



BFree

Delicious
Gluten Free Recipes





BFree

In a world where people want great tasting healthy food as part of a lifestyle that is about living better, BFree exists to inspire and empower living free! When we opened our doors in 2011, our goal was to bring customers gluten and wheat free alternatives for their everyday favourite baked goods.

We are led by our customers who inspire us to be the leading free from food company in the world, constantly innovating and making products accessible to every dietary requirement. We challenge the norm, challenge the process, challenge the ingredients. We always aim to be innovative, thinking outside the box in everything we do and never sacrifice on taste and quality.

Eating is one of the great pleasures in life and it's at the centre of good times with friends and family. Our team here at BFree are driven by a desire to create, innovate and live better. We want the food we craft to make the world in which we live and eat more filled with fun and energy. We want the world to live free!

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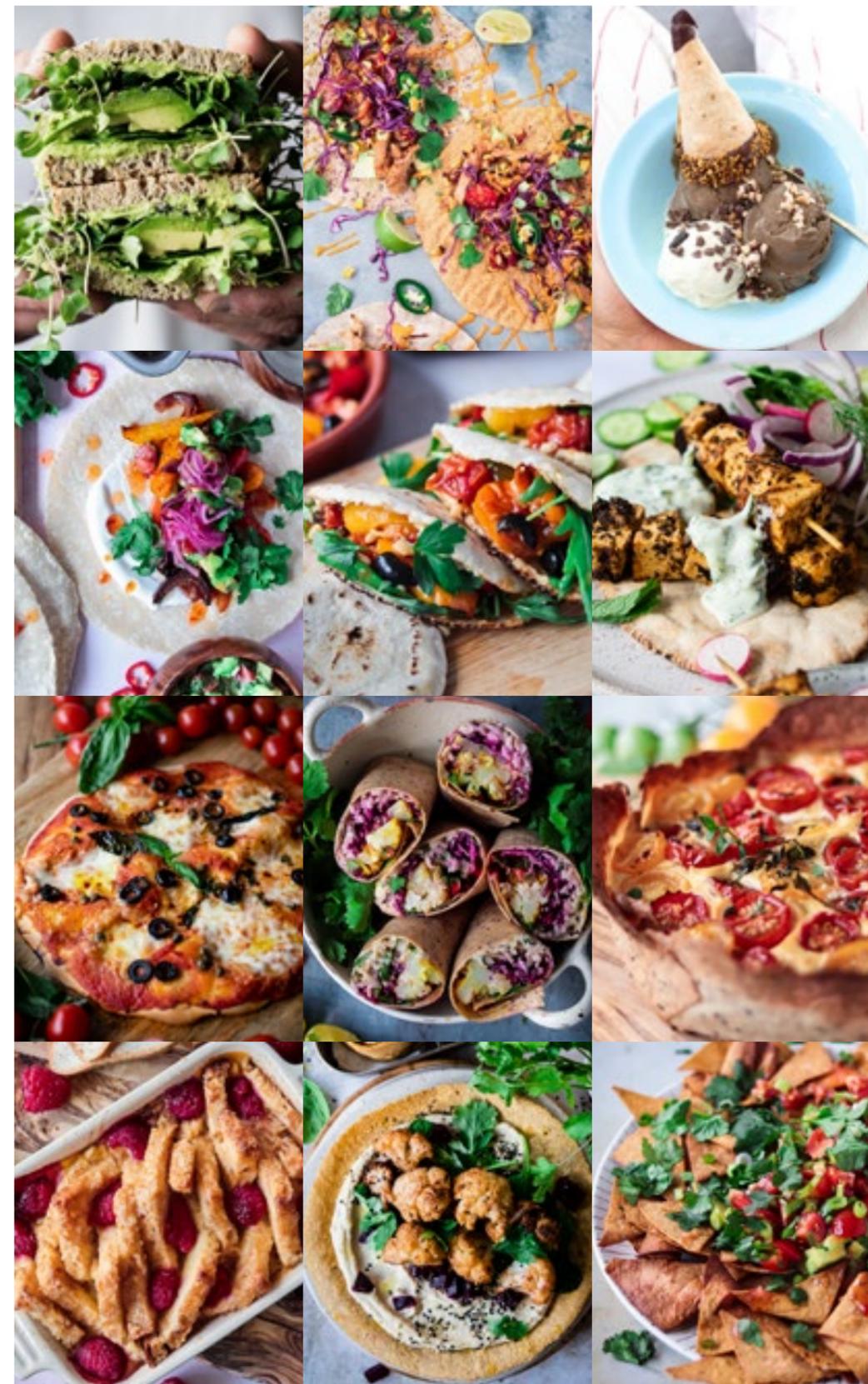
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Ingredients

- 4 slices BFree Seeded Brown Loaf
- 1 tin chickpeas
- 60g of peas blanched
- Handful of mixed herbs, tarragon, parsley, coriander, mint
- 1 small garlic clove
- Juice of 1 lemon
- 3 tablespoons of tahini
- Salt and pepper
- 1 tablespoon of extra virgin olive oil
- 1 avocado
- Sprouts or micro herbs
- Sesame seeds
- Spinach leaves
- 1/4 cucumber

Green Goddess Sandwich

Prep time 15 minutes



To prepare

1. In a food processor add the drained and rinsed chickpeas, peas, herbs of choice, juice of one lemon, roughly chopped garlic clove, tahini, salt and pepper and the extra virgin olive oil. Blend until smooth and set aside.
2. Slice the avocado and cucumber.
3. Lightly toast the slices of bread, spread both sides with a thick layer of the pea hummus.
4. Top one slice of bread with avocado, spinach leaves, cucumber slices, cress or micro herbs and top with the other slice. Enjoy!



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Gluten Free Fajitas

Prep time 10 minutes ~ Cook time 20 minutes



Ingredients

- 1 packet BFree Multigrain Wraps
- 1 packet of salty and smoky Oumph
- 4 corn on the cobs
- 2 tbsp. light oil

Fillings

- 2 avocado sliced
- Small bunch spring onion thinly sliced
- ¼ red cabbage shredded
- 1-2 jalapeno chilli thinly sliced
- Small bunch coriander
- 2 limes cut into wedges
- Vegan Sriracha mayo
- Small punnet fresh tomatoes roughly chopped

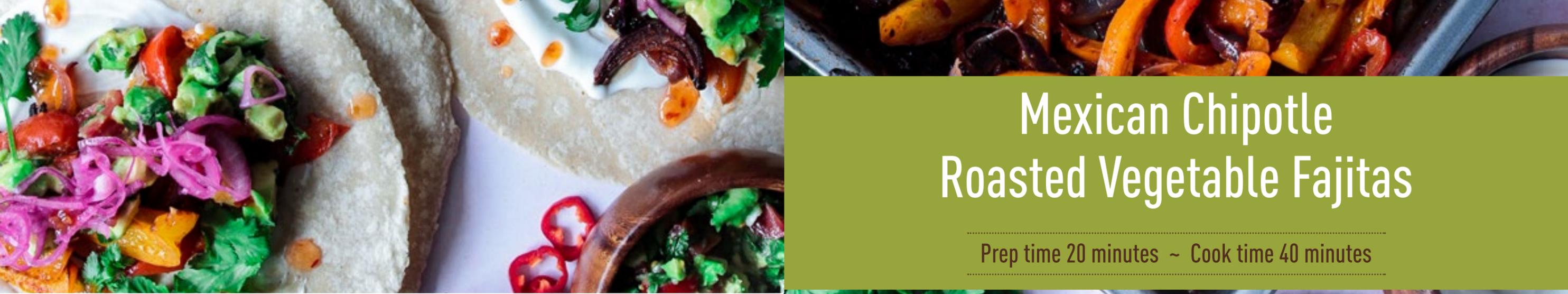


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To prepare

1. Either in a hot oven, on a BBQ or under the grill, char the sweetcorn by rubbing with the oil and place in, under or on top of the heat and turn regularly.
2. In a large frying pan add the Oumph and cook per the packet instructions.
3. When the sweetcorn is ready remove the husks with a sharp knife and set aside.
4. When you are ready to serve, warm up the BFree Wrap by either heating in the microwave for 30 sec -1 minute or by wrapping in aluminium foil and placing in the oven for 5 minutes.
5. When you're ready to serve, top each wrap with avocado slices, Oumph, a few spoons of charred corn, shredded red cabbage, chopped tomatoes, spring onion, jalapenos, a drizzle of sriracha mayo and a few coriander leaves.
6. Serve with a wedge of lime on the side.



Mexican Chipotle Roasted Vegetable Fajitas

Prep time 20 minutes ~ Cook time 40 minutes



Ingredients

Roasted veg

- 3 peppers mixed colours sliced
- 2 medium red onions sliced
- 1 heaped tbs chipotle chilli paste
- 1 tsp smoked paprika
- 1 tsp sea salt
- A good grind of black pepper
- 2 tbs light oil

Quick pink pickled onions

- 1 medium red onion thinly sliced
- Juice of half a lemon
- 1 tsp salt

Avocado salsa

- 2 avocados diced
- 2 spring onions sliced
- 10 cherry tomatoes
- Small handful of fresh coriander leaves roughly chopped
- Juice ½ a lime
- 1 tsp olive oil
- A good pinch of salt
- A good grind of black pepper

To serve

- 1 packet of BFree Multigrain Wraps
- Red chilli sliced
- Lime wedges
- Extra coriander
- Sour cream / plain vegan yogurt
- Sweet chilli sauce
- Grated cheese (optional)



To prepare

1. Preheat the oven to 180C.
2. In a small bowl add all the ingredients for the pink pickled onions and scrunch together and set aside.
3. In a baking tray add all the ingredients for the roasted veg and stir to combine. Place in the pre heated oven for about 30 minutes, or until the vegetables are soft and lightly charred in places.
4. In a small bowl add all the ingredients for the avocado salsa and stir gently to combine.
5. While the roasted veg is cooking prepare all the ingredients you wish to serve with the wraps.
6. When you're ready to serve, warm up the wraps as per packet instructions and serve in the middle of the table for everyone to enjoy.



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Tofu Souvlaki

Prep time 20 minutes ~ Marinade 30 minutes ~ Cook time 20-30 minutes



Ingredients

Tofu

- 260g of extra firm tofu
- 3 large garlic cloves grated
- 1 heaped tsp smoked paprika
- 1 heaped tsp ground cumin
- 1 heaped tsp ground coriander
- 1 heaped tsp dried mint
- 2 tsp dried oregano
- 1/2 tsp ground cinnamon
- 1/4 tsp chilli flakes
- 5tbs olive oil
- 1 heaped tsp sea salt
- Good grind fresh black pepper
- Zest and juice of 1 large lemon

Tzatziki

- 250ml plant based Greek yogurt
- Juice 1/2 lemon
- Half a cucumber coarsely grated
- Small handful of mint leaves
- 4 sprigs fresh dill
- 1/2 garlic clove grated
- Salt and pepper
- 1 tbs extra virgin olive oil

To serve

- 1 packet of BFree Pitta Breads
- 2 baby gem lettuce
- Cucumber slices
- Chopped cherry tomatoes
- 1/2 red onion sliced
- Sliced radishes
- Fresh dill
- Mint leaves
- 1 lemon cut into wedges



To prepare

1. In a medium bowl combine all the ingredients for the tofu, except the tofu. Dice the tofu into 1 inch cubes, add them to marinade and stir to combine. Leave covered for a minimum of 30 minutes or overnight.
2. When you are ready, pre heat the oven to 180C. Line a baking tray with parchment.
3. Using wooden or metal skewers divide the tofu between 8 skewers and place on the baking tray. Spread any remaining marinade from the bowl over the tofu and place in the pre heated oven for about 20. minutes, turning the skewers regularly. You can do this on a griddle pan, under the grill or on a BBQ.
4. While the tofu is cooking, place the yogurt in a bowl with the coarsely grated cucumber, finely grated garlic, lemon juice, olive oil, salt and pepper, finally add the fresh herbs roughly chopped. Stir well to combine, set aside.
5. Prepare all your salad ingredients on a large platter.
6. A few minutes before the tofu are ready place the pitta into the oven to warm up. Serve the skewers on a plate alongside the pitta, tzatziki, salad and enjoy.



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Ingredients

- 3 peppers red, yellow or orange
- 200g of cherry vine tomatoes
- 3 large garlic cloves
- 2 tbs olive oil
- 1 heaped tbs sweet smoked paprika
- 10 pitted black olives
- ¼ cup toasted pine nuts
- 1 tbs extra virgin olive oil
- Salt and pepper
- 2 tbs roughly chopped flat leaf parsley

To serve

- 1 packet of BFree Pitta Breads
- 1 cup of good quality hummus
- 1/2 cup of arugula or other salad leaf
- Pre heat the oven to 180C

Smokey Mediterranean Roasted Veg and Hummus Pittas

Prep time 10 minutes ~ Cook time 35 minutes



To prepare

1. Deseed and chop the peppers into large chunks.
2. With the skin left on give the garlic clove a crush with the back of a knife.
3. In a large baking tray add the tomatoes, the peppers, garlic, olive oil and a good pinch of salt and freshly ground pepper. Stir to combine and coat. Place in the pre heated oven for approx. 20-30 minutes.
4. When the vegetables are ready, they will be soft and lightly charred on the edges.
5. Remove from the oven and break the olives into the tray.
6. Remove the skins from the garlic and using the back of a fork squash the garlic cloves to form a paste.
7. Add the pine nuts and roughly chopped parsley to tray and gently stir everything together. Set aside until you are ready to serve.
8. When you're ready to eat, lightly toast the pitta breads, cut one side open with a knife. Spread a couple of tablespoons of hummus onto one side, fill with the roasted vegetable mix and some salad leaves.
9. Enjoy immediately or wrap up in foil for a packed lunch.



Pizza Puttanesca

Prep time 30 minutes ~ Cook time 20 minutes



Ingredients

- 1 packet of BFree Pizza Bases

Tomato Sauce

- 1 onion diced
- 4 garlic cloves crushed
- 2 tins of chopped tomatoes
- Salt and pepper
- 2 tbsp. extra virgin olive oil
- 2 tsp tomato ketchup

Toppings

- 1 tsp chilli flakes
- 1 tbs capers
- 30g black olives sliced
- Handful basil leaves
- 2 balls of vegan or regular mozzarella
- Extra virgin olive oil to drizzle



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To prepare

1. Start by making the tomato sauce, Sautee the onions until caramelised and lightly golden, add the garlic and continue to cook for a minute or two.
2. Add the chopped tomatoes, ketchup, salt and pepper to season. Bring to a boil and reduce to a low simmer for 10-15minutes.
3. Check for seasoning and using a handheld stick blender, give it a little blast to make a smoother sauce. Don't overdo it we aren't looking for a soup. Return to a very low heat, and stir in the extra virgin olive oil, leave until you're ready to serve.
4. Pre heat the oven to 180C.
5. Prepare all the toppings you wish to use, either from the list above or your own selection.
6. Spread each base with a thin layer of tomato sauce, top with mozzarella, capers, chilli flakes, olives a few basil leaves and a drizzle of extra virgin olive oil.
7. Bake in the oven for about 20 minutes until the base is crisp puffed up and the cheese is bubbling and golden.
8. Serve with extra basil leaves.

Ingredients

Roasted cauliflower

- 2 cups of cauliflower florets
- 2 tbs light oil
- 1/4 tsp turmeric
- 1/4 tsp cayenne pepper
- 1 tsp garam masala
- 1 tsp salt
- Good grind of black pepper

Quick pickled red cabbage

- 60g of red cabbage shredded
- Juice 1/2 lemon
- 1 tsp salt

Raita

- 1/2 cup of grated cucumber
- 1 tsp lemon juice
- 1/4 tsp ground cumin
- 1/2 garlic clove minced
- 1/4 tsp salt
- 1/4 tsp black cumin
- 2 spring onion sliced
- Approx. 8-10 mint leaves finely sliced
- 75g coconut yogurt or alternative plain yogurt
- Good grind of black pepper

To serve

- 2 cups cooked brown rice
- 1 packet BFree Quinoa and Chia Seed Wraps
- Handful fresh coriander leaves
- Mango chutney
- Lime wedges

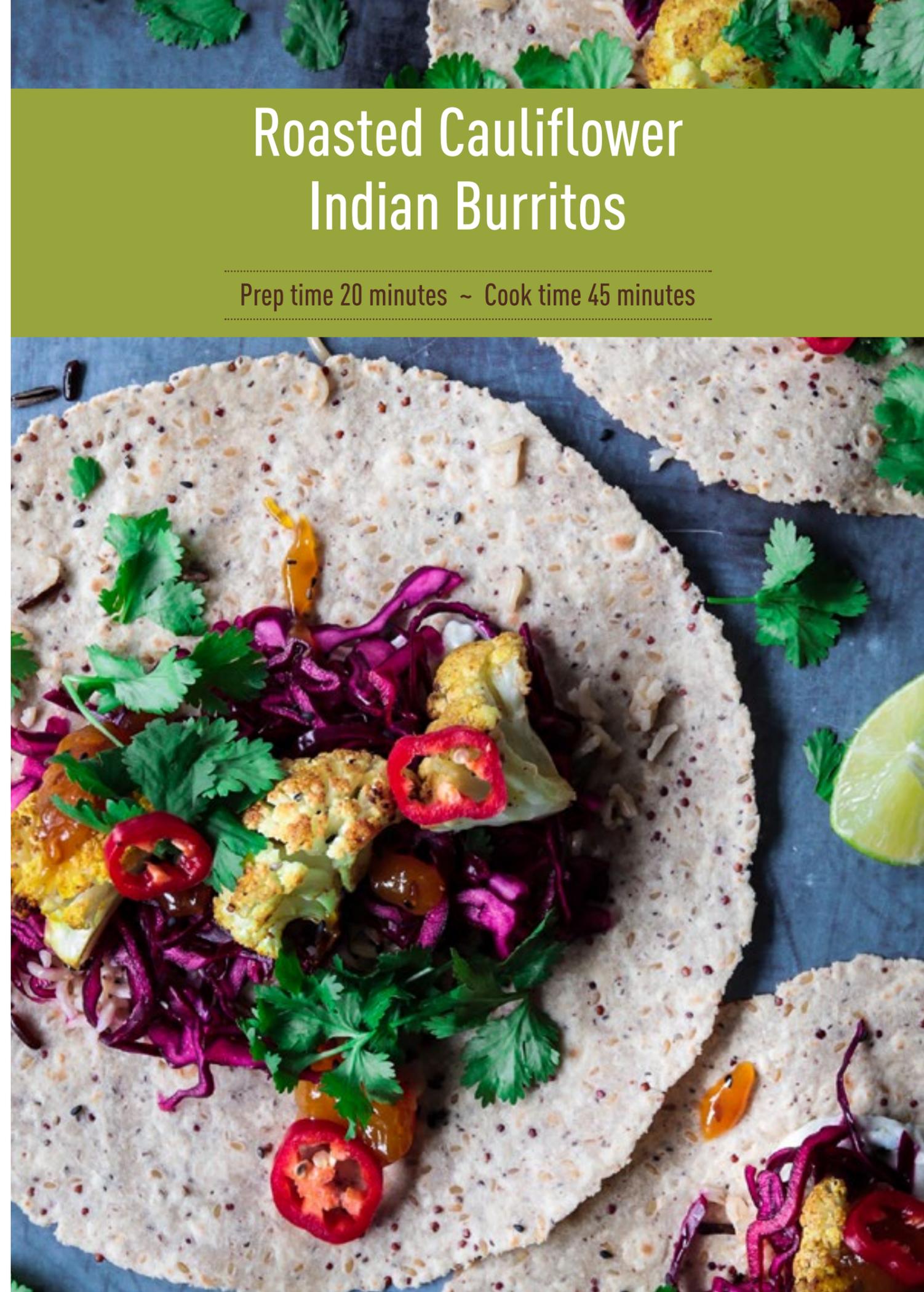


To prepare

1. Pre heat the oven to 180C.
2. In a small bowl add all the ingredients for the red cabbage, stir to combine and set aside.
3. In a baking tray add all the cauliflower ingredients and stir to combine. Place in the pre heated oven for about 20-30minutes turning the cauliflower halfway.
4. It's ready when the cauliflower is charred on the edges and a knife will slide through the florets with relative ease. Do not over cook as you want a little bite.
5. In a bowl combine all the raita ingredients and stir to combine. Check for seasoning.
6. Cook the rice and set aside.
7. When you're ready to serve cook the wraps per packet instructions.
8. Spread some raita, a few spoonfulls of rice, red cabbage, pieces of cauliflower, dollops of mango chutney and extra cilantro leaves and chilli slices.
9. Fold two ends in and roll up.
10. You can place them in a hot pan to cook further or wrap in aluminium foil. Alternatively, just eat immediately.

Roasted Cauliflower Indian Burritos

Prep time 20 minutes ~ Cook time 45 minutes



Ingredients

- 4 BFree Quinoa and Chia Wraps
- 1 tbs light oil
- 1/2 tsp black salt/kala namak (optional)
- 1/4 tsp turmeric
- 1 tbs nutritional yeast
- 1 tsp salt
- Good grind black pepper
- 1.5 cups of halved cherry tomatoes
- 2 tsps. thyme leaves

Filling

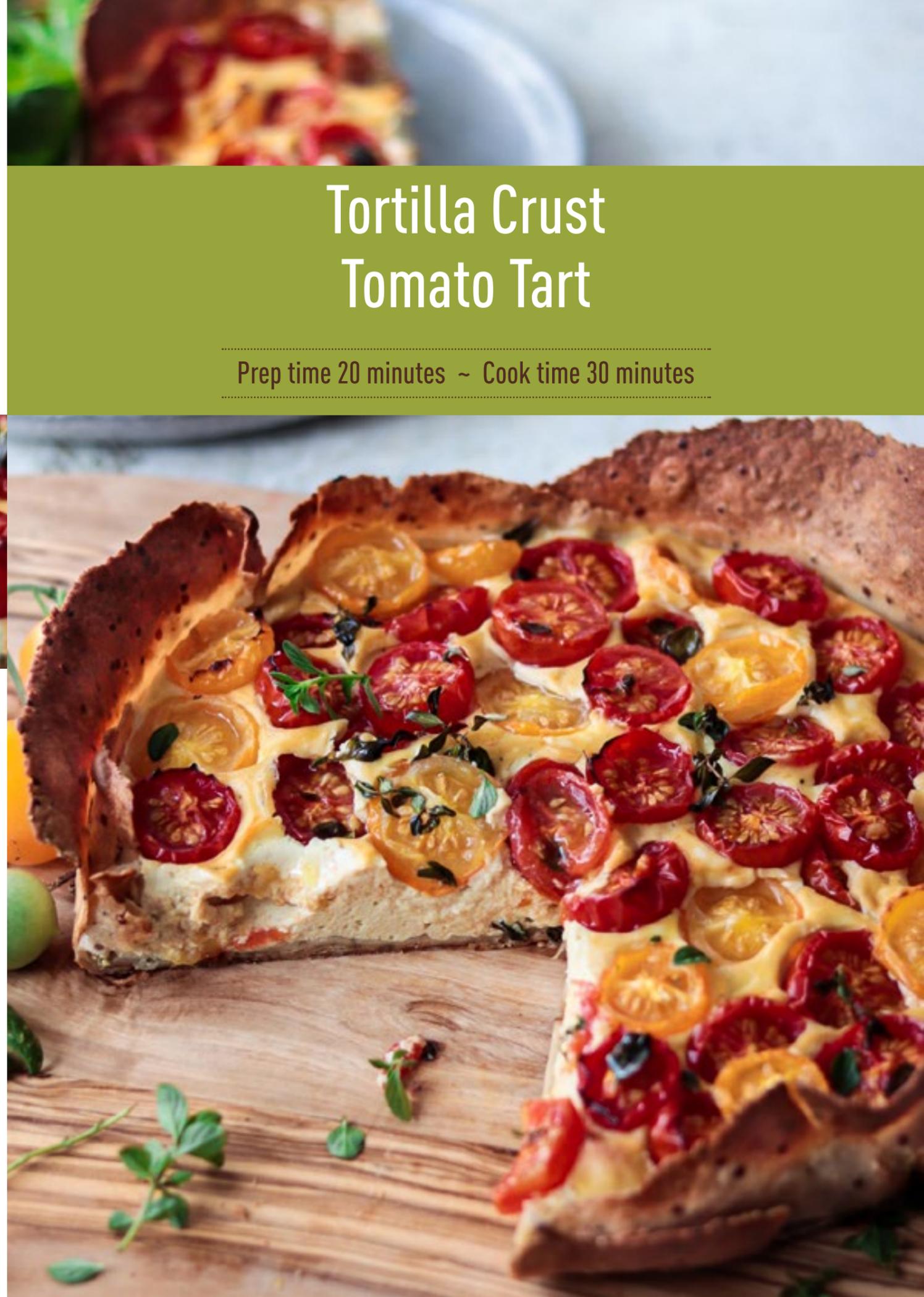
- 260g of block firm tofu
- 120mls plus 4 tbs oat milk or alternative
- 1 tbs gram flour

Tortilla Crust Tomato Tart

Prep time 20 minutes ~ Cook time 30 minutes

To prepare

1. Pre heat the oven to 180C.
2. Take a 8inch spring bottom cake tin and lightly brush with oil.
3. Place one wrap in the base, brush lightly with oil. Cut two wraps in half and place around the edge, overlapping the base and up the sides brush lightly with oil. Place the final wrap on top.
4. In a high-speed blender add all the ingredients for the filling except the tomatoes and thyme. Blitz until smooth and silky.
5. Pour the filling into the tart case and smooth the top, place all the tomatoes on top, pushing them into the tart slightly. It's okay if some are fully submerged. Sprinkle with 1 tsp of thyme leaves and drizzle with a little olive oil.
6. Place in the pre heated oven for 30 minutes or until the tart has puffed up a little and the tomatoes are beginning to char.
7. If the crust is starting to catch or burn place some foil over the edges.
8. When the tart is ready remove from the oven and allow to rest for a few minutes before sprinkling with remaining thyme leaves and serving with a green salad.



Harissa Cauliflower Tortillas

Prep time 10 minutes ~ Cook time 30 minutes



Ingredients

- 4 BFree Sweet Potato Wraps

Harissa cauliflower

- 1 medium head of cauliflower
- 1-2 tbs harissa paste (depending on taste)
- 1 tbs light oil
- Salt and pepper

To serve

- Diced cooked beetroot
- Salad leaves
- Coriander
- Hummus



To prepare

1. Pre heat the oven to 180C.
2. Break the cauliflower into small florets and place in a large bowl with the remaining ingredients. Using your hands combine all the ingredients so the cauliflower is coated in the harissa paste.
3. Spread out on a lined baking tray and place in the pre heated oven for about 30 minutes. Turning once about halfway through.
4. The cauliflower should be just soft, and lightly charred in places.
5. When you are ready to serve, warm the wraps in the oven wrapped in foil for about 5 minutes.
6. Spread with hummus, diced beetroot, salad leaves and fresh coriander. Wrap up and cut in half.
7. Can be eaten hot or cold.



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Sweet Potato Tortilla Nachos

Prep time 10 minutes ~ Cook time 30 minutes



Ingredients

Tortillas

- 1 packet BFree Sweet Potato Wraps
- 1 tsp ground cumin
- 1 tsp ground smoked paprika
- 1 tsp salt
- 1 tbs light oil

Dip

- 130g plant based cream cheese
- 130g chopped cherry tomatoes
- 1 avocado diced
- 4 spring onions thinly sliced
- 1 small handful coriander leaves
- 60mls sweet chilli sauce

To prepare

1. Pre heat the oven to 355F.
2. Using a sharp knife cut the pile of wraps into thirds. Take each section and cut into triangles.
3. Place in a bowl with the cumin, paprika, salt and oil. Using your hands combine the ingredients together ensuring all the pieces are coated.
4. Place on a lined baking tray in one layer, place in the preheated oven for about 15 minutes turning regularly or until toasted and crisp.
5. In the middle of a large serving plate add the cream cheese, topped with the avocado, tomatoes, spring onions, sweet chilli sauce and coriander leaves.
6. When the tortilla chips are ready place around the cream cheese and enjoy.



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Ingredients

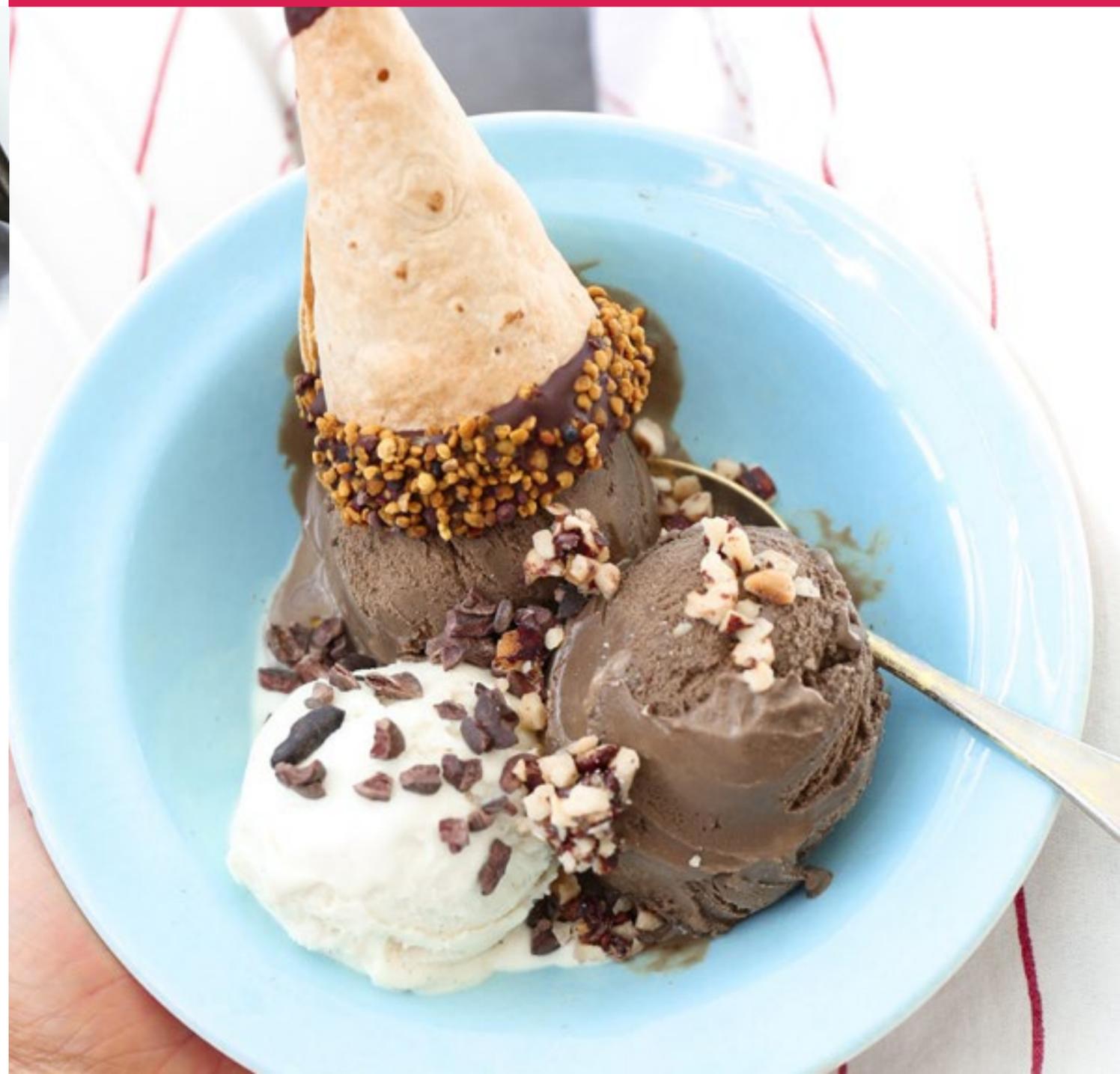
- 4 BFree Multigrain Wraps
- 24 cocktail sticks (wooden tooth picks)
- 1 cup of dark melted chocolate
- Hemp seeds
- Goji berries
- Bee pollen
- Cacao nibs
- Chopped nuts
- Chia seeds
- Toasted coconut

Fillings

(fill a small ramekin/bowl with a topping to roll cone head)

Homemade Ice Cream Cones

Prep time 20 minutes ~ Cook time 15 minutes



To prepare

1. Preheat oven to 180C.
2. Heat the wraps gently in the microwave or oven until soft (approx. 30-40 seconds)
3. Slice the wrap into three making a Y shape. 1 wrap should make 3 cones.
4. Take each section and roll into a cone securing it at the top and bottom with a cocktail stick before placing it on a baking tray. Repeat until all the wrap sections are used.
5. Bake for 10-11 minutes turn after 5 minutes until golden brown all over.
6. Let cool fully to set and harden.
7. To add toppings, tip the cone head in the bowl of melted chocolate and coat with your favourite toppings, finally dunk the tip of the cone in the melted chocolate and place on some parchment paper on a flat tray repeat using all the cones and set to the fridge until set.
8. Once set, fill with your favourite ice-cream!

Raspberry Bread and Butter Pudding

Prep time 35 minutes ~ Cook time 25 minutes



Ingredients

Pudding

- 4 slices BFree White Sliced Loaf
- 300ml oat milk or alternative
- 2 heaped tbs custard powder
- 1 tsp vanilla bean paste
- 1/2 tsp ground cinnamon
- 2 tbs maple syrup
- Pinch of salt
- 2 tbs plant-based butter
- Handful fresh raspberries

Glaze

- 2 tbs maple syrup
- 1/4 tsp cinnamon
- 1 tsp vanilla bean paste

To serve

- 60g raspberries
- Oat cream or alternative



To prepare

1. Pre heat the oven to 170C.
2. In a blender add the milk, custard powder, vanilla, cinnamon, salt and maple syrup. Blitz till combine and smooth.
3. Take your slices of bread and lightly butter on both sides, cut into 4 triangles and arrange in a baking dish.
4. Squash the raspberries between the slices and on top of the bread.
5. Carefully pour over half the custard mix, allow to absorb and pour over the remaining mix. Allow to sit for 5 minutes or so and then place in the preheated oven for approx. 20 minutes. By which time the custard will have set a little and the top should be lightly golden.
6. Whilst in the oven mix the glaze ingredients together in a small bowl.
7. After the 20minutes or when its lightly golden, remove from the oven and brush or carefully pour the glaze over the crisp slices. Pop back into the oven to brown up a little for a further 3 minutes.
8. Remove from the oven and allow to rest for a few minutes before serving with oat cream and extra fresh raspberries.



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