



*based on an author's recipe by
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DRY MIXTURES

GRAM ZA KILOGRAM LTD

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Gram 3a KiloGram Ltd is focused entirely in the production and supply of healthy, gluten-free, low calorie, vegan, vegetarian and keto products. We do not compromise on any of our ingredients.

We do not use: preservatives, yeast, leavening, stabilizers, artificial colors, emulsifiers. There is no added sugar, glyucose-fructose syrup or any type of gum in our products.

Our products are from ingredients and flours that are gluten free and rich in fiber, vegetable protein, calcium, magnesium and healthy fats like omega 3, 6, 9.

This makes them extremely suitable for:

1. Diabetics type 1, type 2, metabolic syndrome.
2. Autoimmune diseases - thyroid, rheumatoid arthritis, psoriasis
3. People with gluten intolerance as well as suffering from celiac disease.
4. Those wishing to lose weight.
5. Vegans.
6. People on Keto regime.

We have extensive research and experience with people from the listed diseases eating only our products, excluding white flour and white sugar, and in each case the results were impressive.

We never stop looking for a way to get to every home's table because we believe food equals health. We create recipes and products. We also believe that nutrition is a philosophy and a style. We don't rely on marketing tricks.

We rely on the label and the content. We display the contents of each of our products in the maximum format according to the packaging.

The expiry date of all our dry mixes is 9 months.



GLUTEN-FREE MIX **for homemade bread with hemp protein**

Ingredients: whole grain rice flour, tapioca, 9% hemp protein, Indian plantain, gluten-free baking powder, sea salt, spearmint.

Preparation:

Pour the contents of the packet into a bowl, mix the dry ingredients well with a fork. Then add 20 ml of vinegar, 20 ml of fat of choice and 220 ml of warm water. Add each liquid ingredient individually, mixing well. Shape the dough and leave for 15 min. Then wet your hands well and shape into bread. Preheat the oven to 200°C with a fan, place the bread on baking paper and let it bake for 60 minutes. Leave the baked bread on a wire rack to cool well before slicing. The cooking process continues while the pastry is warm.

See the video of preparation on our **YouTube channel: Gram za Kilogram**

Nutritional value per 100 g:

Energy* 962,03 kJ/ 229,93 kcal

Carbohydrates 38,61 g of which sugars 0,38 g

Proteins 6,81 g

Fat 2,16 g of which saturated fatty acids 0,77 g

Salt 1,32 g

*The caloric value also includes the value of the additionally added ingredients into the dry mix to get the final product.

Dry mixture: 240 g, **Baked bread:** 480 g



GLUTEN-FREE DRY MIX FOR SALT CAKE (BANITSA)

Ingredients: chickpea flour, rice paper, tapioca, coconut flour, sea salt.

Preparation:

Pour the envelope ingredients into a deep bowl. Dissolve Dry ingredients. Then add 20 ml oil of choice, then 450 ml sparkling water and mix well. Next, in a separate bowl, beat 3 eggs, optionally you can add 100g of crumbled cheese or grated cheese. Add the eggs to the mixture and beat well. Place a baking sheet in a suitable tin measuring approximately 27 cm by 20 cm. Pour the mixture into it so that it is about 3 cm high. If the tin is too large, the pie will become thinner. For beauty, sprinkle with a few seeds of your choice. Preheat the oven to 180°C on a fan and lower rack. Bake for 60 min. Remove the pie, leave it for 5 mins, then place it on a wire rack to cool.

See the video of preparation on our **YouTube channel: Gram za Kilogram**

Nutritional value per 100 g:

Energy* 392,12 kJ/ 93,72 kcal
Carbohydrates 12,7 g, of which sugars 0,9 g
Fat 3,07 g, of which saturated fat 1,04 g
Protein 3,83 g
Salt 0,91 g

*The caloric value also includes the value of the additionally added ingredients into the dry mix to get the final product.

Dry mix: 170 g, **Modified pate:** 750 g



GLUTEN-FREE KETO COCONUT FLATBREADS

Ingredients: 60% coconut flour, Indian plantain, gluten-free baking powder, sea salt.

Preparation:

Pour the ingredients from the packet. Stir well. Add 10 ml vinegar, 50 ml oil of choice, stir well and add 100 g yoghurt (2 tbsp). Stir well. Add one pre-whipped egg and then 280 ml of water at room temperature. With wet hands, knead the dough and leave for 15 min. Then with wet hands knead the dough and leave for 15 min. Shape into a roll and cut into equal parts - about 1.5 cm thick. Heat the oil in the pan and place the cut pieces. You can bake them on a baking paper in an oven or air fryer. Garnish as desired with jam, tahini or cheese.

See the preparation video on our **YouTube channel: Gram za Kilogram**

Nutritional value per 100 g:

Energy* 134130,67 kJ/ 32058 kcal

Carbohydrates 20 g of which sugars 8,05 g

Fat 21,69 g of which saturates 8,89 g

Protein 7,94 g

Salt 1,28 g

*The caloric value also includes the value of the additionally added ingredients into the dry mix to get the final product.

Dry mix: 180 g, **Prepared flatbreads:** 680 g





PEANUT BISCUIT

Ingredients: 55 % peanuts, apple flour, coconut sugar, gluten-free baking powder, sea salt, cardamon.

Preparation:

Pour the ingredients from the packet, mix well. Stir the dry mixture. Add 1 tbsp apple cider vinegar. Then add 50 g of room temperature cow's butter and stir. With wet hands, knead the dough until all comes together into a ball. Place the dough on a piece of cling film and roll into a roll about 20 cm long. Place the foil roll in the freezer for about 10-15 minutes. Then remove the foil and cut into slices about 1 cm thick. Arrange the biscuits on a baking sheet. Use wet hands or a fork to press each biscuit into shape. Bake for 12-14 min in a preheated oven at 180°C with a fan. Leave the biscuits to cool completely on the baking paper - then they are ready to be consumed. While warm they are crumbly. See the preparation video on our **YouTube channel: Gram za Kilogram**

Nutritional value per 100 g:

Energy* 2343,04 kJ/ 560 kcal

Carbohydrates 30,39 g of which sugars 18,45 g

Fat 42,09 g of which saturates 14,97 g

Protein 14,9 g

Salt 0,76 g

*The caloric value also includes the value of the additionally added ingredients into the dry mix to get the final product.

Dry mix: 200 g, **Prepared bisquits:** 300 g





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GLUTEN-FREE Homemade Sorghum Bread Mixture

Ingredients: sorghum, millet, tapioca, coconut flour, apple flour, husk, gluten-free baking powder, sea salt, fenugreek.

Preparation:

Add 20 ml apple vinegar, 40 ml oil of choice, and 300 ml warm water to the dry mixture. Mix well with a fork and leave for 10 min. With a well-wetted hand, shape the dough into a bread and place it on a baking sheet. Preheat the oven to 200°C and bake for 60 minutes. Leave it to cool on a wire rack for 35 min.

Watch the preparation video on **YouTube: Gram za Kilogram**

Nutritional value per 100 g:

Energy 1347,25 kJ/ 322 kcal

Carbohydrates 62,6 g of which sugars 4 g

Fat 4,4 g of which saturates 2 g

Protein 8,1 g

Salt 1,7 g

*The caloric value also includes the value of the additionally added ingredients into the dry mix to get the final product.

Dry mix: 240 g, **Baked bread:** 480 g



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GLUTEN-FREE MIX *for homemade bread with flax and chia*

Ingredients: sorghum, buckwheat, flax, tapioca, millet, husk, coconut flour, chickpeas, apple flour, chia, gluten-free baking powder, sea salt, fenugreek.

Preparation:

To the dry mixture add alternately 20 ml apple vinegar, 40 ml oil of choice, 305 ml warm water. Mix well with a fork and leave for 10 min. With a well-wetted hands, shape the dough into bread. Bake on a baking paper in a preheated oven at 200°C with a fan only - for 60 min. Remove the bread to a wire rack to cool for 35 min. Watch the preparation video on our **YouTube channel: Gram za Kilogram**

Nutritional value per 100 g:

Energy 1338,86 kJ/320 kcal

Carbohydrates 53,7 g of which sugars 2,8 g

Fat 6,4 g of which saturates 2,6 g

Protein 11,9 g

Salt 1,4 g

*The caloric value also includes the value of the additionally added ingredients into the dry mix to get the final product.

Dry mix: 240 g, **Baked bread:** 480 g



GLUTEN-FREE KETO BURGER BREADS

Ingredients: coconut flour, ground flax, tapioca, Indian plantain, gluten-free baking powder, sea salt.
TO BE CONSUMED AFTER COOKING!

Preparation:

Pour the dry mix of the packet into a bowl. Mix all of the dry ingredients, then add the rest in the following order: 20 ml vinegar, 40 ml oil of choice, 400 ml warm water and stir everything very good. Wet your hands and knead the dough. For a fluffier burger, you can hit a couple of times the warm dough on a suitable surface. Leave for 15 min. Then divide into 5-6 equal parts. Shape into large burger-like balls. Put it on a baking sheet in the burger. Bake for 60 min in a preheated oven at 200°C with a fan. Leave on a wire rack to cool for at least 30 min.

See the preparation video on our **YouTube channel: Gram za Kilogram**

Nutritional value per 100 g:

Energy 1338,86 kJ/320 kcal
Carbohydrates 53,7 g of which sugars 2,8 g
Fat 6,4 gr of which saturates 2,6 g
Protein 11,9 g
Salt 1,4 g

*The caloric value also includes the value of the additionally added ingredients into the dry mix to get the final product.

Dry mix: 240 g, **Baked bread:** 6 burgers

ALMOND KETO COOKIE



Ingredients: almond flour (60%), coconut flour, erythritol, carob flour, sea salt, vanilla, GLUTEN-FREE baking powder.

Preparation:

Pour the contents of the packet, stir the dry mixture and add 1 tbsp apple vinegar. Then add 80 g of room temperature butter or coconut oil and mix. With wet hands, knead the dough until it all comes together in a ball. Place the dough on a piece of kitchen foil and roll into a roll about 20 cm long. Place the foil roll in the freezer for about 15 minutes. Then remove the foil and cut into circles about 1 cm thick. Arrange the biscuits on a baking sheet, using wet hands and a fork. You can finish by pressing each biscuit. Bake for 12-14 minutes in a preheated oven at 160°C with a fan. Leave to cool on the baking sheet, then the biscuits are ready to consume. While warm they are crumbly.

See the preparation video on our YouTube channel: **Gram za Kilogram**

Nutritional value per 100 g:

Energy 2161,25 kJ/516,55 kcal

Carbohydrates 16,3 g of which sugars 3,12 g

Fat 45,21 g of which saturates 17,9 g

Protein 11,25 g

Salt 0,64 g

*The caloric value also includes the value of the additionally added ingredients into the dry mix to get the final product.

Dry mix: 200 g, **Baked:** 11 cookies





GLUTEN-FREE KETO CAKE

Ingredients: almond flour, erythritol, coconut flour, coconut chips, gluten-free baking powder, mahleb.

Preparation:

Pour the ingredients of the packet, mix the dry mixture well, add 1 tbsp of apple vinegar. In a separate bowl, soak in 200 ml nut milk of choice 150 g dried or fresh keto fruit of choice and 50 g chopped nuts. Then leave the mixed ingredients for 10 min. Scramble 5 eggs in a separate bowl. Add the soaked ingredients to the dry mixture and then add the eggs. Mix well with a fork. Place the mixture in a silicone baking dish and leave for 10 min to absorb all the flavors. Bake for 45 min in a preheated 180°C oven with a fan. After removing the cake from the oven, leave it in the baking dish for 5 min, then on a wire rack for 30 min before cutting.

See the preparation video on our **YouTube channel: Gram za Kilogram**

Nutritional value per 100 g:

Energy 1022,4 kJ/ 244,36 kcal

Carbohydrates 16,1 g of which sugars 6,2 g

Fat 16,03 g of which saturates 4,13 g

Protein 8,81 g

Salt 0,34 g

*The caloric value also includes the value of the additionally added ingredients into the dry mix to get the final product.

Dry mix: 240 g, **Modified:** 880 g cake





GLUTEN-FREE LENTIL PIZZA CRUST

Ingredients: Red lentils, tapioca, fiber, husk, gluten-free baking powder, and sea salt.

Preparation:

Pour the contents of the gluten-free lentil pizza mix into a bowl. Mix well using a fork, then add 15 ml of vinegar, 35 ml of your preferred fat (e.g. olive oil), and 260 ml of warm water, one at a time. Mix thoroughly until combined. Let the dough rest for 15 minutes. After resting, wet your hands and shape the dough into a ball. Divide the dough into two or three equal portions. Using a rolling pin, shape each portion into a pizza crust. Place each crust onto baking paper and prick the surface with a fork to prevent air bubbles. Bake in a preheated fan oven at 200°C for 15 minutes.

While the crust bakes: Prepare your desired pizza toppings, such as tomato sauce, cheese, vegetables, or meats.

Assembling the Pizza: Remove the crust from the oven and spread a layer of tomato sauce over it. Add your chosen toppings. Return the pizza to the oven and bake for another 15 minutes, or until it reaches your desired level of doneness.

See the preparation video on our **YouTube channel: Gram za Kilogram**

Nutritional Information (per 100 g of baked crust, without Parmesan or salami)

Energy 194.30 kcal / 818.33 kJ

Carbohydrate 27.79 g of which Sugars 0.36 g

Fat 5.97 g of which saturates 0.66 g

Protein 7.35 g

Salt 0.96 g

Dry mix: 240 g, **Baked:** 3 pizzas

GLUTEN-FREE GRANOLA

Ingredients: Flaxseeds, sesame seeds, gluten-free oats, peanuts, sunflower seeds, coconut oil, dried raisins, cinnamon, coconut sugar, and sea salt.

Ready to Eat!

Preparation Instructions:

Pour the granola into a bowl. Enjoy it as a topping for yogurt, skyr, nut milk, or alongside dried or fresh fruits.

You can also use this granola to make delicious American pancakes:

Combine 3 tablespoons of granola, 2 eggs, and 1 banana in a blender. Blend until smooth. Cook the mixture in a pan greased with coconut oil for about 5-6 minutes on each side. Serve with fresh or dried fruits, a scoop of ice cream, and a drizzle of tahini for extra flavor.

See the preparation video on our **YouTube channel: Gram za Kilogram**

Nutritional value per 100 g:

Energy 1252.04 kcal / 1052 kJ

Carbohydrates 15.29 g of which Sugars 2.56 g

Fat 14.56 g of which saturates 5.07 g

Protein 14.95 g

Salt 0.32 g

*The caloric value does not include the value of added products.

Dry mix: 340 g



