

Healthier Baked Mianao Sticky Rice Gakes

Refined sugar free, Vegan, gluten free

Pre-heat oven to 160°C/320°F fan/convection or 180°C/350°F static

unsweetened almond milk (or other milk) 185g/3/4 cup

almond extract (2-4g) 1/4 - 1/2 tsp

1 Whisk lightly to combine.

pure maple syrup or honey 140g/1/2 cup

macadamia oil (or another vegetable/nut/olive oil) 52g/1/4 cup

unsweetened coconut milk 170g/3/4 cup

pinch of sea salt

GF baking powder 1/2 tsp (2g)

baking soda 1/4 tsp/2g

glutinous rice flour (stickys rice flour) 227g/8oz (1 1/2 cups + 1 tbsp + 1 tsp)

2 Whisk to combine

cut into lozenges very sharp!

7 Cool a bit then cut with a very sharp knife.

Serve warm or at room temp.

6 Bake 1 hour until golden brown, or darker.

Wow! Yummy!

50g/3/8 cup (scant) pine nuts or other nuts or chopped dates

or a round tin

9in/23cm 9in/23cm 3-4cm

4 Pour into tin lined with baking paper.

3 Whisk until just combined and smooth.

5 Sprinkle nuts on.

