



Brings you Healthy Recipes you can seriously enjoy!

We have gathered these "video recipes" from all of them that our Chef Kimberly, posted on Facebook, and wanted to share, just in case you missed some of them. Hope you enjoy and of course if you have any questions about Tiger Nuts products, just send us an email via nuts@tigernutsusa.com

If you have used our Tiger Nuts Flour, Oil or Tiger Nuts in a recipe, and have pictures too. Please email them to us and they may get published in our newsletter or added to the web site.



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8 HEALTHY BEVERAGE RECIPES

TIGER NUTS[®]

Tiger Nuts Milk from Raw Premium Organic Tiger Nuts



Ingredients:

- 1 1/2 cups [whole Tiger Nuts](#) – soaked
- water – to cover tiger nuts + 2 inches, in a bowl

Instructions:

- Soak tiger nuts overnight or up to 24 hrs, in bowl with enough water to cover them + 2 inches.
- Add plumped tiger nuts to a blender, with half of the soaking liquid, reserving rest of liquid.
- Blend to purée smoothly, for a few minutes.
- Using a fine mesh sieve, cheese cloth or a nut milk bag, strain mixture & collect milk.
- Return tiger nuts purée back to the blender with reserved soaking liquid & blend again for a few minutes.
- Using a fine mesh sieve, cheese cloth or a nut milk bag, strain mixture & squeeze to collect remaining milk.
 - * Note: Refrigerate or freeze remaining tiger nut meal & use to add to cookie dough, bread dough, smoothies, pancakes, to make a hot cereal in the morning, or feed a baby.
- Use tiger nuts milk within 2-3 days and be sure to refrigerate. Serve with hot sauce.

Watch on YouTube: <https://youtu.be/PSaEdvdE3Kc>



Tiger Nuts Milk from Raw Premium Organic Tiger Nuts Flour



Ingredients:

- 1 1/2 cups [Tiger Nuts Flour](#)
- 1 litre water

Instructions:

- Blend water & Tiger Nuts Flour for 1 – 2 minutes.
- Let sit 10 – 15 minutes.
- Re-blend for 1 – 2 minutes.
- Strain through a fine mesh sieve, or cheesecloth.
Note: Refrigerate or freeze remaining tiger nut meal & use to add to cookie dough, bread dough, smoothies, pancakes, to make a hot cereal in the morning, or feed a baby.
- Refrigerate tiger nuts milk for up to 2-3 days.

Watch on YouTube: <https://youtu.be/zjuDt44wmE4>

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TIGER NUTS MILK for BABY



Ingredients:

- 1 1/2 cups [Tiger Nuts Flour](#)
- 1 litre water

Instructions:

- Blend water & Tiger Nuts Flour for 1 – 2 minutes.
- Let sit 10 – 15 minutes.
- Re-blend for 1 – 2 minutes.
- Strain through a fine mesh sieve, or cheesecloth, twice.
Note: Refrigerate or freeze remaining tiger nut meal & use to add to cookie dough, bread dough, smoothies, pancakes, to make a hot cereal in the morning, or feed a baby.
- Sterilize baby bottle & serve to baby immediately.
- Refrigerate tiger nuts milk for up to 2-3 days.

Watch on YouTube: <https://youtu.be/wSepxU7cF4I>

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KIWI & TIGER NUTS MILK SMOOTHIES



Ingredients:

- 2 cups [Tiger Nuts](#) Milk
- 10 – 12 ice cubes
- 4 – 5 kiwis

Instructions:

- Wash, cut kiwi fruit in half & scoop out flesh with a spoon, into a blender.
- Add Tiger Nuts Milk & ice cubes.
- Blend ingredients until smooth.
- Taste test & adjust sweetness, as desired.
- Serve immediately.

Watch on YouTube: <https://youtu.be/IAqN4eh1oxw>

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TIGER NUT & BERRY SMOOTHIES



Ingredients:

- 10 ice cubes
- 1 - 1 1/2 cups water - or juice
- 4 tbsp [Tiger Nuts Smoothie Mix](#)
- 2 cups berries - fresh or frozen

Instructions:

- Combine ingredients in a blender.
- Blend until smooth.
- Serve immediately.

Watch on YouTube: <https://youtu.be/5PAk2SWyuis>

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TRADITIONAL SPANISH TIGER NUTS HORCHATA



Ingredients:

- 1 1/2 cups [Tiger Nuts](#) – covered with 2 inches water & soaked for 24 hrs
- 1 cinnamon stick
- pinch salt
- 1/2 cup sugar

Instructions:

- Soak Tiger Nuts for 24 hrs, in water – enough to cover the Tiger Nuts by about 2 inches (about 1 quart), in a large bowl. Strain the tiger nuts & reserve the soaking liquid.
Note: You can use a fine sieve, cheese cloth, nylon or a nut milk bag, to strain the tiger nuts.
- Use a slotted spoon & add the soaked tiger nuts into the blender, along with half of the soaking liquid. Also, add in the whole cinnamon stick & half the sugar. Blend very well, until smooth & creamy.
- Pour the mixture into a sieve or nut milk bag, to separate the liquid from the solids. With a spoon, your hand or spatula, squeeze any extra liquid through the sieve.
- Place the solids back into the blender, along with the remaining soaking liquid & a pinch of sea salt, and blend well blended, until smooth.
- Once again, strain the mixture & squeeze the remaining solids, to extract all the liquid possible.

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- The remaining solids should be saved & can be added to cookie dough, a pie crust, or can be added to your pet's food for added nourishment.
- Combine the liquids from both strainings, give it a quick taste test, and adjust the spice & sweetness levels, as desired. Refrigerate for a couple of hours, up to as long as 3 days.
- Give your horchata a good stir, and serve over ice with a dusting of cinnamon, a slice of orange citrus, and mojito mint, as garnish.
- In order to turn this already delicious beverage into a kicked up, adult, hard horchata version, add 1 oz of coconut rum and about 3 oz of the stirred horchata preparation, to each cocktail. Stir, shake over ice & strain into a suitable glass. Grind a bit of cinnamon over the top of the drink, add a slice of orange citrus, and a sprig of fresh mojito mint.
Note: In this recipe, I garnished our horchata with a slice of mandarin orange, but any orange citrus will do. If you don't have mojito mint, you may use any mint you prefer or have in your garden.

Watch on YouTube: https://youtu.be/csE7_bUItZM



Tiger Nuts Hard Horchata with Coconut Rum



Ingredients:

- 1 1/2 cups [Tiger Nuts](#) – covered with 2 inches water & soaked for 24 hrs
- 1 cinnamon stick
- pinch salt
- 1/2 cup sugar
- coconut rum - 1 oz for each 3 oz prepared horchata

Instructions:

- Soak tiger nuts for 24 hrs, in water – enough to cover the Tiger Nuts by about 2 inches (about 1 quart), in a large bowl. Strain the tiger nuts & reserve the soaking liquid.
Note: You can use a fine sieve, cheese cloth, nylon or a nut milk bag, to strain the tiger nuts.
- Use a slotted spoon & add the soaked tiger nuts into the blender, along with half of the soaking liquid. Also, add in the whole cinnamon stick & half the sugar. Blend very well, until smooth & creamy.
- Pour the mixture into a sieve or nut milk bag, to separate the liquid from the solids. With a spoon, your hand or spatula, squeeze any extra liquid through the sieve.
- Place the solids back into the blender, along with the remaining soaking liquid & a pinch of sea salt, and blend well blended, until smooth.

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- Once again, strain the mixture & squeeze the remaining solids, to extract all the liquid possible.
- The remaining solids should be saved & can be added to cookie dough, a pie crust, or can be added to your pet's food for added nourishment.
- Combine the liquids from both strainings, give it a quick taste test, and adjust the spice & sweetness levels, as desired. Refrigerate for a couple of hours, up to as long as 3 days.
- Give your horchata a good stir, and serve over ice with a dusting of cinnamon, a slice of orange citrus, and mojito mint, as garnish.
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Note: In this recipe, I garnished our horchata with a slice of mandarin orange, but any orange citrus will do. If you don't have mojito mint, you may use any mint you prefer or have in your garden.

Watch on YouTube: <https://youtu.be/6i6koyf4qnU>



HOLIDAY TIGER NUT MOCHA HOT CHOCOLATE



Ingredients:

- 3 cups milk
- 4 tbsp [Tiger Nuts Smoothie Mix](#)
- 2 tbsp cocoa
- 2 tsp instant coffee
- sugar – to taste
- pinch salt
- 1 small chili pepper
- mini marshmallows
- 2 small candy canes

Instructions:

- Combine ingredients in a medium sauce pan on medium heat and whisk to combine while still cool.
- Bring up to a simmer & serve!

Watch on YouTube: <https://youtu.be/7T8BptGGIMo>

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7 HEALTHY DESSERT RECIPES

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SPICED TIGER NUT MANGO MOUSSE



Ingredients:

- 2 large mangoes
- 3 1/2 tbsp [Tiger Nuts Smoothie Mix](#)
- 2 - 3 tbsp icing sugar - optional
- 1/4 - 1/2 tsp ground cardamom
- pinch of ground nutmeg
- 1 cup whipping cream - optional; you could use coconut milk or aquafaba
- topping - as desired; whipped cream, cotton candy, sprinkled spices, or fruit

Options:

- icing sugar
- honey
- agave nectar
- stevia

Instructions:

1. Wash & peel mangoes. Slice flesh from seed.
2. Combine mango, Tiger Nuts Smoothie Mix, icing sugar & spices, in a blender.
3. Blend until smooth, adding a bit of cream (coconut milk or aquafaba), as necessary.
4. Add cream & whip until light & fluffy, and mixture has doubled in volume.

* Tip: Scrape sides of blender down, as necessary.



5. Taste test, and adjust sweetness & seasonings, as desired.
6. Pour in glasses or bowls & top with extra nutmeg and/or cardamom.
7. Refrigerate for 20 - 30 minutes, before serving.
8. Top, as desired, with whipped cream, fruit, nuts, chocolate or cotton candy, as we did.

Watch on YouTube: https://youtu.be/V_3Cq4aygn8



GLUTEN FREE TIGER NUTS WINTER SPICE CAKE + HOT CAKE SAUCE



Cake Ingredients:

*** Note: It is important to have all ingredients at room temperature before you begin.

- 2 1/2 cups [tiger nuts flour](#) – sifted
- 1/2 tsp baking soda
- 2 tsp baking powder
- 1 tsp ground nutmeg
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1 tbsp fresh ginger – finely grated
- 1/2 tsp pumpkin pie spice
- dash cayenne pepper
- 1/2 tsp salt
- zest 1 orange
- 3/4 cup butter – softened
- 1 1/2 cups brown sugar
- 4 egg yolks
- 1 tsp vanilla extract
- 1/2 cup eggnog – or milk, cream, buttermilk, sour cream, yogurt
- juice 1 orange
- 1/2 cup pumpkin purée – pumpkin pie filling or mashed sweet potatoes can be used

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- 4 egg whites
- 1/4 cup white sugar
- 1/8 tsp cream of tartar

Cake Instructions:

*** Note: Have available a greased 9 inch tube pan, or 8 inch or 10 inch fluted tube pan.

1. Preheat oven to 350 degrees F.
2. In a bowl, whisk together until thoroughly combined, the following dry ingredients: tiger nuts flour, baking powder, baking soda, nutmeg, cinnamon, cloves, pumpkin pie spice, ginger, cayenne, salt & orange zest. Set aside.
3. In a large bowl, beat butter until creamy, using a mixer or hand mixer.
4. Gradually add brown sugar and beat on high speed until light & fluffy – about 2-4 minutes.
5. Beat in egg yolks, one at a time, and then beat in, vanilla extract & pumpkin purée.
6. On low speed, add the flour mixture in 4 parts, alternating with the egg nog, and beat until smooth.

Note: Be sure to scrape the sides with a rubber spatula, to ensure all the flour has been incorporated.

7. Add orange juice & beat until smooth.
8. Using clean beaters, in another clean bowl & on medium speed, beat egg whites & cream of tartar for 30 seconds.
9. On high speed, gradually add white sugar to the egg whites, and continue to whip until stiff peaks form, but the whites are not dry.
10. With a rubber spatula, fold 1/4 of egg whites into the flour & egg mixture, until well dispersed. Fold in the remaining egg whites.
11. Scrape the batter into the prepared tube pan & spread evenly.
12. Bake 45 – 60 minutes, or until a toothpick inserted into the center comes out clean.
13. Remove cake from oven & cool for 30 minutes. Then, allow to cool upside down, on a wire cooling rack, until cake reaches room temperature.
14. Run a small, sharp knife around edges of tube pan, before removing cake & turning it out onto a plate or pedestal.

Sauce Ingredients:

- 1/2 cup butter
- 1/8 tsp salt
- 1 cup brown sugar
- 1/4 tsp pumpkin pie spice or ground ginger
- 1 egg
- 1/3 cup water
- 1 tsp vanilla extract
- 1 tbsp maple syrup
- 2 tbsp heavy cream



Sauce Instructions:

1. Melt butter in sauce pan.
2. Stir in sugar, maple syrup, pumpkin pie spice or ground ginger, salt & water, and stir until sugar dissolves & thickens somewhat. Remove from heat.
3. In a small bowl, whisk egg until frothy.
4. Add a small amount of sauce to frothy egg, and whisk vigorously.
5. Gradually add egg mixture to the sauce pan, stirring constantly.
6. Return to heat, and stir until sauce has thickened to the degree desired.
7. Remove from heat, and stir heavy cream into the sauce.
8. Drizzle over or smother your winter spice cake with hot cake sauce, for a positively glorious dessert.

Watch on YouTube: https://youtu.be/4mNrb8Z_4K8



GLUTEN FREE HOLIDAY BRANDIED TIGER NUT FRUIT CAKE



Ingredients:

- 3 cups [tiger nut flour](#) – I use [Organic Tiger Nuts Flour](#); sifted
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground allspice
- 1 tsp ground nutmeg
- 1/2 tsp ground mace
- 1/4 tsp salt
- 3/4 cup golden raisins
- 1/4 cup dark raisins
- 2 1/2 cups assorted dried fruit and/or candied fruit
- 1/4 cup candied ginger
- 1/2 cup red & green candied cherries – or gumdrops or other candies of your choice
- 1 cup dried dates – pitted & chopped
- 1/2 cup currants
- 1 cup butter – softened
- 1 cup brown sugar – packed
- 6 egg yolks
- 1/2 tsp vanilla extract

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- 1/2 cup molasses
- 1/2 cup brandy – or: prune juice, dark grape juice
- 3/4 cup of citrus juices + pulps – juice of lemon, lime, orange or any other citrus desired
- 1/2 cup brandy or juice – as you desire to be poured over the cool cake over 1 – 2 separate days, 1/4 cup each day

Egg Whites:

- 6 egg whites
- 1/4 tsp cream of tartar
- 1 tsp brown sugar

Instructions:

* Preheat oven to 375 degrees F.

* Prepare two well-greased loaf baking pans with parchment paper.

1. Add sifted tiger nut flour into a large mixing bowl, and sift baking soda, baking powder & spices into the bowl. Stir well & set aside.
2. In a large mixing bowl, cream butter, add brown sugar & continue to cream mixture.
3. Beat in egg yolks, one at a time, and add vanilla extract.
Note: Be sure to scrape down sides of bowl.
4. Stir in brandy, until well combined.
5. Add the citrus juices to the mixture, and continue to stir.
6. Stir in the molasses, and scrape down the sides of the bowl to make sure everything is well combined. Set aside.
7. Into the bowl of dried ingredients, stir in the dried fruits – ginger, citron, candied cherries, dates, currants & raisins, assorted candied fruit – making sure all surfaces are covered by the floury mixture.
Note: It is a good idea to use your hands to ensure all ingredients are combined.
8. In a separate clean bowl, including clean beaters, beat the egg whites until light and frothy. Halfway through beating egg whites, add brown sugar & cream of tartar, and continue beating until peaks are formed, but they are not so stiff that they are dry.
9. Add about half of the wet mixture at a time to the dry ingredients, stirring to mix well.
10. Fold the beaten egg whites into the ingredients in the mixing bowl containing the wet & dry ingredients.
11. Pour batter into prepared pans spreading batter evenly.
Note: A bundt or angel cake pan, prepared in the same way as these loaf pans, would be acceptable.
12. Prepare a bain-marie & place on the bottom rack of the oven.
13. Reduce the oven temperature to 325 degrees F, and bake for about 1 1/2 hours, or until a skewer inserted in the center comes out clean. Check the cakes at 1 hour and be sure your bain-marie still has water in it.



Note: It would be best to place greased parchment tents over the cakes while baking to keep the cakes from burning.

14. Remove cakes from oven, and allow to cool completely on a wire rack, for at least 1 hour.
15. Gently, remove cakes from baking pans to cool for another hour, leaving parchment around them.
16. When completely cool, remove parchment paper and transfer cakes to separate suitable, waterproof containers.
17. Skewer cakes all over the top. Pour about 1/4 cup brandy, or liquid of your choice, over the cakes & allow the brandy to soak in. Cover with a clean linen, or cotton tea towel. Let stand overnight.
18. The next day, add another 1/4 cup of brandy or more, to the cake & allow to soak in.
19. 6 – 10 hours later, you will likely be able to cut your cake & serve. However, it is actually best to pack the cake in icing sugar and allow to age at least 1 month and preferably longer. These cakes can be stored this way for years.
20. Your cakes can be iced just before serving, or it is wonderful to cover with fondant, prior to serving.

Watch on YouTube: https://youtu.be/fycZmr_DVLc



BLUEBERRY PIE with GLUTEN FREE TIGER NUT PIE CRUST



Ingredients:

- 1 1/2 cups [tiger nut flour](#) – I use [Organic Tiger Nuts Flour](#).
- 1 tbsp brown sugar
- 5 – 7 tbsp butter – melted; enough to get tiger nut flour to a wet sand consistency
- 1 can blueberry pie filling

Instructions:

1. Preheat oven to 350 degrees F.
2. Combine tiger nut flour, brown sugar & 5 tbsp melted butter, in a pie plate.
* Note: Add more melted butter, 1 tbsp at a time, as necessary to reach a wet sand consistency with mixture.
* Note: Test mixture by grabbing a handful & squeezing it, to pack it. If mixture sticks together, it is ready.
3. Firmly & evenly, press mixture into bottom & up the sides of pie plate, to form a crust.
4. If par-baking your crust, depending on the type of pie you are making, bake for 8 – 10 minutes, or until golden.
5. Cool completely, before filling, if you have par-baked the crust.
6. Once pie crust is cool, pour in blueberry pie filling & chill pie, until set & ready to serve.

Watch on YouTube: <https://youtu.be/v5ZpOpo71cs> (Pie Crust Only)



GLUTEN FREE TIGER NUT DATE SQUARES



Dry Ingredients for Filling:

- 1/4 cup [tiger nut flour](#) – sifted; I use [Organic Tiger Nuts Flour](#)
- pinch salt
- 3/4 tsp baking powder
- 3/4 tsp ground cinnamon
- 1/2 tsp ground allspice
- 1/4 tsp ground cloves
- 1/4 cup oatmeal

Base Ingredients:

- 1 tbsp brown sugar – packed
- 1/2 cup oats
- 1 1/2 tbsp butter – melted

Wet Ingredients for Filling:

- 1/3 cup butter – melted
- 1/2 cup brown sugar – packed
- 4 1/2 tbsp milk
- 1 egg
- juice, pulp + zest of 2 limes – or any other citrus

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- 1 cup dates – pitted & chopped

Topping Ingredients:

- 1 tbsp brown sugar – packed
- 1/2 cup oats
- 1 1/2 tbsp butter – melted

Instructions:

* Preheat oven to 350 degrees F.

* Prepare a greased 8x8 inch or 9x9 inch baking pan.

1. In a large bowl, combine dry ingredients for the filling, and set aside.
2. Into your greased pan, place the brown sugar, 1/4 cup of oats & melted butter, and using the back of a fork, combine these ingredients. Then, add the other 1/4 cup of oats and combine with the other ingredients in the pan.
3. Press the ingredients in the pan, to distribute them evenly over the bottom of the pan, and using your fingers, press firmly & evenly over the entire bottom of the pan.
4. To begin preparation of your wet ingredients, in a small bowl, combine 1/2 cup brown sugar & 1/3 cup melted butter.
5. Add these wet ingredients to your prepared dry ingredients in a large mixing bowl, and combine thoroughly.
6. In a small bowl, whisk to combine egg & milk, and add to large bowl containing other filling ingredients.
7. Add chopped dates, lime juice, pulp & zest to filling, and stir well.
8. Pour filling over base, already in the greased pan, and spread evenly.
9. Combine the same ingredients for the topping as for the base, except for the topping just sprinkle the ingredients evenly over the top of the filling.
10. Reduce heat to 325 degrees F and bake squares for about 40 – 45 minutes, or until the center is not jiggly & the edges tend to pull away from the edges of the baking pan.
11. Remove from oven & allow to cool for at least 1/2 hour, at which time you can mark with a knife where you will wish to cut the squares after they have cooled completely.
12. When cool, cut into squares, as desired, and serve.

Watch on YouTube: <https://youtu.be/loEcb1Now5Q>



GLUTEN FREE HOLIDAY TIGER NUT SHORTBREAD COOKIES



Ingredients:

- 1 1/2 cups [tiger nut flour](#) – sifted, plus up to 1/4 cup extra if needed, to achieve desired texture
- 1 cup butter – softened; unsalted, if on hand
- 1 egg yolk
- 1 cup icing sugar or confectioners sugar – sifted; + up to 1/4 cup if needed, to achieve desired sweetness
- 1/4 cup white sugar
- 1/2 cup corn starch – sifted; + up to 1 tbsp if needed, to achieve desired texture
- cookie decorations or sprinkles

Instructions:

* Preheat oven to 350 degrees F.

* Bake at 300 degrees F.

1. In a large mixing bowl, cream butter, until light in color & fluffy.
2. Add in egg yolk, incorporating into mixture & scrape down sides with a spatula, if needed.
3. Add white sugar & beat well.
4. Slowly beat in the icing sugar.
5. Add the corn starch gradually & combine with mixture. Be sure to scrape down sides.

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6. Stir in the tiger nut flour, adding in 1/3 of the quantity at a time, combining thoroughly between additions.
 - *Note: The consistency should be similar to oatmeal.
 - * Note: In order to achieve the desired texture, I have increased the tiger nut flour by 1/4 cup, the icing sugar by 1/4 cup, and the corn starch by 1 tbsp. This is the time to make any adjustments that you deem necessary.
 - * Note: On any given day, the ingredients might have to be adjusted due to differences in weather, ingredient temperature, or the type or denseness of the flour used. Since tiger nut flour creates a slightly different texture from regular all purpose flour, sometimes adjustments are made to achieve the desired texture results.
7. Turn the cookie dough on to a board or pastry sheet, using corn starch in place of bench flour.
8. Pack the dough mixture together with your hands, kneading somewhat, until you are able to create a cohesive disc.
9. Wrap in plastic and refrigerate for approximately 20 minutes, in order for the butter in the dough to re-solidify.
10. Remove plastic wrap from dough disc.
11. Using corn starch on your bench/working surface, roll out dough to approximately 1/4 inch thick. Using cookie cutters or cutting out free form designs by hand, cut out the shapes desired & decorate the cookies.
 - * Note: This dough can easily be re-rolled, so don't waste any dough left over, after you cut out your first batch.
 - * Note: Do not use any icing on your cookies at this time – icing can be applied after cookies have baked & cooled.
12. Place cookies on baking sheets, and reduce heat to 300 degrees F to bake. Baking time is 10 – 18 minutes, depending on atmospheric conditions & the nuances of your own oven. Check for doneness at 8 minutes, to be sure not to burn the edges of your cookies.
 - * Note: Once you have the timing down for your first batch, make a note of the time & use that benchmark for the next batches.
13. Transfer cookie sheets from the oven, and allow to sit on the pans for a few minutes, while cooling.
14. Remove cookies from sheets & allow to finish cooling on a wire rack.

Watch on YouTube: <https://youtu.be/sk7RvZs2xqo>



GLUTEN & NUT FREE TIGER NUTS GINGERBREAD COOKIES



Ingredients:

- 1 cup brown sugar
- 1/2 cup molasses
- 1/2 cup apple sauce
- 1/4 cup butter
- 1 large egg
- 1/4 cup maple syrup
- 3 1/2 cups [tiger nuts flour](#)
- 1 tsp ground cinnamon
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 3/4 tsp fresh ginger – finely grated
- 1/4 tsp ground cloves

Instructions:

1. Combine brown sugar, molasses, apple sauce, butter & maple syrup, in a medium sauce pan.
2. Bring to a boil, turn down & simmer 6 minutes. Then, cool down to lukewarm.
3. Combine tiger nuts flour, spices, baking soda & baking powder, in a medium mixing bowl.



4. In a mixer, stir in egg. Then, add tiger nuts flour mixture, about 1 cup at a time.
 - * Note: Stir in each cup of flour, until just mixed, before adding another cup.
 - * Note: You may have to add more flour, a little bit at a time, until dough pulls off the sides of mixing bowl.
5. Remove from mixing bowl, onto a work surface, lightly coated in bench flour.
6. Pull dough together to form a ball. Cut in half, forming each half into a ball. Flatten each ball into a disc & wrap in plastic wrap.
7. Chill dough for a 2-3 hours, in the refrigerator.
 - * Tip: Chill dough overnight, if possible.
8. When ready to proceed, lightly flour work surface & roll dough to a minimum of 1/4 inch thick.
9. Cut cookies out, with desired cookie cutter shapes & place cookies 1 – 1.5 inches apart, on baking sheets lined with parchment, a baking mat, or grease baking sheets.
10. Re-roll the scraps & cut more cookies out, until there is not enough dough left, so as not to waste any.
 - * Note: You may want to use icing to decorate cookies, after baking.
 - * Note: If you want to use these gingerbread men for hanging on a tree, use a skewer & then a chopstick to pierce a hole in the top of each unbaked cookie, if desired.
11. Bake one sheet at a time on the middle rack on 325 degrees F for 15 – 17 minutes.
 - * Tip: Take cookies out, as soon as they start to brown around the edges.
12. Before removing cookies from the sheets, allow them to sit in the pan for about 3 minutes.
13. * Tip: While waiting, just make sure the hole is okay & reuse the skewer to open up the holes to hang up, if needed.
14. Remove cookies to a cooling rack & allow them to rest until completely cooled.
15. Decorate & frost, as desired. Then, if hanging the gingerbread men on the tree, make a hanger with a piece of narrow ribbon.

Watch on YouTube: <https://youtu.be/VXAqnzqddj8>





**4 HEALTHY
BREAD RECIPES**

TIGER NUTS®

BASIC GLUTEN FREE TIGER NUTS BREAD LOAF



Ingredients:

- 1 cup milk
- 1/2 cup water
- 2 1/2 tsp active dry yeast - I use quick-rise yeast.
- 3 - 4 tbsp honey
- 1 1/2 cups [Tiger Nuts Flour](#) - sifted
- 1/2 cup arrowroot flour - optional; or another light gluten-free flour
- 1/2 cup chickpea flour - optional; or another light gluten-free flour
- 1 tsp salt
- 4 tsp baking powder
- 1 1/2 tsp xanthan gum
- 1 tsp guar gum
- 2 large eggs - room temperature
- 2 tsp apple cider vinegar
- 1/4 cup [Tiger Nuts Oil](#) - plus, enough to grease loaf pan

Instructions:

9. Scald milk with water in microwave or on stove top, to heat, but not boil.

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10. To scalded milk, add honey & yeast. Stir to combine & set aside for 10 - 15 minutes, covered & in a warm area, to bloom.
11. Combine dry ingredients, in a small mixing bowl. Stir to combine.
12. Using a standing mixer, combine wet ingredients, minus yeast. Once yeast has bloomed, add yeast & quickly combine, before adding dry ingredients.
13. Grease a loaf pan with tiger nuts oil or cooking spray.
14. Add dry ingredients 1/3 at a time, to the wet ingredients, in the mixer on a low speed. Just combine, before adding additional flour, then turn up to a medium-high speed & let combine for 3 minutes.
15. Scoop dough into greased loaf pan & smooth out the top with wet fingers or using a spatula. Let rise in a warm area, that is not drafty, covered, for 20 - 30 minutes.
Note: Do not let rising dough crest above pan, before baking.
16. Preheat oven to 375 degrees F, and bake for 35 - 45 minutes, or until a digital thermometer reads 210 - 220 degrees F, through the center, near the bottom of the loaf.
Note: If bread is browning too much, cover with a loose aluminum foil tent, while finishing baking.
17. Let bread rest for 2 - 3 minutes.
18. Using a small, sharp knife, slide around edges of bread to ensure it releases, before turning it out.
19. Gently remove baked loaf from pan & let completely cool, on its side, on a rack, before slicing.

Watch on YouTube: https://youtu.be/e2svHSmjf_4



GLUTEN FREE BUTTERMILK TIGER NUT BREAD



Ingredients:

- 2 1/3 cups buttermilk
- 2 large eggs
- 1 cup [Tiger Nuts Flour](#)
- 1/2 - 1 cup sugar - to taste
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1/8 tsp black pepper
- few dashes cayenne pepper - or chili powder
- 1 3/4 cups tiger nuts meal - from making tiger nuts milk; or additional tiger nuts flour
- 1 tbsp butter - lightly meltedwater – to cover tiger nuts + 2 inches, in a bowl

Instructions:

1. Combine wet ingredients, in a mixing bowl, minus butter, and whisk together.
2. Preheat oven to 425 degrees F.
3. Combine dry ingredients, in a mixing bowl, stirring evenly, leaving tiger nuts meal until last.
4. Add lightly melted butter to dry ingredients & stir through evenly.

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5. Add 1/2 the wet mixture to the dry ingredients & stir through, before adding remaining half. Stir to just combine.
6. Let sit for 10 - 15 minutes, while preheating greased pan in oven.
7. Pour batter into preheated & greased pan and return to oven to bake for 25 - 30 minutes, or until a skewer removes cleanly from center.
8. Remove from oven & let cool slightly, before turning out and/or slicing to serve.

Watch on YouTube: <https://youtu.be/EI7KpbhNaIY>



GLUTEN FREE HOLIDAY BUTTERNUT SQUASH TIGER NUT DINNER ROLLS



Ingredients:

- 1 cup butternut squash - roasted with oil, salt & pepper, mashed
- 1 cup milk - scalded
- 2 large eggs - room temperature
- 1/8 cup molasses
- 1/4 cup honey
- 1/4 cup butter + coconut oil - mixed
- 1 tsp baking powder
- 1 tsp baking soda
- 4 - 5 cups [Tiger Nuts Flour](#)

Instructions:

1. Roast butternut squash with oil, salt & pepper, or use leftover butternut squash, and mash.
2. Scald milk in microwave or on stove top, until heated, but not boiling.
3. In a mixing bowl, beat 2 eggs. In another mixing bowl, mash roasted butternut squash.
4. Add eggs to butternuts squash & mix to combine.
5. In a large mixing bowl, combine molasses, honey, butter + coconut oil & milk mixture, and stir to combine evenly.

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6. Add butternut squash mixture & stir to combine evenly.
7. Sift baking powder & baking soda into tiger nuts flour, in a mixing bowl.
8. Add about 1/2 the flour mixture to wet mixture & stir to roughly combine.
9. Then, add 1 cup of tiger nuts flour mixture at a time, until mixture pulls away from the sides of the bowl.
10. Form mixture into a ball & let sit for 5 minutes.
11. Preheat oven to 375 degrees F.
12. With flour on your hands, lightly roll balls - larger than a ping pong ball, but smaller than a tennis ball.
13. Place rolls on a baking sheet lined with a baking mat or parchment, evenly spaced - about 12 to a baking sheet.
14. Bake for 5 minutes, on 375 degrees F. Turn oven down to 325 degrees F & bake for an additional 20 - 25 minutes, or until golden brown & a skewer comes out from the center cleanly.
15. Serve warm.

Watch on YouTube: https://youtu.be/5T_gZ31ei4g



PALEO TIGER NUTS BANANA BREAD MUFFINS



Ingredients:

- 4 medium bananas – overripe, mashed; fresh or frozen
- 4 large eggs – room temperature
- 2 tsp vanilla extract
- 1/4 cup coconut oil
- 1 3/4 cups [Tiger Nuts Flour](#)
- 1/2 cup arrowroot flour
- 1 tsp baking soda
- 1 tsp baking powder – Check out our recipe for Paleo Baking Powder
- 1 tsp ground cinnamon
- 1/8 – 1/4 tsp sea salt

Instructions:

1. Preheat oven to 350 degrees F.
2. Peel & mash bananas in a mixing bowl.
3. Add eggs, coconut oil & vanilla extract, and whisk thoroughly.
4. In a separate, large mixing bowl, combine all dry ingredients.



5. Add half of wet mixture to dry mixture & stir in, just to combine, before adding remaining wet mixture.

Note: Mix by hand, and do not over-mix. Mix just to combine.

6. Fill 1 dozen muffin reservoirs or baking cups, evenly.
7. Bake for about 30 minutes, or until golden brown, and a tester comes out clean from the center of muffins. Start checking muffins around 25 minutes.
8. Remove from oven & let cool on a rack.

Watch on YouTube: <https://youtu.be/b7tAGH7wsEo>





3 HEALTHY SIDE DISH RECIPES

TIGER NUTS[®]

GREEN BEANS with TOASTED TIGER NUTS



Ingredients:

- 3-4 handfuls green beans
- 1/8 cup [Tiger Nuts](#) – smashed & toasted
- 1 tbsp [Tiger Nuts Oil](#)
- 1 tbsp butter
- black pepper – to taste
- sea salt – for boiling & to taste

Instructions:

1. On the stove top, prepare a medium-sized sauce pan with water & salt, bringing up to a boil.
2. Wash beans under cold water, sort & trim ends.
3. Add beans to boiling water and bring back up to a boil. Turn down to a simmer & let cook until knife tender.
4. In the meantime, preheat oven to 400 degrees F.
5. Smash tiger nuts in a resealable plastic bag, using a mallet & spread on a baking sheet, toasting in oven, until golden brown – about 5-7 minutes.
6. Strain beans, once knife tender & return to pot.
7. Add tiger nuts oil & butter, salt & pepper, and half the toasted tiger nuts.
8. Put lid on the pot & gently shake to evenly coat beans.



9. Put beans into a serving dish & top with remaining toasted tiger nuts.
10. Serve warm.

Watch on YouTube: https://youtu.be/0_3_8LqpG04



GLUTEN FREE TIGER NUTS YORKSHIRE PUDDING



Ingredients:

- 1/2 cup milk
- 1/2 cup water
- 2 large eggs
- 7/8 cup [Tiger Nuts Flour](#)
- 1 pinch sea salt

Instructions:

1. With a hand mixer, beat water, milk, eggs, flour and salt, all of which should be room temperature.
Tip: It works much better at room temperature.
2. Coat bottom of regular-sized muffin pan with beef drippings, if you have them. If not, then use butter, or other meat drippings.
3. Heat pan in 450 degrees F oven until drippings/butter are sizzling – less than 5 min.
4. Pour batter into muffin pan. Should fill 12 muffin reservoirs 1/3 full.
5. Bake in a 425 degrees F oven for 5 min. Then, reduce heat to 350 degrees F for about 15 – 20 min.
Tip: When 'Yorkies' are puffed up, golden brown and firm, they are done.
6. Take them out of oven, and let sit for about 2-3 min.



7. Slide a small, sharp knife around the edges of each muffin reservoir. Then, turn them out, so they do not stick to the pan.

Watch on YouTube: <https://youtu.be/hqdl-6wNpt8>



GLUTEN FREE TIGER NUT BREAD & DATE STUFFING



Ingredients:

- 2 tbsp [Tiger Nuts Oil](#)
- 1/2 loaf gluten free tiger nuts bread
- black pepper – to taste
- sea salt – to taste
- sprinkling poultry seasoning
- sprinkling cayenne pepper
- 1 stalk celery – small dice
- 1/2 carrot – grated, peeled or small dice
- 1 tbsp butter – optional
- 1 dozen dates – I used deglet noor dates
- 1/2 bell pepper
- 2 – 3 tbsp fresh parsley – minced
- chicken broth – a few tbsp at a time, to barely moisten

Options:

- onion powder
- garlic powder
- gumbo file
- savory

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- sage
- 1/2 onion
- 1 – 2 cloves garlic
- sausage
- bacon
- turkey neck

Instructions:

1. Preheat a large frying pan, on the stove top, with oil.
2. Cut half a loaf of gluten free tiger nuts bread into half inch cubes.
3. Spread cubes evenly, on a dry baking sheet, and preheat oven to 275 degrees F.
4. Toss bread cubes with savoury holiday spices, of your choice.
5. Toast/dry in oven on 275 degrees F. about 15 – 20 minutes.
6. To preheated frying pan, add butter, if desired.
7. Finely dice celery & saute, on low heat, until softened.
8. Using a vegetable peeler, peel short strands of carrot, and add to frying pan.
9. Season with sea salt, black pepper, cayenne pepper, paprika & poultry seasoning.
10. Remove pits from dates, if necessary, and chop dates into small pieces.
11. Finely dice bell pepper & add to the pan to saute.
12. Once bread is toasted, remove from oven & cool.
13. Combine bread & vegetables, in a large mixing bowl, with dates & fresh parsley.
14. While stirring, add chicken broth, a few tbsps at a time, to barely moisten stuffing mixture.
15. Stuff poultry or a roast, as desired, and follow cooking instructions for your entrée.
Note: You can cook the stuffing separately without stuffing a bird or roast, by roasting in a baking dish, covered. It may require some additional chicken broth to moisten, by adding a few tbsps at a time, until desired texture is achieved, during roasting.
16. Cap stuffing with half an apple, potato or citrus fruit to keep stuffing secure, if stuffing poultry.
17. After roasting bird or meat, remove stuffing & serve hot.

Watch on YouTube: https://youtu.be/nfiqdeDZ8_s





**2 HEALTHY
ENTREE RECIPES**

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TIGER NUT CRUSTED OUTSIDE ROUND ROAST BEEF



Ingredients:

- 1 outside round roast of beef
- 1/2 – 1 cup [Tiger Nuts Flour](#)
- 2 tsp olive oil
- 2 tbsp [Tiger Nuts Oil](#)
- 1 – 2 tsp black pepper
- sea salt – to taste
- 1/8 tsp cayenne pepper

Instructions:

1. Preheat oven to 325 degrees F.
2. Preheat a large, oven-proof frying pan, on the stove top, with oil on a low heat
3. In a large, shallow dish, combine flour & spices.
4. Turn frying pan up to a high heat.
5. Dredge beef roast in flour mixture and tap off any excess.
6. Brown all sides of roast in preheated frying pan – a few minutes per side.
7. Roast in oven for roughly 20 minutes/pound.
*Note: If roast is browning too much, cover with a loose, aluminum foil tent, while roasting.



*Note: To reach medium rare, achieve an internal temperature of 145 degrees F. Bring outer layer of roast to 160 degrees F.

8. Remove roast from oven, and let rest for 10 minutes, covering with a loose aluminum foil tent, before slicing.

Watch on YouTube: <https://youtu.be/B-4PIVDH01I>



VEGAN TIGER NUT & PUMPKIN GNOCCHI + TOMATO & ZUCCHINI PASTA SAUCE



Gnocchi Ingredients:

- 1 1/2 cups roasted pumpkin flesh or pumpkin puree
- 1 cup [Tiger Nuts Flour](#) + additional flour needed to attain texture (not too wet/damp)
- 1 tsp black pepper
- 2 tbsp [Tiger Nuts Oil](#)

Gnocchi Instructions:

1. Combine ingredients on work surface, keeping surface lightly floured while working with dough.
2. Knead dough to combine evenly.
3. Form dough into a flat disc & let dough sit, while preheating a large frying pan with tiger nuts oil & preparing a quick sauce.
4. Lightly flour work surface to prepare for rolling & forming gnocchi, as well as a baking sheet lightly floured, so formed gnocchi will not stick.
5. Cut disc into four quarters and roll each piece into a long cylinder.
6. Flour a small, sharp knife & slice cylinders into 1-inch pieces.
7. Flour a long-tined fork & roll gnocchi pieces down the back of the fork, to form ridges.
8. Preheat a large frying pan with tiger nuts oil, on medium heat.
9. Brown gnocchi in frying pan, on all sides.

* Tip: Do not overcrowd the pan.

10. Serve with sauce.

Watch on YouTube (Gnocchi ONLY): <https://youtu.be/vUQ1mWrRs2g>

Sauce Ingredients:

- 1 carrot - grated
- 1/2 zucchini - small chunks
- 1/2 onion - optional
- 1-2 cloves garlic - optional
- 1 fresh tomato - diced
- 1 can whole tomatoes
- 1 heaping tsp tomato paste
- 2 tbsp [Tiger Nuts Oil](#)
- 1/2 tsp red chili flakes
- sea salt - to taste
- black pepper - to taste
- splash red wine - optional

Herb Options:

- oregano
- basil
- thyme
- parsley
- chives
- sage
- shallots

Sauce Instructions:

1. Wash vegetables. Grate carrot & cut zucchini into small chunks.
Note: If using onion, prepare a small dice.
Note: If using garlic, mince finely.
2. On a medium heat, sautee zucchini & onion in preheated frying pan, stirring frequently.
3. Add carrot & garlic, when zucchini is halfway softened, and sautee a few more minutes.
4. Add fresh tomato & tomato paste and continue to sautee.
5. Add a splash of red wine to deglaze pan.
6. Add can of tomatoes, squeezing tomatoes into sauce. Bring up to a simmer & reduce liquid, stirring occasionally.
7. Serve with pan fried gnocchi.

Watch on YouTube: <https://youtu.be/A8rRxcAhgE>





HEALTHY BABY RECIPE

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ORGANIC TIGER NUTS BABY CEREAL



Ingredients (1:1 ratio):

- [tiger nuts flour](#)
- fruit sauce, mashed vegetables or water

Instructions:

Option 1:

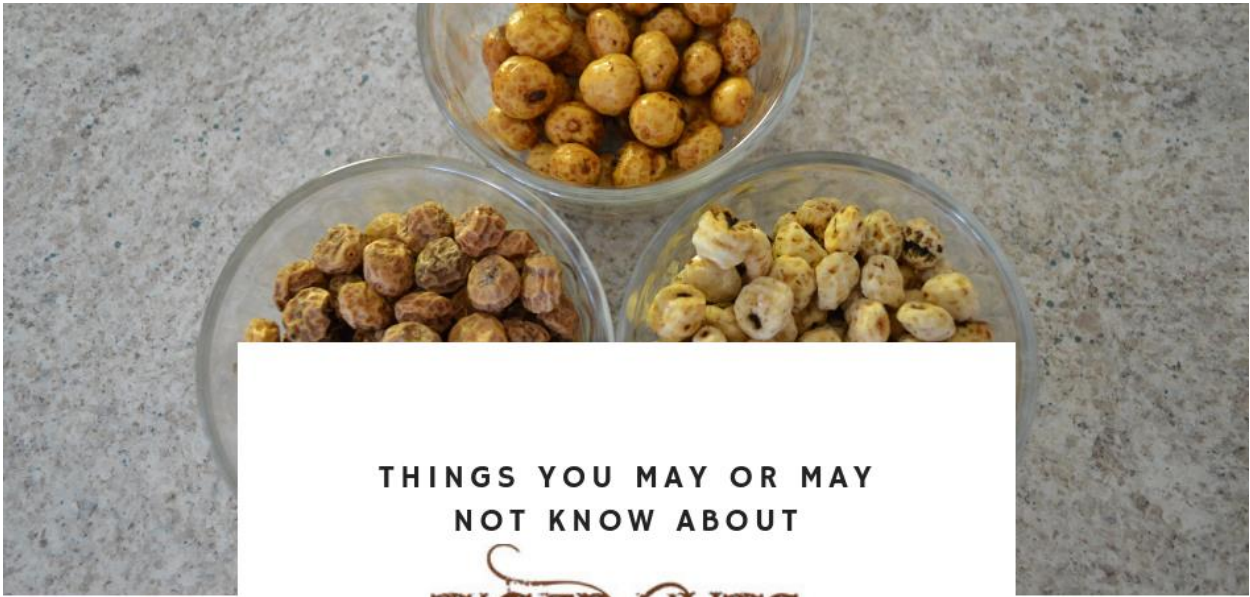
20. Combine desired fruit sauce & tiger nuts flour in a small cup/bowl/ramekin, and stir evenly.
21. Heat in microwave for 10 - 12 seconds, for a few teaspoons, in a small cup/bowl/ramekin.
22. Serve immediately.

Option 2:

1. Combine desired fruit sauce & tiger nuts flour in a small pot or frying pan.
2. Heat until very warm, stirring consistently.
3. Serve immediately.

Watch on YouTube: <https://youtu.be/kGNEB5FKbZ0>

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THINGS YOU MAY OR MAY
NOT KNOW ABOUT

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TIGER NUTS

PREVENT STRETCH MARKS DURING PREGNANCY WITH TIGER NUTS OIL?



Watch on Youtube: <https://youtu.be/o-GCr1pi5uk>

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DO YOU WORK OUT? GOT TIGER NUTS?



Watch on Youtube: <https://youtu.be/RFSb-37SgTc>

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WHY DO TIGER NUTS BEAT SOY NUTS?



Watch on Youtube: <https://youtu.be/3vcYzPWuxRA>

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WHY DO TIGER NUTS BEAT ALMONDS?



Watch on Youtube: https://youtu.be/iyf_cFpjTZg

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WHY DO TIGER NUTS BEAT PEANUTS?



Watch on Youtube: https://youtu.be/e1vQkwQrV_U

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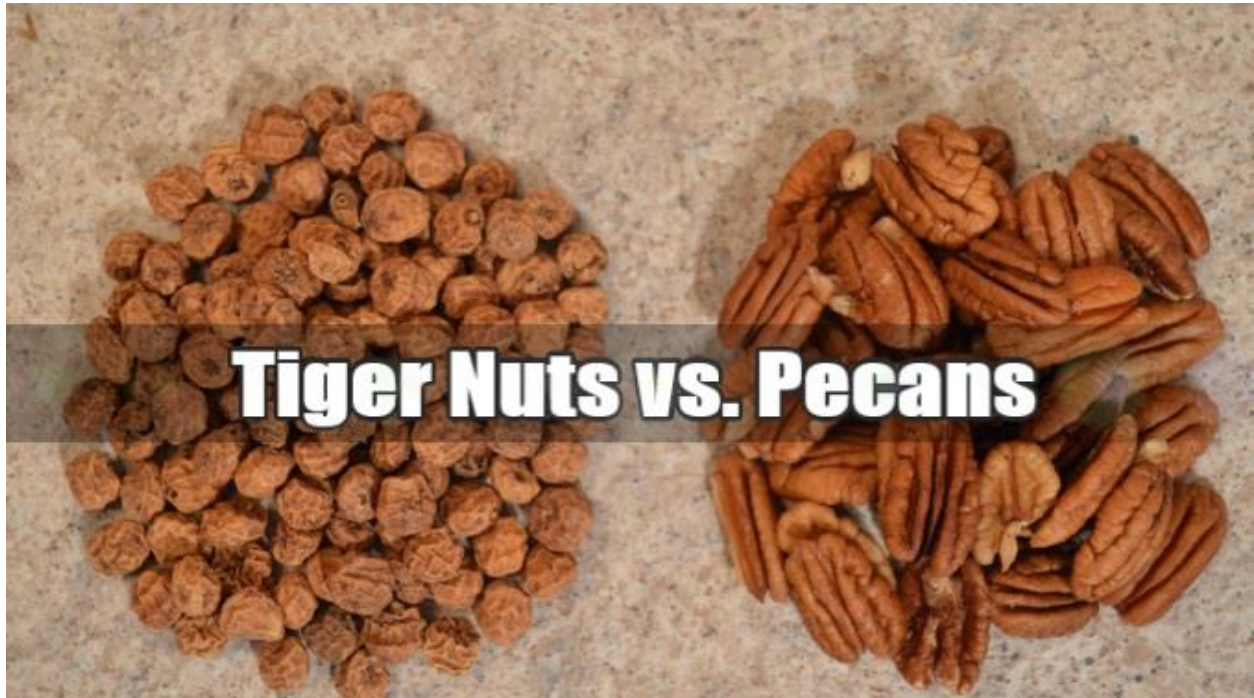
WHY DO TIGER NUTS BEAT CASHEWS?



Watch on Youtube: <https://youtu.be/u5786l2Co6Y>

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WHY DO TIGER NUTS BEAT PECANS?



Watch on Youtube: <https://youtu.be/nia1uaeODe8>

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WHY DO TIGER NUTS BEAT BRAZIL NUTS?



Watch on Youtube: <https://youtu.be/Y6B6xfGxoI0>

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WHY DO TIGER NUTS BEAT WALNUTS?



Watch on Youtube: <https://youtu.be/-3s9w5wJ-E4>

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WHY DO TIGER NUTS BEAT CHESTNUTS?



Watch on Youtube: <https://youtu.be/aqNQCFpunMs>

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WHY DO TIGER NUTS BEAT HAZELNUTS?



Watch on Youtube: <https://youtu.be/wlOomiqbsCl>

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WHY DO TIGER NUTS BEAT PINE NUTS?



Watch on Youtube: https://youtu.be/VZ6D5v_5Xdg

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WHY DO TIGER NUTS BEAT CACAO BEANS/NIBS?



Watch on Youtube: <https://youtu.be/r1SOOXKM4CY>

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Thanks so much for downloading our Tiger Nuts Cook Book! We are so proud of the work that our Chef Kimberly has done for us and you our customers.

We sincerely hope that you enjoy it, and please feel free to share it with your like-minded healthy friends!

By the way if you have a dish that you create using any of our Tiger Nuts products, we would love to hear from you and have it included in our Tiger Nuts Cook Book Volume 2.



Jim and Jack the Chief Nuts at <http://www.tigernutsusa.com>

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