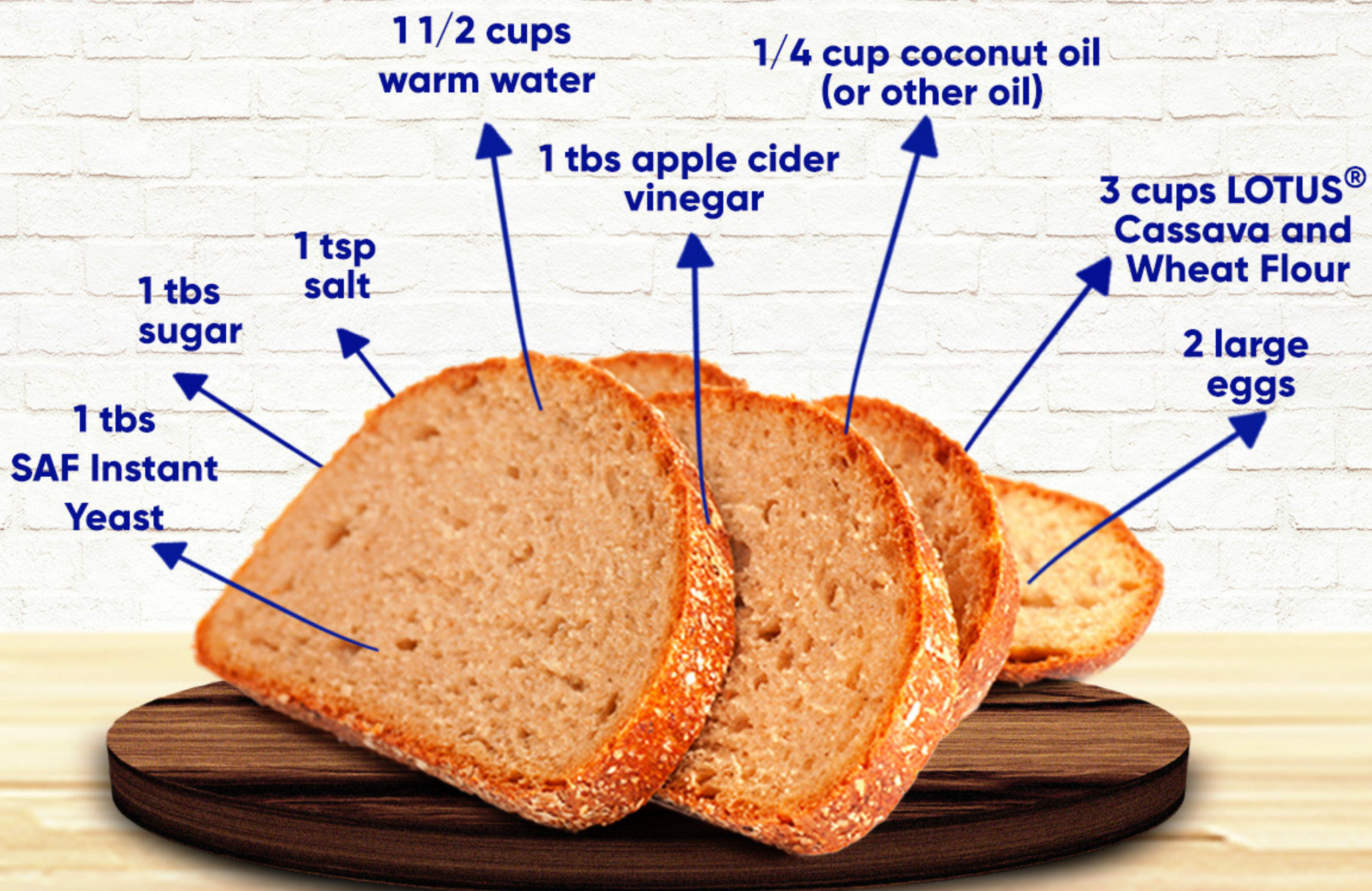


Adding a little **Creativity**
to your **Kitchen!**



**The Confidence
to Create**

Cassava and Wheat Flour Bread



Instructions:

- In a large mixing bowl, combine LOTUS® Cassava and Wheat Flour instant yeast, coconut sugar, and salt. Stir to combine.
- In a separate bowl, whisk together the warm water, coconut oil, eggs, and apple cider vinegar until well combined.
- Pour the wet ingredients into the dry ingredients and stir until a dough forms.
- Knead the dough for about 5-10 minutes until it is smooth and elastic.
- Place the dough in a greased loaf pan and cover with a clean dish towel. Allow the dough to rise in a warm place for 45-60 minutes, until it has doubled in size.
- Preheat your oven to 375°F (190°C).
- Bake the bread for 45-50 minutes, or until the top is golden brown and the bread sounds hollow when tapped.
- Remove the bread from the oven and allow it to cool for a few minutes before slicing and serving.

Enjoy your homemade cassava flour bread! You can also add other ingredients to the bread, such as herbs, spices, or seeds, to give it extra flavour and texture.



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to Create.

Chocolate Chip Cassava Cookies

Makes 12 Cookies



Instructions:

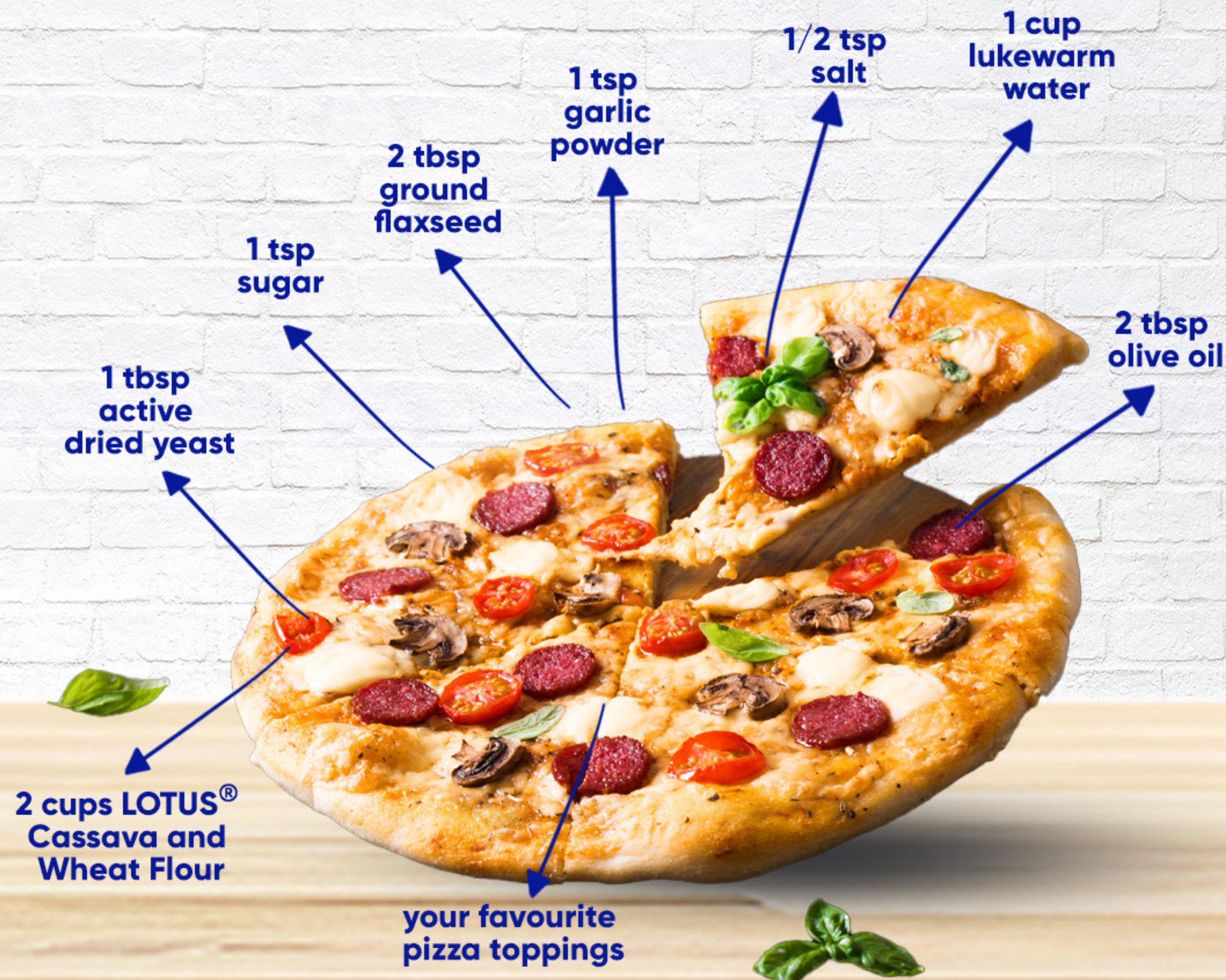
- In a stand mixer or large mixing bowl, beat together butter and sugar for 1 minute.
- Once a crumbly dough forms, add in egg. Mix until combined.
- Then, sift in LOTUS® Cassava and Wheat Flour. Stir to combine. Add in remaining ingredients except chocolate chips.
- Once a dough is formed, fold in chocolate chips.
- Refrigerate the dough for 30 minutes.
- Preheat oven to 375F. Line a baking sheet with parchment paper.
- Use a cookie scoop or your hands to roll dough into 1 1/2 inch balls. 8. Place on parchment paper and lightly flatten each ball of dough.
- Bake for 8 to 10 minutes or until cookies are just barely browned.
- They will look a little under baked.
- Remove from oven and allow cookies to cool on the baking sheet for 10 minutes.
- Then, carefully remove cookies and serve.



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Cassava Pizza Dough

Makes 2 Pizza Doughs



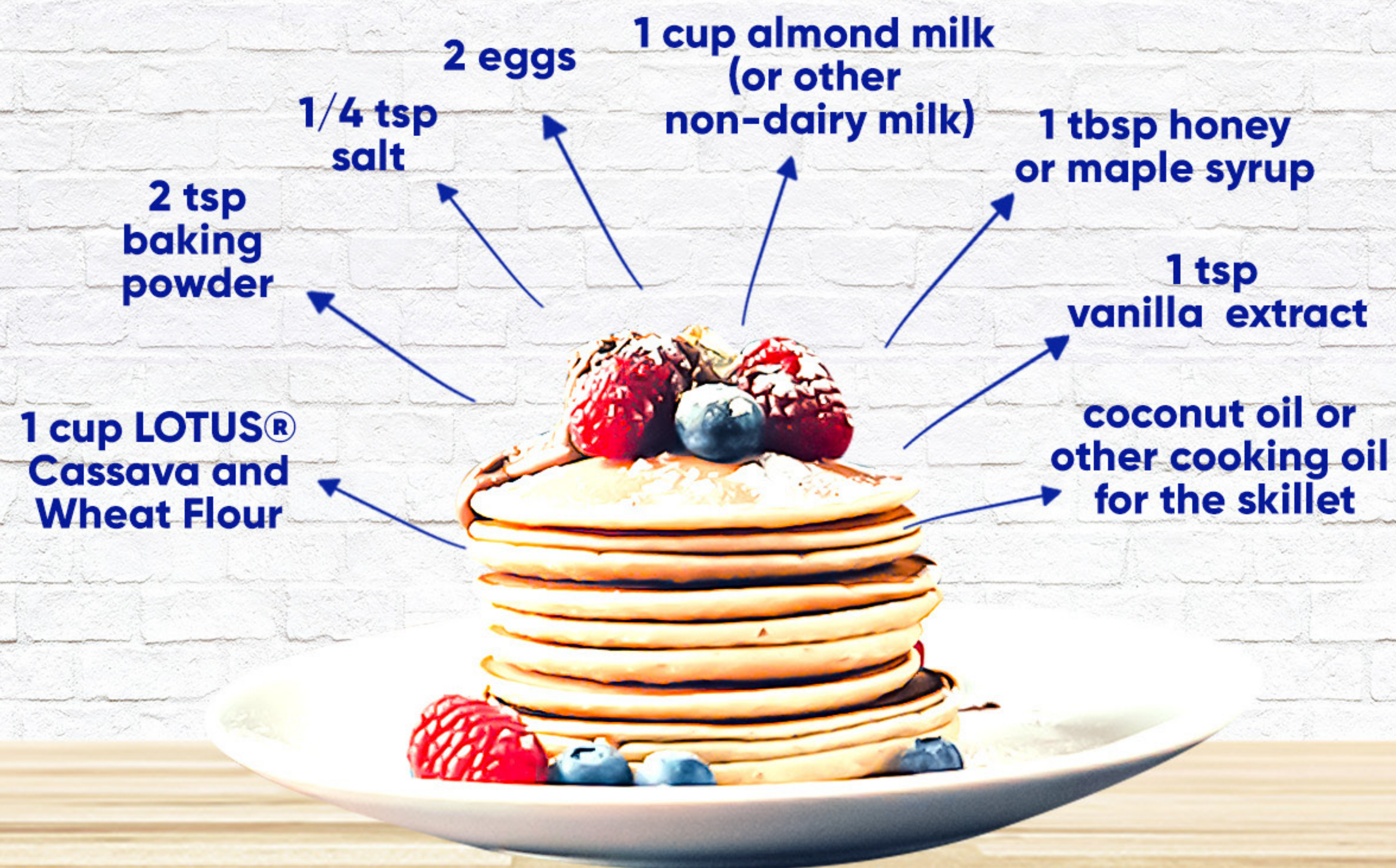
Instructions:

- Combine lukewarm water, yeast, and sugar in a large bowl. Let it stand for about 10 minutes until the top of the water is foamy.
- Add the LOTUS® Cassava and Wheat Flour, ground flaxseed, garlic powder, and salt to the bowl. Mix well with a wooden spoon, or using the dough hook of your mixer.
- Knead your dough for about 10 minutes. You can either do this by hand or with a stand mixer if you have one. Once the flour is all mixed into the dough, watch it to see if you need to add a bit more flour.
- Once the dough is smooth, add a bit of oil to a large bowl and place the dough into the bowl. Roll the dough around to coat in oil. Cover with a damp kitchen towel or glass lid, all let rise until doubled in size - about one hour.
- Preheat oven to 375 degrees F and prepare a baking pan.
- Once the dough has doubled, punch down, and divide into two balls.
- Liberally sprinkle your working surface with flour, and use a wooden rolling pin to roll the dough to the desired thinness.
- Transfer to baking pan and spread your pizza sauce on top followed by whatever toppings you prefer
- Bake for 15 minutes.
- Remove from oven, let cool slightly, then slice and serve!



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Cassava and Wheat Flour Pancakes



Instructions:

- In a large mixing bowl, whisk together the LOTUS® Cassava and Wheat Flour, baking powder, and salt.
- In a separate mixing bowl, beat the eggs until light and fluffy. Add the almond milk, honey or maple syrup, and vanilla extract, and whisk until well combined.
- Pour the wet ingredients into the dry ingredients and stir until just combined. Don't overmix the batter.
- Heat a non-stick skillet or griddle over medium heat. Add a teaspoon of coconut oil or other cooking oil and swirl to coat the skillet.
- Using a 1/4 cup measuring cup, scoop the batter and pour it onto the skillet. Cook the pancakes for 2-3 minutes on each side or until lightly browned.
- Repeat with the remaining batter, adding more oil to the skillet as needed.
- Serve the pancakes warm with your favourite toppings, such as maple syrup, fruit, nut butter, or whipped cream.

Enjoy your delicious and fluffy cassava flour pancakes!



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