

Makes simply **everything!**

*A selection of delicious
sweet & savoury recipe ideas using
Juvela Gluten-Free Mixes*



juvela

A selection of delicious recipe ideas using Juvela's all-purpose flour mixes - to show you just how versatile one box of Mix can be and encourage you to have a go at some of these scrummy recipes!

There are lots of sweet and savoury ideas using a variety of ingredients to create impressive results. All recipes are quick and simple to make and many are suitable for freezing.

The nutrition information is shown for all recipes so that you are able to make an informed choice about your daily food intake and incorporate the dishes into a balanced diet.



If you have any queries about the recipes or products, please call the Juvela Advice Line on:

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or email us at

info@juvela.co.uk

For lots more recipe ideas, visit our website

www.juvela.co.uk

For any recipe marked with an asterisk (), please refer to Coeliac UK's Gluten-Free Food & Drink Directory or the Coeliac Society of Ireland Food List for a suitable brand*

F Completed recipe suitable for freezing

For all recipes, use all imperial or all metric measurements

We have used xanthan gum in some of the recipes - this is a stabiliser which mimics the properties of gluten; it improves the overall texture of gluten-free baking and reduces crumbling. It is not always necessary, but you will notice it as an ingredient in recipes where we feel it is beneficial. It is stocked in many supermarkets (in the free from aisle) and is available to purchase online.

Ham & Mozzarella Stromboli **F** Makes 8-10 portions

**This is a fab recipe for filled and rolled bread and is a bit like a rolled-up pizza!
We've made it with ham, cheese & tomato but you can use fillings of your choice!**

Ingredients

250g (10oz) Juvela Gluten-Free White Mix
1tsp dried yeast (supplied with Mix)
½ tsp salt
½ tsp sugar
1tbsp olive oil
125-150ml (5-6fl oz) warm water
6tbsp tomato based pasta sauce
4 slices prosciutto ham
100g (4oz) mozzarella, roughly chopped
2tbsp fresh basil leaves
1 medium egg, lightly beaten

Method

- 1** In a large bowl, combine the Mix and yeast. Stir in the salt, sugar, oil and sufficient water to form a soft but not sticky dough.
- 2** Knead the dough until smooth on a surface lightly dusted with Mix. Roll the dough out thinly into a large rectangle (approx. 12"x 8" in size and ¼" thick).
- 3** Spread the tomato sauce over the dough (leaving a small border around the edges), and then top with slices of prosciutto.
- 4** Scatter the mozzarella and basil over the top of the ham.
- 5** Tuck the short sides in and roll up lengthways (like a Swiss roll). Lift onto a tray, sealed-side down, and rub with a little olive oil.
- 6** Leave to prove in a warm place for about 20 minutes, then bake in a preheated oven for 20-30 minutes until lightly golden. Allow to cool slightly before slicing with a sharp knife.

- **Preparation time:**
15 minutes (plus 20 minutes proving time)
- **Cooking time:** 20-30 minutes
- **Oven temperature:**
200°C/Fan 180°C/ 400°F/Gas Mark 6
- **Nutrition information per portion (60g):**
149 calories, 4.7g fat, (of which saturates 2.1g), 21.1g carbohydrate (of which sugars 2.9g), 0.4g fibre, 95mg calcium

Red Onion, Gruyere & Rosemary Flatbread **F**

Makes 8 portions

A quick, easy and very tasty flatbread – great to serve with your favourite gluten-free pasta dish!

Ingredients

1 tsp vegetable oil
1 small red onion, thinly sliced
250g (10oz) Juvella Gluten-Free White Mix
1 tsp dried yeast (supplied with Mix)
½ tsp salt
½ tsp sugar
1tbsp vegetable oil
1tbsp fresh rosemary, finely chopped
125-150ml (5-6fl oz) warm water (approx 40°C)
50g (2oz) Gruyere cheese, cut into small cubes

Method

- 1 Heat a teaspoon of oil in a frying pan and fry the onion for about 5 minutes until softened.
- 2 Place the Mix in a large bowl and stir in the yeast, salt and sugar.
- 3 Add the oil, cooked onion and rosemary, and then gradually add the water to form a soft but not sticky dough.
- 4 Knead on a surface lightly dusted with Mix until smooth and then roll out the dough into a rectangle (roughly to fit into a Swiss roll tin). Brush with a little oil and top with Gruyere chunks and a few extra rosemary sprigs, pressing gently into the dough.
- 5 Allow to prove in a warm place for about 20 minutes, then transfer to a preheated oven for 15-20 minutes until golden brown.

- **Preparation time:**
15 minutes (plus 20 minutes proving time)
- **Cooking time:** 20 minutes
- **Oven temperature:**
200°C/Fan 180°C/ 400°F/Gas Mark 6
- **Nutrition information per portion (50g):**
150 calories, 3.6g fat, (of which saturates 1.6g), 25.9g carbohydrate (of which sugars 3.3g), 0.6g fibre, 121mg calcium

Pesto & Mozzarella Focaccia **F**

A delicious Italian flatbread which can be topped with cheese, herbs or other ingredients, such as creamy mozzarella and tasty pesto - perfect with olives and dips!

Ingredients

1 packet Juvella Gluten-Free White Mix
1 sachet dried yeast (supplied with Mix)
1tsp salt
1tsp sugar
1tsp xanthan gum
2tbsp olive oil
250-300ml (10-12fl oz) warm water (approx 40°C)
125g (5oz) mozzarella cheese
5tbsp pesto (fresh or from a jar)
Sea salt, to sprinkle

Method

- 1 Place the Mix in a large bowl and stir in the yeast, salt, sugar and xanthan gum. Add the oil, and then gradually add the water to form a soft but not sticky dough.
- 2 Knead on a surface lightly dusted with Mix until smooth and then put the dough into a well oiled bowl and cover with cling film or a tea towel, and leave to prove in a warm place for 40 minutes.
- 3 Then transfer the dough onto a surface sprinkled with Mix, and roll the dough out into a rectangle (roughly to fit into a Swiss roll tin).
- 4 Leave to prove again for 20 minutes, again, loosely covered with cling film or a tea towel. Once the dough has risen, make holes in it by gently pressing your finger into the dough.
- 5 Bake in a preheated oven for 10-15 minutes, then remove from the oven, scatter over the mozzarella and return to the oven for 5-10 minutes until the mozzarella has melted. Remove from the oven and drizzle the pesto over the top and scatter with sea salt.

- **Preparation time:**
15 minutes (plus 60 minutes proving time)
- **Cooking time:** 25 minutes
- **Oven temperature:**
200°C/Fan 180°C/ 400°F/Gas Mark 6
- **Nutrition information per portion (90g):**
330 calories, 10.6g fat, (of which saturates 2.9g), 50.8g carbohydrate (of which sugars 5.8g), 0.9g fibre, 222mg calcium



Bara Brith **F**

A traditional Welsh recipe, literally meaning "speckled bread" - perfect simply spread with butter!

Ingredients

200g (8oz) mixed dried fruit
275g (11oz) dark brown sugar
300ml (12fl oz) warm black tea
200g (8oz) Juvella Gluten-Free White Mix
1 medium egg, lightly beaten
2lb loaf tin, greased and lined

Method

- 1 Place the fruit, sugar and tea in a bowl, cover and leave overnight.
- 2 Stir the Mix and egg into the soaked fruit and beat together well.
- 3 Pour the mixture into the prepared tin. Bake in a preheated oven for 2 hours. Allow to cool in the tin.

- **Preparation time:** 5-10 minutes (plus overnight soaking)
- **Cooking time:** 2 hours
- **Oven temperature:** 170°C/150°F Fan/325°C/Gas Mark 3
- **Nutrition info per portion (100g):** 231 calories, 0.9g fat (of which saturates 0.3g), 57.5g carbohydrate (of which sugars 43.2g), 0.7g fibre, 71mg calcium



Goat's Cheese & Watercress Quiche **F**

Creamy goat's cheese and peppery watercress housed in a scrummy quiche – hot or cold, this makes a great lunch or light evening meal with a fresh salad.

Ingredients

For the pastry:

200g (8oz) Juvella Gluten-Free White/Fibre Mix
1tsp xanthan gum (optional)
50g (2oz) hard margarine
50g (2oz) lard
1 medium egg, lightly beaten
Cold water

For the filling:

1 tbsp vegetable oil
1 medium onion, finely chopped
85g bag watercress, roughly chopped
2 medium eggs, lightly beaten
150ml (6fl oz) milk
125g (5oz) soft rindless goat's cheese, cut into rough chunks
Salt and black pepper

Method

- 1 To make the pastry, place the Mix (and xanthan gum if using) in a bowl and rub in the fats until the mixture resembles coarse breadcrumbs.
- 2 Stir in the beaten egg and sufficient water to form a soft but not sticky dough.
- 3 Knead well on a surface lightly dusted with Mix. Roll out the pastry and use to line a quiche dish or 4 tart tins.
- 4 To make the filling, heat the oil in a pan and gently fry the onion for a few minutes until soft.
- 5 Add the watercress and cook for a couple of minutes until wilted.
- 6 Beat the eggs and milk together, and then stir in the watercress mixture and the goat's cheese, and season well.
- 7 Place the filling into the pastry case and bake in a preheated oven for 25-30 minutes or until golden brown and filling is lightly set.

- **Preparation time:** 5-10 minutes
- **Cooking time:** 20 minutes
- **Oven temperature:** preheated to 220°C/425°F/Gas Mark 7
- **Nutrition info per portion (85g):** 190 calories, 2.1g fat (of which saturates 0.4g), 40.6g carbohydrate (of which sugars 10.8g), 0.7g fibre, 66mg calcium

Feta & Butternut Squash Tart Makes 4-6 portions **F**

This lovely colourful tart is bursting with flavour - tangy feta, sweet squash and crunchy pine nuts, along with a tasty chutney base!

Ingredients

For the pastry:

200g (8oz) Juvela Gluten-Free White/Fibre Mix
1tsp xanthan gum (optional)
50g (2oz) hard margarine
50g (2oz) lard
1 medium egg, lightly beaten
Cold water

For the filling:

2tbsp onion chutney*
2tbsp harissa paste
150g (6oz) butternut squash, peeled and thinly sliced
200g (8oz) feta cheese, crumbled
1tbsp pine nuts
2tbsp fresh mint, roughly chopped
Large handful rocket leaves

Method

- 1 To make the pastry, place the Mix (and xanthan gum if using) in a bowl and rub in the fats until the mixture resembles coarse breadcrumbs.
- 2 Stir in the beaten egg and sufficient water to form a soft but not sticky dough.
- 3 Knead well on a surface lightly dusted with Mix. Roll out the pastry into a rectangle to fit a Swiss roll tin, pushing the edges up the sides of the tin.
- 4 To make the filling, blanch the butternut squash in boiling water for a few minutes to soften slightly. Drain and set aside.
- 5 Mix the chutney and harissa paste together and spread thinly over the pastry base.
- 6 Top with slices of butternut squash, then feta and pine nuts.
- 7 Bake in a preheated oven for 20-25 until pastry is golden. Scatter with mint and rocket to serve.

- Preparation time: 10-15 minutes
- Cooking time: 25 minutes
- Oven temperature: 190°C/Fan 170°C/375°F/Gas Mark 5

- Nutrition information per portion (140g): 505 calories, 38.9g fat, (of which saturates 18.2g), 31.2g carbohydrate (of which sugars 6g), 1g fibre, 208mg calcium



Parmesan & Poppy Seed Twists Makes 12-15

Posh cheese straws! These tasty twists are perfect with dips as party nibbles or to take on a picnic! A great way to use up any leftover pastry you have too!

The addition of xanthan gum really helps to create a crisp and crunchy texture so try and use this if you can.

Ingredients

For the pastry:

100g (4oz) Juvela Gluten-Free White/Fibre Mix
2tsp xanthan gum
Pinch of salt
25g (1oz) hard margarine
25g (1oz) lard
1 medium egg, lightly beaten
Cold water

For the topping:

3tbsp grated parmesan
2tbsp poppy seeds
1tbsp caraway seeds

Method

- 1 To make the pastry, place the Mix and xanthan gum in a bowl and rub in the fats until the mixture resembles coarse breadcrumbs.
- 2 Stir in **half** of the egg and sufficient water to form a soft but not sticky dough.
- 3 Roll out pastry into a rough rectangle (approx 10cm x 20cm), approx ½ cm in thickness, and brush pastry with some of the remaining egg.
- 4 Sprinkle pastry dough with parmesan, poppy seeds and caraway seeds, then lightly run the rolling pin across the top to the press cheese and seeds into the pastry.
- 5 Using a sharp knife, cut pastry into 12-15 strips.
- 6 Carefully twist each strip (by twisting each end in opposite directions!), and then place onto a baking tray.
- 7 Add a little milk to remaining egg mixture and carefully brush the tops. Bake in a preheated oven for 10-15 minutes until golden brown.

- Preparation time: 15 minutes
- Cooking time: 15 minutes
- Oven temperature: 190°C/Fan 170 °C/Gas Mark 5

- Nutrition Information per twist (30g): 120 calories, 6.4g fat, (of which saturates 2.4g), 6.7g carbohydrate (of which sugars 0.7g), 0.1g fibre, 100mg calcium

Raspberry Bakewell Cake **F**

Makes 8-10 portions

The flavours of a bakewell tart - as a delicious sponge cake! Very quick and simple to make and looks so impressive!

Ingredients

150g (6oz) Juvela Gluten-Free White Mix
150g (6oz) soft margarine (min. 70% fat content) or butter
150g (6oz) golden caster sugar
150g (6oz) ground almonds
2 medium eggs, lightly beaten
1 tsp vanilla extract
200g (8oz) raspberries
3tbsp flaked almonds
Icing sugar to serve

You will need: 20cm (8 inch) cake tin, greased and lined

Method

- 1 In a large bowl, combine the Mix, margarine or butter, sugar, almonds, eggs and vanilla extract and beat together well.
- 2 Spread half the mixture into the cake tin and smooth the top
- 3 Scatter the raspberries over, then top with remaining cake mixture, again smoothing the top as you cover the raspberries.
- 4 Scatter with flaked almonds and bake for 30-40 minutes or until golden brown and cooked through.
- 5 Allow to cool slightly before removing from the tin and dust with icing sugar to serve.

- Preparation time: 5-10 minutes
- Cooking time: 40 minutes
- Oven temperature:
180°C/Fan 160°C/350°F/Gas Mark 4
- Nutrition Information per portion (90g):
337 calories, 22.2g fat, (of which saturates 7.9g), 29.7g carbohydrate (of which sugars 18.6g), 1.8g fibre, 80mg calcium



Walnut, Date & Honey Traybake F

Makes 10-12 slices

A fruity nutty traybake which can be prepared in minutes for a sweet treat!

Ingredients

225g (9oz) Juvela Gluten-Free White Mix
1 tsp baking powder
½ tsp ground cinnamon
175g (7oz) soft margarine (min. 70% fat content) or butter
100g (4oz) light muscovado sugar
2tbsp clear honey
2 medium eggs, lightly beaten
1 ripe medium banana
100g (4oz) stoned dates, roughly chopped
50g (2oz) walnut halves, roughly chopped

You will need: Swiss roll tin, greased and lined

- **Preparation time:** 5-10 minutes
- **Cooking time:** 30 minutes
- **Oven temperature:** 180°C/Fan 160°C/350°F/Gas Mark 4
- **Nutrition Information per portion (75g):** 287 calories, 16.1g fat, (of which saturates 7.4g), 33.7g carbohydrate (of which sugars 20.1g), 0.9g fibre, 58mg calcium

Method

- 1 In a large bowl, combine the Mix, baking powder, cinnamon, margarine or butter, sugar, honey and eggs, and beat together well.
- 2 Stir in the mashed banana and dates.
- 3 Transfer into the prepared tin and smooth the top. Scatter walnut pieces over the top.
- 4 Bake in a preheated oven for approx 30 minutes until golden and firm to touch.

Citrus Muffins F

Makes 12 large muffins/30 mini muffins

A Juvela classic – these light and fluffy muffins contain lemon curd and marmalade to give a gorgeous citrus flavour!

Ingredients

200g (8oz) Juvela Gluten-Free White Mix
1 tsp baking powder*
100g (4oz) soft margarine (min. 70% fat content) or butter
100g (4oz) caster sugar
4 medium eggs, beaten
3tbsp lemon curd*
3tbsp marmalade, softened

Method

- 1 Place all the ingredients in a large bowl and beat together until light and fluffy.
- 2 Divide between muffin cases and bake in a preheated oven for about 15-20 minutes (10-15 minutes for mini muffins) until golden and firm to touch.

- **Preparation time:** 5 minutes
- **Cooking time:** 20 minutes
- **Oven temperature:** 190°C/Fan 170°C/375°F/Gas Mark 5
- **Nutrition Information per portion (60g):** 196 calories, 9.3g fat, (of which saturates 4.5g), 25.5g carbohydrate (of which sugars 12.9g), 0.3g fibre, 50mg calcium



Sticky Chocolate & Pecan Brownies

Makes 12-16 portions **F**

A very indulgent chocolatey treat - simply divine !

Ingredients

100g (4oz) soft margarine
(min. 70% fat content) or butter
175g (7oz) caster sugar
75g (3oz) dark muscovado sugar
125g (5oz) dark chocolate (70%
cocoa solids)
1tbsp golden syrup
2 medium eggs, lightly beaten
125g (5oz) Juvela Gluten-Free
White Mix
2tbsp cocoa powder
½ tsp baking powder*
50g (2oz) pecan nuts, chopped

You will need: 24cm square/oblong
cake tin, greased and lined

- **Preparation time:** 10-15 minutes
- **Cooking time:** 30 minutes
- **Oven temperature:**
180°C/Fan 160°C/350°F/Gas Mark 4
- **Nutrition Information per portion (50g):**
214 calories, 10.8g fat, (of which saturates
4.8g), 28.5g carbohydrate (of which sugars
22.7g), 0.6g fibre, 30mg calcium

Method

- 1 Place the margarine or butter, sugars, chocolate and syrup into a pan and melt gently over a low heat; remove and allow to cool a little.
- 2 In a large bowl, beat the eggs until light and fluffy, then pour in the chocolate mixture and beat together well.
- 3 Combine the Mix, baking powder and cocoa, and add to the chocolate mixture. Add the nuts and fold all ingredients together with a metal spoon.
- 4 Pour into the prepared tin and bake in a preheated oven for 25-30 minutes until slightly crisp on top but still slightly soft in the centre.
- 5 Remove from the oven and allow to cool completely in the tin.
- 6 Remove from the tin and cut into squares with a sharp knife.

Toffee Teabread

Makes 8-10 portions **F**

This tasty teabread is the perfect treat with a cuppa; the creamy toffee flavour makes this cake incredibly moreish and keeps it really moist.

Ingredients

175g (7oz) Juvela Gluten-Free
White Mix
¼ tsp bicarbonate of soda
75g (3oz) soft margarine (min. 70%
fat content) or butter
100g (4oz) soft brown sugar
2 medium eggs, lightly beaten
50ml (2fl oz) milk
5tbsp toffee sauce*
50g (2oz) chopped pecans
(optional)

You will need: 2lb loaf tin, greased
and base lined

- **Preparation time:** 5 minutes
- **Cooking time:** 50 minutes
- **Oven temperature:**
180°C/Fan 160°C/350°F/Gas Mark 4
- **Nutrition Information per portion (60g):**
218 calories, 11.1g fat, (of which saturates
4.2g), 27.8g carbohydrate (of which sugars
15.1g), 0.5g fibre, 55mg calcium

Method

- 1 Place all the ingredients in a large bowl and beat together until thoroughly combined.
- 2 Place the mixture into the prepared tin, top with a few more pecans if you like and bake in a preheated oven for 40-50 minutes until well risen and firm to touch. Remove from the tin and allow to cool on a wire rack.



Biscuits

Chocolate Surprise Cookies Makes 12-14

Scrummy cookies with a soft runny centre if you eat them warm or a thick chocolate middle if you can wait long enough for them to cool!

Ingredients

12-14 squares plain/milk/white chocolate*

125g (5oz) soft margarine (min. 70% fat content) or butter

125g (5oz) caster sugar

1 medium egg yolk

250g (10oz) Juvella Gluten-Free White Mix

- **Preparation time:** 10-15 minutes
- **Cooking time:** 15 minutes
- **Oven temperature:** 190°C/Fan 170°C/375°F/Gas Mark 5

- **Nutrition information per cookie (50g):** 206 calories, 10.2g fat, (of which saturates 7.1g), 31.8g carbohydrate (of which sugars 18.8g), 0.2g fibre, 42mg calcium

Method

- 1 Cream together the margarine or butter and the sugar and beat in the egg yolk.
- 2 Gradually fold in the Mix - the mixture will be quite crumbly at this stage. Bring the mixture together to form a dough; knead the dough for a couple of minutes until smooth on a surface lightly dusted with Mix.
- 3 Roll out the dough and cut out 12 rounds with a 5cm (2") cutter and place on a baking tray.
- 4 Lightly press a square of chocolate into the middle of each round. Cut out 12 rounds with a 6cm (2¼") cutter and use to cover the chocolate, pressing the edges down lightly.
- 5 Bake in a preheated oven for 12-15 minutes until golden. Allow to cool slightly before transferring to a cooling rack. Sprinkle with icing sugar to serve.

Fruit & Nut Cookies Makes 10-12 **F**

Crunchy cookies with chunky chocolate chips, plump raisins and crunchy nuts.

Ingredients

100g (4oz) soft margarine (min. 70% fat content) or butter

100g (4oz) demerara sugar

75g (3oz) milk chocolate chips*

50g (2oz) mixed chopped nuts

75g (3oz) raisins

1 medium egg, beaten

200g (8oz) Juvella Gluten-Free White/Fibre Mix

- **Preparation time:** 10-15 minutes
- **Cooking time:** 20 minutes
- **Oven temperature:** 190°C/Fan 170°C/375°F/Gas Mark 5

- **Nutrition Information - per cookie (62g):** 274 calories, 14.1g fat, (of which saturates 7.5g), 34.3g carbohydrate (of which sugars 22.5g), 2.5g fibre, 91mg calcium

Method

- 1 Cream together the butter and sugar.
- 2 Add the chocolate chips, nuts and raisins.
- 3 Beat in the egg and Mix and bring together to form a dough.
- 4 Knead lightly until smooth on a surface lightly dusted with Mix. Cut into rounds using a pastry/cookie cutter and place well apart on a greased baking tray. Bake in a preheated oven for 15-20 minutes until golden brown. Allow to cool slightly before moving.



Peanut Butter Bakes Makes 12-15

Crunchy chewy peanut flavoured cookies – a perfect mid-afternoon snack with a cup of tea!

Ingredients

100g (4oz) soft margarine
(min. 70% fat content) or butter
125g (5oz) light muscovado sugar
150g (6oz) crunchy peanut butter*
1 medium egg, lightly beaten
125g (5oz) Juvella Gluten-Free
White/Fibre Mix
½tsp bicarbonate of soda

- **Preparation time:**
10 minutes (plus 30 minutes chilling)
- **Cooking time:** 20 minutes
- **Oven temperature:**
180°C/160°C Fan/350°F/Gas Mark 4

- **Nutrition Information - per cookie (30g):**
168 calories, 10.3g fat (of which saturates 4.7g), 16.2g carbohydrate (of which sugars 10.1g), 0.7g fibre, 24mg calcium

Method

- 1 Cream together the margarine or butter and sugar until light and fluffy.
- 2 Add the peanut butter and egg and mix together well.
- 3 Gradually add the Mix and bicarbonate of soda and mix until thoroughly combined.
- 4 Cover the bowl with cling film and refrigerate for at least 30 minutes.
- 5 Shape the dough into 12 rounded balls and place well apart on a non-stick baking tray. Bake in a preheated oven for 15-20 minutes until golden. Allow to cool on a wire rack.

Melting Moments Makes 24

A true retro biscuit makes a return! These delicious 'coconutty' biscuits are so easy to make – a great recipe for little hands to help with!

This will make a batch of around 24 biscuits but they will keep for up to a week in an airtight container.

Ingredients

100g (4oz) soft margarine
(min. 70% fat content) or butter
75g (3oz) caster sugar
½ medium egg, lightly beaten
1tsp vanilla essence
150g (6oz) Juvella Gluten-Free White
Mix
1tsp xanthan gum
50g (2oz) desiccated coconut
Glace cherries to decorate

- **Preparation time:** 10 minutes
- **Cooking time:** 15-20 minutes
- **Oven temperature:**
preheated to 190°C/375°F/Gas Mark 5
- **Nutrition info per cookie (20g):**
84 calories, 4.9g fat, (of which saturates 3.1g), 9.8g carbohydrate (of which sugars 5.3g), 0.4g fibre, 15mg calcium

Method

- 1 Cream the butter and sugar together until light and fluffy.
- 2 Beat in the egg and vanilla essence.
- 3 Stir in the Mix and xanthan gum if using and combine well.
- 4 Roll small pieces of mixture into balls and toss in desiccated coconut.
- 5 Place onto a baking tray, flatten slightly and place a small piece of cherry on each biscuit.
- 6 Bake in a preheated oven for 10-15 minutes until golden.

Other Lovely Ideas...

Fabulous Fish Pie Makes 6-8 portions **F**

Tasty, comforting, fabulous fish pie! Choose between a creamy mashed potato topping or a crunchy crumble topping – either way, this scrummy supper is sure to hit the spot!

Ingredients

50g (2oz) butter
2 leeks, finely sliced
50g (2oz) Juvella Gluten-Free White Mix
400ml (16fl oz) milk
500-600g white fish such as cod or haddock, smoked fish, and salmon, cut into chunks
200g (8oz) cooked prawns
1tbsp fresh dill, roughly chopped
Grated zest of a lemon
Juice of a lemon
Salt and freshly ground black pepper

For a mashed potato topping:

2lb white potatoes boiled and mashed with a large knob of butter and a little milk.

For a crumble topping:

rub 75g (3oz) butter into 150g (6oz) Mix to resemble breadcrumbs. Stir in 1tbsp fresh dill or parsley, 50g (2oz) parmesan and 50g (2oz) cheddar cheese. Alternatively, you can use breadcrumbs from a Juvella Gluten-free Loaf for a crunchy crumb topping – simply melt 50g (2oz) butter and stir in 150g (6oz) breadcrumbs.

Method

- 1 Melt the butter in a large pan; add the leeks and cook for a few minutes until softened.
- 2 Stir in the Mix, and then gradually add the milk; simmer and stir for a few minutes until you have a smooth thick sauce.
- 3 Add fish, prawns, dill, lemon zest and juice, and season well. Continue to cook for a few minutes until fish is cooked.
- 4 Transfer into a large ovenproof dish or 4-6 individual dishes, and top with mashed potato or crumble topping.
- 5 Preheat the oven; sprinkle grated cheese on top of the mash or crumble topping and bake in a preheated oven for 30 minutes until golden. Perfect simply served with peas!

- **Preparation time:** 20-25 minutes
- **Cooking time:** 30 minutes
- **Oven temperature:** 180°C/160°C Fan/ 350°F/Gas Mark 4

- **Nutrition Information per portion (with mashed potato topping - 310g):** 307 calories, 23.2g fat, (of which saturates 3.7g), 29.2g carbohydrate (of which sugars 3.7g), 2.2g fibre, 112mg calcium

Sesame & Chilli Pancakes Makes 15-20 pancakes **F**

These mini pancakes are great for canapés or nibbles or as a yummy starter; top with a dollop of tzatziki and prawns if you wish - delicious!

Make this a child friendly dish by replacing the chillies with finely chopped red and green peppers - perfect as part of a picnic or as a savoury snack on the go!

Ingredients

100g (4oz) Juvella Gluten-Free White Mix
1 medium egg
150g (6oz) natural yogurt
2tbsp water
1 green and 1 red chilli, deseeded and finely chopped
5 spring onions, finely sliced
2tbsp fresh coriander, roughly chopped
1tbsp sesame seeds
A little oil for frying

Method

- 1 In a large bowl, combine the Mix, egg, yogurt, and water and whisk with an electric or hand whisk to form a smooth batter.
- 2 Add the chillies, spring onions, coriander and sesame seeds and stir to combine all ingredients.
- 3 Heat a frying pan with a drop of oil and place spoonfuls of pancake mixture into the pan, and fry for a minute each side, until lightly browned.
- 4 Remove onto a piece of kitchen roll and repeat with remaining mixture. Serve warm or cold topped with a dollop of tzatziki and prawns if you wish! – (to make your own tzatziki, simply combine natural yogurt with finely chopped cucumber and chopped mint; or you can buy a ready made tub).

- **Preparation time:** 5 minutes
- **Cooking time:** 2 minutes per pancake

- **Nutrition Information per pancake (20g):** 41 calories, 1.9g fat, (of which saturates 0.4g), 4.8g carbohydrate (of which sugars 1.2g), 0.2g fibre, 33mg calcium



Very Berry Crumble Makes 6 portions **F**

A juicy fruity crumble with a delicious oaty topping – simple comfort food, perfect with hot custard! This crumble topping is great for any fruit – why not make double and pop half in the freezer.

Ingredients

For the filling:

500g bag frozen mixed berries, defrosted
1 ball stem ginger (from a jar), finely chopped
Grated zest of an orange
4tbsp caster sugar

For the crumble:

100g (4oz) Juvela Gluten-Free White/Fibre Mix
100g (4oz) butter
100g (4oz) Demerara sugar
75g (3oz) Juvela Gluten-Free Pure Oats

Method

- 1 For the filling, place the berries in a sieve over a bowl to drain away any excess juice.
- 2 To make the topping, place all ingredients in a bowl and rub the butter in to resemble breadcrumbs.
- 3 Mix the drained fruits with the ginger, orange zest and sugar. Spoon into a medium sized ovenproof dish and top with the crumble topping.
- 4 Bake in a preheated oven for 20-25 minutes until crisp and golden and the fruity juices are starting to bubble.

- Preparation time: 10-15 minutes
- Cooking time: 25 minutes
- Oven temperature: 180°C/160°C Fan/350°F/Gas Mark 4

• Nutrition Information per portion (160g):
323 calories, 13.9g fat, (of which saturates 8.7g), 49g carbohydrate (of which sugars 36g), 1.4g fibre, 51mg calcium

Your Favourite Recipes...

We recently featured a recipe competition in our newsletter asking for your favourite recipes using the Juvela Mixes. Thank you to everyone who sent in their lovely recipes - we are delighted to include the two winning recipes here...

Apple Cake **F** by Celia Clapperton

Ingredients

225g (9oz) Juvela Gluten-Free White Mix
1tsp baking powder*
225g (9oz) caster sugar
150g (6oz) butter, melted
2 medium eggs, lightly beaten
2 cooking apples, peeled and chopped
Demerara sugar, for sprinkling

Method

- 1 Place the Mix, baking powder, sugar, melted butter and eggs in a large bowl and beat together.
- 2 Spread half the mixture over the bottom of an 8 inch loose bottomed deep cake tin, greased and base lined.
- 3 Top with the chopped apples, then cover with remaining cake mixture.
- 4 Sprinkle the top with a little demerara sugar, and bake in a preheated oven for between 1 hour - 1 hour 15 minutes.

- Preparation time: 10 minutes
- Cooking time: 1 hour - 1 hour 15 minutes
- Oven temperature: 150°C/130°C Fan/300°F/Gas Mark 3

Seeded Flatbreads **F** by Colette Rice

Ingredients

200g (8oz) Juvela Gluten-Free White Mix
Pinch of salt
Cold water to mix
50g (2oz) mixed seeds (sunflower, poppy, pumpkin)
Pinch of mixed spice (optional)
Vegetable/Sunflower oil for frying

Method

- 1 Place the Mix, salt and seeds in a large bowl and gradually add water until mixture forms a soft but not sticky dough.
- 2 Roll out to ½cm thick rounds (the size of a side plate) on a surface lightly dusted with Mix
- 3 Heat a griddle pan or large frying pan and add a drop of oil; place each round on the griddle and cook for a few minutes each side until golden.
- 4 Serve as a wrap with a filling or with a curry.

- Preparation time: 10 minutes
- Cooking time: 5 minutes per flatbread

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