



a collection of
'5 MINUTE'
FOODIE GIFTS

*over 10 recipes perfect
for the time poor &
health rich*

FREE FROM GLUTEN AND REFINED
SUGAR + A BAKING CONVERSIONS
GUIDE FOR ALL THINGS SWEET

— KATE BARNES —



The next time you're thinking about taking a little something to your friend's place for a dinner party or for that get-together and you're racing out the door to buy 'something'? STOP! and think. The preparation of home-made foodie treats, made by your hands, in your kitchen for those important people in your life can be a delicious, inexpensive and enjoyable way to give more love AND save both money and time. I hope these '5 minute' recipes inspire you to give more you to those in your life, and in doing so, give yourself the great enjoyment and satisfaction that both the preparation and sharing of these little edible gems give.

A very special thank you to Leah Hunter from Behind The Pantry Door for her gorgeous photography and recipes. Big thanks also to my wonderful neighbours and family who helped to create some of the photos and to taste test these yummy morsels.

'In this life we cannot always do great things. But we can do small things with great love'. ~ Mother Teresa.

THE GIFT OF FOOD.

In today's time-pressured world, one of the most loving and appreciated gifts we can give each other is our time. It's a commodity that is in short supply and very precious. When we use that precious time to create our favourite homemade foodie gifts and then share that food with others, it becomes one of the greatest gifts anyone can give.

THE INSPIRATION

The inspiration for this small collection of recipes is to gather my favourite foodie gift ideas that take the least amount of time to prepare, taste amazing and are FULL of deliciousness and guaranteed to be met with heartfelt thanks. If you've come across this e-book you're in for a treat – in more ways than one - actually ten (in fact eleven when you include my special bonus recipe).

THE INGREDIENTS

All of the recipes in this e-book are prepared using ingredients brimming with nutrients and that our bodies recognise and can then use fully at a cellular level to do what food does best – nourish, energise and vitalise!

They're also low in sugar or have no sugar, so will keep blood sugars nice and stable, moods steady and tummies full. (I've also given you a 'baking conversions' guide so that you can swap sugar for other sweeteners and apply these suggestions to convert some of your own favourite recipes at any time).

If you or your family has allergies, please note that all of these recipes are gluten free and can be altered to make them dairy free, and whilst nuts are used in a few recipes, there are suggestions for some nut-free creations.

THE BENEFITS

Food always tastes better when it's homemade. It's a fact.

If you have older kids then they're going to be able to jump into the kitchen and make many of these morsels of magic by themselves.

Assembling delicious food from raw ingredients, creating and then sharing those foods is a perfect gift. It satiates mind, body and soul collectively.

Most of the ingredients will become pantry staples, so you have them on hand at anytime they're needed, (**checkout my website**).

It's so much better than buying a gift – usually quicker and more economical!

THE EQUIPMENT

In terms of equipment, you'll really only need a high-speed blender, and for many of them you don't even need an oven. Just the fridge, a biscuit tin and a pantry shelf.

Once you've whipped up a recipe or two, I'd love to hear how you go! Share your creations or make a comment on **Facebook** or on my **website** and spread the encouragement and inspiration far and wide.

Wishing you love and fun in the kitchen!

Kate x

[Click here to view a welcome from Kate!](#)

SETTING THE SCENE...

To make these recipes even more magical and healing, here are 4 highly recommended steps to take before starting;

1. Put your **favourite music** on.
2. Light a **candle** or two.
3. Get a couple of friends or kids **together**.
4. Start **creating** kitchen magic and memories.

TABLE OF CONTENTS

Pistachio & Prune Truffles (Raw)

Cinnamon Donut Balls (Raw)

Sweet Almond Biscuits

Home made Chocolate w/ variations + video

Berry Delicious Chia Jam (Raw)

Pickled Cucumbers (Raw)

Raw Caramel & Chocolate Slice (Raw)

Rosemary & Thyme Herb Crackers

Garden Love Pesto (Raw)

Homemade Jubes

Bonus Recipe: Best Ever Chocolate Brownie Cake

*“How did it get so late so soon? It’s night before its afternoon. December is here before its June.
My goodness how the time has flown. How did it get so late so soon?” ~ Dr Seuss*

A GUIDE - BAKING CONVERSIONS WITH REFINED SUGAR

brown-rice syrup

Substitute for 1 cup sugar = 1 1/4 cups Brown rice syrup

Recipe notes: Reduce recipe liquid by 2–3 tablespoons; add 1/6 teaspoon baking soda for baked goods.

coconut, rapadura or date sugar

Substitute for 1 cup sugar: 2/3 cup of preferred sugar

Recipe notes: Cover mixing bowl with a towel when beating, or sugar dust can coat the kitchen.

maple syrup

Substitute for 1 cup sugar: 3/4 cup maple syrup

Recipe notes: Reduce recipe liquid by 1/4 cup; add 1/8 teaspoon baking soda.

coconut syrup

Substitute for 1 cup sugar: 1 cup coconut syrup

honey

Substitute for 1 cup sugar: 3/4 cup of honey

Recipe notes: Use honey in recipes using a low baking temperature or in raw food recipes to help retain more of the nutritional value more.

stevia

Substitute for 1 cup sugar: 1/2–1 teaspoon unrefined stevia.

xylitol (produced from Birch Trees preferably)

Substitute for 1 cup sugar: 1 cup of xylitol

Recipe notes: Start by substituting only part of sugar; watch for digestive upset.

Note: The alternate sugars will each have a slightly different flavour than refined white sugar and are generally not as sweet (except for Stevia). Taste your batter before pouring into baking tins and add more sweetener if it's required, depending on your preference.



pistaccio
& Prune Truffles
(RAW)

Preparation: 10 minutes
Quantity: about 15 walnut sized truffles

what

1/2 cup **pistachios** + extra to roll the truffles into at the end
1 cup pitted **prunes** (preservative free)
1/2 cup **cacao powder**
1-2 tbsp **coconut oil**

how

1. Add all the ingredients and only 1 tbsp of coconut oil into a high-speed blender and blend on high until the ingredients are combined and milled.
2. Test the mix. If it holds together as a ball when squeezed together it's ready. If it's still crumbly and doesn't hold together add another tbsp of coconut oil or more and blend through until the mix holds together.
3. Roll into balls / truffles and then coat with the crushed pistachio.
4. Enjoy straight away or pop into the fridge or the freezer for another time. Enjoy!

note

For some chocolate chip crunch and extra goodness, mix through 1 tbsp of cacao nibs right at the end of the processing.

The inspiration for this recipe comes from www.petite-kitchen.com



Cinnamon

Donut Balls (RAW)

Preparation: 10 minutes
Serves: approx. 20

what

11 **medjool dates**
3 tsp **cinnamon**
A pinch of **sea salt**
1 1/4 cups **desiccated coconut**
1 cup **cashews**
1/2 tbsp **coconut butter**
1 tbsp **honey**

For the coating:

2-3 tbsp **coconut sugar**
2-3 tbsp **cinnamon**

how

1. Blend Ingredients until combined
2. Roll into the shape of balls.
3. Roll donut balls in cinnamon sugar mix and deliver!
4. Store in the fridge ready to go.

note

Shared by Leah Hunter at Behind the Pantry Door,
www.facebook.com/behindthepantrydoor.com.au



Sweet

Almond Biscuits

Preparation: 10 minutes
Baking time: approx. 15-20 minutes
Quantity: about 12 biscuits or cookies

what

150 g or 1 1/2 cups **almond meal** (or make your own almond meal – see below)

1/4 cup **desiccated coconut**

40 g (about 2 1/2 – 3 tbsp) **almond oil, butter or coconut oil**

45 g (2 tbsp) **honey**

1/2 tsp **vanilla bean extract**

how

1. Line a baking tray with baking paper and pre-heat the oven to about 150 degrees or 340 F.
2. Place the almond meal, desiccated coconut, oil or butter, sweetener and vanilla together into a blender and blend on medium – high to form the dough.
3. If the mix is too moist, add more desiccated coconut or if it's too dry add a touch more oil. If the mix holds together in a 'ball' when squeezed together, it's ready.
4. Once the dough is formed, mix in the cacao nibs.
5. Using a desert spoon scoop a small amount into a ball and then flatten into a biscuit shape or cut into shapes with a cookie cutter.
6. Bake in the oven for about 15 - 20 minutes until golden.
7. Allow to cool and enjoy!

notes

If you have a high speed blender, take 1 1/2 cups of whole almonds – pulse and make your almond meal from scratch, (preferably using activated almonds).

These could easily be finished in a dehydrator rather than baked in the oven.

In place of honey and for a lower fructose sweetener, you can try brown rice malt syrup or coconut syrup.

Make the biscuits chocolate chip cookies by mixing into the dough 1 tbsp cacao nibs or a good quality organic dark chocolate (or even better make your own chocolate using my recipe in this book).

For nut free, I replaced the almond meal with 1 cup of pepitas i.e. hulled pumpkins seeds (preferably activated) and 1/2 cup of desiccated coconut and added an additional 10g of sweetener.

The inspiration for this recipe comes from www.thehealthychef.com



homemade
Chocolate & Video

Preparation: 5 minutes
Fridge time: 30 minutes

what

95g or $\frac{3}{4}$ cup **cacao butter**, shaved or grated
1 tbsp **coconut oil**
Seeds of $\frac{1}{2}$ of one **vanilla pod** or $\frac{1}{2}$ tsp of **vanilla extract**
45g or 2 tbsp **maple syrup** or **coconut syrup** (or a mix of both)

A good pinch of **sea salt**

60g or $\frac{3}{4}$ cup **cacao powder** or if you prefer a milkier chocolate flavour use a bit less cacao powder

1 heaped tbsp **coconut cream** or **organic cream** (optional)

how

1. Melt the cacao butter and coconut oil with your sweetener of choice (maple or coconut syrup), salt and vanilla over a double-boiler.
2. When this is well and truly melted add the cacao and cream and keep stirring until all the ingredients are well-combined and the chocolate starts to thicken a little.
3. It's ready when the mixture is smooth and runny
4. Use a dessert spoon to fill chocolate moulds or patty pans.
5. Place the tray of chocolates in the fridge for about 30 minutes to set. Keep them cold as they can melt easily!

notes

Extra yumminess: place a thin layer of crunchy or chewy bits e.g. in the bottom of each mold to add texture eg goji berries, crushed almonds or macadamias, bee pollen or cacao nibs – anything that you love with your chocolate.

Cacao butter: can be found at most natural health food stores

Ganache: use this recipe as a ganache for icing cakes and other treats e.g. the macaroons or the

raw caramel slice also featured in this book.

To view a video on how to make your own chocolate check it out [here](#).



Caramel & Chocolate Slice (RAW)

Preparation: 10 - 15 minutes
Fridge time: approx. 45 minutes

what

For the base

1 1/2 cups **almonds, walnuts** or **pecans**

A pinch of **salt**

4 **medjool dates**, pitted

1/3 cup **coconut oil**

For the caramel filling

For the **caramel** filling

18 **medjool dates**, pitted

2-3 pinches of **salt**

1/4 cup **coconut oil**, liquid

1/4 cup **nut butter** (made from hazelnut, almond, cashew or brazil nut)

For the chocolate topping

1/4 cup **coconut oil**, liquid (warm and melt if needed)

A pinch of **salt**

2-3 tablespoons **maple syrup** or **brown rice malt syrup**

1/2 cup **cacao** or **cocoa powder**

how

For the base

1. Add all of the ingredients into a high speed blender and blend on a medium – high speed until no large pieces remain. The mix is ready if when squeezed into a ball it holds together.
2. Press the mixture into a greased or lined 20cm (8") square baking tin. (It probably won't fill the tin – press out to the desired thickness).
3. Place in the fridge to firm up while preparing the next layer of the slice.

For the caramel layer.

1. Add all the ingredients into a high speed blender and blend on a medium – high speed until a smooth consistency is reached.
2. Place in the fridge while preparing the chocolate layer to firm.

For the chocolate topping.

1. Combine the coconut oil, salt and sweetener in a bowl.
2. Stir through the cacao and mix until evenly combined.



Caramel & Chocolate Slice (RAW)

3. Add more sweetener if needed.
4. Allow to thicken and then spread on top of the caramel layer and place in the fridge to set for approximately half an hour before slicing, or until the chocolate topping has set. Enjoy!

notes

The inspiration for this recipe comes from [triumphofthelentilblog](#)



berry
Delicious
Chia Jam (RAW)

Preparation: 5 minutes
Quantity: 6 servings sizes (small jars) of 175ml or $\frac{3}{4}$ cup

what

4 cups of **seasonal berries** (organic strawberries are great) 1 teaspoon **vanilla powder**
6 tbsp **chia seeds** 4 tbsp **honey** or preferred sweetener of choice, to taste.
2 tbsp **water** (if necessary)

how

1. Add the berries and chia seeds to your blender, or if they are very ripe you may be able to blend them up with a fork.
2. Mix in the vanilla, water (if using) and honey. Use the honey or sweetener to suit your own taste. I found just 2 tbsp of honey gave it just the right sweetness and it let the fresh strawberry taste shine through.
3. Cover the jam and put it in the fridge for at least 60 minutes to thicken. That's it!

notes

Frozen berries can be used, just let them thaw first
This is also a wonderful gift for Christmas time



pickled
Cucumbers
(RAW)

Preparation: 5 minutes
Fermentation: approx. 3 - 7 days (depending on the weather)
Quantity: 450g glass jar

what

4-5 small (approx. 20cm long) washed, un-waxed firm **cucumbers**. Look for pickling or Kirby cucumbers which are an ideal size. Persian cucumbers can also be used.

1 1/2 cups filtered **water**

1 tbsp **Himalayan sea salt** (or fine Celtic sea salt)

4 tbsp **whey** or if you don't have whey add 1 extra tbsp of sea salt

4-8 sprigs of fresh **dill** (if in season)

2 cloves of **garlic**, peeled and cut in half and smashed with a knife

1 tsp **peppercorns**

Plus: 1 sterilised 450g **Mason's jar** (16-ounce)

Optional seasonings: **chilli flakes, chillies, mustard seeds, coriander seeds, fennel seeds, celery leaves, bay leaves, fresh herbs, onion, cinnamon stick, cloves.**

how

1. Combine salt and water and let it sit until the salt dissolves. Then add the whey to the mixture.
2. Cut the tips off both ends of cucumbers, leaving the cucumbers whole or cutting them in half or into spears (whatever your personal preference is).
3. In the jar put 4 sprigs of dill, garlic cloves and peppercorns or other optional seasonings.
4. Tightly pack the cucumbers in the jar. Add the rest of the dill (if using).
5. Cut one cucumber in half and set it horizontally on top of the other cucumbers –this will keep the cucumbers from floating up above the water in the jar when they shrink a little during the pickling process.
6. Pour the salt water into the jar. It should completely cover the cucumbers.
7. Tightly put the lid on the jar. Let the jar sit undisturbed at room temperature out of direct sunlight e.g. in the dark of the pantry cupboard.
8. Fermentation has begun when bubbles start rising to the top of the jar and the water becomes cloudy. A thin layer of white scum might also form on the surface of the water. This is harmless and can be scooped away with a clean spoon. However, trust your nose. If the pickles smell bad while fermenting, throw them out (& choose another 5 minute gift!)
9. It takes 3-7 days before the pickles are done. Taste the pickles during this time to see if the texture and flavour are to your liking. Once you've decided they're done, tighten the lid and store the pickles in the fridge. They will keep for about a week.



Rosemary
& Thyme Herb
Crackers

Preparation: 10 minutes
Bake time: 15 minutes
Quantity: Makes about 20 crackers

what

1 ½ cups **almond flour** (If you have a high speed blender, try using whole almonds to make your own flour. It will be crumbly, not fine like a wheat or coconut flour).

2 tbsp ground **flax seed**.

1 tbsp fresh **rosemary** & 1 tbsp fresh **thyme**, finely chopped.

½ tsp sea salt.

1 tbsp **macadamia nut oil** or **almond oil**.

1 **egg** (preferably organic).

1 tsp filtered **water**.

how

1. Preheat the oven to 180 degrees.
2. Add all the ingredients to the blender and blend on a low speed to form a dough. (It should form a ball and stick together & not stick to your fingers or hands. If it does stick, add another tablespoon of oil).
3. Place the dough between two sheets of baking paper and roll out to about 2mm thickness (or preferred thickness).
4. Peel off the top sheet of baking paper.
5. Cut into about 5cm squares.
6. Place the bottom sheet with the cut dough on it onto a baking tray.
7. Bake in oven for 12 – 15 minutes until lightly browned.
8. Store in a tin in the pantry for up to 5 days.



garden
Love Pesto
(RAW)

Preparation: 5 minutes
Quantity: approx. 1 cup or 1 250g jar

what

1 large **garlic clove**.

A large handful **basil leaves** and **parsley**.

1 large handful of **garden greens** eg English spinach, kale, rocket or whatever you've got going (or you could just use herbs for a stronger more bitter flavour).

160g or 1 ½ cups unsalted (preferably activated)

cashews (or almonds or macadamias).

1/4 cup of **olive oil**.

1 tbsp **apple cider vinegar**, or a wedge of **lemon** or **white vinegar**.

4 tbsp **parmesan cheese**, grated (optional).

A pinch of **Celtic sea salt** or **Himalayan salt**.

how

Place all the ingredients in the blender and blend until the desired consistency is reached. Yum!

notes

If you're not using parmesan cheese use additional nuts or 1/3 cup sunflower seeds.



homemade Jubes

Preparation: 5 minutes
Quantity: about 15 jubes

what

1/3 cup of **strained juice** (freshly squeezed lemons or apple or pear juice, blueberries, beetroot or orange)

3 tbsp **sweetener** of your choice (e.g. maple syrup, brown rice syrup or coconut nectar)

1/2 tbsp of powdered **grass fed gelatin**

optional for colour: 1 tsp **beetroot powder** (or 1/4 tsp **turmeric powder** if using lemon juice as juice) or leave out the colour.

how

1. Place all the ingredients into a saucepan. Cook on a low heat, stir constantly until mixture is smooth and all lumps have disappeared (about 5 minutes).
2. Place immediately into ice cube trays, or chocolate molds and place in the freezer for about fifteen minutes or the fridge for about an hour
3. Once they've set remove them from the molds and place in a jar for storage in the fridge.

notes

They will keep for a few weeks at room temperature (if they last)!

For a special occasion or great to have on hand to substitute for lollies, little kids and big kids alike

Inspiration for this recipe came from www.nourish-ed.com



bonus

*Best Ever
Chocolate Brownie
Cake*

Preparation: 10 - 15 minutes

Bake time: 25 - 30 minutes

what

Medium **sweet potato**, grated. You will need approx. two cups of grated raw sweet potato.

2 **eggs**.

1 tsp **vanilla bean** paste or powder.

1/2 cup **dates**.

1/2 cup **maple syrup** or **brown rice malt syrup**.

1/2 cup melted **butter** or **coconut oil**.

1 tsp gluten-free **baking powder**.

1/4 tsp **bicarbonate soda**.

3/4 cup of **raw cacao powder**.

2 tbsp **coconut flour**.

how

1. Pre-heat the oven to 180C (360F) and grease or line a 22cm square cake tin.
2. Place all the ingredients into a blender bowl and blend on medium – high until all ingredients are blended through. Note: the batter will be a thick consistency i.e. it won't pour gently out of your bowl. It will need a little encouragement with a spatula or spoon!
3. Pour into your prepared cake tin and bake for 25-30 minutes. The cake needs to feel moist in the centre, but not wet. Check if it's cooked with a knife - when you stick the knife into the cake & pull it out, the knife should come out clean.
4. Top with a chocolate ganache icing for extra richness or fresh organic cream for something a bit lighter. To make the ganache, I used my home-made chocolate recipe in this book and for extra decadence serve with chocolate shavings, fresh organic strawberries or raspberries (or drizzle with melted chocolate)!

notes

The cake can be a little crumbly so if you're moving it to a plate you will need to handle each delicious slice with care.

Inspiration for this recipe comes from thewholedaily.com.au



Something About Kate

Kate is a Mum to her two children, Chloe and Benji. Before the gift and privilege of being a Mother, Kate gained her Bachelor of Science degree, majoring in Microbiology. She then spent time travelling before returning to work for many years with Professional Services firms in her home-town of Perth, Western Australia.

With the happy arrival of her beautiful children she found an inner conflict arose. Kate began to feel torn between doing what she 'should' be doing as a professional working Mother or listening to her soul's calling to nurture her children and her deep desire to pursue her love of science and personal development and to discover more about what really makes our bodies 'tick'! Kate is motivated to find answers - often answers the medical profession couldn't provide.

On her journey of raising her children and working through the associated health challenges, Kate founded her own business as a health coach. Through her own personal development, Kate has found answers and continues to learn more and to deepen her respect for the human body, every day.

Kate supports women who also have a deep desire for learning, are committed to their wellbeing, but are time-poor and still want to do the very best they can for themselves and their families. She guides her clients to find the answers they instinctively know are there, instilling confidence and empowering them in their choices. Kate provides a 'one stop spot' for all the support, care, recipes, information and resources that women need to have to feel confident and empowered to be the best Mothers they can be and at the same time rediscover their own identities.

Kate's Mission

Much of the 'advice' that's available to us today is being subtly shared by corporations run by billion dollar enterprises rather than the wisdom of elders and the knowledge of traditional cultures that is the key to our families health and longevity. The information and marketing messages we are bombarded with daily are confusing and overwhelming. Kate is on a mission to support women to become 'reacquainted' with their inner knowing and empower them to learn **WHY** and **HOW** to make the best choices for themselves and their families wellbeing. In doing this her clients take back control of their health and build rock solid foundations of health in themselves and their families.

- no more Doctors visits for poor immunity,
- no more feeling guilty for not knowing if they're doing enough and
- no more confusion or feelings of overwhelm with all the information that's 'out there'.

Just practical, common sense, simple information that - before you know it - will be 'just a way of life' and a 'new normal'.

As Kate says: *'Being healthy is your most natural state. Simple, life changing & fun.'*



Visit Kate at katebarnes.com.au or at ourhappychildren.com



Find Kate on **facebook**

TESTIMONIALS

'Kate you have changed how I think about food and my relationship with food and consequently this has changed my body not only on the outside (achieved my goal weight) but on the inside where it counts. This knowledge is life changing, its amazing!' ~ Sara

'You have provided me with the resources and tools to ensure rock solid nutrition for my family and I am thrilled that we are reaping the benefits of our sessions with you. For that, I am eternally grateful' ~ Kelly

'Kate has changed mine and my family's life. These changes will define my children's eating habits for their lives and the rest of mine. Thank you Kate for opening our eyes and saving us from the deceitful marketing from food companies and educating my family. ~ Dean

'Kate's approach is extremely thorough, professional and inspiring. Thank you Kate for setting us on a lifelong path of fantastic health and eating!' ~ Yolande

'The smallest act of kindness is worth more than the grandest intention' ~ Anonymous