



Baking Healthy Snacks like a Pro

A fool-proof guide to baking nutrient dense snacks with/without an oven + 5 bonus recipes

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TABLE OF CONTENTS

- I. Introduction
2. Flours
3. Liquids
4. Fats
5. Sweeteners
6. Leavening agents
7. Baking alternatives
8. Tools for baking
9. Do's and Don'ts of Baking
10. No oven, no problem
- II. Recipes





INTRODUCTION

My Pledge to you





Love Letter
from the
Kid
Nutritionist

Hi there!

Thank you for taking this leap of faith in believing that you can make amazing snacks by baking.

I know you may have had some good and bad experiences; but if you stick with me, I can promise that you will only have fun from here on out.

This book is focused on educating you about the basic things that happens with baking, what to do, what to avoid; but most importantly, how to create delicious nutrient dense pastries and bakes.

I have included some of my favourite foolproof recipes; that I have made over and over again and each time they tasted better than the last.

The best part about these, is that each recipe is designed with nutrient density, safe and alternative INGREDIENTS that are perfect for any growing child. They are also pocket friendly and easy to access.

Thank you for making the switch to healthier, easy and nutritious snacks for your child(ren).

My love to your precious little one(s) and have fun learning!!

lots of love,
Ifeyinwa Omesiete

FLOURS

The foundation



Picking the most appropriate flour should seem like a simple task. That is until you are faced with the task of choosing from over 50 different options.

Most recipes would ask for the most common of flours (All purpose flour), but because the focus is making nutrient dense snacks; this isn't always the best option.

In the next few paragraphs we will discuss the different ways to use flours, how to choose them based on a recipe and how to make composite flours.

In choosing the right flour for a recipe, the best thing to do is think about the texture, flavour and color of the final baked good. For example, oats and All purpose flours provide gluten and gliadin which are proteins that are stretchy and produce a white/ cream colored final baked good product. While a flour like lentil flour or chickpea flour will produce a dense and lightly brown colored baked good.

Another thing to consider when picking a flour is the taste. For instance, All purpose flour takes on the flavor profiles built from the other ingredients of a baked good. While a cereal used for baking, will take on the flavor profile of the ingredients used to make the cereal, regardless of the other ingredients used to bake. This is also true for flours like eggplant, or just boiled and mashed potatoes or plantain.

When you have finally decided on the taste and color of the baked good, the next thing to consider would be the texture. It could be crunchy or chewy, fluffy or dense. Either of these textures are based on the gluten or starch present in the flour chosen. For example, if you use fresh potatoes in a recipe, the final baked good will be dense and not airy. That's because potatoes are full of fiber which absorb moisture.

My recommendation for choosing flours is to create a composite flour. Composite flours are flours that are made up of 2 or more grains. This creates a final product that is high in nutrients, fiber and flavor.

On the next page you will find a list of different flour options with their proposed taste, color and textures.

Name of Flour	Taste	Texture	Colour & Binding ability
All purpose flour Cake flour Bread flour	Bland and takes on the flavor of the other ingredients used to bake	Smooth and contains gluten. Produces a fluffy or spongy final product	Pearl white Very good bind
Whole wheat flour	Bland with high fiber. Takes on the flavor of the other ingredients used to bake	Coarse and contain gluten. Produces a fluffy or dense final products	Pale brown Very good bind
Sprouted flours e.g. sprouted sorghum, lentils, rye, corn, amaranth, spelt e.t.c	Prominent in the baked good and hardly takes on the flavor of the other ingredients. High in fiber and protein	Mostly gluten free (except rye), high in protein and absorb liquids used in baking. Usually produces a dense final product	Varies Mild or poor bind
Gluten-free flour e.g. rice, corn, potato, tapioca, coconut, buckwheat, bambara, amaranth, bean, quinoa, sorghum, flax meal, almond flour e.t.c	Bland with high fiber. takes on the flavor of the other ingredients used to bake. Prominent in the baked good and hardly take on the flavor of the other ingredients	Usually rough and course hardly smooth. The only time gluten free flours are smooth are when the blend has been commercially prepared.	Varies Mild or poor bind
None flour alternatives e.g., sweet potato, plantain, beans, cereals, zucchini, eggplant, pap e.t.c	Prominent in the baked good and hardly takes on the flavor of the other ingredients	Absorbs liquids used in baking and usually produces a dense final product	Varies Poor bind

LIQUIDS

The glue



Liquids act as the glue needed to bind all ingredients together. They do this by hydrating the protein, starch and leavening agents used for baked goods. Liquids provide moistness and improve the mouthfeel of baked goods. Another great thing about liquids is the fact that, once the water evaporates during baking, the steam expands the air cells, increasing the final volume of the product.

Let's talk about the different liquid options and how they affect the final baked good.

Type of liquid	Outcome
Dairy milk- Evaporated or liquid	Adds flavor and helps with caramelization of the final baked good. Usually has enough water that helps aerate the baked good.
Dairy milk- powdered or condensed, or yoghurt	Adds flavor and helps with caramelization of the final baked good. Usually diluted with water or used as a thickener for baked goods.
Non-dairy milk- tigernut, coconut, almond, soy e.t.c	Adds flavor, nutrients and helps with caramelization of the final baked good. Usually has enough water that helps aerate the baked good.
Water	Usually added to increase volume or thin out the baking batter
Fruit juice-orange, pineapple watermelon, carrot e.t.c	Adds flavor to the final baked good and acts as a binder. Fruit juices are highly acidic, so they are best paired with baking soda as an ingredient.
Egg	They are multifunctional liquids that add flavor and color, contribute to structure, incorporate air, provide fat, and protein. They make the baked good tender and add to the crunch of recipes.

FATS

The body



A baked good is nothing without a source of fat. Fats add moisture, tenderness, and gives any baked good a smooth finish. Fats are also important for improving the taste of other ingredients in a recipe.

Fats can also serve as liquids especially in cookies or granolas.

Here is a list of the major fat sources used in baking and the final outcome it gives your baked product.

Type of Fat	Properties
Butter	Contains 80% fat and 20% water with some milk solids. Butter gives a good flavor without a greasy mouthfeel to baked goods.
Oils	Mostly used in cakes and muffins. It increases the density of a baked good giving a more mealy feel rather than flaky. If you're looking for how to reduce the crunch in a recipe swap out butter or margarine
Ghee/Lard/ Clarified butter (Manshanu)	Mostly contains 80%-95% fat and rest can be milk solids, water or spices. These options are very similar to butter in properties as well as adding a richer flavor to the baked good
Seeds (flaxseeds, chia seeds)	These increase nutrient content and are perfect egg replacement in many baked good recipes. They are hardly used for their oil content but for flavor and texture.

SWEETENERS

The feeling

sweeteners



Sweeteners can be in liquid or powder form and do a whole lot more than adding sweetness to a baked good. For example, table sugar or Jaggery in small amounts, help yeast begin producing gas for raising yeast dough. In large amounts these two slow down yeast fermentation, thus making the dough rising time longer. Moisture, volume, color and tenderness of a baked good are heavily dependent on the amount of sweetener used in a recipe; especially when recipe ingredients are being altered.

Below you will find a list of sweeteners and their properties.

Sweeteners	Taste	Texture	Colour of final Product
Jaggery Rock Sugar Brown sugar	Sweet	Course and dissolves easily in the batter of the baked good. Yields a crunchy texture for the final baked good	Light brown or White
Organic Stevia	Extremely Sweet	Coarse and contain gluten. Produces a fluffy or dense final products	Takes on the color of the final baked good
Honey Dates syrup Jagery syrup	Very Sweet.	Moist and can also serve as a liquid source in a baked good	Brown or Dark Brown
Fruits (banana, apples, berries, pineapple, mango, plantain e.t.c)	Mildly sweet	Moist, with coarse textures. Mostly used in puree form	Varies

LEAVENING AGENTS

The fluff



Leavening agents act as raising agents that are focused on creating gas bubbles inside the dough or batter of a baked good. This also makes the baked good light in weight and give it bounce.

Not every recipe requires a leavening agent and some recipes have leavening agents in the liquids being used. For example, if yoghurt or wet pap is being used as a liquid or flour respectively; there maybe no need for a raising agent in the recipe.

Why? because they contain beneficial bacteria that have caused fermentation which acts as a leavening agent.

Here is a list of leavening agents and their functions;

Leavening Agent	Description
Baking Powder	Usually made of baking soda + an acid.
Baking Soda	Produces gas for leavening when combined with an acidic ingredient such as vinegar, honey, yoghurt or fruit juice.
Yeast	Can be used as dry, instant or fresh yeast. Fresh yeast does not require activation or proving (process of letting yeast activate).
Fermented liquids e.g. yoghurt, pap e.t.c	Replaces a leavening agent in a baked good and also provides a liquid needed to serve as a binder

BAKING ALTERNATIVES

So you don't have an excuse



One of the major excuses people give as the reason why they don't bake is the difficulty in finding alternative ingredients. Either for allergies or intolerance sake, special diets or just to increase nutrient availability based on what they have at hand. This book will fix that!

The list below comprises of items that serve as alternatives for major allergens, great natural options and items that may not be considered for baking but are perfect for most recipes

Food item	Alternative	Best used in
1 Egg	1 Tbs ground flaxseed/chiaseed/cornstarch + 3 Tbs Water	Waffles, pancakes, cookies, muffins, quick bread
	4 Tbs yoghurt/aquafaba condensed milk	Waffles, pancakes, cookies, muffins, quick bread
	1/4 Cup + 1 tsp baking powder/Pureed fruit/vegetable (applesauce, mashed banana/avocado, pureed sweet potato/pumpkin/prune)	Quick bread, Brownies and muffins
1 cup Peanut butter	1 cup Almond/coconut/cashew/Egusi/Sunflower butter	All baked goods (If the recipe requires peanut butter)
1 cup butter	1/2 cup applesauce, buttermilk, yoghurt	crunchy cookies, cakes, fruit breads and cupcakes
	1 cup pureed avocado/coconut oil/avocado oil	All baked goods (If the recipe requires butter)
	3/4 cup pumpkin puree, olive oil, sunflower oil	All baked goods (If the recipe requires butter)
1 cup Dairy milk	1 cup coconut/almond, tigernut/soy/oat/macadamia/peanut/cashew milk	All baked goods (If the recipe requires dairy milk)

Food item	Alternative	Best used in
<p style="text-align: center;">1 cup All purpose, bread, or cake flour</p>	<p>1.5 cups gluten free oat flour or 1 cup of whole oats</p>	<p>Waffles, pancakes, cookies, muffins, quick bread</p>
	<p>3/4 cup coarse cornmeal or Rice flour</p>	<p>Waffles, pancakes, cookies, muffins, quick bread, breading batter for fried or baked foods</p>
	<p>1/4 Cup + 1 tsp baking powder Pureed fruit/vegetable (applesauce, mashed banana/avocado, pureed sweet potato/pumpkin/prune)</p>	<p style="text-align: center;">All baked goods</p>
	<p>Composite Flour options</p> <ul style="list-style-type: none"> • 1/2 cup of all purpose flour + 1/2 cup of another gluten free/high fiber flour of choice <li style="text-align: center;">OR • 1/4 cup each of 2 other gluten free/high fiber flours of choice <li style="text-align: center;">OR • 1/2 cup of non flour options 	<p style="text-align: center;">All baked goods</p>

Notes

- Buttermilk = 1/2 cup of milk to 3 caps of vinegar (cap here refers to the cover of the vinegar bottle)
- Vegetable oil or shortening, is not a healthy alternative for eggs or butter
- Aquafaba is the water drained from boiled chickpeas or white beans
- For recipes that ask for egg white, aquafaba or 1 Tbs of cornstarch + 3 Tbs of vinegar is a great alternative

TOOLS FOR BAKING

The Team



To do a great job at baking you need the right tools. This usually overwhelms people who are about to start their journey or people who are not sure what each tool is for.

The Pictorial guide below gives a clear description for what the essential baking tools should look like and what they are specifically used for.

1. Measuring cups and spoons



Used for accurate measurements while baking

2. Wooden spoons



For stirring and mixing baking batter especially thick doughs for cookies

3. Spatulas



For stirring and mixing baking batter especially cakes and muffins

4. Whisks



For stirring and incorporating air into baked goods. Great for making whipped creams and butters

5. Rolling Pin



For rolling out doughs to be flat and easy for cutting shapes

6. Baking pans



For baking in the oven and yielding different shapes of the final product

7. Baking sheets/trays



For to be flat laying baked goods that need to be flat or need a large surface area to spread and bake

8. Blender



For quick easy mixing and incorporating air. Essential for trying to remove lumps in batters

9. Cookie cutters



For creating unique shapes and sizes for different cookies

10. Mixing Bowl



For holding wet and dry ingredients and for proper mixing of batter to ensure uniform incorporation of all ingredients

11. Oven gloves or baking mitts



For safety when handling hot baked goods to avoid getting burnt in the kitchen

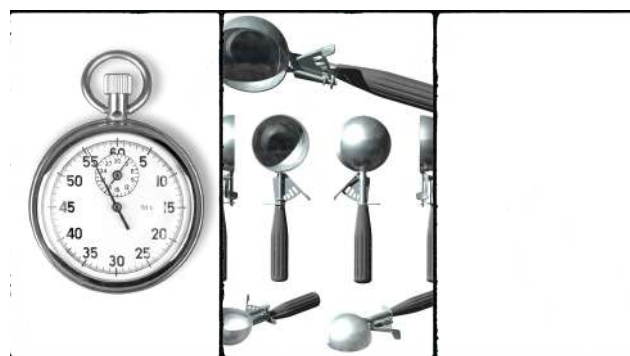
12. Spices, toppings & Extracts



Enhances the flavor, color and look of the final baked good.

Here is a list of other baking tools that are not essentials but would make your baking experience enjoyable and fun

- Cupcake paper liners
- Parchment/wax/baking paper
- Food processor/automatic whisk
- Hand blender
- Bundt, Pie pans
- Flour Sifter/fine mesh sieve
- Food scale
- Oven thermometer
- Timer
- Ice cream/cookie scoops
- Fine mesh sieve
- Cooling racks



DO'S & DON'TS OF BAKING

For foolproof baking



Now that we understand the foundation and the tools needed to bake, let's talk about the rules of baking. You see, one of the reasons people never really get baking right is because they don't follow the rules. Unlike cooking which we can do "as the spirit leads", baking is precise, meticulous and above all a science. If you struggle with following instructions then you will struggle with baking. So here are my top 9 simple rules to ensure that your baked goods come out fantastic every single time.

- **Always measure your ingredients.** Don't eyeball it, don't try to add something extra for testing, follow the measuring instructions properly. If you feel the measurements of a recipe is small or too large, please use a calculator to divide or multiply so you get the exact ratios properly. If a calculator sounds like too much work, double the recipes by making them in two separate bowls so you don't make a mistake.
- **Avoid distractions.** Baking is fun, but always stay alert. Over-mixing your batter or burning your cookies are the most common mistakes that happen when we bake. Better to be safe than sorry.
- **Check your ingredients.** The worst feeling ever is starting a recipe and then realizing you don't have enough jaggery or eggs. It's also best if you have the right ingredients, if you have to substitute for something please follow the guide in this book, especially if this is your first time trying the recipe.
- **Don't trust the recipe alone.** Please don't just set your timer and walk away. Your oven or baking pans, the size/material of a pan, the humidity in the air; can all affect an outcome of your final product. Always stay alert once your baked good is in the oven and check on it at intervals. For cakes avoid opening the oven more than twice during a baking cycle. the outcome is never pleasant. If your oven is electric or your gas finishes during baking don't panic. Instead find alternative power source or leave the baked good in the oven till a solution is found. **DON'T REMOVE IT.**

- **Avoid substitutions (seriously).** Each ingredient in your recipe has a purpose, the egg to hold a batter together or the flour, which provides structure. For example, If a recipe calls for 1 cup oats flour and you swap it with 1 cup bambara flour, you will have a disaster on your hands. Hence why I provided a table for alternatives if you want to try out a recipe and need to make an ingredient swap. Another reason to avoid substitutes in baking is because baking is an exact science. For example, Adding fresh strawberries to a batter may taste great, but it adds moisture. So make sure you study the recipe and change ingredients only when you are sure of the proper ratios.
- **Bake on the centre rack of the oven or pan** Always check your oven to make sure the rack you're using is in the middle. The reason for this is to ensure proper circulation of heat so your baked good bakes evenly. If you bake too high or too low you run the risk of burnt or undone baked goods.
- **If a recipe says “allow to cool,” please listen.** Most baking recipes will ask you to wait till your baked good is cooled either before removing from the pan or before slicing it. As hard as it is to resist, please adhere. Some baked goods finish the baking process as it cools and that's when you would get the best outcome from what you've made.
- **Don't measure over the bowl.** I cannot count how many accidents have happened when I try to measure my ingredients directly over my mixing bowl. Always measure out your ingredients or measure away from the bowl in a separate bowl and then add the correct measurement into your baked good. 3 Tbs of vanilla in a recipe that calls for 1 Tbs never ends well.
- **Ensure that all equipments used in baking are moisture free.** Most recipes will ask you to mix the dry ingredients and the wet ingredients separately, mainly to ensure you do not introduce moisture too fast into your ingredients. The best practise to achieve this is to use moisture free pans and equipments. If you have to wash any of your baking tools and reuse while baking ensure you dry it out completely before proceeding.
- **Have Fun!** Baking is relaxing, entertaining and rewarding. It's one of the fewest activities that the whole family can participate in without worries of food safety or hazards in the kitchen. So enjoy the process and don't take it too seriously. If you make a mistake, try again. You can only get better if you keep pushing.

NO OVEN? NO PROBLEM

We can still make magic



Another big excuse I have heard as one of the reasons people don't bake is "Ify I don't have an oven" At first, I believed this was a huge hindrance. But with my experience when it comes to baking, there are quite a few recipes you can make even if you don't own an oven. Cookies, cakes and even bread turn out great right there on your stove top.

So here is clear guide on how achieve delicious baked goods even if you don't own an oven.

1. Place an elevated wire rack or microwave stand in a big, wide and dry pot.



2. On high heat, Cover the pot with a tight lid for 5 minutes. This is similar to preheating an oven.



3. Open the pot carefully and place the baking pan or tray on the rack/stand.



4. Cover the pot once more and keep the heat on high for 3-5 minutes, after which you will then lower it to low and continue cooking for the allotted baking time required.

5. Open the pot only once during the entire baking period. This is to check on the progress being made.

6. The wider your pot or pan and the more elevated the baking pan or tray is the better the outcome of the baked good

RECIPES

5 Video recipes + 3 Written Recipes



MALTED COOKIES



CLICK



PEANUT BUTTER PROTEIN COOKIES

CLICK

O'GUSI COOKIES



CLICK

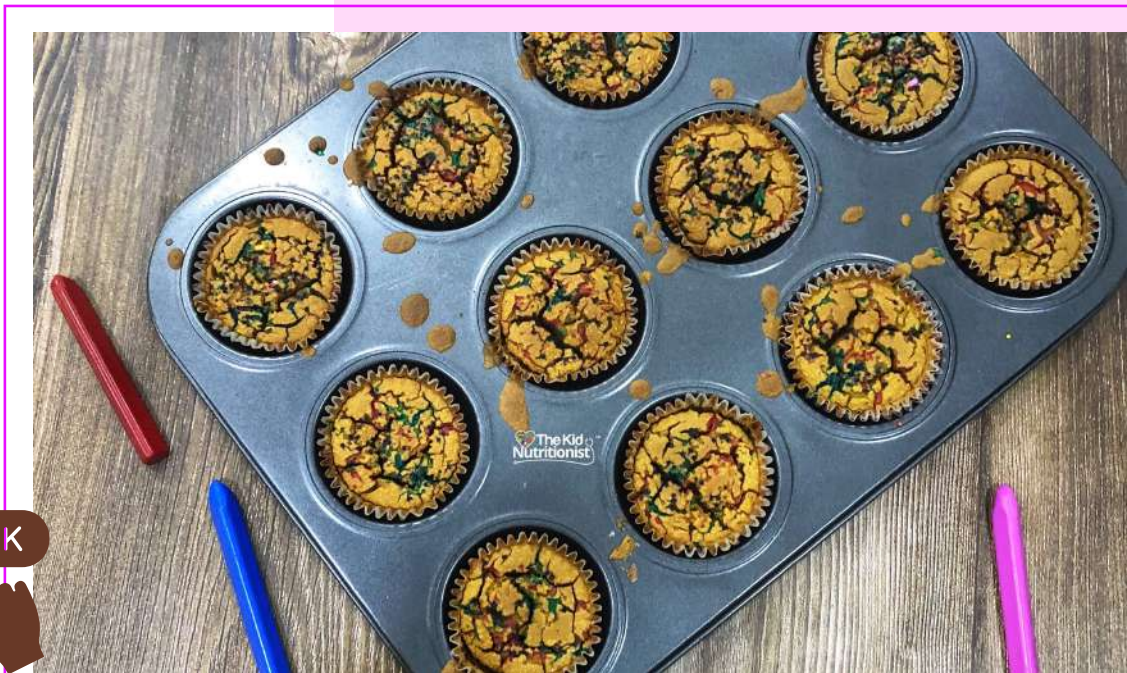


COCONUT MILK COOKIES

CLICK



POTATO PAP CUPCAKES



CLICK



MULTIGRAIN CUPCAKES

INGREDIENTS

- 1 cup of oats
- 1 cup of Tom brown
- 4 ripe small sized bananas
- OR 3 medium sized bananas
- 1/2 Teaspoon baking soda
- 1/2 cup dates puree
- 1/4 cup water
- 2 Eggs
- 1/4 cup of coconut oil
- Pinch of salt

METHOD

- Mix the dry ingredients (oats, tom brown flour, baking soda, salt)
- Mash the bananas into a puree
- Mix the wet ingredients (eggs, bananas, and dates puree) till well combined.
- Pour the dry ingredients into the wet ingredients and mix till well combined.
- Pour the batter mix into a well greased cupcake pan
- Bake in the oven for 25 mins at 180c or until golden brown



FIBER CLUSTERS

INGREDIENTS

- 2 cups freshly shredded coconut OR tigernut chaff
- 1/4 cup jaggery
- 1 Egg white

METHOD

- Separate the yolk from the egg white.
- Mix the honey or brown sugar with egg white and whisk till well combined.
- Add in the shredded coconut to the egg white mix and stir till well combined.
- Scoop 1 tablespoon onto a well greased or lined baking tray.
- Bake for 10-15 minutes on medium heat.
- Allow to cool. If it gets soft just warm it up in the oven again.



VEGGIE CUPCAKES

INGREDIENTS

- 1 cup veggies mix
- 1 1/2 cup All Purpose flour
- 1/2 cup honey
- 2 eggs
- 1 tsp of baking powder
- 1/4 cup of coconut oil

METHOD

- Veggies mix is a mix of any blended vegetables of choice or the chaff from making fresh fruit juice. Measure out 1 cup.
- Mix the dry ingredients (All purpose flour, baking soda, salt)
- Mix the wet ingredients (eggs, honey, coconut oil, veggies mix) till well combined.
- Pour the dry ingredients into the wet ingredients and mix till well combined.
- Pour the batter mix into a well greased cupcake pan
- Bake in the oven for 30 mins at 170-180c or until golden brown





BON APPETIT



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