

# KITCHWISE ROLLING PIN

*User Guide and Recipes*



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## **Introduction**

When we think of rolling pin, probably the first thing that comes to mind is a wooden rolling pin. It may be the one we commonly see at home, or used by grandma to make our all-time family favorites.

However, let's be real. Wooden ones have the tendency to make your dough stick into it and the cleaning up process might not be that easy.

Now, you made the right choice. Buying a stainless steel rolling pin helps you save time in cleaning and also creates a well-balanced dough for a smooth and professional finish.

This EBook will guide you on how to use Kitchwise stainless steel rolling pin, essential tips and tricks, and easy recipes that you could follow at home.

Whether you are a pro or beginner, we got you. Enjoy reading through this manual and happy baking!

## Rolling pin

Rolling pin is a basic tool essential for baking and cake decorating. Whether you'll bake cakes, cookies, pizzas and pastries, this dough flattening tool is everyone's must-have.

Essentially, one large-sized rolling pin is enough. However, if you have small cake decorating projects like fondant modeling, it is recommended to also have a small-sized rolling pin. It's a handy tool that makes the process a lot easier and more convenient.

### *Different Types of Rolling Pin*



### *Fondant Rolling Pin*



## Buying Tips

Buying a rolling pin may be a bit tricky step for beginners as there are a lot of options available: wooden, marble, silicone, stainless steel.

The question is, how do you choose which one to buy? What should you look into before purchasing? **Pro tip:** pick one that is solid but doesn't feel extremely heavy, comfortable to hold and non-stick.

Each type of rolling pin has its purpose and they have their own pros and cons.

**Traditional Rolling Pin** is a classic pin which have comfortable handles and perfect for pizza, cookie and biscuits. They are typically heavy and less maneuverable than the others.

**French Rolling Pins** doesn't have handles but are lightweight and has a good maneuverability. However, they don't work well with chilled cookie dough.

**Marble Rolling Pins** can be chilled before rolling which makes it good for puff pastry. They are mostly heavy but quite uneasy to maneuver.

**Stainless Rolling Pin** can be chilled before use and lets you have an even and consistently smooth dough. It has a great maneuverability.

## Kitchwise Rolling Pin

Tired of dough sticking into the rolling pin? Kitchwise Stainless Steel is your game-changer solution. It is easy to clean and won't stain, plus it creates even, smooth and professional looking dough.



## How to Use

1. Prepare your workspace and lightly sprinkle the surface with flour.
2. Place the pastry dough on top. Dust with additional flour and coat the pin with flour as well. Use your dominant hand to hit the dough surface until flattened.
3. Place one hand on each side of the pin, start on the center and roll outwards.

4. Rotate the dough to complete the other sides, and continue rolling until it is completely flat or you have reached desired thickness.
5. Lift and flip the dough periodically and sprinkle additional flour to prevent your dough from sticking or tearing.

## Care Instructions

Wooden pins are a bit challenging to maintain and that's where a **stainless steel rolling pin** takes a **big advantage**. You simply have to hand wash them or put inside the dish washer, let it dry and store.

**Tip:** Chill the rolling pin inside the fridge before use. It helps for easy rolling.



## **Rolling Pin for Placing Cake Fondant**

Placing fondant on your cake is a lot easier with the help of a rolling pin. You will need: fondant, cornstarch, rolling pin, pizza wheel cutter, icing spatula and cake smoother.



## **Here's how to do it:**

1. Sprinkle cornstarch into your work surface and place your fondant.
2. Roll the fondant up to around  $\frac{1}{4}$  inch thickness. Size should be slightly bigger than what is needed to cover the top and side parts of the cake.
3. Roll the fondant into the rolling pin and unroll into the cake. It should be enough to cover the top and side parts.
4. Use your hands to gently press the fondant into the cake sides.
5. Use a pizza wheel cutter to trim excess fondant.
6. Using an icing spatula, flatten the fondant and gently press cake smoother on top and sides to create a finished, flat effect.

## **Other Functions**

Other than rolling dough and fondants, your rolling pin could also be used for the following purposes:

### **Grinding Spices**

Haven't got a mortar and pestle yet? You may use the rolling pin to grind your favorite spices.

## **Smashing Herbs and Garlic**

Yes, you may use the flat ends to smash herbs and to release aroma and flavors. It could also be a fun way to smash garlic.

## **Crumbs**

Need to crumb chips, corn, potato or graham crackers without the use of a food processor? Rolling pin could be a good alternative.

## **Cake Molding and Decorating**

Rolling pin could also be used in creating molds and decorations for your cake.

# QUICK AND EASY RECIPES

## PASTA

Enjoy pasta at the comfort of your home with these easy to follow recipes.



### EASY HOMEMADE PASTA

Make your own pasta dough with this quick and easy recipe. It can be used for pasta dishes, in any shape and style.

## **Ingredients**

300 grams pasta flour

2 eggs and 4 yolks (beaten)

Semolina flour

## **Procedure**

1. In a food processor, add flour,  $\frac{3}{4}$  of egg mixture and a pinch of salt.
2. Add breadcrumbs and form into a dough. Knead into a floured surface until smooth. Cover with cling film and set aside for 30 minutes.
3. Using a pasta machine: cut  $\frac{1}{4}$  of the dough and feed through the pasta machine. Fold into three and feed into the machine again. Repeat the process until you have a smooth sheet of pasta.
4. Using a rolling pin: roll the dough up to **as thin as possible**.
5. Cut into desired pasta length and thickness: spaghetti, linguine, tortellini.
6. Dust in semolina, set aside or hang dry for 1 hour. Store inside a container and you may freeze for up to 1 month.

## **SPAGHETTI BOLOGNESE**

Easy pasta recipe that is delightfully tasty and perfect for family dinner.



### **Ingredients:**

3 tablespoon olive oil

300 grams minced beef

200 grams minced pork

2 shallots (chopped)

2 garlic cloves (crushed)

500 grams passata

1 tablespoon tomato purée

100ml red wine

1 teaspoon dried oregano

400 grams spaghetti

50 grams parmesan cheese  
(grated)

Basil leaves

### **Procedure**

1. In a large saucepan, add 1 tablespoon of olive oil and fry beef in medium heat until golden brown. Set aside.

2. Add another 1 tablespoon of olive oil and fry pork until golden brown. Set aside.
3. On a low heat, cook shallots for about 8-10 minutes or until smooth, and add garlic.
4. Add fried pork and beef into the pan. Add passata, red wine, tomato purée and oregano. Simmer over low heat for about 45 minutes.
5. Cook spaghetti.
6. Add half of parmesan cheese into the Bolognese. If the sauce looks too thick, add a spoonful of pasta water.
7. Drain spaghetti and add into the sauce mixture. Toss to combine ingredients and flavor. Or, you may serve the pasta with sauce on top.
8. Garnish by adding remaining parmesan and a few basil leaves. Enjoy!

## **SPAGHETTI AND MEATBALLS**

Perfect pasta dish that will surely be loved by the entire family.

### **Ingredients**

8 pieces pork sausages  
1 kilogram minced beef  
1 onion (chopped)  
½ bunch parsley (finely chopped)  
85 grams parmesan cheese (grated)  
100 grams breadcrumbs  
2 eggs  
Olive oil  
Spaghetti (100g per serving)



### **For the sauce**

3 tablespoon olive oil  
4 cloves garlic  
4 cans chopped tomato (400g)  
125ml red wine

3 tablespoon caster sugar  
½ bunch parsley (finely chopped)  
Basil leaves

## **Procedure**

1. In a large mixing bowl, remove sausage skins and squeeze out the meat into it.
2. Add onion, parsley, parmesan, breadcrumbs and seasoning. Beat the eggs and add into the mixture.
3. Using your hands, mix the ingredients together and roll into meatballs about a golf-ball size. Line them into a roasting tin.
4. Heat oven to 220°C. Drizzle meatballs with 1 tablespoon oil per portion and roast for up to 20-30 minutes.
5. While waiting for the meatballs to be ready, let's create the sauce. Add olive oil into a saucepan, cook onion and garlic for about 1 minute.
6. Add chopped tomatoes, red wine, caster sugar, parsley and seasoning.
7. Simmer for about 15-20 minutes. Add basil and cooked meatballs.
8. Cook spaghetti into a pan of boiling water.
9. Pour sauce over spaghetti or toss them altogether. Garnish with parmesan cheese and basil leaves.

## SEAFOOD PASTA

Easy, satisfying pasta recipe that could be done in less than 30 minutes.



### Ingredients

300 grams spaghetti

400 grams canned chopped tomatoes

240 grams seafood mix

1 liter chicken stock

1 tablespoon olive oil

1 teaspoon paprika

Parsley leaves (chopped)

1 onion (chopped)

1 garlic clove (chopped)

### Procedure

1. In a frying pan, heat oil. Add onion and garlic and cook for 5 minutes.
2. Add paprika, tomatoes, chicken stock and let it boil.
3. Turn down the heat and let it simmer. Add in pasta and stir occasionally.
4. Add seafood, and season to taste.
5. Add chopped parsley and serve with lemon wedge.

# PIZZA

A pizza recipe with the best choice of toppings is perfect for a delicious family treat.



## **PIZZA DOUGH (GLUTEN-FREE)**

Healthy dough recipe that you could turn into your favorite pizza.

### **Ingredients**

400 grams bread flour (gluten-free)

5 tablespoon olive oil

2 teaspoon golden caster sugar

1 teaspoon salt

1 teaspoon xanthan gum

2 teaspoon baking powder (gluten-free)

250ml warm water



### **Procedure**

1. In a large mixing bowl, mix flour, sugar, baking powder, xanthan gum and salt.
2. Create a well at the center and pour olive oil and 250ml of water. Mix until well combined. Ideal texture should be thick and paste-like. Add a little water if it feels too dry.
3. Store inside the fridge or a container for up to 24 hours before use.

## GLUTEN-FREE PIZZA

You have made a gluten-free dough, now let's turn it into a pizza.

### Ingredients

Gluten-Free Pizza Dough  
(See previous recipe)



### Sauce and Topping

1 can tomatoes (chopped)  
2 balls buffalo mozzarella (125 grams)  
1 onion (small)

2 tablespoon olive oil  
2 tablespoon tomato puree  
1 teaspoon caster sugar  
½ small bunch basil (shredded)

### Procedure

1. Start by preheating the oven to 220°C. Place two baking sheets.
2. In a saucepan, add oil, onion and a pinch of salt. Cook on low heat for 10 minutes. Add tomato puree, chopped tomatoes and sugar then simmer. Cook for 25-30 minutes until thick. Make it smooth by using a hand blender. Add basil and seasonings. Set aside to cool.
3. Prepare the Gluten-Free Pizza Dough (see previous recipe). Flour 2 baking sheets, split the dough into two and flatten using your hands or rolling pin. It should be around 20-25cm rounds on the sheet.
4. Add sauce and mozzarella cheese. Place on top of baking sheets inside the oven and cook for 8-10 minutes or until crisp. Serve and enjoy!

## **MOZZARRELLA STUFFED CRUST PIZZA**

Cheesy pizza recipe you could make at home.

### **Ingredients**

200ml milk	1-2 tablespoon polenta
250ml passata	1 teaspoon dried yeast
250 grams mozzarella (grated)	½ teaspoon golden caster sugar
300 grams strong white bread flour	½ teaspoon dried oregano
3 tablespoon olive oil	2 cloves squashed garlic

### **Toppings**

Peperoni slices  
Chopped Chorizo  
Basil

### **Procedure**

1. In a saucepan, warm milk until steaming. (Don't bring into a boil) Add 1 teaspoon oil and leave to cool.
2. In a large bowl, combine flour, sugar, yeast and 1 tsp salt.
3. Mix dry ingredients into the wet ingredients. You may use a wooden spoon or food mixer until well combined. Continue mixing for about 5-7 minutes or put into a work surface and knead for about 10 minutes. Dough should be elastic and smooth.

4. Place dough into an oiled bowl and cover with cling film. Let it rest for an hour or two, or until it doubled in size. Or you may put inside the fridge for 48 hours.
5. For the sauce, add oil and passata into a saucepan. Add garlic, oregano and a pinch of sugar. Season and simmer for 5-10 minutes. Remove garlic cloves and set aside.
6. After chilling the dough, leave at room temperature for an hour. Sprinkle the work surface with polenta, put the dough into it and punch down to release air bubbles. Shape into a disk and roll using rolling pin up to 35cm wide. Grab a baking sheet, dust with polenta and place dough into it.
7. Create a mozzarella ring around the pizza edge by using 125g of mozzarella cheese. Leave 1/2 cm gap between the edges. Create a stuffed crust by brushing the inside of mozzarella ring with a little water and enclose them by folding over the outside edge. Press to stick the dough.
8. Spoon your sauce over the middle of the pizza and add remaining mozzarella. Add the toppings, and brush the crust with a little oil. Cover with cling film and set aside for 20-30 minutes.
9. Preheat oven to 240°C and line the middle part of the shelf with a baking sheet.
10. Cook pizza for 15-20 minutes. Cool for a few minutes and serve.

## SAUSAGE AND PESTO PIZZA

Easy to make cheesy sausage and pesto pizza, perfect for a quick-prep dinner.

### Ingredients

2 frozen pizza dough (220 grams)	400 grams tomatoes (chopped)
3 pork sausages	6 tablespoon fresh pesto
2 buffalo mozzarella (125 gram balls)	Olive oil
	Basil Leaves

### Procedure

1. Prepare frozen pizza dough 1-2 hours before cooking time. Preheat oven to 220°C. Put a large baking sheet to heat.
2. In a saucepan, simmer chopped tomatoes for about 15 minutes until reduced. Add seasonings.
3. In a bowl, squeeze sausage meat. Divide into 10 small balls. Put oil into a pan and fry meatballs until golden brown.
4. Using a rolling pin, roll the dough up to 20 cm long. Top with tomato sauce, add pesto, tear mozzarella cheese and cooked meatballs.
5. Cook pizza for 18-20 minutes, or until crisp. Garnish with basil leaves.

## **MINI PIZZAS**

Get your kids involved with this “choose-your-toppings” mini pizza.



### **Ingredients**

#### **Pizza Base:**

300g white bread flour  
1 tablespoon dried yeast  
1 tablespoon olive oil  
1 teaspoon caster sugar

#### **Toppings**

Yellow peppers  
Salami  
Cheddar Cheese (grated)

#### **Pizza Sauce**

150ml passata  
Basil (finely chopped)  
1 teaspoon mixed herbs

200 grams ball mozzarella (torn into pieces)  
  
(Or choose your favorites)

## **Procedure**

1. In a large bowl, add flour. Add salt on one side and yeast on the other side. Add sugar on top and 190ml warm water. Mix until well combined.
2. Knead into a floured surface for 5-10 minutes or until dough is smooth and elastic. Put into an oiled bowl, cover with a cling film and set aside for 1 hour.
3. In a saucepan, add passata, basil and mixed herbs. On a low heat, season and bring to a boil. Simmer for 5 minutes and let it cool.
4. After preparing the dough, knock out the air and divide into 6 parts.
5. Preheat oven to 240°C, placing 2 baking sheets in the oven.
6. Using the rolling pin, roll out the dough into a floured surface. It should be around 15cm in diameter. Spin the dough in the air by tossing it up and catch it back. Repeat a few times to achieve a thin base and thicker crust.
7. Lay the base on a parchment paper and place inside the plastic bag “tent” for 15 minutes. Allow it to rise the second time.
8. Put sauce over the pizza base, add your favourite toppings and mozzarella cheese. Put pizzas on a baking sheet and bake for 12 minutes. Slice and serve.

# PIES

a savory dish that is surprisingly easy to make.



## **APPLE PIE**

Quick and easy dish that is comfortingly delicious.



### **Ingredients**

#### **For the Pastry**

225 grams butter

350 grams plain flour

50 grams golden caster sugar

2 eggs

Softly whipped cream

#### **For the Filling**

1 kilogram apples

140 grams golden caster sugar

3 tablespoon flour

½ teaspoon cinnamon

## Procedures

1. On a baking sheet, lay paper towels, add peeled and sliced apples about 5mm thick. Put paper towels on top and set aside.
2. In a large bowl, beat butter and sugar. Beat an egg and egg white (keep the remaining egg white for later use), then work into the flour using a wooden spoon until it begins to clump. Using your hands, form the dough into a ball, wrap in cling film and chill for 45 minutes.
2. In a separate bowl, create the filling by mixing 140 grams sugar, cinnamon and flour.
3. Heat the oven to 190°C and beat egg white with a fork. Take out the chilled pastry, cut off a third and roll up to 20cm round and 4cm deep. Use this to line the pie tin. Take remaining dough and roll up to 28 cm in diameter.
4. Grab the bowl with cinnamon-sugar mixture and add apples. Mix with your hand and pile into the pie tin.
5. Brush a little water into the pastry rim and add pastry lid on top of the apples. Seal by pressing the edges together. Make 5 little slashes on top and cut excess dough. Take beaten egg whites, brush the entire surface and sprinkle with caster sugar.
6. Bake pie for up to 45 minutes. Sprinkle sugar on top and serve with whipped cream.

## PECAN PIE

An American pie dessert featuring pecan halves infused with tempting flavours.



### Ingredients

1 disk dough for basic crust

All-purpose flour (for dusting)

$\frac{3}{4}$  cup light brown sugar

$\frac{3}{4}$  cup light corn syrup

2  $\frac{1}{4}$  cups toasted pecan halves

6 tablespoon butter

1 teaspoon lemon juice

2 teaspoons vanilla extract

$\frac{1}{4}$  teaspoon salt

2 large eggs

### Procedure

1. Lightly flour the surface and roll the dough into 12-inch round. Place into a pie plate, fold the overhang under itself and crimp. Set aside to chill for 30 minutes.
2. Preheat oven to 425°F for 30 minutes. In a bowl, create the filling by mixing all ingredients except the pecans.
3. Lay pecans into the crust and pour filling into it. Place on top of a baking sheet and bake at 325°F for 45-55 minutes.

## PUMPKIN PIE

Easy to follow homemade pumpkin goodness!

### Ingredients

1 disk of dough  
All-purpose flour (for dusting)  
1 can pure pumpkin (15-ounce)  
1 cup evaporated milk  
2/3 cups sugar  
1/2 teaspoon ginger (ground)  
1/4 teaspoon nutmeg (freshly grated)  
1 teaspoon ground cinnamon  
2 large eggs



### Procedure

1. On a lightly floured surface, roll dough into 12-inch round. Place into a pie plate, fold the overhang under itself and crimp. Set aside to chill for 30 minutes.
2. Preheat oven to 350°F.
3. Using a fork, prick the bottom of the crust. Place foil and dried beans on top and bake for about 20 minutes. Remove them and bake the crust for another 10 minutes.
4. In a bowl, mix evaporated milk, pumpkin, sugar, eggs and spices. Pour mixture into the crust and bake for 1 hour. Allow to cool and serve.

# CAKES

Who doesn't love cakes? Here are a few **BONUS** recipes that you could try at home.



## Sponge Cake

Basic cake that is super delicious and easy to make.

### Ingredients

- 2  $\frac{3}{4}$  cups sifted cake flour
- 1  $\frac{1}{2}$  cups granulated white sugar
- 1  $\frac{1}{4}$  cups unsalted butter, cut into  $\frac{1}{2}$  inch pcs
- $\frac{1}{4}$  cups whole milk
- 3 teaspoons baking powder
- 5 eggs



### Procedure

1. Preheat oven to 350°F. Grease and flour the cake pan.
2. In a bowl, sift baking powder over cake flour and whisk.
3. On a separate bowl, cream butter and sugar until smooth, light and fluffy. Add eggs one at a time.
4. Put the mixer on low speed, add the flour mixture and milk.
5. Pour into the pan and bake for 30 minutes.
6. Let it cool, slice and serve.

## Chocolate Bundt Cake

Satisfy your chocolate cravings with this delightful dessert.

### Ingredients

2 ¼ cups all-purpose flour  
¾ cup cocoa powder (unsweetened)  
½ cup milk  
1 ½ cups sugar  
½ cup sour cream  
2 sticks unsalted butter  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon vanilla extract  
4 eggs



### For the glaze:

3 ounces chopped chocolate  
½ cup heavy cream  
2 tablespoon unsalted butter

### Procedure

1. Preheat oven to 325°F and butter the Bundt pan.
2. Mix flour, baking soda, cocoa and salt into a bowl.
3. In a measuring cup, combine milk and sour cream.
4. Beat butter and sugar using an electric mixer on a high speed. Add eggs 1 at a time, then add vanilla.
5. Reduce speed to low, add the flour mixture and milk mixture alternately in 2 batches.
6. Pour the batter evenly into a pan, and bake for about 55 minutes. Allow it to cool in a wire rack.
7. Create the glaze by simmering cream in a small saucepan and pour over the chocolate in a heatproof bowl. Add butter and mix until smooth. Stir until slightly thickened and pour into the cake.

## White Velvet Cake

Guaranteed delicious, this could also be used for wedding cakes.



### Ingredients

3  $\frac{3}{4}$  cups sifted flour

2  $\frac{1}{4}$  cups vegetable oil

2  $\frac{1}{4}$  cups granulated white sugar

1  $\frac{1}{2}$  cups buttermilk

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

1  $\frac{1}{2}$  teaspoons baking soda

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

3 eggs

### Procedure

1. Preheat oven to 350°F. Grease flour pan and line with parchment paper.
2. Put cake flour in a large bowl, sift salt and baking soda and whisk.
3. In a separate bowl, combine sugar and oil, then add eggs one at a time.
4. Set the mixer into low speed, alternately adding flour and butter mixture.
5. Pour the batter evenly into the pan and bake for around 40 minutes.
6. Allow it to cool for about 10 minutes and serve.

## S'mores Cupcakes

Bake these campfire-inspired cupcake and be delighted in every bite.



### Ingredients

18.25-ounce yellow cake mix	3 cups chocolate chips
½ cup vegetable oil	(semisweet)
1 ½ cup water	24 miniature graham cracker
2 cups miniature marshmallows	bears
	3 eggs

### Procedure

1. Preheat oven to 350°F and line muffin pans with cupcake liners.
2. Combine yellow cake mix with oil, water and eggs. Beat for 30 seconds on low speed then go on a medium speed for 2 minutes.
3. Evenly distribute the batter into 24 wells and place chocolate chips and marshmallow on each well.

4. Bake for 20 minutes and let it cool for 30 minutes.
5. In a measuring cup, place 1 ½ cup of chocolate chips and microwave until melted. Pour into each cupcake and add a graham cracker on top.

## DAIRY-FREE RECIPES

Opting for a dairy-free diet gives a lot of health benefits as it means saying no to saturated fat, sugar and salt. Thus you have a lower calorie intake and perfect for those who want to lose weight.

### EASY BREAD

Cashew butter bread that's light and airy with a crunchy crust.

#### Ingredients:

- ¾ cup blanched almond flour
- 1 ¼ cups unsalted raw cashew butter
- 1 tablespoon coconut flour
- 2 tablespoon water
- 1 tablespoon apple cider vinegar
- 1 teaspoon baking soda



½ teaspoon sea salt

1 teaspoon honey

2 large eggs

3 egg whites

### **Procedure**

1. Start by preheating your oven to 315 °F and line the loaf pan with parchment paper.
2. Combine almond flour, coconut flour, baking soda and salt.
3. Using a separate bowl, combine eggs, egg whites, honey and cashew butter. Blend together using a stand mixer or electric hand mixer. Then add water.
4. Add dry ingredients into the wet ingredients until smooth and creamy.
5. Add the apple cider vinegar, put into the loaf pan and bake for up to 40 minutes.
6. Cool for about 10 minutes, slice and serve.

## **BANANA BREAD**

Moist and delicious banana bread recipe that will surely be loved by many.



### **Ingredients**

2 cups blanched almond flour  
1 cup ripe banana (mashed)  
2 tablespoon coconut flour  
3 tablespoon honey  
2 tablespoon melted coconut oil  
2 tablespoon coconut milk

1 teaspoon baking soda  
½ teaspoon sea salt  
2 teaspoon vanilla extract  
1 teaspoon apple cider vinegar  
3 eggs

### **Procedure**

1. Preheat oven to 350 °F and line the pan with parchment paper.
2. Combine almond flour, coconut flour, baking soda and salt.
3. In another bowl, add mashed banana, honey and melted coconut oil. Blend using a mixer until smooth and creamy. Then add eggs, coconut milk and vanilla.
4. Mix dry ingredients with wet ingredients and mix until you achieve a thick and smooth consistency.
5. Add apple cider vinegar and pour mixture into the loaf pan.
6. Bake for about 45 minutes, until golden brown.
7. Allow it to cool for about 10 minutes, slice and serve.

## MULTI-SEED CRACKERS

Enjoy a dose of protein, fiber and nutrients in every bite.

### Ingredients

2 cups blanched almond flour  
1 tablespoon olive oil  
3 teaspoon sesame seeds  
2 teaspoon poppy seeds  
1 teaspoon caraway seeds  
1 teaspoon minced onion  
1 teaspoon water  
½ teaspoon sea salt  
1 large egg



### Procedure

1. Start by preheating the oven to 350°F.
2. Combine almond flour, seeds, dried onion and sea salt. In another bowl, whisk olive oil, egg and water.
3. Combine dry ingredients into the wet ingredients. Knead the dough and form into a ball.
4. Grab 2 pieces of parchment paper, place the dough in between and roll up to about 1/8 thickness. Remove the parchment paper on top and cut the dough into rectangular shape. Set aside the scraps.
5. Cut the dough into small squares, preferably 2x2” size. Form the scraps into a ball and cut into small squares.
6. Place on the baking sheet, and sprinkle with sea salt if desired.
10. Bake for about 12 minutes or until the outer edge of the baking sheet turns into light golden brown.
11. Allow them to cool and serve. If crackers are still chewy at the center, put them back to the oven without turning it on. Just keep it warm and monitor for about a few minutes.

## CHOCOLATE BANANA MUFFINS

The flavours of dark chocolate and sweet ripe banana is irresistibly good. Follow through this easy recipe for a scrumptious treat.



### Ingredients

2 cups blanched almond flour  
¾ cup ripe banana (mashed)  
¼ cup cocoa powder  
¼ cup dairy-free chocolate chips  
3 tablespoon honey  
1 tablespoon coconut milk  
½ teaspoon baking soda

¼ teaspoon sea salt  
2 teaspoon vanilla extract  
½ teaspoon apple cider vinegar  
2 large eggs  
1 semi-ripe banana, cut into thick slices

### Procedure

1. Preheat the oven to 350°F. Prepare muffin tin and line 10 parchment muffin liners.
2. Combine almond flour, baking soda and salt. In a separate bowl, whisk mashed banana and honey. Add cocoa powder, eggs, coconut milk, vanilla and apple cider vinegar.
3. Using a spoon, add dry ingredients into the wet ingredient mixture. Add chocolate chips.
5. Put inside the muffin cups and make sure the batter is distributed evenly. Insert banana in between each muffin and drizzle about a half teaspoon of honey.
6. Bake for 20-25 minutes, allow to cool and serve.

## EASY WAFFLE

Waffle is an all-time breakfast favourite. Follow this recipe for an irresistible treat.



### Ingredients

1 ¼ cups blanched almond flour	½ teaspoon baking soda
1/3 cup coconut milk	¼ teaspoon sea salt
2 tablespoon coconut oil	¼ teaspoon ground cinnamon
1 tablespoon honey	3 large eggs
2 teaspoon vanilla extract	A pinch of nutmeg
¼ teaspoon apple cider vinegar	

### Procedure

1. Start by preheating waffle iron.
2. Prepare your blender or food processor and place all your liquid ingredients excluding the eggs. Blend low for about 10-15 seconds until well combined.
3. Add the egg into the mixture and blend for another 15-20 seconds. Increase to high and blend for another 20-30 seconds.
4. Melt additional coconut oil and grease the waffle iron. Also brush oil on waffle iron grids and pour the batter evenly.
5. Cook for about 3-4 minutes and serve with maple syrup.

Thanks again for choosing Kitchwise!

Happy baking!