

# BAKING WITHOUT THE BASICS: 8 TASTY EGG AND FLOUR FREE RECIPES



by Mollie Letheren Smith

Here are eight of our favourite, most delicious, tried and tested 'free-from' recipes. You're welcome.

Whether lockdown has prevented you from getting the essentials or whether you can't or won't eat certain ingredients, we're here for you. We've gathered together some of our favourite recipes, all made with Fairtrade ingredients and without baking basics like eggs and flour.

Only when you buy Fairtrade products are you are directly choosing to end exploitation of farmers and workers and protect them from the volatile market that the outbreak has created.

# BAKING WITHOUT FLOUR AND EGGS

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## ANNA JONES SALTED CHOCOLATE TRUFFLES (VEGAN)



- 60g coconut oil, plus a little extra to grease
- 30g coconut sugar or Fairtrade light brown sugar
- 200g raw almond, cashew or hazelnut butter
- 200g Fairtrade dark chocolate (at least 70% cocoa solids)
- the seeds from 1 Fairtrade vanilla pod
- 2 big pinches of flaky sea salt

[Go to the salted chocolate truffles recipe including additional flavour options](#)

[See where to buy Fairtrade ingredients](#)

## GREEN TEA INFUSED NO-BAKE ALMOND COOKIES (VEGAN OPTION)



- 50g unsalted organic butter – (use coconut oil for dairy free or vegan)
- 1 cup/100g coconut sugar
- ½ cup/120ml almond milk
- 2 Clipper Organic Green Tea bags
- 180g of Whole Earth almond butter
- 3¼ cup/280g of quick cooking oats
- 2 Tsp of Taylor and Colledge Fairtrade Organic Vanilla Bean Extract
- 50g Seed & Bean organic dark chocolate

[Go to the no-bake almond cookies recipe](#)

## ANNA JONES SEA SALTED CHOCOLATE AND LEMON MOUSSE



For the mousse

- 200g Fairtrade dark chocolate (at least 70% cocoa solids)
- a good pinch of flaky sea salt
- 2 tablespoons runny honey ([Traidcraft do a great Fairtrade honey](#))
- the seeds from 1 vanilla pod ([Ndali Vanilla do excellent Fairtrade vanilla pods](#))
- the zest of 2 unwaxed lemon

For the quick brittle

- 60g sesame seeds, plus extra to finish
- 2 tablespoons maple syrup

[Go to the sea salted chocolate and lemon mousse recipe](#)

[See where to buy Fairtrade chocolate](#)

## TOM HUNT'S DATE AND CRANBERRY ENERGY BALLS



- 100g Fairtrade mixed nuts (Brazil nuts, hazelnuts, walnuts, etc.)
- 50g rye flakes, or oats

- 100g Fairtrade dates, apricots or prunes, pitted ([find Fairtrade dates on Traidcraft's online store](#))
- 50g cranberries
- 25g nut butter (optional)
- 1 tbsp Fairtrade cacao or cocoa powder (optional)
- 5 tbsp of either or a combination of: cacao nibs, crushed nuts, hemp seeds, pulse blended to a rough powder for topping (optional)

[Go to the date and cranberry energy balls recipe](#)

## BAKING WITHOUT FLOUR

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### WONDERFUL WHITE CHEESECAKE



Try this tasty white cheesecake courtesy of Divine Chocolate.

For the base

- 2oz (50g) butter
- 1oz (25g) Divine 70% Dark Chocolate
- 5oz (150g) digestive biscuits, crushed

For the filling

- 10oz (300g) Divine White Chocolate, broken into pieces
- 14oz (400g) full fat cream cheese
- 150 ml (¼ pint) soured cream
- 2 eggs
- 1 teaspoon vanilla extract

[Go to Divine's white cheesecake recipe](#)

## SUPER SIMPLE CHILLI AND LIME KLADDKAKA (FLOURLESS CHOCOLATE CAKE)



- [145g Seed and Bean Chilli and Lime Dark Chocolate](#)
- 3 eggs
- 130g dark brown sugar
- 25g cocoa/cacao powder
- 45g butter

[Go to Seed & Bean's chilli and lime kladdkaka recipe](#)

## WAITROSE'S FLOURLESS CHOCOLATE 'CLOUD' CAKE WITH WHIPPED CREAM & RASPBERRIES



- 125g unsalted butter, plus extra for greasing
- 200g Fairtrade dark chocolate, chopped into smallish chunks
- 1 tbsp Fairtrade instant coffee
- 6 British Blacktail Medium Free Range Eggs
- 175g Fairtrade golden caster sugar
- 3 tbsp Fairtrade cocoa powder
- 170ml tub double cream
- 1 tsp Fairtrade vanilla bean extract
- 150g raspberries

[Go to Waitrose's flourless chocolate 'cloud' cake recipe](#)

## BAKING WITHOUT EGGS

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Try baking these delicious honeycomb peanut biscuit bars courtesy of Tate & Lyle

## HONEYCOMB PEANUT BISCUIT BARS BY TATE & LYLE



For the Shortbread

- 250g plain flour
- 200g chilled unsalted butter (cubed)
- 100g Tate & Lyle Fairtrade Golden Caster Sugar
- 1/2 tsp Fairtrade vanilla essence
- Pinch of salt

For the salted peanut & honeycomb caramel layer

- 1 can condensed milk (379g)
- 80g butter
- 3 tbsp Lyle's Golden Syrup
- 2 tbsp Tate & Lyle Fairtrade Dark Brown Sugar
- 80g Fairtrade salted peanuts (chopped)
- 3 tbsp honeycomb pieces

For the chocolate topping

- 300g Fairtrade dark chocolate (chopped)
- 50g butter
- Star shaped sugar sprinkles to decorate (optional)

[Go to Tate & Lyle's honeycomb peanut biscuit bar recipe](#)

[See where to buy Fairtrade ingredients](#)

Happy baking! Let us know how you get on, @FairtradeUK on Twitter and Instagram.



## 20 FAIRTRADE BAKING INGREDIENTS

Bake a difference with these Fairtrade ingredients to make your bake taste sweeter.