPES

ALMOND YOGHURT BREAD

3 ½ cups	Almond flour
3	Free-range eggs
¼ cup	Melted butter, plus extra for greasing
1tsp	Bicarbonate of soda
1 cup	Plain, full cream yoghurt
¼ tsp	salt

- Preheat oven to 180°C
- Beat together all the ingredients until smooth, then turn into a loaf tin, greased and lined with baking paper. Bake for 40 minutes or until a skewer inserted comes out clean
- Allow to cool for 10 minutes before turning out onto a wire cooling rack. For a softer crust, wrap in a tea towel until cool

POTATO PIZZA

1kg	Potatoes, peeled, cooked and mashed
30mL	Margarine/butter
2 large	Eggs, beaten
60mL	Potato flour
5mL	Salt
Pinch	Pepper
410g (tin)	KOO tomato and onion sauce
375mL	Mozzarella cheese, grated
7mL	Dried mixed herbs

- Mix mashed potato, margarine, eggs, flour, salt and pepper until smooth. Spoon into a greased 250mm pie dish. Press the mixture down to form a base
- Bake at 200°C for 20 minutes. Remove from the oven.
- Spread the tomato and onion sauce over the potato base. Sprinkle the dried herbs over the pizza.
- Bake at 200°C for 20 minutes, until the cheese has melted and the pizza is golden brown. Serve hot.
- Pizza does not freeze well. it may, however be chilled for 48hrs. reheat before serving.

SAVOURY PAN PIZZA

BASE	
3 large	Eggs (165g)
375mL	Cooked mealie rice
25mL	Margarine

TOP LAYER

50mL 1 medium 250mL 12.5mL Pinch	Onion, chopped Tomato, chopped Cheddar cheese, grated Fresh parsley, chopped Mixed dried herbs
<ul style="list-style-type: none"> • Prepare the base by beating the eggs and mixing with the mealie rice • Melt the margarine in a large drying pan with a lid. Carefully spoon the egg mixture on top of the melted margarine and spread it out evenly. Do not stir • Sprinkle the onion and tomato on top of the egg mixture. Cover the pan with a lid. Reduce the temperature to prevent the bottom of the pan pizza from scorching before the egg is set. • Sprinkle the cheese, parsley and herbs over the tomato layer. Cover with a lid. Cook until cheese has melted. ➤ Pan pizza may be browned under the grill ➤ Can be baked in a casserole dish for 20 minutes at 180°C instead of on top of the stove (when using this method, the pizza must be assembled completely from the start) 	

MAIZE MEAL BREAD	
<p><u>INGREDIENTS:</u></p> <p>1 ½ cup milk 2 cups maize meal 1 tsp salt 3 Tbsp margarine 3 eggs 2 tsp baking powder</p>	<p><u>METHOD:</u></p> <ul style="list-style-type: none"> • Heat 1 cup milk • Mix other ½ cup milk with maize meal • Add this maize meal mixture, salt and margarine to hot milk • Cool down. Add eggs and baking powder. Mix well • Put in bread pans • Bake 35-40minutes at 180°C

EGG PANCAKES (makes 2 pancakes) (free of: wheat, gluten, egg, milk, soya, colourants, preservatives, yeast and mould)	
<p>1 large (55g) 25mL 100mL Pinch 50mL</p>	<p>Egg Sunflower oil Cornflour Salt Water</p>
<ul style="list-style-type: none"> • Beat egg and oil until light yellow and frothy. Add cornflour and salt and mix until smooth • Stir water into the egg mixture to form a runny batter • Pour 100mL batter into a greased, preheated frying pan. • Fry on both sides until golden brown. • Remove and make the other pancake <p>Note</p> <ul style="list-style-type: none"> • Pancakes are thick 	