



Naturally Energizing Oats

Gluten Free Recipes for the Whole Family

Need some nutritious ideas to keep your energy levels high through the day? Try these delicious recipes by Nutritionist, Chef and Food Allergy expert Christine Bailey using Nairn's new range of Gluten free products

Mango and Coconut Traybake

These delicious oat slices are bursting with tropical fruit flavours of mango, lime and coconut. Rather than being laden with sugar and butter these bars are naturally sweetened with fruit and xylitol and use light olive oil rich in monounsaturated fats. By including gluten free oats you provide plenty of B vitamins and magnesium for energy production plus fibre and slow releasing carbohydrate to keep energy levels sustained through the day. These bars are perfect as a breakfast on the go, snack, packed lunch filler or tea time treat.

This tray bake freezes well. Cool thoroughly then cut into slices. Pack in air tight containers and freeze for up to 3 months

Suitable for vegetarians, Suitable for vegans, gluten-free, wheat-free, egg-free, dairy-free

Makes 16 bars

250g /9oz dried mango slices, without sugar, chopped
1 large ripe mango, peeled and diced
Grated zest and juice of 3 limes
4tbsp xylitol
150ml /5floz light olive oil or melted coconut butter
175g /6oz Nairn's Gluten free oats
175g /6oz gluten free flour
2 tsp. gluten free baking powder
2tbsp ground flaxseed
2tbsp sesame seeds
100g /3 1/2oz desiccated coconut

1. Preheat the oven to 180°C, gas mark 4.
2. Place the dried mango pieces in a bowl and cover with boiling water. Leave for 30 minutes, then drain.
3. Place half of the dried mango into a food processor with the fresh mango, lime juice, zest, xylitol and oil and process to form a thick puree.
4. Place the oats, flour and baking powder in a bowl. Stir in the seeds, coconut and remaining chopped soaked mango. Pour in the puree and mix thoroughly.
5. Spoon the mixture into a greased and lined baking tin approximately 25cm by 30cm. Bake in an oven for 30-35 minutes until golden brown. Leave to cool in the tin then cut into slices.

Nutritional Information

Per bar

Calories 296kcal

Protein 3.1g

Total Fat 15.9g of which saturates 4.9g

Carbohydrates 35g

Per 100g serving

Calories 389kcal

Protein 4.1g

Total Fat 20.9g of which saturates 6.4g

Carbohydrates 46g

Lemony Muesli Breakfast Muffins

A sensational low sugar muffin full of slow releasing carbohydrates, nuts, seeds and sweetened with a little dried fruit and xylitol. Perfect as a healthy option for breakfast but equally delicious as a mid morning snack or sweet treat. Nairn's gluten free muesli is the perfect addition to the mix providing a wonderful chewy texture that will be popular with children and adults alike. Serve warm straight from the oven with a little spread, or cold at any time of the day. Make up a big batch as they freeze well.

Suitable for vegetarians, gluten-free, wheat-free, dairy-free*, sugar free

Makes 10 muffins

125g / 4 ½ oz brown rice flour

25g / 1oz potato flour

2tsp baking powder

Pinch of sea salt
1/2tsp xanthum gum
115g / 4oz Nairn's Gluten Free Muesli
2tbsp dried cranberries
75g / 3oz xylitol
3 eggs
4tbsp olive oil
Zest of 1 lemon
1tbsp lemon juice
150ml milk or milk alternative*

1. Preheat the oven to 180°C, gas mark 4.
2. Place the flours, baking powder, sea salt, xanthum gum and muesli and cranberries in a large mixing bowl.
3. Place the rest of the ingredients into a blender and process until smooth. Pour into the flour mixture and beat well to form a thick batter.
4. Spoon the mixture into greased muffin moulds. Bake for 15-20 minutes until golden brown and firm on top.
5. Leave to cool in the tins for 5 minutes before turning out and cooling on a rack.

Nutritional Information

Per muffin

Calories 201kcal
Protein 4.6g
Total Fat 9.2g of which saturates 1.4g
Carbohydrates 26.9g

Per 100g

Calories 267kcal
Protein 6.1g
Total Fat 12.2g of which 1.8g
Carbohydrates 35.7g

Energising Topping Ideas for Nairn's Gluten Free Oat Cakes

Fig Tapenade

Sweet and salty the combination of figs and olives works beautifully in this spread. Spread on oat cakes and top with a little goat's cheese to make a healthy yet indulgent treat.

Will keep in the fridge for 2 days

Serves 4

Suitable for Vegetarians, Suitable for Vegans, Dairy-free, Egg-free, Wheat-free, Gluten-free, Sugar-free, Nut-free, Seed-free

Serves 6-8

1 tbsp olive oil
100g / 3 1/2oz dried ready to eat figs
1tbsp water
100g / 3 1/2 oz pitted black olives
1/2tsp balsamic vinegar
1tbsp chopped fresh parsley

1. Place the figs in a food processor and pulse for 30 seconds, until chopped.
2. Add the water and pulse to create a paste.
3. Add olives, olive oil, vinegar and parsley and pulse briefly to combine.
4. Spread the tapenade on oat cakes to serve.

Nutritional Information per teaspoon serving

Calories 10kcal
Protein 0.1g
Total Fat 0.6g of which saturates 0.1g
Carbohydrates 1g

Moroccan Apricot Bean Spread

A delicious light creamy dip sweetened with dried apricots and lightly spiced for a satisfying flavour. Delicious as a topping for oat cakes or as a dip.

Serves 4

Suitable for Vegetarians, Suitable for Vegans, Dairy-free, Egg-free, Wheat-free, Gluten-free, Sugar-free, Nut-free, Seed-free

Will keep in the fridge for 2 days

1 x 400g can butterbeans, drained
1/4 red bell pepper, deseeded
3 dried ready-to-eat apricots
2 tbsp flaxseed oil or extra-virgin olive oil
1tbsp lemon juice
1 garlic clove crushed
55ml/1 3/4floz water
1 tsp smoked paprika
1/4 tsp cumin
1tbsp fresh coriander leaves
Salt and Black Pepper to taste

1. Place the butter beans, pepper and apricots in a food processor and blend to chop coarsely.
2. Add the remaining ingredients except the coriander leaves and process to form a smooth creamy spread.
3. Pulse in the coriander leaves and season to taste.
4. Serve spread on oat cakes

Nutritional Information per teaspoon serving

Calories 7kcal

Protein 0.2g

Total Fat 0.4g of which saturates 0.1g

Carbohydrates 0.4g