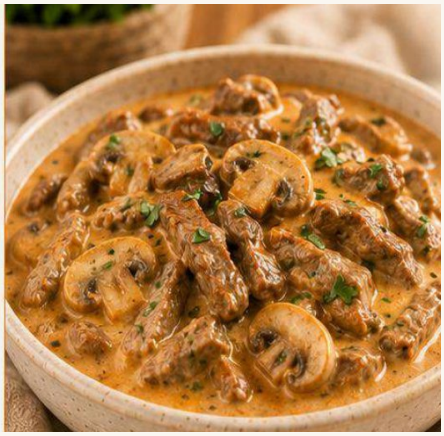
ENGLISH EDITION

500 Recipes

Sugar-Free, Gluten-Free & Lactose-Free

Practical recipes for everyday cooking


Chef Hannah

RECIPE 001

Traditional Brazilian Cheese Bread

Crisp outside, soft inside and perfect for breakfast or a snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
78 kcal per piece	**40 min**

INGREDIENTS

- 2 cups sweet tapioca starch
- 1/2 cup sour tapioca starch
- 1/2 cup rice flour
- 1/4 cup oil
- 1 cup water
- 1 tsp salt
- 2 eggs
- 1 cup grated lactose-free cheese
- 1/2 tsp xanthan gum

METHOD

1. Heat the water, oil and salt in a pan until boiling.
2. Mix the tapioca starches, rice flour and xanthan gum in a bowl. Pour the hot liquid over the dry ingredients.
3. Stir well with a spoon until smooth. Let cool slightly for 5 minutes.
4. Add the eggs one at a time, mixing well after each addition.
5. Add the grated lactose-free cheese and mix until creamy and sticky.
6. With lightly greased hands, shape small balls and place on a baking sheet.
7. Bake in a preheated oven at 200°C for 20-25 minutes, or until golden.
8. Remove from the oven and serve warm.

CHEF HANNAH'S TIPS

- For a stronger flavor, use lactose-free semi-cured cheese.
- To freeze, shape the balls and freeze before baking.
- Makes about 18 pieces.

RECIPE 002

Skillet Brazilian Cheese Bread

Convenient, soft and perfect for a quick, flavorful breakfast!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per serving	**10 min**

INGREDIENTS

- 1 egg
- 2 tbsp sweet tapioca starch
- 1 tbsp sour tapioca starch
- 2 tbsp grated lactose-free cheese
- 1 tbsp water
- 1 pinch of salt
- 1 tsp olive oil for greasing

METHOD

1. Gather all ingredients to make preparation easier.
2. Crack the egg into a bowl and beat lightly with a fork.
3. Add both tapioca starches and stir until they begin to combine.
4. Add the water, salt and grated lactose-free cheese.
5. Mix well until smooth and creamy.
6. Heat a nonstick skillet lightly greased with olive oil.
7. Pour in the batter and cook over low heat until golden on both sides.
8. Remove, fold in half and serve warm.

CHEF HANNAH'S TIPS

- Add oregano or chia if desired for a different flavor.
- Use low heat to cook evenly without drying out.
- Makes 1 large or 2 small servings.

RECIPE 003

Brazilian Cheese Bread with Chia

A nutritious, light and very flavorful version for everyday enjoyment!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
82 kcal per piece	**40 min**

INGREDIENTS

- 2 cups sweet tapioca starch
- 1/2 cup sour tapioca starch
- 1/2 cup rice flour
- 1/4 cup oil
- 1 cup water
- 1 tsp salt
- 2 eggs
- 1 cup grated lactose-free cheese
- 1 tbsp chia seeds
- 1/2 tsp xanthan gum

METHOD

1. Heat the water, oil and salt in a pan until boiling.
2. Mix the tapioca starches, rice flour, chia and xanthan gum in a bowl.
3. Pour the hot liquid over the dry ingredients and stir well.
4. Let the dough cool slightly for 5 minutes.
5. Add the eggs one at a time, mixing well after each addition.
6. Add the grated lactose-free cheese and mix until creamy.
7. Shape small balls and arrange on a baking sheet.
8. Bake in a preheated oven at 200°C for 20-25 minutes and serve.

CHEF HANNAH'S TIPS

- Chia makes the recipe more interesting and nutritious.
- If the dough is very sticky, lightly oil your hands.
- Makes about 18 pieces.

RECIPE 004

Sweet Potato Brazilian Cheese Bread

Soft and light, with a special touch of sweet potato.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
85 kcal per piece	**45 min**

INGREDIENTS

- 1 cup cooked, mashed sweet potato
- 1 1/2 cups sweet tapioca starch
- 1/2 cup sour tapioca starch
- 1/4 cup oil
- 1/3 cup hot water
- 1 tsp salt
- 1 egg
- 3/4 cup grated lactose-free cheese
- 1/2 tsp xanthan gum

METHOD

1. Cook the sweet potato until tender and mash well.
2. Mix both tapioca starches, salt and xanthan gum in a bowl.
3. Add the mashed sweet potato and stir with a spoon.
4. Add hot water and oil, stirring to combine.
5. Add the egg and stir until uniform.
6. Add the grated lactose-free cheese and mix again.
7. Shape small balls and place on a lightly greased baking sheet.
8. Bake in a preheated oven at 200°C for 20-25 minutes, until golden.

CHEF HANNAH'S TIPS

- Sweet potato makes the dough softer and more flavorful.
- If needed, adjust the texture with a little more tapioca starch.
- Makes about 16 pieces.

RECIPE 005

Tapioca Crepe with Creamy Chicken

A convenient, filled and delicious option for any time of day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
265 kcal per serving	**20 min**

INGREDIENTS

- 4 tbsp hydrated tapioca starch
- 1/2 cup cooked, shredded chicken
- 2 tbsp lactose-free cream
- 1 tbsp sweetcorn
- 1 tbsp chopped onion
- 1 tsp olive oil
- 1 pinch of salt
- 1 pinch of black pepper
- Parsley and scallions to taste

METHOD

1. Heat the olive oil in a pan and sauté the onion.
2. Add the shredded chicken and season with salt and pepper.
3. Add the corn, lactose-free cream, parsley and scallions.
4. Mix until creamy and set aside.
5. Heat a nonstick skillet over low heat.
6. Spread the hydrated tapioca starch into an even circle.
7. Once set, fill with creamy chicken and fold in half.
8. Serve immediately while warm.

CHEF HANNAH'S TIPS

- Add chopped tomato to the filling for variety.
- Do not leave the tapioca on the heat too long or it will dry out.
- Makes 1 serving.

RECIPE 006

Tapioca Crepe with Cheese and Tomato

Simple, light and flavorful, perfect for a quick snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per serving	**15 min**

INGREDIENTS

- 4 tbsp hydrated tapioca starch
- 1/3 cup grated lactose-free cheese
- 1 small tomato, seeded and chopped
- 1 pinch of salt
- Oregano to taste
- 1 tsp olive oil for greasing, if needed

METHOD

1. Gather the tapioca starch, cheese and chopped tomato.
2. Season the tomato with a pinch of salt and oregano.
3. Heat a nonstick skillet over low heat.
4. Spread the tapioca starch into an even circle.
5. Cook until the crepe is lightly set.
6. Place the lactose-free cheese and tomato on half the crepe.
7. Fold in half and keep on the heat until the cheese melts.
8. Remove from the skillet and serve immediately.

CHEF HANNAH'S TIPS

- Removing the tomato seeds keeps the crepe less moist.
- Finish with basil leaves for a special touch.
- Makes 1 serving.

RECIPE 007

Banana and Cinnamon Tapioca Crepe

Just sweet enough, comforting and great for breakfast or a snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**12 min**

INGREDIENTS

- 4 tbsp hydrated tapioca starch
- 1 ripe banana, sliced
- Ground cinnamon to taste
- 1 tsp peanut butter, optional
- 1 tsp unsweetened shredded coconut, optional

METHOD

1. Gather the tapioca starch, banana and remaining ingredients.
2. Slice the banana and set aside.
3. Heat a nonstick skillet over low heat.
4. Spread the tapioca starch into an even circle.
5. Once set, arrange the banana on half the crepe.
6. Sprinkle with cinnamon and add peanut butter if desired.
7. Fold in half and heat for a few more seconds.
8. Serve immediately, finishing with shredded coconut if desired.

CHEF HANNAH'S TIPS

- Use a very ripe banana for natural sweetness.
- Peanut butter pairs beautifully with cinnamon.
- Makes 1 serving.

RECIPE 008

Simple Tapioca and Egg Crepe

Soft, easy to make and very versatile for everyday meals!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per serving	**10 min**

INGREDIENTS

- 1 egg
- 2 tbsp hydrated tapioca starch
- 1 pinch of salt
- 1 tsp olive oil for greasing, if needed

METHOD

1. Gather the egg, tapioca starch and salt.
2. Crack the egg into a bowl and beat lightly with a fork.
3. Add the tapioca starch and salt.
4. Mix well until smooth.
5. Heat a nonstick skillet over low heat.
6. Pour in the batter and spread gently.
7. Cook until set, then turn to brown lightly on the other side.
8. Serve immediately, plain or with your preferred filling.

CHEF HANNAH'S TIPS

• This simple crepe makes a great base for sweet or savory recipes.
• Add dried herbs if desired for extra flavor.
• Makes 1 serving.

RECIPE 009

Chicken Tapioca and Egg Crepe

Filled, flavorful and ideal for a quick, complete meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
255 kcal per serving	**18 min**

INGREDIENTS

- 1 egg
- 2 tbsp hydrated tapioca starch
- 1 pinch of salt
- 1/2 cup cooked, shredded chicken
- 1 tbsp lactose-free cream
- 1 tbsp chopped onion
- Parsley and scallions to taste
- 1 tsp olive oil

METHOD

1. Heat the olive oil in a pan and sauté the onion.
2. Add the shredded chicken, parsley, scallions and lactose-free cream.
3. Mix until creamy and set aside.
4. Beat the egg with the tapioca starch and salt in a bowl.
5. Heat a nonstick skillet over low heat.
6. Pour in the batter and cook until set on both sides.
7. Place the filling on half the crepe and fold in half.
8. Serve immediately while warm.

CHEF HANNAH'S TIPS

- Use already-seasoned chicken for even more flavor.
- Avoid overfilling so the crepe folds easily.
- Makes 1 generous serving.

RECIPE 010

Cheese and Oregano Tapioca and Egg Crepe

Simple, fragrant and delicious for breakfast or a snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
225 kcal per serving	**12 min**

INGREDIENTS

- 1 egg
- 2 tbsp hydrated tapioca starch
- 1 pinch of salt
- 1/3 cup grated lactose-free cheese
- Oregano to taste
- 1 tsp olive oil for greasing, if needed

METHOD

1. Gather the egg, tapioca starch, cheese and oregano.
2. Beat the egg in a bowl with a fork.
3. Add the tapioca starch and salt, mixing well.
4. Add half the oregano to flavor the batter.
5. Heat a nonstick skillet over low heat.
6. Pour in the batter and cook until set.
7. Add the lactose-free cheese and remaining oregano to half the crepe.
8. Fold in half, let the cheese melt and serve immediately.

CHEF HANNAH'S TIPS

- Finish with chopped tomato for extra flavor.
- Oregano gives it a classic homemade snack flavor.
- Makes 1 serving.

RECIPE 011

Banana and Oat Pancakes

Soft, nutritious and perfect for a convenient, flavorful breakfast!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**15 min**

INGREDIENTS

- 2 ripe bananas, mashed
- 2 eggs
- 1/2 cup gluten-free oats
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 tsp coconut oil or olive oil for greasing

METHOD

1. Gather all ingredients.
2. Mash the bananas well in a bowl.
3. Add the eggs and mix with a fork.
4. Stir in the oats and cinnamon.
5. Gently mix in the baking powder.
6. Heat a lightly greased nonstick skillet.
7. Add portions of batter and cook on both sides until golden.
8. Serve immediately with banana slices and cinnamon.

CHEF HANNAH'S TIPS

- Use very ripe bananas for natural sweetness.
- Top with sugar-free peanut butter if desired.
- Makes about 6 small pancakes.

RECIPE 012

Fluffy American Pancakes

Fluffy, golden and delicious for a special breakfast.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
230 kcal per serving	**20 min**

INGREDIENTS

- 2 eggs
- 1/2 cup lactose-free milk
- 1/2 cup rice flour
- 1/4 cup sweet tapioca starch
- 1 tbsp oil
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Beat the eggs in a bowl.
3. Add the lactose-free milk, oil and vanilla.
4. Add the rice flour, tapioca starch and salt.
5. Mix until smooth.
6. Gently stir in the baking powder.
7. Spoon portions into a greased skillet and cook until golden on both sides.
8. Serve stacked and warm.

CHEF HANNAH'S TIPS

- Do not press the pancakes down, to keep them fluffy.
- Serve with fresh fruit for a special touch.
- Makes about 8 pancakes.

RECIPE 013

Apple and Cinnamon Pancakes

Comforting and soft, with an irresistible homemade flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
215 kcal per serving	**18 min**

INGREDIENTS

- 1 apple, finely diced
- 2 eggs
- 1/2 cup gluten-free oats
- 1 ripe banana, mashed
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 tsp oil for greasing

METHOD

1. Gather the ingredients and chop the apple.
2. Mash the banana in a bowl.
3. Add the eggs and mix well.
4. Add the oats and cinnamon.
5. Add the chopped apple and baking powder.
6. Heat a lightly greased skillet.
7. Add portions of batter and cook on both sides.
8. Serve sprinkled with cinnamon.

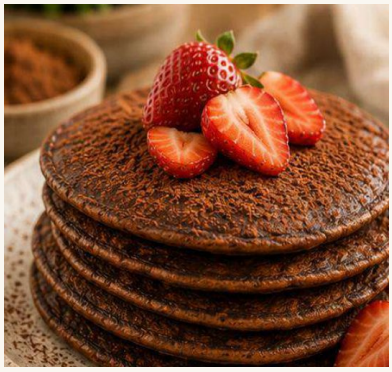
CHEF HANNAH'S TIPS

- Dice the apple very finely so it cooks better.
- Add unsweetened raisins if desired.
- Makes about 6 small pancakes.

RECIPE 014

Cocoa Pancakes

Just the right chocolate flavor, soft and perfect for satisfying a sweet craving!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
205 kcal per serving	**15 min**

INGREDIENTS

- 2 eggs
- 1 ripe banana, mashed
- 1/2 cup gluten-free oats
- 1 tbsp 100% cocoa powder
- 1 tsp baking powder
- 1 tsp oil for greasing

METHOD

1. Gather all ingredients.
2. Mash the banana in a bowl.
3. Add the eggs and mix.
4. Add the oats and cocoa.
5. Gently mix in the baking powder.
6. Heat a greased nonstick skillet.
7. Cook small portions of batter until golden on both sides.
8. Serve immediately, topping with strawberries if desired.

CHEF HANNAH'S TIPS

- Use 100% cocoa for a deeper flavor.
- Banana helps sweeten the recipe naturally.
- Makes about 6 small pancakes.

RECIPE 015

Homemade Waffles

Crisp outside, soft inside and delicious any time of day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
240 kcal per serving	**20 min**

INGREDIENTS

- 2 eggs
- 1/2 cup lactose-free milk
- 1/2 cup rice flour
- 1/4 cup sweet tapioca starch
- 1 tbsp oil
- 1 tsp baking powder
- 1 tsp vanilla extract

METHOD

1. Gather the ingredients.
2. Beat the eggs in a bowl.
3. Add the milk, oil and vanilla.
4. Add the rice flour and tapioca starch.
5. Mix well until smooth.
6. Gently fold in the baking powder.
7. Pour into a waffle maker and cook until golden.
8. Serve immediately.

CHEF HANNAH'S TIPS

- Top with fresh fruit if desired.
- Do not overfill the waffle maker to avoid overflowing.
- Makes about 4 waffles.

RECIPE 016

Banana Waffles

Light, fragrant and naturally sweet for a special breakfast or snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
225 kcal per serving	**20 min**

INGREDIENTS

- 1 ripe banana, mashed
- 2 eggs
- 1/2 cup gluten-free oats
- 2 tbsp rice flour
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 tsp oil

METHOD

1. Gather the ingredients.
2. Mash the banana in a bowl.
3. Add the eggs and mix.
4. Add the oats, rice flour and cinnamon.
5. Mix until uniform.
6. Gently stir in the baking powder.
7. Put the batter into a waffle maker and cook until golden.
8. Serve with sliced banana and cinnamon.

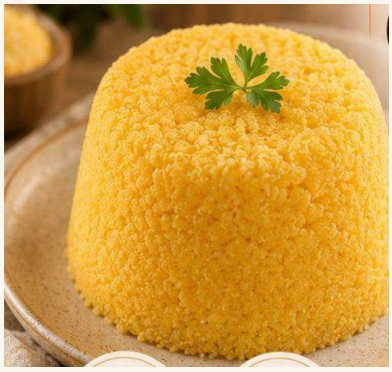
CHEF HANNAH'S TIPS

- Ripe banana makes the recipe more flavorful.
- Serve with sugar-free peanut butter if desired.
- Makes about 4 waffles.

RECIPE 017

Northeastern Brazilian Corn Couscous

A light classic, perfect for breakfast or as an everyday side dish!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
160 kcal per serving	**20 min**

INGREDIENTS

- 1 cup flaked cornmeal for Brazilian couscous
- 1/2 cup water
- 1/2 tsp salt
- 1 tsp olive oil, optional

METHOD

1. Gather the cornmeal, water and salt.
2. Mix the cornmeal with the salt.
3. Gradually add the water.
4. Mix and let hydrate for 10 minutes.
5. Place in a couscous steamer without packing tightly.
6. Add water to the bottom of the steamer.
7. Steam until tender.
8. Unmold and serve immediately.

CHEF HANNAH'S TIPS

- Do not soak the mixture excessively or the couscous will be heavy.
- Finish with a drizzle of olive oil if desired.
- Makes 2 servings.

RECIPE 018

Corn Couscous with Scrambled Eggs

A convenient, classic and delicious combination to start the day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per serving	**25 min**

INGREDIENTS

- 1 cup flaked cornmeal for Brazilian couscous
- 1/2 cup water
- 1/2 tsp salt
- 2 eggs
- 1 tsp olive oil
- 1 pinch of black pepper
- Parsley and scallions to taste

METHOD

1. Gather all ingredients.
2. Mix the cornmeal, salt and water.
3. Let hydrate for 10 minutes.
4. Cook in a couscous steamer until tender.
5. Crack the eggs into a bowl and season.
6. Heat a skillet with olive oil.
7. Scramble the eggs until creamy.
8. Serve the couscous with the eggs on top or alongside.

CHEF HANNAH'S TIPS

- Scramble over low heat to keep the eggs soft.
- Finish with parsley and scallions for more flavor.
- Makes 2 servings.

RECIPE 019

Corn Couscous with Shredded Chicken

Filled, nutritious and ideal for a simple, very flavorful meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
245 kcal per serving	**30 min**

INGREDIENTS

- 1 cup flaked cornmeal for Brazilian couscous
- 1/2 cup water
- 1/2 tsp salt
- 1/2 cup cooked, shredded chicken
- 1 tbsp chopped onion
- 1 tsp olive oil
- 1 tbsp chopped tomato
- Parsley and scallions to taste

METHOD

1. Gather all ingredients.
2. Mix the cornmeal with the salt and water.
3. Let hydrate for 10 minutes.
4. Sauté the onion in olive oil.
5. Add the shredded chicken, tomato, parsley and scallions.
6. Cook the couscous in a couscous steamer until tender.
7. Serve with chicken on top or as a filling.
8. Finish and serve immediately.

CHEF HANNAH'S TIPS

- Use already-seasoned chicken for more flavor.
- Tomato makes the filling moister and more appetizing.
- Makes 2 servings.

RECIPE 020

Corn Couscous Stuffed with Lactose-Free Cheese

Creamy and comforting, perfect for a generous snack or breakfast!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
230 kcal per serving	**25 min**

INGREDIENTS

- 1 cup flaked cornmeal for Brazilian couscous
- 1/2 cup water
- 1/2 tsp salt
- 1/2 cup grated lactose-free cheese
- 1 tsp olive oil, optional
- Oregano to taste

METHOD

1. Gather the ingredients.
2. Mix the cornmeal with the salt.
3. Add the water and let hydrate.
4. Place a layer of couscous in the steamer.
5. Add the lactose-free cheese in the center.
6. Cover with more couscous and steam.
7. Unmold and let the cheese melt thoroughly.
8. Serve immediately with oregano on top.

CHEF HANNAH'S TIPS

- Use grated or sliced cheese for different textures.
- Oregano pairs very well with the filling.
- Makes 2 servings.

RECIPE 021

Tapioca Crepe with Scrambled Eggs and Tomato

Light, convenient and perfect for breakfast or a quick snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
215 kcal per serving	**15 min**

INGREDIENTS

- 4 tbsp hydrated tapioca starch
- 2 eggs
- 1/2 tomato, chopped
- 1 tsp olive oil
- 1 pinch of salt
- 1 pinch of black pepper
- Parsley and scallions to taste

METHOD

1. Gather all ingredients.
2. Chop the tomato and set aside.
3. Crack the eggs into a bowl and season.
4. Beat lightly with a fork.
5. Heat a skillet and spread out the tapioca starch.
6. In another skillet, scramble the eggs with the tomato.
7. Fill the tapioca crepe and fold in half.
8. Serve immediately while warm.

CHEF HANNAH'S TIPS

- Scramble over low heat to keep the eggs creamy.
- Finish with parsley and scallions for more flavor.
- Makes 1 generous serving.

RECIPE 022

Chicken and Carrot Tapioca Crepe

Filled, colorful and great for a tasty snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
245 kcal per serving	**20 min**

INGREDIENTS

- 4 tbsp hydrated tapioca starch
- 1/2 cup cooked, shredded chicken
- 2 tbsp grated carrot
- 1 tbsp chopped onion
- 1 tbsp lactose-free cream
- 1 tsp olive oil
- Salt and black pepper to taste
- Parsley and scallions to taste

METHOD

1. Gather all ingredients.
2. Heat the olive oil and sauté the onion.
3. Add the shredded chicken.
4. Add the grated carrot and lactose-free cream.
5. Mix well and set the filling aside.
6. Spread the tapioca starch in another skillet.
7. Fill with the chicken and fold in half.
8. Serve immediately.

CHEF HANNAH'S TIPS

- Carrot makes the filling lighter and more nutritious.
- Finish with chopped parsley and scallions if desired.
- Makes 1 generous serving.

RECIPE 023

Spinach and Cheese Tapioca and Egg Crepe

Soft, flavorful and a delicious way to vary your snacks!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**12 min**

INGREDIENTS

- 1 egg
- 2 tbsp hydrated tapioca starch
- 2 tbsp chopped spinach
- 1/3 cup grated lactose-free cheese
- 1 pinch of salt
- 1 tsp olive oil for greasing
- Oregano to taste

METHOD

1. Gather the ingredients.
2. Crack the egg into a bowl and beat.
3. Add the tapioca starch.
4. Add the chopped spinach and mix.
5. Heat a nonstick skillet.
6. Pour in the batter and cook until set.
7. Add the cheese and fold in half.
8. Serve immediately while hot.

CHEF HANNAH'S TIPS

- Oregano pairs very well with the filling.
- Use low heat to brown without drying out.
- Makes 1 serving.

RECIPE 024

Banana and Cinnamon Tapioca and Egg Crepe

Just sweet enough and perfect for breakfast or a snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
205 kcal per serving	**12 min**

INGREDIENTS

- 1 egg
- 2 tbsp hydrated tapioca starch
- 1 ripe banana, mashed
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 tsp oil for greasing

METHOD

1. Gather all ingredients.
2. Mash the banana in a bowl.
3. Add the egg and mix.
4. Add the tapioca starch and cinnamon.
5. Gently mix in the baking powder.
6. Heat a lightly greased skillet.
7. Pour in the batter and cook on both sides.
8. Serve with cinnamon on top.

CHEF HANNAH'S TIPS

- Use a very ripe banana for natural sweetness.
- Top with banana slices if desired.
- Makes 1 serving.

RECIPE 025

Spinach Omelet

Light, rich in protein and a great everyday option!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per serving	**15 min**

INGREDIENTS

- 2 eggs
- 1/2 cup chopped spinach
- 1 tbsp chopped onion
- 1 tbsp chopped tomato
- 1 tsp olive oil
- 1 pinch of salt
- 1 pinch of black pepper

METHOD

1. Gather all ingredients.
2. Chop the spinach and tomato.
3. Crack the eggs into a bowl.
4. Season and beat with a fork.
5. Heat a skillet with olive oil.
6. Briefly sauté the onion and spinach.
7. Pour in the eggs and cook until set.
8. Fold the omelet and serve immediately.

CHEF HANNAH'S TIPS

- Tomato makes the omelet juicier.
- Cook over low heat to avoid drying out.
- Makes 1 serving.

RECIPE 026

Tomato and Onion Omelet

Classic, soft and delicious for everyday meals!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per serving	**12 min**

INGREDIENTS

- 2 eggs
- 1/2 tomato, chopped
- 2 tbsp chopped onion
- 1 tsp olive oil
- 1 pinch of salt
- 1 pinch of black pepper
- Oregano to taste

METHOD

1. Gather all ingredients.
2. Chop the tomato and onion.
3. Crack the eggs into a bowl.
4. Season and beat with a fork.
5. Heat a skillet with olive oil.
6. Briefly sauté the onion and tomato.
7. Pour in the eggs and cook until golden on both sides.
8. Serve immediately.

CHEF HANNAH'S TIPS

- Oregano gives a delicious homemade flavor.
- Avoid stirring too much after the eggs set.
- Makes 1 serving.

RECIPE 027

Shredded Chicken Omelet

Protein-rich, filled and perfect for a quick meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
225 kcal per serving	**18 min**

INGREDIENTS

- 2 eggs
- 1/3 cup cooked, shredded chicken
- 1 tbsp chopped onion
- 1 tbsp chopped tomato
- 1 tsp olive oil
- Salt and black pepper to taste
- Parsley and scallions to taste

METHOD

1. Gather all ingredients.
2. Season the shredded chicken.
3. Crack the eggs into a bowl.
4. Beat the eggs with salt and pepper.
5. Heat a skillet with olive oil.
6. Sauté the onion and add the chicken.
7. Pour in the eggs, cook and fold the omelet.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

• Use already-cooked chicken to speed up preparation.
• Tomato makes the filling moister.
• Makes 1 serving.

RECIPE 028

Corn Couscous with Banana and Cinnamon

Simple, comforting and naturally sweet for breakfast!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per serving	**20 min**

INGREDIENTS

- 1 cup flaked cornmeal for Brazilian couscous
- 1/2 cup water
- 1/2 tsp salt
- 1 ripe banana, sliced
- 1 tsp cinnamon
- 1 tsp olive oil, optional

METHOD

1. Gather all ingredients.
2. Mix the cornmeal with the salt.
3. Gradually add the water.
4. Let hydrate for 10 minutes.
5. Place the couscous in a couscous steamer.
6. Steam until tender.
7. Unmold and top with banana slices.
8. Finish with cinnamon and serve.

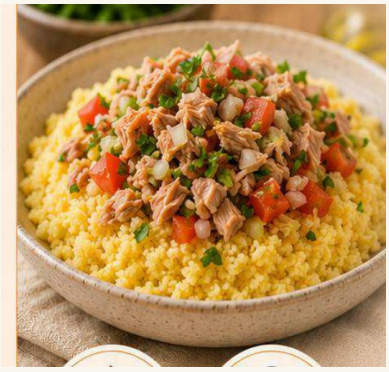
CHEF HANNAH'S TIPS

- Use a very ripe banana for more flavor.
- A drizzle of olive oil makes the couscous softer.
- Makes 2 servings.

RECIPE 029

Corn Couscous with Tuna

Convenient, flavorful and perfect for a light meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
240 kcal per serving	**20 min**

INGREDIENTS

- 1 cup flaked cornmeal for Brazilian couscous
- 1/2 cup water
- 1/2 tsp salt
- 1/2 can tuna in water, drained
- 1 tbsp chopped tomato
- 1 tbsp chopped onion
- 1 tsp olive oil
- Parsley and scallions to taste

METHOD

1. Gather all ingredients.
2. Mix the cornmeal with the salt and water.
3. Let hydrate for 10 minutes.
4. Cook in a couscous steamer.
5. Heat the olive oil in a skillet and sauté the onion.
6. Add the tuna, tomato, parsley and scallions.
7. Serve the couscous with the tuna on top.
8. Finish and serve immediately.

CHEF HANNAH'S TIPS

- Tuna in water keeps the recipe lighter.
- Add a few drops of lemon juice when serving if desired.
- Makes 2 servings.

RECIPE 030

Corn Couscous with Sautéed Vegetables

Colorful, light and a delicious everyday option!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**25 min**

INGREDIENTS

- 1 cup flaked cornmeal for Brazilian couscous
- 1/2 cup water
- 1/2 tsp salt
- 2 tbsp finely diced carrot
- 2 tbsp finely diced zucchini
- 1 tbsp chopped onion
- 1 tsp olive oil
- Parsley and scallions to taste

METHOD

1. Gather all ingredients.
2. Mix the cornmeal with the salt and water.
3. Let hydrate for 10 minutes.
4. Cook in a couscous steamer until tender.
5. Heat the olive oil in a skillet and sauté the onion.
6. Add the carrot and zucchini and sauté.
7. Serve the couscous with vegetables on top or alongside.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Dice the vegetables finely so they cook evenly.
- A drizzle of olive oil is a delicious finishing touch.
- Makes 2 servings.

RECIPE 031

Creamy Oatmeal

Comforting, nutritious and perfect for starting the day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per serving	**12 min**

INGREDIENTS

- 1/2 cup gluten-free oats
- 1 1/2 cups plant-based milk
- 1 ripe banana, mashed
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1 tsp vanilla extract, optional

METHOD

1. Gather all ingredients.
2. Mash the banana in a bowl.
3. Heat the plant-based milk in a pan.
4. Add the oats and stir well.
5. Add the banana and chia.
6. Cook over low heat until thickened.
7. Finish with cinnamon and vanilla.
8. Serve warm.

CHEF HANNAH'S TIPS

- Use a very ripe banana for natural sweetness.
- Stir constantly for creamy oatmeal.
- Makes 1 serving.

RECIPE 032

Cornmeal Porridge

Mild, homemade and delicious for breakfast or a snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**15 min**

INGREDIENTS

- 3 tbsp fine cornmeal
- 1 1/2 cups coconut milk
- 1/2 cup water
- 1 tbsp unsweetened shredded coconut
- 1 tsp cinnamon
- 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Mix the cornmeal with the water.
3. Heat the coconut milk in a pan.
4. Gradually add the cornmeal mixture.
5. Stir well to prevent lumps.
6. Cook until thick and creamy.
7. Finish with shredded coconut and cinnamon.
8. Serve immediately.

CHEF HANNAH'S TIPS

- Stir continuously for a smooth result.
- Shredded coconut adds flavor to the porridge.
- Makes 1 serving.

RECIPE 033

Coconut Porridge

Creamy, fragrant and perfect for a comforting moment!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
205 kcal per serving	**12 min**

INGREDIENTS

- 1 1/2 cups coconut milk
- 2 tbsp cornstarch
- 3 tbsp unsweetened shredded coconut
- 1 tsp vanilla extract
- 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Dissolve the cornstarch in a little coconut milk.
3. Pour the remaining milk into a pan.
4. Add the shredded coconut and vanilla.
5. Add the dissolved cornstarch.
6. Stir over low heat until thickened.
7. Top with more coconut.
8. Serve hot.

CHEF HANNAH'S TIPS

- Coconut milk makes the porridge more fragrant.
- Stir constantly for a creamy result.
- Makes 1 serving.

RECIPE 034

Banana Overnight Oats

Convenient, nutritious and great for preparing the night before!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
230 kcal per serving	**10 min**

INGREDIENTS

- 1/2 cup gluten-free oats
- 3/4 cup plant-based milk
- 1 tbsp chia seeds
- 1/2 banana, mashed
- 1/2 banana, sliced
- 1 tsp cinnamon

METHOD

1. Gather all ingredients.
2. Mash half the banana.
3. Mix the oats, chia and cinnamon.
4. Add the plant-based milk and mashed banana.
5. Mix until uniform.
6. Transfer to a jar with a lid.
7. Refrigerate for 8 hours.
8. Top with banana slices and serve.

CHEF HANNAH'S TIPS

- Prepare at night to save time in the morning.
- Chia helps thicken the mixture.
- Makes 1 serving.

RECIPE 035

Strawberry Overnight Oats

Fresh, light and perfect for a convenient breakfast!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
215 kcal per serving	**10 min**

INGREDIENTS

- 1/2 cup gluten-free oats
- 3/4 cup plant-based milk
- 1 tbsp chia seeds
- 4 strawberries, chopped
- 1 tsp vanilla extract
- 1 tsp cinnamon, optional

METHOD

1. Gather all ingredients.
2. Chop the strawberries.
3. Mix the oats and chia in a bowl.
4. Add the plant-based milk and vanilla.
5. Add some of the strawberries.
6. Transfer to a jar with a lid.
7. Refrigerate for 8 hours.
8. Top with more strawberries and serve.

CHEF HANNAH'S TIPS

- Use very ripe strawberries for more flavor.
- Sprinkle with cinnamon to finish if desired.
- Makes 1 serving.

RECIPE 036

Cheese and Tomato Omelet

Classic, juicy and delicious any time!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per serving	**12 min**

INGREDIENTS

- 2 eggs
- 1/3 cup grated lactose-free cheese
- 1/2 tomato, chopped
- 1 tsp olive oil
- 1 pinch of salt
- 1 pinch of black pepper
- Oregano to taste

METHOD

1. Gather all ingredients.
2. Chop the tomato and set aside.
3. Crack the eggs into a bowl.
4. Season and beat with a fork.
5. Heat a skillet with olive oil.
6. Pour in the eggs and cook until set.
7. Add the cheese and tomato and fold in half.
8. Finish with oregano and serve.

CHEF HANNAH'S TIPS

- Use low heat so the cheese melts thoroughly.
- Tomato makes the filling juicier.
- Makes 1 serving.

RECIPE 037

Vegetable Omelet

Colorful, light and a great everyday option!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
200 kcal per serving	**15 min**

INGREDIENTS

- 2 eggs
- 2 tbsp grated carrot
- 2 tbsp chopped zucchini
- 2 tbsp chopped tomato
- 1 tbsp chopped onion
- 1 tsp olive oil
- Salt and black pepper to taste

METHOD

1. Gather all ingredients.
2. Chop and arrange the vegetables.
3. Crack the eggs into a bowl.
4. Season and beat with a fork.
5. Heat the skillet with olive oil.
6. Briefly sauté the vegetables.
7. Pour in the eggs, cook and fold the omelet.
8. Serve immediately.

CHEF HANNAH'S TIPS

- Cut the vegetables small so they cook evenly.
- Do not sauté too long, to preserve their texture.
- Makes 1 serving.

RECIPE 038

Creamy Scrambled Eggs

Soft, delicate and perfect for a generous breakfast!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per serving	**10 min**

INGREDIENTS

- 3 eggs
- 1 tbsp lactose-free cream
- 1 tsp olive oil
- 1 pinch of salt
- 1 pinch of black pepper
- Chopped scallions to taste

METHOD

1. Gather all ingredients.
2. Crack the eggs into a bowl.
3. Add the lactose-free cream.
4. Season and beat lightly.
5. Heat the skillet with olive oil.
6. Pour in the eggs and stir over low heat.
7. Cook until creamy.
8. Finish with scallions and serve.

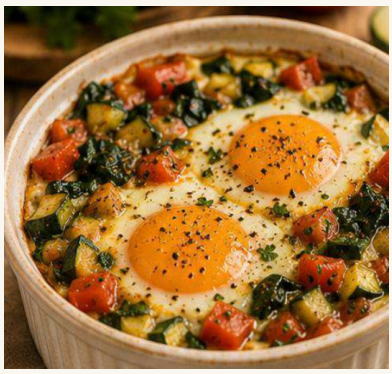
CHEF HANNAH'S TIPS

- Low heat is the secret to softer eggs.
- Avoid overcooking so they do not dry out.
- Makes 1 serving.

RECIPE 039

Baked Eggs with Vegetables

Convenient and colorful, great for a light, flavorful meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**20 min**

INGREDIENTS

- 2 eggs
- 2 tbsp chopped tomato
- 2 tbsp chopped spinach
- 2 tbsp chopped zucchini
- 1 tbsp chopped onion
- 1 tsp olive oil
- Salt and black pepper to taste

METHOD

1. Gather all ingredients.
2. Chop and arrange the vegetables.
3. Briefly sauté the vegetables.
4. Grease a small ovenproof dish.
5. Spread the vegetables in the dish.
6. Crack the eggs on top and season.
7. Bake until cooked.
8. Serve immediately.

CHEF HANNAH'S TIPS

- Use a small dish to keep the eggs thicker.
- The spinach can be added raw on top of the vegetables.
- Makes 1 serving.

RECIPE 040

Banana Mug Cake

Quick, fluffy and perfect for satisfying a sweet craving!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
230 kcal per serving	**6 min**

INGREDIENTS

- 1 ripe banana, mashed
- 1 egg
- 2 tbsp rice flour
- 1 tbsp gluten-free oats
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 tsp coconut oil

METHOD

1. Gather all ingredients.
2. Mash the banana in a bowl.
3. Add the egg and mix.
4. Add the rice flour and oats.
5. Add the cinnamon and coconut oil.
6. Mix until uniform.
7. Gently stir in the baking powder.
8. Microwave, unmold and serve.

CHEF HANNAH'S TIPS

- Use a very ripe banana for natural sweetness.
- Microwave cooking time may vary slightly.
- Makes 1 serving.

RECIPE 041

Chocolate Mug Cake

Quick, soft and perfect for satisfying a sweet craving!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
235 kcal per serving	**7 min**

INGREDIENTS

- 1 ripe banana, mashed
- 1 egg
- 2 tbsp rice flour
- 1 tbsp gluten-free oats
- 1 tbsp 100% cocoa powder
- 1 tsp baking powder
- 1 tsp coconut oil
- 1 tbsp plant-based milk

METHOD

1. Gather all ingredients.
2. Mash the banana in a mug.
3. Add the egg and mix well.
4. Add the rice flour, oats and cocoa.
5. Add the plant-based milk and coconut oil.
6. Mix until uniform.
7. Gently stir in the baking powder.
8. Microwave, unmold and serve.

CHEF HANNAH'S TIPS

- Use a very ripe banana for natural sweetness.
- Microwave cooking time may vary slightly.
- Makes 1 serving.

RECIPE 042

Quick Skillet Bread

Convenient, light and great for breakfast or a snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per serving	**10 min**

INGREDIENTS

- 1 egg
- 2 tbsp rice flour
- 2 tbsp sweet tapioca starch
- 1 tbsp water
- 1 tsp olive oil
- 1 tsp baking powder
- 1 pinch of salt
- Oregano to taste

METHOD

1. Gather all ingredients.
2. Mix the rice flour and tapioca starch.
3. Add the egg, water and olive oil.
4. Season with salt and oregano.
5. Mix until smooth.
6. Heat a greased skillet.
7. Pour in the batter and cook on both sides.
8. Serve immediately.

CHEF HANNAH'S TIPS

- Cook over low heat to brown without burning.
- Add a filling after cooking if desired.
- Makes 1 serving.

RECIPE 043

Sweet Potato Rolls

Fluffy, nutritious and perfect to keep on hand!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
160 kcal per serving	**35 min**

INGREDIENTS

- 1 cup cooked, mashed sweet potato
- 1 egg
- 1/2 cup sweet tapioca starch
- 1/2 cup rice flour
- 1 tbsp olive oil
- 1 tsp baking powder
- 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Cook and mash the sweet potato.
3. Add the egg and olive oil.
4. Add the tapioca starch, rice flour and salt.
5. Mix until a soft dough forms.
6. Add the baking powder and mix.
7. Shape small balls and place on a baking sheet.
8. Bake until golden and serve.

CHEF HANNAH'S TIPS

- Moisten your hands for easier shaping.
- Make small rolls so they bake evenly.
- Makes 8 rolls.

RECIPE 044

Banana Breakfast Cakes

Soft, fragrant and great for starting the day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
145 kcal per serving	**28 min**

INGREDIENTS

- 2 ripe bananas, mashed
- 2 eggs
- 1/2 cup gluten-free oats
- 1/2 cup rice flour
- 1 tsp cinnamon
- 1 tbsp coconut oil
- 1 tsp baking powder

METHOD

1. Gather all ingredients.
2. Mash the bananas in a bowl.
3. Add the eggs and mix well.
4. Add the oats, rice flour and cinnamon.
5. Add the coconut oil.
6. Mix until uniform.
7. Add the baking powder and divide among small molds.
8. Bake until cooked and serve.

CHEF HANNAH'S TIPS

- Use very ripe bananas for more flavor.
- Sprinkle cinnamon on top before baking.
- Makes 6 small cakes.

RECIPE 045

Fluffy Homemade Bread

Soft, homemade and perfect for everyday enjoyment!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
125 kcal per serving	**1 hr 20 min**

INGREDIENTS

- 2 cups rice flour
- 1 cup sweet tapioca starch
- 1/2 cup potato starch
- 2 eggs
- 1 tbsp dry yeast
- 2 tbsp olive oil
- 1 tbsp psyllium
- 1 1/4 cups warm water
- 1 tsp salt

METHOD

1. Gather all ingredients.
2. Mix the dry ingredients in a bowl.
3. Add the eggs, olive oil and warm water.
4. Beat or mix until a moist dough forms.
5. Let rest until risen.
6. Transfer to a greased pan.
7. Bake until golden.
8. Let cool slightly, slice and serve.

CHEF HANNAH'S TIPS

- Psyllium helps give the bread structure.
- Use a loaf pan for an attractive shape.
- Makes 1 medium loaf.

RECIPE 046

Gluten-Free Sandwich Bread

Light, soft and ideal for sandwiches and toast!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
115 kcal per serving	**1 hr 15 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 2 eggs
- 1 tbsp dry yeast
- 2 tbsp olive oil
- 1 tbsp psyllium
- 1 1/4 cups warm water
- 1 tsp salt

METHOD

1. Gather all ingredients.
2. Mix the flours, psyllium and salt.
3. Add the eggs, olive oil and warm water.
4. Beat until smooth.
5. Add the yeast and mix.
6. Place in a loaf pan and let rise.
7. Bake until cooked.
8. Let cool, slice and serve.

CHEF HANNAH'S TIPS

- Let cool for easier slicing.
- Store in a sealed container to prevent drying out.
- Makes 1 sandwich loaf.

RECIPE 047

Homemade Gluten-Free French Rolls

Crisp outside, soft inside and delicious!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
130 kcal per serving	**1 hr 30 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tbsp psyllium
- 2 tbsp olive oil
- 1 1/4 cups warm water
- 1 tsp salt
- 1 egg for brushing, optional

METHOD

1. Gather all ingredients.
2. Mix the flours, psyllium and salt.
3. Add the warm water and olive oil.
4. Mix until a uniform dough forms.
5. Let rest for a few minutes.
6. Shape rolls and place on a baking sheet.
7. Let rise, then place in the oven.
8. Bake until golden and serve.

CHEF HANNAH'S TIPS

- Make shallow slashes for the classic appearance.
- Spray water into the oven for a better crust.
- Makes 6 rolls.

RECIPE 048

Potato Bread

Mild, fluffy and perfect for a snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
155 kcal per serving	**40 min**

INGREDIENTS

- 1 cup cooked, mashed potato
- 1 egg
- 1/2 cup sweet tapioca starch
- 1/2 cup rice flour
- 1 tbsp olive oil
- 1 tsp baking powder
- 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Cook and mash the potato.
3. Add the egg and olive oil.
4. Add the rice flour, tapioca starch and salt.
5. Mix until a uniform dough forms.
6. Add the baking powder and mix.
7. Shape rolls and place on a baking sheet.
8. Bake until golden and serve.

CHEF HANNAH'S TIPS

- Mash the potato thoroughly.
- Brush olive oil on top if desired.
- Makes 8 rolls.

RECIPE 049

Sweet Potato Bread

Nutritious, soft and delicious for everyday enjoyment!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
150 kcal per serving	**40 min**

INGREDIENTS

- 1 cup cooked, mashed sweet potato
- 1 egg
- 1/2 cup sweet tapioca starch
- 1/2 cup rice flour
- 1 tbsp olive oil
- 1 tsp baking powder
- 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Cook and mash the sweet potato.
3. Add the egg and olive oil.
4. Add the rice flour, tapioca starch and salt.
5. Mix until a uniform dough forms.
6. Add the baking powder and mix.
7. Shape rolls and place on a baking sheet.
8. Bake until golden and serve.

CHEF HANNAH'S TIPS

- Sweet potato makes the dough moister.
- Make small rolls so they bake better.
- Makes 8 rolls.

RECIPE 050

Cassava Bread

Soft and homemade, with irresistible flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per serving	**45 min**

INGREDIENTS

- 1 cup cooked, mashed cassava
- 1 egg
- 1/2 cup sweet tapioca starch
- 1/2 cup rice flour
- 1 tbsp olive oil
- 1 tsp baking powder
- 1 pinch of salt

METHOD

1. Gather all ingredients.
2. Cook and mash the cassava.
3. Add the egg and olive oil.
4. Add the rice flour, tapioca starch and salt.
5. Mix until a soft dough forms.
6. Gently mix in the baking powder.
7. Shape rolls and place on a baking sheet.
8. Bake until golden and serve.

CHEF HANNAH'S TIPS

- The cassava should be thoroughly cooked with its fibrous core removed.
- Moisten your hands for shaping.
- Makes 8 rolls.

RECIPE 051

Onion Bread

Fluffy, fragrant and perfect for any time of day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
140 kcal per slice	**1 hr 15 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/4 cup gluten-free oat flour
- 1/4 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tbsp dry yeast
- 1 tsp salt
- 1 tsp xanthan gum
- 1 tbsp olive oil
- 1 1/4 cups warm water
- 2 eggs
- 1 large onion, chopped
- 2 tbsp dried onion
- 1 tbsp dried parsley, optional

METHOD

1. Sauté the chopped onion in olive oil until soft and lightly golden. Let cool.
2. Mix the rice flour, potato starch, oat flour, tapioca starch, salt and xanthan gum in a large bowl.
3. Dissolve the yeast in warm water in another container. Let rest for 5 minutes until foamy.
4. Add the eggs, sautéed onion, dried onion and parsley, if using. Mix well.
5. Add the wet mixture to the dry ingredients and stir until sticky and uniform.
6. Transfer to a loaf pan greased with olive oil and dusted with rice flour.
7. Bake in a preheated oven at 180°C for about 45-50 minutes, until golden and set. Check with a toothpick.
8. Remove and let cool completely before slicing.

CHEF HANNAH'S TIPS

- For a stronger flavor, use caramelized onion, sautéed until deeply golden.
- Psyllium helps with structure and softness. Do not substitute it.
- Store in a sealed container for up to 3 days at room temperature, or freeze in slices.

RECIPE 052

Homemade Soft Mini Rolls

Soft, light and perfect for breakfast or an afternoon snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
130 kcal per piece	**1 hr 20 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/4 cup potato starch
- 1/4 cup sour tapioca starch
- 1 tbsp powdered psyllium
- 1 tbsp dry yeast
- 1 tbsp olive oil or coconut oil
- 1 tbsp honey or date syrup
- 1 tsp salt
- About 1 1/2 cups warm water
- 2 eggs

METHOD

1. Mix the rice flour, sweet tapioca starch, potato starch, sour tapioca starch, psyllium, yeast and salt in a large bowl.
2. In another bowl, beat the eggs with the warm water, oil and honey until smooth.
3. Pour the wet ingredients over the dry and mix well with a spatula until a sticky dough forms.
4. Cover and let rest in a warm place for 30-40 minutes or until doubled.
5. Dust a work surface with rice flour. Divide the dough into 12 equal pieces.
6. Roll each piece into an elongated shape and seal the ends.
7. Place on a greased or lined baking sheet. Cover and let rise for another 20-30 minutes.
8. Bake in a preheated oven at 180°C for about 25-30 minutes, until golden.

CHEF HANNAH'S TIPS

- For softer rolls, do not skip the resting time.
- Freeze after baking if desired. Reheat in the oven for 5 minutes.
- Delicious with lactose-free butter or sugar-free jam!

RECIPE 053

Savory Tapioca Starch Rings

Crisp outside, light inside and perfect any time!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
75 kcal per piece	**35 min**

INGREDIENTS

- 2 cups sour tapioca starch
- 1/2 cup sweet tapioca starch
- 1/4 cup vegetable oil
- 1/2 cup water
- 1/2 tsp salt
- 2 eggs
- 1/4 cup grated aged Minas cheese or Parmesan
- 1 tsp dried oregano
- 1/4 tsp garlic powder, optional

METHOD

1. Heat the oil, water and salt in a pan until boiling.
2. Mix both tapioca starches in a large bowl. Pour the hot liquid over them.
3. Stir well with a spoon until uniform. Let cool slightly for 5 minutes.
4. Add the eggs one at a time, mixing well after each addition.
5. Add the grated cheese, oregano and garlic powder, if using. Mix until evenly distributed.
6. The dough should be soft, slightly sticky and easy to shape.
7. Shape into rings and place on a greased or parchment-lined baking sheet, leaving space between them.
8. Bake in a preheated oven at 200°C for about 20-25 minutes, until golden.

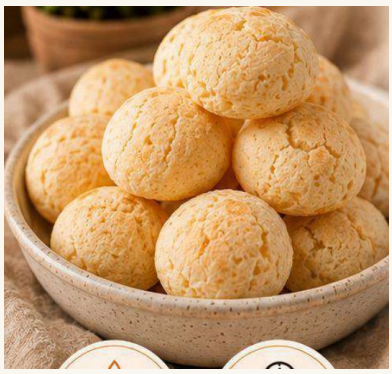
CHEF HANNAH'S TIPS

• Add dried herbs or seasonings to taste for extra flavor.
• Avoid overkneading for a lighter texture.
• Store in a tightly sealed container for up to 5 days. Great for snacks and lunchboxes!

RECIPE 054

Baked Tapioca Starch Biscuits

Crisp outside, light and dry inside. Perfect any time!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
85 kcal per piece	**40 min**

INGREDIENTS

- 3 cups sour tapioca starch
- 1/2 cup vegetable oil
- 1 cup water
- 1 tsp salt
- 2 eggs
- 1/4 tsp xanthan gum, omitted if your tapioca starch already contains it

METHOD

1. Heat the water, oil and salt in a pan until it begins to boil.
2. Pour the hot mixture over the sour tapioca starch and stir well with a spoon until moist and crumbly.
3. Let cool slightly for 5 minutes. Add the eggs one at a time, mixing well after each addition.
4. Mix until firm and elastic and pulling away from the spoon. Add xanthan gum if needed and mix well.
5. Transfer to a piping bag, or use two spoons, and shape biscuits on a greased or parchment-lined baking sheet.
6. Leave some space between the biscuits, as they expand slightly.
7. Bake in a preheated oven at 200°C for about 25-30 minutes, until lightly golden and crisp outside.
8. Remove and cool on a wire rack. Serve and enjoy these light, crisp treats!

CHEF HANNAH'S TIPS

- Use sour tapioca starch for stronger flavor and better texture.
- Do not open the oven before 20 minutes, to prevent collapsing.
- Store in a tightly sealed container for up to 5 days to preserve crispness.

RECIPE 055

Lactose-Free Cheese Biscuits

Crisp and flavorful, irresistible any time!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
80 kcal per piece	**30 min**

INGREDIENTS

- 2 cups sweet tapioca starch
- 1/2 cup sour tapioca starch
- 1/2 cup rice flour
- 1/3 cup oil
- 1/3 cup water
- 1 tsp salt
- 2 eggs
- 1 1/2 cups grated lactose-free Minas padrão cheese
- 1 tsp gluten-free baking powder

METHOD

1. Heat the water, oil and salt in a pan until small bubbles appear.
2. Mix both tapioca starches and rice flour in a large bowl. Pour the hot liquid over the dry ingredients.
3. Stir with a spoon until moist and crumbly, then let cool slightly for a few minutes.
4. Add the eggs one at a time, mixing well after each addition until smooth and creamy.
5. Add the grated cheese and mix until fully incorporated.
6. Gently mix in the baking powder last.
7. Shape balls of your preferred size and place on a greased or parchment-lined baking sheet.
8. Bake in a preheated oven at 200°C for about 20 minutes, until lightly golden.

CHEF HANNAH'S TIPS

- Bake a few minutes longer for crisper biscuits.
- Use lactose-free semi-cured cheese or Parmesan for stronger flavor.
- Store in a tightly sealed container for up to 5 days to preserve crispness.

RECIPE 056

Traditional Pizza Dough

Light and crisp, perfect for your favorite pizzas!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per serving	**25 min**

INGREDIENTS

- 2 cups rice flour
- 1 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp powdered psyllium
- 1 tbsp olive oil
- 1 tsp salt
- 1 tsp dry yeast
- 1 tsp demerara sugar
- About 1 1/3 cups warm water

METHOD

1. Mix the rice flour, potato starch, tapioca starch, psyllium and salt in a large bowl.
2. Dissolve the yeast and sugar in warm water in another bowl. Let rest for 5 minutes until foamy.
3. Make a well in the dry ingredients and add the yeast mixture and olive oil. Stir with a spoon.
4. Once a dough begins to form, transfer to a floured surface and knead until smooth.
5. Shape into a ball, place in a lightly greased bowl, cover and let rise in a warm place for 40-60 minutes.
6. Gently press out the air and divide into 2 portions, or make one large pizza.
7. Shape into a circle with your hands. Transfer to a pizza pan dusted with rice flour.
8. Add your preferred sauce and toppings. Bake in a preheated oven at 220°C for 15-20 minutes, until the edges are golden.

CHEF HANNAH'S TIPS

- For a crisper crust, prebake for 7-10 minutes before adding toppings.
- Use a baking stone or preheated baking sheet if desired.
- Freeze shaped bases with parchment between them for up to 2 months.

RECIPE 057

Chicken and Corn Pizza

Soft, light dough, a juicy topping and flavor in every slice!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**50 min**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup sour tapioca starch
- 1/4 cup sweet tapioca starch
- 1 tsp salt
- 1 tbsp olive oil for the dough
- 1 tsp dry yeast
- 1/2 cup warm water
- 1 cup cooked, shredded chicken
- 1/2 cup sweetcorn
- 1/2 cup homemade tomato sauce
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tbsp olive oil for the filling
- Salt, black pepper and oregano to taste
- 1 cup grated lactose-free melting cheese

METHOD

1. Mix the flours and salt in a bowl. Dissolve the yeast in warm water in another bowl.
2. Combine wet and dry ingredients and add the olive oil. Mix until a sticky dough forms.
3. Knead lightly with moistened hands until smooth. Cover and rest for 30 minutes.
4. Heat the olive oil in a pan and sauté the onion and garlic until golden. Add the shredded chicken, season and set aside.
5. Roll the dough between two sheets of parchment and place in a greased or lined pan.
6. Spread the tomato sauce over the dough, leaving a narrow border.
7. Add the chicken and corn, then the grated lactose-free cheese and oregano.
8. Bake in a preheated oven at 200°C for about 20-25 minutes, until the edge is golden and the cheese melts.

CHEF HANNAH'S TIPS

- Use chicken seasoned with herbs for more flavor.
- For a crisper crust, prebake the base for 8 minutes.
- Serve hot with leafy greens for a complete, balanced meal.

RECIPE 058

Calabresa Sausage Pizza

Soft inside, crisp outside and full of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
240 kcal per slice	**45 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/4 cup sweet tapioca starch
- 1 tsp dry yeast
- 1 tsp demerara sugar
- 1 tsp salt
- 3/4 cup warm water
- 1/4 cup olive oil
- 150 g calabresa sausage, thinly sliced
- 1/2 onion, thinly sliced
- 1 cup homemade tomato sauce
- 1 1/2 cups grated lactose-free mozzarella
- Oregano to taste

METHOD

1. Mix the flours, dry yeast, sugar and salt in a large bowl.
2. Add the warm water and olive oil. Mix until a dough forms.
3. Knead for 5-8 minutes until smooth and elastic. Cover and rest for 20 minutes.
4. Shape with your hands or roll between two nonstick sheets, then place in a pizza pan.
5. Spread tomato sauce over the dough, leaving a border.
6. Arrange the sausage and onion slices on top.
7. Cover with lactose-free mozzarella and sprinkle oregano to taste.
8. Bake in a preheated oven at 220°C for about 20-25 minutes, until golden and thoroughly cooked.

CHEF HANNAH'S TIPS

- For an even crisper crust, prebake for 8 minutes before topping.
- Use well-seasoned homemade tomato sauce for more flavor.
- Sliced olives and cherry tomatoes pair beautifully. Finish with basil leaves.

RECIPE 059

Lactose-Free Margherita Pizza

Light, crisp dough, homemade tomato sauce and plenty of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
230 kcal per serving	**35 min**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup potato starch
- 1/4 cup sweet tapioca starch
- 1 tsp xanthan gum
- 1 tsp salt
- 1 tsp dry yeast
- 1 tsp sugar, optional
- 1/2 cup warm water
- 1 tbsp olive oil
- 1 cup homemade tomato sauce
- 200 g lactose-free mozzarella, grated or sliced
- Tomato slices to taste
- Fresh basil leaves
- Dried oregano to taste
- A drizzle of olive oil to finish

METHOD

1. Mix the flour, starches, xanthan gum, salt, yeast and sugar, if using.
2. Add the warm water and olive oil. Mix until soft and smooth.
3. Cover and rest for 20 minutes to make the dough easier to roll.
4. Roll into a pizza shape on a surface dusted with rice flour.
5. Transfer to a greased or parchment-lined baking sheet and spread with tomato sauce.
6. Arrange the lactose-free mozzarella and tomato slices on top. Sprinkle oregano to taste.
7. Bake in a preheated oven at 220°C for about 20-25 minutes, until crisp and golden.
8. Finish with fresh basil and a drizzle of olive oil. Serve hot and enjoy!

CHEF HANNAH'S TIPS

- For an even crisper crust, prebake for 8-10 minutes before topping.
- Use well-seasoned homemade tomato sauce to enhance the flavor.
- Serve immediately to keep the crust crisp.

RECIPE 060

Adapted Portuguese-Style Pizza

Traditional flavor, light dough and ingredients everyone can enjoy!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per serving	**1 hr 20 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 tsp salt
- 1 tsp dry yeast
- 1 tsp sugar, optional
- 1 1/4 cups warm water
- 2 tbsp olive oil
- 1 cup homemade tomato sauce
- 150 g sliced lactose-free ham
- 1 large onion, thinly sliced
- 3 hard-boiled eggs, sliced
- 1/2 cup fresh or frozen peas
- 1/2 cup sliced black olives
- 1 cup grated lactose-free plant-based cheese
- Oregano to taste

METHOD

1. Mix the flours, psyllium, salt, yeast and sugar, if using.
2. Gradually add the warm water while mixing, then add the olive oil. Stir until uniform.
3. Cover and rest in a warm place for 40 minutes, until risen and lighter.
4. Transfer to an olive-oil-greased pan and spread with your hands into a pizza shape.
5. Prebake in a preheated oven at 200°C for 10 minutes.
6. Spread with tomato sauce, then add ham, onion, peas, olives and eggs.
7. Sprinkle with grated plant-based cheese and oregano to taste.
8. Return to the oven for 15-20 minutes, until the cheese melts and edges are golden.

CHEF HANNAH'S TIPS

- Use well-seasoned tomato sauce to enhance the flavor.
- Let the dough rise well for a lighter, better texture.
- Slice the toppings thinly to distribute their flavors evenly.

RECIPE 061

Tuna Pizza

Light, crisp dough and a flavorful topping, perfect for any meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
215 kcal per serving	**45 min**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup potato starch
- 1/4 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp dry yeast
- 1 tsp salt
- 1 tbsp olive oil
- 3/4 cup warm water
- 1/2 cup homemade tomato sauce
- 1 can tuna, drained
- 1/2 red onion, thinly sliced
- 1/4 cup sliced olives
- 3/4 cup grated lactose-free cheese
- Oregano to taste

METHOD

1. Mix the flours, psyllium, yeast and salt.
2. Add the warm water and olive oil, stirring until a soft dough forms.
3. Rest for 20 minutes.
4. Shape the dough and place in a pizza pan.
5. Prebake for 8 minutes.
6. Spread with tomato sauce.
7. Top with tuna, onion, olives, lactose-free cheese and oregano.
8. Bake until golden and serve hot.

CHEF HANNAH'S TIPS

- Drain the tuna thoroughly to avoid a soggy crust.
- Finish with olive oil and oregano after baking.
- Serve with leafy greens for a complete meal.

RECIPE 062

Beef Sfiha Pastries

Soft dough, a juicy filling and flavor in every bite!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
150 kcal per piece	**1 hr 20 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 tsp dry yeast
- 1 tsp salt
- 1 tbsp olive oil
- 1 cup warm water
- 300 g ground beef
- 1/2 onion, chopped
- 1 tomato, seeded and chopped
- Juice of 1/2 lemon
- 1 tbsp chopped parsley
- Salt and pepper to taste

METHOD

1. Mix the dry dough ingredients.
2. Add water and olive oil and mix until a dough forms.
3. Cover and rest for 30 minutes.
4. Mix the ground beef with onion, tomato, lemon juice, parsley and seasonings.
5. Divide the dough into portions and roll into small circles.
6. Place the filling in the center.
7. Fold up the sides, leaving the center open.
8. Bake in a preheated oven at 200°C until cooked and golden.

CHEF HANNAH'S TIPS

- Squeeze the tomato well to remove excess liquid.
- Season the filling ahead of time for more flavor.
- Serve with freshly squeezed lemon juice.

RECIPE 063

Chicken Sfiha Pastries

Light, flavorful and perfect for snacks or quick meals!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
145 kcal per piece	**1 hr 15 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 tsp dry yeast
- 1 tsp salt
- 1 tbsp olive oil for the dough
- 1 cup warm water
- 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 tomato, seeded and chopped
- 1 tbsp chopped parsley and scallions
- 1 tbsp olive oil for the filling
- Salt and paprika to taste

METHOD

1. Mix the dry dough ingredients.
2. Add water and olive oil and stir until a dough forms.
3. Rest for 30 minutes.
4. Sauté the onion in olive oil and add the shredded chicken, tomato and seasonings.
5. Roll small circles of dough.
6. Place the chicken filling in the center.
7. Fold up the edges, leaving the center open.
8. Bake in a preheated oven until golden.

CHEF HANNAH'S TIPS

- Use well-seasoned chicken to enhance the flavor.
- Avoid a very wet filling.
- These freeze well after baking.

RECIPE 064

Baked Turnover Dough

Light, soft and perfect for your favorite fillings!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
120 kcal per serving	**40 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 tsp salt
- 2 tbsp olive oil
- 1 egg
- 3/4 cup warm water
- 1 tsp baking powder

METHOD

1. Mix the flours, psyllium and salt.
2. Add the egg, olive oil and warm water.
3. Mix until a uniform dough forms.
4. Add the baking powder last.
5. Roll between two sheets of plastic.
6. Cut circles or rectangles of your desired size.
7. Fill or use as a base for baked turnovers.
8. Bake until lightly golden.

CHEF HANNAH'S TIPS

- Roll the dough while still warm for easier handling.
- Use parchment to prevent sticking.
- Freeze prepared circles between sheets of paper if desired.

RECIPE 065

Baked Beef Turnovers

Crisp outside with a juicy filling, perfect for a snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per piece	**1 hr 10 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 tsp salt
- 2 tbsp olive oil
- 1 egg
- 3/4 cup warm water
- 300 g ground beef
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 1 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Mix the dry dough ingredients.
2. Add the egg, olive oil and water to form the dough.
3. Sauté the onion and garlic, then add the ground beef.
4. Add tomato, parsley, scallions and seasonings.
5. Roll the dough and cut circles or rectangles.
6. Add the beef filling and seal the edges well.
7. Arrange on a greased baking sheet and brush with egg yolk if desired.
8. Bake until golden and crisp.

CHEF HANNAH'S TIPS

- Use a cold filling to prevent soggy dough.
- Seal the edges with a fork.
- Serve with your preferred homemade sauce.

RECIPE 066

Baked Chicken Turnovers

Light and crisp, with just the right creamy filling!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per piece	**1 hr**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 tsp salt
- 2 tbsp olive oil
- 1 egg
- 3/4 cup warm water
- 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 2 tbsp tomato sauce
- 1 tbsp chopped parsley and scallions
- Salt and paprika to taste

METHOD

1. Prepare the dough by combining the dry and wet ingredients.
2. Mix until a uniform dough forms.
3. Sauté the onion and garlic and add the chicken.
4. Season and finish with tomato sauce, parsley and scallions.
5. Roll the dough and cut into portions.
6. Place filling in the center and close each turnover.
7. Arrange on a baking sheet and brush the tops if desired.
8. Bake until golden.

CHEF HANNAH'S TIPS

- A dry filling keeps the turnovers crisper.
- Avoid adding too much filling.
- Freeze after baking if desired.

RECIPE 067

Basic Savory Pie Batter

Versatile and soft, perfect for chicken, vegetable or hearts of palm pies!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
130 kcal per slice	**35 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 2 eggs
- 1/4 cup olive oil
- 1 cup water
- 1 tbsp baking powder

METHOD

1. Mix the flours, psyllium and salt.
2. Beat the eggs, water and olive oil.
3. Add the wet ingredients to the dry and stir well.
4. Add the baking powder last.
5. Pour half the batter into a pan.
6. Add your preferred filling.
7. Cover with the remaining batter.
8. Bake until golden.

CHEF HANNAH'S TIPS

- This batter works with dry or creamy fillings.
- Use a greased or lined pan.
- Let cool slightly before cutting.

RECIPE 068

Homemade Gluten-Free Pasta Dough

Homemade flavor, perfect with a variety of sauces!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per serving	**50 min**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tsp xanthan gum
- 1 tsp salt
- 2 eggs
- 1 tbsp olive oil
- 2-4 tbsp water, if needed

METHOD

1. Mix the flours, xanthan gum and salt.
2. Make a well in the center and add the eggs and olive oil.
3. Mix until a dough forms.
4. Knead until smooth and uniform.
5. Wrap and rest for 20 minutes.
6. Roll out with a rolling pin or pasta machine.
7. Cut into pasta strips.
8. Cook in boiling water for a few minutes and serve with your chosen sauce.

CHEF HANNAH'S TIPS

- Dust with rice flour when rolling.
- Avoid overcooking to preserve the texture.
- Freeze the cut pasta if desired.

RECIPE 069

Potato Gnocchi

Soft, delicate and perfect with homemade sauce!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**55 min**

INGREDIENTS

- 500 g potatoes
- 1 egg
- 1 cup rice flour
- 1/4 cup potato starch
- 1 tsp salt
- Nutmeg to taste
- Tomato sauce for serving

METHOD

1. Cook the potatoes until tender.
2. Drain, peel and mash while warm.
3. Add the egg, salt and nutmeg.
4. Add the flours and mix until firm.
5. Roll into ropes on a floured surface.
6. Cut into small gnocchi pieces.
7. Cook in boiling water until they float.
8. Drain, cover with sauce and serve.

CHEF HANNAH'S TIPS

- Use drier potatoes for lighter gnocchi.
- Avoid adding too much flour.
- Serve immediately after cooking.

RECIPE 070

Cassava Gnocchi

Homemade flavor, a soft texture and a special Brazilian touch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per serving	**1 hr**

INGREDIENTS

- 500 g cooked cassava
- 1 egg
- 3/4 cup rice flour
- 1/4 cup potato starch
- 1 tsp salt
- 1 tbsp olive oil
- Tomato sauce for serving

METHOD

1. Cook the cassava until very tender.
2. Remove the fibrous cores and mash while warm.
3. Add the egg, olive oil and salt.
4. Add the flours and mix until firm.
5. Shape into ropes on a floured surface.
6. Cut the gnocchi to your desired size.
7. Cook in boiling water until they float.
8. Serve with tomato sauce and fresh herbs.

CHEF HANNAH'S TIPS

- Pass warm cassava through a potato ricer for a better texture.
- If very moist, adjust with a little more rice flour.
- Finish with olive oil and fresh basil.

RECIPE 071

Savory Chicken Pie

Soft, generously filled and perfect for lunch or a snack!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per slice	**55 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 2 eggs
- 1/4 cup olive oil
- 1 1/2 cups lactose-free milk
- 1 tbsp baking powder
- 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1/2 cup corn
- 2 tbsp tomato sauce
- Parsley, scallions, salt and paprika to taste

METHOD

1. Mix the flours, psyllium and salt.
2. Beat the eggs, milk and olive oil in a bowl.
3. Combine wet and dry ingredients, adding the baking powder last.
4. Sauté the onion and mix in the chicken, corn, sauce and seasonings.
5. Pour half the batter into a greased pan.
6. Spread the chicken filling on top.
7. Cover with the remaining batter.
8. Bake until golden and serve warm.

CHEF HANNAH'S TIPS

- Use a cooled filling to keep the batter light.
- Finish with fresh parsley and scallions.
- Great for packed lunches.

RECIPE 072

Savory Vegetable Pie

Colorful, light and full of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
170 kcal per slice	**50 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 2 eggs
- 1/4 cup olive oil
- 1 1/2 cups lactose-free milk
- 1 tbsp baking powder
- 1 carrot, grated
- 1/2 cup corn
- 1/2 cup peas
- 1/2 zucchini, chopped
- 1/2 onion, chopped
- Parsley, scallions and salt to taste

METHOD

1. Mix the flours, psyllium and salt.
2. Beat the eggs, milk and olive oil.
3. Combine wet and dry ingredients and add the baking powder.
4. Sauté the onion, carrot, zucchini, corn and peas.
5. Season the vegetables and let cool.
6. Pour half the batter into a pan.
7. Add the vegetables and cover with the remaining batter.
8. Bake until set and golden.

CHEF HANNAH'S TIPS

- Use well-drained vegetables so the batter stays light.
- Add fresh herbs for more aroma.
- Serve with a green salad.

RECIPE 073

Tuna Pie

Juicy, convenient and great for any meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per slice	**50 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 2 eggs
- 1/4 cup olive oil
- 1 1/2 cups lactose-free milk
- 1 tbsp baking powder
- 2 cans tuna, drained
- 1/2 red onion, chopped
- 1 tomato, seeded and chopped
- 2 tbsp sliced olives
- Parsley, scallions and oregano to taste

METHOD

1. Mix the dry batter ingredients.
2. Beat the eggs, milk and olive oil.
3. Combine wet and dry ingredients and add the baking powder.
4. Mix the tuna, onion, tomato, olives and seasonings.
5. Pour half the batter into a pan.
6. Spread the tuna filling.
7. Cover with the remaining batter.
8. Bake until golden.

CHEF HANNAH'S TIPS

- Drain the tuna thoroughly.
- Finish with oregano to enhance the flavor.
- Also delicious cold.

RECIPE 074

Chicken Pot Pie

Soft pastry, a creamy filling and plenty of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
230 kcal per slice	**1 hr 15 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 4 tbsp cold lactose-free butter
- 1 egg
- 4-6 tbsp ice-cold water
- 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1/2 cup corn
- 2 tbsp chopped olives
- 2 tbsp tomato sauce
- Parsley, scallions, salt and paprika to taste

METHOD

1. Mix the flours, psyllium and salt.
2. Add the cold butter and work into moist crumbs.
3. Add the egg and water until a dough forms.
4. Sauté the onion, garlic, chicken, corn, olives and seasonings.
5. Line the bottom and sides of a pan with dough.
6. Add the cooled filling.
7. Cover with the remaining dough and seal the edges.
8. Bake until thoroughly golden.

CHEF HANNAH'S TIPS

- Keep the dough cold while working for a softer result.
- Use a cold filling so the base does not soften.
- Brush the surface for an attractive finish.

RECIPE 075

Cassava Casserole with Ground Beef

Creamy and golden-topped, perfect for lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
260 kcal per serving	**1 hr 10 min**

INGREDIENTS

- 700 g cooked cassava
- 2 tbsp olive oil
- 1/2 cup lactose-free milk
- Salt and nutmeg to taste
- 400 g ground beef
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 2 tbsp tomato sauce
- Parsley and scallions to taste
- 1/2 cup grated lactose-free cheese

METHOD

1. Cook the cassava until very tender.
2. Remove the fibrous cores and mash while hot.
3. Mix in olive oil, milk, salt and nutmeg to make the purée.
4. Sauté the onion, garlic and ground beef.
5. Add the tomato, sauce, parsley and scallions to the filling.
6. Spread half the purée in an ovenproof dish.
7. Cover with the beef and then the remaining purée.
8. Sprinkle with lactose-free cheese and bake until golden.

CHEF HANNAH'S TIPS

- Use very tender cassava for a smooth purée.
- Keep the filling fairly dry so the casserole holds together.
- Serve with a fresh salad.

RECIPE 076

Sweet Potato Casserole with Chicken

Creamy, flavorful and perfect for an everyday meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
245 kcal per serving	**1 hr**

INGREDIENTS

- 700 g cooked sweet potato
- 2 tbsp olive oil
- 1/2 cup lactose-free milk
- Salt and nutmeg to taste
- 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 2 tbsp tomato sauce
- Parsley and scallions to taste
- 1/2 cup grated lactose-free cheese

METHOD

1. Cook the sweet potato until tender.
2. Mash while hot and add the olive oil and milk.
3. Season the purée with salt and nutmeg.
4. Sauté the onion, garlic and shredded chicken.
5. Add the tomato, sauce, parsley and scallions to the filling.
6. Spread a layer of purée in an ovenproof dish.
7. Add the chicken and cover with the remaining purée.
8. Top with lactose-free cheese and bake.

CHEF HANNAH'S TIPS

- Sweet potato makes the dish lighter and more nutritious.
- Avoid a very wet filling.
- Serve with sautéed vegetables.

RECIPE 077

Zucchini and Beef Lasagna

Light, juicy and full of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per serving	**1 hr**

INGREDIENTS

- 2 zucchini, thinly sliced
- 400 g ground beef
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 2 cups tomato sauce
- 1 cup grated lactose-free cheese
- 1/2 cup lactose-free cream
- Olive oil, salt, pepper and oregano to taste

METHOD

1. Cut the zucchini into thin slices.
2. Quickly grill the slices with olive oil.
3. Sauté the onion, garlic and ground beef.
4. Add tomato sauce and seasonings to the filling.
5. Spread a little sauce in an ovenproof dish.
6. Layer the zucchini, beef and cheese.
7. Finish with lactose-free cream and cheese.
8. Bake until bubbling and golden.

CHEF HANNAH'S TIPS

- Dry the zucchini before assembling.
- Season the beef well.
- Wait a few minutes before cutting.

RECIPE 078

Eggplant and Chicken Lasagna

Delicious layers for a special lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
215 kcal per serving	**1 hr**

INGREDIENTS

- 2 eggplants, thinly sliced
- 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 2 cups tomato sauce
- 1 cup grated lactose-free cheese
- 1/2 cup lactose-free cream
- Olive oil, salt, paprika and oregano to taste

METHOD

1. Cut the eggplants into thin slices.
2. Briefly grill or bake the slices.
3. Sauté the onion, garlic and shredded chicken.
4. Add tomato sauce and season the filling.
5. Spread a little sauce in an ovenproof dish.
6. Layer the eggplant, chicken and cheese.
7. Finish with lactose-free cream and more cheese.
8. Bake until golden on top.

CHEF HANNAH'S TIPS

- Salt the eggplant beforehand to reduce bitterness.
- A thicker sauce gives better lasagna.
- Serve with leafy greens.

RECIPE 079

Chicken-Filled Crepes

Light crepes and a flavorful filling for lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per piece	**55 min**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup potato starch
- 1 1/2 cups lactose-free milk
- 1 tbsp olive oil
- 1 pinch of salt
- 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 2 tbsp tomato sauce for the filling
- 1/2 cup tomato sauce for topping
- 1/2 cup grated lactose-free cheese
- Parsley, scallions, salt and paprika to taste

METHOD

1. Blend the eggs, flour, starch, milk, olive oil and salt.
2. Heat a skillet and make thin crepes.
3. Sauté the onion and add the shredded chicken.
4. Season the filling and add tomato sauce.
5. Fill each crepe.
6. Roll the crepes carefully.
7. Arrange in an ovenproof dish and cover with sauce.
8. Top with lactose-free cheese and bake.

CHEF HANNAH'S TIPS

- Grease the skillet well so the crepes release easily.
- Avoid overfilling so they roll easily.
- Serve with salad or vegetables.

RECIPE 080

Ground Beef-Filled Crepes

Traditional, juicy and very convenient!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
200 kcal per piece	**55 min**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup potato starch
- 1 1/2 cups lactose-free milk
- 1 tbsp olive oil
- 1 pinch of salt
- 400 g ground beef
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 2 tbsp tomato sauce for the filling
- 1/2 cup tomato sauce for topping
- 1/2 cup grated lactose-free cheese
- Parsley, scallions, salt and pepper to taste

METHOD

1. Blend the batter ingredients until smooth.
2. Cook thin crepes in a skillet.
3. Sauté the onion, garlic and ground beef.
4. Season and add a little sauce to the filling.
5. Fill each crepe.
6. Roll and arrange in an ovenproof dish.
7. Cover with tomato sauce and lactose-free cheese.
8. Bake until heated through and golden on top.

CHEF HANNAH'S TIPS

- Keep the beef filling fairly dry.
- Thin crepes are easier to roll.
- Sprinkle with parsley and scallions when serving.

RECIPE 081

Hearts of Palm Pot Pie

Soft pastry, a creamy filling and plenty of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per slice	**1 hr 15 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 4 tbsp cold lactose-free butter
- 1 egg
- 4-6 tbsp ice-cold water
- 2 cups chopped hearts of palm
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1/2 cup corn
- 1/4 cup peas
- 2 tbsp tomato sauce
- Parsley, scallions, salt and paprika to taste

METHOD

1. Mix the flours, psyllium and salt.
2. Add the cold butter and work into moist crumbs.
3. Add the egg and water until a dough forms.
4. Sauté the onion, garlic, hearts of palm, corn, peas and seasonings.
5. Line the bottom and sides of a pan with dough.
6. Add the cooled filling.
7. Cover with the remaining dough and seal the edges.
8. Bake until thoroughly golden.

CHEF HANNAH'S TIPS

- Keep the dough cold while working.
- Use a cold filling to keep the base crisp.
- Serve with a green salad.

RECIPE 082

Ground Beef Pie

Generously filled, juicy and perfect for everyday meals!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per slice	**55 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 2 eggs
- 1/4 cup olive oil
- 1 1/2 cups lactose-free milk
- 1 tbsp baking powder
- 400 g ground beef
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 2 tbsp tomato sauce
- Parsley, scallions, salt and pepper to taste

METHOD

1. Mix the flours, psyllium and salt.
2. Beat the eggs, milk and olive oil.
3. Combine wet and dry ingredients and add the baking powder.
4. Sauté the onion, garlic and ground beef.
5. Add the tomato, sauce and seasonings to the filling.
6. Pour half the batter into a greased pan.
7. Add the beef and cover with the remaining batter.
8. Bake until set and golden.

CHEF HANNAH'S TIPS

- Keep the filling fairly dry.
- Finish with fresh parsley and scallions.
- Great for lunch or a snack.

RECIPE 083

Leek Quiche

Creamy, delicate and great for any meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per slice	**1 hr**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 4 tbsp cold lactose-free butter
- 1 egg for the pastry
- 4 tbsp ice-cold water
- 2 eggs for the filling
- 1 cup lactose-free milk
- 1/2 cup grated lactose-free cheese
- 1 leek, thinly sliced
- 1/2 onion, chopped
- Olive oil, salt, nutmeg and pepper to taste

METHOD

1. Mix the flours, psyllium and salt.
2. Add the cold butter and work into moist crumbs.
3. Add the egg and water until a dough forms.
4. Sauté the onion and leek in olive oil.
5. Line a quiche pan with the dough.
6. Beat the filling eggs, milk, cheese and seasonings.
7. Spread the leek in the pastry shell and cover with the custard.
8. Bake until set and golden.

CHEF HANNAH'S TIPS

- Prebake the shell for extra crispness.
- Use nutmeg to enhance the flavor.
- Serve warm with salad.

RECIPE 084

Chicken Quiche

Flavorful, creamy and perfect for lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
225 kcal per slice	**1 hr 5 min**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 4 tbsp cold lactose-free butter
- 1 egg for the pastry
- 4 tbsp ice-cold water
- 2 eggs for the filling
- 1 cup lactose-free milk
- 1/2 cup grated lactose-free cheese
- 1 1/2 cups cooked, shredded chicken
- 1/4 cup corn
- 1/2 onion, chopped
- Olive oil, salt, paprika, parsley and scallions to taste

METHOD

1. Mix the flours, psyllium and salt.
2. Add the cold butter and work into moist crumbs.
3. Add the egg and water until a dough forms.
4. Sauté the onion and chicken with the seasonings.
5. Line a pan with the dough.
6. Beat the filling eggs, milk and cheese to make the custard.
7. Spread the chicken in the shell and cover with the custard.
8. Bake until golden and set.

CHEF HANNAH'S TIPS

- Use a cooled filling.
- Finish with fresh parsley and scallions.
- Delicious for lunch or dinner.

RECIPE 085

Spinach Quiche

Light, creamy and full of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
205 kcal per slice	**1 hr**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tbsp psyllium
- 1 tsp salt
- 4 tbsp cold lactose-free butter
- 1 egg for the pastry
- 4 tbsp ice-cold water
- 2 eggs for the filling
- 1 cup lactose-free milk
- 1/2 cup grated lactose-free cheese
- 1 cup sautéed spinach
- 1/2 onion, chopped
- Olive oil, salt, nutmeg and pepper to taste

METHOD

1. Mix the flours, psyllium and salt.
2. Add the cold butter and work into moist crumbs.
3. Add the egg and water until a dough forms.
4. Briefly sauté the onion and spinach.
5. Line the pan with the dough.
6. Beat the filling eggs, milk, cheese and seasonings.
7. Add the spinach and cover with the custard.
8. Bake until set and golden.

CHEF HANNAH'S TIPS

- Squeeze the spinach well to remove excess water.
- Nutmeg pairs beautifully with the filling.
- Serve with a fresh salad.

RECIPE 086

Zucchini Stuffed with Ground Beef

Light, juicy and great for lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per piece	**50 min**

INGREDIENTS

- 2 medium zucchini
- 400 g ground beef
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 2 tbsp tomato sauce
- 1/2 cup grated lactose-free cheese
- 2 tbsp olive oil
- Parsley, scallions, salt, pepper and oregano to taste

METHOD

1. Halve the zucchini and scoop out some of the centers.
2. Season the halves and set aside.
3. Sauté the onion, garlic and ground beef.
4. Add tomato, sauce and seasonings.
5. Place the zucchini in an ovenproof dish.
6. Fill with the ground beef.
7. Top with lactose-free cheese.
8. Bake until golden on top.

CHEF HANNAH'S TIPS

- Leave some flesh inside so the zucchini keep their shape.
- Keep the beef filling fairly dry.
- Serve with rice or salad.

RECIPE 087

Zucchini Stuffed with Chicken

Convenient, light and full of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per piece	**50 min**

INGREDIENTS

- 2 medium zucchini
- 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 2 tbsp tomato sauce
- 1/2 cup grated lactose-free cheese
- 2 tbsp olive oil
- Parsley, scallions, salt, paprika and oregano to taste

METHOD

1. Halve the zucchini and scoop out some of the centers.
2. Season the halves and set aside.
3. Sauté the onion, garlic and shredded chicken.
4. Add tomato, sauce and seasonings to the filling.
5. Place the zucchini in an ovenproof dish.
6. Fill with the chicken.
7. Sprinkle with lactose-free cheese.
8. Bake until golden on top and serve.

CHEF HANNAH'S TIPS

- Well-seasoned chicken improves the dish.
- Avoid a very wet filling.
- Serve with vegetables or salad.

RECIPE 088

Brazilian Chicken Fricassée

Creamy, golden-topped and very tasty!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
240 kcal per serving	**55 min**

INGREDIENTS

- 2 cups cooked, shredded chicken
- 1 can corn, drained
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 cup lactose-free milk
- 1/2 cup lactose-free cream
- 1/2 cup grated lactose-free cheese
- 2 tbsp olive oil
- 2 tbsp tomato sauce
- Parsley, scallions, salt and paprika to taste

METHOD

1. Blend the corn, milk and cream until creamy.
2. Sauté the onion, garlic and shredded chicken.
3. Season the chicken and add tomato sauce.
4. Place the chicken in an ovenproof dish.
5. Cover with the corn cream.
6. Spread the lactose-free cheese on top.
7. Bake until golden on top.
8. Serve hot.

CHEF HANNAH'S TIPS

- Blend the corn thoroughly for a smoother cream.
- Cheese on top gives a golden finish.
- Pairs well with rice and gluten-free shoestring potato crisps.

RECIPE 089

Baked Rice with Chicken

Convenient, creamy and perfect for lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
230 kcal per serving	**50 min**

INGREDIENTS

- 3 cups cooked rice
- 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1/2 cup corn
- 2 tbsp tomato sauce
- 1/2 cup lactose-free cream
- 1/2 cup lactose-free milk
- 1/2 cup grated lactose-free cheese
- 2 tbsp olive oil
- Parsley, scallions, salt and paprika to taste

METHOD

1. Sauté the onion, garlic and shredded chicken.
2. Add corn, sauce and seasonings to the filling.
3. Mix the cream and milk.
4. Combine the chicken with the cooked rice.
5. Add some of the cream mixture and mix well.
6. Transfer everything to an ovenproof dish.
7. Top with lactose-free cheese.
8. Bake until golden on top.

CHEF HANNAH'S TIPS

- Use cooked rice with separate grains.
- Finish with parsley and scallions for freshness.
- Great for using leftovers from the previous day.

RECIPE 090

Meatballs in Tomato Sauce

Classic, juicy and perfect for lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**50 min**

INGREDIENTS

- 500 g ground beef
- 1 egg
- 2 tbsp rice flour
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 2 cups tomato sauce
- 2 tbsp olive oil
- Parsley, scallions, salt, pepper and oregano to taste

METHOD

1. Mix the ground beef, egg, flour and seasonings.
2. Shape meatballs with your hands.
3. Heat the olive oil in a pan or skillet.
4. Brown the meatballs on all sides.
5. Remove and set aside for a few minutes.
6. Add the tomato sauce to the pan.
7. Return the meatballs and cook in the sauce.
8. Finish with parsley and scallions and serve.

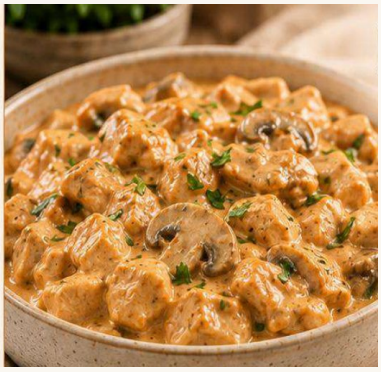
CHEF HANNAH'S TIPS

- Shape evenly sized meatballs.
- Avoid moving them too much while browning.
- Serve with rice, purée or gluten-free pasta.

RECIPE 091

Chicken Stroganoff

Creamy, convenient and perfect for lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
230 kcal per serving	**40 min**

INGREDIENTS

- 2 cups cubed chicken breast
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 cup sliced button mushrooms
- 2 tbsp tomato sauce
- 1 tbsp mustard
- 1/2 cup lactose-free milk
- 1/2 cup lactose-free cream
- 2 tbsp olive oil
- Salt, paprika and pepper to taste
- Parsley and scallions to finish

METHOD

1. Season the chicken with salt, paprika and pepper.
2. Heat the olive oil in a pan.
3. Brown the chicken over high heat.
4. Add the onion and garlic and sauté.
5. Add the mushrooms, tomato sauce and mustard.
6. Add the milk and cream.
7. Cook until the sauce thickens.
8. Finish with parsley and scallions and serve.

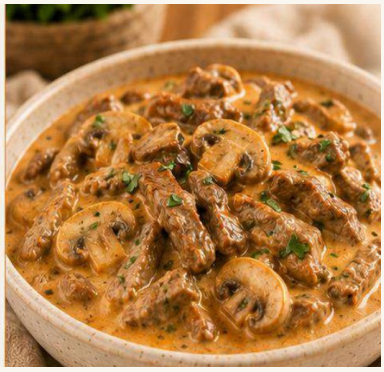
CHEF HANNAH'S TIPS

- Cut the chicken into evenly sized cubes.
- Avoid boiling the sauce too much after adding cream.
- Serve with rice and gluten-free shoestring potato crisps.

RECIPE 092

Beef Stroganoff

Juicy, creamy and very flavorful!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
250 kcal per serving	**45 min**

INGREDIENTS

- 500 g beef strips
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 cup sliced button mushrooms
- 2 tbsp tomato sauce
- 1 tbsp mustard
- 1/2 cup lactose-free milk
- 1/2 cup lactose-free cream
- 2 tbsp olive oil
- Salt, paprika and pepper to taste
- Parsley and scallions to finish

METHOD

1. Season the beef with salt, paprika and pepper.
2. Heat the olive oil in a skillet.
3. Brown the beef over high heat.
4. Add the onion and garlic and sauté.
5. Add the mushrooms, tomato sauce and mustard.
6. Add the milk and cream.
7. Cook until the sauce is creamy.
8. Finish with parsley and scallions and serve.

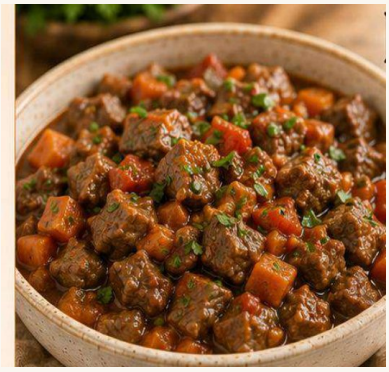
CHEF HANNAH'S TIPS

- Sear the beef quickly to avoid drying out.
- Use high heat for browning.
- Pairs well with rice and vegetables.

RECIPE 093

Diced Beef Stew

Homestyle, tender and great for everyday meals!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
260 kcal per serving	**55 min**

INGREDIENTS

- 500 g beef cubes
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 1 carrot, cubed
- 2 tbsp tomato sauce
- 2 tbsp olive oil
- 1 1/2 cups water
- Salt, paprika and pepper to taste
- Parsley and scallions to finish

METHOD

1. Season the beef with salt and paprika.
2. Heat the olive oil in a pan.
3. Brown the beef on all sides.
4. Add the onion and garlic and sauté.
5. Add tomato, carrot and sauce.
6. Add the water and cover.
7. Cook until the beef is tender.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Cut the beef into evenly sized cubes.
- Let the broth reduce for more flavor.
- Serve with rice or purée.

RECIPE 094

Chicken in Sauce with Vegetables

Light, colorful and full of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
215 kcal per serving	**45 min**

INGREDIENTS

- 2 cups chicken cubes
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 carrot, cubed
- 1 zucchini, cubed
- 1/2 cup peas
- 1 tomato, chopped
- 2 tbsp tomato sauce
- 2 tbsp olive oil
- Salt, paprika and pepper to taste
- Parsley and scallions to finish

METHOD

1. Season the chicken with salt and paprika.
2. Heat the olive oil in a pan.
3. Brown the chicken over high heat.
4. Add the onion and garlic and sauté.
5. Add the carrot, zucchini and peas.
6. Add tomato, sauce and seasonings.
7. Cook until the vegetables are tender.
8. Finish with parsley and scallions and serve.

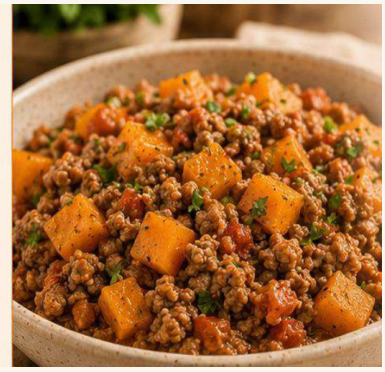
CHEF HANNAH'S TIPS

- Cut the vegetables into small cubes.
- Avoid overcooking the zucchini.
- Great with white rice.

RECIPE 095

Ground Beef with Pumpkin

Practical, nutritious and perfect for lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per serving	**45 min**

INGREDIENTS

- 500 g ground beef
- 2 cups pumpkin cubes
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 2 tbsp olive oil
- 1/2 cup water
- Salt, paprika and pepper to taste
- Parsley and scallions to finish

METHOD

1. Season the beef with salt and pepper.
2. Heat the olive oil in a pan.
3. Sauté the onion, garlic and ground beef.
4. Add tomato and seasonings.
5. Add the pumpkin cubes.
6. Add the water and cover.
7. Cook until the pumpkin is tender.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Cut the pumpkin into small cubes.
- Stir occasionally to prevent sticking.
- Serve with rice or salad.

RECIPE 096

Oven-Baked Chicken Fillets

Juicy, easy and great for dinner!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**50 min**

INGREDIENTS

- 4 chicken fillets
- 1/2 onion, sliced
- 1 tomato, sliced
- 1 garlic clove, chopped
- 1/2 cup tomato sauce
- 1/2 cup grated lactose-free cheese
- 2 tbsp olive oil
- Salt, paprika and oregano to taste
- Parsley and scallions to finish

METHOD

1. Season the fillets with salt and paprika.
2. Heat the olive oil in a skillet.
3. Quickly brown the fillets.
4. Place the chicken in an ovenproof dish.
5. Mix the tomato sauce and garlic.
6. Cover with tomato and onion.
7. Finish with cheese and oregano.
8. Bake until golden.

CHEF HANNAH'S TIPS

- Brown only briefly to sear the fillets.
- Use ripe tomatoes for more flavor.
- Serve with vegetables or rice.

RECIPE 097

Beef Strips with Onions

Quick, juicy and full of flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
235 kcal per serving	**35 min**

INGREDIENTS

- 500 g beef strips
- 1 onion, sliced
- 1 garlic clove, chopped
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp oregano
- Salt and pepper to taste
- Parsley and scallions to finish

METHOD

1. Season the beef with salt, paprika and pepper.
2. Heat the olive oil in a skillet.
3. Sear the beef over high heat.
4. Add the garlic and stir.
5. Add the sliced onion.
6. Sauté until the onion softens.
7. Adjust the seasonings and finish.
8. Serve hot.

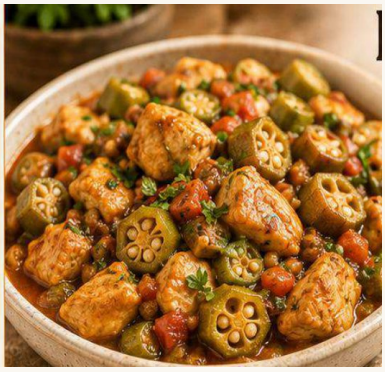
CHEF HANNAH'S TIPS

- Do not add too much beef at once.
- Use high heat for better browning.
- Pairs well with rice and salad.

RECIPE 098

Chicken with Okra

Traditional, homemade and very tasty!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per serving	**50 min**

INGREDIENTS

- 2 cups chicken cubes
- 2 cups sliced okra
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 2 tbsp olive oil
- Salt, paprika and pepper to taste
- Parsley and scallions to finish

METHOD

1. Wash and thoroughly dry the okra.
2. Season the chicken with salt and paprika.
3. Heat the olive oil in a pan.
4. Brown the chicken on all sides.
5. Add the onion and garlic and sauté.
6. Add the tomato and okra.
7. Cook until everything is tender.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Drying okra thoroughly helps reduce sliminess.
- Brown the chicken before adding vegetables.
- Serve with freshly cooked rice.

RECIPE 099

Braised Beef with Sweet Potato

Tender, comforting and perfect for lunch!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
280 kcal per serving	**1 hr 10 min**

INGREDIENTS

- 500 g beef cubes
- 2 sweet potatoes, cubed
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1 tomato, chopped
- 2 tbsp olive oil
- 2 cups water
- 1 bay leaf
- Salt, paprika and pepper to taste
- Parsley and scallions to finish

METHOD

1. Season the beef with salt and paprika.
2. Heat the olive oil in a pan.
3. Brown the beef on all sides.
4. Add the onion, garlic and tomato.
5. Add the water and bay leaf.
6. Cook until the beef starts to soften.
7. Add the sweet potato and finish cooking.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Let the broth reduce for more flavor.
- Add the sweet potato only toward the end.
- Great with rice or vegetables.

RECIPE 100

Creamy Chicken with Corn

Creamy, comforting and very flavorful!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
235 kcal per serving	**40 min**

INGREDIENTS

- 2 cups cooked, shredded chicken
- 1 cup drained corn
- 1/2 onion, chopped
- 1 garlic clove, chopped
- 1/2 cup lactose-free milk
- 1/2 cup lactose-free cream
- 2 tbsp tomato sauce
- 2 tbsp olive oil
- Salt, paprika and pepper to taste
- Parsley and scallions to finish

METHOD

1. Blend half the corn with the milk.
2. Heat the olive oil in a pan.
3. Sauté the onion, garlic and chicken.
4. Add tomato sauce and seasonings.
5. Add the blended corn cream.
6. Add the remaining corn and cream.
7. Cook until very creamy.
8. Finish with parsley and scallions and serve.

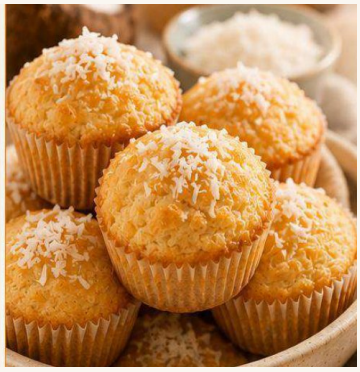
CHEF HANNAH'S TIPS

- Blend the corn well for a smoother cream.
- Do not let the sauce become too thick.
- Serve with rice or salad.

RECIPE 101

Coconut Muffins

Fluffy and fragrant, perfect for breakfast or a snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
135 kcal per piece	**35 min**

INGREDIENTS

- 2 eggs
- 1/2 cup coconut milk
- 1/3 cup baking erythritol
- 1/2 cup rice flour
- 1/2 cup unsweetened shredded coconut
- 2 tbsp coconut oil
- 1 tsp baking powder
- 1 pinch of salt

METHOD

1. Gather and measure all ingredients.
2. Crack the eggs into a bowl and beat lightly.
3. Add the coconut milk, coconut oil and erythritol.
4. Add the rice flour, shredded coconut and salt, stirring well.
5. Gently mix in the baking powder.
6. Divide among greased or lined muffin cups.
7. Bake in a preheated oven at 180°C for about 20 minutes, until golden.
8. Remove, let cool slightly and serve.

CHEF HANNAH'S TIPS

- Top with shredded coconut for extra flavor.
- Avoid overfilling the cups so the muffins rise nicely.
- Makes about 8 muffins.

RECIPE 102

Blueberry Muffins

Soft and delicate, with fruit in every bite.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
130 kcal per piece	**35 min**

INGREDIENTS

- 2 eggs
- 1/3 cup baking erythritol
- 1/2 cup lactose-free milk or plant-based milk
- 1/4 cup coconut oil
- 1 cup rice flour
- 1/3 cup potato starch
- 1 tsp baking powder
- 1 cup fresh blueberries
- 1 pinch of salt
- Lemon zest, optional

METHOD

1. Gather and measure all ingredients.
2. Beat the eggs with the erythritol until well mixed.
3. Add the lactose-free milk and coconut oil.
4. Add the rice flour, potato starch and salt.
5. Gently mix in the baking powder.
6. Carefully fold in the blueberries without crushing them.
7. Divide among muffin cups and bake at 180°C for about 20 minutes.
8. Remove, let cool slightly and serve.

CHEF HANNAH'S TIPS

- Toss the blueberries in a little rice flour to prevent sinking.
- Lemon zest enhances the fruit's flavor.
- Makes about 8 muffins.

RECIPE 103

Chocolate Cupcakes

Fluffy and chocolatey, perfect for satisfying a sweet craving.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per piece	**45 min**

INGREDIENTS

- 2 eggs
- 1/3 cup baking erythritol
- 1/2 cup lactose-free milk or plant-based milk
- 1/4 cup coconut oil
- 3/4 cup rice flour
- 1/4 cup 100% cocoa powder
- 1/4 cup sweet tapioca starch
- 1 tsp baking powder
- 1 pinch of salt
- Optional topping: ganache made with sugar-free chocolate and lactose-free cream

METHOD

1. Gather all ingredients.
2. Beat the eggs with the erythritol in a bowl.
3. Add the milk and coconut oil.
4. Add the rice flour, tapioca starch, cocoa and salt.
5. Mix until smooth and add the baking powder.
6. Divide among cupcake molds.
7. Bake in a preheated oven at 180°C for about 22 minutes.
8. Let cool and finish with the optional topping.

CHEF HANNAH'S TIPS

- Use 100% cocoa for a deeper flavor.
- Do not open the oven before 15 minutes.
- Makes about 8 cupcakes.

RECIPE 104

Vanilla Cupcakes

Light, delicate and great for an afternoon snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
150 kcal per piece	**40 min**

INGREDIENTS

- 2 eggs
- 1/3 cup baking erythritol
- 1/2 cup lactose-free milk or plant-based milk
- 1/4 cup oil
- 1 cup rice flour
- 1/4 cup potato starch
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 pinch of salt

METHOD

1. Gather the ingredients and prepare the molds.
2. Beat the eggs with the erythritol.
3. Add the milk, oil and vanilla.
4. Add the rice flour, potato starch and salt.
5. Mix until smooth and add the baking powder.
6. Fill the molds two-thirds full.
7. Bake in a preheated oven at 180°C for about 20 minutes.
8. Let cool and serve, or decorate as desired.

CHEF HANNAH'S TIPS

- Vanilla gives an irresistible aroma.
- Decorate with finely shredded coconut or fruit.
- Makes about 8 cupcakes.

RECIPE 105

Baked Brazilian Rain Cakes

Soft inside, lightly golden and delicious for a snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
95 kcal per piece	**30 min**

INGREDIENTS

- 1 egg
- 1/3 cup lactose-free milk
- 2 tbsp oil
- 1/3 cup baking erythritol
- 1 cup rice flour
- 2 tbsp sweet tapioca starch
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1 pinch of salt
- Erythritol mixed with cinnamon for finishing, optional

METHOD

1. Gather all ingredients.
2. Beat the egg with the erythritol.
3. Add the milk and oil.
4. Add the rice flour, tapioca starch, salt and cinnamon.
5. Mix and add the baking powder last.
6. Divide among small greased molds.
7. Bake at 180°C for about 18-20 minutes, until lightly golden.
8. Remove and finish with cinnamon and erythritol if desired.

CHEF HANNAH'S TIPS

- Delicious with fresh coffee.
- Avoid overbaking to keep them soft.
- Makes about 10 small cakes.

RECIPE 106

Baked Chicken Coxinhas

A golden crust and juicy filling, perfect for a snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per piece	**1 hr 20 min**

INGREDIENTS

- DOUGH: 2 cups cooked, mashed cassava
- 1 tbsp olive oil
- 1/2 cup rice flour
- 1/2 cup sweet tapioca starch
- Salt to taste
- FILLING: 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt, paprika and pepper to taste
- COATING: flaxseed meal or fine cornmeal

METHOD

1. Cook the cassava and mash while hot.
2. Mix with olive oil, rice flour, tapioca starch and salt to form the dough.
3. Sauté the onion and garlic in olive oil.
4. Add the shredded chicken, tomato sauce and seasonings.
5. Flatten portions of dough in your palm.
6. Fill with chicken and shape into teardrops.
7. Coat and place on a greased baking sheet.
8. Bake in a preheated oven at 200°C until golden and serve.

CHEF HANNAH'S TIPS

- Lightly grease your hands for easier shaping.
- The filling must be cold so the dough does not split.
- Makes about 10 pieces.

RECIPE 107

Cassava Coxinhas

Soft and flavorful, with a well-seasoned filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
170 kcal per piece	**1 hr 10 min**

INGREDIENTS

- DOUGH: 500 g cooked, mashed cassava
- 1 tbsp olive oil
- 1/3 cup rice flour
- 1/3 cup sweet tapioca starch
- Salt to taste
- FILLING: 2 cups shredded chicken
- 1/2 onion, chopped
- 1 garlic clove
- 1 tomato, chopped
- Parsley and scallions
- Salt and paprika to taste
- COATING: fine cornmeal or flaxseed meal

METHOD

1. Cook the cassava until tender and mash well.
2. Mix with olive oil, rice flour, tapioca starch and salt.
3. Sauté the onion and garlic in a pan.
4. Add the chicken, tomato and seasonings.
5. Flatten small portions of dough in your palm.
6. Fill and shape into traditional teardrops.
7. Coat and place on a greased baking sheet.
8. Bake at 200°C until golden outside.

CHEF HANNAH'S TIPS

- Keep the filling fairly dry for easier shaping.
- If sticky, add a little more rice flour.
- Makes about 10 pieces.

RECIPE 108

Sweet Potato Coxinhas

Light and nutritious, with an irresistible filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per piece	**1 hr 10 min**

INGREDIENTS

- DOUGH: 2 cups cooked, mashed sweet potato
- 1 tbsp olive oil
- 1/2 cup rice flour
- 1/3 cup sweet tapioca starch
- Salt to taste
- FILLING: 2 cups shredded chicken
- 1/2 onion, chopped
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt, paprika and pepper to taste
- COATING: fine cornmeal

METHOD

1. Cook the sweet potato and mash while hot.
2. Mix with olive oil, rice flour, tapioca starch and salt until a dough forms.
3. Sauté the onion and garlic.
4. Add the chicken, tomato sauce and seasonings.
5. Flatten small portions of dough in your palm.
6. Fill and shape into teardrops.
7. Coat with fine cornmeal and arrange on a baking sheet.
8. Bake in a preheated oven at 200°C until golden.

CHEF HANNAH'S TIPS

- Sweet potato makes the dough more nutritious and slightly sweet.
- Use moist hands for easier shaping.
- Makes about 10 pieces.

RECIPE 109

Mini Chicken Pies

Soft pastry, a creamy filling and homemade flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per piece	**1 hr 15 min**

INGREDIENTS

- PASTRY: 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tsp psyllium
- 4 tbsp cold lactose-free butter
- 1 egg
- 3-4 tbsp ice-cold water
- 1 pinch of salt
- FILLING: 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove
- 2 tbsp tomato sauce
- 2 tbsp lactose-free cream
- Parsley and scallions
- Salt and paprika to taste

METHOD

1. Mix the dry pastry ingredients.
2. Add the cold butter and work into moist crumbs.
3. Add the egg and ice-cold water until a dough forms.
4. Sauté the onion and garlic and prepare the chicken filling.
5. Line mini pie molds with the dough.
6. Add the cooled filling.
7. Cover with more dough, sealing the edges well.
8. Bake in a preheated oven at 200°C until golden.

CHEF HANNAH'S TIPS

- A cold filling keeps the mini pies crisp.
- Brush with egg yolk for better browning if desired.
- Makes about 8 mini pies.

RECIPE 110

Mini Hearts of Palm Pies

Delicate, creamy and perfect for any occasion.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per piece	**1 hr 10 min**

INGREDIENTS

- PASTRY: 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tsp psyllium
- 4 tbsp cold lactose-free butter
- 1 egg
- 3-4 tbsp ice-cold water
- 1 pinch of salt
- FILLING: 2 cups chopped hearts of palm
- 1/2 onion, chopped
- 1 garlic clove
- 1/2 cup tomato sauce
- 1/4 cup corn
- 2 tbsp lactose-free cream
- Parsley and scallions
- Salt and nutmeg to taste

METHOD

1. Mix the dry pastry ingredients.
2. Work in the cold butter until crumbly.
3. Add the egg and ice-cold water until a dough forms.
4. Sauté the onion and garlic and prepare the hearts of palm filling.
5. Line the molds with dough.
6. Add the cooled creamy hearts of palm filling.
7. Cover with dough circles and press the edges closed.
8. Bake at 200°C until golden and serve.

CHEF HANNAH'S TIPS

- Drain the hearts of palm thoroughly.
- Cold dough produces a delicious, crumbly pastry.
- Makes about 8 mini pies.

RECIPE 111

Mini Beef Pies

Delicate pastry, a juicy filling and homemade flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
195 kcal per piece	**1 hr 20 min**

INGREDIENTS

- PASTRY: 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tsp psyllium
- 4 tbsp cold lactose-free butter
- 1 egg
- 3-4 tbsp ice-cold water
- 1 pinch of salt
- FILLING: 2 cups cooked ground beef
- 1/2 onion, chopped
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and paprika to taste

METHOD

1. Mix the dry pastry ingredients.
2. Add the cold butter and work into moist crumbs.
3. Add the egg and water until a dough forms.
4. Sauté the onion and garlic and prepare the beef filling.
5. Line mini pie molds with dough.
6. Add the cooled filling.
7. Cover with more dough, sealing the edges well.
8. Bake in a preheated oven at 200°C until golden.

CHEF HANNAH'S TIPS

- A cold filling keeps the pastry crisp.
- Brush with egg yolk for better browning if desired.
- Makes about 8 mini pies.

RECIPE 112

Creamy Chicken Pot Pie

Soft pastry and a creamy filling, perfect for the family.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
230 kcal per slice	**1 hr 30 min**

INGREDIENTS

- PASTRY: 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tsp psyllium
- 5 tbsp cold lactose-free butter
- 1 egg
- 4-5 tbsp ice-cold water
- Salt to taste
- FILLING: 3 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove
- 1 tomato, chopped
- 1/2 cup corn
- 3 tbsp lactose-free cream
- Parsley and scallions
- Salt and paprika to taste

METHOD

1. Mix the dry pastry ingredients in a bowl.
2. Add the cold butter and work into crumbs.
3. Add the egg and water until a dough forms.
4. Sauté the onion and garlic and prepare the chicken filling.
5. Roll some dough and line a pan.
6. Add the cooled creamy filling.
7. Cover with the remaining dough and seal the edges.
8. Bake at 200°C until golden.

CHEF HANNAH'S TIPS

- Let the filling cool before assembling.
- Make small slits in the lid for even baking.
- Makes about 10 slices.

RECIPE 113

Hearts of Palm Pot Pie

Creamy, delicate and great for any occasion.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
215 kcal per slice	**1 hr 25 min**

INGREDIENTS

- PASTRY: 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tsp psyllium
- 5 tbsp cold lactose-free butter
- 1 egg
- 4-5 tbsp ice-cold water
- Salt to taste
- FILLING: 3 cups chopped hearts of palm
- 1/2 onion, chopped
- 1 garlic clove
- 1/2 cup tomato sauce
- 1/2 cup corn
- 3 tbsp lactose-free cream
- Parsley and scallions
- Salt and nutmeg to taste

METHOD

1. Mix the dry pastry ingredients.
2. Work in the cold butter until crumbly.
3. Add the egg and water until a dough forms.
4. Sauté the onion and garlic and prepare the creamy hearts of palm filling.
5. Line a pan with some of the dough.
6. Add the cooled filling.
7. Cover with the remaining dough and seal the edges.
8. Bake at 200°C until golden and serve.

CHEF HANNAH'S TIPS

- Drain the hearts of palm well before using.
- The filling must be cold to avoid softening the dough.
- Makes about 10 slices.

RECIPE 114

Blender Chicken Pie

Convenient and fluffy, with a well-seasoned filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
205 kcal per slice	**1 hr 10 min**

INGREDIENTS

- BATTER: 3 eggs
- 1 cup lactose-free milk or plant-based milk
- 1/3 cup oil
- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 tbsp baking powder
- 1 tsp salt
- FILLING: 2 cups shredded chicken
- 1/2 onion, chopped
- 1 tomato, chopped
- 1/2 cup corn
- Parsley and scallions
- Salt and paprika to taste

METHOD

1. Gather the ingredients and prepare the filling.
2. Blend the eggs, milk and oil.
3. Add the rice flour, tapioca starch and salt.
4. Blend until smooth and add the baking powder.
5. Pour half the batter into a greased pan.
6. Spread the chicken filling on top.
7. Cover with the remaining batter.
8. Bake at 180°C until golden.

CHEF HANNAH'S TIPS

- Use a cold filling so it does not sink into the batter.
- Sprinkle oregano on top before baking.
- Makes about 10 slices.

RECIPE 115

Tuna Pie

Flavorful and convenient, perfect for a snack or dinner.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
200 kcal per slice	**1 hr**

INGREDIENTS

- BATTER: 3 eggs
- 1 cup lactose-free milk or plant-based milk
- 1/3 cup oil
- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 tbsp baking powder
- 1 tsp salt
- FILLING: 2 cans tuna, drained
- 1/2 onion, chopped
- 1 tomato, chopped
- 1/2 cup corn
- Olives to taste
- Parsley and scallions
- Salt and oregano to taste

METHOD

1. Gather the ingredients and drain the tuna.
2. Blend the eggs, milk and oil.
3. Add the rice flour, tapioca starch and salt.
4. Blend until smooth and mix in the baking powder.
5. Pour half the batter into a greased pan.
6. Spread the tuna filling.
7. Cover with the remaining batter.
8. Bake at 180°C until golden and set.

CHEF HANNAH'S TIPS

- Well-drained tuna makes the pie lighter.
- Add peas to the filling if desired.
- Makes about 10 slices.

RECIPE 116

Vegetable Pie

Light, colorful and great for any meal of the day.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per slice	**1 hr**

INGREDIENTS

- BATTER: 3 eggs
- 1 cup lactose-free milk or plant-based milk
- 1/3 cup oil
- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 tbsp baking powder
- 1 tsp salt
- FILLING: 1 cup grated carrot
- 1 cup grated zucchini
- 1/2 cup corn
- 1/2 onion, chopped
- 1 tomato, chopped
- Parsley and scallions
- Salt and oregano to taste

METHOD

1. Gather the batter and filling ingredients.
2. Beat the eggs, milk and oil.
3. Add the rice flour, tapioca starch and salt.
4. Mix until smooth and add the baking powder.
5. Pour half the batter into a greased pan.
6. Spread the vegetables on top.
7. Cover with the remaining batter.
8. Bake at 180°C until golden.

CHEF HANNAH'S TIPS

- Squeeze excess water from the zucchini before using.
- Season the vegetables well to enhance their flavor.
- Makes about 10 slices.

RECIPE 117

Ground Beef Pie

Fluffy, generously filled and full of everyday flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per slice	**1 hr 10 min**

INGREDIENTS

- BATTER: 3 eggs
- 1 cup lactose-free milk or plant-based milk
- 1/3 cup oil
- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 tbsp baking powder
- 1 tsp salt
- FILLING: 2 cups cooked ground beef
- 1/2 onion, chopped
- 1 tomato, chopped
- 1 garlic clove
- Parsley and scallions
- Salt, paprika and oregano to taste

METHOD

1. Gather the ingredients and prepare the filling.
2. Beat the eggs, milk and oil.
3. Add the rice flour, tapioca starch and salt.
4. Mix until smooth and add the baking powder.
5. Pour half the batter into a greased pan.
6. Spread the ground beef filling.
7. Cover with the remaining batter.
8. Bake at 180°C until golden.

CHEF HANNAH'S TIPS

- Cook the beef well so the filling stays loose and crumbly.
- Add chopped olives if desired.
- Makes about 10 slices.

RECIPE 118

Leek Quiche

Elegant and creamy, with just the right mild flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per slice	**1 hr 15 min**

INGREDIENTS

- PASTRY: 1 1/2 cups rice flour
- 1/2 cup potato starch
- 4 tbsp cold lactose-free butter
- 1 egg
- 1-2 tbsp ice-cold water
- 1 pinch of salt
- FILLING: 2 leeks, sliced
- 3 eggs
- 1/2 cup lactose-free cream
- 1/2 cup lactose-free milk
- 1/4 cup grated lactose-free cheese
- Salt, nutmeg and pepper to taste

METHOD

1. Mix the dry pastry ingredients.
2. Add the cold butter and work into crumbs.
3. Add the egg and water until a dough forms.
4. Line a quiche pan and prebake the shell.
5. Briefly sauté the leeks.
6. Mix the filling eggs, cream, milk and seasonings.
7. Spread the leeks in the shell and cover with the custard.
8. Bake at 180°C until set and golden.

CHEF HANNAH'S TIPS

- Prebaking helps keep the pastry crisp.
- Use only the tender parts of the leeks.
- Makes about 8 slices.

RECIPE 119

Chicken Quiche

Creamy, flavorful and great served warm or cold.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
225 kcal per slice	**1 hr 20 min**

INGREDIENTS

- PASTRY: 1 1/2 cups rice flour
- 1/2 cup potato starch
- 4 tbsp cold lactose-free butter
- 1 egg
- 1-2 tbsp ice-cold water
- 1 pinch of salt
- FILLING: 2 cups shredded chicken
- 3 eggs
- 1/2 cup lactose-free cream
- 1/2 cup lactose-free milk
- 1/4 cup grated lactose-free cheese
- Parsley and scallions
- Salt and paprika to taste

METHOD

1. Mix the dry pastry ingredients.
2. Work in the cold butter until crumbly.
3. Add the egg and water until a dough forms.
4. Line the pan and prebake the shell.
5. Spread the shredded chicken in the shell.
6. Mix the filling eggs, cream, milk and seasonings.
7. Pour the custard over the chicken.
8. Bake at 180°C until set and golden.

CHEF HANNAH'S TIPS

- Season the chicken with fresh herbs if desired.
- Prebaking prevents a soggy base.
- Makes about 8 slices.

RECIPE 120

Spinach Quiche

Light and creamy, with a special touch of vegetables.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per slice	**1 hr 15 min**

INGREDIENTS

- PASTRY: 1 1/2 cups rice flour
- 1/2 cup potato starch
- 4 tbsp cold lactose-free butter
- 1 egg
- 1-2 tbsp ice-cold water
- 1 pinch of salt
- FILLING: 2 cups chopped spinach
- 3 eggs
- 1/2 cup lactose-free cream
- 1/2 cup lactose-free milk
- 1/4 cup grated lactose-free cheese
- 1/2 onion, chopped
- Salt, nutmeg and pepper to taste

METHOD

1. Mix the dry pastry ingredients.
2. Add the cold butter and work into crumbs.
3. Add the egg and water until a dough forms.
4. Line the pan and prebake the shell.
5. Briefly sauté the spinach and onion.
6. Mix the filling eggs, cream, milk and seasonings.
7. Spread the spinach in the shell and cover with the custard.
8. Bake at 180°C until set and golden.

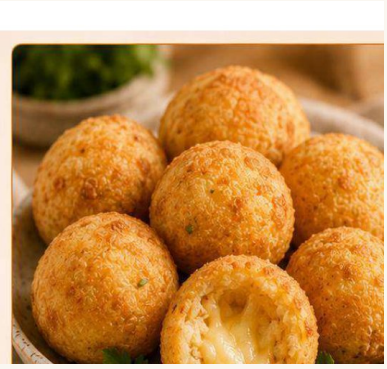
CHEF HANNAH'S TIPS

- Sauté the spinach briefly so it does not release too much water.
- Nutmeg pairs beautifully with this filling.
- Makes about 8 slices.

RECIPE 121

Cheese Balls

Crisp outside, soft inside and perfect served hot.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per piece	**1 hr 10 min**

INGREDIENTS

- DOUGH: 2 cups cooked, mashed cassava
- 1 tbsp olive oil
- 1/2 cup rice flour
- 1/2 cup sweet tapioca starch
- Salt to taste
- FILLING: 1 cup lactose-free mozzarella cubes
- Oregano to taste
- COATING: fine cornmeal or golden flaxseed meal

METHOD

1. Cook the cassava until tender and mash while hot.
2. Mix with olive oil, rice flour, tapioca starch and salt to form the dough.
3. Flatten portions of dough in your palm.
4. Add a cube of lactose-free mozzarella and oregano.
5. Seal well and shape into balls.
6. Coat with fine cornmeal or golden flaxseed meal.
7. Arrange on a greased or paper-lined baking sheet.
8. Bake in a preheated oven at 200°C until golden and crisp.

CHEF HANNAH'S TIPS

- Use a chilled filling for easier shaping.
- Serve hot while the cheese is melted.
- Makes about 12 pieces.

RECIPE 122

Beef Croquettes

Crisp, flavorful and perfect for a snack or appetizer.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per piece	**1 hr 20 min**

INGREDIENTS

- DOUGH: 2 cups cooked, mashed cassava
- 1 tbsp olive oil
- 1/2 cup rice flour
- 1/2 cup sweet tapioca starch
- Salt to taste
- FILLING: 2 cups cooked ground beef
- 1/2 onion, chopped
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and paprika to taste
- COATING: fine cornmeal

METHOD

1. Cook the cassava until very tender.
2. Mash and mix with olive oil, rice flour, tapioca starch and salt to form the dough.
3. Sauté the onion and garlic in olive oil.
4. Add ground beef, tomato sauce, parsley, scallions, salt and paprika. Mix well.
5. Flatten portions of dough in your palm.
6. Fill with beef and shape into croquettes.
7. Coat with fine cornmeal.
8. Bake in a preheated oven at 200°C until golden and serve.

CHEF HANNAH'S TIPS

- Let the filling cool before shaping.
- Lightly grease your hands for easier shaping.
- Makes about 10 pieces.

RECIPE 123

Chicken Croquettes

Golden crust, a well-seasoned filling and plenty of flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per piece	**1 hr 15 min**

INGREDIENTS

- DOUGH: 2 cups cooked, mashed cassava
- 1 tbsp olive oil
- 1/2 cup rice flour
- 1/2 cup sweet tapioca starch
- Salt to taste
- FILLING: 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and paprika to taste
- COATING: fine cornmeal or flaxseed meal

METHOD

1. Cook the cassava until very tender.
2. Mash while hot and mix with olive oil, rice flour, tapioca starch and salt.
3. Sauté the onion and garlic until golden.
4. Add the shredded chicken, tomato sauce and seasonings and mix.
5. Flatten portions of dough in your palm.
6. Fill with chicken and shape into croquettes.
7. Coat with fine cornmeal or flaxseed meal.
8. Bake in a preheated oven at 200°C until golden.

CHEF HANNAH'S TIPS

- Use a cold filling for easier shaping.
- Brush the croquettes with olive oil for better browning.
- Makes about 10 pieces.

RECIPE 124

Beef Rissoles

Crisp and flavorful, perfect for a special snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per piece	**1 hr 20 min**

INGREDIENTS

- DOUGH: 2 cups lactose-free milk or unsweetened plant-based milk
- 2 tbsp olive oil
- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 tsp salt
- FILLING: 2 cups cooked ground beef
- 1/2 onion
- 1 garlic clove
- Parsley and scallions
- Salt and paprika
- COATING: fine cornmeal

METHOD

1. Heat the milk, olive oil and salt until it begins to boil.
2. Add the rice flour and tapioca starch all at once and cook, stirring, until a dough forms.
3. Transfer to a work surface and knead lightly until smooth.
4. Sauté the onion and garlic, add ground beef and season with salt, paprika, parsley and scallions. Set aside.
5. Shape portions of dough into circles in your palm.
6. Place filling in the center.
7. Fold into half-moons and press the edges firmly to seal.
8. Coat with fine cornmeal and bake in a preheated oven at 200°C until golden.

CHEF HANNAH'S TIPS

- Work with the dough while warm for easier handling.
- Seal the edges well to prevent filling from leaking.
- Makes 12 pieces.

RECIPE 125

Chicken Rissoles

Crisp pastry with just the right creamy filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per piece	**1 hr 15 min**

INGREDIENTS

- DOUGH: 2 cups lactose-free milk or unsweetened plant-based milk
- 2 tbsp olive oil
- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- Salt
- FILLING: 2 cups cooked, shredded chicken
- 1/2 onion
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley, scallions and salt to taste
- COATING: fine cornmeal

METHOD

1. Boil the lactose-free or plant-based milk with olive oil and salt.
2. Gradually add the flours, stirring until a smooth, firm dough forms.
3. Transfer to a bowl and cool until comfortable to handle.
4. Sauté the onion and garlic, add chicken and tomato sauce and season to taste.
5. Shape portions of dough into circles with your hands.
6. Place filling in the center.
7. Close, shape into rissoles and coat with fine cornmeal.
8. Arrange on a greased baking sheet and bake in a preheated oven at 200°C until golden.

CHEF HANNAH'S TIPS

- Use a cold filling for easier shaping.
- Brush with olive oil before baking for a more golden finish.
- Makes about 12 pieces.

RECIPE 126

Sausage Rolls

Soft, golden and perfect for parties and snacks.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
170 kcal per piece	**1 hr 30 min**

INGREDIENTS

- DOUGH: 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 egg
- 3 tbsp olive oil
- 3/4 cup warm water
- 1 tsp dry yeast
- 1 tsp salt
- FILLING: 8 gluten-free hot dog sausages, halved
- FOR BRUSHING: egg yolk or olive oil

METHOD

1. Mix all dry ingredients in a bowl.
2. Add the egg, olive oil and warm water. Mix well.
3. Knead until smooth. Cover and rest for 40 minutes.
4. Divide into 8 equal portions.
5. Roll each portion into rectangular strips.
6. Wrap each strip around a sausage, sealing well.
7. Place on a greased or lined baking sheet and brush with yolk or olive oil.
8. Bake in a preheated oven at 200°C for 25-30 minutes, until golden.

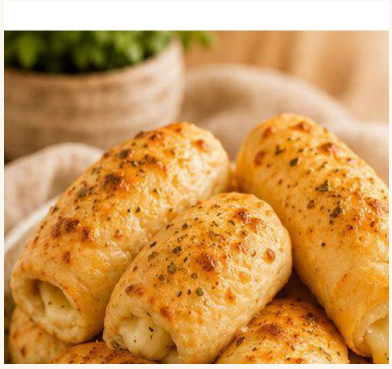
CHEF HANNAH'S TIPS

- Leave space between rolls so they do not stick.
- Serve with your preferred homemade sauce.
- Makes 16 pieces.

RECIPE 127

Cheese Rolls

Fluffy pastry with an irresistible melted filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per piece	**1 hr 30 min**

INGREDIENTS

- DOUGH: 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 egg
- 3 tbsp olive oil
- 3/4 cup warm water
- 1 tsp dry yeast
- 1 tsp salt
- FILLING: 1 1/2 cups lactose-free mozzarella strips
- Oregano to taste
- FOR BRUSHING: egg yolk or olive oil

METHOD

1. Mix the dry ingredients in a bowl.
2. Add the egg, olive oil and warm water.
3. Knead until smooth and let rest until doubled, about 40 minutes.
4. Divide into equal portions.
5. Roll each portion into a rectangle.
6. Add cheese strips and sprinkle with oregano.
7. Roll tightly, sealing the ends.
8. Brush with yolk or olive oil and bake until golden.

CHEF HANNAH'S TIPS

- Use well-chilled cheese to prevent leaking.
- Sprinkle oregano on top before baking.
- Makes 14 pieces.

RECIPE 128

Rice Fritters

Crisp outside, soft inside and great for using leftovers.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
150 kcal per piece	**40 min**

INGREDIENTS

- 2 cups cooked rice
- 2 eggs
- 1/2 cup rice flour
- 1/4 cup sweet tapioca starch
- 1/2 cup grated lactose-free cheese
- 1/4 cup chopped parsley and scallions
- 1/2 onion, chopped
- Salt and pepper to taste
- 1 tsp baking powder
- A little fine cornmeal for shaping

METHOD

1. Gather all ingredients.
2. Mix the cooked rice and eggs in a bowl.
3. Add onion, parsley, scallions, cheese, salt and pepper.
4. Add the rice flour and tapioca starch. Mix well.
5. Gently mix in the baking powder.
6. Shape fritters with your hands and coat with fine cornmeal.
7. Arrange on a greased or paper-lined baking sheet.
8. Bake in a preheated oven at 200°C for about 25 minutes, until golden.

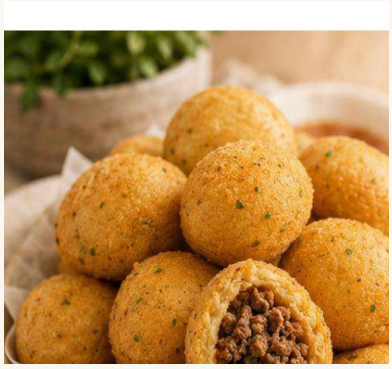
CHEF HANNAH'S TIPS

- Use cold rice to help the mixture hold together.
- Add grated carrot for extra flavor and color.
- Makes about 14 pieces.

RECIPE 129

Cassava Fritters with Beef

Homemade flavor in a golden savory snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per piece	**1 hr 15 min**

INGREDIENTS

- DOUGH: 2 cups cooked, mashed cassava
- 1 tbsp olive oil
- 1/2 cup rice flour
- 1/2 cup sweet tapioca starch
- Salt
- FILLING: 2 cups cooked ground beef
- 1/2 onion
- 1 garlic clove
- Parsley and scallions
- Paprika and salt
- COATING: fine cornmeal

METHOD

1. Cook the cassava until very tender.
2. Mash and mix with olive oil, rice flour, tapioca starch and salt to form a dough.
3. Sauté the beef with onion and garlic. Season with parsley, scallions, paprika and salt. Let cool.
4. Flatten portions of dough in your palm.
5. Add filling in the center.
6. Close and shape as desired.
7. Coat all sides with fine cornmeal.
8. Arrange on a greased baking sheet and bake in a preheated oven at 200°C until golden.

CHEF HANNAH'S TIPS

- The filling must be cold so the dough does not split.
- Use well-drained cassava so the dough does not become too soft.
- Makes about 12 pieces.

RECIPE 130

Potato Fritters with Chicken

Light and golden, with a well-seasoned filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per piece	**1 hr 10 min**

INGREDIENTS

- DOUGH: 2 cups cooked, mashed potato
- 1 tbsp olive oil
- 1/2 cup rice flour
- 1/2 cup sweet tapioca starch
- Salt and nutmeg to taste
- FILLING: 2 cups cooked, shredded chicken
- 1/2 onion
- 1 garlic clove
- Parsley and scallions
- Salt and paprika
- COATING: fine cornmeal or flaxseed meal

METHOD

1. Cook the potatoes and mash while hot.
2. Add olive oil, rice flour and tapioca starch. Mix well.
3. Sauté the onion and garlic until soft.
4. Add shredded chicken and seasonings.
5. Flatten portions of dough in your palm.
6. Fill with chicken and shape into fritters.
7. Coat with fine cornmeal or flaxseed meal.
8. Bake in a preheated oven at 200°C until golden.

CHEF HANNAH'S TIPS

- The potato should be cold for the right consistency.
- Use a dry filling to prevent splitting during baking.
- Makes 12 pieces.

RECIPE 131

Mini Baked Chicken Turnovers

Light pastry and a well-seasoned filling, perfect for a snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
170 kcal per piece	**1 hr 20 min**

INGREDIENTS

- DOUGH: 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tsp psyllium
- 3 tbsp olive oil
- 1 egg
- 3/4 cup warm water
- 1 tsp salt
- FILLING: 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and paprika to taste
- FOR BRUSHING: egg yolk or olive oil

METHOD

1. Mix the dry dough ingredients.
2. Add egg, olive oil and warm water until a dough forms.
3. Knead lightly and rest for 10 minutes.
4. Sauté onion, garlic and chicken with the seasonings.
5. Roll the dough and cut circles.
6. Fill and close into small turnovers.
7. Place on a baking sheet and brush.
8. Bake in a preheated oven at 200°C until golden.

CHEF HANNAH'S TIPS

- Use a cold filling so the dough does not soften.
- Seal the edges well to prevent leaking during baking.
- Makes about 12 pieces.

RECIPE 132

Mini Baked Cheese Turnovers

Golden crust, melted filling and irresistible flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per piece	**1 hr 15 min**

INGREDIENTS

- DOUGH: 2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup sweet tapioca starch
- 1 tsp psyllium
- 3 tbsp olive oil
- 1 egg
- 3/4 cup warm water
- 1 tsp salt
- FILLING: 1 1/2 cups lactose-free mozzarella, grated or in strips
- Oregano to taste
- FOR BRUSHING: egg yolk or olive oil

METHOD

1. Mix the dry dough ingredients.
2. Add egg, olive oil and warm water.
3. Mix and knead until soft.
4. Rest for 10 minutes.
5. Roll the dough and cut circles.
6. Add cheese and close the turnovers.
7. Arrange on a baking sheet and brush.
8. Bake at 200°C until golden.

CHEF HANNAH'S TIPS

- Use well-chilled cheese to prevent leaking.
- Sprinkle oregano on top before baking for more flavor.
- Makes about 12 pieces.

RECIPE 133

Open Beef Sfiha Pastries

Soft dough and a juicy filling, perfect for any snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per piece	**1 hr 30 min**

INGREDIENTS

- DOUGH: 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tsp psyllium
- 1 egg
- 3 tbsp olive oil
- 3/4 cup warm water
- 1 tsp dry yeast
- 1 tsp salt
- FILLING: 2 cups cooked ground beef
- 1/2 onion, chopped
- 1 tomato, chopped
- Parsley and scallions
- Salt, pepper and lemon to taste

METHOD

1. Mix the dry dough ingredients.
2. Add egg, olive oil and warm water.
3. Knead and let rise.
4. Prepare the beef filling and let cool.
5. Divide the dough into balls.
6. Shape circles with raised edges.
7. Place filling in the center.
8. Bake at 200°C until golden.

CHEF HANNAH'S TIPS

- Drain excess liquid from the filling to prevent soggy dough.
- Use lemon to enhance the filling's flavor.
- Makes 10 pieces.

RECIPE 134

Open Chicken Sfiha Pastries

A well-seasoned filling and fluffy dough, ideal for everyday enjoyment.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
160 kcal per piece	**1 hr 25 min**

INGREDIENTS

- DOUGH: 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tsp psyllium
- 1 egg
- 3 tbsp olive oil
- 3/4 cup warm water
- 1 tsp dry yeast
- 1 tsp salt
- FILLING: 2 cups cooked, shredded chicken
- 1/2 onion, chopped
- 1 tomato, chopped
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and paprika to taste

METHOD

1. Mix the dry ingredients.
2. Add the wet ingredients and form a dough.
3. Knead lightly and let rise.
4. Prepare the chicken filling and let cool.
5. Divide into balls.
6. Shape circles with raised edges.
7. Fill the pastries.
8. Bake at 200°C until golden.

CHEF HANNAH'S TIPS

- A cold filling prevents soggy dough.
- Brush olive oil on the edges for a softer, golden finish.
- Makes 10 pieces.

RECIPE 135

Baked Kibbeh

Firm, flavorful and great for lunch or a snack.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per slice	**1 hr 20 min**

INGREDIENTS

- BASE: 2 cups ground beef
- 1 1/2 cups quinoa flakes or thoroughly drained cooked rice
- 1 small onion, grated
- 2 tbsp olive oil
- Chopped mint
- Salt and baharat spice blend to taste
- FILLING: 1 cup cooked ground beef
- 1/2 onion
- Parsley and scallions
- Salt and pepper

METHOD

1. Gather the ingredients.
2. Mix the beef base with quinoa.
3. Season and mix well.
4. Sauté the filling.
5. Spread half the base in a pan.
6. Add the filling.
7. Cover with the remaining base and score the surface.
8. Bake at 200°C until golden.

CHEF HANNAH'S TIPS

- Oil your hands to shape without sticking.
- Use fresh mint for a more aromatic flavor.
- Makes 8 slices.

RECIPE 136

Stuffed Kibbeh

Crisp outside, soft inside, with a melted filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
200 kcal per slice	**1 hr 25 min**

INGREDIENTS

- BASE: 2 cups ground beef
- 1 1/2 cups quinoa flakes or thoroughly drained cooked rice
- 1 small onion, grated
- 2 tbsp olive oil
- Chopped mint
- Salt and baharat spice blend to taste
- FILLING: 1 1/2 cups lactose-free mozzarella, cubed or grated
- Oregano to taste

METHOD

1. Mix the base ingredients.
2. Season and mix until uniform.
3. Grease a pan.
4. Line with half the mixture.
5. Spread the cheese.
6. Cover with the remaining mixture.
7. Score the surface and brush with olive oil.
8. Bake until golden.

CHEF HANNAH'S TIPS

- Use chilled cheese for a firmer filling that melts just right.
- Keep the filling away from the edges to prevent leaking.
- Makes 8 slices.

RECIPE 137

Mini Vegetable Pies

Light, colorful and perfect for snacks or packed lunches.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
155 kcal per piece	**55 min**

INGREDIENTS

- PASTRY: 1 1/2 cups rice flour
- 1/2 cup potato starch
- 4 tbsp cold lactose-free butter
- 1 egg
- 1-2 tbsp ice-cold water
- 1 pinch of salt
- FILLING: 1 cup grated carrot
- 1 cup grated zucchini
- 1/2 cup corn
- 2 eggs
- 1/2 cup lactose-free cream
- 1/4 cup grated lactose-free cheese
- Onion, parsley, scallions, salt and oregano to taste

METHOD

1. Mix the dry pastry ingredients.
2. Add butter and work into crumbs.
3. Add egg and water until a dough forms.
4. Line small molds.
5. Mix the vegetables with the cream.
6. Fill the molds.
7. Sprinkle with cheese.
8. Bake until golden.

CHEF HANNAH'S TIPS

- Squeeze the grated zucchini well to remove excess water.
- Vary the vegetables: broccoli, spinach, bell pepper and tomato work well.
- Makes 8 pieces.

RECIPE 138

Mini Chicken Pies

Delicate pastry and a creamy filling, great for everyday meals.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per piece	**1 hr**

INGREDIENTS

- PASTRY: 1 1/2 cups rice flour
- 1/2 cup potato starch
- 4 tbsp cold lactose-free butter
- 1 egg
- 1-2 tbsp ice-cold water
- 1 pinch of salt
- FILLING: 1 1/2 cups shredded chicken
- 1/2 onion, chopped
- 1 garlic clove
- 2 tbsp tomato sauce
- 1/2 cup lactose-free cream
- Parsley and scallions
- Salt and paprika to taste

METHOD

1. Mix the flour and starch.
2. Work in the butter until crumbly.
3. Add egg and water to form the dough.
4. Line small molds.
5. Sauté the chicken with the seasonings.
6. Mix the cream into the chicken.
7. Fill the pies.
8. Bake at 180°C until golden.

CHEF HANNAH'S TIPS

- Use a cold filling to avoid softening the pastry.
- Prebake the bases for 10 minutes for extra crispness.
- Makes 8 pieces.

RECIPE 139

Chicken-Stuffed Rolls

Fluffy and golden, with a delicious snack-time filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per piece	**1 hr 40 min**

INGREDIENTS

- DOUGH: 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 egg
- 3 tbsp olive oil
- 3/4 cup warm water
- 1 tsp dry yeast
- 1 tsp salt
- FILLING: 1 1/2 cups shredded chicken
- 1/2 onion
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and paprika
- FOR BRUSHING: egg yolk or olive oil

METHOD

1. Mix the dry ingredients.
2. Add the wet ingredients to form a dough.
3. Knead and let rise.
4. Prepare the chicken filling.
5. Divide the dough into portions.
6. Fill and seal the rolls.
7. Brush and let rest.
8. Bake until golden.

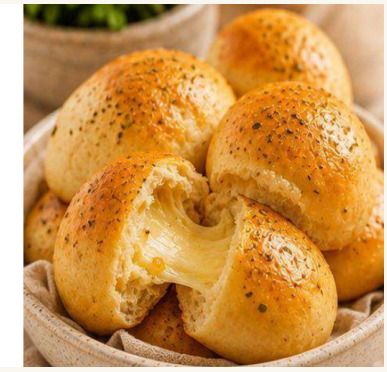
CHEF HANNAH'S TIPS

- Let the chicken filling cool completely before assembling.
- Brush with olive oil for a golden finish and delicate flavor.
- Makes 10 pieces.

RECIPE 140

Cheese-Stuffed Rolls

Soft inside and golden outside, with a melted filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per piece	**1 hr 35 min**

INGREDIENTS

- DOUGH: 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp psyllium
- 1 egg
- 3 tbsp olive oil
- 3/4 cup warm water
- 1 tsp dry yeast
- 1 tsp salt
- FILLING: 1 1/2 cups lactose-free mozzarella cubes or strips
- Oregano to taste
- FOR BRUSHING: egg yolk or olive oil

METHOD

1. Mix the dry ingredients.
2. Add egg, olive oil and warm water.
3. Knead and let rise.
4. Divide into portions.
5. Flatten each piece.
6. Add cheese and seal the rolls.
7. Brush and arrange on a baking sheet.
8. Bake at 200°C until golden.

CHEF HANNAH'S TIPS

- Use chilled cheese to prevent leaking.
- Sprinkle oregano on top for more flavor.
- Makes 10 pieces.

RECIPE 141

Homemade Chicken Nuggets

Crisp outside, soft inside and perfect for everyday meals.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
160 kcal per piece	**55 min**

INGREDIENTS

- 2 cups cooked, shredded chicken
- 1 egg
- 1/2 cup rice flour
- 1/4 cup sweet tapioca starch
- 1/2 small onion, grated
- 1 garlic clove
- 2 tbsp chopped parsley and scallions
- Salt, paprika and pepper to taste
- 1 tsp baking powder
- Fine cornmeal or flaxseed meal for coating

METHOD

1. Process the chicken with the egg.
2. Add onion, garlic and seasonings.
3. Add flour and tapioca starch.
4. Gently mix in the baking powder.
5. Shape nuggets with your hands.
6. Coat with fine cornmeal.
7. Arrange on a greased baking sheet.
8. Bake at 200°C until golden.

CHEF HANNAH'S TIPS

- Lightly grease your hands for easier shaping.
- Freeze before baking if desired.
- Makes about 12 pieces.

RECIPE 142

Baked Mini Beef Burgers

Juicy, convenient and great for snacks and packed lunches.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per piece	**1 hr**

INGREDIENTS

- 500 g ground beef
- 1 egg
- 1/2 onion, grated
- 2 tbsp rice flour
- 1 tbsp golden flaxseed
- 1 garlic clove
- Parsley and scallions
- Salt and pepper to taste
- Tomato and onion slices for serving, optional

METHOD

1. Gather the ingredients.
2. Mix beef, egg and onion.
3. Add garlic and seasonings.
4. Add flour and flaxseed.
5. Mix until it holds together.
6. Shape mini burgers.
7. Place on a greased baking sheet.
8. Bake at 200°C and serve.

CHEF HANNAH'S TIPS

- Use leaner beef for a lighter result.
- Add tomato and onion as a filling if desired.
- Makes about 10 pieces.

RECIPE 143

Mini Chicken Burgers

Light, soft and perfect for everyday snacks.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
170 kcal per piece	**55 min**

INGREDIENTS

- 500 g ground or processed chicken
- 1 egg
- 1/2 onion, grated
- 2 tbsp rice flour
- 1 tbsp golden flaxseed
- 1 garlic clove
- Parsley and scallions
- Salt, paprika and pepper to taste

METHOD

1. Gather the ingredients.
2. Mix chicken with the egg.
3. Add onion, garlic and seasonings.
4. Add flour and flaxseed.
5. Mix well until it holds together.
6. Shape mini burgers.
7. Arrange on a greased baking sheet.
8. Bake at 200°C until golden.

CHEF HANNAH'S TIPS

- Grease your hands for easier shaping.
- Serve with salad or vegetables.
- Makes about 10 pieces.

RECIPE 144

Chicken Soufflé

Light and airy, ideal for lunch or dinner.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per serving	**1 hr**

INGREDIENTS

- 2 cups shredded chicken
- 3 eggs
- 1/2 onion, chopped
- 1 garlic clove
- 1/2 cup lactose-free cream
- 2 tbsp rice flour
- 1/2 cup grated carrot
- Parsley and scallions
- Salt and nutmeg to taste

METHOD

1. Sauté the onion and garlic.
2. Add the shredded chicken.
3. Add the cream and carrot.
4. Mix in flour and seasonings.
5. Separate the egg yolks and whites.
6. Beat the whites until stiff.
7. Gently combine everything.
8. Bake until risen and golden.

CHEF HANNAH'S TIPS

- Do not open the oven before it sets.
- Whipped egg whites keep it light.
- Makes 6 servings.

RECIPE 145

Vegetable Soufflé

Colorful, light and perfect for everyday meals.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
150 kcal per serving	**55 min**

INGREDIENTS

- 3 eggs
- 1 cup grated carrot
- 1 cup grated zucchini, squeezed dry
- 1/2 cup corn
- 1/2 onion, chopped
- 1/2 cup lactose-free cream
- 2 tbsp rice flour
- 1/4 cup grated lactose-free cheese
- Salt, pepper and oregano to taste

METHOD

1. Gather and grate the vegetables.
2. Briefly sauté the onion.
3. Mix egg yolks, cream and flour.
4. Add vegetables and seasonings.
5. Add grated cheese.
6. Beat the egg whites until stiff.
7. Fold in gently.
8. Bake until golden and risen.

CHEF HANNAH'S TIPS

- Squeeze the zucchini thoroughly.
- Use your preferred vegetables.
- Makes 6 servings.

RECIPE 146

Potato Tortilla with Vegetables

Easy, flavorful and great for any meal.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
170 kcal per slice	**50 min**

INGREDIENTS

- 3 medium potatoes, cooked and cubed
- 4 eggs
- 1/2 onion
- 1/2 cup grated carrot
- 1/2 cup grated zucchini
- 2 tbsp olive oil
- Parsley and scallions
- Salt and pepper to taste

METHOD

1. Cook and drain the potatoes.
2. Sauté the onion in olive oil.
3. Add carrot and zucchini.
4. Beat the eggs with the seasonings.
5. Mix in potatoes and vegetables.
6. Pour into a skillet or baking pan.
7. Cook or bake until set.
8. Cut and serve.

CHEF HANNAH'S TIPS

- Use low heat if cooking in a skillet.
- Delicious hot or cold.
- Makes 6 slices.

RECIPE 147

Ground Beef and Cassava Casserole

Creamy, homemade and perfect for lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per serving	**1 hr 15 min**

INGREDIENTS

- PURÉE: 500 g cooked, mashed cassava
- 2 tbsp olive oil
- Salt to taste
- FILLING: 2 cups cooked ground beef
- 1/2 onion
- 1 garlic clove
- 1 tomato, chopped
- Parsley and scallions
- Salt and paprika to taste
- TOPPING: 1/4 cup grated lactose-free cheese

METHOD

1. Cook and mash the cassava.
2. Season the purée with olive oil and salt.
3. Sauté onion and garlic.
4. Add beef and tomato.
5. Spread half the purée in a pan.
6. Add the filling.
7. Cover with remaining purée and cheese.
8. Bake until golden.

CHEF HANNAH'S TIPS

- Keep the purée fairly dry.
- Finish with fresh parsley and scallions.
- Makes 6 servings.

RECIPE 148

Chicken and Pumpkin Casserole

Light, creamy and delicious for everyday meals.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
205 kcal per serving	**1 hr 10 min**

INGREDIENTS

- PURÉE: 500 g cooked, mashed pumpkin
- 2 tbsp olive oil
- Salt and nutmeg
- FILLING: 2 cups shredded chicken
- 1/2 onion
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and paprika
- TOPPING: 1/4 cup grated lactose-free cheese

METHOD

1. Cook and mash the pumpkin.
2. Season the purée.
3. Sauté onion and garlic.
4. Add chicken and seasonings.
5. Line the pan with half the purée.
6. Add the filling.
7. Cover with remaining purée and cheese.
8. Bake until golden.

CHEF HANNAH'S TIPS

- Kabocha squash gives a creamier result.
- Use a cold filling for easier assembly.
- Makes 6 servings.

RECIPE 149

Green Crepes

Colorful, light and great for lunch or dinner.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per piece	**1 hr**

INGREDIENTS

- BATTER: 2 eggs
- 1 cup lactose-free milk or plant-based milk
- 1 cup spinach
- 1/2 cup rice flour
- 2 tbsp sweet tapioca starch
- 1 tbsp olive oil
- FILLING: 2 cups shredded chicken
- 1/2 onion
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and paprika

METHOD

1. Blend the batter ingredients.
2. Heat the skillet.
3. Cook thin crepes.
4. Sauté the chicken with the seasonings.
5. Fill each crepe.
6. Roll carefully.
7. Arrange in an ovenproof dish.
8. Heat and serve.

CHEF HANNAH'S TIPS

- Lightly grease the skillet.
- Cover with homemade sauce if desired.
- Makes 6 pieces.

RECIPE 150

Zucchini Rolls with Beef

Light, attractive and full of everyday flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
145 kcal per piece	**50 min**

INGREDIENTS

- 2 zucchini, sliced lengthwise into thin strips
- 2 cups cooked ground beef
- 1/2 onion
- 1 garlic clove
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and pepper
- 1/4 cup grated lactose-free cheese, optional

METHOD

1. Slice the zucchini into thin strips.
2. Lightly grill the strips.
3. Sauté onion and garlic.
4. Add beef and seasonings.
5. Place filling on the strips.
6. Roll up.
7. Arrange in an ovenproof dish with sauce.
8. Bake to heat through and serve.

CHEF HANNAH'S TIPS

- Thin strips are easier to roll.
- Finish with lactose-free cheese if desired.
- Makes 10 pieces.

RECIPE 151

Chicken Wraps

Light, nutritious and delicious. Perfect any time of day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
205 kcal per piece	**30 min**

INGREDIENTS

- 4 gluten-free wraps
- 2 cups shredded chicken
- 1/2 carrot, grated
- Lettuce
- Tomato
- 3 tbsp lactose-free cream or lactose-free mayonnaise
- Parsley and scallions
- Salt and pepper

METHOD

1. Gather the ingredients.
2. Season the chicken.
3. Mix with the cream.
4. Warm the wraps.
5. Add lettuce and tomato.
6. Add the filling.
7. Roll up the wraps.
8. Cut in half and serve.

CHEF HANNAH'S TIPS

- Warm the wraps to prevent breaking.
- Prepare for a packed lunch if desired.
- Makes 4 wraps.

RECIPE 152

Tuna Wraps

Light, convenient and full of flavor. Perfect any time of day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
195 kcal per piece	**25 min**

INGREDIENTS

- 4 gluten-free wraps
- 2 cans tuna, drained
- 1/2 carrot, grated
- Lettuce
- Tomato
- 3 tbsp lactose-free mayonnaise
- Parsley and scallions
- Salt, pepper and lemon

METHOD

1. Drain the tuna.
2. Grate the carrot.
3. Mix tuna and mayonnaise.
4. Season with lemon, parsley and scallions.
5. Warm the wraps.
6. Add lettuce and tomato.
7. Fill and roll up.
8. Cut in half and serve.

CHEF HANNAH'S TIPS

- Drain the tuna thoroughly.
- Serve chilled or freshly made.
- Makes 4 wraps.

RECIPE 153

Beef Wraps

Convenient, flavorful and nutritious, perfect for any meal.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
220 kcal per piece	**35 min**

INGREDIENTS

- 4 gluten-free wraps
- 2 cups cooked ground beef
- 1/2 onion
- Lettuce
- Tomato
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and pepper

METHOD

1. Sauté the onion.
2. Add the ground beef.
3. Season and finish the filling.
4. Warm the wraps.
5. Add lettuce and tomato.
6. Add the beef.
7. Roll up the wraps.
8. Cut in half and serve.

CHEF HANNAH'S TIPS

- Avoid excess sauce in the filling.
- Close tightly so they do not open.
- Makes 4 wraps.

RECIPE 154

Fresh Chicken Sandwiches

Light, nutritious and full of flavor. Perfect for everyday meals!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per piece	**25 min**

INGREDIENTS

- FILLING: 2 cups shredded chicken
- 1/2 carrot, grated
- 2 tbsp corn
- 3 tbsp lactose-free mayonnaise
- Parsley and scallions
- Salt and pepper
- ASSEMBLY: 8 slices gluten-free bread
- Lettuce leaves and tomato slices

METHOD

1. Cook and shred the chicken.
2. Grate the carrot.
3. Mix chicken, carrot and corn.
4. Add mayonnaise and seasonings.
5. Gather the bread and vegetables.
6. Fill the bread slices.
7. Close and cut into triangles.
8. Serve chilled or freshly made.

CHEF HANNAH'S TIPS

- Use fresh bread to prevent breaking.
- Wrap for a packed snack if desired.
- Makes 4 sandwiches.

RECIPE 155

Hot Cheese and Tomato Sandwiches

Simple, quick and irresistible: crisp bread, melted cheese and juicy tomato. Perfect any time of day.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
195 kcal per piece	**20 min**

INGREDIENTS

- 8 slices gluten-free bread
- 8 slices lactose-free cheese
- 1 tomato, sliced
- Oregano
- 1 tbsp olive oil or lactose-free butter

METHOD

1. Gather the ingredients.
2. Spread olive oil on the bread.
3. Add cheese.
4. Add tomato and oregano.
5. Close the sandwiches.
6. Place in a skillet or sandwich maker.
7. Brown on both sides.
8. Cut and serve hot.

CHEF HANNAH'S TIPS

- Use tomato without excess moisture.
- Press gently to help the cheese melt.
- Makes 4 sandwiches.

RECIPE 156

Hot Dogs on Gluten-Free Buns

Flavorful, convenient and perfect any time of day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
240 kcal per piece	**35 min**

INGREDIENTS

- 4 gluten-free buns
- 4 hot dog sausages
- 1/2 onion, chopped
- 1 tomato, chopped
- 2 tbsp tomato sauce
- Corn and peas to taste
- Gluten-free shoestring potato crisps, optional
- Parsley and scallions
- Salt and oregano

METHOD

1. Gather the ingredients.
2. Boil the sausages.
3. Sauté the onion.
4. Add tomato and sauce.
5. Add corn and peas.
6. Mix the sausages into the sauce.
7. Open the buns and fill.
8. Finish and serve.

CHEF HANNAH'S TIPS

- Use soft gluten-free buns.
- Gluten-free shoestring potato crisps are optional.
- Makes 4 hot dogs.

RECIPE 157

Mini Skillet Pizzas

Quick, convenient and delicious. Perfect for a generous snack in minutes.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per piece	**30 min**

INGREDIENTS

- DOUGH: 1 egg
- 3 tbsp rice flour
- 1 tbsp sweet tapioca starch
- 2 tbsp lactose-free milk or plant-based milk
- 1 tsp baking powder
- 1 pinch of salt
- TOPPING: 4 tbsp tomato sauce
- 100 g grated lactose-free cheese
- Tomato slices
- Oregano
- Olive oil to taste

METHOD

1. Gather the ingredients.
2. Mix egg, flour and tapioca starch.
3. Add milk and salt.
4. Add baking powder.
5. Pour the batter into a skillet.
6. Brown on both sides.
7. Cover with sauce and toppings.
8. Cover the skillet, melt the cheese and serve.

CHEF HANNAH'S TIPS

- Use a nonstick skillet.
- Finish with oregano to taste.
- Makes 2 mini pizzas.

RECIPE 158

Tuna Fritters

Crisp outside, soft inside and full of flavor. Perfect for any meal!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per piece	**50 min**

INGREDIENTS

- 2 cans tuna, drained
- 1 egg
- 1/2 onion, chopped
- 1/2 cup rice flour
- 1/4 cup sweet tapioca starch
- 2 tbsp chopped parsley and scallions
- 1 garlic clove
- Salt, paprika and pepper to taste
- COATING: flaxseed meal or fine cornmeal

METHOD

1. Drain the tuna.
2. Gather the ingredients.
3. Mix tuna, egg and onion.
4. Add flour and seasonings.
5. Mix until it holds together.
6. Shape fritters.
7. Coat and arrange on a baking sheet.
8. Bake until golden.

CHEF HANNAH'S TIPS

- Drain the tuna thoroughly.
- Add lemon zest if desired.
- Makes about 10 pieces.

RECIPE 159

Ground Beef Fritters

Flavorful, soft inside and golden outside. Perfect for everyday meals!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per piece	**55 min**

INGREDIENTS

- 500 g ground beef
- 1 egg
- 1/2 onion, grated
- 2 tbsp rice flour
- 1 tbsp golden flaxseed
- 1 garlic clove
- Parsley and scallions
- Salt and pepper to taste
- COATING: fine cornmeal or flaxseed meal

METHOD

1. Gather the ingredients.
2. Mix beef, egg and onion.
3. Add garlic and seasonings.
4. Add flour and flaxseed.
5. Mix until it holds together.
6. Shape fritters.
7. Coat and place on a baking sheet.
8. Bake until golden and serve.

CHEF HANNAH'S TIPS

- Lightly grease your hands for easier shaping.
- Freeze before baking if desired.
- Makes about 12 pieces.

RECIPE 160

Corn Fritters

Crisp outside and soft inside, perfect as a snack or side dish.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
150 kcal per piece	**45 min**

INGREDIENTS

- 1 1/2 cups cooked corn
- 2 eggs
- 1/2 cup rice flour
- 1/4 cup sweet tapioca starch
- 1/4 cup chopped onion
- 2 tbsp chopped parsley and scallions
- 1 tsp baking powder
- Salt and paprika to taste

METHOD

1. Gather the ingredients.
2. Blend some of the corn.
3. Mix in eggs and seasonings.
4. Add flour and tapioca starch.
5. Add the remaining corn.
6. Shape fritters.
7. Place on a baking sheet.
8. Bake until golden.

CHEF HANNAH'S TIPS

- Use fresh or frozen corn.
- Paprika adds more flavor.
- Makes about 12 pieces.

RECIPE 161

Lentil Burgers

Flavorful, nutritious and easy to prepare. Perfect for light, balanced meals.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
170 kcal per piece	**1 hr**

INGREDIENTS

- 2 cups cooked, drained lentils
- 1/2 onion, chopped
- 1 garlic clove
- 1 egg
- 1/2 cup rice flour
- 1 tbsp golden flaxseed
- 2 tbsp chopped parsley and scallions
- Salt, cumin and paprika to taste

METHOD

1. Cook the lentils.
2. Drain well.
3. Mash or process.
4. Add seasonings and egg.
5. Add flour and flaxseed.
6. Shape burgers.
7. Arrange on a baking sheet.
8. Bake until firm and golden.

CHEF HANNAH'S TIPS

- Drain lentils thoroughly so the mixture is not too soft.
- Freeze after shaping if desired.
- Makes about 8 burgers.

RECIPE 162

Brazilian Carreteiro Rice

Bold, well-seasoned flavor, perfect for a family lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
320 kcal per serving	**50 min**

INGREDIENTS

- 2 cups uncooked rice
- 300 g carne-seca, desalted and shredded
- 1/2 onion, chopped
- 2 garlic cloves
- 1 tomato, chopped
- 1/2 bell pepper, chopped
- 2 tbsp olive oil
- Parsley and scallions
- Salt and pepper to taste
- 4 cups hot water

METHOD

1. Gather the ingredients.
2. Sauté onion and garlic.
3. Add the dried beef.
4. Add tomato and bell pepper.
5. Add rice and stir.
6. Pour in hot water.
7. Cook until the liquid is absorbed.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Desalt the dried beef thoroughly.
- Add carrot if desired.
- Makes 6 servings.

RECIPE 163

Rice with Beef and Vegetables

A complete, colorful and nutritious everyday meal.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
310 kcal per serving	**45 min**

INGREDIENTS

- 2 cups uncooked rice
- 250 g beef, finely cubed
- 1/2 onion, chopped
- 2 garlic cloves
- 1 carrot, finely diced
- 1 cup chopped green beans
- 1/2 cup peas
- 2 tbsp olive oil
- Salt and pepper to taste
- 4 cups hot water

METHOD

1. Gather the ingredients.
2. Sauté onion and garlic.
3. Brown the beef.
4. Add vegetables.
5. Add uncooked rice.
6. Pour in hot water.
7. Cook until the liquid is absorbed.
8. Fluff the rice and serve.

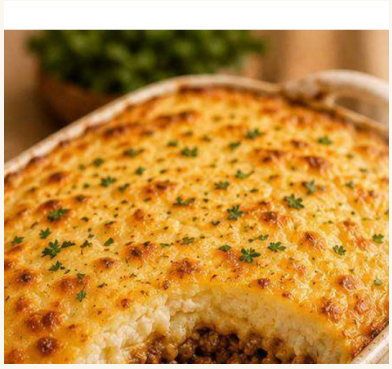
CHEF HANNAH'S TIPS

- Use your preferred vegetables.
- Dice everything small so it cooks well.
- Makes 6 servings.

RECIPE 164

Ground Beef and Cassava Casserole

Creamy, golden-topped and delicious for a family lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
340 kcal per serving	**1 hr**

INGREDIENTS

- PURÉE: 700 g cooked cassava
- 2 tbsp olive oil
- 1/2 cup lactose-free milk or plant-based milk
- Salt
- FILLING: 500 g ground beef
- 1/2 onion
- 2 garlic cloves
- 1 tomato, chopped
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and pepper
- TOPPING: 80 g grated lactose-free cheese

METHOD

1. Gather the ingredients.
2. Cook and mash the cassava.
3. Make a creamy purée.
4. Sauté onion and garlic.
5. Add beef and seasonings.
6. Layer the filling and purée.
7. Cover with cheese.
8. Bake and serve.

CHEF HANNAH'S TIPS

- Substitute arracacha or potato if desired.
- Bake until golden.
- Makes 6 servings.

RECIPE 165

Cassava Casserole with Beef

A classic, creamy combination full of homemade flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
345 kcal per serving	**1 hr 10 min**

INGREDIENTS

- PURÉE: 800 g cooked cassava
- 2 tbsp olive oil
- 1/2 cup lactose-free milk or plant-based milk
- Salt
- FILLING: 500 g beef, finely cubed or shredded
- 1/2 onion
- 2 garlic cloves
- 1 tomato, chopped
- 2 tbsp tomato sauce
- Parsley and scallions
- Salt and pepper
- TOPPING: 80 g grated lactose-free cheese

METHOD

1. Gather the ingredients.
2. Cook the cassava.
3. Make a creamy purée.
4. Sauté the beef with seasonings.
5. Cook until tender.
6. Assemble layers in a dish.
7. Cover with cheese.
8. Bake and serve.

CHEF HANNAH'S TIPS

- Use shredded beef if desired.
- Bake until golden on top.
- Makes 6 servings.

RECIPE 166

Dried Beef and Cassava Casserole

Bold and creamy, perfect for special occasions.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
355 kcal per serving	**1 hr 20 min**

INGREDIENTS

- PURÉE: 700 g cooked cassava
- 2 tbsp olive oil
- 1/2 cup lactose-free milk or plant-based milk
- Salt
- FILLING: 400 g carne-seca, desalted and shredded
- 1/2 onion
- 2 garlic cloves
- 1 tomato, chopped
- 1 tbsp olive oil
- Parsley and scallions
- TOPPING: 80 g grated lactose-free cheese

METHOD

1. Gather the ingredients.
2. Cook and mash the cassava.
3. Make the purée.
4. Sauté onion and garlic.
5. Add shredded dried beef.
6. Layer the filling and purée.
7. Cover with cheese.
8. Bake and serve.

CHEF HANNAH'S TIPS

- Desalt the dried beef thoroughly.
- Serve with a green salad.
- Makes 6 servings.

RECIPE 167

Braised Beef with Potatoes

Tender meat, flavorful sauce and that homemade taste.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
340 kcal per serving	**1 hr 20 min**

INGREDIENTS

- 700 g beef chuck, cubed
- 4 potatoes, cut into pieces
- 1 onion, chopped
- 2 garlic cloves
- 2 tbsp olive oil
- 2 tomatoes, chopped
- 1 tbsp tomato paste
- 3 cups hot water
- Parsley and scallions
- Salt, paprika and pepper to taste

METHOD

1. Gather the ingredients.
2. Season the beef.
3. Brown the beef in a pan.
4. Sauté onion and garlic.
5. Add tomatoes and tomato paste.
6. Add water and cook.
7. Add potatoes.
8. Finish cooking until tender and serve.

CHEF HANNAH'S TIPS

- Use a pressure cooker to save time.
- Adjust the water at the end if needed.
- Makes 6 servings.

RECIPE 168

Braised Beef with Cassava

A hearty, tender and flavorful recipe for lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
360 kcal per serving	**1 hr 30 min**

INGREDIENTS

- 700 g beef chuck, cubed
- 500 g cassava, cut into pieces
- 1 onion, chopped
- 2 garlic cloves
- 2 tbsp olive oil
- 2 tomatoes, chopped
- 1 tbsp tomato paste
- 3 cups hot water
- Parsley and scallions
- Salt and pepper to taste

METHOD

1. Gather the ingredients.
2. Season and brown the beef.
3. Sauté onion and garlic.
4. Add tomatoes and tomato paste.
5. Add water and cook.
6. Add cassava.
7. Cook until everything is tender.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Cook the cassava until tender.
- The broth tastes even better the next day.
- Makes 6 servings.

RECIPE 169

Sautéed Ground Beef

Classic, convenient and versatile for many everyday meals.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
250 kcal per serving	**30 min**

INGREDIENTS

- 500 g ground beef
- 1/2 onion, chopped
- 2 garlic cloves
- 1 tomato, chopped
- 2 tbsp olive oil
- Parsley and scallions
- Salt, paprika and pepper to taste
- 1/4 cup water, if needed

METHOD

1. Gather the ingredients.
2. Sauté onion and garlic.
3. Add ground beef.
4. Break up the beef well.
5. Add tomato.
6. Season to taste.
7. Cook until slightly dry.
8. Finish with parsley and scallions.

CHEF HANNAH'S TIPS

- Great for fillings and packed lunches.
- Add chopped vegetables if desired.
- Makes 5 servings.

RECIPE 170

Ground Beef with Potatoes

Simple and well-seasoned, perfect for everyday meals.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
290 kcal per serving	**40 min**

INGREDIENTS

- 500 g ground beef
- 3 potatoes, cubed
- 1/2 onion, chopped
- 2 garlic cloves
- 1 tomato, chopped
- 2 tbsp olive oil
- 1/2 cup water
- Parsley and scallions
- Salt, paprika and pepper to taste

METHOD

1. Gather the ingredients.
2. Sauté onion and garlic.
3. Brown the ground beef.
4. Add tomato and seasonings.
5. Add potatoes.
6. Add a little water.
7. Cook until tender.
8. Finish and serve.

CHEF HANNAH'S TIPS

- Cut the potatoes into medium cubes.
- Finish with parsley and scallions.
- Makes 5 servings.

RECIPE 171

Ground Beef with Pumpkin

A light, flavorful and convenient combination for lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
280 kcal per serving	**40 min**

INGREDIENTS

- 500 g ground beef
- 2 cups pumpkin cubes
- 1/2 onion, chopped
- 2 garlic cloves
- 1 tomato, chopped
- 2 tbsp olive oil
- 1/3 cup water
- Parsley and scallions
- Salt, paprika and pepper to taste

METHOD

1. Gather the ingredients.
2. Sauté onion and garlic.
3. Brown the ground beef.
4. Add tomato and seasonings.
5. Add pumpkin.
6. Add a little water.
7. Cook until tender.
8. Finish and serve.

CHEF HANNAH'S TIPS

- Use kabocha squash or pumpkin.
- Do not let it become too dry.
- Makes 5 servings.

RECIPE 172

Diced Beef Stew

Tender beef, flavorful sauce and convenient everyday preparation.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
300 kcal per serving	**45 min**

INGREDIENTS

- 500 g beef, finely cubed
- 1 onion, chopped
- 2 garlic cloves
- 1 tomato, chopped
- 1 tbsp tomato paste
- 2 tbsp olive oil
- 1/2 cup water
- Parsley and scallions
- Salt, pepper and paprika to taste

METHOD

1. Gather the ingredients.
2. Season the beef.
3. Brown in a pan.
4. Sauté onion and garlic.
5. Add tomato and tomato paste.
6. Add a little water.
7. Cook until tender.
8. Finish and serve.

CHEF HANNAH'S TIPS

- Serve with rice and vegetables.
- Use top round or knuckle beef.
- Makes 5 servings.

RECIPE 173

Diced Beef with Vegetables

A complete, colorful and flavorful lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
315 kcal per serving	**50 min**

INGREDIENTS

- 500 g beef, finely cubed
- 1 carrot, sliced
- 1 cup zucchini cubes
- 1/2 onion, chopped
- 2 garlic cloves
- 1 tomato, chopped
- 2 tbsp olive oil
- 1/2 cup water
- Salt and pepper to taste

METHOD

1. Gather the ingredients.
2. Season and brown the beef.
3. Sauté onion and garlic.
4. Add tomato and stir.
5. Add carrot.
6. Add zucchini.
7. Cook until tender.
8. Serve immediately.

CHEF HANNAH'S TIPS

- Adapt the vegetables to your taste.
- Avoid overcooking the zucchini.
- Makes 5 servings.

RECIPE 174

Steak with Onions

An everyday classic: simple, juicy and full of flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
260 kcal per serving	**30 min**

INGREDIENTS

- 5 rump or knuckle steaks
- 1 large onion, sliced
- 2 garlic cloves
- 2 tbsp olive oil
- Salt and pepper to taste
- Parsley and scallions, optional

METHOD

1. Gather the ingredients.
2. Season the steaks.
3. Heat the skillet.
4. Brown the steaks on both sides.
5. Remove and set aside.
6. Sauté the onion.
7. Return the meat to the pan.
8. Finish and serve.

CHEF HANNAH'S TIPS

- Use a very hot skillet.
- Do not pierce the meat while grilling.
- Makes 5 servings.

RECIPE 175

Stuffed Beef Rolls

Filled and juicy, with a beautiful presentation for lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
310 kcal per serving	**1 hr 10 min**

INGREDIENTS

- 6 thin steaks
- 1 carrot, cut into strips
- 1/2 bell pepper, cut into strips
- 1 onion, cut into strips
- 2 garlic cloves
- 2 tbsp olive oil
- 2 tomatoes, chopped
- 1 tbsp tomato paste
- 1 cup water
- Salt and pepper to taste

METHOD

1. Gather the ingredients.
2. Season the steaks.
3. Fill with vegetables.
4. Roll up and secure.
5. Brown the rolls.
6. Add onion, tomato and tomato paste.
7. Add water and cook.
8. Serve tender and juicy.

CHEF HANNAH'S TIPS

- Secure with toothpicks.
- Cook over low heat.
- Makes 6 servings.

RECIPE 176

Steak with Potatoes

Convenient and well-seasoned, perfect for everyday lunches.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
300 kcal per serving	**45 min**

INGREDIENTS

- 5 steaks
- 4 potatoes, cubed or thickly sliced
- 1/2 onion, chopped
- 2 garlic cloves
- 2 tbsp olive oil
- 1 tomato, chopped
- 1/2 cup water
- Salt, paprika and pepper to taste
- Parsley and scallions

METHOD

1. Gather the ingredients.
2. Season the steaks.
3. Brown the meat.
4. Sauté onion and garlic.
5. Add tomato and potatoes.
6. Return the meat to the pan.
7. Add water and cook.
8. Finish and serve.

CHEF HANNAH'S TIPS

- Cut the potatoes into medium pieces.
- Cover for better cooking.
- Makes 5 servings.

RECIPE 177

Steak in Tomato Sauce

Rich sauce, tender meat and homemade flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
285 kcal per serving	**40 min**

INGREDIENTS

- 5 knuckle steaks
- 2 tomatoes, chopped
- 1/2 onion, chopped
- 2 garlic cloves
- 1 tbsp tomato paste
- 2 tbsp olive oil
- 1/2 cup water
- Salt, pepper and oregano to taste

METHOD

1. Gather the ingredients.
2. Season the steaks.
3. Brown the meat.
4. Remove and set aside.
5. Sauté onion and garlic.
6. Add tomato and tomato paste.
7. Return the steaks to the sauce.
8. Cook and serve.

CHEF HANNAH'S TIPS

- Serve with rice and salad.
- Use very ripe tomatoes.
- Makes 5 servings.

RECIPE 178

Stuffed Meatballs

Golden outside, with a creamy, irresistible filling.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
320 kcal per serving	**1 hr**

INGREDIENTS

- MEATBALLS: 500 g ground beef
- 1 egg
- 1/2 onion, chopped
- 2 garlic cloves
- 3 tbsp rice flour
- Parsley and scallions
- Salt, paprika and pepper to taste
- FILLING: 120 g lactose-free cheese cubes
- SAUCE: 2 tomatoes, chopped
- 1 tbsp tomato paste
- 1 tbsp olive oil
- 1 cup water
- Oregano

METHOD

1. Gather the ingredients.
2. Season the ground beef.
3. Flatten portions in your palm.
4. Fill with cheese.
5. Seal and shape into meatballs.
6. Brown in a pan.
7. Add sauce and cook.
8. Serve hot.

CHEF HANNAH'S TIPS

- Use firm lactose-free cheese.
- Avoid making very large meatballs.
- Makes 5 servings.

RECIPE 179

Stuffed Meatloaf Roll

Tender and filled, perfect for varying your everyday menu.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
330 kcal per serving	**1 hr 10 min**

INGREDIENTS

- 700 g ground beef
- 1 egg
- 1/2 onion, chopped
- 2 garlic cloves
- 4 tbsp rice flour
- Parsley and scallions
- Salt and pepper
- FILLING: 120 g sliced lactose-free cheese
- 1 tomato, sliced
- Oregano
- TOPPING: 2 tbsp tomato sauce

METHOD

1. Gather the ingredients.
2. Season the ground beef.
3. Spread the mixture on paper.
4. Add the filling.
5. Roll up like a jelly roll.
6. Transfer to a baking sheet.
7. Cover with sauce.
8. Bake and serve sliced.

CHEF HANNAH'S TIPS

- Use parchment paper to roll it.
- Wait 5 minutes before cutting.
- Makes 6 servings.

RECIPE 180

Meatballs in Sauce

Juicy and well-seasoned, perfect for a flavorful homemade lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
295 kcal per serving	**55 min**

INGREDIENTS

- MEATBALLS: 500 g ground beef
- 1 egg
- 1/2 onion, chopped
- 2 garlic cloves
- 3 tbsp rice flour
- 2 tbsp chopped parsley and scallions
- Salt, paprika and pepper to taste
- 1 tbsp olive oil
- SAUCE: 2 tomatoes, chopped
- 1/2 onion, chopped
- 1 garlic clove
- 1 tbsp tomato paste
- 1 tbsp olive oil
- 1 cup water
- Oregano to taste

METHOD

1. Gather the ingredients.
2. Mix the beef and seasonings.
3. Shape meatballs.
4. Brown in a pan with olive oil.
5. Sauté the sauce's onion and garlic.
6. Add tomato and tomato paste.
7. Add the meatballs and cook.
8. Finish and serve.

CHEF HANNAH'S TIPS

- Use ground knuckle or chuck beef.
- Serve with rice or purée.
- Makes 5 servings.

RECIPE 181

Steak in Onion Sauce

Juicy, tender and full of flavor. A convenient, delicious lunch option.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
295 kcal per serving	**55 min**

INGREDIENTS

- 4 rump or striploin steaks
- 2 large onions, sliced
- 2 garlic cloves, chopped
- 2 tbsp olive oil
- 1/2 cup water
- 1 tsp paprika
- Salt and black pepper to taste
- Parsley and scallions to finish

METHOD

1. Season steaks with salt, pepper and paprika.
2. Heat olive oil and sear steaks on both sides.
3. Remove and keep warm.
4. Sauté onions in the same pan until softened.
5. Add garlic and stir for 1 minute.
6. Add water and cook until a light sauce forms.
7. Return steaks to the pan and coat with onion sauce.
8. Finish with parsley and scallions and serve hot.

CHEF HANNAH'S TIPS

- Brown the onions well for more flavor.
- Add mushrooms to the sauce if desired.
- Great with rice and vegetables.

RECIPE 182

Pot Roast

Tender, juicy beef, perfect for a generous homemade meal.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
320 kcal per serving	**1 hr 40 min**

INGREDIENTS

- 1.2 kg beef chuck or shoulder roast
- 2 tbsp olive oil
- 1 large onion, chopped
- 3 garlic cloves, chopped
- 2 tomatoes, chopped
- 1/2 cup water
- 1 bay leaf
- Paprika, salt and black pepper to taste
- Parsley and scallions

METHOD

1. Season beef with salt, pepper and paprika.
2. Heat olive oil in a pan and sear the whole roast.
3. Add onion and garlic and sauté.
4. Add tomatoes and bay leaf.
5. Add water and cover.
6. Cook over low heat until tender.
7. Remove, slice and drizzle with the pan sauce.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Cook over low heat for very tender beef.
- Gradually add more water if needed.
- Delicious with purée or vegetables.

RECIPE 183

Pot Roast with Vegetables

A complete, colorful and flavorful everyday meal.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
335 kcal per serving	**1 hr 50 min**

INGREDIENTS

- 1 kg beef chuck roast
- 2 tbsp olive oil
- 1 onion
- 2 carrots, sliced
- 3 potatoes, cut into pieces
- 1 tomato, chopped
- 2 garlic cloves
- 1/2 cup water
- Salt, paprika and pepper to taste
- Rosemary or parsley and scallions

METHOD

1. Season beef with salt, pepper and paprika.
2. Sear the roast in olive oil until golden.
3. Add onion, garlic and tomato and sauté.
4. Add water and cook until the beef softens.
5. Arrange carrot and potato around the beef.
6. Cover and cook until the vegetables are tender.
7. Remove the beef, slice and arrange with the vegetables.
8. Drizzle with sauce and finish with herbs.

CHEF HANNAH'S TIPS

- Cut vegetables into large pieces so they hold together.
- The pan sauce makes everything more flavorful.
- Serve hot.

RECIPE 184

Beef Eye of Round in Sauce

Tender slices with a rich sauce. A classic everyone enjoys.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
310 kcal per serving	**1 hr 50 min**

INGREDIENTS

- 1 kg beef eye of round
- 2 tbsp olive oil
- 1 large onion
- 3 garlic cloves
- 2 tomatoes, chopped
- 2 tbsp tomato sauce
- 1/2 cup water
- 1 bay leaf
- Salt, paprika and pepper to taste
- Parsley and scallions

METHOD

1. Season beef with salt, pepper and paprika.
2. Sear the whole roast in olive oil.
3. Add onion and garlic and sauté.
4. Add tomatoes, tomato sauce and bay leaf.
5. Add water, cover and cook until tender.
6. Remove the beef and slice thinly.
7. Return slices to the sauce to absorb flavor.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Rest the beef for a few minutes before slicing.
- Use a pressure cooker to save time if desired.
- Pairs well with white rice.

RECIPE 185

Pressure Cooker Beef Ribs

Fall-apart tender, well-seasoned and flavorful. A convenient recipe to impress.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
380 kcal per serving	**1 hr 20 min**

INGREDIENTS

- 1.2 kg beef ribs, cut into pieces
- 2 large onions, sliced
- 3 garlic cloves
- 1 tbsp olive oil
- 1 tomato, chopped
- Salt, pepper and paprika to taste
- Parsley and scallions

METHOD

1. Season ribs with salt, pepper and paprika.
2. Line the pan with some onion.
3. Place ribs and garlic on top.
4. Add remaining onion and tomato.
5. Cover and bring to pressure.
6. Cook until the ribs are tender.
7. Open the pan and let the broth reduce.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- The onions help create the broth.
- You do not need much water.
- Serve with salad or purée.

RECIPE 186

Beef Ribs with Cassava

A classic, hearty and comforting combination for a family lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
395 kcal per serving	**1 hr 45 min**

INGREDIENTS

- 1 kg beef ribs
- 500 g cassava pieces
- 2 onions
- 3 garlic cloves
- 1 tomato, chopped
- 1 tbsp olive oil
- 1/2 cup water
- Salt, pepper and paprika
- Parsley and scallions

METHOD

1. Season ribs with salt, pepper and paprika.
2. Sear or arrange the ribs in a pan with onion and garlic.
3. Add tomato and a little water.
4. Cook until the beef starts to soften.
5. Add cassava pieces.
6. Cook until the cassava is tender and the broth thickens.
7. Adjust salt and stir gently.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Use precooked cassava to save time.
- Reduce some broth for a creamier result.
- Great the next day.

RECIPE 187

Braised Beef Shank

Tender and nutritious, with the taste of lovingly homemade food.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
300 kcal per serving	**1 hr 30 min**

INGREDIENTS

- 1 kg beef shank, cubed
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves
- 2 carrots, sliced
- 2 potatoes, cubed
- 1 tomato, chopped
- 1/2 cup water
- Salt, pepper and paprika
- Parsley and scallions

METHOD

1. Season beef cubes with salt, pepper and paprika.
2. Brown beef in olive oil.
3. Sauté onion and garlic in the same pan.
4. Add tomato and a little water.
5. Cook until the beef starts to soften.
6. Add carrot and potato.
7. Cook until everything is tender and the broth thickens.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Beef shank is even better pressure-cooked.
- Keep some broth for serving.
- Great for cold days.

RECIPE 188

Braised Beef Chuck with Potatoes

Simple and flavorful, perfect for a homemade lunch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
315 kcal per serving	**1 hr 25 min**

INGREDIENTS

- 1 kg beef chuck, cubed
- 3 potatoes, cut into pieces
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves
- 1 tomato, chopped
- 1/2 cup water
- Salt, pepper and paprika to taste
- Parsley and scallions

METHOD

1. Season beef with salt, pepper and paprika.
2. Brown the cubes in olive oil.
3. Sauté onion and garlic.
4. Add tomato and water.
5. Cover and cook until the beef is tender.
6. Add potato pieces.
7. Cook until potatoes are tender and the sauce thickens.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Cut potatoes into large pieces.
- Brown beef thoroughly for more flavor.
- Pairs well with white rice.

RECIPE 189

Beef with Okra

A very Brazilian recipe, flavorful and full of character.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
285 kcal per serving	**1 hr 10 min**

INGREDIENTS

- 800 g beef cubes
- 300 g sliced okra
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves
- 1 tomato, chopped
- 1/3 cup water
- Salt, pepper and paprika
- Parsley and scallions

METHOD

1. Season beef with salt, pepper and paprika.
2. Brown beef in olive oil.
3. Sauté onion and garlic.
4. Add tomato and a little water.
5. Cook until beef is tender.
6. Quickly sear okra in another pan.
7. Combine okra and beef and cook for a few more minutes.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Dry okra thoroughly before using.
- Sear okra to reduce sliminess.
- Great with rice and soft cornmeal porridge.

RECIPE 190

Beef with Pumpkin

Creamy, nutritious and delicious. A perfect everyday combination.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
290 kcal per serving	**1 hr 15 min**

INGREDIENTS

- 800 g beef cubes
- 400 g pumpkin cubes
- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves
- 1 tomato, chopped
- 1/3 cup water
- Salt, pepper and paprika to taste
- Parsley and scallions

METHOD

1. Season beef with salt, pepper and paprika.
2. Brown beef in olive oil.
3. Sauté onion and garlic.
4. Add tomato and water.
5. Cook until beef is almost tender.
6. Add pumpkin cubes.
7. Cook until pumpkin softens and the broth thickens.
8. Finish with parsley and scallions and serve.

CHEF HANNAH'S TIPS

- Use kabocha squash or pumpkin.
- Stir gently to preserve the cubes.
- Delicious with white rice.

RECIPE 191

Carrot Cake with Chocolate Topping

Fluffy and moist, with a creamy topping. An irresistible classic!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**55 min**

INGREDIENTS

- BATTER: 3 medium carrots, chopped
- 3 eggs
- 1/2 cup coconut oil
- 3/4 cup cooking sweetener
- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 tbsp baking powder
- 1 pinch of salt
- TOPPING: 200 ml coconut milk
- 2 tbsp 100% cocoa powder
- 2 tbsp cooking sweetener
- 1 tsp cornstarch

METHOD

1. Gather the ingredients and grease the pan.
2. Blend carrots, eggs, oil and sweetener.
3. Mix flours and salt in a bowl.
4. Add wet ingredients to dry and mix well.
5. Gently fold in baking powder.
6. Pour into the pan and bake until golden.
7. Cook the topping over low heat until thickened.
8. Unmold, cover with chocolate topping and serve.

CHEF HANNAH'S TIPS

- Use sweet carrots to enhance the flavor.
- Let the cake cool slightly before adding the topping.
- Perfect with coffee or tea.

RECIPE 192

Chocolate Cake

Rich, soft and full of real chocolate flavor. Delicious from the first bite to the last!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
195 kcal per serving	**50 min**

INGREDIENTS

- BATTER: 3 eggs
- 1/2 cup oil
- 1 cup plant-based milk
- 3/4 cup cooking sweetener
- 1 1/2 cups rice flour
- 1/2 cup potato starch
- 1/2 cup 100% cocoa powder
- 1 tbsp baking powder
- 1 pinch of salt
- TOPPING: 150 ml coconut milk
- 2 tbsp cocoa powder
- 2 tbsp cooking sweetener

METHOD

1. Grease the pan and preheat the oven.
2. Beat eggs, oil, plant-based milk and sweetener.
3. Mix flour, starch, cocoa and salt.
4. Combine wet and dry ingredients until smooth.
5. Gently fold in baking powder.
6. Bake until cooked through.
7. Make the topping, stirring until creamy.
8. Cover the warm cake and serve.

CHEF HANNAH'S TIPS

- Use 100% cocoa for a stronger flavor.
- Avoid overbaking to keep it soft.
- Serve with berries if desired.

RECIPE 193

Banana and Cinnamon Cake

Fragrant, moist and naturally delicious. Perfect for breakfast!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
170 kcal per serving	**50 min**

INGREDIENTS

- 4 ripe bananas
- 3 eggs
- 1/3 cup coconut oil
- 1/2 cup cooking sweetener
- 1 1/2 cups gluten-free oat flour
- 1/2 cup almond flour
- 1 tbsp ground cinnamon
- 1 tbsp baking powder

METHOD

1. Mash the bananas and gather the ingredients.
2. Beat eggs, oil and sweetener.
3. Add mashed bananas.
4. Mix the flours and cinnamon.
5. Combine until smooth.
6. Add baking powder last.
7. Pour into a pan and bake until golden.
8. Let cool slightly, unmold and serve.

CHEF HANNAH'S TIPS

- Use very ripe bananas for natural sweetness.
- Sprinkle cinnamon on top before baking.
- Great with chopped nuts.

RECIPE 194

Apple and Cinnamon Cake

A homely aroma, fluffy crumb and apple pieces in every slice.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per serving	**55 min**

INGREDIENTS

- 3 apples, chopped
- 3 eggs
- 1/2 cup oil
- 3/4 cup cooking sweetener
- 2 cups gluten-free oat flour
- 1 tbsp ground cinnamon
- 1 tbsp baking powder
- 1/4 cup chopped nuts
- 1 pinch of salt

METHOD

1. Peel and chop the apples.
2. Beat eggs, oil and sweetener.
3. Mix flour, cinnamon and salt.
4. Add wet ingredients to dry.
5. Add apples and nuts.
6. Gently mix in baking powder.
7. Pour into a pan and bake until golden.
8. Unmold while warm and serve.

CHEF HANNAH'S TIPS

- Reserve apple slices for decoration.
- Cinnamon pairs well with walnuts or other nuts.
- Even better the next day.

RECIPE 195

Orange Cake

Just the right citrus flavor, soft and fragrant. A light, flavorful cake!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per serving	**45 min**

INGREDIENTS

- 3 eggs
- 1/2 cup oil
- 3/4 cup cooking sweetener
- 1 cup fresh orange juice
- Zest of 1 orange
- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 tbsp baking powder

METHOD

1. Grease the pan and gather the ingredients.
2. Beat eggs, oil, sweetener and orange juice.
3. Add orange zest.
4. Mix rice flour and tapioca starch.
5. Combine wet and dry ingredients until smooth.
6. Gently fold in baking powder.
7. Bake in a preheated oven until golden.
8. Let cool slightly, unmold and serve.

CHEF HANNAH'S TIPS

- Use fresh orange for a brighter flavor.
- Finish with orange zest if desired.
- Great with coffee.

RECIPE 196

Lemon Cake

Refreshing and fluffy, with an appealing citrus touch.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per serving	**50 min**

INGREDIENTS

- BATTER: 3 eggs
- 1/2 cup oil
- 3/4 cup plant-based milk
- 3/4 cup cooking sweetener
- Juice of 2 lemons
- Zest of 2 lemons
- 2 cups rice flour
- 1/2 cup potato starch
- 1 tbsp baking powder
- OPTIONAL TOPPING: 100 ml coconut milk
- 2 tbsp lemon juice
- Sweetener to taste

METHOD

1. Grease the pan and preheat the oven.
2. Beat eggs, oil, plant-based milk and sweetener.
3. Add lemon juice and zest.
4. Mix rice flour and potato starch.
5. Combine and stir until smooth.
6. Add baking powder last.
7. Bake until risen and lightly golden.
8. Prepare the optional topping, finish and serve.

CHEF HANNAH'S TIPS

- Grate only the colored outer peel.
- The cake is delicious chilled.
- Finish with fresh zest on top.

RECIPE 197

Coconut Cake

Soft, fragrant and tropical. Simply delicious!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per serving	**50 min**

INGREDIENTS

- 3 eggs
- 200 ml coconut milk
- 1/3 cup coconut oil
- 3/4 cup cooking sweetener
- 1 1/2 cups rice flour
- 1/2 cup unsweetened shredded coconut
- 1/2 cup sweet tapioca starch
- 1 tbsp baking powder

METHOD

1. Grease the pan and gather the ingredients.
2. Beat eggs, coconut milk, oil and sweetener.
3. Mix rice flour, tapioca starch and shredded coconut.
4. Combine wet and dry ingredients.
5. Stir until smooth.
6. Gently fold in baking powder.
7. Bake until golden.
8. Let cool slightly, unmold and serve.

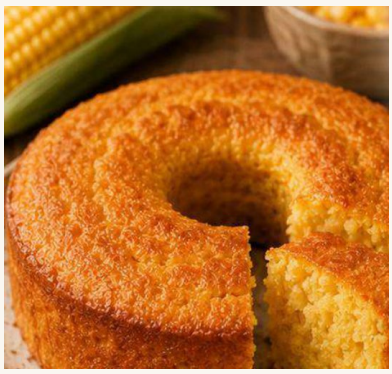
CHEF HANNAH'S TIPS

- Sprinkle shredded coconut on top to decorate.
- Coconut milk makes the cake moister.
- Serve with coffee or tea.

RECIPE 198

Corn Cake

Creamy and homemade, with a farmhouse flavor. Perfect for afternoon coffee!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per serving	**55 min**

INGREDIENTS

- 2 cups corn
- 3 eggs
- 200 ml coconut milk
- 1/3 cup oil
- 3/4 cup cooking sweetener
- 1 cup cornmeal
- 1/2 cup rice flour
- 1 tbsp baking powder

METHOD

1. Grease the pan and preheat the oven.
2. Blend corn, eggs, coconut milk, oil and sweetener.
3. Add cornmeal and rice flour.
4. Blend until smooth.
5. Gently stir in baking powder.
6. Pour the batter into the pan.
7. Bake until golden and set.
8. Let cool slightly, cut and serve.

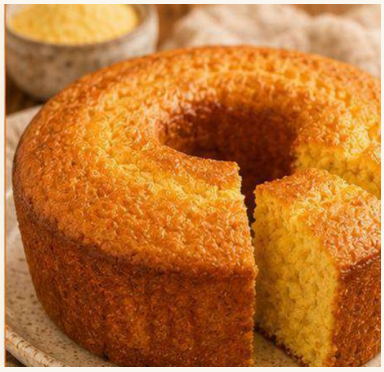
CHEF HANNAH'S TIPS

- Use fresh corn or good-quality frozen corn.
- The cake is even better after cooling.
- Serve with cinnamon if desired.

RECIPE 199

Cornmeal Cake

Traditional and fluffy, with a comforting flavor. A truly cozy recipe!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per serving	**45 min**

INGREDIENTS

- 3 eggs
- 1/2 cup oil
- 1 cup plant-based milk
- 3/4 cup cooking sweetener
- 1 1/2 cups cornmeal
- 1/2 cup rice flour
- 1 tbsp baking powder
- 1 tsp fennel seeds, optional

METHOD

1. Grease the pan and gather the ingredients.
2. Beat eggs, oil, milk and sweetener.
3. Mix cornmeal, rice flour and fennel seeds.
4. Combine wet and dry ingredients.
5. Stir until smooth.
6. Gently fold in baking powder.
7. Bake until lightly golden.
8. Unmold while warm and serve.

CHEF HANNAH'S TIPS

- Fennel is optional but adds a wonderful aroma.
- Do not overbeat after adding baking powder.
- Serve with fresh coffee.

RECIPE 200

Cassava Cake

Moist, homemade and flavorful. A rustic cake loved throughout Brazil!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
200 kcal per serving	**1 hr**

INGREDIENTS

- 500 g grated cassava
- 3 eggs
- 200 ml coconut milk
- 1/3 cup coconut oil
- 3/4 cup cooking sweetener
- 1 cup unsweetened shredded coconut
- 1 tbsp baking powder
- 1 pinch of salt

METHOD

1. Grate the cassava and grease the pan.
2. Beat eggs, coconut milk, oil and sweetener.
3. Place grated cassava in a bowl.
4. Add the wet mixture and mix well.
5. Add shredded coconut and salt.
6. Gently fold in baking powder.
7. Pour into a pan and bake until set and golden.
8. Let cool slightly, unmold and serve.

CHEF HANNAH'S TIPS

- Lightly squeeze the cassava if very wet.
- Coconut pairs perfectly with this batter.
- Serve in small squares for afternoon coffee.

RECIPE 201

Coconut Flan

Creamy and smooth, with irresistible coconut flavor. A light dessert for any occasion.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
185 kcal per slice	**1 hr 20 min**

INGREDIENTS

- 2 cans coconut milk, totaling 800 ml
- 1/2 cup erythritol or xylitol
- 4 eggs
- 1/2 cup unsweetened shredded coconut
- 2 tbsp cornstarch
- 1 tsp vanilla extract, optional

METHOD

1. Mix coconut milk, erythritol and shredded coconut in a pan. Heat gently, stirring until dissolved.
2. Beat the eggs in a bowl until smooth.
3. Dissolve cornstarch in 1/2 cup of the warm coconut milk and add to the mixture.
4. Gradually pour the egg mixture into the coconut milk, stirring constantly.
5. Pour into a flan mold lightly greased with coconut oil or lined with sugar-free syrup.
6. Cover with foil and bake in a water bath in an oven preheated to 180°C.
7. Bake for about 60 minutes until set, checking with a toothpick. Let cool and refrigerate for at least 4 hours.
8. Carefully unmold and serve chilled. Top with more shredded coconut if desired.

CHEF HANNAH'S TIPS

• For sugar-free syrup, melt 1/2 cup erythritol with 2 tbsp water until golden and spread in the mold before adding the flan mixture.

• Use homemade coconut milk for a stronger flavor.

• Do not skip refrigeration: it is essential for the perfect texture.

RECIPE 202

Chocolate Brownies

Fudgy inside, with a thin crust and intense chocolate flavor. Perfect any time of day!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per serving	**45 min**

INGREDIENTS

- 1 cup almond flour
- 1/2 cup 100% cocoa powder
- 1/4 cup sweet tapioca starch
- 1/2 cup erythritol or xylitol
- 1/2 tsp baking powder
- 1 pinch of salt
- 3 eggs
- 1/2 cup melted coconut oil
- 1 tsp vanilla extract
- 100 g chopped 70% cocoa chocolate

METHOD

1. Mix almond flour, cocoa, tapioca starch, sweetener, baking powder and salt in a bowl. Set aside.
2. Beat eggs, melted coconut oil and vanilla in another bowl until smooth.
3. Gently add dry ingredients to wet until creamy and uniform.
4. Lightly mix in the chopped chocolate.
5. Pour into a small 20 x 20 cm parchment-lined pan and level the surface.
6. Bake in a preheated oven at 180°C for about 20-25 minutes. The center should remain slightly moist.
7. Let cool in the pan for at least 20 minutes to firm up before cutting.
8. Cut into squares and enjoy these soft, rich brownies!

CHEF HANNAH'S TIPS

- Avoid overbaking for moister brownies.
- Store in a sealed container at room temperature for up to 4 days.
- Chopped nuts or walnuts are delicious in the batter.

RECIPE 203

Passion Fruit Mousse

Light, airy and full of flavor. The perfect dessert for any occasion!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
138 kcal per serving	**2 hr 30 min**

INGREDIENTS

- MOUSSE: 1 cup fresh or frozen passion fruit pulp
- 1/2 cup homemade coconut milk
- 1/2 cup almond or oat milk
- 3 tbsp xylitol or erythritol
- 1 tbsp lemon juice
- 1 packet unflavored, clear gelatin, 12 g
- 5 tbsp water to hydrate gelatin
- TOPPING: 1/2 cup passion fruit pulp
- 1 tbsp xylitol or erythritol

METHOD

1. Scoop out the passion fruit pulp, reserving 1/2 cup for the topping.
2. Hydrate gelatin in the water and rest for 5 minutes.
3. Microwave for 15 seconds to dissolve completely. Set aside.
4. Blend passion fruit pulp, coconut milk, plant-based milk, sweetener and lemon juice until smooth.
5. With the blender running, add dissolved gelatin and blend for another 30 seconds.
6. Pour into individual glasses or containers and refrigerate for at least 2 hours to set.
7. Mix the reserved pulp with the topping sweetener.
8. Spread over the mousse and serve chilled.

CHEF HANNAH'S TIPS

- Use very ripe passion fruit for stronger, naturally sweeter flavor.
- Blend chilled ingredients for an even lighter texture.
- Makes about 6 servings.

RECIPE 204

Chocolate Mousse

Light, airy and irresistible. A classic that always pleases!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per serving	**20 min**

INGREDIENTS

- 200 g dairy-free 70% cocoa chocolate
- 1 cup chilled coconut cream
- 3 tbsp 100% cocoa powder
- 1 tsp vanilla extract
- 1 pinch of salt
- 2 tbsp xylitol or erythritol, adjusted to taste

METHOD

1. Chop and melt chocolate over a water bath or in 30-second microwave bursts. Let cool slightly.
2. Add cocoa, vanilla, salt and sweetener. Mix until smooth.
3. Whip chilled coconut cream until stiff peaks form.
4. Gently fold whipped cream into the chocolate in 2 or 3 batches.
5. The mixture should be light, airy and glossy. Do not overmix.
6. Divide among individual glasses or one large dish.
7. Refrigerate for at least 2 hours until firm and well chilled.
8. Serve chilled with shavings of 70% chocolate for a special touch.

CHEF HANNAH'S TIPS

- Use chocolate with at least 70% cocoa for intense, balanced flavor.
- Coconut cream must be very cold to whip well.
- Keep refrigerated for up to 3 days.

RECIPE 205

Creamy Coconut Candy

Soft, moist coconut candy with a melting texture and irresistible flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
120 kcal per piece	**40 min**

INGREDIENTS

- 3 cups fresh shredded coconut or dried unsweetened coconut
- 1 cup homemade coconut milk
- 1/2 cup water
- 3 tbsp natural cooking sweetener, such as erythritol or xylitol
- 1 tbsp coconut oil
- 1 pinch of salt

METHOD

1. Place shredded coconut in a large pan over low heat and stir for 2 minutes to release its aroma.
2. Add coconut milk, water and sweetener. Mix well.
3. Cook over low heat, stirring constantly, until it begins to boil and thicken.
4. Keep stirring until creamy and glossy and beginning to pull away from the bottom.
5. Add coconut oil and salt. Mix and cook for another 2 minutes.
6. Pour the hot mixture into a dish lightly greased with coconut oil.
7. Smooth with a spatula and cool at room temperature.
8. Cut into squares and serve. Store refrigerated in a sealed container.

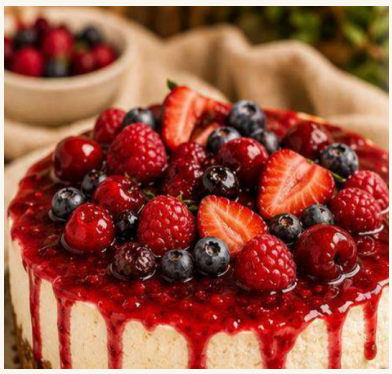
CHEF HANNAH'S TIPS

- Use fresh coconut for a softer texture and delicate flavor.
- For firmer candy, cook longer until it completely pulls away from the pan.
- Refrigerate for up to 7 days or freeze for up to 2 months.

RECIPE 206

Berry Cheesecake

Creamy, light and irresistible! A perfect combination of texture and flavor with a tangy touch of berries.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
245 kcal per slice	**3 hr 30 min**

INGREDIENTS

- BASE: 1 cup raw cashews
- 1/2 cup pitted dates
- 2 tbsp coconut oil
- 1 pinch of salt
- FILLING: 2 cups raw cashews
- 1/2 cup creamy coconut milk
- 1/2 cup lemon juice
- 1/4 cup coconut oil
- 1 tsp vanilla extract
- Zest of 1 lemon (optional)
- BERRY SAUCE: 2 cups berries, fresh or frozen
- 1/4 cup water
- 1 tbsp chia seeds

METHOD

1. Process the cashews, dates, coconut oil and salt into moist crumbs.
2. Press firmly into the base of a 20 cm springform pan. Refrigerate.
3. Drain the cashews for the filling and blend with the remaining filling ingredients until smooth.
4. Pour over the base and smooth. Refrigerate for at least 3 hours or until firm.
5. Cook the berries and water over low heat for 5 minutes, stirring occasionally.
6. Turn off the heat, stir in the chia and let stand for 10 minutes to thicken.
7. Spread the cooled sauce over the unmolded cheesecake.
8. Decorate with fresh berries and serve chilled. Refrigerate for up to 5 days.

CHEF HANNAH'S TIPS

- Chill thoroughly before unmolding to prevent breakage.
- Vary the berries according to the season.
- Add orange zest to the sauce for a more citrusy version.

RECIPE 207

Chocolate Biscuit Dessert

Creamy, rich and irresistible! The perfect dessert for any occasion.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
195 kcal per 100 g	**25 min**

INGREDIENTS

- CHOCOLATE CREAM: 2 cups coconut milk, well stirred
- 1/2 cup pure cocoa powder
- 1/4 cup cooking sweetener, such as erythritol or xylitol
- 3 tbsp cornstarch
- 1 tsp vanilla extract
- ASSEMBLY: 200 g gluten-free plain biscuits
- 1 cup coconut milk for dipping
- 70% dark chocolate shavings to decorate

METHOD

1. In a pan, mix coconut milk, cocoa, sweetener and cornstarch until dissolved.
2. Cook over medium heat, stirring constantly, until thick, firm and glossy.
3. Turn off the heat and stir in vanilla. Cover with plastic wrap touching the surface and cool completely.
4. Pour coconut milk into a shallow dish. Dip the biscuits briefly to moisten.
5. Arrange a layer of dipped biscuits in a serving dish.
6. Cover with chocolate cream and repeat the layers.
7. Finish with cream and smooth the surface.
8. Refrigerate for at least 4 hours. Decorate with chocolate shavings and serve chilled.

CHEF HANNAH'S TIPS

- Add grated sugar-free 70% dark chocolate to the cream for a richer flavor.
- Add chopped nuts between the layers for extra texture.
- It tastes even better the next day!

RECIPE 208

Banana and Cocoa Ice Cream

Creamy, natural and full of flavor. A refreshing dessert to enjoy with well-being and pleasure.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
150 kcal per scoop	**10 min**

INGREDIENTS

- 4 ripe bananas, chopped and frozen
- 2 tbsp pure cocoa powder
- 1 tsp vanilla extract
- 1 pinch of salt
- 2 tbsp peanut butter (optional, for extra creaminess)
- 1–2 tbsp plant-based milk, only if needed

METHOD

1. Peel the ripe bananas and slice.
2. Place in a container and freeze for at least 4 hours or until solid.
3. Place the frozen bananas in a food processor or powerful blender.
4. Blend until creamy, stopping to scrape down the sides as needed.
5. Add cocoa, peanut butter, vanilla and salt.
6. Blend again until smooth.
7. If necessary, add 1–2 tbsp plant-based milk and blend briefly.
8. Serve immediately for a creamier texture or freeze for 30 minutes to firm up.

CHEF HANNAH'S TIPS

• Use very ripe bananas for a sweeter, stronger flavor.
• Top with cocoa nibs or chopped nuts for crunch.
• Freeze in a covered container for up to 2 weeks. Remove 5 minutes before serving for easier scooping.

RECIPE 209

Spoonable Chocolate Brigadeiro

Creamy, intense and irresistible! A light, flavorful way to satisfy a sweet craving.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
150 kcal per 2 tbsp	**15 min**

INGREDIENTS

- 1 cup unsweetened plant-based milk, such as almond, oat or coconut
- 1/4 cup xylitol or erythritol
- 2 tbsp pure cocoa powder
- 2 tbsp coconut oil
- 1 tsp vanilla extract (optional)
- 1 pinch of salt

METHOD

1. Place plant-based milk, xylitol, cocoa and salt in a pan.
2. Whisk until fully dissolved and smooth.
3. Cook over medium heat, stirring constantly to prevent lumps and scorching.
4. When it boils, reduce the heat and keep stirring.
5. Cook for about 8–10 minutes until thickened and pulling away from the bottom.
6. Turn off the heat and add coconut oil and vanilla, if using.
7. Stir until fully incorporated, glossy and creamy.
8. Transfer to a small bowl and serve warm or chilled. Both are delicious!

CHEF HANNAH'S TIPS

- Use alkalized cocoa for an even more intense flavor.
- Add 1 tbsp lactose-free coconut cream for extra creaminess.
- Refrigerate in a sealed container for up to 5 days. Stir before serving.

RECIPE 210

Sweet Lemon Tart

Creamy, light and refreshing, with a perfect balance of tart lemon and natural sweetness.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per 1/10 tart	**30 min**

INGREDIENTS

- CRUST: 2 cups almond flour
- 1/4 cup coconut oil
- 2 tbsp chopped dates
- 1 pinch of salt
- FILLING: 1 cup raw cashews, soaked for 4 hours and drained
- 1/2 cup lemon juice
- Zest of 2 lemons
- 1/4 cup melted coconut oil
- 1/4 cup xylitol or erythritol
- 1 tsp vanilla extract
- TO DECORATE: Lemon zest and thin lemon slices

METHOD

1. Process almond flour, dates, coconut oil and salt into moist crumbs.
2. Press firmly over the base and sides of a 20 cm springform pan.
3. Refrigerate while preparing the filling.
4. Blend cashews, lemon juice, zest, coconut oil, xylitol and vanilla until very smooth.
5. Pour over the base and smooth with a spatula.
6. Refrigerate for at least 4 hours or until firm.
7. Decorate with lemon zest and thin slices.
8. Carefully unmold and serve well chilled.

CHEF HANNAH'S TIPS

- Use fresh lemons for a stronger, natural flavor.
- Allow plenty of chilling time for the ideal texture.
- Refrigerate for up to 5 days or freeze slices for up to 30 days.

RECIPE 211

Coconut Beijinho Truffles

A classic, irresistible sweet made with coconut and natural sweeteners. Creamy inside, soft and perfect for any occasion.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
110 kcal per piece	**40 min**

INGREDIENTS

- 1 can coconut milk (800 ml)
- 1 cup unsweetened shredded coconut (100 g)
- 1/2 cup erythritol or xylitol (100 g)
- 2 tbsp coconut oil
- 1 tsp vanilla extract (optional)
- Unsweetened shredded coconut for coating

METHOD

1. Mix coconut milk, erythritol and coconut oil in a pan.
2. Cook over low heat, stirring until the sweetener dissolves completely.
3. Add shredded coconut and keep stirring.
4. Cook until the mixture begins pulling away from the pan and is firm enough to roll.
5. Transfer to a plate lightly greased with coconut oil and cool.
6. With lightly greased hands, roll small portions into balls.
7. Coat completely in unsweetened shredded coconut.
8. Place in paper candy cups and refrigerate for at least 30 minutes.

CHEF HANNAH'S TIPS

- Use very creamy coconut milk for firmer, more flavorful truffles.
- Add lemon or orange zest for a special touch.
- Refrigerate in a sealed container for up to 7 days.

RECIPE 212

Homemade Peanut Paçoca

Traditional, nutritious and full of flavor! Made with few ingredients and perfect for any moment.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
160 kcal per piece	**35 min**

INGREDIENTS

- 2 cups roasted skinless peanuts
- 2 tbsp coconut oil
- 3 tbsp coconut milk powder
- 1 pinch of salt
- 1 tsp vanilla extract (optional)

METHOD

1. Process the peanuts into fine, loose but slightly moist crumbs.
2. Transfer to a large bowl and set aside.
3. Melt coconut oil in a small pan over low heat.
4. Pour over the peanut crumbs and mix well with a spoon.
5. Add coconut milk powder, salt and vanilla, if using. Mix again.
6. Mix until moist enough to hold its shape when squeezed.
7. Shape by hand or press firmly into small molds.
8. Carefully unmold and serve. Store in an airtight container at room temperature for up to 7 days.

CHEF HANNAH'S TIPS

• Well-roasted peanuts enhance the flavor and help bind the mixture.
• If dry and crumbly, mix in 1 tsp coconut oil.
• Leave some peanut pieces whole for crunch. Store in a cool, dry place to preserve the texture.

RECIPE 213

Coconut Pudding with Prune Sauce

A classic, irresistible dessert! Velvety coconut pudding with a rich, lightly spiced prune sauce, perfect for any occasion.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per slice	**1 hr 30 min**

INGREDIENTS

- PUDDING: 2 cans coconut milk (800 ml)
- 1 cup plant-based milk, such as almond or oat
- 1/2 cup erythritol or xylitol
- 1/2 cup cornstarch
- 1/2 tsp vanilla extract
- 1 pinch of salt
- SAUCE: 200 g pitted prunes
- 2 cups filtered water
- 1/4 cup erythritol or xylitol
- 1 cinnamon stick
- 2 cloves (optional)
- 1/2 tsp vanilla extract

METHOD

1. In a pan, mix coconut milk, plant-based milk, erythritol, cornstarch and salt until the starch dissolves.
2. Cook over medium heat, stirring constantly, until thick and bubbling. Cook for 1 more minute.
3. Turn off the heat and stir in vanilla.
4. Pour into a lightly dampened ring mold.
5. Cool at room temperature, then refrigerate for at least 4 hours or until firm.
6. For the sauce, place prunes, water, erythritol, cinnamon and cloves in a pan.
7. Cook over medium heat for about 20 minutes until the prunes are soft and the sauce slightly thick. Turn off the heat and add vanilla.
8. Carefully unmold the pudding and serve with the sauce cold or at room temperature.

CHEF HANNAH'S TIPS

• Briefly warm the bottom of the mold in warm water, keeping water out of the pudding, then turn onto a plate.

• For a rustic sauce, blend half the prunes and return to the pan.

• Choose soft, good-quality prunes for a flavorful, natural sauce.

RECIPE 214

Chocolate-Covered Strawberries

Fresh strawberries with a creamy filling and a dark chocolate coating. A burst of light, delicious flavor!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
120 kcal per piece	**45 min**

INGREDIENTS

- 250 g large, firm strawberries
- 100 g sugar-free 70% dark chocolate
- 2 tbsp coconut oil
- 3 tbsp pure peanut butter
- 2 tbsp coconut milk powder
- 1 tsp vanilla extract (optional)

METHOD

1. Wash the strawberries and dry thoroughly with paper towels so the chocolate adheres well.
2. Mix peanut butter, coconut milk powder and vanilla until smooth.
3. Fill the strawberries with the cream using a piping bag or small spoon.
4. Melt chocolate with coconut oil over a water bath or in 30-second microwave intervals, stirring until smooth.
5. Carefully dip each filled strawberry into the melted chocolate to coat completely.
6. Place on parchment paper or a silicone mat and refrigerate for 10 minutes to set.
7. If desired, drizzle with the remaining chocolate. Refrigerate for another 10 minutes.
8. Serve chilled for the best texture and flavor.

CHEF HANNAH'S TIPS

- Use large, firm strawberries to prevent excess moisture and cracked chocolate.
- 70% dark chocolate provides balanced sweetness and pairs perfectly with strawberries.
- Refrigerate in a sealed container for up to 5 days.

RECIPE 215

Chocolate Biscuit Fudge Squares

Classic, creamy and irresistible! Simple ingredients and plenty of flavor for any moment.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
120 kcal per 30 g	**40 min**

INGREDIENTS

- 1 can sweetened condensed coconut milk (395 g)
- 2 tbsp pure cocoa powder
- 2 tbsp coconut oil
- 1 tsp vanilla extract (optional)
- 150 g gluten-free rice or plain biscuits, broken into pieces
- Pure cocoa powder for dusting

METHOD

1. Mix condensed coconut milk, cocoa and coconut oil in a pan.
2. Cook over low heat, stirring constantly, until thick and beginning to pull away from the bottom.
3. Turn off the heat and mix in vanilla.
4. Fold in the broken biscuits until every piece is coated.
5. Transfer to a container lined with plastic wrap and press lightly to level.
6. Cover with plastic wrap and refrigerate for at least 2 hours or until firm.
7. Unmold and cut into squares of the desired size. Lightly dust with sifted cocoa.
8. Serve chilled or keep refrigerated. Even better the next day!

CHEF HANNAH'S TIPS

- Use crisp biscuits for the perfect texture.
- Add 70% dark chocolate shavings for a special touch.
- Refrigerate in a sealed container for up to 7 days.

RECIPE 216

Apple Tart

Soft, aromatic and lightly caramelized. A fresh take on a classic tart, perfect for any time of day.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
165 kcal per slice	**1 hr 15 min**

INGREDIENTS

- 3 medium apples, Fuji or Gala
- 1/4 cup lemon juice
- 1 tsp ground cinnamon
- 1/4 cup erythritol or xylitol
- 1/2 cup gluten-free oat flour
- 1/2 cup almond flour
- 2 tbsp coconut oil
- 1 egg
- 1 tsp baking powder
- 1 pinch of salt
- 1 tsp vanilla extract (optional)

METHOD

1. Peel and thinly slice the apples. Drizzle with lemon juice, sprinkle with half the cinnamon and set aside.
2. Mix the flours, baking powder, salt, remaining cinnamon and erythritol in a bowl.
3. In another bowl, beat the egg with coconut oil and vanilla until smooth.
4. Add the liquids to the dry ingredients and mix into an even dough.
5. Press into the base and sides of a small 20–22 cm pan greased with coconut oil.
6. Arrange overlapping apple slices over the dough in a spiral or rows.
7. Bake in a preheated oven at 180°C for about 40 minutes until the apples are soft and lightly golden.
8. Cool before unmolding. Serve warm or cold.

CHEF HANNAH'S TIPS

- Sprinkle extra cinnamon over the tart before baking for more flavor.
- Use firm apples that retain their texture when cooked.
- Serve with unsweetened plant-based yogurt for an irresistible pairing.

RECIPE 217

Chia Pudding with Berries

Light, creamy and naturally sweet. A nutritious dessert with berries that bring color, flavor and antioxidants to your day.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**15 min + chilling**

INGREDIENTS

- 3 tbsp chia seeds
- 1 cup (240 ml) canned coconut milk
- 1 tsp vanilla extract
- 1 tbsp honey or natural sweetener (optional)
- 1/2 cup fresh or frozen berries, such as strawberries, raspberries, blackberries or blueberries
- Juice of 1/2 lemon
- Mint leaves to decorate (optional)

METHOD

1. Mix coconut milk, chia, vanilla and honey, if using, thoroughly to prevent clumps.
2. Let stand for 10 minutes, then stir again to distribute the chia evenly.
3. Cover and refrigerate for at least 4 hours or overnight.
4. Cook the berries and lemon juice in a pan over low heat for 5–7 minutes.
5. Lightly mash with a spoon into a rustic sauce. Turn off the heat and cool.
6. Remove the pudding from the refrigerator and stir gently until smooth and creamy.
7. Divide among jars or glasses and top with the cooled berry sauce.
8. Finish with fresh berries and mint, if desired. Serve chilled and enjoy!

CHEF HANNAH'S TIPS

- Adjust honey or sweetener to taste for a sweeter pudding.
- Use unsweetened frozen berries and choose organic when possible.
- Refrigerate in a sealed container for up to 4 days.

RECIPE 218

Coconut Dulce de Leche

Creamy, velvety and intensely coconut-flavored. Perfect for fillings, toppings or eating by the spoonful!



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
120 kcal per tbsp	**1 hr 30 min**

INGREDIENTS

- 2 cans coconut milk (800 ml)
- 1/2 cup erythritol or xylitol
- 1/4 cup water
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- 1 pinch of salt

METHOD

1. Mix coconut milk, erythritol or xylitol, water and salt in a heavy-bottomed pan.
2. Cook over medium heat, stirring until the sweetener dissolves completely.
3. Increase to medium-high heat and bring to a boil, stirring to prevent overflow.
4. Once boiling, reduce to medium-low heat and continue cooking and stirring.
5. Cook for about 60–70 minutes, stirring constantly, until thickened and slightly darker.
6. Turn off the heat when thick and creamy like dulce de leche.
7. Add coconut oil and vanilla. Mix until fully incorporated.
8. Transfer to a clean glass jar, cool and refrigerate. It thickens further as it cools.

CHEF HANNAH'S TIPS

- Use good-quality full-fat coconut milk for rich flavor and creaminess.
- Constant stirring prevents scorching and ensures a smooth texture.
- Refrigerate in a tightly closed jar for up to 10 days.

RECIPE 219

Chocolate Truffles

Rich, creamy and irresistible. A delicious combination of flavor and wholesome ingredients to sweeten any moment.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
120 kcal per piece (approx.)	**50 min**

INGREDIENTS

- 1 can coconut milk (400 ml)
- 150 g sugar-free 70% dark chocolate
- 2 tbsp pure cocoa powder
- 2 tbsp erythritol or xylitol
- 1 tbsp coconut oil
- 1 tsp vanilla extract (optional)
- Pure cocoa powder or chopped 70% dark chocolate for coating

METHOD

1. Mix coconut milk, cocoa and erythritol in a pan until dissolved.
2. Cook over low heat, stirring until it begins to simmer.
3. Add chopped chocolate and coconut oil. Stir until completely melted.
4. Continue over low heat, stirring until thick and pulling away from the pan.
5. Transfer to a plate or bowl, cover with plastic wrap touching the surface and refrigerate for at least 3 hours or until firm.
6. With hands lightly greased with coconut oil, shape into truffles of the desired size.
7. Coat with cocoa powder or chopped 70% dark chocolate.
8. Place in paper candy cups and refrigerate until serving.

CHEF HANNAH'S TIPS

• Use good-quality chocolate with at least 70% cocoa for an intense, balanced flavor.
• Try adding orange zest or a little instant coffee.
• Keep refrigerated to preserve creaminess. Makes about 12 truffles, 35–40 g each.

RECIPE 220

Pumpkin and Coconut Preserve

Soft, aromatic and naturally sweet. A lighter, wholesome take on a traditional recipe.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
160 kcal per 1/2 cup	**1 hr 15 min**

INGREDIENTS

- 500 g cubed kabocha squash or pumpkin
- 200 ml coconut milk
- 1/2 cup unsweetened shredded coconut
- 1/4 cup xylitol or erythritol
- 1 cinnamon stick
- 3 cloves
- 1 tsp vanilla extract (optional)
- Orange zest to taste (optional)

METHOD

1. Peel the pumpkin, remove the seeds and cut into medium cubes.
2. Place in a pan with cinnamon and cloves, cover with water and cook over medium heat.
3. Cook for about 20 minutes until soft. Drain, reserving 1/2 cup cooking water.
4. Lightly mash with a fork or masher, leaving some pieces whole.
5. Add coconut milk, xylitol, shredded coconut and reserved water. Mix well.
6. Return to low heat, stirring occasionally to prevent sticking.
7. Cook for about 20–25 minutes until thick and glossy.
8. Turn off the heat and add vanilla and orange zest. Mix and cool.

CHEF HANNAH'S TIPS

- Choose sweeter varieties, such as kabocha, for a more intense flavor.
- Mash more thoroughly for an even creamier texture.
- Refrigerate in a glass jar for up to 5 days.

RECIPE 221

Coconut Quindim

Glossy, soft and intensely coconut-flavored. A light, irresistible version of this Brazilian classic.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
145 kcal per piece	**1 hr 20 min**

INGREDIENTS

- 6 strained egg yolks
- 2 eggs
- 1/2 cup erythritol or xylitol
- 1 bottle coconut milk (200 ml)
- 1 cup unsweetened shredded coconut
- 1 tbsp coconut oil
- 1 tsp vanilla extract (optional)
- 1 pinch of salt

METHOD

1. Grease small molds with coconut oil.
2. Mix the yolks, eggs and erythritol.
3. Add coconut milk and vanilla.
4. Add shredded coconut and mix well.
5. Divide among the greased molds.
6. Place the molds in a baking tray with hot water.
7. Bake in the water bath at 180°C until set and lightly golden.
8. Cool until warm, unmold and serve chilled.

CHEF HANNAH'S TIPS

- Straining the yolks softens the egg flavor.
- Do not overfill the molds.
- Quindim tastes even better chilled.

RECIPE 222

Creamy Sweet Corn Pudding

Creamy, delicate and full of corn flavor. A perfect homemade dessert for any moment.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
170 kcal per serving	**50 min**

INGREDIENTS

- Kernels from 4 ears of corn
- 500 ml coconut milk or plant-based drink
- 1/3 cup erythritol or xylitol
- 2 tbsp cornstarch
- 1 pinch of salt
- Ground cinnamon for dusting
- 1 tsp vanilla extract (optional)

METHOD

1. Remove the corn kernels and set aside.
2. Blend the corn with coconut milk.
3. Strain through a fine sieve.
4. Transfer to a pan and add sweetener.
5. Add cornstarch and stir until dissolved.
6. Cook over medium heat, stirring until thick.
7. Divide among small bowls or glasses and let cool slightly.
8. Refrigerate and serve topped with cinnamon.

CHEF HANNAH'S TIPS

- Use full-fat coconut milk for extra creaminess.
- Serve well chilled for a firmer texture.
- Sprinkle cinnamon just before serving.

RECIPE 223

Coconut Rice Pudding

Comforting, mild and scented with cinnamon. A light, creamy version of a Brazilian classic.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
190 kcal per serving	**55 min**

INGREDIENTS

- 1 cup white rice
- 3 cups water
- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 cinnamon stick
- 3 cloves
- 1 pinch of salt
- Ground cinnamon to finish

METHOD

1. Rinse the rice and drain well.
2. Cook the rice in the water until tender.
3. Add coconut milk, cinnamon and cloves.
4. Add sweetener and salt.
5. Cook over low heat, stirring occasionally.
6. Allow to thicken until creamy.
7. Remove cinnamon and cloves and divide among bowls.
8. Finish with ground cinnamon and serve warm or chilled.

CHEF HANNAH'S TIPS

- Add a little more coconut milk for extra creaminess.
- Stir constantly near the end to prevent sticking.
- Delicious served chilled the following day.

RECIPE 224

Creamy Sweet Hominy

Comforting and creamy, with the familiar flavor of Brazilian June festivities. Perfect any time of year.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
210 kcal per serving	**1 hr 30 min**

INGREDIENTS

- 1 cup white hominy
- Water for soaking and cooking
- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 cinnamon stick
- 3 cloves
- 1/2 cup unsweetened shredded coconut
- 1 pinch of salt

METHOD

1. Soak the hominy for at least 8 hours.
2. Drain and place in a pressure cooker with water.
3. Cook until the grains are tender.
4. Open the cooker and drain some water if necessary.
5. Add coconut milk, sweetener, cinnamon and cloves.
6. Add shredded coconut and cook over low heat.
7. Stir until the liquid thickens and becomes very creamy.
8. Serve warm or chilled with cinnamon on top.

CHEF HANNAH'S TIPS

- Soaking helps the hominy cook faster.
- Adjust creaminess with more coconut milk if desired.
- Remove the cloves before serving.

RECIPE 225

Strawberry Mousse

Light, creamy and refreshing. A delicate dessert with natural strawberry flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
135 kcal per serving	**20 min + chilling**

INGREDIENTS

- 2 cups chopped strawberries
- 200 ml coconut milk
- 1/2 cup chilled coconut cream
- 1/4 cup erythritol or xylitol
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- 1 tsp unflavored gelatin, bloomed

METHOD

1. Wash and chop the strawberries.
2. Blend the strawberries with coconut milk.
3. Add coconut cream, sweetener and vanilla.
4. Add lemon juice and blend again.
5. Mix in the bloomed gelatin.
6. Divide among glasses or small jars.
7. Refrigerate until set.
8. Decorate with strawberries and serve chilled.

CHEF HANNAH'S TIPS

- Use ripe strawberries for more natural flavor.
- Blend some of the strawberries and reserve a few pieces if desired.
- Serve well chilled for the perfect texture.

RECIPE 226

Vanilla Flan

Mild, elegant and delicate. A light dessert with a soft texture and irresistible flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
140 kcal per serving	**1 hr**

INGREDIENTS

- 400 ml coconut milk
- 200 ml plant-based drink
- 1/3 cup erythritol or xylitol
- 1 tbsp vanilla extract
- 1 envelope unflavored gelatin, bloomed
- 1 pinch of salt
- Shredded coconut or fruit to decorate (optional)

METHOD

1. Bloom the gelatin according to the package instructions.
2. Warm coconut milk and plant-based drink in a pan.
3. Add sweetener, vanilla and salt.
4. Stir until warm without bringing to a boil.
5. Turn off the heat and add the bloomed gelatin.
6. Stir well until completely dissolved.
7. Pour into individual molds or one large mold.
8. Refrigerate until set and serve decorated.

CHEF HANNAH'S TIPS

- Do not boil the mixture, to preserve its delicate texture.
- Briefly dip the mold in warm water to unmold.
- Berries pair very well with this flan.

RECIPE 227

Banana Tart

Soft, fragrant and full of homemade flavor. A simple, delicious everyday dessert.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
175 kcal per slice	**1 hr 10 min**

INGREDIENTS

- 4 ripe bananas, sliced
- 2 eggs
- 1/2 cup rice flour
- 1/2 cup gluten-free oat flour
- 1/3 cup erythritol or xylitol
- 1/4 cup coconut oil
- 1 tsp ground cinnamon
- 1 tbsp baking powder
- 1 tsp vanilla extract

METHOD

1. Peel and slice the bananas.
2. Beat the eggs with coconut oil in a bowl.
3. Add sweetener and vanilla.
4. Add the flours and cinnamon and mix.
5. Fold in baking powder last.
6. Transfer the batter to a greased pan.
7. Arrange bananas on top and place in the oven at 180°C.
8. Bake until golden, cool slightly and serve.

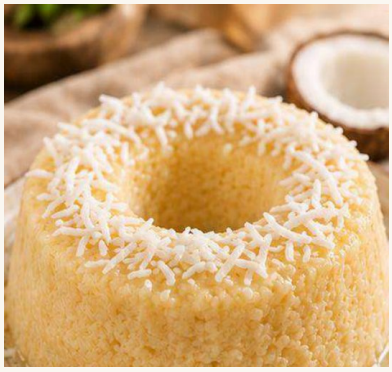
CHEF HANNAH'S TIPS

- Use very ripe bananas for more natural sweetness.
- Sprinkle cinnamon on top before baking.
- Serve warm with coffee.

RECIPE 228

Sweet Coconut Corn Couscous

Moist, soft and delicately coconut-flavored. A practical dessert combining tradition and lightness.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
160 kcal per serving	**45 min**

INGREDIENTS

- 2 cups coarse precooked corn flakes for Brazilian couscous
- 1 cup coconut milk
- 1/2 cup water
- 1/4 cup erythritol or xylitol
- 1/2 cup unsweetened shredded coconut
- 2 tbsp coconut oil
- 1 pinch of salt

METHOD

1. Mix the corn flakes with water and salt.
2. Let hydrate for 10 minutes.
3. Add sweetener and half the shredded coconut.
4. Transfer to a greased couscous steamer.
5. Steam until tender.
6. Unmold onto a plate while still warm.
7. Pour coconut milk and coconut oil over it.
8. Finish with the remaining shredded coconut and serve.

CHEF HANNAH'S TIPS

- Do not let the mixture become too dry, so the couscous stays moist.
- Serve warm to enjoy the best texture.
- It can also be made in individual portions.

RECIPE 229

Baked Coconut Pudding

Golden outside, creamy inside and intensely coconut-flavored. A simple, delicious dessert.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
155 kcal per piece	**50 min**

INGREDIENTS

- 2 cups unsweetened shredded coconut
- 3 eggs
- 200 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- 1 pinch of salt

METHOD

1. Preheat the oven and grease a small pan.
2. Lightly beat the eggs in a bowl.
3. Add coconut milk and sweetener.
4. Add vanilla, salt and coconut oil.
5. Mix in shredded coconut until incorporated.
6. Pour into the pan or individual molds.
7. Bake at 180°C until golden and set.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

- Use moist shredded coconut for a creamier result.
- Individual molds make an attractive presentation.
- Allow to cool slightly so it sets more firmly.

RECIPE 230

Apple Crumble with Cinnamon

Crisp, aromatic and very comforting. A classic, convenient dessert full of flavor.



SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

CALORIES	TOTAL TIME
180 kcal per serving	**55 min**

INGREDIENTS

- 4 apples, cubed
- 1 tbsp lemon juice
- 1 tsp ground cinnamon
- 1/4 cup erythritol or xylitol
- 1/2 cup gluten-free oat flour
- 1/2 cup almond flour
- 3 tbsp coconut oil
- 1 pinch of salt

METHOD

1. Peel and cube the apples.
2. Mix with lemon juice, cinnamon and half the sweetener.
3. Transfer to a greased ovenproof dish.
4. In another bowl, mix the flours, salt and remaining sweetener.
5. Add coconut oil and mix into moist crumbs.
6. Cover the apples with the crumbs.
7. Bake at 180°C until golden and bubbling.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

- Serve warm to enjoy the contrast of the crisp topping.
- An extra pinch of cinnamon adds even more aroma.
- Try using pears along with the apples for variety.

RECIPE 231

Banana Oatmeal

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
10-20 min	**2 servings**

INGREDIENTS

- 1 cup certified gluten-free oats
- 2 cups coconut milk or plant-based milk
- 1 tsp cinnamon
- 1 ripe banana, mashed
- Cooking sweetener to taste, if necessary
- 1 pinch of salt

METHOD

1. Place the cereal or grain and plant-based milk in a pan.
2. Mix in the fruit, cinnamon and pinch of salt.
3. Cook over low heat, stirring to prevent sticking.
4. Cook until thick and creamy.
5. Adjust the sweetness only if necessary.
6. For an overnight version, mix everything cold and refrigerate for at least 6 hours.
7. Top with fresh fruit or shredded coconut.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Very ripe fruit helps sweeten naturally.

RECIPE 232

Quinoa Porridge with Apple

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
10-20 min	**2 servings**

INGREDIENTS

- 1 cup cooked quinoa
- 2 cups coconut milk or plant-based milk
- 1 tsp cinnamon
- 1 apple, chopped
- Cooking sweetener to taste, if necessary
- 1 pinch of salt

METHOD

1. Place the cereal or grain and plant-based milk in a pan.
2. Mix in the fruit, cinnamon and pinch of salt.
3. Cook over low heat, stirring to prevent sticking.
4. Cook until thick and creamy.
5. Adjust the sweetness only if necessary.
6. For an overnight version, mix everything cold and refrigerate for at least 6 hours.
7. Top with fresh fruit or shredded coconut.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Very ripe fruit helps sweeten naturally.

RECIPE 233

Amaranth Porridge with Cinnamon

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
10-20 min	**2 servings**

INGREDIENTS

- 1 cup amaranth flakes
- 2 cups coconut milk or plant-based milk
- 1 tsp cinnamon
- Cooking sweetener to taste, if necessary
- 1 pinch of salt

METHOD

1. Place the cereal or grain and plant-based milk in a pan.
2. Mix in the fruit, cinnamon and pinch of salt.
3. Cook over low heat, stirring to prevent sticking.
4. Cook until thick and creamy.
5. Adjust the sweetness only if necessary.
6. For an overnight version, mix everything cold and refrigerate for at least 6 hours.
7. Top with fresh fruit or shredded coconut.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Very ripe fruit helps sweeten naturally.

RECIPE 234

Coconut and Strawberry Overnight Oats

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
10-20 min	**2 servings**

INGREDIENTS

- 1 cup certified gluten-free oats
- 2 cups coconut milk or plant-based milk
- 1 tsp cinnamon
- 1 cup chopped strawberries
- 2 tbsp unsweetened shredded coconut
- Cooking sweetener to taste, if necessary
- 1 pinch of salt

METHOD

1. Place the cereal or grain and plant-based milk in a pan.
2. Mix in the fruit, cinnamon and pinch of salt.
3. Cook over low heat, stirring to prevent sticking.
4. Cook until thick and creamy.
5. Adjust the sweetness only if necessary.
6. For an overnight version, mix everything cold and refrigerate for at least 6 hours.
7. Top with fresh fruit or shredded coconut.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Very ripe fruit helps sweeten naturally.

RECIPE 235

Chia Pudding with Mango

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 236

Tomato and Basil Omelet

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-25 min	**2 servings**

INGREDIENTS

- 3 eggs
- 1 tbsp olive oil
- 2 ripe tomatoes, chopped
- Salt, pepper and herbs to taste

METHOD

1. Crack the eggs into a bowl and beat with a fork until well combined.
2. Season with salt, pepper and herbs.
3. Prepare and chop the recipe's vegetables.
4. Heat a nonstick skillet with olive oil.
5. Briefly sauté the firmer vegetables.
6. Pour in the eggs and cook over low heat.
7. Fold or bake, depending on the version, until set without drying out.
8. Serve immediately.

CHEF HANNAH'S TIPS

• Cook over low heat to keep the eggs soft.

RECIPE 237

Mushroom and Spinach Omelet

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-25 min	**2 servings**

INGREDIENTS

- 3 eggs
- 1 tbsp olive oil
- 200 g sliced mushrooms
- 2 cups spinach
- Salt, pepper and herbs to taste

METHOD

1. Crack the eggs into a bowl and beat with a fork until well combined.
2. Season with salt, pepper and herbs.
3. Prepare and chop the recipe's vegetables.
4. Heat a nonstick skillet with olive oil.
5. Briefly sauté the firmer vegetables.
6. Pour in the eggs and cook over low heat.
7. Fold or bake, depending on the version, until set without drying out.
8. Serve immediately.

CHEF HANNAH'S TIPS

• Cook over low heat to keep the eggs soft.

RECIPE 238

Zucchini Omelet

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-25 min	**2 servings**

INGREDIENTS

- 3 eggs
- 1 tbsp olive oil
- 1 medium zucchini, cubed
- Salt, pepper and herbs to taste

METHOD

1. Crack the eggs into a bowl and beat with a fork until well combined.
2. Season with salt, pepper and herbs.
3. Prepare and chop the recipe's vegetables.
4. Heat a nonstick skillet with olive oil.
5. Briefly sauté the firmer vegetables.
6. Pour in the eggs and cook over low heat.
7. Fold or bake, depending on the version, until set without drying out.
8. Serve immediately.

CHEF HANNAH'S TIPS

• Cook over low heat to keep the eggs soft.

RECIPE 239

Creamy Scrambled Eggs with Herbs

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-25 min	**2 servings**

INGREDIENTS

- 3 eggs
- 1 tbsp olive oil
- Salt, pepper and herbs to taste

METHOD

1. Crack the eggs into a bowl and beat with a fork until well combined.
2. Season with salt, pepper and herbs.
3. Prepare and chop the recipe's vegetables.
4. Heat a nonstick skillet with olive oil.
5. Briefly sauté the firmer vegetables.
6. Pour in the eggs and cook over low heat.
7. Fold or bake, depending on the version, until set without drying out.
8. Serve immediately.

CHEF HANNAH'S TIPS

• Cook over low heat to keep the eggs soft.

RECIPE 240

Baked Eggs with Tomato

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-25 min	**2 servings**

INGREDIENTS

- 3 eggs
- 1 tbsp olive oil
- 2 ripe tomatoes, chopped
- Salt, pepper and herbs to taste
- 2 small tomatoes to use as a base

METHOD

1. Crack the eggs into a bowl and beat with a fork until well combined.
2. Season with salt, pepper and herbs.
3. Prepare and chop the recipe's vegetables.
4. Heat a nonstick skillet with olive oil.
5. Briefly sauté the firmer vegetables.
6. Pour in the eggs and cook over low heat.
7. Fold or bake, depending on the version, until set without drying out.
8. Serve immediately.

CHEF HANNAH'S TIPS

• Cook over low heat to keep the eggs soft.

RECIPE 241

Spinach Tapioca and Egg Crepe

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 cup chopped spinach

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 242

Rice Flour Crepe with Banana

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 ripe banana, mashed

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 243

Coconut Pancakes with Cinnamon

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1/3 cup unsweetened shredded coconut

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 244

Sweet Potato Pancakes with Cocoa

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 2 tbsp 100% cocoa powder
- 1/3 cup erythritol or xylitol

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 245

Coconut Tapioca Crepe with Banana

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 ripe banana, mashed
- 1/3 cup unsweetened shredded coconut

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 246

Egg and Tomato Tapioca Crepe

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 tomato, seeded and chopped
- Oregano to taste

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 247

Steamed Corn Couscous with Egg and Tomato

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 tomato, seeded and chopped
- Oregano to taste

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 248

Steamed Corn Couscous with Chicken and Vegetables

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 cup shredded chicken
- 1 cup chopped, sautéed vegetables

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 249

Skillet Bread with Herbs

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 250

Sweet Potato and Chia Rolls

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 251

Banana and Oat Cookies

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 ripe banana, mashed

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 252

Peanut Cookies

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 1 cup 100% peanut butter
- 1 egg
- 1/3 cup erythritol or xylitol
- 1/2 cup almond flour
- 1 tsp vanilla
- 1 pinch of salt

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 253

Coconut and Cocoa Cookies

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 2 tbsp 100% cocoa powder
- 1/3 cup unsweetened shredded coconut
- 1/3 cup erythritol or xylitol

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 254

Air Fryer Apple Cakes

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 small apple, chopped
- 1 tsp cinnamon
- 1/3 cup erythritol or xylitol

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 255

Savory Vegetable Muffins

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 cup chopped, sautéed vegetables

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 256

Banana and Cocoa Muffins

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20-40 min	**4-8 servings**

INGREDIENTS

- 2 eggs
- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup plant-based milk
- 2 tbsp coconut oil or olive oil
- 1 tsp baking powder
- 1 pinch of salt
- 1 ripe banana, mashed
- 2 tbsp 100% cocoa powder

METHOD

1. Gather all the ingredients and grease the pan, skillet or individual molds.
2. Beat the eggs with the liquid and oil until smooth.
3. In another bowl, mix the flours, salt and seasonings.
4. Add the wet ingredients to the dry ingredients and stir until uniform.
5. Add the fruit, vegetables or fillings listed in the recipe.
6. Add the baking powder last and mix gently.
7. Cook in a skillet, air fryer or oven preheated to 180°C, depending on the shape.
8. Let cool slightly and serve.

CHEF HANNAH'S TIPS

• Do not overbeat after adding baking powder, to keep the batter light.

RECIPE 257

Strawberry and Coconut Smoothie

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
10 min	**2 servings**

INGREDIENTS

- 1 1/2 cups strawberries
- 1 cup coconut milk or plant-based milk
- 2 tbsp unsweetened shredded coconut
- Ice to taste
- Cinnamon or vanilla to taste

METHOD

1. Wash and cut the fruit.
2. Place the fruit and plant-based milk in a blender.
3. Add the cocoa, chia, coconut or spices listed.
4. Blend until smooth and creamy.
5. Adjust the texture with more liquid or ice.
6. Taste and use a little cooking sweetener if necessary.
7. Serve in a glass or bowl and add the indicated topping.
8. Consume soon after preparing.

CHEF HANNAH'S TIPS

• Use chilled fruit for a creamier texture without added sugar.

RECIPE 258

Banana and Cocoa Smoothie

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
10 min	**2 servings**

INGREDIENTS

- 1 ripe banana
- 1 cup coconut milk or plant-based milk
- 1 tbsp 100% cocoa powder
- Ice to taste
- Cinnamon or vanilla to taste

METHOD

1. Wash and cut the fruit.
2. Place the fruit and plant-based milk in a blender.
3. Add the cocoa, chia, coconut or spices listed.
4. Blend until smooth and creamy.
5. Adjust the texture with more liquid or ice.
6. Taste and use a little cooking sweetener if necessary.
7. Serve in a glass or bowl and add the indicated topping.
8. Consume soon after preparing.

CHEF HANNAH'S TIPS

• Use chilled fruit for a creamier texture without added sugar.

RECIPE 259

Papaya Cream with Chia

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
10 min	**2 servings**

INGREDIENTS

- 2 cups papaya cubes
- 1 cup coconut milk or plant-based milk
- 1 tbsp chia seeds
- Ice to taste
- Cinnamon or vanilla to taste

METHOD

1. Wash and cut the fruit.
2. Place the fruit and plant-based milk in a blender.
3. Add the cocoa, chia, coconut or spices listed.
4. Blend until smooth and creamy.
5. Adjust the texture with more liquid or ice.
6. Taste and use a little cooking sweetener if necessary.
7. Serve in a glass or bowl and add the indicated topping.
8. Consume soon after preparing.

CHEF HANNAH'S TIPS

• Use chilled fruit for a creamier texture without added sugar.

RECIPE 260

Plant-Based Yogurt with Homemade Granola

Breakfast & Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
10 min	**2 servings**

INGREDIENTS

- 1 ripe banana
- 1 cup coconut milk or plant-based milk
- 1/2 cup sugar-free, gluten-free granola
- Ice to taste
- Cinnamon or vanilla to taste

METHOD

1. Wash and cut the fruit.
2. Place the fruit and plant-based milk in a blender.
3. Add the cocoa, chia, coconut or spices listed.
4. Blend until smooth and creamy.
5. Adjust the texture with more liquid or ice.
6. Taste and use a little cooking sweetener if necessary.
7. Serve in a glass or bowl and add the indicated topping.
8. Consume soon after preparing.

CHEF HANNAH'S TIPS

• Use chilled fruit for a creamier texture without added sugar.

RECIPE 261

Rosemary Focaccia

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 to 1 1/4 cups warm water
- 1 tbsp fresh rosemary

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 262

Cassava Bread

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 to 1 1/4 cups warm water
- 1 cup cooked, mashed cassava

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 263

Arracacha Bread

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 to 1 1/4 cups warm water
- 1 cup cooked, mashed arracacha

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 264

Carrot Bread

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 to 1 1/4 cups warm water
- 1 cup cooked, mashed carrot

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 265

Pumpkin Bread

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 to 1 1/4 cups warm water
- 1 cup cooked, mashed pumpkin

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 266

Brazilian Cornmeal Bread

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 1 1/2 cups fine cornmeal
- 1 cup rice flour
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 to 1 1/4 cups warm water

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 267

Seed Bread

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 to 1 1/4 cups warm water
- 3 tbsp mixed chia, flax and sesame seeds

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 268

Savory Herb Biscuits

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 to 1 1/4 cups warm water

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 269

Flaxseed Crackers

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 1 cup flaxseed meal
- 1/2 cup flaxseeds
- 1/2 cup water
- 2 tbsp olive oil
- Salt and herbs to taste

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 270

Sesame Crackers

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup sesame seeds
- 1/3 cup water
- 2 tbsp olive oil
- Salt and paprika to taste

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 271

Tapioca Starch Breadsticks

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 2 cups sour tapioca starch
- 1/2 cup hot water
- 1/4 cup olive oil
- 1 egg
- Salt and herbs to taste

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 272

Savory Coconut Rings

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-90 min	**8-12 servings**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup potato starch
- 1 tbsp dry yeast
- 1 tsp salt
- 2 tbsp olive oil
- 1 to 1 1/4 cups warm water

METHOD

1. Mix the dry ingredients in a large bowl.
2. Add the olive oil and the recipe's wet ingredients.
3. Gradually add water until you have a soft, moist dough.
4. Cover and let rest until slightly risen when using yeast.
5. Shape as desired and place in a greased pan.
6. Brush with olive oil and finish with herbs or seeds if indicated.
7. Bake in a preheated oven at 190°C until golden and set.
8. Let cool slightly before cutting or serving.

CHEF HANNAH'S TIPS

• Gluten-free flour absorbs liquid gradually; adjust the water without letting the dough become dry.

RECIPE 273

Mini Spinach Pies

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 2 cups spinach

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 274

Mini Leek Pies

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 1 leek, sliced

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 275

Onion Pie

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 276

Zucchini Pie

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 1 medium zucchini, cubed

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 277

Hearts of Palm and Olive Pie

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 1 1/2 cups chopped hearts of palm
- 1/3 cup chopped olives

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 278

Tomato and Basil Quiche

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 2 ripe tomatoes, chopped

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 279

Mushroom Quiche

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 200 g sliced mushrooms
- 200 g sautéed mushrooms

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 280

Broccoli Quiche

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 2 cups broccoli florets

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 281

Spinach Sfiha Pastries

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 2 cups spinach

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 282

Beef and Pumpkin Sfiha Pastries

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 2 cups pumpkin cubes
- 250 g cooked ground beef

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 283

Baked Hearts of Palm Turnovers

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt
- 1 1/2 cups chopped hearts of palm

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 284

Baked Vegetable Turnovers

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-70 min	**6-10 servings**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 3 tbsp olive oil
- 1/3 cup water
- 1 tsp salt

METHOD

1. Mix the rice flour, tapioca starch and salt.
2. Gradually add the egg, olive oil and water until a soft dough forms.
3. Let the dough rest for 10 minutes.
4. Prepare the filling by sautéing the ingredients listed, then let cool.
5. Roll out the dough and line the pan, or shape individual portions.
6. Add the filling, avoiding excess liquid.
7. Bake in a preheated oven at 190°C until the dough is golden.
8. Wait a few minutes before unmolding and serving.

CHEF HANNAH'S TIPS

• Use a cold filling to prevent the dough from becoming soggy.

RECIPE 285

Cassava Croquettes with Chicken

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**10-14 pieces**

INGREDIENTS

- 2 cups of the main ingredient, cooked and mashed
- 1 egg
- 1/2 cup rice flour
- 2 tbsp flaxseed meal
- 1 tbsp olive oil
- Salt and herbs to taste
- 1 cup shredded chicken

METHOD

1. Mash or process the main ingredient until smooth.
2. Mix the egg, flour, olive oil and seasonings.
3. Add the filling or chopped vegetables, if any.
4. Let the dough rest for 10 minutes.
5. Shape into fritters, croquettes or nuggets with greased hands.
6. Arrange on a lined baking sheet or in the air fryer basket.
7. Bake at 200°C, turning halfway through, until golden on all sides.
8. Serve hot with sugar-free tomato sauce or salad.

CHEF HANNAH'S TIPS

• If the mixture is wet, gradually add rice flour.

RECIPE 286

Sweet Potato Croquettes with Beef

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**10-14 pieces**

INGREDIENTS

- 2 cups of the main ingredient, cooked and mashed
- 1 egg
- 1/2 cup rice flour
- 2 tbsp flaxseed meal
- 1 tbsp olive oil
- Salt and herbs to taste
- 1 cup cooked ground beef

METHOD

1. Mash or process the main ingredient until smooth.
2. Mix the egg, flour, olive oil and seasonings.
3. Add the filling or chopped vegetables, if any.
4. Let the dough rest for 10 minutes.
5. Shape into fritters, croquettes or nuggets with greased hands.
6. Arrange on a lined baking sheet or in the air fryer basket.
7. Bake at 200°C, turning halfway through, until golden on all sides.
8. Serve hot with sugar-free tomato sauce or salad.

CHEF HANNAH'S TIPS

• If the mixture is wet, gradually add rice flour.

RECIPE 287

Chickpea Fritters

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**10-14 pieces**

INGREDIENTS

- 2 cups cooked chickpeas
- 1 egg
- 1/2 cup rice flour
- 2 tbsp flaxseed meal
- 1 tbsp olive oil
- Salt and herbs to taste

METHOD

1. Mash or process the main ingredient until smooth.
2. Mix the egg, flour, olive oil and seasonings.
3. Add the filling or chopped vegetables, if any.
4. Let the dough rest for 10 minutes.
5. Shape into fritters, croquettes or nuggets with greased hands.
6. Arrange on a lined baking sheet or in the air fryer basket.
7. Bake at 200°C, turning halfway through, until golden on all sides.
8. Serve hot with sugar-free tomato sauce or salad.

CHEF HANNAH'S TIPS

• If the mixture is wet, gradually add rice flour.

RECIPE 288

Rice and Vegetable Fritters

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**10-14 pieces**

INGREDIENTS

- 2 cups cooked rice
- 1 egg
- 1/2 cup rice flour
- 2 tbsp flaxseed meal
- 1 tbsp olive oil
- Salt and herbs to taste

METHOD

1. Mash or process the main ingredient until smooth.
2. Mix the egg, flour, olive oil and seasonings.
3. Add the filling or chopped vegetables, if any.
4. Let the dough rest for 10 minutes.
5. Shape into fritters, croquettes or nuggets with greased hands.
6. Arrange on a lined baking sheet or in the air fryer basket.
7. Bake at 200°C, turning halfway through, until golden on all sides.
8. Serve hot with sugar-free tomato sauce or salad.

CHEF HANNAH'S TIPS

• If the mixture is wet, gradually add rice flour.

RECIPE 289

Bean Fritters with Herbs

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**10-14 pieces**

INGREDIENTS

- 2 cups cooked beans, thoroughly drained
- 1 egg
- 1/2 cup rice flour
- 2 tbsp flaxseed meal
- 1 tbsp olive oil
- Salt and herbs to taste

METHOD

1. Mash or process the main ingredient until smooth.
2. Mix the egg, flour, olive oil and seasonings.
3. Add the filling or chopped vegetables, if any.
4. Let the dough rest for 10 minutes.
5. Shape into fritters, croquettes or nuggets with greased hands.
6. Arrange on a lined baking sheet or in the air fryer basket.
7. Bake at 200°C, turning halfway through, until golden on all sides.
8. Serve hot with sugar-free tomato sauce or salad.

CHEF HANNAH'S TIPS

• If the mixture is wet, gradually add rice flour.

RECIPE 290

Cauliflower Nuggets

Breads, Cookies & Savory Snacks

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**10-14 pieces**

INGREDIENTS

- 3 cups cooked, chopped cauliflower
- 1 egg
- 1/2 cup rice flour
- 2 tbsp flaxseed meal
- 1 tbsp olive oil
- Salt and herbs to taste

METHOD

1. Mash or process the main ingredient until smooth.
2. Mix the egg, flour, olive oil and seasonings.
3. Add the filling or chopped vegetables, if any.
4. Let the dough rest for 10 minutes.
5. Shape into fritters, croquettes or nuggets with greased hands.
6. Arrange on a lined baking sheet or in the air fryer basket.
7. Bake at 200°C, turning halfway through, until golden on all sides.
8. Serve hot with sugar-free tomato sauce or salad.

CHEF HANNAH'S TIPS

• If the mixture is wet, gradually add rice flour.

RECIPE 291

Adapted Caldo Verde Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups of the main vegetable, cubed
- 1 carrot, sliced
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 292

Cassava and Beef Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 300 g beef, cubed or shredded
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 293

Sweet Potato and Chicken Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 medium sweet potatoes, cubed
- 2 medium potatoes, cubed
- 300 g cooked, shredded chicken
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 294

Creamy Pumpkin and Ginger Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups pumpkin cubes
- 200 ml coconut milk
- 1 tsp grated ginger
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 295

Creamy Carrot and Orange Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 large carrot, sliced or cubed
- 200 ml coconut milk
- Zest of 1/2 orange
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 296

Creamy Cauliflower Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups cauliflower florets
- 2 cups sliced collard greens
- 200 ml coconut milk
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 297

Creamy Broccoli Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups broccoli florets
- 200 ml coconut milk
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 298

Homemade Vegetable Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups of the main vegetable, cubed
- 1 carrot, sliced
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 299

Lentil Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 cup lentils
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 300

Pea Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 cup peas
- 1 1/2 cups dried or fresh peas
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 301

Bean Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups cooked beans with some of their broth
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 302

Bean Broth with Collard Greens

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups sliced collard greens
- 2 cups cooked beans with some of their broth
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 303

Chickpea Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups cooked chickpeas
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 304

Pasta-Free Minestrone

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups of the main vegetable, cubed
- 1 carrot, sliced
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 305

Roasted Tomato Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 ripe tomatoes, chopped
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 306

Onion Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups of the main vegetable, cubed
- 1 carrot, sliced
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 307

Cassava and Chicken Broth

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 300 g cooked, shredded chicken
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 308

Corn and Chicken Broth

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 cup cooked corn
- 300 g cooked, shredded chicken
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 309

Chayote and Leek Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 medium chayote, cubed
- 1 leek, sliced
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 310

Zucchini and Basil Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 medium zucchini, cubed
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 311

Pumpkin Soup with Shredded Beef

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups pumpkin cubes
- 300 g beef, cubed or shredded
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 312

Arracacha and Chicken Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 medium potatoes, cubed
- 300 g cooked, shredded chicken
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 313

Creamy Pea and Mint Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 cup peas
- 1 1/2 cups dried or fresh peas
- 200 ml coconut milk
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 314

Creamy Arracacha and Carrot Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups arracacha cubes
- 1 large carrot, sliced or cubed
- 200 ml coconut milk
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 315

Cabbage and Beef Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 cups sliced cabbage
- 300 g beef, cubed or shredded
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 316

Quinoa and Vegetable Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 3/4 cup quinoa, rinsed
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 317

Chicken and Rice Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 300 g cooked, shredded chicken
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 318

Chicken Soup with Vegetables

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 3/4 cup rice
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 319

Fish and Tomato Broth

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 2 ripe tomatoes, chopped
- 400 g fish cubes
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 320

Creamy Mushroom Soup

Soups, Broths & Creamy Soups

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-55 min	**4-6 servings**

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 200 g sliced mushrooms
- 300 g sliced mushrooms
- 1 to 1.5 liters water or gluten-free homemade stock
- Salt, pepper and herbs to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic until fragrant.
2. Add the main ingredient and firmer vegetables and sauté for 3 to 5 minutes.
3. Add the water or homemade stock and mix well.
4. Cook over medium heat until the ingredients are tender.
5. For a creamy recipe, carefully blend some or all of the mixture in a blender.
6. Return to the pan and add coconut milk or final seasonings where indicated.
7. Adjust the consistency with hot water and season with salt and pepper.
8. Serve hot, finishing with parsley and scallions, herbs or a drizzle of olive oil.

CHEF HANNAH'S TIPS

• Make a larger batch and freeze individual portions for convenient everyday meals.

RECIPE 321

Chickpea and Cucumber Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 2 cups cooked chickpeas
- 1 cucumber, cubed
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 322

Lentil and Tomato Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 2 cups cooked lentils, drained
- 2 ripe tomatoes, chopped
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 323

White Bean and Carrot Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 2 cups cooked white beans
- 1 large carrot, sliced or cubed
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 324

Quinoa and Vegetable Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 1 1/2 cups cooked quinoa
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 325

Colorful Brown Rice Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 2 cups cooked brown rice
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 326

Potato Salad with Avocado Cream

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 4 potatoes, cooked and cubed
- 2 medium potatoes, cubed
- 1/2 avocado, mashed
- Juice of 1/2 lemon
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 327

Sweet Potato Salad with Herbs

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 2 sweet potatoes, cooked and cubed
- 2 medium sweet potatoes, cubed
- 2 medium potatoes, cubed
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 328

Roasted Pumpkin Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
25-40 min	**4 servings**

INGREDIENTS

- 2 cups pumpkin cubes
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- Salt and pepper to taste
- Dried herbs to taste

METHOD

1. Wash and cut the vegetables into similar-sized pieces.
2. Dry thoroughly so they brown better.
3. Season with olive oil, garlic, salt, pepper and herbs.
4. Arrange without crowding on a baking sheet, in a skillet or in an air fryer.
5. Cook until tender inside and golden outside.
6. Stir or turn halfway through cooking.
7. Adjust the salt and finish with lemon or fresh herbs, if indicated.
8. Serve immediately as a side dish.

CHEF HANNAH'S TIPS

• Do not crowd the vegetables: leaving space helps them brown.

RECIPE 329

Roasted Eggplant Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
25-40 min	**4 servings**

INGREDIENTS

- 1 medium eggplant, cubed
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- Salt and pepper to taste
- Dried herbs to taste

METHOD

1. Wash and cut the vegetables into similar-sized pieces.
2. Dry thoroughly so they brown better.
3. Season with olive oil, garlic, salt, pepper and herbs.
4. Arrange without crowding on a baking sheet, in a skillet or in an air fryer.
5. Cook until tender inside and golden outside.
6. Stir or turn halfway through cooking.
7. Adjust the salt and finish with lemon or fresh herbs, if indicated.
8. Serve immediately as a side dish.

CHEF HANNAH'S TIPS

• Do not crowd the vegetables: leaving space helps them brown.

RECIPE 330

Marinated Zucchini Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 4 cups fresh greens and vegetables
- 1 medium zucchini, cubed
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 331

Cabbage and Apple Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 3 cups sliced cabbage
- 2 cups sliced cabbage
- 1 apple, cubed
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 332

Carrot and Orange Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 4 cups fresh greens and vegetables
- 1 large carrot, sliced or cubed
- 1 orange, segmented
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 333

Cucumber and Sesame Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 4 cups fresh greens and vegetables
- 1 cucumber, cubed
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 334

Tomato and Basil Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 4 cups fresh greens and vegetables
- 2 ripe tomatoes, chopped
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 335

Leafy Green Salad with Mango

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 4 cups fresh greens and vegetables
- 1 ripe mango, cubed
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 336

Black-Eyed Pea Vinaigrette Salad

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 2 cups cooked black-eyed peas
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 337

Quinoa Tabbouleh

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 1 1/2 cups cooked quinoa
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 338

Cauliflower Tabbouleh

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-30 min	**4 servings**

INGREDIENTS

- 4 cups fresh greens and vegetables
- 2 cups cauliflower florets
- 2 cups sliced collard greens
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt, pepper and herbs to taste

METHOD

1. Wash the vegetables thoroughly and dry before cutting.
2. Cook and cool the grains or tubers when required by the recipe.
3. Cut the ingredients into similar-sized pieces.
4. Mix everything in a large bowl without crushing.
5. In a jar, mix olive oil, lemon juice, salt, pepper and herbs.
6. Dress the salad just before serving.
7. Mix gently to distribute the seasoning.
8. Serve fresh or keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Season close to serving time to preserve the ingredients' texture.

RECIPE 339

Carrot and Coconut Farofa

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min	**6 servings**

INGREDIENTS

- 2 cups toasted cassava flour
- 1 onion, chopped
- 2 tbsp olive oil
- 1 large carrot, sliced or cubed
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil in a large skillet.
2. Sauté the onion until soft and lightly golden.
3. Add the recipe's remaining ingredients and cook briefly.
4. Gradually add the cassava flour, stirring constantly.
5. Season with salt and pepper.
6. Toast for a few minutes until the cassava flour mixture is loose and crumbly.
7. Turn off the heat and finish with parsley and scallions.
8. Serve warm or at room temperature.

CHEF HANNAH'S TIPS

• Use low heat when adding the flour to prevent the farofa from burning.

RECIPE 340

Banana and Toasted Cassava Flour Farofa

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min	6 servings

INGREDIENTS

- 2 cups toasted cassava flour
- 1 onion, chopped
- 2 tbsp olive oil
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil in a large skillet.
2. Sauté the onion until soft and lightly golden.
3. Add the recipe's remaining ingredients and cook briefly.
4. Gradually add the cassava flour, stirring constantly.
5. Season with salt and pepper.
6. Toast for a few minutes until the cassava flour mixture is loose and crumbly.
7. Turn off the heat and finish with parsley and scallions.
8. Serve warm or at room temperature.

CHEF HANNAH'S TIPS

• Use low heat when adding the flour to prevent the farofa from burning.

RECIPE 341

Egg and Onion Farofa

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min	**6 servings**

INGREDIENTS

- 2 cups toasted cassava flour
- 1 onion, chopped
- 2 tbsp olive oil
- 3 eggs
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil in a large skillet.
2. Sauté the onion until soft and lightly golden.
3. Add the recipe's remaining ingredients and cook briefly.
4. Gradually add the cassava flour, stirring constantly.
5. Season with salt and pepper.
6. Toast for a few minutes until the cassava flour mixture is loose and crumbly.
7. Turn off the heat and finish with parsley and scallions.
8. Serve warm or at room temperature.

CHEF HANNAH'S TIPS

• Use low heat when adding the flour to prevent the farofa from burning.

RECIPE 342

Sweet Potato Purée

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30 min	**4 servings**

INGREDIENTS

- 700 g of the main vegetable, peeled and cut
- 1/2 cup coconut milk or plant-based milk
- 1 tbsp olive oil
- 1 garlic clove, crushed
- Salt, pepper and nutmeg to taste

METHOD

1. Cook the vegetable in water with a pinch of salt until very tender.
2. Drain well to avoid a watery purée.
3. Mash while still hot with a fork or potato masher.
4. Transfer to a pan over low heat and add the olive oil.
5. Gradually add the plant-based milk, stirring until creamy.
6. Season with garlic, salt, pepper and nutmeg.
7. Stir for another 2 minutes until smooth and thick.
8. Serve hot as a side dish.

CHEF HANNAH'S TIPS

• For a lighter purée, add the liquid gradually and avoid overcooking.

RECIPE 343

Pumpkin Purée

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30 min	**4 servings**

INGREDIENTS

- 700 g of the main vegetable, peeled and cut
- 1/2 cup coconut milk or plant-based milk
- 1 tbsp olive oil
- 1 garlic clove, crushed
- Salt, pepper and nutmeg to taste

METHOD

1. Cook the vegetable in water with a pinch of salt until very tender.
2. Drain well to avoid a watery purée.
3. Mash while still hot with a fork or potato masher.
4. Transfer to a pan over low heat and add the olive oil.
5. Gradually add the plant-based milk, stirring until creamy.
6. Season with garlic, salt, pepper and nutmeg.
7. Stir for another 2 minutes until smooth and thick.
8. Serve hot as a side dish.

CHEF HANNAH'S TIPS

• For a lighter purée, add the liquid gradually and avoid overcooking.

RECIPE 344

Cauliflower Purée

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30 min	**4 servings**

INGREDIENTS

- 700 g of the main vegetable, peeled and cut
- 1/2 cup coconut milk or plant-based milk
- 1 tbsp olive oil
- 1 garlic clove, crushed
- Salt, pepper and nutmeg to taste

METHOD

1. Cook the vegetable in water with a pinch of salt until very tender.
2. Drain well to avoid a watery purée.
3. Mash while still hot with a fork or potato masher.
4. Transfer to a pan over low heat and add the olive oil.
5. Gradually add the plant-based milk, stirring until creamy.
6. Season with garlic, salt, pepper and nutmeg.
7. Stir for another 2 minutes until smooth and thick.
8. Serve hot as a side dish.

CHEF HANNAH'S TIPS

• For a lighter purée, add the liquid gradually and avoid overcooking.

RECIPE 345

Arracacha Purée

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30 min	**4 servings**

INGREDIENTS

- 700 g of the main vegetable, peeled and cut
- 1/2 cup coconut milk or plant-based milk
- 1 tbsp olive oil
- 1 garlic clove, crushed
- Salt, pepper and nutmeg to taste

METHOD

1. Cook the vegetable in water with a pinch of salt until very tender.
2. Drain well to avoid a watery purée.
3. Mash while still hot with a fork or potato masher.
4. Transfer to a pan over low heat and add the olive oil.
5. Gradually add the plant-based milk, stirring until creamy.
6. Season with garlic, salt, pepper and nutmeg.
7. Stir for another 2 minutes until smooth and thick.
8. Serve hot as a side dish.

CHEF HANNAH'S TIPS

• For a lighter purée, add the liquid gradually and avoid overcooking.

RECIPE 346

Roasted Vegetables with Herbs

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
25-40 min	**4 servings**

INGREDIENTS

- 700 g of the main vegetable
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- Salt and pepper to taste
- Dried herbs to taste

METHOD

1. Wash and cut the vegetables into similar-sized pieces.
2. Dry thoroughly so they brown better.
3. Season with olive oil, garlic, salt, pepper and herbs.
4. Arrange without crowding on a baking sheet, in a skillet or in an air fryer.
5. Cook until tender inside and golden outside.
6. Stir or turn halfway through cooking.
7. Adjust the salt and finish with lemon or fresh herbs, if indicated.
8. Serve immediately as a side dish.

CHEF HANNAH'S TIPS

• Do not crowd the vegetables: leaving space helps them brown.

RECIPE 347

Grilled Zucchini with Garlic

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
25-40 min	**4 servings**

INGREDIENTS

- 1 medium zucchini, cubed
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- Salt and pepper to taste
- Dried herbs to taste

METHOD

1. Wash and cut the vegetables into similar-sized pieces.
2. Dry thoroughly so they brown better.
3. Season with olive oil, garlic, salt, pepper and herbs.
4. Arrange without crowding on a baking sheet, in a skillet or in an air fryer.
5. Cook until tender inside and golden outside.
6. Stir or turn halfway through cooking.
7. Adjust the salt and finish with lemon or fresh herbs, if indicated.
8. Serve immediately as a side dish.

CHEF HANNAH'S TIPS

• Do not crowd the vegetables: leaving space helps them brown.

RECIPE 348

Sautéed Eggplant with Tomato

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
25-40 min	**4 servings**

INGREDIENTS

- 1 medium eggplant, cubed
- 2 ripe tomatoes, chopped
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- Salt and pepper to taste
- Dried herbs to taste

METHOD

1. Wash and cut the vegetables into similar-sized pieces.
2. Dry thoroughly so they brown better.
3. Season with olive oil, garlic, salt, pepper and herbs.
4. Arrange without crowding on a baking sheet, in a skillet or in an air fryer.
5. Cook until tender inside and golden outside.
6. Stir or turn halfway through cooking.
7. Adjust the salt and finish with lemon or fresh herbs, if indicated.
8. Serve immediately as a side dish.

CHEF HANNAH'S TIPS

• Do not crowd the vegetables: leaving space helps them brown.

RECIPE 349

Golden Air Fryer Cauliflower

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
25-40 min	**4 servings**

INGREDIENTS

- 2 cups cauliflower florets
- 2 cups sliced collard greens
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- Salt and pepper to taste
- Dried herbs to taste

METHOD

1. Wash and cut the vegetables into similar-sized pieces.
2. Dry thoroughly so they brown better.
3. Season with olive oil, garlic, salt, pepper and herbs.
4. Arrange without crowding on a baking sheet, in a skillet or in an air fryer.
5. Cook until tender inside and golden outside.
6. Stir or turn halfway through cooking.
7. Adjust the salt and finish with lemon or fresh herbs, if indicated.
8. Serve immediately as a side dish.

CHEF HANNAH'S TIPS

• Do not crowd the vegetables: leaving space helps them brown.

RECIPE 350

Broccoli with Garlic and Lemon

Salads & Side Dishes

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
25-40 min	**4 servings**

INGREDIENTS

- 2 cups broccoli florets
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- Salt and pepper to taste
- Dried herbs to taste
- Juice of 1/2 lemon

METHOD

1. Wash and cut the vegetables into similar-sized pieces.
2. Dry thoroughly so they brown better.
3. Season with olive oil, garlic, salt, pepper and herbs.
4. Arrange without crowding on a baking sheet, in a skillet or in an air fryer.
5. Cook until tender inside and golden outside.
6. Stir or turn halfway through cooking.
7. Adjust the salt and finish with lemon or fresh herbs, if indicated.
8. Serve immediately as a side dish.

CHEF HANNAH'S TIPS

• Do not crowd the vegetables: leaving space helps them brown.

RECIPE 351

Lemon and Herb Chicken

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- Juice of 1 lemon
- Lemon zest to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 352

Chicken with Orange and Rosemary

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- Juice of 1 orange
- 1 tsp rosemary

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 353

Mustard Chicken

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 tbsp sugar-free mustard
- 1/2 cup coconut milk

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 354

Chicken in Tomato and Basil Sauce

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 ripe tomatoes, chopped
- 1 cup sugar-free tomato sauce

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 355

Chicken with Pumpkin

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups pumpkin cubes

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 356

Chicken with Okra

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups sliced okra

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 357

Chicken with Sweet Potato

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 medium sweet potatoes, cubed
- 2 medium potatoes, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 358

Chicken with Arracacha

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups arracacha cubes

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 359

Chicken with Broccoli

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups broccoli florets

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 360

Chicken with Carrot and Green Beans

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 large carrot, sliced or cubed
- 1 cup chopped green beans

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 361

Chicken Stir-Fry with Tamari

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 tbsp gluten-free tamari
- 1 tsp grated ginger

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 362

Chicken Curry with Coconut Milk

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 tsp curry powder
- 200 ml coconut milk

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 363

Chicken in Coconut and Turmeric Sauce

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 200 ml coconut milk
- 1 tsp turmeric

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 364

Chicken Stew with Vegetables

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 365

Shredded Chicken with Corn

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 cup cooked corn

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 366

Shredded Chicken with Zucchini

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 medium zucchini, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 367

Spinach-Stuffed Chicken

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups spinach
- 1 cup sautéed spinach
- Carrot sticks for stuffing

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 368

Chicken Roll with Carrot

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 large carrot, sliced or cubed
- 1 egg
- 2 tbsp flaxseed meal or rice flour

METHOD

1. Season the main ingredient with garlic, salt, pepper and the recipe's seasonings.
2. Let rest for 15 minutes to absorb the flavors.
3. Place in a baking dish and add the vegetables or sauce listed.
4. Drizzle with olive oil and cover with foil if necessary.
5. Bake in a preheated oven at 200°C until cooked through.
6. Remove the foil for the final minutes to brown.
7. Check for doneness, adjust the seasoning and finish with fresh herbs.
8. Serve hot with your preferred side dish.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 369

Chicken Meatballs in Sauce

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 egg
- 2 tbsp flaxseed meal or rice flour

METHOD

1. Mix the main ingredient with onion, garlic, egg, flour and seasonings until it holds together.
2. Let the mixture rest for 10 minutes to absorb moisture.
3. Shape into burgers or small balls with lightly greased hands.
4. Heat a nonstick skillet with a drizzle of olive oil.
5. Brown on both sides over medium heat without pressing, to prevent drying out.
6. If the recipe includes sauce or vegetables, add them and cook for a few more minutes.
7. Adjust the salt, finish with parsley and scallions and turn off the heat.
8. Serve hot with rice, salad or roasted vegetables.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 370

Chicken and Carrot Burgers

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 large carrot, sliced or cubed
- 1 egg
- 2 tbsp flaxseed meal or rice flour

METHOD

1. Mix the main ingredient with onion, garlic, egg, flour and seasonings until it holds together.
2. Let the mixture rest for 10 minutes to absorb moisture.
3. Shape into burgers or small balls with lightly greased hands.
4. Heat a nonstick skillet with a drizzle of olive oil.
5. Brown on both sides over medium heat without pressing, to prevent drying out.
6. If the recipe includes sauce or vegetables, add them and cook for a few more minutes.
7. Adjust the salt, finish with parsley and scallions and turn off the heat.
8. Serve hot with rice, salad or roasted vegetables.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 371

Chicken and Vegetable Skewers

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 372

Grilled Chicken with Herb Sauce

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the meat or fish with salt, garlic and the seasonings listed.
2. Heat a nonstick skillet well with olive oil.
3. Brown in small batches to avoid excess moisture.
4. Turn and cook to the desired doneness.
5. Remove and set aside on a covered plate.
6. In the same skillet, prepare the sauce or sauté the recipe's vegetables.
7. Return the main ingredient to the skillet and stir for 2 to 3 minutes.
8. Finish with fresh herbs and serve immediately.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 373

Roasted Chicken Thighs with Paprika

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the recipe's seasonings.
2. Let rest for 15 minutes to absorb the flavors.
3. Place in a baking dish and add the vegetables or sauce listed.
4. Drizzle with olive oil and cover with foil if necessary.
5. Bake in a preheated oven at 200°C until cooked through.
6. Remove the foil for the final minutes to brown.
7. Check for doneness, adjust the seasoning and finish with fresh herbs.
8. Serve hot with your preferred side dish.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 374

Chicken Thighs with Lemon and Garlic

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- Juice of 1 lemon
- Lemon zest to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 375

Oven-Baked Chicken Breast with Tomato

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 ripe tomatoes, chopped

METHOD

1. Season the main ingredient with garlic, salt, pepper and the recipe's seasonings.
2. Let rest for 15 minutes to absorb the flavors.
3. Place in a baking dish and add the vegetables or sauce listed.
4. Drizzle with olive oil and cover with foil if necessary.
5. Bake in a preheated oven at 200°C until cooked through.
6. Remove the foil for the final minutes to brown.
7. Check for doneness, adjust the seasoning and finish with fresh herbs.
8. Serve hot with your preferred side dish.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 376

Chicken Strips with Bell Peppers

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 red bell pepper, sliced into strips

METHOD

1. Season the meat or fish with salt, garlic and the seasonings listed.
2. Heat a nonstick skillet well with olive oil.
3. Brown in small batches to avoid excess moisture.
4. Turn and cook to the desired doneness.
5. Remove and set aside on a covered plate.
6. In the same skillet, prepare the sauce or sauté the recipe's vegetables.
7. Return the main ingredient to the skillet and stir for 2 to 3 minutes.
8. Finish with fresh herbs and serve immediately.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 377

Chicken with Mushrooms

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 200 g sliced mushrooms

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 378

Chicken with Peas and Carrot

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 large carrot, sliced or cubed
- 1 cup peas

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 379

Chicken with Eggplant

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 medium eggplant, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 380

Chicken and Cauliflower Curry

Chicken & Poultry

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g chicken, cubed, sliced into strips or cut into pieces
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups cauliflower florets
- 2 cups sliced collard greens
- 1 tsp curry powder
- 200 ml coconut milk

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 381

Beef in Tomato Sauce

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 ripe tomatoes, chopped
- 1 cup sugar-free tomato sauce

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 382

Beef with Sweet Potato

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 medium sweet potatoes, cubed
- 2 medium potatoes, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 383

Beef with Arracacha

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups arracacha cubes

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 384

Beef with Carrot and Peas

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 large carrot, sliced or cubed
- 1 cup peas

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 385

Beef with Zucchini

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 medium zucchini, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 386

Beef with Eggplant

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 medium eggplant, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 387

Beef with Bell Peppers

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 red bell pepper, sliced into strips

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 388

Beef with Broccoli

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups broccoli florets

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 389

Ground Beef with Cauliflower

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups cauliflower florets
- 2 cups sliced collard greens

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 390

Ground Beef with Green Beans

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 cup chopped green beans

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 391

Ground Beef with Chayote

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 medium chayote, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 392

Ground Beef with Cabbage

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups sliced cabbage

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 393

Meatballs with Pumpkin

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups pumpkin cubes
- 1 egg
- 2 tbsp flaxseed meal or rice flour

METHOD

1. Mix the main ingredient with onion, garlic, egg, flour and seasonings until it holds together.
2. Let the mixture rest for 10 minutes to absorb moisture.
3. Shape into burgers or small balls with lightly greased hands.
4. Heat a nonstick skillet with a drizzle of olive oil.
5. Brown on both sides over medium heat without pressing, to prevent drying out.
6. If the recipe includes sauce or vegetables, add them and cook for a few more minutes.
7. Adjust the salt, finish with parsley and scallions and turn off the heat.
8. Serve hot with rice, salad or roasted vegetables.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 394

Beef and Carrot Meatballs

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 large carrot, sliced or cubed
- 1 egg
- 2 tbsp flaxseed meal or rice flour

METHOD

1. Mix the main ingredient with onion, garlic, egg, flour and seasonings until it holds together.
2. Let the mixture rest for 10 minutes to absorb moisture.
3. Shape into burgers or small balls with lightly greased hands.
4. Heat a nonstick skillet with a drizzle of olive oil.
5. Brown on both sides over medium heat without pressing, to prevent drying out.
6. If the recipe includes sauce or vegetables, add them and cook for a few more minutes.
7. Adjust the salt, finish with parsley and scallions and turn off the heat.
8. Serve hot with rice, salad or roasted vegetables.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 395

Homemade Herb Burgers

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 egg
- 2 tbsp flaxseed meal or rice flour

METHOD

1. Mix the main ingredient with onion, garlic, egg, flour and seasonings until it holds together.
2. Let the mixture rest for 10 minutes to absorb moisture.
3. Shape into burgers or small balls with lightly greased hands.
4. Heat a nonstick skillet with a drizzle of olive oil.
5. Brown on both sides over medium heat without pressing, to prevent drying out.
6. If the recipe includes sauce or vegetables, add them and cook for a few more minutes.
7. Adjust the salt, finish with parsley and scallions and turn off the heat.
8. Serve hot with rice, salad or roasted vegetables.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 396

Beef and Zucchini Burgers

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 medium zucchini, cubed
- 1 egg
- 2 tbsp flaxseed meal or rice flour

METHOD

1. Mix the main ingredient with onion, garlic, egg, flour and seasonings until it holds together.
2. Let the mixture rest for 10 minutes to absorb moisture.
3. Shape into burgers or small balls with lightly greased hands.
4. Heat a nonstick skillet with a drizzle of olive oil.
5. Brown on both sides over medium heat without pressing, to prevent drying out.
6. If the recipe includes sauce or vegetables, add them and cook for a few more minutes.
7. Adjust the salt, finish with parsley and scallions and turn off the heat.
8. Serve hot with rice, salad or roasted vegetables.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 397

Grilled Steak with Garlic

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the meat or fish with salt, garlic and the seasonings listed.
2. Heat a nonstick skillet well with olive oil.
3. Brown in small batches to avoid excess moisture.
4. Turn and cook to the desired doneness.
5. Remove and set aside on a covered plate.
6. In the same skillet, prepare the sauce or sauté the recipe's vegetables.
7. Return the main ingredient to the skillet and stir for 2 to 3 minutes.
8. Finish with fresh herbs and serve immediately.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 398

Steak in Mushroom Sauce

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 200 g sliced mushrooms

METHOD

1. Season the meat or fish with salt, garlic and the seasonings listed.
2. Heat a nonstick skillet well with olive oil.
3. Brown in small batches to avoid excess moisture.
4. Turn and cook to the desired doneness.
5. Remove and set aside on a covered plate.
6. In the same skillet, prepare the sauce or sauté the recipe's vegetables.
7. Return the main ingredient to the skillet and stir for 2 to 3 minutes.
8. Finish with fresh herbs and serve immediately.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 399

Steak in Mustard Sauce

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 tbsp sugar-free mustard
- 1/2 cup coconut milk

METHOD

1. Season the meat or fish with salt, garlic and the seasonings listed.
2. Heat a nonstick skillet well with olive oil.
3. Brown in small batches to avoid excess moisture.
4. Turn and cook to the desired doneness.
5. Remove and set aside on a covered plate.
6. In the same skillet, prepare the sauce or sauté the recipe's vegetables.
7. Return the main ingredient to the skillet and stir for 2 to 3 minutes.
8. Finish with fresh herbs and serve immediately.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 400

Beef Strips with Bell Pepper

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 red bell pepper, sliced into strips

METHOD

1. Season the meat or fish with salt, garlic and the seasonings listed.
2. Heat a nonstick skillet well with olive oil.
3. Brown in small batches to avoid excess moisture.
4. Turn and cook to the desired doneness.
5. Remove and set aside on a covered plate.
6. In the same skillet, prepare the sauce or sauté the recipe's vegetables.
7. Return the main ingredient to the skillet and stir for 2 to 3 minutes.
8. Finish with fresh herbs and serve immediately.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 401

Shredded Beef with Tomato

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 ripe tomatoes, chopped

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 402

Shredded Beef with Pumpkin

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups pumpkin cubes

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 403

Beef Shank with Sweet Potato

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 medium sweet potatoes, cubed
- 2 medium potatoes, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 404

Beef Chuck with Vegetables

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 405

Beef Eye of Round with Herbs

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 406

Roast Beef with Red Onion

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the recipe's seasonings.
2. Let rest for 15 minutes to absorb the flavors.
3. Place in a baking dish and add the vegetables or sauce listed.
4. Drizzle with olive oil and cover with foil if necessary.
5. Bake in a preheated oven at 200°C until cooked through.
6. Remove the foil for the final minutes to brown.
7. Check for doneness, adjust the seasoning and finish with fresh herbs.
8. Serve hot with your preferred side dish.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 407

Roast Beef with Carrot

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 large carrot, sliced or cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the recipe's seasonings.
2. Let rest for 15 minutes to absorb the flavors.
3. Place in a baking dish and add the vegetables or sauce listed.
4. Drizzle with olive oil and cover with foil if necessary.
5. Bake in a preheated oven at 200°C until cooked through.
6. Remove the foil for the final minutes to brown.
7. Check for doneness, adjust the seasoning and finish with fresh herbs.
8. Serve hot with your preferred side dish.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 408

Diced Beef Stew with Okra

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups sliced okra

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 409

Diced Beef Stew with Pumpkin

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups pumpkin cubes

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 410

Beef with Collard Greens and Tomato

Beef & Meat

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g lean beef, cubed, sliced into strips or ground
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups sliced collard greens
- 2 ripe tomatoes, chopped

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 411

Baked Tilapia with Lemon

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 4 tilapia fillets
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- Juice of 1 lemon
- Lemon zest to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the recipe's seasonings.
2. Let rest for 15 minutes to absorb the flavors.
3. Place in a baking dish and add the vegetables or sauce listed.
4. Drizzle with olive oil and cover with foil if necessary.
5. Bake in a preheated oven at 200°C until cooked through.
6. Remove the foil for the final minutes to brown.
7. Check for doneness, adjust the seasoning and finish with fresh herbs.
8. Serve hot with your preferred side dish.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 412

Tilapia with Tomato and Onion

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 4 tilapia fillets
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 ripe tomatoes, chopped

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 413

Tilapia in Coconut Sauce

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 4 tilapia fillets
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 200 ml coconut milk

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 414

Baked Fish with Vegetables

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the recipe's seasonings.
2. Let rest for 15 minutes to absorb the flavors.
3. Place in a baking dish and add the vegetables or sauce listed.
4. Drizzle with olive oil and cover with foil if necessary.
5. Bake in a preheated oven at 200°C until cooked through.
6. Remove the foil for the final minutes to brown.
7. Check for doneness, adjust the seasoning and finish with fresh herbs.
8. Serve hot with your preferred side dish.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 415

Grilled Fish with Herbs

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the meat or fish with salt, garlic and the seasonings listed.
2. Heat a nonstick skillet well with olive oil.
3. Brown in small batches to avoid excess moisture.
4. Turn and cook to the desired doneness.
5. Remove and set aside on a covered plate.
6. In the same skillet, prepare the sauce or sauté the recipe's vegetables.
7. Return the main ingredient to the skillet and stir for 2 to 3 minutes.
8. Finish with fresh herbs and serve immediately.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 416

Fish in Tomato Sauce

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 ripe tomatoes, chopped
- 1 cup sugar-free tomato sauce

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 417

Fish with Coconut Milk and Bell Peppers

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 red bell pepper, sliced into strips
- 200 ml coconut milk

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 418

Fish Stew with Potatoes

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 medium potatoes, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 419

Fish with Pumpkin

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups pumpkin cubes

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 420

Fish with Okra

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups sliced okra

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 421

Baked Salmon with Herbs

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 4 salmon fillets
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the recipe's seasonings.
2. Let rest for 15 minutes to absorb the flavors.
3. Place in a baking dish and add the vegetables or sauce listed.
4. Drizzle with olive oil and cover with foil if necessary.
5. Bake in a preheated oven at 200°C until cooked through.
6. Remove the foil for the final minutes to brown.
7. Check for doneness, adjust the seasoning and finish with fresh herbs.
8. Serve hot with your preferred side dish.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 422

Salmon with Lemon and Garlic

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 4 salmon fillets
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- Juice of 1 lemon
- Lemon zest to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 423

Mustard Salmon

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 4 salmon fillets
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 tbsp sugar-free mustard
- 1/2 cup coconut milk

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 424

Baked Sardines with Tomato

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g cleaned sardines
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 ripe tomatoes, chopped

METHOD

1. Season the main ingredient with garlic, salt, pepper and the recipe's seasonings.
2. Let rest for 15 minutes to absorb the flavors.
3. Place in a baking dish and add the vegetables or sauce listed.
4. Drizzle with olive oil and cover with foil if necessary.
5. Bake in a preheated oven at 200°C until cooked through.
6. Remove the foil for the final minutes to brown.
7. Check for doneness, adjust the seasoning and finish with fresh herbs.
8. Serve hot with your preferred side dish.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 425

Sardines with Onion and Lemon

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g cleaned sardines
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- Juice of 1 lemon
- Lemon zest to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 426

Grilled Tuna with Sesame

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 4 tuna steaks
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 tbsp sesame seeds

METHOD

1. Season the meat or fish with salt, garlic and the seasonings listed.
2. Heat a nonstick skillet well with olive oil.
3. Brown in small batches to avoid excess moisture.
4. Turn and cook to the desired doneness.
5. Remove and set aside on a covered plate.
6. In the same skillet, prepare the sauce or sauté the recipe's vegetables.
7. Return the main ingredient to the skillet and stir for 2 to 3 minutes.
8. Finish with fresh herbs and serve immediately.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 427

Tuna and Sweet Potato Fritters

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 medium sweet potatoes, cubed
- 2 medium potatoes, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 428

Light Brazilian Fish Stew

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 yellow bell pepper, sliced into strips
- 200 ml coconut milk
- 1 tbsp red palm oil, optional

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 429

Shrimp with Garlic and Lemon

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 500 g cleaned shrimp
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- Juice of 1 lemon
- Lemon zest to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 430

Shrimp in Coconut Milk

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 500 g cleaned shrimp
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 200 ml coconut milk

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 431

Shrimp with Pumpkin

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 500 g cleaned shrimp
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups pumpkin cubes

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 432

Shrimp with Zucchini

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 500 g cleaned shrimp
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 medium zucchini, cubed

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 433

Shrimp with Broccoli

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 500 g cleaned shrimp
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 cups broccoli florets

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 434

Shrimp Curry

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 500 g cleaned shrimp
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 tsp curry powder
- 200 ml coconut milk

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 435

Brown Rice Shrimp Risotto

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 500 g cleaned shrimp
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 cup brown rice
- 2 1/2 cups gluten-free homemade stock

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 436

Fish Rice with Vegetables

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 1 cup brown rice
- 2 1/2 cups gluten-free homemade stock

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 437

Shrimp Rice with Tomato

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 500 g cleaned shrimp
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste
- 2 ripe tomatoes, chopped
- 1 cup brown rice
- 2 1/2 cups gluten-free homemade stock

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 438

Fish Stew with Cassava

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 600 g fish fillets or cubes
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 439

Light Shrimp Soup

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 500 g cleaned shrimp
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp olive oil
- Salt, black pepper, parsley and scallions to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 440

Crustless Mini Tuna Pies

Fish & Seafood

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40-60 min	**4 servings**

INGREDIENTS

- 2 cans tuna, drained
- 4 eggs
- 1/2 cup coconut milk
- 1 tomato, chopped
- 1/2 onion, chopped
- 1 tsp baking powder
- Salt and herbs to taste

METHOD

1. Season the main ingredient with garlic, salt, pepper and the seasonings listed.
2. Heat the olive oil in a heavy-bottomed pan.
3. Brown the main ingredient in batches to keep it juicy.
4. Add the onion and the recipe's vegetables and sauté for a few minutes.
5. Add the indicated sauce, stock or coconut milk and stir.
6. Cover and cook over low heat until everything is tender and the flavors have developed.
7. Adjust the salt and texture; add a little hot water if necessary.
8. Finish with parsley and scallions or herbs and serve hot.

CHEF HANNAH'S TIPS

• Cook over moderate heat to preserve the ingredients' texture and flavor.

RECIPE 441

Chickpea Curry

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 1 tsp curry powder
- 200 ml coconut milk
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 442

Lentils with Vegetables

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 443

White Beans with Pumpkin

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 2 cups pumpkin cubes
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 444

Black Beans with Vegetables

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 445

Meatless Bean Chili

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 1 cup sugar-free tomato sauce
- 1 tsp cumin
- 1 tsp paprika
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 446

Mushroom Stroganoff with Coconut

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 400 g sliced mushrooms
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 1 cup sugar-free tomato sauce
- 200 ml coconut milk
- 1 tbsp sugar-free mustard
- Salt and paprika to taste
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 447

Garlic Mushrooms

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 200 g sliced mushrooms
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 448

Lentil-Stuffed Eggplant

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-60 min	**4 servings**

INGREDIENTS

- 2 cups cooked lentils
- 1 medium eggplant, cubed
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper and herbs to taste

METHOD

1. Prepare the vegetable used as the base, washing and cutting it carefully.
2. Sauté the onion and garlic in olive oil.
3. Add the main filling and season well.
4. Cook until flavorful with no excess liquid.
5. Stuff the vegetables or assemble the layers of the purée-topped casserole.
6. Place in a preheated oven at 200°C.
7. Bake until heated through and lightly golden.
8. Finish with fresh herbs and serve.

CHEF HANNAH'S TIPS

• Drier fillings keep the assembled dish firm and flavorful.

RECIPE 449

Quinoa-Stuffed Zucchini

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-60 min	**4 servings**

INGREDIENTS

- 1 1/2 cups cooked quinoa
- 1 medium zucchini, cubed
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper and herbs to taste

METHOD

1. Prepare the vegetable used as the base, washing and cutting it carefully.
2. Sauté the onion and garlic in olive oil.
3. Add the main filling and season well.
4. Cook until flavorful with no excess liquid.
5. Stuff the vegetables or assemble the layers of the purée-topped casserole.
6. Place in a preheated oven at 200°C.
7. Bake until heated through and lightly golden.
8. Finish with fresh herbs and serve.

CHEF HANNAH'S TIPS

• Drier fillings keep the assembled dish firm and flavorful.

RECIPE 450

Brown Rice-Stuffed Bell Pepper

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-60 min	**4 servings**

INGREDIENTS

- 2 cups of the main filling, cooked
- 1 red bell pepper, sliced into strips
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper and herbs to taste

METHOD

1. Prepare the vegetable used as the base, washing and cutting it carefully.
2. Sauté the onion and garlic in olive oil.
3. Add the main filling and season well.
4. Cook until flavorful with no excess liquid.
5. Stuff the vegetables or assemble the layers of the purée-topped casserole.
6. Place in a preheated oven at 200°C.
7. Bake until heated through and lightly golden.
8. Finish with fresh herbs and serve.

CHEF HANNAH'S TIPS

• Drier fillings keep the assembled dish firm and flavorful.

RECIPE 451

Chickpea-Stuffed Tomato

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-60 min	**4 servings**

INGREDIENTS

- 2 cups cooked chickpeas
- 2 ripe tomatoes, chopped
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper and herbs to taste

METHOD

1. Prepare the vegetable used as the base, washing and cutting it carefully.
2. Sauté the onion and garlic in olive oil.
3. Add the main filling and season well.
4. Cook until flavorful with no excess liquid.
5. Stuff the vegetables or assemble the layers of the purée-topped casserole.
6. Place in a preheated oven at 200°C.
7. Bake until heated through and lightly golden.
8. Finish with fresh herbs and serve.

CHEF HANNAH'S TIPS

• Drier fillings keep the assembled dish firm and flavorful.

RECIPE 452

Quinoa-Stuffed Pumpkin

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-60 min	**4 servings**

INGREDIENTS

- 1 1/2 cups cooked quinoa
- 2 cups pumpkin cubes
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper and herbs to taste

METHOD

1. Prepare the vegetable used as the base, washing and cutting it carefully.
2. Sauté the onion and garlic in olive oil.
3. Add the main filling and season well.
4. Cook until flavorful with no excess liquid.
5. Stuff the vegetables or assemble the layers of the purée-topped casserole.
6. Place in a preheated oven at 200°C.
7. Bake until heated through and lightly golden.
8. Finish with fresh herbs and serve.

CHEF HANNAH'S TIPS

• Drier fillings keep the assembled dish firm and flavorful.

RECIPE 453

Lentil Purée-Topped Casserole

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-60 min	**4 servings**

INGREDIENTS

- 2 cups cooked lentils
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper and herbs to taste
- 3 cups mashed cassava, pumpkin or sweet potato

METHOD

1. Prepare the vegetable used as the base, washing and cutting it carefully.
2. Sauté the onion and garlic in olive oil.
3. Add the main filling and season well.
4. Cook until flavorful with no excess liquid.
5. Stuff the vegetables or assemble the layers of the purée-topped casserole.
6. Place in a preheated oven at 200°C.
7. Bake until heated through and lightly golden.
8. Finish with fresh herbs and serve.

CHEF HANNAH'S TIPS

• Drier fillings keep the assembled dish firm and flavorful.

RECIPE 454

Mushroom Purée-Topped Casserole

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
45-60 min	**4 servings**

INGREDIENTS

- 300 g chopped mushrooms
- 200 g sliced mushrooms
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper and herbs to taste
- 3 cups mashed cassava, pumpkin or sweet potato

METHOD

1. Prepare the vegetable used as the base, washing and cutting it carefully.
2. Sauté the onion and garlic in olive oil.
3. Add the main filling and season well.
4. Cook until flavorful with no excess liquid.
5. Stuff the vegetables or assemble the layers of the purée-topped casserole.
6. Place in a preheated oven at 200°C.
7. Bake until heated through and lightly golden.
8. Finish with fresh herbs and serve.

CHEF HANNAH'S TIPS

• Drier fillings keep the assembled dish firm and flavorful.

RECIPE 455

Lentil Meatballs

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40 min	**6-10 pieces**

INGREDIENTS

- 2 cups cooked lentils, drained
- 1/2 onion, chopped
- 2 garlic cloves
- 1 egg
- 1/2 cup rice flour or flaxseed meal
- 1 tbsp olive oil
- Salt, cumin and paprika to taste

METHOD

1. Drain the grain or legume used in the recipe thoroughly.
2. Mash or briefly process, leaving some texture.
3. Mix the onion, garlic, egg, flour, vegetables and seasonings.
4. Let rest for 10 minutes to firm up.
5. Shape into burgers or meatballs with greased hands.
6. Brown in a nonstick skillet or bake at 200°C.
7. If desired, finish with sugar-free tomato sauce.
8. Serve with salad, rice or vegetables.

CHEF HANNAH'S TIPS

• Drain the grains well so the mixture does not become too soft.

RECIPE 456

Chickpea Meatballs

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40 min	**6-10 pieces**

INGREDIENTS

- 2 cups cooked chickpeas
- 1/2 onion, chopped
- 2 garlic cloves
- 1 egg
- 1/2 cup rice flour or flaxseed meal
- 1 tbsp olive oil
- Salt, cumin and paprika to taste

METHOD

1. Drain the grain or legume used in the recipe thoroughly.
2. Mash or briefly process, leaving some texture.
3. Mix the onion, garlic, egg, flour, vegetables and seasonings.
4. Let rest for 10 minutes to firm up.
5. Shape into burgers or meatballs with greased hands.
6. Brown in a nonstick skillet or bake at 200°C.
7. If desired, finish with sugar-free tomato sauce.
8. Serve with salad, rice or vegetables.

CHEF HANNAH'S TIPS

• Drain the grains well so the mixture does not become too soft.

RECIPE 457

Black Bean Burgers

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40 min	**6-10 pieces**

INGREDIENTS

- 2 cups cooked black beans, drained
- 1/2 onion, chopped
- 2 garlic cloves
- 1 egg
- 1/2 cup rice flour or flaxseed meal
- 1 tbsp olive oil
- Salt, cumin and paprika to taste

METHOD

1. Drain the grain or legume used in the recipe thoroughly.
2. Mash or briefly process, leaving some texture.
3. Mix the onion, garlic, egg, flour, vegetables and seasonings.
4. Let rest for 10 minutes to firm up.
5. Shape into burgers or meatballs with greased hands.
6. Brown in a nonstick skillet or bake at 200°C.
7. If desired, finish with sugar-free tomato sauce.
8. Serve with salad, rice or vegetables.

CHEF HANNAH'S TIPS

• Drain the grains well so the mixture does not become too soft.

RECIPE 458

Chickpea Burgers

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40 min	**6-10 pieces**

INGREDIENTS

- 2 cups cooked chickpeas
- 1/2 onion, chopped
- 2 garlic cloves
- 1 egg
- 1/2 cup rice flour or flaxseed meal
- 1 tbsp olive oil
- Salt, cumin and paprika to taste

METHOD

1. Drain the grain or legume used in the recipe thoroughly.
2. Mash or briefly process, leaving some texture.
3. Mix the onion, garlic, egg, flour, vegetables and seasonings.
4. Let rest for 10 minutes to firm up.
5. Shape into burgers or meatballs with greased hands.
6. Brown in a nonstick skillet or bake at 200°C.
7. If desired, finish with sugar-free tomato sauce.
8. Serve with salad, rice or vegetables.

CHEF HANNAH'S TIPS

• Drain the grains well so the mixture does not become too soft.

RECIPE 459

Quinoa and Carrot Burgers

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
40 min	**6-10 pieces**

INGREDIENTS

- 1 1/2 cups cooked quinoa
- 1/2 onion, chopped
- 2 garlic cloves
- 1 egg
- 1/2 cup rice flour or flaxseed meal
- 1 tbsp olive oil
- 1 large carrot, sliced or cubed
- Salt, cumin and paprika to taste

METHOD

1. Drain the grain or legume used in the recipe thoroughly.
2. Mash or briefly process, leaving some texture.
3. Mix the onion, garlic, egg, flour, vegetables and seasonings.
4. Let rest for 10 minutes to firm up.
5. Shape into burgers or meatballs with greased hands.
6. Brown in a nonstick skillet or bake at 200°C.
7. If desired, finish with sugar-free tomato sauce.
8. Serve with salad, rice or vegetables.

CHEF HANNAH'S TIPS

• Drain the grains well so the mixture does not become too soft.

RECIPE 460

Pumpkin and Quinoa Kibbeh

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 2 cups pumpkin cubes
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 461

Brown Rice with Lentils

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 462

Rice with Broccoli and Carrot

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 1 large carrot, sliced or cubed
- 2 cups broccoli florets
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 463

Quinoa with Roasted Vegetables

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 464

Cauliflower Couscous with Vegetables

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 2 cups cauliflower florets
- 2 cups sliced collard greens
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 465

Simple Ratatouille

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 466

Zucchini in Tomato Sauce

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 1 medium zucchini, cubed
- 2 ripe tomatoes, chopped
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 467

Homestyle Eggplant

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 1 medium eggplant, cubed
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 468

Cauliflower Curry

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 2 cups cauliflower florets
- 2 cups sliced collard greens
- 1 tsp curry powder
- 200 ml coconut milk
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 469

Broccoli with Chickpeas

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**4 servings**

INGREDIENTS

- 2 cups of the main grain or vegetable, cooked
- 1 onion, chopped
- 2 garlic cloves
- 1 tbsp olive oil
- 2 cups broccoli florets
- Salt, pepper, parsley and scallions to taste

METHOD

1. Heat the olive oil and sauté the onion and garlic.
2. Add the main grain, vegetable or mushroom.
3. Add the remaining vegetables and mix.
4. Season with salt, pepper and spices.
5. Add sauce or coconut milk where indicated.
6. Cook over low heat until the flavors combine.
7. Adjust the texture and finish with parsley and scallions.
8. Serve hot with rice, quinoa or salad.

CHEF HANNAH'S TIPS

• Use plenty of herbs and spices to build flavor without processed ingredients.

RECIPE 470

Oven-Baked Vegetable Omelet

Vegetarian

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15-25 min	**2 servings**

INGREDIENTS

- 3 eggs
- 1 tbsp olive oil
- Salt, pepper and herbs to taste

METHOD

1. Crack the eggs into a bowl and beat with a fork until well combined.
2. Season with salt, pepper and herbs.
3. Prepare and chop the recipe's vegetables.
4. Heat a nonstick skillet with olive oil.
5. Briefly sauté the firmer vegetables.
6. Pour in the eggs and cook over low heat.
7. Fold or bake, depending on the version, until set without drying out.
8. Serve immediately.

CHEF HANNAH'S TIPS

• Cook over low heat to keep the eggs soft.

RECIPE 471

Mango Mousse

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 2 cups ripe mango
- 1 packet unflavored, clear gelatin or 2 tbsp starch, depending on the texture

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 472

Lemon and Coconut Mousse

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 1/2 cup lemon juice
- Zest of 1 lemon
- 1 packet unflavored, clear gelatin or 2 tbsp starch, depending on the texture

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 473

Avocado and Cocoa Mousse

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 1 ripe avocado
- 3 tbsp 100% cocoa powder
- 3 tbsp 100% cocoa powder
- 1 packet unflavored, clear gelatin or 2 tbsp starch, depending on the texture

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 474

Banana Cream with Cinnamon

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 2 ripe bananas
- 1 tsp cinnamon
- 1 packet unflavored, clear gelatin or 2 tbsp starch, depending on the texture

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 475

Coconut Cream with Vanilla

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 1 packet unflavored, clear gelatin or 2 tbsp starch, depending on the texture

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 476

Cocoa Pudding

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 3 tbsp 100% cocoa powder
- 1 packet unflavored, clear gelatin or 2 tbsp starch, depending on the texture

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 477

Mango Pudding

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 2 cups ripe mango
- 1 packet unflavored, clear gelatin or 2 tbsp starch, depending on the texture

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 478

Tapioca and Coconut Pudding

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 1 cup granulated tapioca
- 1 packet unflavored, clear gelatin or 2 tbsp starch, depending on the texture

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 479

Chocolate Blancmange

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 3 tbsp 100% cocoa powder
- 1 packet unflavored, clear gelatin or 2 tbsp starch, depending on the texture

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 480

Fruit Gelatin with Coconut Cream

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
20 min + geladeira	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 1 tsp vanilla
- 1 pinch of salt
- 2 cups chopped fruit
- 1 packet unflavored, clear gelatin

METHOD

1. Gather the ingredients and hydrate the gelatin, if using.
2. Blend or mix the fruit with the coconut milk until smooth.
3. Add sweetener, vanilla and the recipe's flavorings.
4. Heat only as much as needed to dissolve starch or gelatin, where indicated.
5. Mix everything until smooth and creamy.
6. Divide among glasses, jars or a lightly greased mold.
7. Refrigerate until set and well chilled.
8. Top with fruit, coconut or cocoa and serve.

CHEF HANNAH'S TIPS

• Chill thoroughly before serving for a firmer, more pleasant texture.

RECIPE 481

Mango Ice Cream

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15 min + freezer	**6 servings**

INGREDIENTS

- 2 cups ripe mango
- 200 ml coconut milk
- 1/4 cup erythritol or xylitol
- 1 tsp vanilla

METHOD

1. Wash, cut and freeze the fruit where necessary.
2. Place all the ingredients in a blender.
3. Blend until smooth and uniform.
4. Taste and adjust the sweetness if necessary.
5. Transfer to a container or ice-pop molds.
6. Cover and freeze until completely firm.
7. Remove a few minutes before serving to soften.
8. Serve plain or with fresh fruit.

CHEF HANNAH'S TIPS

• Very ripe fruit makes the dessert naturally sweeter.

RECIPE 482

Strawberry and Banana Ice Cream

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15 min + freezer	**6 servings**

INGREDIENTS

- 2 ripe bananas
- 200 ml coconut milk
- 1/4 cup erythritol or xylitol
- 1 tsp vanilla
- 1 extra frozen banana

METHOD

1. Wash, cut and freeze the fruit where necessary.
2. Place all the ingredients in a blender.
3. Blend until smooth and uniform.
4. Taste and adjust the sweetness if necessary.
5. Transfer to a container or ice-pop molds.
6. Cover and freeze until completely firm.
7. Remove a few minutes before serving to soften.
8. Serve plain or with fresh fruit.

CHEF HANNAH'S TIPS

• Very ripe fruit makes the dessert naturally sweeter.

RECIPE 483

Coconut Ice Cream

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15 min + freezer	**6 servings**

INGREDIENTS

- 400 ml coconut milk
- 200 ml coconut milk
- 1/4 cup erythritol or xylitol
- 1 tsp vanilla

METHOD

1. Wash, cut and freeze the fruit where necessary.
2. Place all the ingredients in a blender.
3. Blend until smooth and uniform.
4. Taste and adjust the sweetness if necessary.
5. Transfer to a container or ice-pop molds.
6. Cover and freeze until completely firm.
7. Remove a few minutes before serving to soften.
8. Serve plain or with fresh fruit.

CHEF HANNAH'S TIPS

• Very ripe fruit makes the dessert naturally sweeter.

RECIPE 484

Passion Fruit Ice Pops

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15 min + freezer	**6 servings**

INGREDIENTS

- 1 cup passion fruit pulp
- 200 ml coconut milk
- 1/4 cup erythritol or xylitol
- 1 tsp vanilla

METHOD

1. Wash, cut and freeze the fruit where necessary.
2. Place all the ingredients in a blender.
3. Blend until smooth and uniform.
4. Taste and adjust the sweetness if necessary.
5. Transfer to a container or ice-pop molds.
6. Cover and freeze until completely firm.
7. Remove a few minutes before serving to soften.
8. Serve plain or with fresh fruit.

CHEF HANNAH'S TIPS

• Very ripe fruit makes the dessert naturally sweeter.

RECIPE 485

Strawberry Ice Pops

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
15 min + freezer	**6 servings**

INGREDIENTS

- 2 cups strawberries
- 200 ml coconut milk
- 1/4 cup erythritol or xylitol
- 1 tsp vanilla

METHOD

1. Wash, cut and freeze the fruit where necessary.
2. Place all the ingredients in a blender.
3. Blend until smooth and uniform.
4. Taste and adjust the sweetness if necessary.
5. Transfer to a container or ice-pop molds.
6. Cover and freeze until completely firm.
7. Remove a few minutes before serving to soften.
8. Serve plain or with fresh fruit.

CHEF HANNAH'S TIPS

• Very ripe fruit makes the dessert naturally sweeter.

RECIPE 486

Baked Banana with Cinnamon

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**6 servings**

INGREDIENTS

- 4 ripe bananas
- 1 tsp cinnamon
- 1/4 cup erythritol or xylitol
- Juice of 1/2 lemon
- 1/2 cup water

METHOD

1. Peel and cut the fruit as indicated.
2. Mix with lemon juice, cinnamon and sweetener.
3. Place in a pan or ovenproof dish with the water.
4. Cook over low heat or bake at 180°C until starting to soften.
5. Stir or turn gently to cook evenly.
6. Cook until the syrup reduces and the fruit is soft.
7. Turn off the heat and let cool slightly to concentrate the flavor.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Avoid overcooking to preserve pieces of fruit and a pleasant texture.

RECIPE 487

Spiced Baked Pear

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**6 servings**

INGREDIENTS

- 4 ripe, firm pears
- 1 tsp cinnamon
- 1/4 cup erythritol or xylitol
- Juice of 1/2 lemon
- 1/2 cup water

METHOD

1. Peel and cut the fruit as indicated.
2. Mix with lemon juice, cinnamon and sweetener.
3. Place in a pan or ovenproof dish with the water.
4. Cook over low heat or bake at 180°C until starting to soften.
5. Stir or turn gently to cook evenly.
6. Cook until the syrup reduces and the fruit is soft.
7. Turn off the heat and let cool slightly to concentrate the flavor.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Avoid overcooking to preserve pieces of fruit and a pleasant texture.

RECIPE 488

Baked Apple with Coconut

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**6 servings**

INGREDIENTS

- 4 apples
- 1 tsp cinnamon
- 1/4 cup erythritol or xylitol
- Juice of 1/2 lemon
- 1/2 cup water
- 1/2 cup unsweetened shredded coconut

METHOD

1. Peel and cut the fruit as indicated.
2. Mix with lemon juice, cinnamon and sweetener.
3. Place in a pan or ovenproof dish with the water.
4. Cook over low heat or bake at 180°C until starting to soften.
5. Stir or turn gently to cook evenly.
6. Cook until the syrup reduces and the fruit is soft.
7. Turn off the heat and let cool slightly to concentrate the flavor.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Avoid overcooking to preserve pieces of fruit and a pleasant texture.

RECIPE 489

Banana Preserve

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**6 servings**

INGREDIENTS

- 4 ripe bananas
- 1 tsp cinnamon
- 1/4 cup erythritol or xylitol
- Juice of 1/2 lemon
- 1/2 cup water

METHOD

1. Peel and cut the fruit as indicated.
2. Mix with lemon juice, cinnamon and sweetener.
3. Place in a pan or ovenproof dish with the water.
4. Cook over low heat or bake at 180°C until starting to soften.
5. Stir or turn gently to cook evenly.
6. Cook until the syrup reduces and the fruit is soft.
7. Turn off the heat and let cool slightly to concentrate the flavor.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Avoid overcooking to preserve pieces of fruit and a pleasant texture.

RECIPE 490

Apple Preserve with Cinnamon

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**6 servings**

INGREDIENTS

- 4 apples
- 1 tsp cinnamon
- 1/4 cup erythritol or xylitol
- Juice of 1/2 lemon
- 1/2 cup water

METHOD

1. Peel and cut the fruit as indicated.
2. Mix with lemon juice, cinnamon and sweetener.
3. Place in a pan or ovenproof dish with the water.
4. Cook over low heat or bake at 180°C until starting to soften.
5. Stir or turn gently to cook evenly.
6. Cook until the syrup reduces and the fruit is soft.
7. Turn off the heat and let cool slightly to concentrate the flavor.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Avoid overcooking to preserve pieces of fruit and a pleasant texture.

RECIPE 491

Pear Compote

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**6 servings**

INGREDIENTS

- 4 ripe, firm pears
- 1 tsp cinnamon
- 1/4 cup erythritol or xylitol
- Juice of 1/2 lemon
- 1/2 cup water

METHOD

1. Peel and cut the fruit as indicated.
2. Mix with lemon juice, cinnamon and sweetener.
3. Place in a pan or ovenproof dish with the water.
4. Cook over low heat or bake at 180°C until starting to soften.
5. Stir or turn gently to cook evenly.
6. Cook until the syrup reduces and the fruit is soft.
7. Turn off the heat and let cool slightly to concentrate the flavor.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Avoid overcooking to preserve pieces of fruit and a pleasant texture.

RECIPE 492

Pineapple Compote with Cinnamon

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-50 min	**6 servings**

INGREDIENTS

- 1 small pineapple, cubed
- 1 tsp cinnamon
- 1/4 cup erythritol or xylitol
- Juice of 1/2 lemon
- 1/2 cup water

METHOD

1. Peel and cut the fruit as indicated.
2. Mix with lemon juice, cinnamon and sweetener.
3. Place in a pan or ovenproof dish with the water.
4. Cook over low heat or bake at 180°C until starting to soften.
5. Stir or turn gently to cook evenly.
6. Cook until the syrup reduces and the fruit is soft.
7. Turn off the heat and let cool slightly to concentrate the flavor.
8. Serve warm or chilled.

CHEF HANNAH'S TIPS

• Avoid overcooking to preserve pieces of fruit and a pleasant texture.

RECIPE 493

Passion Fruit Coconut Candy

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**10-14 pieces**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 2 tbsp coconut oil
- 1 tsp vanilla
- 1 1/2 cups unsweetened shredded coconut
- 1/2 cup concentrated passion fruit pulp

METHOD

1. Place the coconut milk and sweetener in a heavy-bottomed pan.
2. Cook over low heat, stirring constantly.
3. Add cocoa, coconut, peanuts or passion fruit according to the recipe.
4. Cook until thickened and starting to pull away from the bottom of the pan.
5. Turn off the heat, add coconut oil and vanilla and mix well.
6. Transfer to a plate and let cool completely.
7. Shape, cut or serve by the spoonful, depending on the version.
8. Keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Stirring over low heat helps achieve a smooth texture without burning.

RECIPE 494

Coconut and Cocoa Brigadeiro Truffles

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**10-14 pieces**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 2 tbsp coconut oil
- 1 tsp vanilla
- 3 tbsp 100% cocoa powder
- 100 g 70% chocolate, dairy-free and sugar-free
- 1 1/2 cups unsweetened shredded coconut

METHOD

1. Place the coconut milk and sweetener in a heavy-bottomed pan.
2. Cook over low heat, stirring constantly.
3. Add cocoa, coconut, peanuts or passion fruit according to the recipe.
4. Cook until thickened and starting to pull away from the bottom of the pan.
5. Turn off the heat, add coconut oil and vanilla and mix well.
6. Transfer to a plate and let cool completely.
7. Shape, cut or serve by the spoonful, depending on the version.
8. Keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Stirring over low heat helps achieve a smooth texture without burning.

RECIPE 495

Passion Fruit Coconut Truffles

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**10-14 pieces**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 2 tbsp coconut oil
- 1 tsp vanilla
- 1 1/2 cups unsweetened shredded coconut
- 1/2 cup concentrated passion fruit pulp

METHOD

1. Place the coconut milk and sweetener in a heavy-bottomed pan.
2. Cook over low heat, stirring constantly.
3. Add cocoa, coconut, peanuts or passion fruit according to the recipe.
4. Cook until thickened and starting to pull away from the bottom of the pan.
5. Turn off the heat, add coconut oil and vanilla and mix well.
6. Transfer to a plate and let cool completely.
7. Shape, cut or serve by the spoonful, depending on the version.
8. Keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Stirring over low heat helps achieve a smooth texture without burning.

RECIPE 496

Coconut Truffles

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**10-14 pieces**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 2 tbsp coconut oil
- 1 tsp vanilla
- 1 1/2 cups unsweetened shredded coconut

METHOD

1. Place the coconut milk and sweetener in a heavy-bottomed pan.
2. Cook over low heat, stirring constantly.
3. Add cocoa, coconut, peanuts or passion fruit according to the recipe.
4. Cook until thickened and starting to pull away from the bottom of the pan.
5. Turn off the heat, add coconut oil and vanilla and mix well.
6. Transfer to a plate and let cool completely.
7. Shape, cut or serve by the spoonful, depending on the version.
8. Keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Stirring over low heat helps achieve a smooth texture without burning.

RECIPE 497

Peanut Truffles

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
30-45 min	**10-14 pieces**

INGREDIENTS

- 400 ml coconut milk
- 1/3 cup erythritol or xylitol
- 2 tbsp coconut oil
- 1 tsp vanilla
- 1 cup crushed roasted peanuts

METHOD

1. Place the coconut milk and sweetener in a heavy-bottomed pan.
2. Cook over low heat, stirring constantly.
3. Add cocoa, coconut, peanuts or passion fruit according to the recipe.
4. Cook until thickened and starting to pull away from the bottom of the pan.
5. Turn off the heat, add coconut oil and vanilla and mix well.
6. Transfer to a plate and let cool completely.
7. Shape, cut or serve by the spoonful, depending on the version.
8. Keep refrigerated in a sealed container.

CHEF HANNAH'S TIPS

• Stirring over low heat helps achieve a smooth texture without burning.

RECIPE 498

Banana and Cocoa Brownies

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-45 min	**8-12 servings**

INGREDIENTS

- 1 cup almond flour
- 1/2 cup 100% cocoa powder
- 1/2 cup erythritol or xylitol
- 2 eggs
- 1/3 cup coconut oil
- 1 tsp vanilla
- 1 pinch of salt
- 2 ripe bananas, mashed

METHOD

1. Preheat the oven to 180°C and prepare the pan.
2. Mix the dry ingredients in a bowl.
3. In another bowl, beat the eggs, coconut oil and vanilla.
4. Combine the two mixtures until uniform.
5. Add fruit, nuts or coconut where indicated.
6. Spread in the pan or shape individual portions.
7. Bake until the edges are set, keeping the center soft.
8. Let cool before cutting or serving.

CHEF HANNAH'S TIPS

• Remove from the oven before it dries out; the dessert will firm up as it cools.

RECIPE 499

Chocolate and Nut Cookies

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-45 min	**8-12 servings**

INGREDIENTS

- 1 cup almond flour
- 1/2 cup 100% cocoa powder
- 1/2 cup erythritol or xylitol
- 2 eggs
- 1/3 cup coconut oil
- 1 tsp vanilla
- 1 pinch of salt
- 1/2 cup chopped nuts

METHOD

1. Preheat the oven to 180°C and prepare the pan.
2. Mix the dry ingredients in a bowl.
3. In another bowl, beat the eggs, coconut oil and vanilla.
4. Combine the two mixtures until uniform.
5. Add fruit, nuts or coconut where indicated.
6. Spread in the pan or shape individual portions.
7. Bake until the edges are set, keeping the center soft.
8. Let cool before cutting or serving.

CHEF HANNAH'S TIPS

• Remove from the oven before it dries out; the dessert will firm up as it cools.

RECIPE 500

Coconut and Peanut Bars

Sweets & Desserts

SUGAR-FREE • GLUTEN-FREE • LACTOSE-FREE

TIME	YIELD
35-45 min	**8-12 servings**

INGREDIENTS

- 1 cup almond flour
- 1/2 cup 100% cocoa powder
- 1/2 cup erythritol or xylitol
- 2 eggs
- 1/3 cup coconut oil
- 1 tsp vanilla
- 1 pinch of salt
- 1/2 cup 100% peanut butter
- 1/2 cup unsweetened shredded coconut

METHOD

1. Preheat the oven to 180°C and prepare the pan.
2. Mix the dry ingredients in a bowl.
3. In another bowl, beat the eggs, coconut oil and vanilla.
4. Combine the two mixtures until uniform.
5. Add fruit, nuts or coconut where indicated.
6. Spread in the pan or shape individual portions.
7. Bake until the edges are set, keeping the center soft.
8. Let cool before cutting or serving.

CHEF HANNAH'S TIPS

• Remove from the oven before it dries out; the dessert will firm up as it cools.