

Hairy Bikers Peach and raspberry galette

Extracted from The Hairy Dieters Fast and Fresh by Si King and Dave Myers



Galette can mean different things – a Breton galette is a type of pancake – but this one is a free-form, open-topped pie. We've made a special pastry that swaps some of the butter for yoghurt to make it a bit healthier; hope you like it. You could use any fruit, but peaches and raspberries are a marriage made in heaven.

Ingredients

Pastry

175g wholemeal plain flour
75g ground almonds
pinch of salt
50g butter, chilled and diced
1 egg
100ml Greek yoghurt

Filling

2 tbsp ground almonds
1 tbsp light brown soft sugar
3 ripe peaches, cut into
wedges (or canned
peaches)
200g raspberries

Serves: 6

Prep: 20 minutes, plus chilling time

Cooking time: about 25–30 minutes

Calories per serving: 352 kcal

Method

First make the pastry. Put the flour and ground almonds into a bowl and add a generous pinch of salt. Add the butter and rub it in until the mixture resembles breadcrumbs. Beat the egg and reserve 1 tablespoon of it. Mix the remaining egg with the yoghurt and add it to the bowl. Cut the mixture with a knife until it starts to form clumps, then bring everything together into a smooth dough with your hands. Wrap the pastry and chill it in the fridge for at least an hour.

Preheat the oven to 200°C/Fan 180°C/Gas 6. Line a large baking tray with some greaseproof paper.

Roll out the pastry into a large round that's about ½cm thick and place it on the baking tray. Mix the 2 tablespoons of ground almonds and half the sugar together and sprinkle over the centre of the pastry, leaving a 3–4cm border all the way around. Arrange the fruit on top, then sprinkle with the rest of the sugar. Fold in the uncovered edges of pastry so they cover some of the filling, leaving the centre exposed.

Mix the reserved tablespoon of egg with 1–2 teaspoons of water and brush this over the pastry. Bake the galette in the preheated oven for 25–30 minutes, until the pastry is crisp and golden brown and the fruit has softened. Serve warm or cold.



Melissa Hemsley

Chocolate peanut bars

Extracted from Real Healthy by Melissa Hemsley (Ebury Press, £26).
Photography by Lizzie Mayson



A no-bake family favourite treat. Pretty irresistible but if you don't devour them over a few days, they will keep for a week in a sealed container. Store in the fridge in warmer months. If catering to any nut allergies, swap the ground almonds for more oats and switch the nut butter for pumpkin seed butter. If you have a preferred nut butter, try that – I love a cashew butter but keep it to the smooth variety for a silkier texture. Look out for 60% minimum cocoa solids for your chocolate.

Ingredients

250g smooth peanut butter

100g ground almonds

100g porridge oats

6 tbsp maple syrup

1 tsp vanilla extract

Little pinch of sea salt

For the chocolate layer

180g dark chocolate,
roughly broken

1 tbsp smooth peanut butter

Flaky sea salt, for sprinkling

Optional topping

2 handfuls of toasted peanuts

Makes: 16 Bars

Takes: 20 minutes, plus setting time

Keeps for: 1 week, at room temperature

Method

Line a small tin or dish (about 15 x 8cm or square equivalent) with greaseproof paper, making sure it comes up high enough on the sides so that you can lift the mixture out of the tin once it's set.

Mix the peanut butter, ground almonds, oats, maple syrup, vanilla and salt together in a bowl.

Transfer to the lined tin, pressing down with the back of a spoon or spatula to make it even and compact. For the chocolate layer, melt the chocolate in a bain-marie (a heatproof bowl set over a pan of very lightly simmering water, making sure the bottom of the bowl does not touch the water).

Once melted, stir through the peanut butter and pour this evenly over the base. If topping with the whole peanuts, scatter these over the chocolate layer.

Sprinkle over a little pinch of flaky sea salt.

Set in the fridge for 1 hour or until firm, then cut into 16 pieces to serve.



Fay Ripley

Best-ever chocolate banana bread

Extracted from What's for Dinner by Fay Ripley (Collins).
Photography by Jonathan Ford



After ten years of marriage, I finally gave in to my husband's whingeing to bake his favourite thing in the world - banana bread. But I don't like banana bread (she stamps her foot), so I added chocolate and I love it. Now I'm happy to bake it and he is allowed a small slice...which is nice of me.

Ingredients

130g butter, softened

250g plain flour

150g light brown soft sugar

1 tsp baking powder

3 ripe bananas (about 300g),
peeled and mashed

1 tsp bicarbonate of soda

150g dark chocolate,
broken into chunks

1 tsp vanilla extract

2 large free-range eggs

3 tbsp milk

For: 8 (or just you)

Prep time: 20 minutes

Cook time: 60 minutes

Freezable: Yes

Method

Preheat the oven to 160°C (fan), 180°C, gas mark 4. Butter or line the loaf tin with baking parchment. Cream the butter and sugar together in a large bowl till fluffy. Add the mashed bananas, vanilla and eggs and whisk together.

Sift in the flour, baking powder and bicarbonate of soda and mix in well.

Fold in the chocolate chunks and milk till combined. Plop the lot into the lined tin and bake for 50-60 minutes, till risen and golden and a skewer inserted into the bread comes out clean. Cool slightly in the tin, then serve warm if possible for total joy.

Stored in an airtight container, this cake keeps well for a couple of days.

Tip: Use up all those ropey old bananas.

