

Recipes using Aquafaba

Aquafaba is the name for the cooking liquid of chickpeas and also beans, found in a tin when you drain the chickpeas. One tin of chick peas will contain approximately 100mls of aquafaba, which is equal to only one exchange.

The amount of aquafaba needed to replace one whole egg is 45mls which is half an exchange. To replace the egg white only in a recipe then you will need 30mls of aquafaba which is exchange free.

French toast

1 can's worth aquafaba (chickpea water)
60ml oat milk/ low protein milk
1 tsp cinnamon
6 pieces of low protein bread
Butter or oil for pan

- Whip aquafaba in blender 90 seconds, it should fluff up.
- Add fluffy aquafaba to a bowl with the almond milk and cinnamon and combine.
- Add vanilla essence (optional)
- Dip bread in the mixture so that both sides are covered
- Fry on both sides until brown and crispy.
- Add blueberries and maple syrup as a topping and enjoy!

Recipe from lifeisnoyoke.com

Chocolate Mousse

1 can's worth of aquafaba (chickpea water)
100g Vitabite chocolate (or any low protein chocolate)
1 tablespoon cocoa powder

- Melt chocolate on the hob using a heat proof bowl over a pot of boiling water or in the microwave, in 30 second increments, stirring in between. Leave melted chocolate to cool completely.
- Add aquafaba to a large mixing bowl that has been chilling in the fridge for at least 10 minutes. Use an electric whisk to beat the aquafaba on highest setting for 10-15 minutes until stiff peaks form.
- Pour the cooled chocolate into the aquafaba mixture as you continue beating the mixture. The volume will decrease by approximately a third.
- Sift in cocoa powder and continue beating until combined.
- Spoon mixture into two small containers or bowls and place in the fridge to set for about 20 minutes.

Recipe from asaucykitchen.com

Meringue

1 can's worth of aquafaba (chickpea water)
100g golden caster sugar

- Preheat oven to 110°C and line a baking tray with baking parchment.
- Using an electric whisk beat the aquafaba until soft peaks form, similar to egg whites. This should take approximately 10-15 minutes.
- Add the sugar a little at a time, whisking constantly until thick and glossy.
- Spoon the meringue mixture onto the tray in 8cm blobs.
- Bake for 1hr 15 minutes until crisp.
- Enjoy topped with fresh berries.

Recipe from bbcgoodfood.com

Pavlova

220ml Aquafaba (chickpea water), approximately 2 can's worth.
200g caster sugar
Koko Dairy Free Plain Yoghurt as topping
Strawberries, raspberries, blueberries, and mint to decorate

- Preheat oven to 130°C and prepare baking tray with baking parchment. Draw a large circle on the baking parchment using a plate.
- Whisk the aquafaba at the highest speed for approximately 8 minutes or until firm peaks begin to form.
- Slowing the speed of the electric whisk, add the sugar slowly in stages, increasing the speed in between adding the sugar. When all of the sugar is added, whisk for another 3 minutes. The meringue is ready when a peak stays standing firm on the whisk.
- Spoon mixture onto baking tray and evenly spread to fill the circle.
- Bake for 90 minutes.

Recipe from Supervalu, by The Happy Pear

Crepes

1 cup aquafaba
1 cup low protein flour
1/8-1/4 cup oat milk or low protein milk (depending on thickness of batter)
½ tsp salt

- Whisk aquafaba with an electric whisk. You don't want to whip it like it into meringue style aquafaba, just a little to get some air into it.
- Whisk in flour, but be sure not to over whisk it. Feel free to add cinnamon or some sugar to sweeten pancake mixture.
- The batter should be just a little thick. Add in milk a little at a time until it reaches your preferred consistency.
- Lightly oil a non-stick pan and cook pancakes on a medium heat.

Recipe from foodhighs.com

Banana Bread

225g low protein flour
100g golden caster sugar or light brown sugar
1 tsp cinnamon
1 tsp xantham gum (Dove's Farm found in Tesco) or 1 tsp psyllium husks (optional)
½ tsp salt
1 tsp baking powder
3 bananas mashed
1 tsp vanilla essence
80 mls vegetable oil
50g dates (optional) or Vitabite chopped into chocolate chips
100mls aquafaba from 1 tin chickpeas

- Sieve and mix all dry ingredients together
- Mix the bananas, vanilla essence, oil and dates/vitabite together, then add them to the dry ingredients to create a batter or dough
- Whisk the aquafaba with a fork and then fold into the banana bread mix
- Put in oiled loaf tin and place in the oven for 40-45 minutes at 180°C
- After 30 minutes check the loaf and cover with foil to reduce browning if required
- Test using a skewer, if it comes out clean then it is cooked

Recipe by Suzanne Ford for NSPKU News & Views, Issue 162, Autumn 2019

Waffle and Pancake Mixture

350g low protein flour
1 tsp baking powder
A pinch of salt
6 tbsp sugar
1 tbsp plus ½ tsp lemon juice
5 tbsp rapeseed oil
410mls cold water
1 tsp of vanilla extract
120mls aquafaba (1 tin's worth)

- Sift low protein flour, baking powder, salt and sugar into a bowl and pour the tsp of lemon juice onto it – it should be slightly foamy. Add the oil, water, vanilla extract and blend everything until combined. Then add 2 tbsp of aquafaba and mix again.
- In a second bowl beat 6 tbsp of aquafaba, this will take 5-6 minutes. At the end, add ½ tsp of lemon juice and then fold the whipped aquafaba into the batter with a flat mixing spoon until just combined.
- Your waffle or pancake batter is now ready to use, so heat your waffle maker or frying pan and get going. Fluffy American style pancakes work best with a thick batter like this one.
- Top with fresh berries and coconut yoghurt or sliced banana and maple syrup.

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