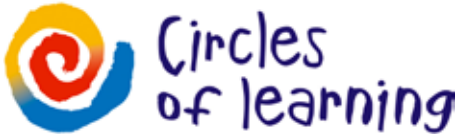
A young child with light brown hair, wearing a red and white striped long-sleeved shirt, is smiling and holding a golden-brown baked muffin in a green and white paper liner. The background is dark and out of focus.

# Holdsworth Communal Garden Recipe Book



*Circles of Learning* was formed to address the growing number of children faced with learning difficulties and in response to this has channelled a wealth of knowledge and experience into a range of practical, multi sensory programs that assist children to overcome their challenges.

Today, twenty percent of Australia's children experience challenges in learning, with fifteen percent of those having multiple learning difficulties. Most are labelled as having Attention Deficit Disorder (ADD), Hyperactivity, Oppositional Defiance Disorder, Dyslexia, Autism, Obsessive Compulsive Disorder and more, and usually fall within the autistic spectrum, from those marginally affected to the more seriously affected.

*Circles of Learning* is committed to providing a range of quality options to manage the many challenges facing families living with highly sensitive children. The Edible Garden Program for Parents and Children is run by *Circles of Learning*, with the support of Woollahra Council, and offers a free hands-on experience in the Communal Garden adjacent to Holdsworth Community Centre. The focus is on growing herbs, seasonal fruits and vegetables, but more than gardening, it is about learning simple ways to keep families emotionally and physically healthy and build children's self-esteem and resilience. [www.circlesoflearning.org.au/](http://www.circlesoflearning.org.au/)

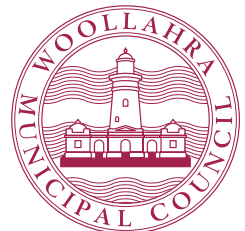
**For copies of this book call 02 9327 7750 or email [info@circlesoflearning.org.au](mailto:info@circlesoflearning.org.au)**

Programs operated by Holdsworth Community Centre & Services support:

- Children and Families
  - People Living with Disabilities
  - Older People
  - Carers
  - Those needing Community Transport and
  - People seeking to contribute to their community or gain experience by Volunteering.
- Central to Holdsworth's philosophy is that everyone has a right to be happy and it is our job to build happiness. Every person has the right to expect equal access to services and community participation irrespective of disadvantage due to age, disability, income or social isolation. [www.holdsworth.org.au/](http://www.holdsworth.org.au/)



In 2010 Woollahra Municipal Council created a Garden in Moncur Reserve, adjacent to the rear gates of the Holdsworth Community Centre irrigated by rainwater tanks and other water saving technologies installed at the Centre. The garden is visited by children and young people in the Holdsworth disability programs and also by seniors and small children who attend the Centre. The garden is a community asset and neighbours can access the garden at any time, can use the vegetables and are invited to assist in its development and care. [www.woollahra.nsw.gov.au/](http://www.woollahra.nsw.gov.au/)



# Holdsworth Communal Garden Recipe Book

with recipes contributed by  
participants in the  
*Circles of Learning*  
Edible Garden Program  
for Parents and Children

# All recipes in this book are Gluten Free, Dairy Free and Sugar Free

## Replacing Refined Sugar in Baking\*

<b>Sugar substitute</b>	<b>Amount to replace 1 cup of sugar</b>	<b>Liquid reduction necessary</b>
organic panella or rapadura	1 cup	none
honey	½ cup	¼ cup
brown rice syrup	1 ¼ cups	¼ cup
barley malt syrup	1 ¼ cups	¼ cup
palm sugar	1 cup (grated)	none
maple syrup	1/3 cup	¼ cup
stevia	2 tsp	none
molasses	½ cup	¼ cup
agave nectar	¾ cup	1/3 cup

\* from *The Health Emporium*, Bondi

## Replacing Dairy and Wheat in Baking\*

Dairy Rice & Oat Milk

Milk	Nut Milks
Cheese	Hummus
Wheat	Rice
	Quinoa
	Kamut

\* from *Turn over a New Leaf* – Di Skelly Heron & Graeme Heron

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# Scones

*Courtesy of the Healthy Chef - Teresa Cutter – Phil McDonald*

## Ingredients

3 cups (300 g / 10½ oz) blanched almond meal  
2 teaspoons gluten free baking powder or ¾ teaspoon baking soda  
¼ cup (60ml / 2 oz) macadamia nut oil or (cold pressed coconut oil or almond oil)  
1 heaped tablespoon honey  
1 teaspoon vanilla extract or paste  
2 organic / free range eggs

## Method

Preheat your oven to 150 C

Combine almond meal and baking powder.

Add the oil, honey, vanilla and egg.

Mix into a soft dough.

Dust your working surface with a little almond meal.

Place over the scone dough and flatten out to 1 cm thick.

Cut into rounds and place onto a baking tray.

Bake for 20 – 25 minutes or until golden and cooked through.

Remove from the oven and cool.

Serve alone or with your choice of whole fruit jam.

## **The cupcake/muffin** (as adapted) *Courtesy of Teresa Cutter – Phil McDonald*

### **Ingredients**

1/2 cup macadamia nut (or olive oil) [just a touch less to adjust for honey below]  
1/4 cup raw (or regular) honey [adjusted from 1/2 cup sugar]  
1 teaspoon cinnamon  
1/2 teaspoon ginger  
55g crushed walnuts  
55g sultanas  
225g carrot, finely grated  
Grated zest of 1 orange  
150g/1 1/2 cups of almond meal or other flour  
1 teaspoon of baking powder  
2 eggs  
1 teaspoon vanilla extract

### **Method**

Preheat your oven to 175 C  
[adjusted down by 20 degrees for honey and by 5-10 degrees for fan assisted]

Combine oil, honey, spices, walnuts, sultanas, carrot and orange zest.

Stir and then add and beat together the almond meal, baking powder, eggs and vanilla until smooth.

Pour the mixture into 12 fairy cake cases approx 1 tablespoon in each.

Bake in oven for approx 30 minutes until lightly golden. Allow to cool.



## Pumpkin & Caraway Dip

*From: Turn Over a New Leaf – Di Skelly Heron & Graeme Heron*

### Ingredients

- 1 small Butternut or Jap Pumpkin
- ¼ cup Olive oil
- ¼ cup Lemon Juice
- 1 tsp Caraway Seeds
- 3 Beads of Garlic – crushed

### Method

Peel and cook pumpkin until soft, mash together with the other ingredients. Serve with cut vegetable pieces, toast or Lebanese/pita bread.



## Toasted Seaweed

Available at all Asian food stores





## Apple and Date Slice

(Sugar and dairy free, and gluten free if made with gluten-free flour or substitute flour with LSA (linseeds, sunflower seeds and almonds) or ground nuts and reduce to ½ cup)

*Courtesy of Emma Blake*

### Ingredients

1 granny smith apple, chopped  
1 heaped cup chopped dates  
1/3 cup maple syrup  
1/3 cup water  
1/3 cup olive oil  
1 cup rolled oats  
½ cup coconut  
1 cup spelt flour  
1 tsp bi-carb soda  
1 tsp vanilla essence



### Method

Pre-heat oven to 180 degrees C

Combine apple, dates, syrup, water and oil in a saucepan and heat until it comes to a gentle boil. Simmer gently for 5 minutes until a thick, syrupy consistency.

Remove from heat and add vanilla.

Combine dry ingredients in a mixing bowl.

Add wet ingredients to dry.

Press mixture into a greased slice tray.

Cook for 15-20 mins. It will be a very dark golden brown.

Cool slightly before cutting into squares.



## Broad Bean Dip or Spread

A deliciously seasoned broad bean, onion and tomato spread. This recipe is inspired by a dish traditionally served with pita bread for breakfast in Egypt.

*Courtesy of Diane Parker*

### Ingredients

Serves: 6

375g fresh or frozen broad beans

1 to 2 tablespoons olive oil

1 large red onion, chopped

1 large tomato, diced

1 teaspoon ground cumin

half a bunch fresh parsley, chopped

4 tablespoons fresh lemon juice

salt and freshly ground black pepper to taste

### Method

Prep: 10 minutes | Cook: 10 minutes

1. Put the beans into a stockpot with enough water just to cover and bring to a boil.
2. Drain half of the water after beans are tender. Return beans to stockpot and add onion, tomato, olive oil, cumin, parsley, lemon juice, salt and pepper. Mash the beans and bring the mixture back to a boil, then reduce the heat. Gently cook the mixture for 5 minutes. Serve warm with toasted pitta.



# **Mini Zucchini cakes** (Adapted from allrecipes.com.au) *Courtesy of Emma Daniel*

## **Ingredients**

Makes up to 30 mini cakes

195g white caster sugar (replaced with Agave syrup-3/4 cup)

105ml vegetable oil (replaced with Grapeseed oil & reduced to 35ml) +  
extra for greasing

3 tablespoons ground linseeds (replaced with chai seeds) mixed up  
with 3 tablespoons rice milk

275g zucchini, grated

50g sultanas

50g dried Cranberries

50g chopped walnuts (optional)

195g Gluten free plain flour (replaced with Buckwheat flour)

30g rice flour

1½ teaspoons bicarbonate of soda

2½ teaspoons gluten-free baking powder

½ teaspoon nutmeg

1½ teaspoons mixed spice

½ cup rice milk + extra if required

For the icing (If used, this makes the recipe no longer gluten/sugar/  
dairy free)

500g icing sugar

150g cream cheese

5g butter, at room temperature

Zest of 2 limes, and the juice of half a lime

## **Method**

Prep: 30 minutes | Cook: 35 minutes (reduced this to 15 mins)

Extra time: 1 minute

Heat oven to 160 degrees Celsius (reduce to 150 degrees Celsius to  
allow for more liquid from Agave).

Grease two 20cm round cake tins, and line the base with baking  
parchment or place paper cases into two mini muffin trays.

Put the sugar, oil, and linseed mix in a large mixing bowl, and stir until totally combined.

Add the zucchinis, dried fruit and walnuts.

Add the flours (sift in if using non-gluten free flour), bicarbonate of soda, baking powder and spices. Mix well.

Slowly add milk, more or less as you see fit. Aim for a mix that will fall slowly from a wooden spoon. This varies as it depends on the water content from the zucchinis.

Divide the mix between the two cake tins or distribute in the muffin tins, smooth the tops with the back of a wooden spoon, and place in the centre of the oven.

Bake for about 35 minutes. The cake is done when it has risen, is golden and springy to touch. A skewer should come out clean.

Allow the cakes to cool in the tins and then turn out onto a cooling rack.

## Icing

Put the cream cheese and butter into a large mixing bowl.

Add the zest and juice from the limes.

Sift in half the icing sugar and mix well to combine.

Slowly add the remaining icing sugar until you come to a consistency you like.

Place one of the cakes onto your serving plate.

Smear half of the icing over it, and sandwich the other cake on top.

Cover the top of the cake with the rest of the icing, spread it out using a knife, then make as pretty as you like!

Top it with the zest of another lime, and sprinkle a few broken walnuts and dried cranberries on top.



# **Bomb Muffins**

## **(Banana, Oat, Maple Syrup and Blueberry Muffins)**

*Courtesy of Tara Wynne*

### **Ingredients**

1 cup unbleached spelt flour  
1 cup almond meal  
1 cup oats  
1 tsp cinnamon  
1 tsp baking soda/bi carb  
1 tsp vanilla essence  
1 tsp ginger  
2 eggs  
¼ cup of oil (grapeseed)  
¼ cup of agave or maple syrup  
2 tablespoons of honey  
2 ripe bananas mashed  
1 cup of blueberries

### **Method**

Preheat the oven to 160 degrees

Mix the wet ingredients together and in a separate bowl mix together the dry.

Fold the wet into the dry and do not overmix

Fold in blueberries last of all and spoon into mini or regular muffin tins

Bake for about 15 minutes or until golden brown.

That's it! You can substitute the fruit suggested above with apple, carrots and raisins. These keep it pretty moist!

# Flourless Orange and Almond Cup Cakes

*Courtesy of Fay Karpouzis*

## Ingredients

- 4 eggs
- 4 1/2 cups almond meal /flour
- 1 cup slithered almonds (dry roasted)
- 1 cup coconut oil or grapeseed oil or ghee
- 1/2 cup maple syrup
- 1-2 teaspoon vanilla extract
- 1-2 teaspoon orange zest (or try lime instead)
- 1-2 teaspoons baking powder (aluminium free)
- 2 medium oranges (juice -approx 1/2 -1 cup) (or try lime instead)

## Method

Take your eggs out of your refrigerator and allow them to come to room temperature.

Preheat the oven to 160 degrees Celcius.

Whisk the eggs with vanilla extract in a bowl with a blender.

Add to bowl with eggs and blend the following ingredients - almond meal, oil/ghee, maple syrup, and orange zest together.

Combine orange juice and baking powder stir and when it's frothy add to ingredients in bowl and blend.

Last - add slivered dry roasted almonds and mix in gently.

Pour the batter into individual cup cake holders and place on the middle rack of the oven.

Bake for 20-25 minutes, until browned on top and a toothpick comes out clean. Place on a cooling rack.

This can be made as a cake, made the same way and poured into a cake tin.



# Hummus

*Courtesy of Lynn Saber*

## Ingredients

1 x 400g can chickpeas, rinsed and drained  
¼ cup fresh lemon juice  
2 tbs tahini  
2 tbs olive oil ( can substitute with water)  
handful fresh coriander leaves or ½ tsp ground coriander  
½ tsp ground paprika  
1 tsp ground cumin  
1 small garlic clove, crushed  
Salt & freshly ground black pepper

## Method

Place chickpeas, lemon juice, tahini, olive oil, cumin, coriander, paprika and garlic in the bowl of a food processor and process until a smooth paste forms. Taste and season with salt and pepper. (Add a little extra lemon juice or water if the hummus is too thick.)  
Serve with carrots, celery sticks, snow peas or rice crackers



# Grilled Tomato & Capsicum Salsa

*Courtesy of Diane Parker*

Each red and yellow capsicum contains about 2 teaspoons of natural sugar, resulting in the slightly sweet taste to this salsa

## Ingredients

Serves: 6

2 medium firm, ripe tomatoes

1 small onion, cut into 2 cm-thick slices

2 teaspoons olive oil

1 corn cob, inner layer of husk intact

1 small red capsicum, seeded and finely chopped

1 small yellow capsicum, seeded and finely chopped

2 cloves garlic, finely chopped

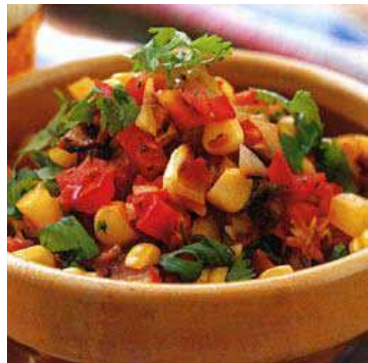
½ teaspoon ground cumin

½ teaspoon dried oregano

½ teaspoon salt

¼ teaspoon chilli powder

2 tablespoons chopped coriander



## Method

Prep: 20 minutes | Cook: 12 minutes

Heat grill to medium hot. Brush tomatoes and onion with oil and place, with the corn, on the grill.

Grill 10 cm from heat, turning frequently, until lightly browned, 10 to 12 minutes.

When cool enough to handle, finely chop tomatoes and onion. Remove husk from corn and cut kernels from cob.

Combine all the ingredients in a serving bowl. Refrigerate until ready to serve.

Serve hot.



# Buckwheat & Coconut Pancakes

*Courtesy of Diane Parker*

Makes 5-6 pancakes

## Ingredients

1 cup buckwheat flour (if you aren't a gluten free eater you can also use plain flour or a combination of plain & buckwheat flours)

1 tablespoon of honey

3 teaspoons gluten free baking powder

Fat pinch of salt

350ml coconut milk/cream (you can also use milk if dairy free is not a concern but your batter will be a bit runnier)

2 eggs

1 teaspoon vanilla extract

Zest of 1/2 an orange or lemon (optional)

Oil for frying

Strawberry jam or honey to serve



## Method

In a bowl measure the flour, baking powder and salt, mixing well. In a measuring jug whisk the coconut cream or milk, eggs, honey, vanilla extract and zest until combined. Make a well in the centre of the dry ingredients and pour the wet ingredients into the centre mixing the wet and dry ingredients together and remove any lumps (buckwheat is a very fine flour and there shouldn't be too many lumps if any). Set aside for 30 minutes.

Heat a frypan to medium heat and add oil for frying. Ensure that the batter is stirred between making pancakes as sometimes there can be a thicker layer forming on top. Drop ladlesful of the pancake mixture and turn over carefully once holes start to form on the surface of the batter. Serve with jam or your favourite pancake accompaniments.

# Vegetable Patties

*Courtesy of Diane Parker*

## Ingredients

1 cup carrot, grated  
2 cups zucchini, grated  
1 1/2 cups firm mashed potato  
1/4 cup chopped parsley  
1/4 cup chopped coriander  
2 tbs mayonnaise  
1 egg  
2 tbs flour (try rice flour)  
1 tsp paprika  
Salt and pepper to taste  
Gluten free Breadcrumbs



## Method

1. Place all ingredients in a bowl (except breadcrumbs) and mix together well
2. Form the mixture into vegetable cakes and coat with fresh breadcrumbs
3. Shallow fry in oil over a medium heat until golden brown (this takes quite awhile!)
4. Serve with sweet chilli sauce and salad

## Hint

These vegetable patties are really easy and they taste great – just make sure you allow enough time for cooking as you need to have them on a low heat so they cook right through as well as browning on the outside.

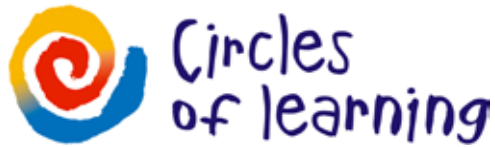
## Banana Ice Cream

If you have any bananas that have gone brown on the outside and are overripe, put them into the freezer overnight. The next day remove them, peel skin and cut into small pieces and place them into a food processor/blender. Blend until smooth. Pour into an icecream tray or a container and return to the freezer. When frozen you have the most delicious smooth creamy banana ice cream.

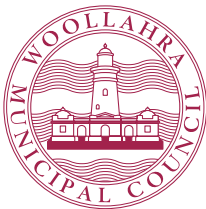




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