



HUNTER GATHERER  
— GOURMET —

# TOP 5 RECIPES

TO BAKE YOURSELF BETTER







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GINGER CRUNCH

CHOCOLATE BROWNIE MUFFINS

THE EMANI VEGAN CHOCOLATE SLICE

CARROT CAKE

BANANA CAKE

CREAM CHEESE ICING

LEMON ICING



Delicious gluten free, grain free and dairy free paleo baking mixes. We pride ourselves on our unique, winning formula of nutritious ingredients designed specifically to make it easy for you to create delectable treats that your taste buds, and your body will love.

**CHOCOLATE BAKING MIX**

**VANILLA BAKING MIX**

**GINGER BAKING MIX**

**PANCAKE MIX**



*I love baking and always have.*

*I received my only ever top of the class award for home economics in Intermediate school. Cutting out wheat and refined sugars certainly wasn't going to stop me baking either. Playing around with the new flours and ingredients resulted in many dodgy creations, and my family had to endure all sorts of healthy baking that certainly tasted 'healthy'. Finally I found the formula and am making it easy for everyone else to create beautiful healthy treats that actually taste amazing.*

*Here you have the top 5 recipes (so far) that you can use with our paleo friendly baking mixes. Please do not hesitate to contact me with any questions or suggestions.*

*Happy Baking,  
Julena*

**HUNTER GATHERER GOURMET ONLINE**

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# Ginger Crunch



*This is possibly the best thing I have ever created with our paleo baking mixes. Don't you agree that home baking tastes the best? I used unrefined whole food ingredients to make sure it has all the sweet crunchy zing of an old fashioned ginger crunch,*

*meaning you can feel comforted, healthy and whole without guilt. It's super easy now whip up this kiwi favourite so you can enjoy a treat made with ingredients that your body will love. You will not be able to tell the difference between a high octane crunch, and this unrefined, healthy ginger crunch which will nourish not only your insides, but also your soul.*

## YOU WILL NEED

### BASE

- **1 box of HGG Ginger baking mix**
- 150g oil (I used **Cathedral Cove Macadamia oil**)
- 4 tablespoons maple syrup
- 1/2 cup desiccated coconut

ICING (you can halve this icing recipe if required)

- 2 cups (300g) of **I Am Vital Coconut Icing Sugar** or **make your own**
- 150g butter or coconut oil (I used butter because I am 'French Paleo' and therefore enjoy wine and butter)
- 4 teaspoons of ground ginger
- Optional: pistachio nuts

**1** Preheat oven to 180°C (160°C fan).

**2** Line a tin approx. 20cm square with baking paper.

**3** **BASE:** Mix the oil, baking mix, coconut and maple syrup together until sticky and combined. Press the mixture into the prepared tin and bake in the oven for 20-30 min. Mixture will not be set and will harden as it cools BUT edges will be crispy when you take it out and it will be a nice darkish golden brown. Don't let the edges get too brown though or the icing and the base wont gel together nicely. Leave in tin.

**4** **ICING:** Heat the icing ingredients in a saucepan stirring over medium heat until melted and you have a nice smooth icing.

**5** Pour the icing over the slice and leave in tin to cool. Store in the fridge...if you can keep your hands off it.





# Chocolate Brownie Muffins



*This a richer twist on the brownie cookie recipe you will find on the pack. It whips up into muffin servings delightfully and can even be turned into lava cakes. If you want to create the lava cake molten middle simply cook them for about 10-*

*12 minutes till the outside is crisp and the middle gooey. Serve warm with ice-cream or yoghurt.*

## YOU WILL NEED

- **1 box of HGG paleo chocolate baking mix**
- 200g dark chocolate 70% and over
- 100g of oil or melted butter
- 2 eggs plus 2 egg yolks
- 3/4 cup water

**1** Heat oven to 175°C.

**2** Melt the chocolate in a bowl over a pan of simmering water, then remove from the heat and stir in the oil (if using butter melt the chocolate and the butter together).

**3** Whip the eggs till pale and frothy. Add the eggs to the chocolate-oil mix and mix well. Then add the HGG chocolate mix and the water and mix until combined.

**4** Spoon mix into muffin tin. Bake for 15-20 min until just a few crumbs are left on the skewer when you test. They will harden a little when cooling.

**5** Leave on cake rack to cool.





# The Emani (Vegan) Chocolate Slice



*This one came into existence at the Food Show from the request of a charming vanilla salesman, so therefore I have named it after him as it certainly became very very popular! As usual it's super simple and super healthy and for those who can't eat eggs, it's just perfect.*

## YOU WILL NEED

- **1 box of HGG chocolate paleo friendly baking mix**
- 150g oil (I used **macadamia oil**) or you can use melted butter if you choose to
- 1/2 cup desiccated coconut
- 3 tablespoons maple syrup or honey or preferred liquid sweetener
- 2 tablespoons chia seeds (optional but helps hold it together)
- 75g approx. of walnut pieces to mix in or toasted hazelnut pieces to sprinkle on top

- 1 Preheat oven to 180°C.
- 2 Mix everything together except the walnuts, and combine well. Mix walnuts in.
- 3 Line brownie or slice tin and then squish the mixture in with spatula.
- 4 Bake for 25-30 min. It will be bubbling most likely and the edges should be crisp. Remove to cake rack. If you are using hazelnut pieces, sprinkle them on top as soon as comes out of oven and gently press down.
- 5 The slice will harden as it cools, and the longer you cooked it for the crisper it will be. (I nearly burnt the last one I made and it turned out the best). Stores well in fridge or freezer.



# Carrot Cake



*Carrot cake appears to be one of the most popular cakes out there. As I'm not a huge cream cheese fan, and the thought of putting vegetables in my cakes has always struck me as odd, I haven't really made them before. BUT I tested this one*

*many times on carrot cake loving blokes (house full of builders at present) and husband and friends. SO it's safe to say that this one has passed with flying colours, and I hope everyone you make it for enjoys it as much as we have (even me).*

## YOU WILL NEED

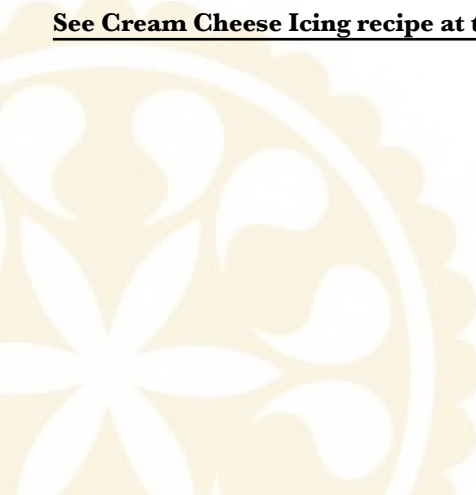
- 1 can unsweetened crushed pineapple 225g (drain reserving 2 tablespoons juice)
- 2 cups shredded carrots
- 4 eggs
- 3/4 cup oil (I used **macadamia**)
- **1 box of HGG Vanilla** or **Ginger Baking Mix** (if you use Ginger then no need to add the cinnamon or pumpkin spice)
- 1.5 teaspoons baking soda
- 2 teaspoons ground cinnamon or pumpkin spice
- 3/4 cup chopped walnuts
- Optional: 1/4 cup coconut sugar or pinch of stevia. Best to suit your level of sweetness.

**1** Heat oven to 180°C.

**2** In a large bowl, beat the carrots, eggs, oil and pineapple (and sugar or stevia if you are using) until well blended. In a small bowl, combine the dry mix, baking soda and cinnamon. Gradually beat into pineapple mixture until blended. Stir in walnuts.

**3** Transfer to a greased 13-in. x 9-in. baking dish or 22cm cake tin. Bake for 35-40 minutes or until a toothpick inserted near the centre comes out clean. Cool on a wire rack.

**See Cream Cheese Icing recipe at the back of this book.**





# Banana Cake



*You can't really beat classic banana cake. My mother always put lemon icing on top, so of course that's what I do whilst arguing with hubby who wants to put chocolate icing on top. You can put which ever you like choose as I have two chocolate*

*icing recipes over on the blog, and I'll share my lemon icing with you now.*

## YOU WILL NEED

- **1 box of HGG Vanilla Baking Mix**
- 3 very ripe bananas
- 3 eggs
- 1 cup water
- 2 tablespoons oil
- 1 teaspoon baking powder
- Optional: 1 teaspoon cinnamon

- 1 Heat oven to 180°C.
- 2 Mash the bananas and mix with the eggs, oil and water.
- 3 Add the baking mix, cinnamon and the baking powder and mix well.
- 4 Line a 22cm tin and bake at 180°C for approx. 40-50 min depending on your oven. test until a skewer comes out clean.

**See Lemon Icing recipe at the back of this book.**





# Cream Cheese Icing

## TWEAK THE TRADITIONAL

- 250g Mascarpone
- 1/4 cup butter, softened
- Fresh As passionfruit or pineapple powder
- pinch stevia (optional)

In a large bowl, beat cream cheese and butter until smooth. Gradually beat in the passionfruit or pineapple powder tasting as you until you have reached a sweetness you enjoy. Spread over the cake.

## THE DAIRY FREE APPROACH

- 1 cup coconut oil (or 1/2 cup oil and 1/2 cup grass fed butter or ghee)
- 1/4 cup honey
- 1 1/2 teaspoon vanilla
- 6 tablespoons cashew butter
- 1-2 teaspoon lemon juice
- lemon zest

Beat or blend the coconut oil/butter/ghee till pale and creamy. Add the honey, vanilla, cashew butter and lemon juice until smooth and creamy. Taste as you go, can add more sweetener or a pinch of stevia. Then mix in the lemon zest. Leave in fridge to harden up a little before spreading over the cake.



# Lemon Icing

## YOU WILL NEED

- Coconut butter (I made my own so I used 300g of coconut threads)
- Lemon juice – 1 and half lemons
- 2 tablespoons honey
- stevia (optional)
- 1/4 cup hot water

**1** Basically you just combine the ingredients in a food processor and whizz till you get the desired taste and texture. Taste as you go and add more of whatever is needed.

**2** Not very technical, but that was how I did it. It's personal taste as to how sweet vs how tart you enjoy your icing.

Enjoy! And let me know how you go.

