

BFree

VEGANUARY

SCRUMPTIOUS GLUTEN-FREE
and VEGAN RECIPES



CREME BRÛLÉE FRENCH TOAST

SERVES
1

INGREDIENTS

For the batter

- 3 tbsp cornstarch
(or 1.5 oz of cornstarch)
- ½ cup almond milk
- 2 tbsp golden caster sugar
(or 1/8 cup of golden caster sugar)
- 1 tsp vanilla extract
(or 5ml of vanilla extract)
- ½ tsp ground cinnamon

For the toast

- BFree Panini
- 1 tbsp plant-based butter
(or ½ oz of plant-based butter)
- 1 tbsp caster sugar
(or ½ oz of caster sugar)

To Serve

- Maple Syrup
- Plant-based Bacon
- Blueberries

METHOD

1. To a shallow bowl or baking dish add cornstarch, then slowly add in dairy-free milk while whisking. Whisk fully.
2. Add the caster sugar, vanilla, and cinnamon. Whisk again to combine.
3. Add the BFree panini to the batter and soak (As they are thick, they can soak for a bit without becoming soggy.)
4. Add a small amount of your plant-based butter to a pan over medium heat. Let that melt then add your batter covered BFree panini to the pan.
5. Cook for a few moments until its set and starting to take on color.
6. Flip and cook the other side till golden and crispy.
7. Take the remaining sugar and coat the top of the panning and flip it over one more time. This time leave it to cook till the sugar melts. Turn out on to a pan.
8. Serve with blueberries, maple syrup and plant-based bacon.



VEGAN TORTILLA SAUSAGE ROLLS

INGREDIENTS

- 3 BFree High Protein Tortilla Wraps
- 6 vegan sausages of choice
- 3 heaped tbs sundried tomato paste
- 2 tbs light oil
- 1 tbs sesame seeds

METHOD

1. Pre heat the oven to 160°C (320°F) Fan and line a baking tray with parchment.
2. Remove sausages from their skins if they have any, and place into a a bowl with the sundried tomato paste. Mash together with a fork and set aside.
3. Take 3 wraps and divide the sausage mix between them in a long sausage shape, just off centre.
4. Using a brush or your fingers run a little oil over the outer edge to help seal the sausage rolls.
5. Roll them up tightly and cut off and little end bits. Cut each one in half and then half again so you have 4 sausage rolls per wrap.
6. Place them on the lined baking tray and brush with the remaining oil and sprinkle with sesame seeds.
7. Place in the preheated oven for 15 minutes or until the sausages are cooked and tortilla crisp.
8. Remove from the oven and allow to cool a little before eating, they are delicious dipped in ketchup or hot mustard.

SERVES
2-4
AS A SNACK





SOUTHWEST SPRINGROLLS

SERVES
4

INGREDIENTS

For the filling

- 1 tin black beans, drained and rinsed
- 1 tin sweet corn, drained
- 1 red bell pepper finely chopped
- 2 spring/green onion finely sliced
- Handful coriander/cilantro (coarsely chopped)
- ¼ cup salsa

For the rolls

- Your favorite vegan cheese
- BFree High Protein Wraps or Sweet Potato Wraps
- 1 tsp corn starch mixed with 1 tbsp / 15ml of water to make a paste
- Cooking spray

METHOD

1. Preheat your airfryer or traditional oven to 175°C (or 350°F).
2. Combine all the ingredients for the filling in a bowl. Check for seasoning and spice, you might want to add salt, chilli or lime to your personal preference.
3. To assemble, place a BFree Wrap down on your work surface. Place a small amount of cheese at the bottom of the wrap. Spoon some of the filling on top of the cheese. Roll the wrap onto itself and fold the sides in like an envelope. Continue to roll to the end. Take a little of the prepared cornstarch and use it to seal the edge.
4. Finish rolling all the spring rolls. If you have leftover filling it makes for a great salsa!
5. Place the spring rolls seal side down on a tray in your pre-heated air fryer. Spray with a couple of pumps of cooking spray and air fry at for about 10-15 minutes till crisp (or 20-25 minutes in oven).
6. Serve with your favorite dips and enjoy!



VEGAN PHILLY CHEESESTEAK

SERVES
4

INGREDIENTS

For the Cheesesteak

- 2tbs olive oil (or 30ml)
- 1 medium onion, sliced
- 1 green pepper sliced
- 500g (or 16oz) of your favorite plant-based 'Beef,' ideally strips

Vegan Cheese Sauce

- 250ml/1 cup non-dairy milk
- 1 tbsp cornflour (or ½ oz)
- 2 tbsp tapioca starch (or 1 oz)
- 4 tbsp nutritional yeast (or 2 oz)
- ½ tsp mustard powder
- ½ tsp turmeric (for color)
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tbsp white miso (or ½ oz)
- 2 tbsp plant-based butter, optional but adds extra creaminess (or 1 oz)

To Serve

- BFree Demi Baguette (baked as directed)
- 1 tbsp plant-based butter (or 1 oz)

METHOD

Vegan Cheese Sauce:

1. Add all the ingredients (except the miso & vegan butter) to a saucepan. Stir until everything is evenly combined. Place the pan over low heat. Cook while stirring until the sauce starts to thicken and become smooth.

2. Turn off the heat and add the miso and plant-based butter, stir until melted through and place to the side while you finish the rest.

Prepare the Cheesesteak:

1. Heat the oil at a medium heat in a skillet. Add the onions then bell peppers. Cook until they start to soften, then add your plant-based beef. Continue to cook and leave it undisturbed so a 'crust' forms (the best part of a cheesesteak!)

To Assemble:

1. Heat a pan over medium heat. Slice the baguettes in half at the sides but not completely through.

2. Add the vegan butter to the heated pan and then the baguettes, cut side down, and toast until browned. Take one roll and spread with some of the vegan cheese sauce. Fill with half the cheesesteak mix then top with more cheese sauce. Repeat with the second roll and serve immediately.





REFRIED 3 BEAN TACOS

SERVES

4

INGREDIENTS

- 1 packet BFree sweet potato wraps

Refried Beans

- 3 tins of beans of choice, pinto, black, kidney, borlotti, cannellini. Drained and rinsed.
- 1 onion diced
- 3 garlic cloves grated or crushed
- 2 bay leaves
- 2 tbs light oil
- 2 heaped tbs smoked paprikas
- 1 heaped tbs ground cumin
- ½ tsp chipotle chilli flakes or regular
- 200ml / 6.5 fl oz vegetable stock

Avocado crema

- 3 ripe avocados
- Finely chopped coriander stalks from a small bunch
- 1 sliced spring onion
- ¼-½ jalapeno finely chopped
- ½ tsp sea salt
- Freshly ground black pepper
- 1 tsp olive oil
- Juice 2 limes

Pink Pickled Onions

- 1 red onion thinly sliced
- ½ tsp sea salt
- ½ tsp caster sugar
- Juice one lemon

To Serve

- Coriander leaves
- Lime wedges
- Sliced jalapenos

METHOD

1. First make the pink pickled onions, add all the ingredient to a small bowl and scrunch together with your hands, set aside.
2. In a large deep side pan add the diced onion, garlic cloves, bay leaves, chilli flakes and light oil. Heat gentle until soft and caramelised.
3. Add in the smoked paprika and cumin, cook for another minute or two until fragrant.
4. Add in the beans and stir to combine, cook on a medium heat for about 5 minutes stirring often.
5. Add the peeled and stoned avocado to a bowl along with the remaining ingredients and using a food processor or stick blender blitz until smooth and creamy, taste for seasoning cover and set aside.
6. When the beans are beginning to cook down a little and sticking to the bottom of the pan add the vegetable stock and allow to bubble a deglaze, continue o cook for a few more minute until thickened, check for seasoning and add a good amount of salt and freshly ground black pepper to taste.
7. Cover and keep warm on a low heat.
8. Take the tortillas and using a small ramekin or bowl cut each one or 2-3 at a time into small rounds.
9. Do not through the off cuts out, cut them into large pieces rum a little light oil on them and bake in the oven or air fryer for 10 minutes until crisp. Use these to snack on left over refried beans and avocado crema.
10. Warm the tortilla rounds per packet instructions, when ready to serve place everything in the centre of the table and allow everyone to tuck in.
11. Spoon refried beans, avocado crema into tacos, top with pink pickled onions, sliced jalapenos and coriander leaves.



SALTED CARAMELISED BANANA PIZZA

SERVES
2-4
AS A SNACK

INGREDIENTS

- 1 BFree pizza base
- ½ cup / 8 tbsp smooth peanut butter
- 50g / 2 oz vegan chocolate
- 2 firm but ripe bananas
- 38g / ¼ cup hazelnuts
- 4 tbs maple syrup
- 1 tbs light oil
- ½ tsp sea salt

METHOD

1. Pre heat the oven to 180°C (350°F) fan.
2. Place the hazelnuts on a lined baking tray.
3. When the oven is hot add the pizza base direct to the oven shelf and add the hazelnuts to the shelf below. Cook for 10 minutes.
4. Add the peanut butter to a bowl and whip a little with a whisk.
5. Peel the bananas and cut in half length ways or slice.
6. Bring a small pan with a little water into a simmer and place a metal bowl on top, add the chocolate and gentle melt.
7. In a medium frying pan, add 1 tsb light oil and heat to medium high. When the pan is hot add the bananas and cook for a minute or two, drizzle over 2 tbs of maple and allow to bubble a little, sprinkle on the salt and cook for a little longer until the bananas have caramelised then flip over and cook for another minute or two. Remove from the heat and set aside.
8. When the pizza has warmed and crisped up and the hazelnuts toasted, remove from the oven. Lightly crush the hazelnuts with the side of a knife.
9. Spread the pizza base with the peanut butter, top with the caramelised bananas, drizzle with chocolate, sprinkle toasted hazelnuts, finish with a drizzle of maple syrup. Serve immediately.





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