



RECIPE

RECIPE NAME

Sugar Free Chocolate Spread

FOR

1 200ml jar/1cup

FEATURE

Farewell, Sugar!

CONTRIBUTOR

Katharina Kraatz

SISTERMAG

N°15

► www.katharinakocht.com/

INGREDIENTS

150g hazelnuts (1 cup)

150ml coconut milk (1/2 cup
+ 1 TBSP)

3 TBSP cocoa powder

1 pinch vanilla powder, or the scraped pods of 1/2 vanilla bean

2-3 EL erythritol or a sweetener of your choice

Sea salt to taste

PREPARATION

Heat the oven to 180°C (375 °F) and roast the hazelnuts on a baking sheet until they are fragrant and their skin starts to crackle, this takes about 15 minutes. Shake the baking sheet a few times so the nuts will roast evenly and won't burn. Once they are roasted, leave them to cool completely. Then, with your hands or the help of a tea towel, rub the nuts together so most of the skin will rub off.

Preparation method in a food processor: Grind the hazelnuts in the food processor until a smooth paste forms and some oil emerges on top, then gradually add the coconut milk until it reaches the desired consistency. Add cocoa, vanilla powder, erythritol and, if you like, sea salt and let it mix to a creamy spread, adding more coconut milk in case it gets too thick.

Preparation method with a stick blender (this method requires a rather high-powered blender): Put nuts and 100ml/two thirds of the coconut milk in a high measuring cup or beaker and blend until a smooth paste forms, adding more coconut milk as required. Add cocoa, vanilla, erythritol and sea salt if you like and keep on blending until you obtained a creamy spread of your required consistency.

Fill the spread into a glass jar and store it in the fridge for approx. 1 week.



RECIPE

RECIPE NAME

Lemon Poppyseed Buns

FOR

20 Buns

FEATURE

Farewell, Sugar!

CONTRIBUTOR

Katharina Kraatz

▶ www.katharinakocht.com/

SISTERMAG

N°15

INGREDIENTS

**Use a 26 cm/10-inch cake tin.
For a smaller quantity (18cm/7
inch tin), halve the ingredients.**

500g/3 cups bread flour

100g/ ½ cup + 1 TSBP dextrose

1 pinch of salt

2 TBSP poppy seeds

Zest of 1 lemon

1 large egg

120ml/ ½ cup milk

60g/4 TBSP butter

25g/4 tsp fresh yeast (2 tsp.
or 1 packet dry yeast)

Butter for the baking pan

Cream milk for glazing

For the Lemon Glaze (optional)

4-5 TBSP dextrose

2 TBSP lemon juice

PREPARATION

In a large bowl, mix the flour, dextrose, salt, poppy seeds and lemon zest. Form a little pit and pour in the lightly beaten egg. Melt the butter in a pot and add the milk – the mixture should only be lukewarm. Crumble the yeast into the milk mix and dissolve, then pour over the flour mix. Knead everything into a smooth dough for about 10 minutes. Transfer dough back into the mixing bowl, cover and let rise for about an hour or until the dough has doubled in size.

Butter a 26cm/10-inch-cake tin.

Turn dough out onto a floured counter and gently press it down. Cut into 20 equally large pieces and form these into balls. Place the balls into the buttered tin, cover the tin and let the buns rise for another 30 minutes. Brush with cream or milk.

Preheat the oven to 175°C/350°F. Bake the buns for 25 to 30 minutes, take out of the oven and let cool completely. Take out of the baking tin.

For the lemon glaze add lemon juice spoon by spoon to the dextrose until a smooth glaze and then sprinkle over the buns.

If you like your buns more »brioche-y«, up the butter content to 100g (6 TBSP + 2 tsp). The dough will become a lot stickier though and might require some more kneading.



RECIPE

RECIPE NAME

Chocolate Granola

FOR

1 Litre Container/4 Cups

FEATURE

Farewell, Sugar!

CONTRIBUTOR

Katharina Kraatz

► www.katharinakocht.com/

SISTERMAG

N°15

INGREDIENTS

250g/2½ cups oatmeal, or a mixture of your flakes of choice, popped amaranth, chia seeds, linseed, etc.

75g/ ½ cup mixed nuts, coarsely chopped

150ml/ ½ cup + 1 tbsp milk of choice (dairy, coconut milk, plant-based milk)

2 tbsp coconut oil

3 tbsp cocoa powder

½ tsp ground vanilla (or the scraped pods of 1 vanilla bean)

2 tbsp rice syrup, or a sweetener of your choice

PREPARATION

Preheat the oven to 175°C/350°F.

Put oatmeal or your grain mixture into a large mixing bowl and mix it with the coarsely chopped nuts.

In a pot, whisk cocoa, vanilla and rice syrup with the milk and bring it to the boil, then pour it over the oatmeal mix. Blend so that all grains are coated in chocolate milk.

Spread on a baking sheet and pop it into the oven for about 20 to 25 minutes, stirring frequently so that the granola will bake evenly.

Take the baking sheet from the oven and leave it to cool completely, so that the granola becomes crispy and crunchy. Only then fill into a glass container. Enjoy with milk or over yoghurt.