



Cooking with Claire @TVInfants

Allergy Friendly Cooking





Cooking with @ClaireTVI

Whole Grain Chocolate Chip Cookies

Ingredients

$\frac{2}{3}$ cup vegan buttery spread

1 cup coconut sugar or brown sugar if you prefer

1/2 cup cooked sweet potato mashed

1 $\frac{1}{2}$ teaspoons vanilla extract

2 cups whole spelt flour or other Gluten Free Flour

$\frac{3}{4}$ teaspoon sea salt

1 teaspoon baking soda

1 cup dairy free dark chocolate chips



Method:

Preheat the oven to 350 degrees. Line a cookie sheet with parchment paper.

Place the vegan buttery spread and the coconut sugar in a mixing bowl and mix on medium speed until light and fluffy.

Add the cooled mashed sweet potato and vanilla extract and continue to mix.

Stop the mixer and add the flour, sea salt, and baking soda. Mix on low speed until combined.

Stop the mixer and add the chocolate chips and stir by hand.

Drop tablespoons of dough onto the cookie sheet. Bake at 350 degrees for 10-12 minutes. Allow the cookies to cool on the cookie sheet before moving them.

Repeat with remaining dough. Makes 18 cookies.

Top Tips:

If you need these to be gluten free, try 1 $\frac{1}{4}$ cups gluten free flour blend and $\frac{3}{4}$ cup gluten free oat flour instead of spelt flour.

If you take the choc chips out you could add the flavour of your choice, bearing in mind the allergies your family need to be aware of.

Recipe is from:

The Pretty Bee use this [link](#)



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Pretzel Bites: Great for dipping

Ingredients

- 1 cup – water
- 1 tablespoon – sugar
- 1 tablespoon – yeast, active dry
- 3 1/2 cup – flour, gluten free
- 1 teaspoon – salt
- 1 teaspoon – baking powder
- 1/4 tablespoon – olive oil
- 10 cup – water
- 1 1/2 tablespoon – baking soda
- 1/8 teaspoon – sea salt



Method

In a small bowl, add the water, sugar, yeast. Let sit for a few minutes until it starts to bubble. Meanwhile, in a mixer add the flour, salt, and baking powder and mix until blended. Add oil and yeast mixture.

Mix until ball of dough forms, then mix for 1 more minute to knead the dough. Brush top of dough lightly with oil. Cover with plastic wrap and let rise at room temperature for 1 hour.

Preheat the oven to 425 degrees F.

Line a baking sheet with parchment paper. Set aside.

Bring the 10 cups of water and the baking soda to a rolling boil in an wide 8-quart saucepan or roasting pan.

Once the dough has risen, turn it out onto a slightly oiled work surface and divide into 4-5 pieces. Roll out each piece of dough into a rope. Slice each rope into 1 1/2-inch pieces.

Using a slotted spoon lower a handful of the pretzel pieces into the boiling water and boil them for 30 seconds, flipping them around in the water with the spoon a couple of times. Remove the pretzel pieces from the water using the spoon, drain as best you can, and place them on the baking sheets.

Brush the top of each pretzel with oil and sprinkle with salt.

Bake until dark golden brown in colour, approximately 10 - 12 minutes. Serve warm with your favourite dipping sauce.

Top Tips:

Instead of using regular flour, use your favourite gluten free flour or flour blend.

Recipe is from:

The Pretty Bee use this [link](#)



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Grilled Cheese with Cauliflower as the crust:

Ingredients:

- 1 head large (6-7" dia.) – cauliflower
- 2 large – egg (we are replacing with mashed potato to bind).
- 1/4 cup – Parmesan cheese (optional)
- 1 teaspoon – basil, dried
- 1/4 teaspoon – salt
- 1/4 teaspoon – black pepper, ground
- 2 slice – cheddar cheese (dairy free)



Method

Chop cauliflower. Using a food processor, pulse in batches until well blended. Scoop into a microwave safe bowl and loosely cover. Microwave for 4 minutes, then stir. Return to the microwave for 3 minutes. Allow to cool for a few minutes. Meanwhile, preheat oven to 450* F and line a baking sheet with parchment paper. Lightly spray with cooking oil.

Place a cheese cloth or clean towel over a large colander. Pour Cooked cauliflower into cloth that covers colander. Be careful because the cauliflower steam and water will be hot. Push as much water out of the cauliflower as possible using the flat side of a spoon and twisting the cheese cloth. You'll need the cauliflower as dry as possible.

Once mostly dried of excess water, put the semi-dry cauliflower into a large bowl. Add eggs, Parmesan, basil, salt, and pepper. Mix well.

Scoop onto baking sheet in four separate and equal portions. Spread each into a 1/2 inch thick square piece of "bread."

Bake for 15-20 minutes, until tops are golden brown. Remove from the oven and make two sandwiches with a slice of cheese in each (thick sliced!).

Place back in the oven for one minute, until cheese has melted. Serve warm.

Top Tips:

You can use dairy free cheese in this recipe and of course add your own toppings, pickles even, if allergies allow, a smear of pesto!

You can even use the Cauliflower crust as bread sticks, crackers or even a pie crust!

Recipe is from: Super Healthy Kids follow this [link](#)

Top tips are my own!



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CREAMY CARROT DIP

Ingredients

It tastes like hummus, but it's bean-free.

INGREDIENTS

8 carrots, steamed until soft

Juice of one lemon

2 cloves garlic

½ tsp cumin

2 tbsp tahini

2 tbsp olive oil

Salt to taste

Handful of parsley, chopped (optional)



INSTRUCTIONS

In a food processor or blender, add all ingredients (except for the parsley) and blend until smooth. Taste and adjust seasonings as necessary.

If using parsley, toss it in at the end and pulse a few times to incorporate it.

Recipe from: Food Bloggers of Canada follow the [link](#)

Most recipes can be adapted; there are lots of substitutions out there, gluten free flour, dairy free cheese! **But sometimes, there's another way that can be cheaper!** There's lots of websites that offer advice for different substitutions, especially on a budget, my favourite was this one!

My Real Food Life <http://www.myrealfoodlife.com/>



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Tuna Patty Recipe: Simple changes make this egg/gluten free

Ingredients

10 ounces tuna (2 cans of 5 ounces each) about 7 ounces or 200 grams drained

1/3 cup celery stalk finely chopped (about 1 stalk)

1/3 cup small red pepper finely chopped (about 1/2 pepper)

1/3 cup breadcrumbs can also use panko or Gluten free

2 tablespoons chives finely chopped

1 tablespoon fresh dill finely chopped

1 tablespoon fresh Italian flat leaf parsley finely chopped

2 teaspoons Dijon mustard

salt and pepper to taste

2 eggs slightly beaten (egg free see below Top Tip)

1 teaspoon olive oil to pan fry the patties



Method

Drain the tuna.

In a large mixing bowl, combine the tuna with all of the ingredients except the raw eggs. Taste and adjust seasonings. Add the **beaten eggs** and mix well together.

If you are using an egg/gluten free, just put it all in a bowl and mix, you may need to use your hands.

Form into 5 equal patties. In a cast iron or a non-stick pan, add the oil and saute the patties over medium heat. Cook until golden brown, about 3-4 minutes per side.

Top Tips:

This recipe can be made **"egg free"** two ways, substitute the eggs for egg free mayonnaise (but its quite high fat and expensive) or use a mashed potato instead of the egg and the bread crumbs. Depending on your own taste, you could use butternut squash, sweet potato, yams, dried potato (check for ingredients). They will be thicker and heavier but just as tasty.

As with all things, spice and flavour as you choose, chilli goes well in this if you reduce or remove the dill (which is not one of my top flavours at all)!

For the bread crumbs, you only really need these when using the egg, I'd suggest adding an extra potato

Recipe is adapted from: She Loves Biscotti here is the [link](#). Top tips are my own!



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Sazon Chicken

Ingredients

2 chicken breasts, skimmed of all fat and cut into bite sized pieces
3 tablespoons Sazon seasoning
 $\frac{1}{2}$ medium courgette, thinly diced
2 large tomatoes, diced
2 cups broccoli, thinly sliced
 $\frac{1}{2}$ red onion, thinly diced
5-6 mushrooms, thinly diced
1 red/orange pepper, thinly diced
3 garlic cloves, thinly sliced
4 tablespoons olive oil (divided)
 $\frac{1}{2}$ cup chicken broth
up to 5 tablespoons heavy cream (optional)
Quinoa, **couscous (not gluten free)** or rice, for serving

Sazon Seasoning

INGREDIENTS:

1 tablespoon ground coriander
1 tablespoon ground cumin
1 tablespoon ground turmeric
1 tablespoon garlic powder
1 tablespoon kosher salt
2 teaspoons oregano
1 tsp ground black pepper

DIRECTIONS:

Combine all ingredients and mix well.
Store in an airtight container.

Method

Season diced chicken with Sazon seasoning so that it is thoroughly covered.

Dice and slice all of your vegetables.

Heat 2 tablespoons olive oil in a large non-stick pan, over medium to high heat, and add chicken. Cook until golden brown. Set aside.

Add 2 tablespoons olive oil to pan and add all vegetables, aside from tomatoes. Cook and stir constantly until soft.

Once vegetables are soft, add tomatoes.

Once tomatoes have released their juices, add broth and return the chicken to the pan. Cover and simmer for a few minutes to loosen sauce.

If you'd like, you can add a dash of heavy cream to sauce to thicken it a bit.
Serve over rice, quinoa or couscous.



Top Tips!

Substitute the heavy (double) cream, which is optional anyway, for a little cornflour mixed with a little water, add slowly and stir, it has the same effect as cream and is healthier as well as making this dairy free.

Recipe is taken from Sneaky Mommies, the is link [here](#)

Top Tips are my own!



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Sausages Peppers and Onions over Curry Spiced Quinoa.

Ingredients

1 cup uncooked quinoa picked over and rinsed
1 teaspoon olive oil
2 teaspoons curry powder
1/2 teaspoon salt
1/4 teaspoon garlic powder
4 chicken sausages
olive oil
2 sweet onions sliced thin
1 red pepper sliced thin
1 yellow pepper sliced thin



Method

In a medium saucepan, bring the quinoa, spices, olive oil, and two cups of water to a boil. Reduce heat to low and cover pan. Simmer for 15 minutes until the little ring around each quinoa loosens.

Meanwhile, cook the onions and peppers in a frying pan over medium heat with 2 tablespoons of olive oil. Cook until the vegetables are soft and starting to brown. It takes awhile - about a half an hour. Don't raise the heat too high to hurry it along, they will just burn, and that's no good!

In a separate pan, brown the sausages. Drizzle a little bit of oil in the pan and cook them over medium heat until the casings are browned and crisp.

To serve, put a scoop of quinoa on each plate, then add the peppers and onions and a sausage on top.

Top Tips

Vegan/Vegetarian? Then substitute the sausages for something else, in fact, this recipe is great without the sausages and just with the veg, add some more, your favourites instead of just the onions and peppers.

Recipe is adapted from The Pretty Bee, the is link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

Vegan and Gluten Free Double Chocolate Cupcakes.

Ingredients

For the cupcakes:

- 1 1/2 cups gluten free flour blend
- 1/2 cup unsweetened cocoa powder
- 1 cup organic cane sugar (or just caster sugar)
- 1 teaspoon baking soda and 1/2 teaspoon salt
- 1/3 cup unrefined organic coconut oil
- 2/3 cup refrigerated coconut milk
- 3 Tablespoons vanilla coconut milk yogurt
- 1 teaspoon vanilla extract and 1 teaspoon vinegar

For the frosting:

- 1/2 cup vegan buttery spread
- 2 1/2 - 3 cups powdered sugar sifted
- 1/2 cup unsweetened cocoa powder sifted
- 2-3 Tablespoons non-dairy milk



Method

Preheat the oven to 350 degrees. Line a cupcake pan with paper cupcake liners. Measure 1/3 cup of coconut oil and put it in a small bowl. Microwave for about 15-20 seconds until it is melted. Set aside.

In a large bowl, whisk together the gluten free flour blend, cocoa powder, sugar, baking soda, and salt.

Add the coconut oil, coconut milk, vanilla coconut yogurt, vanilla extract, and vinegar, and mix until smooth and combined. (You can use a mixer, or just do it by hand. Either way works).

Spoon the batter into the cupcake liners, filling them about 2/3 full.

Bake at 350 degrees for 19-24 minutes, or until a toothpick inserted inside comes out clean. Place the cupcakes on a wire rack to cool.

Repeat with remaining batter (you will have enough for 2 or 3 more cupcakes).

Once the cupcakes are cool, make the frosting:

Cream the vegan buttery spread in a large bowl. Add a little bit of the sifted powdered sugar and cocoa powder. (To make things easier, I sift these together). Continue to mix on low speed.

Alternate adding the sugar and cocoa powder and drizzling the coconut milk in until the desired consistency is reached. The frosting should be thick but spreadable.

Frost the cooled cupcakes, and store in the refrigerator if you are not going to serve them right away.

Top Tips (are my own)

Organic is great, but it's expensive, unless this is very dear to your heart, then non-organic will work just as well!

Recipe is adapted from The Pretty Bee, the is link [here](#)



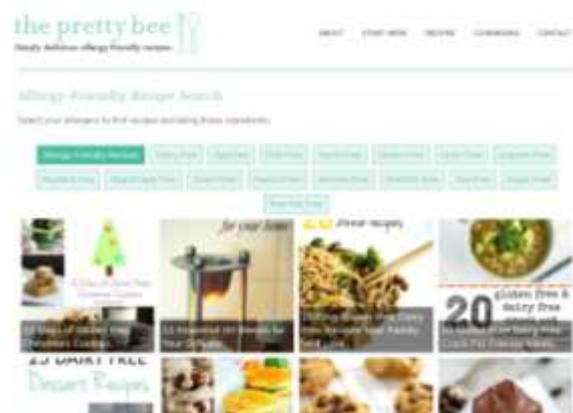
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Handy Allergy Friendly Website that have some great recipes!

*Some are USA/Canadian based, so the recommendations for brands and some of the names of ingredients are different, but a quick google if you **aren't sure will soon** fix any misunderstandings.*

The Pretty Bee

<https://theprettybee.com/search/>



Super Healthy Kids <https://www.superhealthykids.com/start-here/>



<https://www.bbcgoodfood.com/recipes/category/special-diets>

<https://www.allergyuk.org/information-and-advice/allergy-recipes>



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What would you add?

How would you change it?

Allergy Free Ideas:



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Making a list and checking it twice!

www.mysupermarket.co.uk

Shopping List: @sainsburys *this week...*

When planning the cooking session and shopping list I generally assume that you have some ingredients in the cupboard, like oil, salt, pepper, plain flour, stock cubes, eggs and some herbs and spices.

Remember:

- Search the world food aisle for cheaper versions of the same branded items, Paprika, **something most people don't use** every day, is 35p a packet in the European section of the world food aisle, 80p a packet in the Asian Section and £1 a pot (own brand) in the Herbs and Spice section of **Sainsbury's**. Which would you rather pay?
- Check the ingredients, you may find items that are naturally gluten, or dairy free, vegan etc without all the clever advertising and additional cost! Just
- Always check the labels!

<i>Gluten Free Option</i>	<i>Regular option</i>
 <p><i>From £1:75-£2.00 depending on where you shop</i></p>	 <p><i>currently 65p in Morrison's for 500g</i></p>
 <p><i>Currently £2.00</i></p>	 <p><i>Around 65p to 80p depending</i></p>
 <p><i>£1:80 from Sainsbury's</i></p>	 <p><i>£1.20 also from Sainsbury's</i></p>

Yellow stickers (reduced due to damage, about to go "out of date", if it looks ok, if you need it, buy it. Don't be put off by dates. They seem to be there

Costs are approximate and based on prices at the time of shopping!

Please note most recipes serve 4 people depending on the portion size.