

take me to the moon

This cosmic birthday party ticks all the right boxes, with sweet treats that are free of wheat, gluten, dairy, soy, egg and nuts. So everyone can join in the fun.

RECIPES & STYLING ROWIE DILLON PHOTOGRAPHY ANSON SMART



Choc banana moons



Jelly suns

Ginger cloud puffs



Star birthday cake



Rocket juice



Fireworks cupcakes



Ice clouds



ice clouds

Makes 6

Free of wheat, gluten, dairy, soy, egg, nuts

6 cups shaved ice
 ½ cup (125ml) raspberry juice concentrate
 or cranberry juice concentrate

1 Divide shaved ice among 6 cups, forming peaks in each cup. Pour 1 tablespoon of juice concentrate over each ice peak.

Note: You can prepare the ice cups in advance and freeze until required.

party planning tips

- ★ Give yourself plenty of time to prepare the food. These cosmic party treats can be made ahead of time, including the rocket juice (just shake before serving).
- ★ Cut colourful fruit into fun shapes and arrange on platters to brighten the table.
- ★ Use soy or rice milk whenever possible instead of full-cream milk.
- ★ Carob chocolate can be used instead of dark chocolate. Dairy-free chocolate is available in the health food section of selected supermarkets.
- ★ Be sure to keep nuts at bay when having a children's party or sleepover.
- ★ Steer away from using colourings and preservatives. Natural food colourings are available at supermarkets, but try to use fruit concentrates whenever possible.
- ★ Quinoa flour is wheat-free and gluten-free, and is a great substitute for regular flour. It's available at health food stores.

ginger cloud puffs

Makes 12

Free of wheat, gluten, dairy, soy, egg, nuts

1½ cups quinoa flour
 1 cup (220g) caster sugar
 ¼ cup ground cinnamon
 1 tsp ground ginger
 ½ cup (125ml) vegetable oil

Filling

1 cup (150g) pure icing sugar, sifted
 1 tsp dairy-free butter, softened
 1 tbs rice milk or soy milk
 2 tsp mango juice concentrate
 or orange juice

- 1 Preheat oven to 180°C. Grease a mini cupcake pan with oil spray.
- 2 Combine the flour, sugar, cinnamon and ginger in a bowl. In a second bowl, combine

the oil with ¾ cup (180ml) water. Make a well in the flour mixture and pour in oil mixture, folding to combine well. Pour into prepared pan and bake for 20 minutes or until just golden. Allow to cool in the pan, then turn out onto a wire rack.

3 For the filling, combine the icing sugar, butter and milk in a heatproof bowl. Place the bowl in the kitchen sink and fill the sink with hot water to come to ¾ up the side of the bowl. Stir the mixture until it is soft and spreadable. Stir in the mango juice.

4 Spread 1 teaspoon of icing on the base of a cupcake, then join to the base of another cupcake. Repeat for remaining cupcakes. Place on a baking tray and allow to set before serving.



party food



Star birthday cake



Choc banana moons



Fireworks cupcakes



Jelly suns and rocket juice

star birthday cake

Serves 15
Free of wheat, gluten, dairy, soy, nuts

6 eggs, separated
1½ cup (300g) caster sugar
Juice of ½ lemon
225g cornflour

Icing

2 eggwhites
2 tsp lemon juice
500g pure icing sugar, sifted
Juice of ½ mango or 1 tbs mango juice concentrate

- 1 Preheat the oven to 180°C. Grease and line a 22cm springform cake pan.
- 2 Using an electric mixer, beat egg yolks, caster sugar and lemon juice on high speed for 5-8 minutes until the mixture is creamy and white. Reduce speed to low and gently blend in the cornflour for 2 minutes until thoroughly combined.
- 3 Using an electric mixer, beat the eggwhites until shiny, firm peaks form. Use a spatula to gently fold in the creamed mixture until well combined. Pour into prepared cake pan and bake for 35-45 minutes or until golden. Cool in pan for 20 minutes, then turn out upside-down onto a plate or cake stand.
- 4 For the icing, use an electric mixer to beat the eggwhites

until foaming. Beat in the lemon juice. Add the icing sugar, 1 tablespoon at a time, beating until firm peaks form. Reserve a small portion of icing. Smooth remaining icing onto cake. Add 1 tablespoon mango juice to reserved icing and combine. Smooth mango icing into a star shape on centre of cake.

choc banana moons

Makes 6
Free of wheat, gluten, egg, nuts (check pack)

6 bananas, peeled
6 paddle pop sticks
500g dark or white chocolate, melted

- 1 Line a baking tray with baking paper.
- 2 Cut 1 end off each banana and discard. Slide a paddle pop into the cut end of each banana. Dip into the melted chocolate and lay on prepared tray. Refrigerate for 5 minutes or freeze until chocolate is hardened. Serve.

fireworks cupcakes

Makes 12
Free of wheat, gluten, dairy, soy, egg, nuts

½ cup quinoa flour (available at health food stores)

½ cup cocoa powder
1 tsp gluten-free baking powder
1 cup (220g) caster sugar
½ cup (125ml) vegetable oil
2 tsp vanilla extract
2 tbs white vinegar
Sugar-free and wheat-free lollies, to decorate

Icing

1 eggwhite
½ tsp lemon juice
1½ cups (230g) pure icing sugar, sifted

- 1 Preheat oven to 190°C. Line a 12-hole cupcake or muffin pan with patty cases.
- 2 Combine the flour, cocoa powder, baking powder and sugar in a bowl. In a second bowl, combine the oil, vanilla extract and 1 cup (250ml) water. Pour liquid mixture into dry ingredients and stir to combine. Add the vinegar and quickly stir to combine. Quickly spoon into the prepared pan and bake for 25-30 minutes until cupcakes are firm and springy. Allow to cool in pan.
- 3 Meanwhile, for the icing, use an electric mixer to beat the eggwhite until foaming. Beat in the lemon juice until combined. Add the icing sugar, 1 tablespoon at a time, beating until the mixture forms stiff peaks. Use a spatula to ice the cupcakes, then decorate with the lollies.

jelly suns

Makes 8
Free of wheat, gluten, dairy, egg, nut, soy

4 large oranges, halved
3 x 85g pkts jelly crystals

- 1 Using a sharp knife, remove the flesh of the oranges and carefully scrape out the membrane, taking care not to make a hole in the skin. Place orange skins in a muffin pan.
- 2 Make the jelly following packet instructions, but using only half the water instructed (this makes a more concentrated jelly that will hold its shape). Pour jelly mixture into orange halves. Refrigerate until jelly is set.

rocket juice

Serves 6
Free of wheat, gluten, soy, egg, nuts

½ cup (115g) mashed bananas
½ cup (125ml) skim milk
½ cup (125g) low-fat yoghurt
¾ cup ice
1 tsp honey

- 1 Place all ingredients into the jug of a blender and pulse for 2 minutes until frothy. Serve rocket juice in tall glasses.
- Variation:** Make this recipe lactose-free by substituting rice milk for the skim milk and soy yoghurt for the low-fat yoghurt.