

Turn Any Recipe Into One You Can Eat

So one of the big problems on a program like this is you might have all your old favourite recipes or have just been given a great cookbook for Xmas (it happens!) or simply have found a great recipe online but found it has some forbidden ingredient in it.

This doesn't mean you can't use that recipe. In fact using ingredients from our shopping list instead of the ones of the recipe often actually improve the flavour of the recipe.

Now if your a great chef this will probably be totally obvious to you so I apologise, but for a lot of us this really isn't obvious at all. ***I know when I first started cooking if I didn't have EVERY ingredient on the recipe, in the exact quantities, I wouldn't even start.***

What you have to learn to do is replace the ingredient in question with something from The Shopping List.

So if a recipe calls for double cream, try coconut cream. If it talks about flour, use tapioca flour or almond flour, but note, flours in particular vary greatly in their water absorption so you may have to play with the levels of liquid in these recipes or end up with a cake which is literally as hard as a brick!

If you need milk, use almond milk or coconut milk.

The key to this is not to be afraid to fail. Mix things up, you'll find it's actually much easier than you think.