

# Recipe Adaption

*Written by:*

**Marilyn Williams**

Certified Nutritional Counsellor &  
Dietary Consultant





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# A few ideas for Chocolate Cake Adaption

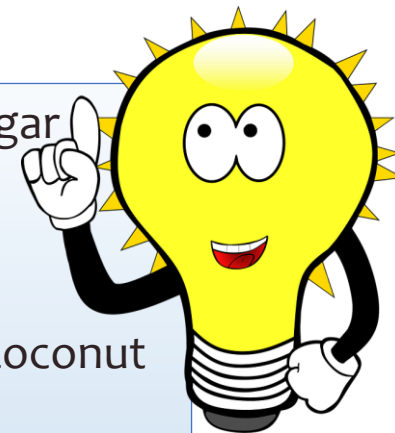


## Original recipe:

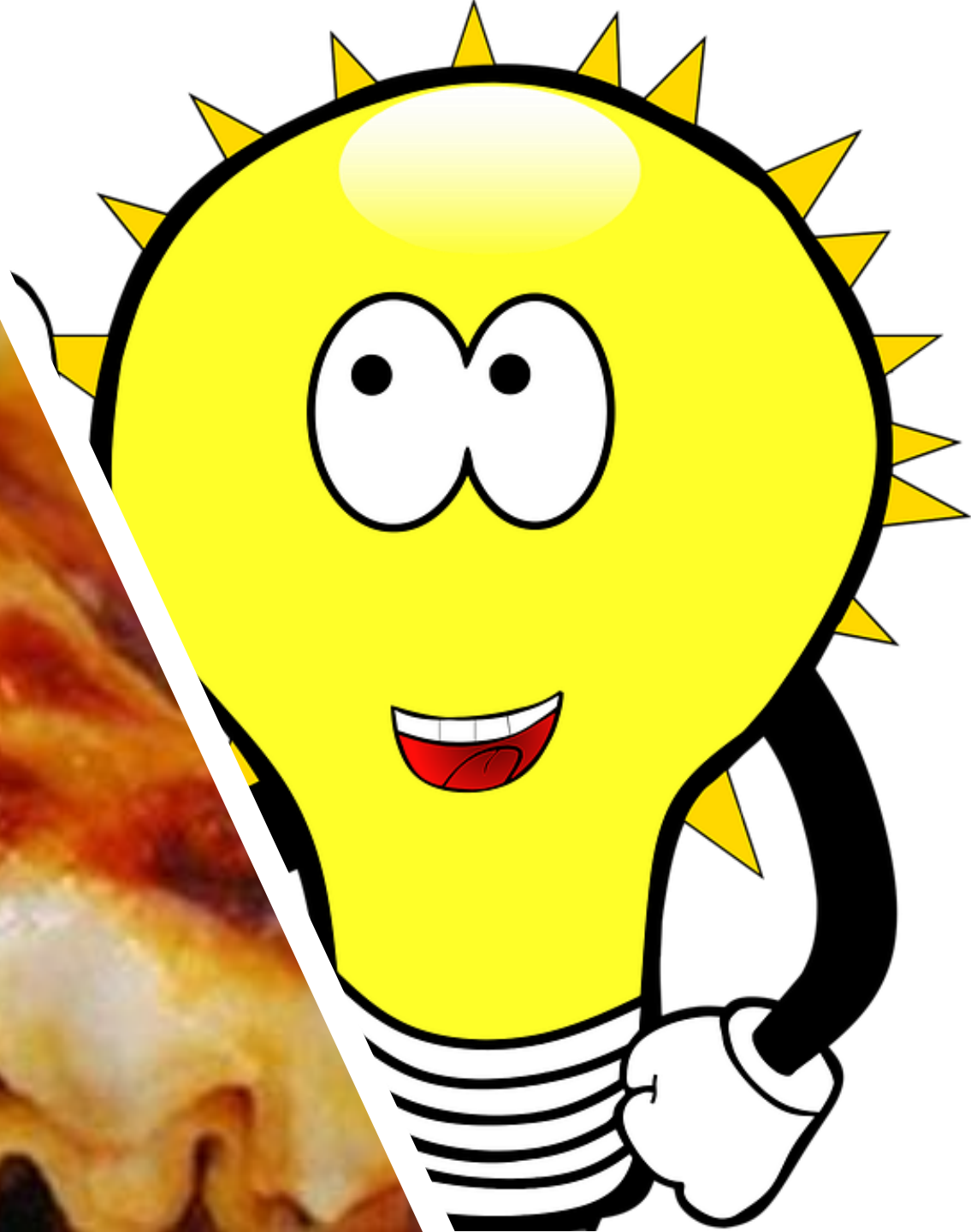
1 cup water  
1 ¼ cups caster sugar  
125g butter  
½ cup cocoa  
½ teaspoon bicarbonate soda  
1¼ cups self raising flour  
2 eggs, lightly beaten  
1 cup icing mixture  
⅓ cup of cocoa  
30g butter, softened  
Hot water



- Use Coconut Sugar instead of Caster Sugar
- Use much less sugar
- Use a mixture of alternative flours like Coconut Flour and Almond Meal etc.
- Blend up some coconut sugar to lightly sprinkle over the cake. At least it contains some minerals!
- Use raw chocolate powder called Cacao rather than the more processed cocoa.
- Use free-range eggs rather than caged eggs.
- Use butter from grass-fed cows rather than conventional butter.







# A few ideas for Lasagna Adaption



## Original recipe:

2T olive oil, plus a little for the dish  
750g lean beef mince  
90g pack prosciutto  
Half quantity tomato sauce, or 800g passata  
200ml hot beef stock  
A little grated nutmeg  
300g pack fresh lasagna sheets  
Half quantity of white sauce or 520g ready-made sauce  
125g ball mozzarella, torn into thin strips

- Don't cook with olive oil as it reacts to the heat - use Coconut Oil or Butter instead
- Leave out the Prosciutto as it's a processed food
- Buy organic tomato sauce for lasagna in a glass bottle, or quickly make up your own
- Beware of stock cubes as they are full of additives. Best to use homemade beef stock.
- Great opportunity to add some more veggies... use instead of sheets of lasagna, slices of sweet potato or eggplant. Anything that creates little sheets is good.
- Make your own white sauce. Can be made using coconut or almond milk if you are avoiding dairy.



Virtually every recipe you can think of can be adapted in this manner.

This is where you need to really spend a bit of time to think your way through some of your favourite recipes.

Don't hesitate to go online and look for recipes that others have already adapted according to what you have learned through these lessons. Ideas abound in every quarter!

Sometimes its good to use other people's brain power, but the main thing is that you learn how to easily whip up some of your favourite old-time recipes through using your own improved methods.

