



QUICK RECIPES

Here are some **delicious** recipes to try out for Allergy Awareness Week! We encourage you to still read all product labels to make sure there are no allergens present.

Chocolate Bubble Eggs

Dairy, egg and wheat free

375g dark chocolate (check label in case it contains dairy)

- 1 cup rice bubbles
- 1 cup flaked coconut
- 1 cup chopped marshmallows

1. Melt chocolate then add all other ingredients and mix.
2. Place teaspoonful into mounds on trays or into moulds.
3. Refrigerate until set. *Ingredients can be changed to suit.*

Basic biscuits

Dairy, soy, egg, peanut and wheat free

2 eggs (or egg sub—4 tsp mixed with 4 Tbsp water)

- 1/3 cup oil
- 1/2 cup brown sugar
- 2 cups flour (wheat flour alternative e.g. rice flour)
- 1 tsp salt
- 3/4 cup sugar
- 2 tsp vanilla
- 1 tsp baking powder

1. Beat eggs. Add oil, sugars and vanilla and mix. Add dry ingredients.
2. Shape into biscuits and bake at 190°C for 8 to 10 minutes or until golden brown.
3. Recipe can be modified by adding dried fruit or different essences.

Adding cocoa can make chocolate biscuits.

Chocolate cupcakes

Dairy, egg, soy and nut free

- 1 cup sugar
- 1 cup water
- 250 g dairy-free margarine, melted
- 1/2 tsp cinnamon
- 1/2 tsp ground cloves
- 3 Tbsp cocoa powder
- 1 tsp baking soda
- 2 cups flour (use rice flour for a wheat free option)

1. Pre heat oven to 180 C.
2. Mix sugar, water, margarine, spices and cocoa powder together.
3. Dissolve baking soda in a little warm water and add to dry ingredients.
4. Sift in flour and beat well.
5. Place mixture in paper cases and bake for 7 – 8 minutes (small) or 15 – 17 minutes (muffin size).

All recipes sourced from The New Zealand Food Allergy Cookbook and Allergy Today magazine.