

COOK WITH LUKE

RECIPE COOKBOOK



LAKANTO
MONKFRUIT SWEETENED
LAKANTO.COM.AU



THE “GOLDEN GAYTIME” CAKE

GLUTEN FREE

DAIRY FREE

REFINED SUGAR FREE

LOW CARB

TIME
2 HOURS

SERVES
8-10

INGREDIENTS

GOLDEN COOKIE CRUNCH

1 tablespoon coconut oil, melted
3 tablespoons **LAKANTO** maple flavoured syrup with monk fruit sweetener

1 egg

1 teaspoon vanilla bean or extract

Pinch of sea salt

1/4 teaspoon cream of tartar

1/2 teaspoon bicarb of soda

80 g (3/4 cup) almond flour

45 g (1/2 cup) desiccated coconut

1 1/2 tablespoons arrowroot or tapioca flour

2 teaspoons OMG Oat Milk

VANILLA SPONGE

6 eggs, separated

125 ml (1/2 cup) **LAKANTO** Bakers Vanilla Syrup

125 ml (1/2 cup) OMG Oat Milk

100 g (3/4 cup) coconut flour

3 teaspoons gluten-free baking powder

CARAMEL CREAM

3 x 270 ml cans coconut cream
(Chilled upside down in the fridge overnight, then water drained out before using)

125 ml (1/2 cup) **LAKANTO** maple flavoured syrup with monk fruit sweetener

Pinch of sea salt

2 teaspoons vanilla extract

CHOCOLATE FROSTING

1 large ripe avocado

2 teaspoons vanilla bean or extract
60 g (1/2 cup) cacao powder

1/2 cup **LAKANTO** maple flavoured syrup with monk fruit sweetener
1/4 cup coconut cream, (fatty part only, water discarded)

METHOD

Preheat the oven to 175°C and line a baking tray and a 23 cm springform cake tin with baking paper.

For the nut-biscuit crunch, whiz all of the ingredients except the almond milk in a blender until combined. Add the milk and pulse together briefly to form a thick, wet dough. Transfer the mixture to the fridge to chill for at least 30 minutes. Place heaped tablespoons of the biscuit mixture on the lined tray and press with the back of a fork to flatten into rough rounds. Chill in the fridge for 15 minutes, then bake for 16-18 minutes, until lightly browned. Cool completely on a wire rack, then roughly chop into small pieces.

To make the caramel cream, bring two of the tins of coconut cream, the maple syrup and salt to the boil in a saucepan over medium heat. Reduce to a simmer and cook, stirring regularly, for 15-25 minutes, until thick and dark golden in colour. Stir in the vanilla extract and simmer for a further 5 minutes, then pour into a heatproof container and leave to cool in the fridge. Whisk the remaining coconut cream in a bowl until thick. Add 6-8 tablespoons of the cooled caramel sauce a tablespoon at a time, whisking as you go, until the cream is thick with a lovely caramel flavour. Transfer to the fridge to chill.

For the vanilla sponge, whisk the egg whites in a bowl using an electric whisk until soft peaks form. Continue to whisk, adding the maple syrup a tablespoon at a time, until the mixture has tripled in size and formed stiff peaks. Whisk in the vanilla extract, egg yolks and oat milk until thick and aerated.

In a separate bowl, combine the coconut flour and baking powder, then add to the egg mixture and whisk on low until combined. Whisk for a further 30-60 seconds on medium-high speed until the batter is light and fluffy.

Pour into the prepared cake tin and bake for about 35 minutes, or until lightly golden on top and a skewer inserted into the centre comes out clean. Set aside to cool, then remove the sponge from the tin

Cut the cooled cake in half horizontally, using a serrated knife. Place one layer on a serving plate and spread over the caramel cream, then place the second layer on top. Place in the freezer for 30 minutes, to firm.

For the chocolate frosting, whiz the avocado, vanilla, cacao and maple syrup in a food processor until smooth, then add the whipped coconut cream and blitz for 2-3 minutes, until fluffy.

Cover the top of the cake with the chocolate frosting, then sprinkle the nut-biscuit crunch over the top to finish.

PEANUT BUTTER BREAKFAST PARFAIT

GLUTEN FREE

DAIRY FREE

REFINED SUGAR FREE



TIME
40 MINUTES

SERVES
4

INGREDIENTS

PEANUT BUTTER GRANOLA

3 tablespoons smooth peanut butter

3 tablespoons LAKANTO Golden Malt Flavoured Syrup with Monkfruit Sweetener

2 tablespoons melted coconut oil

100 g (1 cup) gluten-free rolled oats

80 g (1½ cup) roughly chopped raw macadamia nuts

3 tablespoons unflavoured or vanilla flavoured collagen powder

1 teaspoon vanilla bean paste or powder

3 tablespoons shredded coconut

TO SERVE

250 g (1 cup) vanilla bean or plain coconut yoghurt

155 g (1 cup) fresh blueberries

3 tablespoons peanut butter, to drizzle

LAKANTO Golden Malt Flavoured Syrup with Monkfruit Sweetener

METHOD

Preheat the oven to 160°C and line a large baking tray with baking paper.

To make the peanut butter granola, place the peanut butter, sweetener and coconut oil in a bowl and mix to combine. In a separate bowl, combine the rolled oats, macadamia nuts, collagen powder and vanilla and mix well. Pour the wet ingredients into the dry ingredients and mix until all the dry ingredients are incorporated.

Tip onto the prepared tray and spread out, making sure it's nice and flat so it cooks evenly. Bake for 8–10 minutes. Carefully remove the tray from the oven, add the shredded coconut and give everything a good mix. Return to the oven and bake for a further 6–8 minutes, or until the shredded coconut is lightly golden brown. Set aside to cool completely. This is when the granola becomes nice and crispy.

Break the granola into small clusters and begin to layer up your parfaits. Using a wide, tall glass, start with a few tablespoons of granola, followed by 1–2 tablespoons of yoghurt and a small handful of blueberries, then repeat all the way to the top, finishing with a blueberry layer and a drizzle of extra peanut butter. Repeat this process until you have four parfaits in total. Dig in.



BANANA BLACKBERRY BREAD

GLUTEN FREE

DAIRY FREE

REFINED SUGAR FREE

NUT FREE

TIME
1 HOUR

SERVES
MAKES 1 LOAF

INGREDIENTS

4 large overripe bananas

4 large eggs

125 ml (1½ cup) **LAKANTO** Golden Malt Flavoured Syrup with Monkfruit Sweetener plus extra for brushing

3 tablespoons melted coconut oil
100 g (¾ cup) coconut flour

3 tablespoons arrowroot or tapioca flour

2 teaspoons gluten-free baking powder

1 teaspoon vanilla bean paste or powder

½ cup hemp protein powder (optional)

1½ teaspoon sea salt

135 g (1 heaped cup) blackberries

METHOD

Preheat the oven to 180°C and grease and line the base and sides of a 20 cm × 8 cm loaf tin with baking paper. (I find using a smaller tin gives you a taller loaf.)

Mash three bananas in a large bowl, add the eggs and use a whisk to continue to mash and combine well. Add the sweetener and coconut oil and mix with a spoon until incorporated. Add the coconut flour, arrowroot or tapioca flour, baking powder, vanilla and salt and mix well to form a thick, chunky batter. Carefully fold in most of the blackberries, ensuring they stay whole and don't get mashed up; reserve a small handful for the top.

Pour the banana mixture into the prepared loaf tin and smooth the top with the back of the spoon. Slice the remaining banana in half lengthways and lightly press into the batter, then scatter over the reserved blackberries and lightly press them into the batter. Brush or drizzle with extra sweetener.

Bake for 35–45 minutes, or until the bread is golden brown on top and a skewer inserted in the centre comes out mostly clean. Cool in the tin for 10 minutes. Turn out onto a chopping board and slice.

Store in an airtight container in the fridge for up to 5 days or freeze for up to 3 months.

BLACK FOREST CAKE BOMBS

GLUTEN FREE

DAIRY FREE

REFINED SUGAR FREE



TIME
50 MINUTES

SERVES
MAKES 14

INGREDIENTS

155 g (1 cup) raw cashew nuts or macadamia nuts

180 g (2 cups) fine desiccated coconut, plus extra if needed

125 g fresh blackberries

125 g pitted fresh cherries

3 tablespoons **LAKANTO** Golden Malt Flavoured Syrup with Monkfruit Sweetener

2 tablespoons coconut oil, plus extra if needed

250 g (1 cup) PANA ORGANIC Dark Choc Buttons, melted

METHOD

To get started, line a tray with baking paper.

Place the cashews or macadamias and desiccated coconut in a food processor or high-speed blender and pulse until well combined. Add the blackberries, cherries, sweetener and coconut oil and blitz again to make a thick, wet dough that can be rolled into balls easily. If it's too wet, add a little more desiccated coconut; if it's too dry, add more coconut oil.

Use your hands to roll the dough into large walnut-sized balls, then place on the prepared tray. Transfer the balls to the freezer to firm up for 15 minutes.

Meanwhile, melt the chocolate and allow it to cool and thicken for 10–15 minutes, ready for coating your black forest balls.

Once the balls are cold, firm and set, use your fingers or a fork to dunk them into the chocolate. Place back on the tray and return to the fridge or freezer for 10 minutes to set the chocolate.

Drizzle any leftover chocolate over the black forest balls to create fun patterns and return to the fridge until ready to serve. (If the leftover chocolate is too thick or firm, simply melt it over low heat to make it runny enough to work with again.)

Store in an airtight container in the fridge for up to 5 days or freeze for up to 1 month.



SALTED PEANUT AND CHOCOLATE TART

GLUTEN FREE

DAIRY FREE

REFINED SUGAR FREE

LOW CARB

TIME

1 HOUR 30 MINUTES

SERVES

12

INGREDIENTS

SALTED PEANUT GANACHE

135 ml coconut cream

115 g PANA ORGANIC Dark Choc Chips

140 g (1/2 cup) smooth peanut butter

1/2 teaspoon ground cinnamon

1/2 teaspoon vanilla bean paste or powder

3 tablespoons LAKANTO maple flavoured syrup with monk fruit sweetener

Pinch salt

CRUST

3 tablespoons melted coconut oil, plus extra

3 tablespoons LAKANTO maple flavoured syrup with monk fruit sweetener

60 g (1/2 cup) cacao powder

120 g (2 cups) shredded coconut

TO SERVE

75 g (1/2 cup) roughly chopped PANA ORGANIC Chocolate Buttons

3 tablespoons toasted and chopped peanuts

1 tablespoon cacao powder, sifted
125 ml (1/2 cup) whipped coconut cream or vanilla coconut yogurt

METHOD

Preheat the oven to 180°C. Line the base of an 18 cm loose-bottomed fluted tart tin with baking paper and grease with coconut oil.

To make the crust, mix together the melted coconut oil and maple flavoured syrup in a bowl. Whisk in the cacao powder to incorporate, then stir in the shredded coconut. Spoon the mixture into the prepared tin and use your fingers to press it into the base and side in an even layer. Bake for 16–18 minutes, or until firm, crunchy and crispy around the edge, then remove from the oven and set aside to cool.

Warm the coconut cream in a small saucepan over medium heat. Once hot, remove the pan from the heat, add the chocolate and stir until the chocolate has melted down completely and is incorporated. Add the peanut butter, cinnamon, vanilla and maple flavoured syrup and whisk well, then pour the mixture over the cooled base and refrigerate for 1 hour to set.

When ready to serve, scatter over the chocolate and peanuts and dust with the cacao powder. Cut into slices with a warm knife and serve with some whipped coconut cream, if desired.

EASY HOME-MADE CHOCOLATE

GLUTEN FREE

DAIRY FREE

REFINED SUGAR FREE



TIME
10 MINUTES

SERVES
MAKES ABOUT 500G

INGREDIENTS

220 g (1 cup) cacao butter, melted,
plus extra if needed

125 ml (1/2 cup) melted coconut
oil, plus extra if needed

125 g (1/2 cup) smooth peanut
butter or macadamia nut butter,
plus extra if needed

250 g (2 cups) cacao powder, plus
extra if needed

1 teaspoon vanilla bean paste or
powder

1 cup **LAKANTO** Bakers Classic
Syrup with MonkFruit Sweetener

Pinch sea salt

METHOD

Line a baking tray or brownie tin with baking paper.

In a saucepan over medium-low heat, gently stir together the melted cacao butter and coconut oil.

Add the nut butter and heat, stirring frequently, for 3–4 minutes, or until the nut butter has softened and is completely incorporated into the mixture.

Remove the pan from the heat and gently whisk in the cacao powder, vanilla and syrup.

Keep whisking until thick, creamy and well combined, then taste and evaluate the consistency and sweetness as follows:

For **a thicker darker chocolate**, add some more cacao powder.

For **a smoother chocolate**, add some more coconut oil.

For **a fudgy chocolate**, add some more nut butter.

For **a sweeter chocolate**, add some more sweetener of choice.

Once the chocolate is to your desired taste and consistency, stir through a pinch of salt and pour it into your prepared tray or tin, transfer to the fridge or freezer and leave until set firm.

Store in a suitable airtight container in the fridge for up to 1 month or in the freezer for up to 3 months.



SELF SAUCING SALTED CARAMEL COOKIE

GLUTEN FREE

DAIRY FREE

REFINED SUGAR FREE

TIME	SERVES
1 HOUR 30 MINUTES	8

INGREDIENTS

- SALTED CARAMEL SAUCE**
500 ml (2 cups) canned coconut milk
- 150 g (1 cup) **LAKANTO** maple flavoured syrup with monk fruit sweetener
- 1 teaspoon vanilla bean paste or powder
- 2 tablespoons coconut oil
- 1/2 teaspoon sea salt flakes

- COOKIE DOUGH**
1/2 - 1 cup **LAKANTO** Bakers Vanilla Syrup
- 200 g (2 cups) blanched almond flour
- 120 g (1 cup) arrowroot or tapioca flour
- 1 teaspoon gluten-free baking powder
- 1/2 teaspoon sea salt
- 1 teaspoon vanilla bean paste
- 125 g butter, melted
- 1 egg
- 200 g dark chocolate buttons

METHOD

To get started, make the salted caramel sauce. Place the coconut milk, maple flavoured syrup, vanilla, coconut oil and salt in a large saucepan over medium heat and bring to a boil. Reduce the heat to low and simmer, stirring frequently so the sauce doesn't stick to the base of the pan and burn, for 30–40 minutes, or until thick and silky. Set aside to cool and thicken.

For the cookie, in a large bowl, combine the almond flour, arrowroot or tapioca flour, baking powder and salt and mix with a spoon until just combined. Add the melted butter, egg, vanilla paste and vanilla bakers syrup, start with half a cup of the vanilla bakers syrup and if too dry, add a little extra, being mindful it doesn't become too wet or sticky. If your dough is not holding together, simply add a touch more almond flour and tapioca flour until it's able to be rolled into a ball easily. Use a wooden spoon or spatula to mix until well incorporated.

Press half the dough into the base of a 24 cm oven-safe frying pan (I use the same pan I used to melt the butter). Make sure the dough comes up the side to cover. Fill this cavity with some of the salted caramel sauce, making sure you leave enough room for topping your cookie.

Lightly spray two sheets of baking paper with oil. Roll the remaining dough between two sheets of baking paper into a fairly even, flat disc that is 24 cm in diameter. Carefully remove the baking paper and place the disc of dough on top of the caramel layer, using your fingers to seal around the edge, then press the small chocolate chunks into the top. Transfer to the fridge to firm up for 30 minutes.

Now is a good time to preheat the oven to 180°C.

TIRAMISU IN A JAR

GLUTEN FREE

DAIRY FREE

REFINED SUGAR FREE

VEGAN



TIME
2 HOURS

SERVES
8-10

INGREDIENTS

1/4 cup SENSORY LAB coffee, strong and cold

4 tablespoons cacao powder, plus extra to sprinkle

PANA ORGANIC Dark Chocolate, coarsely grated, to serve

COFFEE CREAM

205 g (1 1/2 cups) cashew nuts, soaked in filtered water for 2 hours

125 ml (1/2 cup) SENSORY LAB strong coffee, cold

3 tablespoons LAKANTO maple flavoured syrup with monk fruit sweetener

2 tablespoons coconut cream

2 teaspoons melted coconut oil

SPONGE

100 g (1 cup) almond meal

125 g (1 cup) arrowroot or tapioca flour

3 tablespoons LAKANTO Brown Monkfruit Sweetener

1/2 teaspoon gluten-free baking powder

1/4 teaspoon bicarbonate of soda

1 tablespoon apple cider vinegar

125 ml (1/2 cup) coconut milk

125 ml (1/2 cup) melted coconut oil

1 teaspoon vanilla bean paste or powder

COCONUT CREAM

4 x 400 g cans coconut cream, water drained

2 tablespoons LAKANTO maple flavoured syrup with monk fruit sweetener

1 teaspoon vanilla bean paste or powder

METHOD

Preheat the oven to 180°C and line a 20 cm x 30 cm baking tin with baking paper.

To make the sponge, add the dry ingredients to a large bowl and mix well to combine. In a separate bowl, whisk the wet ingredients. Add the wet ingredients to the dry ingredients and mix everything well to form a batter.

Pour into the prepared tin and bake for 15–20 minutes, or until lightly golden brown and a skewer inserted in the centre comes out clean. Set aside to cool completely. Remove the sponge from the oven and set it aside to cool in the tin.

For the coffee cream, add all the ingredients to a food processor or high-speed blender and blitz until smooth. (You may need to stop and scrape down the sides with a spatula a few times as you go to ensure everything gets mixed together.) Set aside in the fridge.

For the coconut cream, briefly blitz all the ingredients in a food processor or blender, stopping halfway through to scrape down the side, until smooth and fluffy. (Be mindful not to over-blend here as you will lose the fluffiness.) Transfer to the fridge until needed.

When you are ready to eat, take four 375 ml (1 1/2 cup) capacity jars, clear ramekins or glasses and cut four circles out of the sponge to a size that matches the base of your chosen vessels. Begin layering your tiramisu jars by placing a sponge circle on the bottom of each.

Pour a few teaspoons of coffee over the sponge circles to soak slightly, then layer over half the coffee cream followed by half the coconut cream. Sprinkle with 1 tablespoon of cacao powder and repeat the layers, starting with four sponge circles and finishing with a final sprinkling of cacao powder and some grated chocolate, if desired.

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