

one bowl

allergy free baking

Linda Bosnic is a mother of two young boys, passionate cook and advocate for organic, fresh and additive-free food. She created the simple and delicious recipes in this book after a nephew was diagnosed with severe food allergies.

Linda lives in Melbourne. She has published articles in *Melbourne's Child* magazine and *Reader's Digest*.

*For Luke and Nicholas, may you always enjoy happiness,
good health, great food – and know that I love you.*

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Linda Bosnic



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The logo for Fox Creek Wines, featuring a stylized fox head above the text 'fox creek' and 'WINES' in a serif font.

fox creek
WINES

foreword

As parents, we experience both immense joy and immense responsibilities, and so we look for things that can help us with the challenges of raising our children.

Allergies have been a part of my family for decades. I have three children and we recently found that my son Antonio was diagnosed with anaphalaxis to nuts. In a traumatic experience, we saw the sudden danger posed to his health by simply eating a peanut butter sandwich. And so life has changed for us and little Antonio, we must now be vigilant in making sure he avoids foods that can trigger a dangerous reaction.

Linda's allergy free baking book will be a welcome tool for parents such as myself and I hope it provides some comfort for other parents who are looking for simple and safe recipes for their children.

Wiggle on and bake on everybody!

Anthony Field from The Wiggles

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Finally, I would like to thank my father, Maurie Ryding, who passed away over six years ago. He instilled in me that it was important to follow your dreams and if you worked hard, anything was possible. I love you, Dad.

introduction

Nearly 10 years ago, my nephew Lachlan was diagnosed with anaphylaxis to nuts, dairy and egg. My sister and her family knew little about food allergies and entered a strange and sometimes lonely world. For many years at friends' birthday parties Lachlan could eat only his special food brought from home, never able to join with other children to eat birthday cake. The view by most people was that any allergy-free baked goods were either too difficult to make or were inedible.

A few years later it was time for celebrations when my first child arrived. I was determined Lachlan would enjoy a normal party experience so I ensured that all the food (even for the adults) was nut, dairy and egg free – especially the birthday cake. I will never forget the look of delight on his face when he was told he could eat anything he wanted from the table and share the birthday cake with everyone else. That was the moment I decided I wanted to do something to help Lachlan, and all those with food allergies.

I have had a passion for baking since I was a child. My mum was a wonderful cook and spent many Saturday afternoons patiently teaching me her skills, but when it came to baking a cake without eggs or biscuits without butter I must admit I was a little daunted. I searched for cookbooks but the only recipes I could find were complicated, had unusual ingredients and took too long to make. I tried many of these recipes but, frustrated by the poor results, decided that there must be a better way.

So I started to develop my own recipes and as I was now a busy mother of two young boys, all the recipes had to be extremely quick and easy. I didn't have time to fuss around with an electric mixer so I made sure the recipes didn't need one. I kept the list of ingredients short so I didn't need to waste time walking the aisles of supermarkets. And I utilised the most honest taste testers around – my boys.

Over the years I have shared my cakes, biscuits and slices with many others and I watch the looks of surprise when I tell them the food is so quick to make

and allergy free. And I realised I was making these recipes all the time as they were so easy and delicious, even though my family was not affected by food allergies.

All of the recipes in this book are nut-free, dairy-free and egg-free and there are also many recipes suited to those with a wheat allergy or gluten intolerance. I hope *One bowl allergy-free baking* will encourage people (whether affected by allergies or not) back into the kitchen so no one need miss the delights of freshly baked treats warm from the oven.

How to ensure these recipes are easy and fast

In order to ensure these recipes remain simple, it helps to follow the steps below.

1. Always start with a tidy kitchen and bench space – very important!
2. Locate your ingredients and have them ready to use.
3. Locate your mixing bowl, baking trays, measuring cups, measuring spoons and have them ready to use.

By following these steps, you can complete the recipes successfully in the times stated in each recipe.

Preparing your work space for allergy-free baking

It only takes a few minutes at the start of cooking to prepare your work space and ensure there are no issues with cross contamination.

1. Wipe down all bench tops and work areas with a clean sponge or cloth.
2. Wash your hands with soap and dry well.
3. Ensure all bowls and utensils to be used have been cleaned well.
4. Avoid using any wooden spoons or boards for allergy-free food preparation unless they are only used for allergy-free cooking. These can contain traces of previously cooked food and be a source of cross contamination.
5. Ensure no allergens accidentally come into contact with the food during preparation. For example, don't make your cup of tea with milk near your cookie dough.

A person wearing a white lab coat is shown from the chest down, holding a white bowl with their left hand and whisking a dark, thick mixture with their right hand. The background is a blurred kitchen setting with a clock and other kitchen items. The text is overlaid on a semi-transparent grey band across the middle of the image.

**one bowl
and
15 minutes**

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coconut cake



This easy delicious cake freezes well for snacks! The result is slightly flatter when gluten-free but still tasty.

Preparation time: 10 minutes

.....

1 cup desiccated coconut
1 cup SR flour (or gluten-free SR flour)
1 cup caster sugar
1 cup soy milk

.....

Preheat oven to 180°C and grease and line a 23 cm x 13 cm loaf tin with non-stick baking paper.

1. Mix dry ingredients in a large bowl.
2. Make a well in centre of dry ingredients and pour in soy milk.
3. Mix together until they form a batter (not too much mixing).
4. Pour into loaf tin and bake for 25–30 minutes or until a skewer inserted into cake comes out clean.
5. Cool in tin for 10 minutes before turning out onto wire rack.
6. Sprinkle with sifted icing sugar or ice with lemon or orange icing (see p. 116).

chocolate banana cake

A delicious way to use up old bananas!

Preparation time: 15 minutes

dry 1 cup SR flour
1/4 cup cocoa
2/3 cup caster sugar

wet 1/2 cup vegetable oil
1/2 cup soy milk
1/2 cup ripe banana, mashed (about 2 small bananas)

Preheat oven to 180°C and grease and line a 20 cm cake tin with non-stick baking paper.

1. Mix all dry ingredients in a large bowl.
2. Make a well in centre of dry ingredients and add wet ingredients.
3. Mix together until they form a batter (not too much mixing).
4. Pour into prepared cake tin and bake for 40–45 minutes or until a skewer inserted into cake comes out clean.
5. Cool in cake tin for 10 minutes before turning out onto wire rack.
6. Cake can be iced with chocolate-cream icing (see p. 119).

chocolate cupcakes



This simple but decadent ‘wet and dry’ recipe is always a hit. The gluten-free version makes denser muffin-like cakes, best baked on the day of serving.

Preparation time: 15 minutes

Servings: About 10–12 cupcakes

dry 1¼ cups SR flour (or gluten-free SR flour)
½ cup caster sugar
¼ cup cocoa
½ cup dairy-free, nut-free chocolate chips

wet ⅓ cup vegetable oil
⅔ cup water
1 teaspoon vanilla essence

Preheat oven to 170°C and grease and line a 12-hole cupcake/muffin tray with paper cases.

1. Mix dry ingredients in a large bowl.
2. Make a well in centre of dry ingredients and add wet ingredients.
3. Mix together until they form a batter (not too much mixing).
4. Spoon into prepared pan, filling close to the top of each case.
5. Bake for 15–20 minutes or until a skewer inserted into cupcake comes out clean.
6. Cool in tray for 5 minutes before turning out onto wire rack.
7. Once cold, ice with chocolate icing (see p. 117) and decorate as desired.

vanilla cupcakes

These are always a hit at children's parties!

Preparation time: 15 minutes

Servings: About 12 cupcakes

dry 2 cups SR flour
¾ cup caster sugar
½ cup brown sugar

wet ½ cup vegetable oil
½ cup water
½ cup soy milk
2 teaspoons vanilla essence

Preheat oven to 180°C and grease 12-hole cupcake/muffin tray or line with paper cases.

1. Mix dry ingredients in a large bowl.
2. Make a well in centre of dry ingredients and add wet ingredients.
3. Mix together until they form a batter (not too much mixing).
4. Spoon into prepared pan, filling close to the top of each case.
5. Bake for 15–20 minutes or until a skewer inserted into cupcake comes out clean.
6. Cool in tray for 5 minutes before turning out onto wire rack.
7. Once cold, ice with butter-cream icing (see p. 118) and decorate as desired.