



# Lupin Dip

Prep time 20 mins Makes 3 x 250ml tubs.

## Ingredients:

120g (1 cup) Lupin flake  
2 cloves garlic  
20ml (1tbsp) dehulled Tahini paste  
20ml (1 tbsp) white wine vinegar  
5ml (1tsp) lemon juice  
60ml (¼ cup) vegetable oil  
½ tsp salt  
½ tsp ground white pepper  
60ml (3 tbsp) water

Extra water:

~60ml water (*add to blended dip to achieve desired consistency*)

## Method

Place Lupin flake in a small saucepan and add about 1 litre of cold water. Bring to the boil and reduce heat slightly so Lupin flake doesn't boil over, and cook for 5 minutes.

Drain flake into a fine mesh sieve, rinse with cold water and continue to drain for 10-15 minutes.

Place cooked Lupin flake and all other ingredients in a food processor and blend until smooth. Check seasoning and adjust if necessary.

The consistency of the dip should be a bit looser than hummus as it will stiffen a little on standing. You may need to add extra water a little at a time until desired consistency is achieved.

Store in the fridge for 8-10 days.

Suitable to freeze (you may need to blend it again and to add a little extra water after defrosting).



# Lupin Beetroot Dip

Prep time 30 mins (including roasting)

Fills 2 x 500 ml containers

## Ingredients

4-5 medium beetroot, peeled and 1cm diced  
60g (½ cup) Lupin flake  
2 cloves garlic  
2 carrots, peeled and roughly chopped  
60ml freshly squeezed orange juice, about ½ orange  
20ml (1 tbsp) lemon juice  
Salt & pepper  
Olive Oil

## Method

Preheat oven to 180° C, fan on.

Toss diced beetroot in olive oil and season well. Put in a roasting tray large enough to take beetroot in a single layer and roast until cooked, about 20 minutes.

Place Lupin Flake in a small saucepan and add about 1 litre of cold water. Bring to boil and reduce heat slightly so Lupin flake doesn't boil over and cook for 5 minutes.

Drain flake into a fine mesh sieve, rinse with cold water and drain again for 10-15 minutes.

Place cooked Lupin flake and all other ingredients in food processor and blend until smooth. Check seasoning and adjust if necessary.

The consistency of the dip should be similar to hummus. You may need to add extra water at this stage to achieve that consistency.

Store in the fridge for 3-5 days.

## Recipe Notes

Suitable to freeze but if freezing make the dip a stiffer consistency. Freezing vegetables breaks down cell walls which release water and therefore the dip will be more watery when thawed. If it is too stiff when thawed you can always add a little water but you can't take it out if the dip is too watery.



# Lupin Pumpkin Dip

Prep time 45 mins (including roasting)

Makes 1 x 500ml container

## Ingredients

60g (½ cup) Lupin flake  
1 tbsp Ras el Hanout  
2 cloves garlic  
20ml (1 tbsp) lemon juice  
750g butternut pumpkin, diced - Olive oil for roasting  
Salt & pepper

## Method

Preheat oven to 180° C.

Peel pumpkin and cut into 1 – 1.5cm dice, toss in oil and season well. Roast in moderate oven (180° C) until pumpkin is golden and caramelised, about 40 minutes. Halfway through roasting turn pumpkin and check seasoning. If pumpkin has not started to caramelize and sweeten, add more salt and maybe a bit more oil.

Place Lupin Flake in a small saucepan and add about 1 litre of cold water. Bring to boil and reduce heat slightly so Lupin flake doesn't boil over and cook for 5 minutes. Drain flake into a fine mesh sieve, rinse with cold water and drain again for 10-15 minutes.

Place cooked Lupin flake and all other ingredients in food processor and blend until smooth. Check seasoning and adjust if necessary.

The consistency of the dip should be similar to hummus. You may need to add extra water at this stage to achieve that consistency.

Store in the fridge for 3-5 days.



## Recipe Notes

Suitable to freeze but if freezing make the dip a stiffer consistency. Freezing vegetables breaks down cell walls which release water and therefore the dip will be more watery when thawed. If it is too stiff when thawed you can always add a little water but you can't take it out if the dip is too watery.

Ras el Hanout is available commercially in most good grocers. However, if you want to make your own this is the blend we use.

### ***Ras el Hanout***

20g	<i>Cardamom Seeds</i>
20g	<i>Black Peppercorns</i>
20g	<i>Fennel Seeds</i>
20g	<i>Allspice</i>
40g	<i>Cinnamon</i>
40g	<i>Ground Coriander</i>
40g	<i>Ground Cumin</i>
45g	<i>Maldon Sea Salt</i>
50g	<i>Turmeric</i>
75g	<i>Paprika</i>
40g	<i>Raw sugar or coconut sugar</i>

*Wet the cardamom, fennel & black peppercorns and pan roast until dry & fragrant. Grind and sieve until the spices are finely ground.*

*Mix with all other ingredients and store in an airtight container.*

We suggest you make a large batch of Ras el Hanout and add it to the Lupin Crumb recipe to crumb lamb, salmon or veges.



# Lupin, Corn & Zucchini Fritters

Prep time 20 mins (plus resting), cook 10 mins

Makes 10-12 fritters (\*\*TBC)

## Ingredients

40g Lupin flake  
20g (1 Tbsp) GF Plain Flour  
60ml (¼ cup) skim milk  
1 whole egg  
100g ricotta  
150g sweet corn kernels  
100g grated Zucchini  
1 tbsp chopped chives  
1 tbsp chopped parsley  
1 tsp lemon zest  
Salt and pepper

## Method

If using fresh corn, place in microwave with husk and silk intact and cook on high for 3 minutes. When cool enough to handle, slice off stalk end. Make sure that you slice far enough up the corn so the husk is completely detached. Pick corn up by the pointy end and gently squeeze so that the ear of corn pops out, but leaves the husk and silk. Run a sharp knife down the length of the ear of corn to separate the kernels.

Make the batter by whisking milk and eggs in a large bowl. Add Lupin flake and flour and whisk to combine to a smooth batter. Add ricotta, corn kernels, zucchini, chives, parsley and lemon zest and mix to combine. Rest for at least 10 minutes to allow Lupin flake to hydrate.

Spoon batter into a preheated, lightly oiled pan and cook for about three minutes on each side, until golden.

## Serving Suggestion:

Mashed avocado and tomato salsa.



## Lupin Bark

**Prep time 15 mins (plus resting), cook time 8-10 mins**

**Makes 8-10 pieces of bark**

### Ingredients

60g (1/2 cup) Lupin flake  
200g (1 1/3 cups) Plain flour)  
1 tsp dried yeast  
1 1/2 tsp sea salt flakes  
1 tsp ground white pepper  
40g olive oil  
150g warm water

### Method

Add Lupin Flake, flour, yeast, salt and pepper to the bowl of a food processor and blitz for 10 seconds. Add oil and blitz until evenly incorporated. Add warm water and blitz until mixture forms a dough. Turn onto bench and knead for about 3 minutes.

Shape into a ball and place in a lightly oiled glass bowl, cover with plastic food wrap and rest in a warm place for about 2 hours.

Preheat oven to 180° C, fan off.

Break off walnut size pieces of dough and roll through a pasta machine on setting 1. Fold and roll again, then roll through the machine, increasing the settings each time until you get to 7. If you do not have a pasta machine, roll dough between two pieces of baking paper until very thin.

Place whole piece (or cut into the size and shape you wish) and bake two pieces at a time for approximately 8 minutes. This will depend on your oven and you will need to keep an eye on it because minor temperature variations can make a big difference in cooking times. Make sure you cook to a golden brown, and the Lupin flake is visible in the bark.

Cool on a wire rack and store in an airtight container for at least two weeks.

**NOTE:** If you don't have a food processor you can combine the ingredients by hand – it just takes a little more time and effort.



## Lupin Vege Patties

### Ingredients

120g (1 cup) Lupin flake  
40g (2Tbsp) cornflour  
5g (1 tsp) Vege Stock powder  
40g grated zucchini  
40g grated carrot  
40g grated potato  
40g grated onion  
1 clove crushed garlic

120g (1/2 cup) water  
Salt and pepper to taste

### Method

Place all ingredients except water in a bowl blend well together then add the water combine well.

Let mixture stand for 15minutes minimum, 30 mins is better.

With Wet hands form the mixture into patties (of desired size). Let stand for 5 mins.

Shallow fry patties in oil until golden brown, using two egg flips will make turning them easier. Oil must be hot, otherwise patties will break apart.

Alternatively you can lightly spray them with oil and bake in a low to moderate oven for about 40mins.

Serve with plain Greek yoghurt.



## Lupin Falafels

### Ingredients

- 120g (1 cup) Lupin flake
  - 40g (2tbsp) cornflour\*
  - 5g (1 tsp) Vege Stock powder
  - 40g onion finely chopped
  - 2 cloves crushed garlic
  - 1/2 tsp chilli powder
  - 1 tsp ground cumin
  - 1 tsp ground coriander
  - 2 tbsp chopped parsley
- 
- 180g (3/4 cups) water

### Method

Place all ingredients except water in a bowl blend well together then add the water combine well.

Let mixture stand for 15minutes minimum, 30 mins is better.

With wet hands form the mixture into golf sized balls. Let stand for 5 mins.

Shallow fry falafels in oil until brown, turning regularly to ensure even cooking. Oil must be hot, otherwise falafels will break apart.

Serve with plain Greek yoghurt.



## Lupin Paneer Balls

### Ingredients

- 120g (1 cup) Lupin flake
  - 20g (1tbsp) gluten free cornflour
  - 5g (1 tsp) Vege Stock powder
  - 100g grated Paneer cheese
  - 80g grated zucchini (half a small zucchini)
  - 1 small potato (microwaved/cut in half/ grated, without skin)
- 
- 120g (1/2 cup) water

### Method

Place all ingredients except water in a bowl blend well together then add the water combine well.

Let mixture stand for 15minutes minimum, 30 mins is better.

With wet hands form the mixture into golf sized balls. Let stand for 5 mins.

Shallow fry balls in oil until brown, turning regularly to ensure even cooking. Oil must be hot, otherwise balls will break apart.

Serve with plain Greek yoghurt.



## Lupin Crumbed Chicken Tenders

### Ingredients:

- 500 gm chicken tenderloins
- ½ cup rice flour
- 2 eggs
- 180 gm (1½ cups) Lupin Flake
- 1 lemon, zest and juice
- 2 tablespoons finely chopped parsley
- 1 teaspoon dried oregano
- salt and pepper to taste, don't be shy!
- oil for shallow frying

### Method

Remove chicken tenderloins from packaging and pat dry with paper towels. Using a sharp knife cut out the white tendon and then make a shallow slice through the thickest part of the fillet and “butterfly” or press flat to make the fillet roughly the same thickness throughout.

Combine Lupin Flake, lemon zest (set aside the juice), parsley, oregano, salt and pepper into a bowl and using your fingertips, rub gently to thoroughly combine.

Place rice flour in a shallow bowl. Beat eggs and place in a shallow bowl.

Set up a workstation with rice flour, eggs and Lupin Flake mix in a row on the bench. Dust chicken fillets in rice flour, dip in egg and then coat in the Lupin Flake mixture. Place crumbed fillets on a plate or tray, cover with plastic wrap and rest for at least 1 hour to allow crumb to set.

Just before you are ready to serve, shallow fry the fillets in a little oil on medium to high heat. The crumb should be golden brown and the chicken should be cooked through. Adjust the temperature as necessary.

To finish, season again and drizzle with the reserved lemon juice and serve with lemon wedges.

### Recipe Notes

The resting time is essential in this recipe. If you don't rest the crumbed fillets the crumb will fall away.

This dish can be prepared up to two days before and stored in an airtight container in the fridge. If you are preparing ahead leave the salt out of the crumb mix and salt when cooking. Salt can dry and toughen the meat if applied too long before cooking.

The crumbed fillets can be stacked on top of each other without the crumb falling away.

This mix can be used to crumb seafood, lamb, beef, veges, wherever your imagination takes you!

For a different flavour profile remove the oregano and lemon zest and add the Ras el Hanout spice mix from the Lupin Pumpkin Dip recipe.



## Lupin and Lamb Kofte

Prep time 30 mins (plus resting), cook 10 mins

Makes 35-40 thumb size kofte (\*\*TBC)

### Ingredients

500g lamb mince  
60g (1/2 cup) Lupin flake  
60 ml chicken stock (can substitute vegetable stock)  
60 ml pomegranate molasses  
1/4 red onion  
2 garlic cloves  
1 red chilli  
1 tbsp ground cumin  
1/2 tbsp paprika  
1/2 bunch coriander, roughly chopped  
1/2 bunch mint, roughly chopped  
1/4 preserved lemon rind, finely diced  
Salt & pepper

### Method

Mix Lupin flake, pomegranate molasses and stock together and hydrate Lupin flake for at least 15 minutes.

Finely chop onion, garlic and chilli and place in a large bowl. Add lamb mince, cumin, paprika and preserved lemon. Add roughly chopped mint and coriander, mix thoroughly and season to taste with salt and pepper. Rest for at least one hour to allow flavours to develop.

When mixture has rested, form into Kofte shape, about thumb length but twice as thick. Sauté or BBQ until just cooked. Do not overcook or the kofte will dry out.

### Recipe Notes:

Kofte mix and shaping can be prepared the day before.

### Serving Suggestion:

Tzaziki and Ancient Grain Lupin Salad



# Healthy Chicken Parmigiana

## Ingredients

400g Lupin Flake  
2 Chicken Breast  
100g Rice Flour  
2 Eggs  
Dried oregano  
4 punnets cherry tomatoes  
1 shallot finely chopped  
50ml red wine vinegar  
3 crushed cloves garlic  
1 ball mozzarella  
1 small bunch basil  
2 tbsp olive oil  
Oil for Frying.  
Sea Salt and Pepper to season.

Cut the chicken breast in half and press slightly with a rolling pin or meat mallet. Whisk the eggs and yoghurt in a small bowl. Mix the dried oregano, sea salt and flaked almond in the lupin flake. Dust the chicken breasts in flour then dip in the egg mix. Place into the lupin flake mix and crumb on both sides until covered well.

In a small sauce pan sweat the shallots, garlic till slightly golden add the cherry tomatoes and cook for 2 minutes or until the tomatoes start dropping some of their juice.

Add the red wine vinegar and reduce by half and season with salt and 1 teaspoon sugar.

The tomatoes should be soft but still holding their shape with most of liquid gone. Thinly slice the zucchini length ways to a similar size of the chicken breast.

Warm a grill till medium heat.

Heat oil in a large frypan and cook crumbed chicken on medium heat for 2 mins on each side until golden brown. Drain chicken on a piece of absorbent paper, and then place onto oven trays (lined with baking paper).

Cover the chicken breast with tomato mix and then tear the mozzarella into small chunks and place on top of the tomatoes.

Grill for 1-2 minutes or until cheese has slightly melted.  
Top with torn fresh basil and serve with chopped vegetable salad.



## Ancient Grain and Lupin Salad

**Prep time 60mins to allow time for the grains to cook.**

**Prep time 10 minutes just before serving**

**Serves 8-10 as a component of a meal, plus leftovers if you're lucky!**

### Ingredients

120g (1 cup) Lupin flake  
100g Wild Rice (or Black Rice)  
100g green lentils  
60g pistachio kernels, roughly chopped  
30 red seedless grapes, halved  
2 bunches of dill  
2 bunches of tarragon  
1 bunch of mint  
Salt & pepper

### Dressing

150ml Extra Virgin Olive Oil  
2tbsp Dijon mustard  
2tbsp lemon juice  
Salt & pepper

### Method

Place one litre of water into a small saucepan and bring to the boil. Add Wild Rice, reduce heat and simmer with the lid on for 40-45 minutes, until kernels puff open. Drain and set aside to cool.

While rice is cooking, place Green Lentils and one litre of cold water into another small saucepan and bring to the boil. Reduce to a simmer and cook, uncovered for about 20 minutes, until lentils are soft but still have a nutty texture. Drain and set aside to cool.

Place Lupin Flake into a small saucepan and add about 1 litre of cold water. Bring to boil, reduce heat slightly so Lupin flake doesn't boil over, and cook for 5 minutes. Drain flake into a fine mesh sieve, rinse with cold water and drain again. When cool enough to handle, wrap in a clean cloth and squeeze out excess moisture.

While grains are cooking or cooling, put dressing ingredients into a large shallow bowl, whisk until creamy and store in an airtight container.

Combine all grains in a large bowl, toss to combine and season to taste.

Pour  $\frac{3}{4}$  of the dressing onto the grains and set aside to allow the grains to absorb the flavours, at least 30 minutes or the day before. Keep the remaining dressing in an airtight container until the next stage.

\*\*Just before serving add the chopped pistachios, grapes and roughly chopped herbs. Toss in the remaining dressing and serve.

### Recipe Notes:



Seasoning is essential for this salad. Don't be shy. We recommend a good quality sea salt and ground white pepper.

\*\*This recipe can be prepared the day before to this stage. To make the final stage easier, chop the pistachios the day before, and wash and pick off the herb leaves. Then all you have to do to finish is halve the grapes and roughly chop the herbs. Viola!

We have chosen 3 grains to make the recipe a little easier to prepare. You can add or substitute other grains such as black barley, quinoa, freekeh and other lentils.

Best assembled just before serving but suitable as leftovers for 2-3 days.



## Moroccan Roast Pumpkin with Lupin Salad

Prep time 60mins to allow time for the pumpkin to roast and cool.

Prep time 10 minutes just before serving

Serves 8-10 as a component of a meal, plus leftovers if you're lucky!

### Ingredients

- 150g (1 1/4 cup) Lupin flake
- 100g Feta
- 1/3 cup capers
- 1 cup currents
- 1/4 small red onion sliced into thin slivers
- 4 handfuls of baby spinach
  
- 1/2 small butternut pumpkin – cubed coated in oil and roasted
- 3 tbsp Lupin flake for roast pumpkin.
- handful of chopped parsley.
- Salt & pepper

### Dressing

- 170ml Extra Virgin Olive Oil
- 60mls Red Wine Vinegar
- 1.5 tsp mustard powder
- 1.5 tsp curry powder
- 1/4 tsp cinnamon
- 1/4 tsp ground nutmeg
- 2 tsp sugar (optional)

### Method

Cube the pumpkin into 2cm cubes, toss in oil to coat evenly (as an optional extra add 2 tsps of honey adds a nice flavour), then sprinkle with Lupin Flake and season with salt and pepper to taste. Roast in a moderate oven (180C) until pumpkin is nicely caramelised.

Place 150g of Lupin Flake into a small saucepan and add about 1 litre of cold water. Bring to boil, reduce heat slightly so Lupin flake doesn't boil over, and cook for 5 minutes. Drain flake into a fine mesh sieve, rinse with cold water and drain again. When cool enough to handle, wrap in a clean cloth and squeeze out excess moisture. Place cooked flake in a large deep baking dish and spread out with a fork to cool down quickly.

While Lupin flake is cooking or cooling, put dressing ingredients into a large shallow bowl, whisk until mixed. Pour 3/4 of the dressing on the cooling lupin, as well as adding the capers, currents and onions at this point and mix through the cooked lupin. Allow this to cool to room temperature before using in the next steps. On a shallow serving platter, layer spinach leaves, pumpkin cubes, lupin flake, feta and sliced beetroot and dress with remaining 1/4 of the dressing. Garnish with extra slivers of red onion and chopped parsley. Season with salt and pepper to taste.



# Pomegranate and Lupin Salad

Serves 8-10 as a component of a meal, plus leftovers if you're lucky!

## Ingredients

- 150g (1 1/4 cup) Lupin flake
- 2 large onions
- 2 tbsp paprika paste\*
- Olive oil to sauté
- Salt and pepper to taste

## Step 1

Boil 3 litres of water in a large saucepan, add Lupin Flake and cook for three minutes. Drain flake into a fine mesh sieve, rinse with cold water and drain again. When cool enough to handle, wrap in a clean cloth and squeeze out excess moisture. Set Aside.

Saute onion in olive oil until soft and translucent add paprika paste and cook through. Add cooked Lupin Flake and stir until well combined and season. Remove from heat and set aside.

(This step can be done the day before).

## Step 2

- 2 tomatoes, peeled, seeded and diced
- 3 spring onions, finely sliced
- 3 green chillies, seeded and finely diced
- 1 clove crushed garlic
- 1 tsp ground cumin
- 1 tbsp lemon juice
- 1 tbsp pomegranate molasses

Prepare tomatoes, spring onions, chilli and parsley and set aside. Combine garlic, cumin, lemon juice and pomegranate molasses, lightly whisk and add to other salad ingredients.

Mix with Lupin Flake at least one hour before serving. Check seasoning and adjust with salt, pepper or lemon juice as required.

## Step 3 – To serve

- Handful of mint leaves roughly chopped or torn
- Seeds from 1 Pomegranate

Spoon salad onto serving plate and garnish with mint and pomegranate seeds.



## Lupin Spice Biscuits (Gluten Free!!)

Prep time 30 mins (plus resting), cook time 8-10 mins

Makes Lots of Biscuits, depending on the size you choose

### Ingredients

70g Lupin Flake  
250g GF plain flour  
180g Demerara Sugar  
2 tsp GF baking powder  
35g spice mix  
110g cold butter, cubed  
90g Rice Malt Syrup  
1 egg

### Method

Process the flour, sugar, baking powder and spices in a food processor to combine well. Add the butter, process to combine, then add the Rice Malt Syrup and 1 egg and process until mixture starts to come together.

Turn onto a work surface, knead until mixture comes together, wrap in plastic wrap rest in fridge for at least one hour.

Remove dough from fridge and if necessary knead again to make the dough pliable.

Dust bench with flour, roll biscuit dough and stamp out preferred shape. Bake in 180C oven (no fan) for about 8 minutes, turning the tray half way through cooking time.

The difference between undercooked and burnt with these biscuits is about a minute. Keep checking them until you have worked out the correct cooking times for your oven.

Cool on a wire rack and store in an airtight container for 5-7 days.

### Spice Mix (makes 200gm)

30 gm ground cardamom  
32 gm ground cloves  
25 gm star anise powder  
10 gm ground white pepper  
50 gm ground cinnamon  
30 gm ground nutmeg  
15 gm ground allspice  
6 gm mace  
30 gm ground ginger



Combine spices and sift to combine well. When well-mixed store in an airtight container.

If you have a good spice grinder start with whole spices, roast and grind to a powder. This gives a more intense flavour to the spices.

### **Recipe Notes**

To make the biscuits really crisp, turn the oven off and let it cool down a little. Put the biscuits back into the oven while it is still warm and leave them there until completely cool. They don't need to be in a single layer, piled on top of each other is fine.

If the biscuits go a little soggy, return to the oven to crisp up again.

### **Recipe Notes**

To make the biscuits really crisp, turn the oven off and let it cool for a bit. Put the biscuits back into the oven while it is still warm and leave them there until completely cool. They don't need to be in a single layer, piled on top of each other is fine.

If the biscuits go a little soggy, return to the oven to crisp up again.

We have used Demerara sugar and Rice Malt Syrup but if you don't have these in your freezer you can substitute brown sugar and golden syrup.



# Lupin Shortbread

Prep time 20 mins (cook time 8-10 mins)

Makes Lots of Biscuits, depending on the size you choose

## Ingredients

- 95g Lupin Flake
- 280g Self-raising flour
- 250g Unsalted butter, softened
- 75g (½ cup) icing sugar
- 1 egg yolk
- 85g (¾ cup) blanched almonds
- 2 tbsps ouzo (can substitute brandy or rose water)

## Method:

Preheat oven to 180C.

Coarsely chop almonds and then lightly roast. Set aside to cool

Mix Lupin Flake and flour and set aside.

In a mixer, whip butter and icing sugar together until white and fluffy. Add egg yolk and continue to whip until fully blended. Add ouzo and roasted almonds and gently combine.

Add one cup of the Lupin Flake/flour mix and slowly combine until dough is firm enough to transfer onto the bench. Turn dough onto a lightly floured bench and add enough of the Lupin Flake/flour mix to make the dough manageable. The less added the better. Working the dough as little as possible, make long strips as indicated below. Using a cup or glass, cut out crescent shapes.



Bake for 8 -10 minutes until pale golden brown but not dark. While still HOT sprinkle with ouzo and then, again while still HOT, dust with sifted icing sugar.

When the shortbread has cooled you can dust with more icing sugar, if desired, to make create a 'snow' effect.

## Recipe Notes

If the dough is too difficult to manage you can add a little more flour, but the less flour added the better.

Do not work the dough too much. Preferably make these shortbreads in mild weather - if the kitchen is too warm the dough will be sticky.

Form the dough into whatever width you wish, the wider the strip the bigger the size of the crescents.

# Decadent Lupin Brownies



## Ingredients

80g (2/3 cups) Lupin Flake  
35g (1/4 cup) GF Self-raising flour  
35g (1/4 cup) Almond Meal  
60g (2/3 cups) cocoa powder  
330g (1 1/2 cups) caster sugar  
30g (1/4 cup) chocolate buds  
4 eggs separated  
250g unsalted butter melted

## Method:

Preheat oven to 180C and line a 20cm x 30cm (base) slab pan with baking paper, allowing a 2cm overhang at both long ends.

Beat egg whites until stiff

Place Lupin Flake, almond meal, gluten free SR flour, chocolate buds, cocoa and sugar into a large bowl and combine.

Make a well in the centre and add egg yolks and melted butter to the dry ingredients and mix until just smooth. Fold in egg whites gently.

Spread mixture into prepared pan and bake for 20 to 25 mins until a skewer comes out clean when inserted into the centre.

Remove from oven and allow to cool in pan. Lift from pan carefully using the overhanging paper cut into squares and dust with icing sugar.



# Lupin Protein Pancakes

## Ingredients

60g (1/2 cups) Lupin Flake  
200g Smooth ricotta – low fat version preferable  
90g egg whites (~ 3 egg whites)  
2 tsp sugar  
5 tbsp milk  
1 tsp vanilla  
1 baking powder (gluten free)  
zest 1 lemon

## Method:

Place all ingredients except butter in a bowl and blend well together (1 minute with a hand mixer is recommended).

Let the batter rest for 20-30 mins (The batter can be left in a fridge overnight in fact it works better this way)

Place a large non-stick frypan (~30cm) on low heat and warm a dollop of butter, let it melt, then take the frypan off the heat and spoon batter (~3 heaped tablespoons) into the pan and gently spread the batter into thinner discs (~10cm) using the back of the spoon (lupin batter is thicker than traditional pancake mix).

Place frypan back on the heat (low-medium) and cook on one side until it bubbles and gently flip over and cook the other side. Lupin pancakes hold more moisture and therefore will take longer to cook, so it is important to monitor the heat as to not burn them.

Dust with a small amount of icing sugar while still warm and serve.



# Lupin Orange Granola

Prep time: 20 minutes, Cook time: 10 minutes Makes: about 1 litre container

## Ingredients

- 120g (1 cup) Lupin Flake
- 10g (1 cup) puffed buckwheat
- 25g (1 cup) puffed brown rice
- 70g (½ cup) pepitas
- 65 g (½ cup) slivered almonds
- 1 teaspoon ground cinnamon
- 1 orange, zest and juice (about 100ml)
- 1 teaspoon vanilla extract
- 100g (1/3 cup) rice malt syrup
- 45g (¼ cup) coconut sugar
- 2 tsp coconut oil (optional)
- 50g (1/3 cup) dried apricots, chopped
- 50g (1/3 cup) dried barberries

## Method

Preheat oven to 180°C.

Combine Lupin Flake, puffed buckwheat, puffed brown rice, pepitas, slivered almonds, cinnamon and orange zest and mix to combine.

Combine orange juice, vanilla, rice malt syrup, coconut sugar (and coconut oil if using) in a small saucepan. Cook on medium heat, stirring frequently, until sugar has dissolved. Pour syrup over dry ingredients and mix well to make sure syrup is evenly distributed.

Line one or two baking trays with paper and spread mixture evenly across the paper so granola is in a single layer. Bake for 10-15 minutes. While granola is baking, check every 3-5 minutes and stirring to bring edges into the middle to stop burning.

Remove from oven and add apricots and barberries. Cook completely before storing in an airtight container.

## Recipe Notes

Barberries have a beautiful tart flavour and are making their way onto supermarket shelves. If you can't source them use cranberries.

This recipe works with or without coconut oil, adding the oil helps the ingredients to clump.



# Apple, Rhubarb and Lupin Crumble

Prep time 40 mins, cook time 40 mins

Serves 10-12

## Ingredients

- 8 Granny Smith apples (10 small apples or 800gm peeled apple)
- 500 gm rhubarb
- 220 gm (1 cup) raw sugar
- 500 ml verjuice
- 250 ml white wine
- 1 orange, zest and juice
- 2 cinnamon quills
- 1 tbsp rose water syrup
- 1 small piece of ginger, finely grated

## For the Crumble

- 180 gm (1½ cups) Lupin flake
- 50 gm (¾ cup) shredded coconut
- 100 gm (¾ cup) coconut sugar
- 60 gm (½ cup) almond meal
- 80 gm (½ cup) chopped pistachios
- 1 tsp ground cinnamon
- 200 gm (1 cup) coconut oil, melted

## Method

Peel, core and quarter the apples. Cut rhubarb into 5cm batons.

Select a saucepan or sauté pan large enough to hold each fruit in a single layer (25-30cm). Place raw sugar, verjuice, wine, orange zest and juice, cinnamon quills, rose water and ginger in the pan and bring to the boil, making sure sugar has dissolved. Reduce the heat.

Add the rhubarb in a single layer and poach on medium heat until slightly softened but still firm. The time will depend on how thick the rhubarb stalks are and how hot the poaching liquid is but allow about 5 minutes. Take care not to overcook at this stage, as the fruit will continue to cook when the crumble is baking. Err on the side of undercooked.

Remove the rhubarb with a slotted spoon and set aside, in a single layer, to cool.

Add apples to liquor and poach on a medium heat until just softened (about 5 minutes). Again, err on the side of undercooked. Remove with a slotted spoon and set aside, in a single layer, to cool.

Leave the poaching liquor on the stove and reduce to about half its volume.

Select a baking dish about 30 x 20cm in diameter, large enough to allow fruit to be placed in an (almost) single layer. Add the apple and then place the rhubarb batons



evenly around the dish. Pour the reduced poaching liquor over the fruit. This step can be done the day before, covered with food wrap and refrigerated.

### **For the Crumble**

Combine all ingredients except the coconut oil in a large bowl. Melt the coconut oil on the stovetop or in the microwave until liquid and pour into the dry ingredients. Mix to ensure coconut oil is well distributed. Again, this step can be done the day before and stored in an airtight container in the pantry.

### **To Finish**

Preheat oven to 180° C.

If prepared the day before, remove fruit from the fridge and bring back to room temperature. Scatter the crumble on top and bake for 30-40 minutes.

When crumble is golden, remove from the oven and serve.

### **Recipe Note:**

For the syrup you can use 750 ml of verjuice or wine or any combination of the two.

### **Serving Suggestion:**

The crumble is delicious on its own, but can also be served with honey-sweetened yoghurt or ice-cream.



# Lupin Carrot Cake

## Ingredients

150g	(1 1/4 cups) Lupin Flake
300g	(about 2 large) grated carrot
55g	(1/3 cups) Almond meal
80g	1/2 brown sugar
125ml	1/2 cup golden syrup
3	eggs
185ml	(3/4 cup) oil (recommend a mild oil)
1/2tsp	Cinnamon
1tsp	Vanilla essence
1tsp	Bicarbonate of soda

## Icing

250g	Softened cream cheese
80g	(1/2 cup) Icing sugar
1/2 tsp	vanilla essence
	zest of lemon (optional)

## Method:

Preheat oven to 170C. Grease a 20cm (base) cake pan lightly with oil and line with non-stick baking paper.

Blend the Lupin flake, almond meal, bicarbonate of soda and cinnamon in a large mixing bowl.

Put the brown sugar, oil, golden syrup, vanilla and eggs in a separate bowl and whisk to mix until combined.

Pour the oil mix into the dry ingredients and stir in gently until just combined, then add the grated carrot and mix again gently.

Pour the mixture into the cake pan and bake for 1 hour. Set aside for at least 10 minutes, before carefully turning out onto a wire rack to cool completely.

To make the icing, place the cream cheese, icing sugar, vanilla and lemon zest in a bowl, mix with either a wooden spoon or hand mixer until well combined.

Spread icing over the cake.



# Apple, Lupin & Coco-Nutty Cake

Prep time 25 mins, cook time 40 mins

Makes 1 large teacake or approx. 30 mini muffins

## Ingredients

- 60g (½ cup Lupin Flake)
- 80g (½ cup oatmeal)
- 150ml boiling water
- 185g plain flour
- 1tsp baking powder
- 1tsp ground cinnamon
- 1 tsp mixed spice
- 125g unsalted butter, softened
- 80g coconut sugar
- 80g raw caster sugar
- 2 eggs (large)
- 1 tsp vanilla essence
- 1 Granny Smith apple (or 2 small apples), peeled and grated

## Topping

- 70g unsalted butter
- 80g coconut sugar
- 90ml evaporated milk
- 60g lupin flake
- 60g dried apricots, diced
- 40g shredded coconut
- 60g almond flakes

## Method

Preheat oven to 180°C. Grease and line a 23cm spring form tin and set aside.

Place Lupin Flake and oats in a heatproof bowl and pour boiling water over them. Stir to combine and set aside to cool to lukewarm or room temperature.

Sift together flour, baking powder and spices.

Beat butter and sugars together until soft and creamy and light in colour. Add the eggs one at a time and beat thoroughly after each addition. Add vanilla and beat to combine.

Add the flour mixture to the butter mixture in two parts, alternating with the Lupin mixture, and fold in with a metal spoon. Fold in the grated apple.

Pour the batter into the prepared tin and bake for 30-35 minutes. When you press the top of the cake with your fingertip and it doesn't leave an impression, the cake is cooked.

Turn the cake onto a cooking rack.

## Topping



Preheat grill to 180°C and place cooled cake on an oven tray.

Place Lupin Flake, nuts, fruit and coconut in a heatproof bowl. Combine butter, evaporated milk and coconut sugar in a saucepan and heat to a simmer, stirring to melt the butter and dissolve the sugar. Leave on the heat to caramelize but not burn. Remove the pan from the heat, pour caramel into the Lupin Flake mix and stir well to combine. Spread topping evenly over the cake and put under the grill for 3-4 minutes until topping is bubbling and golden brown. Take care with this step, the topping burns easily. However, the topping tastes best when grilled as dark as possible but just shy of burnt.

### **Recipe Notes**

We use coconut sugar but if you don't have that in your pantry you can substitute dark brown sugar.

The topping ingredients can be a combination of whatever fruit and nuts you choose.

These cakes can be made muffin or mini muffin size. You may need to make extra topping if dividing the batch into small cakes.

This cake is best consumed the same or next day but will keep 3-5 days in the fridge.