

EASY GLUTEN FREE RECIPES YOU'LL LOVE!

TRIED & TESTED RECIPES
2



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Introduction

Welcome to my free eBook, where I'm sharing 2 tried and tested gluten free sweet recipes!

My name is Nadia, and my journey into the world of gluten free baking began back in 2012 when I was diagnosed with Coeliac Disease. Like many others, I found it difficult to adjust—especially when it came to desserts. I missed indulging in cookies, cakes, and brownies without thinking twice about the ingredients. But over the years, I became determined to make gluten free baking just as delicious, if not better, than the traditional treats I once enjoyed.

Through trial and error, and a lot of dedication, I not only perfected a variety of sweet gluten free recipes, but I also turned my passion for baking into a business. I started selling gluten free NYC Cookies in a variety of flavours, along with Fudgy, melt-in-your-mouth Chocolate Brownies. These treats became favourites among friends, family, and customers, and I realised there was so much more to explore in the gluten free food world.

In this eBook, I'm excited to share 2 of my go to sweet recipes with you—each one perfected over time and tested to ensure they deliver on flavour without compromising on quality. These are the same recipes that fuel my passion for gluten free baking and inspire my business.

But that's not all—I'm also excited to announce that in the future, I'll be offering more recipes, including savoury options, for sale. I believe that gluten free cooking should be accessible, enjoyable, and full of flavour, no matter the meal or occasion. Whether you're living with Coeliac Disease, following a gluten free lifestyle, or just love a good treat, I hope these recipes will inspire you to get creative in the kitchen.

Thank you for downloading this eBook, and I hope these recipes bring a little sweetness (and joy!) to your gluten free journey.

Happy baking—and stay tuned for more recipes to come!

A close-up photograph of a single scone, split horizontally to reveal its interior. The scone has a golden-brown, slightly craggy top crust. Inside, a thick layer of white cream is sandwiched between two layers of scone. A vibrant red jam is spread over the cream. A small, dark, dried fruit, possibly a currant or raisin, is visible in the upper part of the scone. The scone is resting on a light-colored wooden surface. In the background, another scone with jam is partially visible, out of focus. A small, rectangular piece of light-colored paper is tucked into the top of the scone, just below the title.

Gluten Free Scones

Gluten Free Scones

Ingredients

- Gluten Free Self Raising Flour - 175g
- Unsalted Butter - 50g
- Semi-skimmed Milk - 60ml
- Caster Sugar - 1/2 tbsp
- Gluten Free Baking Powder - 1 tsp
- Xanthan Gum - 1/4 tsp
- Salt - 1/8 tsp
- Eggs - 2
- Strawberry Jam - as needed
- Cotted Cream - as needed

Instruction

1. Preheat the oven to 180 degrees C.
2. In a bowl, mix together the flour, baking powder, salt, sugar and xanthan gum.
3. Add in the butter and rub it into the flour to produce breadcrumbs like texture.
4. Add 1 egg and milk, and mix until combined. If the dough becomes too sticky, add a little more flour; if it's too dry, add a little amount of milk.
5. Lightly dust a surface with flour. Then, press the dough out with your hands or a rolling pin until it is about 3cm thick.
6. Use a cookie cutter to cut out rounds of scones.
7. Whisk an egg and brush over the scones.
8. Bake for 10-12 minutes, or until the scones have risen and are golden brown.
9. Serve warm with strawberry jam and clotted cream.



Baking

10-12 Minutes

A loaf of golden-brown gluten-free banana bread sits on a dark wooden cutting board. Several slices have been cut and are fanned out in front of the loaf. To the right of the bread is a small white bowl of butter and a butter knife. The background is a light-colored wooden surface.

Gluten Free Banana Bread

Gluten Free Banana Bread

Ingredients

- Gluten Free Bread Flour - 190g
- Unsalted Butter - 75g (melted)
- Ripe Bananas - 2-3
- Granulated Sugar - 150g
- Gluten Free Baking Soda- 1 tsp
- Xanthan Gum - 1/4 tsp
- Salt - 1 pinch
- Eggs - 2
- Vanilla Flavouring - 2 tsp
- Walnuts - a few (optional)

Instruction

1. Preheat the oven to 180 degrees C.
2. In a bowl, mash the bananas.
3. Add in baking soda and melted butter and mix until combined.
4. Now add in salt, sugar, vanilla and whisked eggs then mix well.
5. Add in bread flour and xanthan gum and mix until fully combined.
6. Transfer the batter to a lined and greased dish.
7. Top with chopped walnuts. (Optional).
8. Bake for 30-45 minutes.
9. Note: Check after 30 minutes if the bread is ready by sticking a tooth pick in. If it comes out clean the banana bread is ready!
10. Once the bread is cool then cut into slices and enjoy.



Baking

30-45 Minutes

Thank You for Joining Me!

Thank you so much for downloading and reading this eBook!

I hope the 2 gluten free sweet recipes shared here have inspired you to get in the kitchen and bake something delicious, whether it's for yourself, your loved ones, or a special occasion.

As you continue your gluten free journey, I'd love to invite you to join our FREE Bite Gluten Free Community on Facebook! It's a welcoming space where you can connect with others who share your love for gluten free baking, share recipes, ask questions, and find support along the way.

Click here to join the Bite Gluten Free Community: [Bite Gluten Free Support, Tips and Recipes \(Coeliac Friendly\)](#).

I can't wait to connect with you there and continue this sweet journey together!

Also, don't forget to check out my gluten free NYC Cookies and Fudgy Chocolate Brownies, which I proudly offer for sale. These treats are a labour of love, and I would love for you to experience them! [Shop Gluten Free NYC Cookies & Fudgy Chocolate Brownies – Freshly Baked & Delivered. Bite Gluten Free.](#)

If you have any feedback, questions, or just want to share how your baking turned out, I'd love to hear from you! You can reach out via <https://linktr.ee/biteglutenfree>

Thank you once again for being a part of this gluten free baking journey. I can't wait to see where it takes us next!

Happy baking and take care!

Nadia
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