



CIRCLE *CRANIO* COOKBOOK

2022-2024



With love from Nina



Oat Bread



1 Serving



1 Hour

INGREDIENTS

- 500 grams Greek yoghurt (I use Sheep's)
- 1 kg Oats
- 500 grams nuts/seeds/dried fruits of your choosing
- 1 tsp Sea-salt
- 2 tsp bicarbonate of soda
- 3 eggs
- Splash of milk (I use almond milk)
- 1 tsp of honey or coconut sugar (optional)

NOTES

I use a tub of sheep's yoghurt and then use the empty tub to measure out 2 tubs of the oats and then 1 tub of the nuts/seeds/dried fruit to save me measuring precisely



DIRECTIONS

1. Line a loaf tin with baking paper
2. Add all the ingredients together in a large bowl and mix well.
3. Pour into the loaf tin and smooth over the top to prevent bubbles
4. Bake at 180 degree centigrade.



Seeded Bread



1 serving



3+ hours

INGREDIENTS

1 cup/135g sunflower seeds

1/2 cup/90g flax seeds

1/2 cup/65g hazelnuts or
almonds

1.5 cups/145g rolled oats

2 Tbsp chia seeds

4 Tbsp psyllium seed husks, 4
if using the powder form

1 tsp fine salt, less if using
course salt

1 Tbsp maple syrup

3 Tbsp melted coconut oil

1 1/2 cups/350ml water

DIRECTIONS

1. In a flexible silicon loaf tin or baking paper lined loaf tin, combine all the dry ingredients, stirring well.
2. Whisk maple syrup, oil and water together in a measuring cup and add this to the dry ingredients, Mix well and add more water if too thick
3. Smooth top and let it sit for 2-12 hours
4. preheat oven to 350 F/175 C
5. Place loaf pan in the oven for 20 minutes. Remove bread from loaf pan, place upside down directly on the rack and bake for another 30-40 minutes. The bread is done when it sounds hollow when tapped. Cool completely before slicing.
6. Store in tightly sealed container



Banana Bread



1 loaf



1 hour

INGREDIENTS

100g butter (you can use vegan)

175g coconut sugar, brown sugar
or sweet freedom

2/3 very ripe bananas

2 eggs

225g gluten free self-raising
flour OR 110g buckwheat flour
plus 115g ground almonds (my
preference)

2 tsp baking powder (if using
self raising flour only use 1)

2 Tbsp milk (oat/almond/cow



DIRECTIONS

1. Pre-heat Oven to 180 C
2. Mix all the ingredients in a bowl and beat until blended
3. Spoon into 900g loaf tin lined with baking paper
4. Cook for 45 minutes to an hour
5. Leave cake to cool for 5 minutes in the tin
6. Place on cooling rack having removed baking paper



Lemon Polenta Cake



12 servings



1 hour

INGREDIENTS

150 ml light olive oil or 200g soft unsalted butter
200g caster sugar (I use sweet freedom and/or coconut sugar)
200g ground almonds
100g fine polenta
1 1/2 tsp baking powder
3 large eggs
zest of 2 untaxed lemons (save juice for the syrup)

FOR THE SYRUP

Juice of the 2 untaxed lemons above
125 grams icing sugar /sweet freedom/coconut sugar

DIRECTIONS

1. Line the base of a 23cm/9inch springform cake tin with baking parchment and grease the sides with butter
2. Preheat the oven to 180 C/350 F
3. Beat butter and sugar until pale and whipped in a bowl
4. Mix together the almonds, polenta and baking powder and beat some of this into the butter/oil mixture, followed by 1 egg and then alternate dry ingredients and eggs beating all the while
5. Beat in the lemon zest and pour into the prepared tin and bake for around 40 minutes
6. Remove from oven to wire cooling rack but leave in the tin.
7. Make the syrup by boiling the lemon juice and icing sugar/sweet freedom/coconut sugar until the sugar is dissolved. Pour over the cake. Leave to cool before removing the cake from the tin.



Orange and Almond Cake



12 servings



1 hour

INGREDIENTS

2 large oranges
butter for greasing
gluten free flour for dusting
6 free-range eggs
250g/9oz ground almonds
250g/9 oz caster sugar or sweet
freedom/coconut sugar
1 tbsp baking powder



DIRECTIONS

1. Wash the oranges thoroughly. Bring them to the boil in a large saucepan of water and gently cook for two hours
2. Preheat the oven to 175 C/325 F and line a 23cm/9inch cake tin
3. Leave the oranges to cool, before slicing in quarters and removing the pips
4. Pulp the oranges in a food processor
5. Beat the eggs and gradually stir in all the remaining ingredients, including the orange pulp. Pour into the cake tin and cook for about an hour, until the cake is golden in colour and has risen
6. Transfer to a wire cooling rack, keeping the cake in the tin. When the cake has cooled, carefully remove from the tin and serve



Flourless Brownies



16 servings



45 minutes

INGREDIENTS

225g dark chocolate 70% cocoa solids

225 butter (I use vegan or goats)

2 tsp vanilla extract

200g caster sugar/(or sweet freedom/coconut sugar)

3 eggs beaten

150g ground almonds

100g chopped walnuts



DIRECTIONS

1. Preheat the oven to 170 C. Melt the chocolate and butter gently over a low heat in a heavy based saucepan
2. Take the pan off the heat, mix in the vanilla and sugar and let it cool a little
3. Beat the eggs into the pan along with the ground almonds and chopped walnuts. Turn into a 24cm square baking tin or foil one
4. Bake in the oven for 25-30 minutes. The top will have set and inside remains gooey. Once cooled cut into 16 squares



Mint and Pistachio Fridge cake



24 bars



INGREDIENTS

100g mint-flavoured dark chocolate, roughly chopped into 3cm pieces

200g dark chocolate chopped into 3cm pieces

120g unsalted or vegan butter cut into 2cm cubes

100g golden syrup (I haven't tried sweet freedom yet)

1/2 tsp salt

100g sultanas or raisin soaked in 2 tbsp rum for 30 mins

170g digestive biscuits (I use gluten free) roughly broken into 2cm pieces

100g pistachios chopped

DIRECTIONS

1. Line a 28 x 18cm baking tray or glass dish with parchment paper and set aside
2. Put both chocolates, the butter, golden syrup and salt into a large heatproof dish set over a saucepan of gently simmering water (taking care that the base of the bowl is not touching the surface of the water). Heat for 2-3 minutes, stirring often until completely melted and combined
3. Add the raisin, rum, the biscuits and three-quarters of the pistachios to the chocolate. Combine everything together using a spatula. Transfer to the prepared tray, smoothing the top with the spatulas and sprinkle with the remaining pistachios. Set aside for 10 minutes to cool, then wrap with cling film. Refrigerate for 2-3 hours until set.
4. cut into bars and store in an airtight container in the fridge if possible.



Hazelnut, peach and raspberry cake



10 servings



1 hour 15

INGREDIENTS

- 2 tsp sunflower oil
- 2 large peaches stones removed diced into 1 cm pieces
- 200g raspberries
- 320g sugar of choice
- 125g blanched hazelnuts
- 200g unsalted or vegan butter
- 3 large eggs
- 125g gluten free flour or buckwheat
- 1 1/2 tsp baking powder

DIRECTIONS

1. Preheat oven to 170 C fan. Line a 24cm round springform cake tin with parchment paper and brush with the oil
2. Place the peaches in a medium bowl with 150g of the raspberries and 1 Tsp of sugar. Mix together and set aside
3. Put the hazelnuts into a food processor and blitz for under a minute until roughly ground. Set aside.
4. Put the remaining sugar into a bowl with the butter. Beat until smooth and well combined, and then gradually add the eggs until incorporated.
5. Add the ground hazelnuts, flour, baking powder and salt and continue to mix until smooth. Pour the batter into the cake tin and arrange the peach slices and raspberries randomly on top.
6. Bake for 70-80 minutes covering the cake with tin foil after 30 minutes so that it does not take on too much colour.
7. Remove from the oven and set aside to cool slightly before releasing the cake from its tin. Place the remaining 50g of raspberries on top of the cake in the middle and serve.



Chocolate almond energy balls



makes 15-20



15 minutes

INGREDIENTS

500g medjool dates, pitted

200g 200g almonds

2 tbsp coconut oil

4 tbsp raw cacao powder

2 tbsp almond butter



DIRECTIONS

1. Place everything into a food blender and mix until the ingredients stick together
2. Scoop one tablespoon into your hands and roll into a ball to your preferred sizing
3. These can be rolled in cacao powder or baobab powder if you want



Hazelnut chocolate truffles



makes 16



15 minutes

INGREDIENTS

100g roasted hazelnuts

100g walnuts

3 tbsp raw cacao or coco
powder

1/4 tsp sea salt

2 tbsp Coconut oil

4 tbsp maple syrup

1 tsp pure vanilla extract

4 tbsp chopped hazelnuts



DIRECTIONS

1. Set aside roughly 16 roasted hazelnuts for the centres of the truffles
2. Add the rest of the hazelnuts and walnuts into the food processor and blend until chopped into small pieces
3. Add the cacao and sea salt and blend again
4. Add the coconut oil, maple syrup, and vanilla extract and blend until all the ingredients start to stick together
5. Shape the mixture into 16 small balls, and place a hazelnut in the centre of each one
6. Roll the balls in chopped hazelnuts to cover
7. Place in the freezer for 20-30 minutes to harden
8. Store in the fridge