



Fitness and Freebies

Gluten

Free

Recipes

<http://www.fitnessandfreebies.com/celiac/>

Gluten-Free Cooking Tips

- Beware of spices which contain wheat flour! Many manufacturers use wheat flour to keep spices from clumping.
- Knox un-flavored gelatin is readily available in regular grocery stores in the baking supplies area. It adds moisture and helps bind ingredients. It is a welcome addition to bread recipes with gluten-free flours.
- Besides commercially prepared Egg Replacer, Flaxseed can be used as an egg substitution. Mixing one tablespoon ground flaxseed with two tablespoons warm water for each egg. Let it sit after adding. If you are soy tolerant, add one half teaspoon lecithin to this mixture plus one teaspoon baking powder to help the leavening process. When substituting this mixture for a regular egg, add one extra.
- Duck eggs are often tolerated by those who have problems with chicken eggs. They can be hard to find. Look for them in Chinese markets.
- Coconut milk is a good substitute for cow and soy milk.
- Xanthan gum can be substituted for guar gum.
- Rice bran can be substituted for rice polish.
- Sweet rice is a rice that is low (10 to 18 percent) in the starch compound called amylose.
- White rice can NOT be substituted for sweet rice (it is not sticky enough).
- Tapioca flour works roughly the as tapioca starch.
- Gluten free breads should be beaten by hand with a wooden spoon or spatula. A whisk doesn't work - the batter should be a bit too thick for this. The mix master over-beats them and they get too fine a texture and tend to fall.
- If you put 1-1/2 teaspoon of cream of tartar and 1-teaspoon of baking soda in for two loaves, they do not interfere with the yeast but help the bread to rise and keep it up during baking. Limit the use of potato, bean, arrowroot and tapioca flour to about 25-percent maximum. If the bread is 'sticky' when baked, cut these flours down further.

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Twice-Baked Potatoes

Ingredients:

1 baking potato for each person
Butter
Milk
Salt and pepper
Cheddar cheese, grated

Directions:

Preheat oven to 400 degrees.

Wash and pierce potatoes.

Bake on baking sheet approximately one hour or until tender.

Cut off top of potatoes, scoop out inside and put in bowl.

Add butter, milk, salt, and pepper as you would for mashed potatoes.

Mash together.

Put stuffing back into skins and top with grated cheddar cheese.

Return to oven to warm and melt cheese.



Mandelbrot (Almond Bread)

Ingredients:

3 eggs
1/3 cup sugar
2 tablespoons
vegetable oil
1 teaspoon vanilla
extract
1-1/4 cup flour
1 teaspoon baking
powder
1/3 cup almonds,
chopped blanched
2 teaspoons ground
cinnamon



Directions:

Beat the eggs and sugar together until thick. Add the oil and vanilla and mix well. Stir in the flour, baking powder and almonds. Pour the batter into a lightly oiled and floured 9 x 5 x 3 inch loaf pan just to cover the bottom of the pan.

Sprinkle on the cinnamon. Add another layer of batter and cinnamon. Continue until all the batter and cinnamon are used.

Bake in 350 degree oven for 20 to 25 minutes or until golden brown. Bread will be dense. Remove from the pan and cool on a wire rack. Cut into 1/2 inch slices when ready to serve. Place each slice on a lightly oiled baking sheet and toast in a 400 degree oven for 5 to 6 minutes.

Servings: 18

Nutritional information per serving (1/2-inch slice):

Calories: 55
Fat: 3g
Protein: 1g
Carbohydrate: 6g
Cholesterol: 44mg
Sodium: 13mg
Potassium: 11mg

Amaranth Baking Powder Bread

Ingredients:

1 cup amaranth flour
1-1/2 cup brown rice flour OR- whole wheat flour
1 tablespoon Non-alum (GF) baking powder
1 tablespoon sea salt (optional)
1 cup milk OR soymilk OR water
3 tablespoons honey 2 tablespoons unrefined vegetable oil
IF USING RICE FLOUR:
2 egg whites beaten

Directions:

Mix dry and liquid ingredients separately; beat egg whites, then combine all ingredients.

Pour batter into well-oiled 8-inch x 4-inch bread pan

Bake at 350 degrees about 45 minutes.

Cool 10 minutes before removing loaf to rack.



Apple Cake

Beat together:

1-3/4 cup sugar
Three eggs

Add:

1 cup oil
Mix until creamy.

Sift together:

2 cups gluten free flour
1 teaspoon cinnamon
1 teaspoon. baking soda
1 teaspoon salt
1 teaspoon vanilla
1 teaspoon xanthan gum



Directions:

Mix dry ingredients into egg mixture.

Fold in:

2 cups sliced apples
1 cup chopped nuts

Batter will be stiff. Turn into 9 x 13-inch pan sprayed with nonstick cooking spray. Bake at 375-degrees for 40 to 45 minutes. Top with powdered sugar if you wish.

Amaranth Applesauce Bread

Ingredients:

1-1/4 cups applesauce
1/2 cup cold pressed oil (canola)
1 cup organic sugar
2 eggs
3 tablespoons milk
3/4 cup toasted amaranth bran flour
1-1/2 cups rice flour
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon allspice
1/4 teaspoon baking soda
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup raisins
1/2 cup plus 1 tablespoon puffed amaranth



Directions:

Combine applesauce, oil, eggs, sugar, and milk. Add remaining ingredients through raisins. Add 1/2 cup Puffed Amaranth last.

Sprinkle over top:

1/4 cup brown sugar
1/2 teaspoon cinnamon

Pour into greased bread pan. Bake at 350 degrees for 1 hour (check at 45 minutes if using dark pan.) Sprinkle with remaining Puffed Amaranth, slightly pushing into top. Run knife around edges of pan to loosen bread.

Set on wire rack. Cool 10 minutes. Invert: remove pan.

Turn bread right side up to continue cooling.

Bambinos

Ingredients:

One 6-ounce can gluten free tomato paste
1/4 pound mozzarella cheese
1/4 teaspoon garlic powder
1/8 pound cooked hamburger
1/4 teaspoon oregano
Quarter toasted pieces of bread

Directions:

Heat oven to 400-degrees.

Cut cheese and meat into tiny cubes.

Combine with tomato paste and seasonings.

Spread a teaspoonful on each square of bread.

Bake for three to five minutes.



Banana Biscuits

Ingredients:

1 cup gluten free flour mix with a bit of chick pea flour thrown in (tapioca, brown and white rice flour, potato starch, chick pea flour, 1/2-teaspoon of xanthan gum/cup)

1/2 cup tapioca flour

1 teaspoon baking soda

2 teaspoons baking powder

3-4 tablespoons sugar

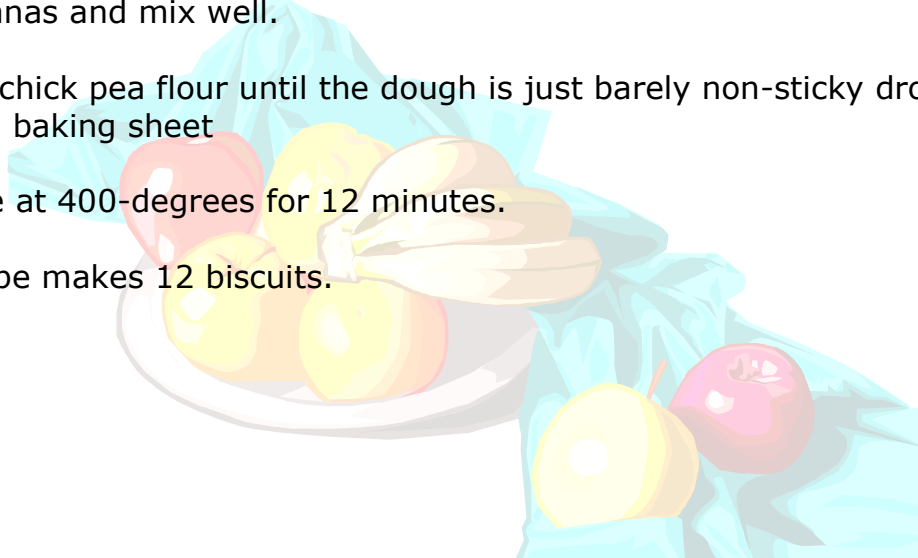
Directions:

Sift all this together and add two medium large, ripe, well-mashed bananas and mix well.

Add chick pea flour until the dough is just barely non-sticky drop onto oiled baking sheet

Bake at 400-degrees for 12 minutes.

Recipe makes 12 biscuits.



Banana Bread

Ingredients:

1 cup brown rice flour
1 cup white rice flour
1/4 cup each potato starch flour and tapioca flour
1 teaspoon xanthan gum
1 tablespoon gluten free baking powder
1/2 teaspoon salt
1 tablespoon egg replacer (dry ingredients mixed)
1/2 cup butter (or canola oil)
2/3 cups honey or brown sugar -or- 1/2 cup fructose cream oil and sugar
1-1/2 cups thoroughly mashed overripe bananas

Directions:

Mix bananas with oil/sugar.

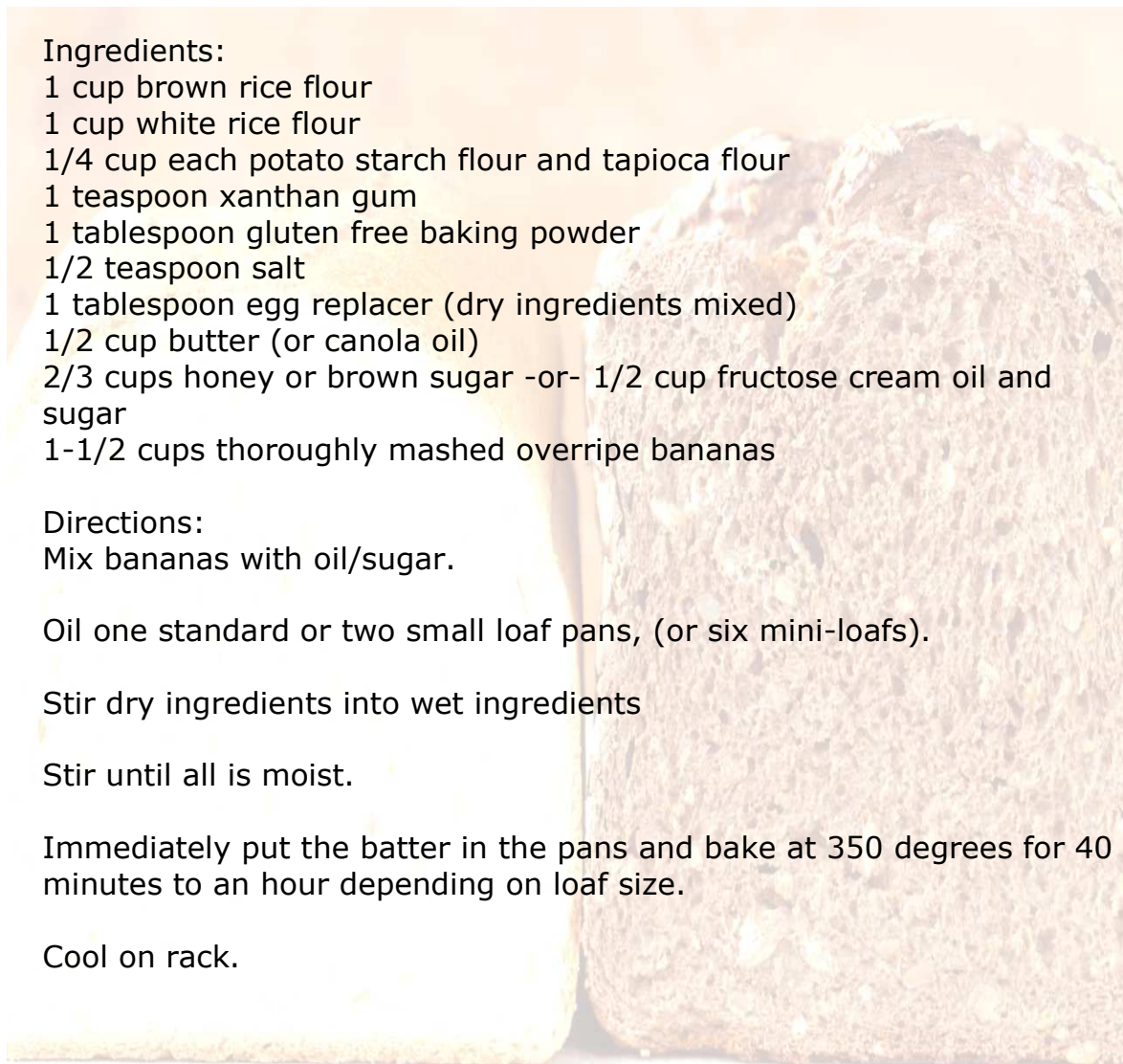
Oil one standard or two small loaf pans, (or six mini-loafs).

Stir dry ingredients into wet ingredients

Stir until all is moist.

Immediately put the batter in the pans and bake at 350 degrees for 40 minutes to an hour depending on loaf size.

Cool on rack.

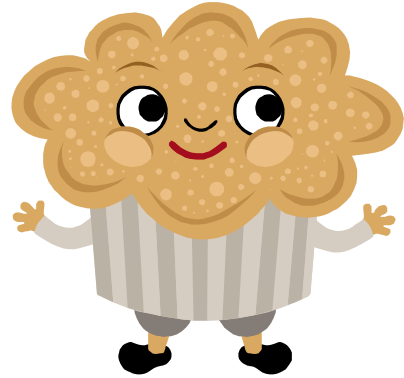


Peanut Butter, Banana and Chocolate Chip Muffins

Ingredients:

3 bananas
2 eggs
1/2 cup raw sugar
1/2 cup creamy peanut butter
1 3/4 cups white rice flour
2 teaspoons baking powder
1 teaspoon baking soda
1/3 cup butter or shortening (melted)
1/2 cup buttermilk*
1/2 cup chocolate chips*

* If dairy products are a problem, substitute 1/2 cup rice milk mixed with one teaspoon lemon juice for buttermilk, and use dairy-free chocolate chips.



Directions:

Preheat oven to 350 degrees.

Mix first four ingredients in a food processor.

Blend for one minute.

Combine dry ingredients in a mixing bowl.

When thoroughly mixed, add to food processor, along with the butter and milk. Blend well.

Add the chocolate chips, and press "pulse" once or twice.

Ladle the batter into muffin tins lined with papers, filling each paper to the top.

Bake for about 12 minutes, or until muffins are firm to the touch.

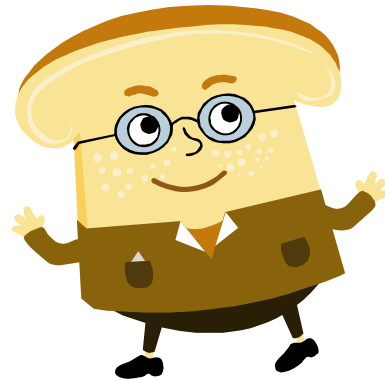
Cool and serve.

Top with frosting or chocolate drizzles, if desired.

Banana-Nut Bread

Ingredients:

1 cup mashed ripe bananas
1/4 cup chopped nuts
3/4 cup sugar
3/4 teaspoon GF baking powder
1 teaspoon GF vanilla
1/2 teaspoon baking soda
Two eggs
1/4 teaspoon salt
1-1/4 cups rice flour
1/4 cup olive oil



Directions:

Combine the bananas, sugar, and vanilla in a medium mixer bowl, and beat at medium speed for 1 minute.

Add the eggs and mix well.

Combine the rice flour, nuts, baking powder, baking soda, and salt in a large mixer bowl.

Add the banana mixture alternately with the oil to the dry ingredients, mixing well at low speed.

Pour the batter into two 8 x 4 inch loaf pans.

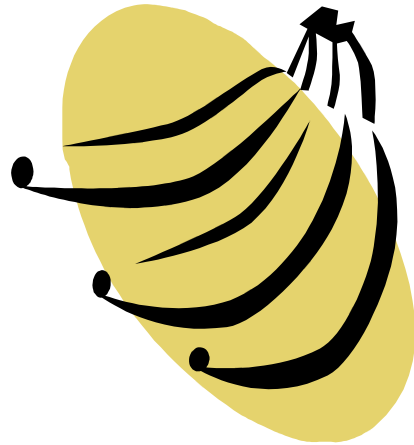
Bake at 350-degrees for 50-60 minutes or until done.

Cool for five minutes before removing from pans.

Banana Cake

Ingredients:

Seven eggs, separated
1 cup sugar
1 cup potato starch flour
Two to three mashed bananas
1 cup ground walnuts
Fresh strawberries, sliced
Ground walnuts for garnish



Directions:

Beat whites until stiff and set aside.

In separate bowl, beat yolks and sugar together.

Add potato starch slowly, beating to a smooth consistency.

Add mashed bananas and groundnuts.

Gently fold mixture into whites.

Grease bottom but not sides of tube pan.

Pour batter into pan and bake at 350-degrees for 45 minutes.

Turn pan upside down and let cool.

Garnish with strawberries and ground walnuts.

Blueberry Muffins

Ingredients:

1 cup brown rice flour
1/2 cup potato starch flour
1/2 cup tapioca flour
2 teaspoons xanthan gum
2-1/2 teaspoon GF baking powder
1/3 cup plus 1-tablespoon sugar
3/4 teaspoon salt
1/4 cup applesauce
Two large eggs, lightly beaten
1/4 cup olive oil
3/4 cup nonfat milk
1/2 teaspoon vanilla
1-1/2 cups fresh or frozen blueberries



Directions:

Line muffin tins with paper.

Stir together dry ingredients.

Make a well in center of mixture and add applesauce, eggs, oil, milk and vanilla.

Stir together just until ingredients are moistened.

Gently fold in blueberries.

Divide mixture into muffin tins and sprinkle with sugar.

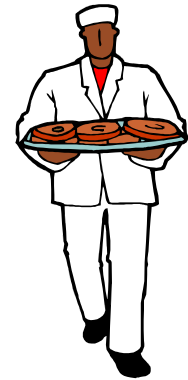
Bake at 400-degrees for 25 minutes.

Recipe makes 12 muffins.

Beef with Horseradish

Ingredients:

Four cubed steaks (minute steaks)
2 tablespoons butter
2 tablespoons GF soy sauce
1 cup gluten free sour cream
2 teaspoons prepared horseradish
One large onion
Salt and pepper to taste
1/2 cup white wine
2 teaspoons dill seed (or chopped fresh dill)



Directions: Brown steaks and onion lightly in butter in a skillet on medium heat.

Add salt, pepper, soy sauce and wine. Cover.

Simmer 35 to 40 minutes or until tender.

Combine sour cream, horseradish and dill. Stir into the steak mixture. Heat through for about four minutes.

Serving Suggestions:

Serve over gluten free noodles, dill-seasoned rice, or nutmeg-seasoned mashed potatoes.

Spicy Beef and Macaroni

Ingredients:

1 pound ground round
2 cups water
One medium onion, diced
2 cups gluten free elbow macaroni
One green pepper, diced
1 cup gluten free barbecue sauce
1/4 cup grated Parmesan cheese (optional)



Directions:

In a deep skillet, brown the meat. Add the diced onion and green pepper; cook until tender.

Stir in water, macaroni and barbecue sauce.

Cover and simmer until macaroni is tender, six to eight minutes.

If desired, stir in or top with cheese.

Recipe makes four servings.

Super Easy Biscotti

Ingredients:

One package gluten free cake mix*
Five eggs
3/4 cup oil
2 tablespoons gluten free extracts
2 cup toasted nuts (optional)
1 cup dried fruits (optional)



Directions:

Preheat oven to 350-degrees and grease a jelly roll pan or cookie sheet with lip on all sides.

Combine all ingredients.

Pour into jelly roll pan and bake for 20 to 30 minutes until tests done.

Remove from oven, but keep oven on.

Slice cookies into thirds (the long way) and across in 1/2-inch slices.

Remove half and spread out on another jelly roll pan (un-greased) and put back in oven for three to ten minutes, until golden.

Cool and store in air-tight container.

Flavorings (choose one):

- 2-tablespoons anise extract with yellow cake batter
- 1/2-teaspoon ground cloves, 1-tablespoon instant espresso powder, 2-tablespoons almond extract with chocolate cake mix
- 2 teaspoons ground ginger, 1/2 cup finely chopped candied ginger with yellow cake mix

Basic Biscuits

Ingredients:

1 cup sorghum flour
3/4 cup gluten free flour blend
1/4 cup sweet rice flour
1 teaspoon xanthan gum
2 teaspoons sugar
3 teaspoons baking powder
1/2 teaspoon cream of tartar
1/4 teaspoon salt
1/2 cup shortening -- cubed
1 egg
1/2 cup milk



Directions:

Crack egg into large measuring cup.

Add milk to make 2/3 cup of liquid.

Lightly beat together. Set aside.

Sift all dry ingredients. Place in food processor.

Pulse in cubed shortening. Add milk-egg mixture. Pulse until dough is formed.

Wrap dough in plastic wrap and chill 1 hour or overnight, or roll or pat it out right away and use a biscuit cutter to cut biscuits.

Place on baking sheet and bake at 450 degrees for 10 minutes.

Brush melted butter on biscuits the last couple of minutes of baking, if desired. This helps them to brown a little bit better.

Serving Size: 12

Black Magic Cake

Ingredients:

1-3/4 cup rice flour
3/4 cup cocoa
1 teaspoon baking powder
1 cup brewed black coffee
1/2 cup oil
1 teaspoon vanilla
2 cups sugar
2 teaspoon baking soda
1 teaspoon salt
Two eggs
1 cup sour milk



Directions:

Preheat oven to 350 degrees.

Mix dry ingredients together; add liquid ingredients and beat at medium speed for three minutes.

Pour into 9 x 13-inch baking pan.

Bake for 45 to 50 minutes, or in two layer pans for 25 to 30 minutes.

Notes:

Sour milk can be made by adding 1-teaspoon vinegar to 1-cup milk and letting it set for five minutes.

Black coffee can be replaced with water if desired.

Lemon Blueberry Coffee Cake

Ingredients:

1 cup softened butter or margarine
1 cup sugar
3 eggs
1 cup sour cream
1 teaspoon gluten free vanilla extract
Zest of two medium lemons
Juice of one lemon
1/2 cups gf flour mix
1-1/4 teaspoon xanthan gum
2 1/2 teaspoon baking powder
1 teaspoon baking soda
1/8 teaspoon salt
2 cups fresh blueberries
TOPPING
1 cup chopped pecans
1/2 cup sugar
1 tsp cinnamon



Directions:

Cream together butter and sugar.

Add eggs, one at a time, mixing well after each addition.

In another bowl, mix sour cream, vanilla, lemon zest and lemon juice. Combine gluten free flour mix, xanthan gum, baking powder, soda, and salt. Alternately add flour mixture and sour cream mixture to creamed mixture, about a third of each at a time. Stir in blueberries. Dough will be fairly stiff.

Spread half in a greased 9 x 13 x 2-inch glass baking pan. Combine topping ingredients, sprinkle half of topping mixture over dough. Carefully spread remaining dough on top of topping. Sprinkle with remainder of topping.

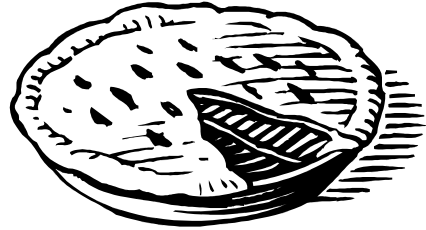
Bake at 350 degrees for 35-40 minutes or until cake tests done.

Yield 16-20 servings.

Bacon, Potato and Onion Pie

Ingredients:

Two large potatoes, thinly sliced
Two large onions, sliced
Six slices of bacon
Two eggs
Pepper and herb salt
1 cup milk



Directions:

Preheat oven to 375 degrees.

Place layers in a greased oven-proof dish in this order:

- onion
- bacon
- potato

Repeat.

Top layer should be potato.

Beat two eggs, add seasoning.

Add milk and pour over the layers.

Bake in oven at 375-degrees until the top browns.

Pumpkin Bread

Ingredients:

1-1/2 cup bean flour
1-1/2 cup rice flour
1-1/2 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon nutmeg
2 teaspoons baking soda
3 teaspoons xanthan gum
2 cups pureed cooked or canned pumpkin
1 cup honey
1 cup corn oil (or other vegetable oil)
1/2 cup water
4 eggs

Directions:

Grease and flour 2 loaf pans.



Stir together flour, sugar, baking soda, salt and spices.

Stir together pumpkin, corn oil and water; add eggs one at a time.

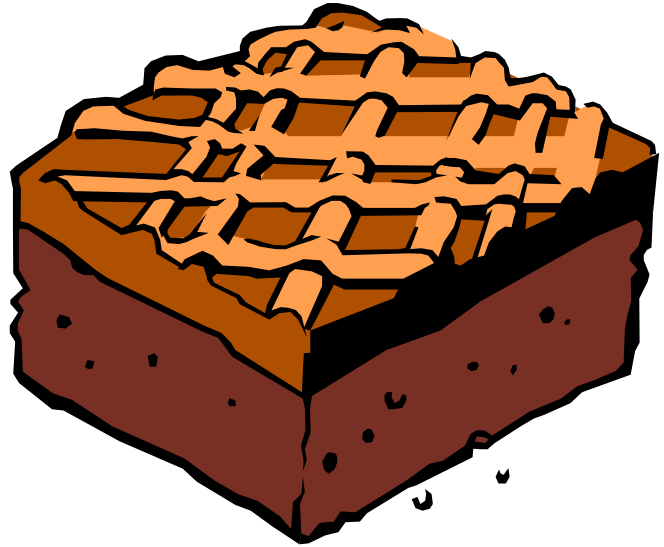
Make a well in center of flour mixture, add pumpkin mixture and stir.

Pour into prepared pans and bake for 1 hour at 325 degrees.

Basic Brownies

Ingredients:

3/4 cup butter or margarine
3/4 cup cocoa powder
2-1/4 cup sugar
Four eggs
2 teaspoons vanilla
1-1/3 cup GF flour
1 cup chopped nuts (if desired)
1/2 teaspoon baking powder
1/4 teaspoon salt



Directions:

Preheat oven to 325-degrees.

Grease and lightly dust with cocoa a 9 x 13-inch pan.

In large sauce pan, melt margarine/butter with cocoa over low heat, stirring constantly (or simply put the cocoa and butter in a bowl, pop in the microwave for a couple of minutes, until the butter is melted).

Stir with a fork until it's mostly smooth.

Remove from heat and cool slightly.

Blend in sugar. Beat in eggs, one a time.

Stir in remaining ingredients. Spread in prepared pan.

Bake at 325-degrees for 20-25 minutes.

Recipe makes one, 9 x 13-inch pan of brownies.

Hamburger or Hot Dog Buns

Ingredients:

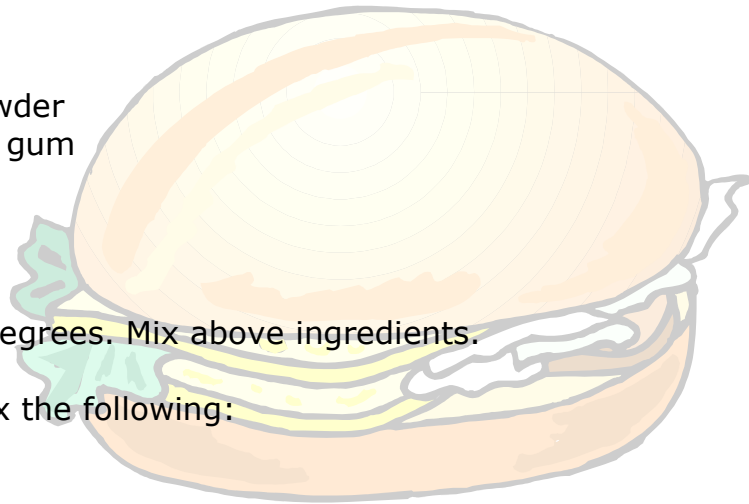
3/4 cup rice flour
1/4 cup potato starch
1/2 cup tapioca starch
2 teaspoon baking powder
1/2 teaspoon xanthan gum
1/2 teaspoon salt
1 tablespoon sugar

Directions:

Preheat oven to 400 degrees. Mix above ingredients.

In a separate bowl mix the following:

Two eggs
1/3 cup oil
1/2 cup milk



Mix wet ingredients with dry ingredients. Spray cookie sheet with pam and then spray inside of muffin rings. Put two very large spoonfuls of batter in each; make sure the rings aren't too close to each other. Sprinkle with sesame seeds and bake immediately for 13-15 minutes, until buns are nice and golden-brown on top.

Note: You can double the recipe and make a bigger batch, if you use these often.

Don't undercook or they will fall when cooling. Take out of muffin rings and let cool completely.

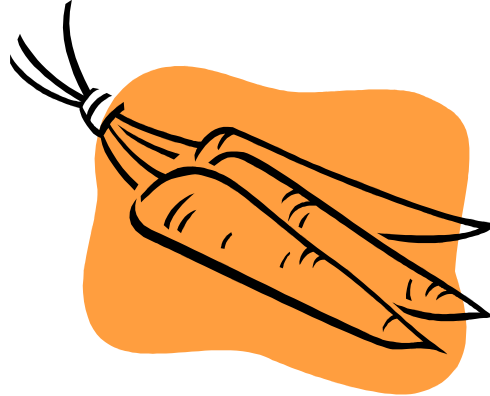
Variation: Add 1-cup grated Cheddar cheese for a cheese bun.

For hot dogs: Add 1/4 - 1/2-teaspoon more of the xanthan gum to the batter, and on greased cookie sheet, spoon batter in an oblong shape, about 5-inches long; sprinkle with sesame seeds, and bake immediately. Let cool completely, wrap individually in saran wrap, and place in a freezer bag and freeze. When their thawed microwave one for about 15-20 seconds, just long enough to warm them.

Carrot-Raisin Muffins

Ingredients:

1 cup brown rice flour
1/2 cup potato starch flour
1/2 cup tapioca flour
2 teaspoon Xanthan gum
2-1/2 teaspoon Baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1/2 teaspoon salt
1/3 cup sugar plus 1-tablespoon
Two eggs (lightly beaten)
1/4 cup oil
Two jars (4 ounces each) baby food strained carrots
1/2 cup orange juice
3/4 - 1 cup raisins



Directions:

Preheat oven to 400 degrees.

Line muffin tins with paper.

Stir together dry ingredients.

Make a well in center of mixture and add applesauce, eggs, oil, milk and vanilla.

Stir together just until ingredients are moistened. Gently fold in raisins.

Bake at 400-degrees for 25 minutes.

Recipe makes 12 muffins.

Traveler's Cereal Snack

Ingredients:

4 cups gluten free crispy corn puff cereal
1 cup Spanish peanuts
1 cup raisins
1 cup banana chips, dried
3 tablespoons margarine
3 tablespoons honey
3/4 teaspoon cinnamon, ground
1/2 teaspoon salt
1 cup flaked coconut



Directions:

Heat oven to 325-degrees.

Mix cereal, peanuts, raisins and banana chips in 10 x 15-inch ungreased pan.

Heat margarine and honey in a 1-quart saucepan over low heat until margarine is melted.

Stir in cinnamon and salt.

Pour over cereal mixture, tossing until evenly coated.

Bake 15 minutes, stirring once.

Stir in coconut, let stand five minutes, and loosen from pan.

Sprinkle with additional salt if desired.

Cherry Chocolate Caramel Cornflake Cookies

Ingredients:

3oz butter
1 cup brown sugar
4-1/2 cups gluten-free cornflakes
1 cup mixed nuts roughly chopped
1 large egg, lightly beaten
1 cup dessicated coconut
3oz glace cherries, halved
3oz chocolate bits - gluten-free

Directions:

Preheat oven to 350 degrees.

Melt the butter in microwave or on stove.

Off the heat, add the sugar and mix thoroughly.

Add egg, nuts, coconut, cherries, chocolate bits and cornflakes. Mix well. As you mix, bash the cornflakes so that they are partly crushed.

Place heaped teaspoonfuls on a non-stick oven tray. The mixture won't stick together properly, but don't panic - just push it together with your fingers. The ingredients will stick together as they cook.

Bake at 350 degrees for about 14 minutes.

For the best flavor, remove them from the oven just as any thin, spread out bits start to go dark brown.



Chewy Granola Bars

Ingredients:

1 cup butter or margarine
3/4 cup brown sugar
1/2 cup sugar
2 tablespoons corn syrup or maple syrup
4 cups oats or buckwheat flakes
1 cup shredded coconut
1/3 cup chopped nuts
1 cup chocolate chips and
Your favorite dried fruit

Directions:

Grease a 12-inch x 9-inch cookie sheet.

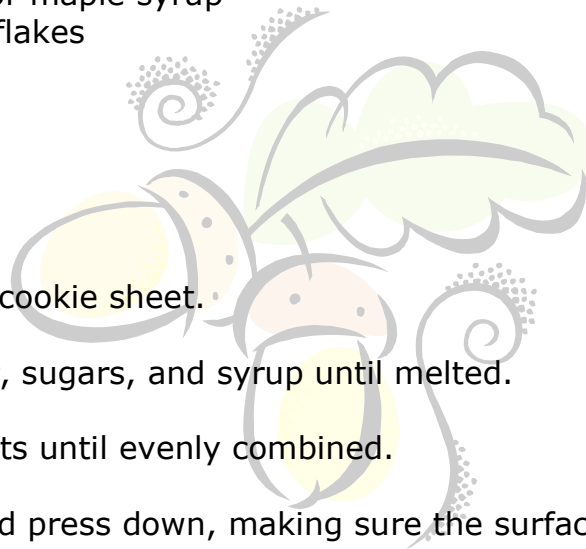
In a large pan, heat butter, sugars, and syrup until melted.

Stir in remaining ingredients until evenly combined.

Spread on cookie sheet and press down, making sure the surface is smooth.

Bake in a 325 degrees oven for 30 minutes.

Yield: serves 12



Quick Chili

Ingredients:

1 pound ground beef
1/3 cup milk
One medium onion, chopped
1 tablespoon chili powder
One 8-ounce can gluten free tomato sauce
One 16-ounce can kidney beans

Directions:

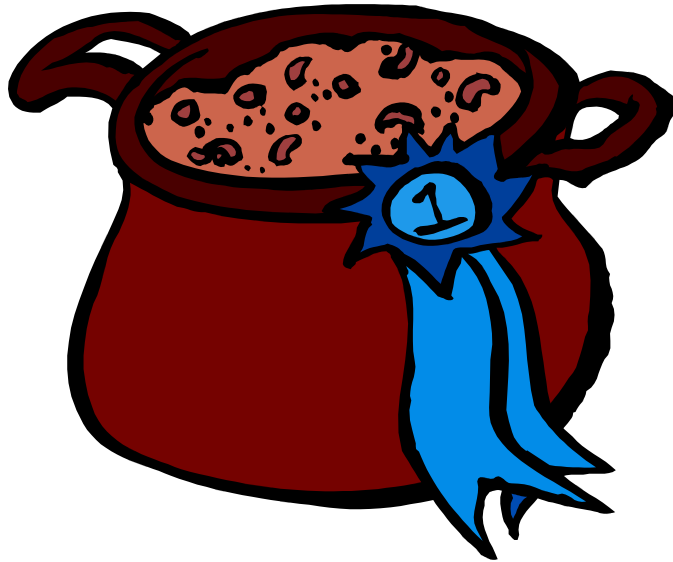
Sauté beef and onion in a large skillet.

Drain excess oil.

Add tomato sauce, milk, chili powder and kidney beans.

Simmer 45 minutes to one hour.

Serve hot.



Heavenly Chocolate Cake

Ingredients:

1 cup soy flour
3/4 cup 100-percent corn flour (cornstarch)
1-1/4 teaspoon baking soda
1/2 cup cocoa
1-1/4 cups caster sugar
2/3 cup melted butter
1 tablespoon gluten free white vinegar
1 cup evaporated milk
Two eggs
One mashed banana
2 tablespoons raspberry jam



Directions:

Grease two 8-inch round sandwich cake pans and line with baking paper.

Sift flours, soda, cocoa and sugar into a large bowl and add butter, vinegar and milk. Beat with electric beater on low speed one minute.

Add eggs, banana and jam and beat on medium speed for two minutes.

Pour cake mix into prepared pans. Bake in moderate oven for 30 minutes or until cooked.

Stand cakes in pans five minutes, turn onto wire rack to cool. Sandwich cakes together with whipped cream.

Chocolate Chip Cookies



Ingredients:

1 egg, beaten
1/4 cup canola oil
1 (4-oz) jar strained baby fruit or 1
mashed banana
1 teaspoon gluten free vanilla

In another bowl, mix:

1 cup instant baby brown rice cereal
1/4 cup quinoa flour
1/4 cup brown sugar
1 teaspoon gluten free baking
powder
1/2 teaspoon salt

Directions:

Combine, then add: EITHER 3/4 teaspoon cinnamon and 1/4 cup white raisins OR 1/4 cup chocolate chips and 1/4 cup chopped macadamia nuts.

The dough may be a bit sticky. Oil your hands slightly if necessary. Use a balled-up paper towel to spread canola oil on a cookie sheet. Do not discard.

Roll dough into small balls (1-inch), and place on the cookie sheet. Use the oiled paper towel to flatten the dough, or use oiled fingertips. Flatter means crispier - experiment with size and shape! They will not spread, so small and flat usually comes out the best.

Bake for 20-25 minutes. They will be perfect when bottoms are lightly browned. These look and taste almost exactly like the regular kind, and are worth the effort.

Corn and Potato Chowder

Ingredients:

1 teaspoon safflower oil
2 teaspoons dry sherry, or water
1-1/4 cups onion, finely chopped
1 cup carrot, thinly sliced
Two celery stalks, thinly sliced
One bay leaf
2 cups red potatoes, cubed
1 cup vegetable stock
1 cup skim milk
1 cup fresh or frozen corn
Cayenne to taste
Nonfat plain yogurt for garnish, optional



Directions:

In a large, heavy saucepan, heat oil and sherry or water until bubbling.

Add onion and sauté five minutes, stirring frequently to prevent browning. (If mixture appears dry, add 1 to 2-tablespoons water.)

Add carrot, celery, bay leaf, potatoes and stock.

Cover pan, bring to a boil and cook over medium heat 10 to 15 minutes, or until potato is tender.

Add milk and corn and simmer three minutes, or until corn is tender.

Discard bay leaf.

Puree 1-cup soup in a blender, and then return to the pot.

Season with cayenne. If desired, garnish with a dollop of nonfat yogurt.

Recipe makes four servings.

Coffee Cake

Ingredients:

1/4 cup olive oil

One beaten egg

1/2 cup milk

1-1/2 cup gluten free flour* plus 1-1/2-teaspoon xanthan gum

3/4 cup sugar

2 teaspoon baking powder

Dash of salt

Directions:

Combine salad oil, egg, and milk.

Sift dry ingredients and add, mixing well.

Pour into greased 9 x 9 x 2-inch pan. Sprinkle with Spicy Topping*.

Bake at 375-degrees for about 25 minutes.

* Spicy Topping:

Combine 1/2-cup gluten free brown sugar, 2-tablespoons GF flour, 2-teaspoon ground gluten free cinnamon , 2-tablespoon melted butter, 3/4-cup broken nuts (your choice).



Cocoa-Cola Cake

Ingredients:

2 cups sugar
1 cup cola (not diet)
2 cups gluten free flour mix**
1-1/2 cups gluten free miniature marshmallows
1-1/2 teaspoon xanthan gum
1/2 cup buttermilk
1/2 cup vegetable oil
1 teaspoon baking soda
1/2 cup butter or margarine
Two eggs, slightly beaten
1/3 cup Hershey's Cocoa
1 teaspoon gluten free vanilla extract



Directions:

Preheat the oven to 350-degrees, and grease a 13 x 9 x 2-inch rectangular pan. In a large mixing bowl combine the sugar, flour, and xanthan gum. Set aside. In a medium saucepan combine the oil, butter, cocoa, and cola. Bring the mixture to a boil over medium heat, stirring constantly.

Add the chocolate mixture to the sugar mixture. Beat until smooth. Stir in the marshmallows. Add the buttermilk, baking soda, eggs, and vanilla; blend well. Pour the batter into the greased pan. Bake 40-45 minutes or until a toothpick inserted in the center comes out clean.

**Gluten free flour mix:

6 parts white rice flour
2 parts potato starch (not potato flour)
1 part tapioca starch (also called tapioca flour)

Notes:

A mixture of 1-1/2-teaspoon of vinegar plus a scant 1/2-cup of milk can be used instead of buttermilk.

This cake is similar to a Texas sheet cake.

Recipe makes 12-15 servings.

Plain Cookie

Ingredients:

3/4 cup brown sugar
1/4 cup sugar
1/4 teaspoon salt
1/2 cup butter or margarine
One egg
1/4 cup milk or milk substitute
1/2 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon gluten free vanilla
1/4 teaspoon Xanthan Gum
1 cup of brown rice flour
1 cup garfava flour
1 cup chocolate chips (optional)



Directions:

Preheat oven to 350-degrees .

Mix all dry ingredients.

Mix all liquid ingredients.

Cut the butter into small cubes.

Add small butter cubes to dry ingredients and mix until crumbly (Best result is using a kitchen aid mixer with a paddle).

Then add liquid ingredients and mix (At this point, you may fold in 1-cup of chocolate chips to make chocolate chip cookies).

Then, using a cookie scooper, scoop cookie dough onto cookie sheet.

Bake for approximately 15 minutes or until golden brown.

Milk Chocolate Chip Cookies

Ingredients:

1/2 cup butter or margarine
3/4 cup peanut butter
1 cup white rice flour
1/4 cup tapioca flour
1/2 cup sugar
1/2 cup packed brown sugar
One egg
1/2 teaspoon baking soda
1/2 teaspoon baking powder
One bag milk chocolate chips



Directions:

In a bowl beat margarine and peanut butter with an electric mixer until well blended.

Add flours, sugars, egg, baking soda and powder.

Beat until thoroughly combined.

Add in chocolate chips and mix with a fork.

Shape into 1-inch balls, and flatten by crisscrossing with a fork.

Bake at 375-degrees for six to eight minutes or until lightly browned.

Troll House Cookies

Ingredients:

1 cup butter
1/2 cup brown sugar
1 cup granulated sugar
Two eggs
1 teaspoon gluten free vanilla
1-1/2 cup brown rice flour
1/2 cup potato flour (not potato starch flour)
1 teaspoon baking soda
1 teaspoon salt
One package milk or semisweet chocolate chips



Directions:

Cream butter (can use dairy-free margarine or Crisco if necessary), sugars, eggs and vanilla.

Mix in dry ingredients, then chocolate chips.

Drop by rounded teaspoons onto un-greased cookie sheet.

Flatten very slightly with fork.

Bake between 350-375-degrees for 12 minutes or so (temperature and time vary by individual oven -- if yours bakes hot, use the lower temperature).

Remove from oven when lightly browned (they over-brown very quickly).

Remove to cooling rack after a few minutes.

Note: Also good with chopped nuts and/or shredded coconut.

Oreo-Style Cookies

Ingredients:

1/4 cup cocoa or carob powder
1/4 cup potato flour
1/4 cup rice flour
1/2 cup white sugar
3/8 cup stick margarine
One egg

Directions:

Preheat oven to 350-degrees.

Grease cookie sheet.

Mix dry ingredients together.

Beat egg.

Mix egg and margarine together; mix in with dry ingredients (may have to use hands).

Form dough into 1-inch cylinder-shaped balls and place on cookie sheet.

Flatten with a fork dipped in cold water.

Bake at 350-degrees for 12-15 minutes.

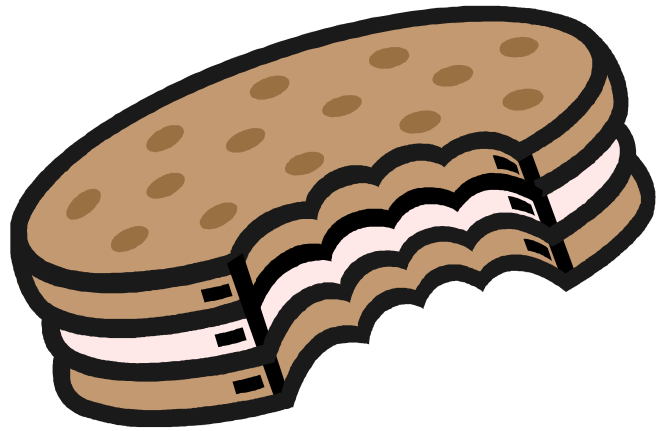
Once cooled, put frosting between the smooth halves of the cookies and sandwich two together.



Peanut Butter Chocolate Chip Cookies

Ingredients:

1/2 cup butter or margarine
3/4 cup peanut butter
1 cup white rice flour
1/4 cup tapioca flour
1/2 cup sugar
1/2 cup packed brown sugar
One egg
1/2 teaspoon baking soda
1/2 teaspoon baking powder
One bag milk chocolate chips



Directions:

In a bowl beat margarine and peanut butter with an electric mixer until well blended.

Add flours, sugars, egg, baking soda and powder. Beat until thoroughly combined.

Add in chocolate chips and mix with a fork.

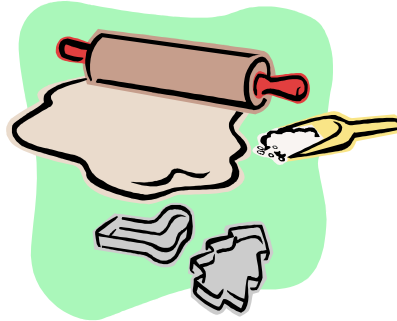
Shape into 1-inch balls, and flatten by crisscrossing with a fork.

Bake at 375-degrees for six to eight minutes or until lightly browned.

Rolled Sugar Cookies

Ingredients:

1-1/2 cups white rice flour
1/2 cup butter or margarine (cold)
1/2 teaspoon cream of tartar
1/2 cup sugar
1/2 teaspoon baking soda
One egg (cold)
1-1/2 teaspoon xanthan gum
1/2 teaspoon gluten free vanilla, lemon, or almond flavoring
1/8 teaspoon salt



Directions:

Combine the rice flour, cream of tartar, baking soda, xanthan gum and salt. Mix well. Cut in the butter or margarine until the mixture is in crumbs the size of peas.

In a small bowl beat the sugar, egg, and vanilla (or other flavoring) together. Add this mixture to the dry ingredients and mix until the dough pulls away from the sides. Form the dough into a flat ball shape and refrigerate for one hour.

Dust some freezer paper (not wax paper) with gluten free flour or confectioners sugar. Put the dough on the freezer paper and sprinkle with flour or confectioner's sugar. Roll the dough to 1/4 inch thick and cut out shapes as desired.

Bake at 350-degrees for 12 minutes. Cool on a wire rack.

Recipe makes about 20 cookies.

Buttermilk Cornbread

Ingredients:

2 cups GF flour
1/2 cup 2-tablespoons sugar
1-1/2 tablespoons baking powder
1 teaspoon baking soda
2 cups white cornmeal
1 cup buttermilk
1/2 cup milk
Three eggs
1/2 cup olive oil
1/2 teaspoon salt

Directions:

Bring ingredients to room temperature (set out cold ingredients for about 1/2-hour).

Preheat oven to 425-degrees.

Sift together dry ingredients, add cornmeal.

Mix together wet ingredients.

Add to dry ingredients and mix well.

Pour into greased 9 x 13-inch pan, smooth.

Bake at 425-degrees for 25 minutes.

Variations: Add chopped nuts or crystallized ginger.

Cornbread Stuffing

Ingredients:

16-ounces gluten free cornbread cubes
1 cup parsley, chopped
1/4 pound butter or margarine
One egg, slightly beaten
1 cup celery, chopped
1 cup gluten free chicken broth
1 cup onion, chopped
1 teaspoon thyme, dried
Salt and pepper to taste
1 teaspoon sage, dried



Directions:

Cool cornbread slightly and cut into 1-inch chunks or break it into small bite-size pieces.

Place cubes on a baking sheet and bake for 30 minutes, or until toasted; stirring every ten minutes.

Remove cornbread cubes from the oven and cool to room temperature.

Melt butter in pan; sauté the celery and onion until soft.

Stir in the thyme, sage, and parsley. Cool.

Stir the cornbread and cooked onion-celery mixture together.

Add egg and mix well.

Add the stock or broth and mix lightly but thoroughly.

Add salt and pepper to taste.

Stuff the cavity of a turkey or bake the stuffing in a casserole dish.

* To make lactose-free, use unsalted margarine with no milk products added.

Cranberry Pancake Sauce

Ingredients:

- 1 bag fresh cranberries
- 1 cup sugar
- 1 cup orange juice or water

Directions:

Mix all ingredients in a medium sauce pan.

Bring to boil.

Simmer until berries pop.

Chill until ready to serve.



Cupcakes

Ingredients:

1-1/3 cup semisweet chocolate morsels - Nestle*
3/4 cup unsalted butter, cut into pieces
Six large eggs, separated
1/2 cup sugar, divided
2 teaspoons gluten-free vanilla extract*
Sweetened whipped cream
Mini chocolate chips - Nestle*



Directions:

Heat oven to 350-degrees. Line 18 muffin cups with baking liners. Coat liners with vegetable cooking spray. Stir chocolate and butter in heavy saucepan over low heat until smooth. Remove from heat. Cool to lukewarm.

In large bowl, with electric mixer on high, mix egg yolks and 1/4-cup sugar until very thick and pale, about three minutes. Fold in chocolate mixture and vanilla. Using clean, dry beaters, beat egg whites and remaining 1/4-cup sugar in bowl until stiff but not dry, about two minutes. Fold egg-white mixture into chocolate mixture until combined. Divide batter among baking liners. Bake 28-30 minutes. Cool completely.

Serve with dollop of sweetened whipped cream and chips.

* Nestle morsels are gluten-free.

Recipe makes 18 cupcakes.

Nutrition information per cupcake:

Calories: 250

Protein: 8g

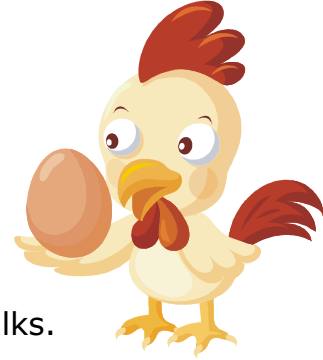
Carbohydrate: 25g

Fat: 16g

Deviled Eggs

Ingredients:

Six eggs, hard-cooked
1/4 cup GF mayonnaise
1/2 teaspoon dry mustard
Salt and pepper to taste
1/4 teaspoon dill weed, dried
Pimento strips for garnish, if desired



Directions:

Halve six hard-cooked eggs lengthwise, remove yolks.

Mash yolks; mix with mayonnaise and remainder of ingredients.

Mix well.

If too dry, add a bit more mayonnaise.

Refill egg whites, using pastry tube if desired.

Trim with thin pimento strips (optional).

Rice-Potato Donuts

Ingredients:

1 cup cold mashed potatoes
3 cups rice flour (white, regular grind which is finer than the brown rice flour found in health food stores)
1/2 cup cornstarch or soy milk powder (not soy bean powder)
1 cup sugar
5-1/2 teaspoons Rumford Baking Powder
1/2 teaspoon nutmeg
1-1/2 cup milk (or milk substitute)
3 eggs



Directions:

Beat all this together or mix will by hand.

This should be slightly stiffer than cake batter. Let it sit for 15-30 minutes.

Fry 1/4 cup or smaller spoonfuls of batter in hot oil, a few at a time until they are good and brown.

Check one for doneness by breaking open the first donut to see if it is completely done.

Rice flour products are very unpleasant when they are not completely done, but get too dry if overdone.

Drain well and roll in powdered sugar or cinnamon sugar or dip in vanilla or chocolate powdered sugar glaze.

This make a large batch, but they freeze very well and make a ready snack for someone hungry for a really good donut.

Scrambled Eggs with Rice

Ingredients:

1/4 cup chopped onion
1/4 cup gluten free margarine
Six eggs
2/3 cup cooked rice
1/2 cup half-and-half
Salt and pepper to taste
1 cup grated American cheese

Directions:

Cook onion in margarine until golden.

Beat eggs and milk until foamy.

Add cheese, rice and seasoning.

Pour over cooked onion.

Cover over low heat until set.

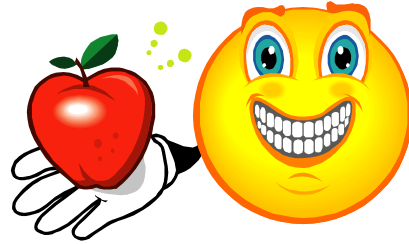
Stir frequently.



Fried Apples

Ingredients:

- 4 cups apples, washed cored and sliced
- 1/3 cup lemon juice
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup apple juice, cider or water (or slightly more)
- 1/4 cup gluten free brown sugar or honey to taste
- 1 tablespoon butter or margarine, melted



Directions:

- Note - Use tart or sweet apples or some of both, as you prefer.

Prepare the apples, dipping each slice in lemon juice to prevent discoloration.

Place apples in skillet, or large covered pan and sprinkle with cinnamon, nutmeg and remaining lemon juice mixed with sugar or honey, and stir gently.

Add just enough apple juice, cider or water to cover bottom of pan.

Turn heat on low, cover and cook, stirring gently every five minutes.

Cook until done but not mushy.

Beef with Horseradish

Ingredients:

Four cubed steaks (minute steaks)
2 tablespoons butter
2 tablespoons gluten free soy sauce
1 cup gluten free sour cream
2 teaspoons prepared horseradish
One large onion
Salt and pepper to taste
1/2 cup white wine
2 teaspoons dill seed (or chopped fresh dill)



Directions: Brown steaks and onion lightly in butter in a skillet on medium heat.

Add salt, pepper, soy sauce and wine. Cover.

Simmer 35 to 40 minutes or until tender.

Combine sour cream, horseradish and dill. Stir into the steak mixture. Heat through for about four minutes.

Serving Suggestions:

Serve over gluten free noodles, dill-seasoned rice, or nutmeg-seasoned mashed potatoes.

Fudge Brownies

Ingredients:

1 cup water
1 teaspoon gluten free vanilla
1/2 cup corn margarine
1 cup sugar
1/2 cup uncooked cream of rice hot cereal
3 tablespoons unsweetened cocoa
1 teaspoon gluten free baking powder
One egg or 1/4-cup cholesterol free egg product
1/4 cup walnuts (optional)

Directions:

In a medium saucepan, heat the water and margarine to a boil.

Sprinkle in the cereal. Cook for one minute.

Remove the pan from the heat, cover it, and let it sit for four minutes.

Stir in the egg or egg product and vanilla.

In a medium bowl, combine the sugar, cocoa, and baking powder.

Stir in the cereal mixture until well blended.

Stir in the nuts, if used.

Spread the mixture evenly in a greased 8 x 8 x 2-inch baking pan.

Bake at 350-degrees for 40-50 minutes.

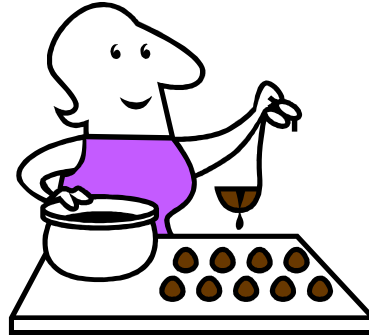
Cool and cut into 2-inch squares.

This recipe can be doubled and baked in a 9 x 13-inch pan.

Fudge Supreme

Ingredients:

4-1/2 cup sugar
Three bars chocolate
Two cans evaporated milk
1 pint gluten free marshmallow crème
2 tablespoons butter
2 cups nuts, chopped
Two packages chocolate bits



Directions:

Boil sugar, milk and butter for six minutes.

Remove from stove and add chocolate bits, German chocolate marshmallow crème and nuts.

Stir until chocolate melts.

Pour into two ungreased 9 x 13-inch pans.

Cool, cut and serve.

Potato-Garbanzo Gnocchis

Ingredients:

2 cups potato flakes
2 cups boiling water
1/2 cup garbanzo flour
1/4 cup rice flour
1 tablespoon smoked nutritional yeast (optional)
1 teaspoon sea salt
1 teaspoon non-aluminum baking powder (optional)
1 teaspoon garlic powder
1/8 teaspoon cayenne or red peppers

Directions:

Combine water and potato flakes quickly. They will set up firmly and be somewhat dry.

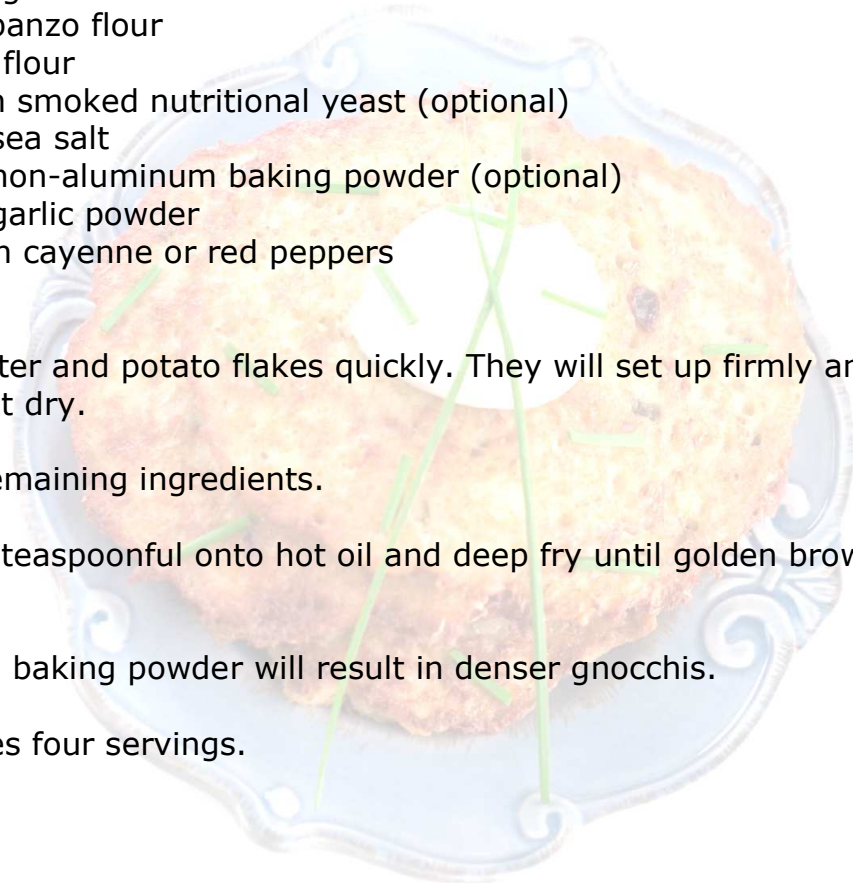
Stir in the remaining ingredients.

Drop by the teaspoonful onto hot oil and deep fry until golden brown.

Note:

Omitting the baking powder will result in denser gnocchis.

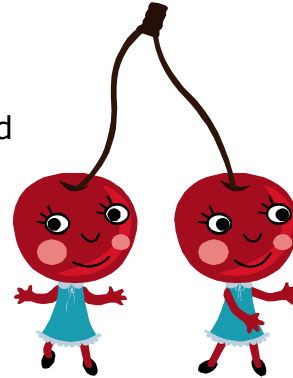
Recipe makes four servings.



Almond Cherry Granola

Ingredients:

2 cup old-fashioned oats (*see notes*)
1 cup slivered almonds
1/3 cup frozen apple juice concentrate, thawed
2 tablespoons packed brown sugar
1 tablespoon ground cinnamon
1 cup unsweetened shredded coconut
1/2 cup dried sour cherries
1/2 cup golden raisins



Directions:

Preheat oven to 300-degrees. Combine oats and almonds in bowl. Mix in juice concentrate. Add sugar and cinnamon and toss. Spread on cookie sheet. Bake 25 minutes, stirring occasionally. Stir in coconut and bake until golden, about 15 minutes. Remove from the oven, cool.

Add cherries and raisins to granola. Store in airtight container at room temperature. (Can be made up to one week ahead.)

Variations:

Candied Ginger Truffles:

Follow recipe for Chocolate Truffles, but substitute 1-tablespoon rum for cognac and stir 1/4-cup minced candied ginger into chocolate mixture with rum.

Notes:

Gluten in Oats

There is evidence that some celiacs can tolerate small amounts of the type of gluten found in oats. While research continues they should only be included in the celiac diet under medical and dietary supervision.

If you cannot find dried sour cherries, you can use any other dried fruit to your liking.

Cottage Bread

Ingredients:

1/3 cup olive oil
3 eggs
2 cup rice flour
2 teaspoons baking powder
2 teaspoons lemon or orange rind
1/2 cup clover honey
1 cup cottage cheese
1 teaspoon baking soda
3/4 teaspoon salt

Directions:

In blender combine oil, honey, and cottage cheese.

Add eggs one at a time, blend until mixture is fluffy.

In separate bowl combine dry ingredients. Gradually add blender mixture. Mix well. The batter will be thick.

Spoon into small glass bowls (ones with flat bottoms and fairly straight sides, the size you want your buns to be).

Place in microwave and cook for 3 minute intervals. Each time buzzer goes off, turn or rearrange bowls for more even cooking (average time about 12 minutes, depending on your microwave).

Note: This batter makes good pancakes too!

Jelly Roll

Ingredients:

Three eggs, separated
One whole egg
3/4 cup sugar
2 teaspoons lemon juice
Grated rind of 1/2 lemon
1/4 cup plus 1-tablespoon potato starch
Dash of salt
Confectioner's sugar



Directions:

Beat the three egg yolks with the whole egg until light. Gradually add the sugar, lemon juice and lemon rind; continue beating for two minutes. Sift the potato starch; gradually stir it into the egg yolk mixture.

In a separate bowl, beat the egg whites with the salt until stiff but not dry; gently fold the eggs into the egg yolk mixture.

Line a greased jellyroll pan with waxed paper; grease the wax paper. Distribute the batter evenly in the pan. Preheat oven to 350-degrees and bake for 35 minutes or until the cake springs back when lightly touched.

Turn out the cake onto a towel that has been dusted with Confectioner's sugar. Remove waxed paper. Roll up the cake together with the towel. When cool, unroll, spread with one or more cups of the filling of your choice, and re-roll.

Recipe makes six to eight servings.

Sloppy Joe Mix

Ingredients:

1 pound ground round
1 cup gluten free tomato sauce
1/2 cup onion, finely chopped
1/4 cup gluten free catsup
1/4 cup green pepper, finely chopped
1 tablespoon apple cider vinegar
1/4 cup celery, finely chopped
1 teaspoon white sugar
1 teaspoon salt
1/2 teaspoon gluten free Worcestershire sauce



Directions:

Brown hamburger, add onion, pepper and celery and cook for five to six minutes.

Add remaining ingredients.

Simmer on low for 20 minutes.

Rice Krispie Bars

Ingredients:

5 cups gluten free rice crispy cereal

One package (10-ounces) large gluten free marshmallows

OR

4-cups miniature marshmallows

1/2 cup butter or margarine

Directions:

Place butter in 3-quart casserole dish.

Place in microwave oven and melt one minute.

Add marshmallows, cover and cook two to three minutes.

Remove from oven and stir until butter is melted and marshmallows are well blended.

Add cereal and stir until well coated.

Press warm mixture evenly and firmly into a lightly buttered 8 x 12-inch pan.

Cut into squares when cool.

Recipe makes 24 squares.

Variations:

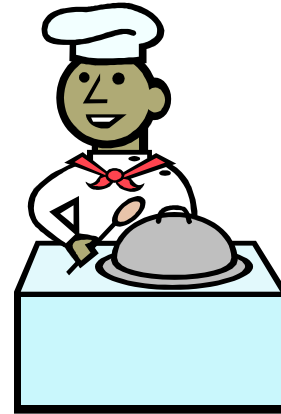
Chocolate Dot: After cereal has been stirred into marshmallow mixture, quickly stir in one 6-ounce package semi-sweet chocolate pieces.



Lefse

Ingredients:

4 cups cooked potatoes, run through a ricer
1/3 cup solid shortening
1/2 teaspoon salt
1-1/2 cup cream, heated
1 teaspoon sugar
2-1/4 cup gluten free baking mix



Directions:

Mix together hot potatoes, shortening, cream, sugar and salt.

When cooled, add about one and one-half-cup of the baking mix. Use remaining flour to coat each dollop of dough; roll out as thin as possible and bake on a griddle or a pan until brown. Use corn oil for the griddle.

Serve with fruits, seasoned vegetables or herbed butter with syrup.

Variations: Substitute buttermilk for the cream and add one-teaspoon of ground nutmeg.

One can also increase the sugar to taste and add 1/2-teaspoon vanilla.

Serve with cinnamon or honey.

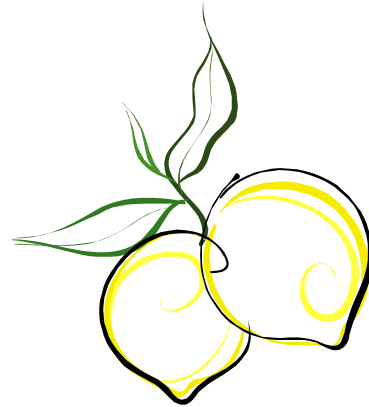
No Bake Lemon Slice

SLICE:

13 ounce can condensed milk
4 ounces butter, melted
8 ounces gluten free cornflakes, crushed
OR
8 ounces gluten free rice cookies, crushed
1/2 cup dessicated coconut
1/2 cup shredded coconut
1 tablespoon lemon juice
Grated rind of 1 lemon OR mandarin orange

ICING:

8 ounces pure icing sugar
2 tablespoons butter, melted
2 tablespoons lemon juice
A little hot water



Directions:

Mix the slice ingredients well.

Press into a lightly greased dish.

In a separate bowl, bash the lumps out of the pure icing sugar.

Add 2 tablespoons of melted butter and 2 tablespoons of lemon juice.
Mix well.

Very slowly add a little hot water until the icing is soft enough.

Spread over the slice mixture.

Refrigerate for a few hours.

Cut into fingers.

Lemon Angel Pie

A never-fail recipe with a sweet-tangy taste which is delicious.

Meringue Crust:

Beat until stiff:

Four egg whites and 1/4-teaspoon cream of tartar.

Add gradually 3/4-cup sugar and 1-teaspoon vanilla.

Spread on well greased 9-inch pie pan and bake 300-degrees for one hour. Cool.

Lemon Filling:

Beat well:

Four egg yolks

Add:

1/2-cup sugar

1/2-cup water

2-tablespoons lemon juice

2-teaspoons grated lemon rind



Cook over low heat until thick, cool in pan. Spread over crust. It doesn't make very much filling, so spread it thin.

Whipped Cream Topping:

Whip: 1 plus 1/2-pint whipping cream, spread over filling, serve.

Store pie in refrigerator up to 24 hours.

Macaroons

Ingredients:

4 ounces flaked coconut
One can sweetened condensed milk
2 teaspoon gluten free vanilla
Four squares unsweetened chocolate melted
Coloring

Directions:

Combine all ingredients in a bowl and mix well.

Drop from teaspoon one inch apart on well greased baking sheet.

Bake at 350-degrees for 10 to 12 minutes.

Remove from baking sheet at once.

Ingredients:

4 ounces flaked coconut
One can sweetened condensed milk
2 teaspoon gluten free vanilla
Four squares unsweetened chocolate melted
Coloring

Directions:

Combine all ingredients in a bowl and mix well.

Drop from teaspoon one inch apart on well greased baking sheet.

Bake at 350-degrees for 10 to 12 minutes.

Remove from baking sheet at once.

Macaroni and Cheese

Ingredients:

Two, 15-ounce cans of diced tomatoes
2 tablespoons butter or margarine
2 tablespoons of gluten free flour mixture
2 cups of milk
1-1/2 cup shredded cheddar cheese (6 ounces)
1 teaspoon of salt
1/4 teaspoon of pepper
8 ounces of gluten free macaroni
2 cups of cooked ham cut into cubes (optional)



Directions:

In medium saucepan, melt butter or margarine on low heat. Stir in flour until it forms a paste. Bring to medium-high heat. Add cheese. Stir constantly until melted.

Cook 8 ounces of gluten free macaroni until just done. Do not overcook as the noodles will receive further cooking in the oven.

Place cooked macaroni into greased 2-quart casserole dish. Add ham.

Pour over cheese sauce. Stir all together gently.

Bake in 350-degree oven for 30 minutes.

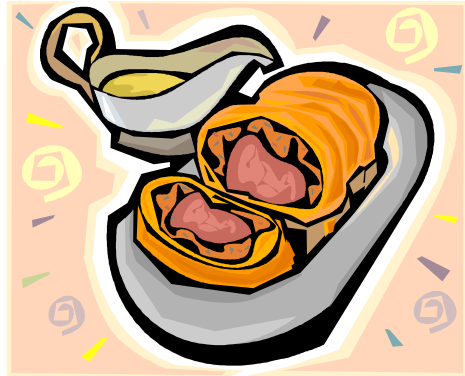
NOTE:

If you would like to freeze your Macaroni and Cheese for later cooking, mix cheese sauce and pasta together in a freezer safe container. Freeze. When ready to cook, thaw Macaroni and Cheese thoroughly. Then bake as directed.

Shepherd's Meatloaf

Ingredients:

- 1 pound ground round
- 2 tablespoons diced onion
- 1 teaspoon salt
- One cooked (medium) potato, mashed
- One egg
- 1/2 teaspoon garlic powder
- 1/2 pound fresh mushrooms (sliced or one can drained)



Directions:

In an 8-inch loaf pan, mix meat, onion, salt, potato, garlic powder and egg, thoroughly and form loaf.

Firmly press mushroom slices over entire surface of loaf.

Bake at 350 degrees for about one hour.

Slice and serve.

Meatloaf Muffins

Ingredients:

1/2 cup warm water
One gluten-free beef bouillon cube
1 cup gluten-free cornflake crumbs
1 pound ground round
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons dried parsley
2 tablespoons dried minced onion
1/4 teaspoon garlic powder
One egg
1 teaspoon gluten-free Worcestershire sauce
2 tablespoons brown sugar
1/4 cup gluten-free ketchup



Directions:

Preheat oven to 350-degrees.

Pour water over bouillon in a large bowl; let them soak for two minutes. Add cornflake crumbs, beef, spices, egg and Worcestershire sauce to bowl. With your hands, blend mixture well.

Spray muffin tins with gluten-free nonstick spray. Divide meat mix into six portions; pack into muffin tins. Bake for 20 minutes.

In a small bowl, stir together brown sugar and ketchup.

Remove tins from oven and spoon ketchup mixture evenly over the top of the muffins. Return pan to the oven and bake for 20 minutes more.

Diabetic Adjustment: Use two egg whites in place of the whole egg. Omit topping of brown sugar and ketchup.

Recipe makes six servings.

Nutritional information per serving:

Calories: 224; Total Fat: 14g; Saturated Fat: 5.5g; Cholesterol: 97mg
Sodium: 682; Carbohydrates: 9.4g; Fiber: 3g; Sugar: 5.5; Protein: 19g

Crispbread

Crispbreads are delicious whether you are on a special diet or not. Other flaked grains (oats, wheat, rye, etc.) can be used for variety by those who can eat them.

Ingredients:

4 oz. millet flakes
3 oz. maize flakes (or cornflakes)
4 oz. rice flakes
4 oz. buckwheat flakes
2-1/2 oz. linseed
3 oz. sesame seeds
1 oz. sunflower seeds
1 tablespoon olive oil
1 teaspoon salt

Directions:

Put all the above ingredients to soak with enough cold water to easily immerse everything when stirred.

After two hours or more, stir the mixture thoroughly. The consistency should now be like thick porridge. Pour away any superfluous liquid.

Take a flat baking tray and cover with baking parchment. Spread the mixture thinly and evenly over the parchment.

Bake at 310 degrees for 30 minutes.

Slice into rectangles and bake for a further half hour.

If it is not quite dry, turn off the heat and leave the crispbread in the oven.

Variations: Add spices such as caraway, and chopped herbs such as rosemary, coriander, basil and stinging nettles. For a slightly sweeter crispbread, add desiccated coconut and almonds.

Easy Mint Patties

Ingredients:

1/4 cup light corn syrup
1 teaspoon gluten free peppermint extract
1/4 cup butter, softened
One to two drops desired vegetable food coloring
4-3/4 cup sifted powdered sugar (about 1 pound)
Coloring



Directions:

Combine light corn syrup, softened butter and Peppermint extract.

Add sugar, about 1 cup at a time, stirring until well combined.

Stir desired food coloring into mixture.

Shape candy mixture into 1-inch balls.

Place the balls 2-inches apart on a baking sheet lined with waxed paper.

Gently flatten each ball with the tines of a fork.

Let candy stand at room temperature about 3 hours or until dry.

Store tightly covered in the refrigerator.

Recipe makes about 56 pieces.



No Cook Chocolate Fudge

Ingredients:

4 cups confectionery sugar

1/4 teaspoon salt

12 tablespoons cocoa

2 tablespoons gluten free vanilla

4 tablespoons butter or 2-tablespoons butter and 2-tablespoons cream cheese

4 - 6 tablespoons milk

Directions:

Combine the confectionery sugar, salt and cocoa.

Add the butter, cream cheese, vanilla and just enough of the milk to hold it all together.

Mix until well blended.

Spread mixture in a greased cake pan.

Cut when firm and store airtight.

Nuts may be added, if desired.

Noodles with Sour Cream

Ingredients:

8 ounces fresh mushrooms (or one small package sliced or chopped)
6 tablespoons butter
2 tablespoons cornstarch
2 teaspoons gluten free soy sauce
3/4 cup sour cream
3/4 cup milk
1 pound ground round
1/4 teaspoon black pepper
1/2 teaspoon salt
Two cloves of garlic
One medium onion
2 tablespoons olive oil
2 cups ricotta cheese
2 tablespoons parsley flakes
One egg
1/4 teaspoons pepper



Directions:

Sauce: Cook mushrooms in 6-tablespoons butter until tender.

Sprinkle 2-tablespoons cornstarch over the top and blend.

Add 2-teaspoons of gluten free soy sauce and 3/4-cup sour cream. Mix well. Slowly add 3/4-cup milk, stirring until the mixture bubbles and thickens. Add black pepper and salt. Mix.

Casserole: Sauté two cloves of garlic and onion in 2-tablespoons olive oil. Add one-pound hamburger and brown meat slowly. Add meat mixture to sour cream sauce.

In a separate bowl, mix 2-cups ricotta cheese, 2-tablespoons parsley flakes, one egg and 1/4-teaspoon pepper.

Cook a small box of gluten free elbow macaroni in water until it's almost done. Spray a large baking pan with cooking oil and put a layer of noodles in the bottom of the pan. Add a layer of the ricotta cheese mixture, a layer of meat sauce and top with a layer of grated mozzarella cheese. Cook in a 350-degree oven for 30 minutes.

Sweet Chestnut Pancakes

Ingredients:

Three eggs
1/2 pint water or milk
4 ounces sweet-chestnut puree
4 ounces rice flour
4 ounces cornmeal
Pinch salt to taste
1/2 teaspoon bicarbonate of soda
1/4 teaspoon tartaric acid
1 tablespoon olive oil
1/2 ounce sugar



Directions:

Beat the eggs, sweet-chestnut puree, oil and milk together.

Mix all the dry ingredients.

Then quickly mix the wet and dry ingredients together. You can usefully leave the mixture to stand for a couple of hours before cooking.

Cook on an iron griddle in the traditional way or heat a strong frying pan with enough oil to coat the bottom but no more.

The oil should not be hot enough to smoke.

Drop spoonfuls of the mixture into the pan. After a few moments turn and flatten the pancakes slightly - they will rise again.

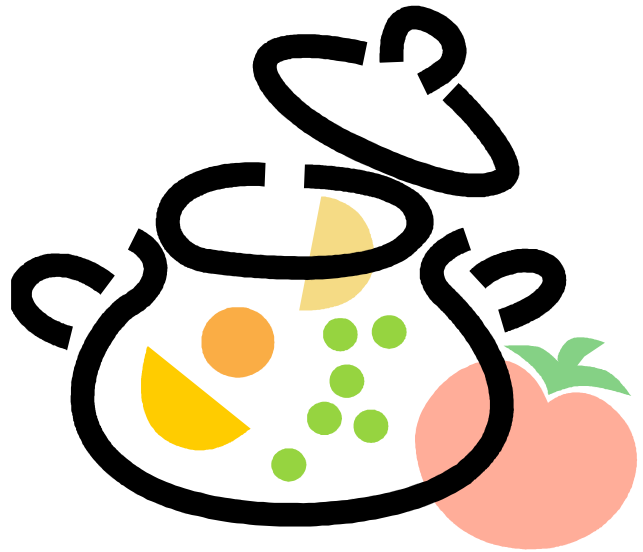
Cook until both sides are light brown.

Serve hot with butter and jam.

Green Onion Soup

Ingredients:

4 cups potatoes peeled and chopped
1-1/2 cups celery chopped
2-1/2 cups green onions chopped
2 to 3 tablespoons olive oil
Two vegetable bouillon cubes
3 to 4 teaspoons tamari soy sauce
3 to 4 teaspoons parsley
1 to 2 teaspoons honey
1-1/2 teaspoon paprika
1 teaspoon sea salt
1 teaspoon dill
1 teaspoon thyme
Dash cayenne pepper
2-1/2 cups water or vegetable stock



Directions:

Steam the green onions and celery until tender.

In a large frying pan, sauté the green onion in oil for one to two minutes, then add all the seasonings and sauté one more minute.

Filling the blender twice, blend all the ingredients until fairly smooth, lovely green light green soup is created.

Simmer everything on medium heat for 15-25 minutes until the bite is off the onions and the flavors mingle.

Serve hot with bread, crackers, or other accompaniments. Keeps 3-6 days refrigerated.

Yields 6 servings.

Orange Honey Quick Bread

Dry Ingredients:

- 1 cup white rice flour
- 1 cup brown rice flour
- 1/2 cup tapioca flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon xanthan gum
- 3/4 cup fine chopped pecans or hazelnuts or walnuts

Wet Ingredients:

- 2 tablespoons softened butter or margarine
- 3/4 cup honey
- 2 egg whites or 1 egg, beaten
- 3/4 cup orange juice
- 1-1/2 tablespoons grated orange rind

Directions:

Mix together the dry ingredients with a wire whisk.

Mix the wet ingredients separately, then combine with the dry, and mix well.

Pour into a greased medium-size loaf pan.

Bake at 325 degrees for about 1 hour.

Let the bread cool for 10 minutes before removing it from the pan.

Pancakes

Ingredients:

1-1/4 cups rice flour
2 teaspoons baking powder
1 teaspoon soda
1/2 teaspoon salt
1-1/4 cup buttermilk or sour cream
Two eggs
1/4 cup olive oil

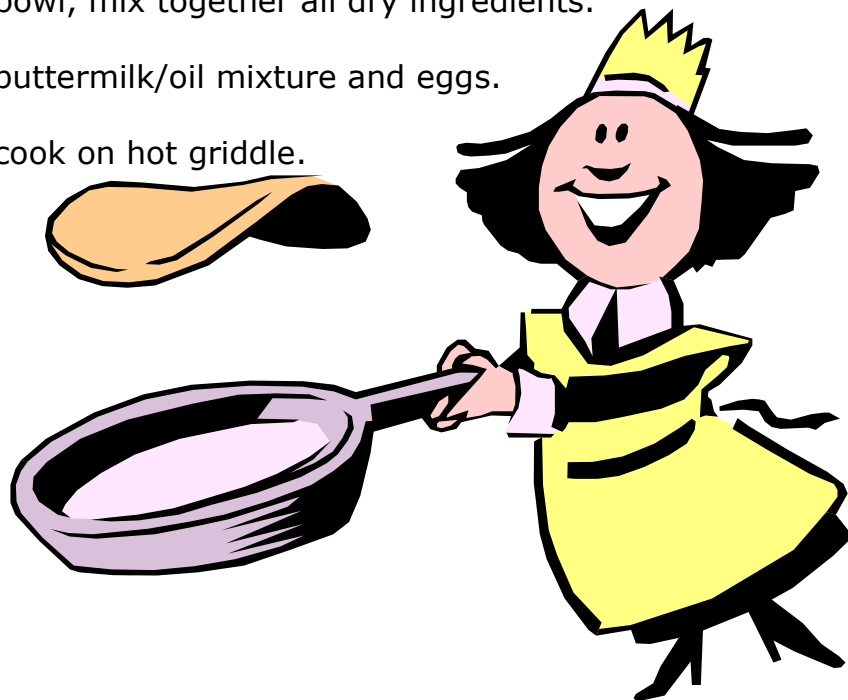
Directions:

Add the vegetable oil to buttermilk.

In large bowl, mix together all dry ingredients.

Add the buttermilk/oil mixture and eggs.

Mix and cook on hot griddle.



Homemade Split Pea Soup

In large stockpot add the following:

2-3 teaspoon cumin
1/2 teaspoon herb pepper seasoning
1/2 teaspoon allspice
Dash of garlic (to taste)
Dash of parsley
1-2 teaspoons cinnamon
1 teaspoon sesame seeds (optional)
Salt and pepper to taste
1 teaspoon dry mustard (or 1-2 teaspoon prepared mustard)
One to two cans chicken broth
Three stalks celery, chopped
Three carrots, grated or chopped
Six potatoes, peeled and cubed
1/2 onion, chopped
2 pounds ham, cubed
One bag of green split peas



Directions:

Cover ingredients with water, plus two inches extra, and bring to a boil.

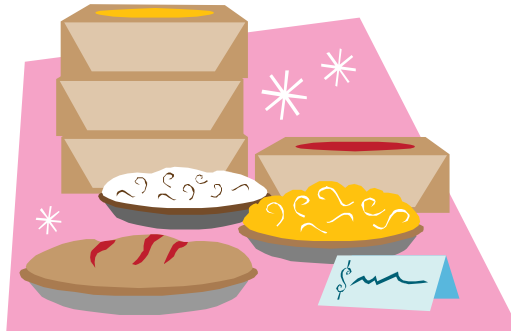
Cook on medium for three to four hours (or low for five to six hours).

Serve.

Pineapple Velvet Cake

Ingredients:

2-1/4 cups gluten free flour mix
3 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon xanthan gum
1 teaspoon salt
Four eggs
1-2/3 cups sugar
1 cup canola oil
1 teaspoon GF vanilla



Directions:

Preheat oven to 350-degrees.

Grease and (rice) flour a 9 x 13-inch pan or two, 9-inch round pans.

Blend together all dry (first five) ingredients.

In a large bowl, beat together eggs, sugar, oil and vanilla.

Add flour mixture, alternating with 1-cup pineapple juice.

Beat well. Add 2-teaspoons lemon juice if desired.

Bake 25-30 minutes for cake and approximately 15 minutes for cupcakes.

NOTE:

A double recipe makes a two layer (9-inch) cake and 24 cupcakes!
Frost it with a seven minute boiled icing.

Pizza-Flavored Popcorn

Ingredients:

12 cups freshly popped popcorn
1/4 to 1/2 cup butter
1/2 teaspoon crumbled leaf oregano
1/2 teaspoon crumbled leaf basil
1/8 teaspoon red pepper flakes
2 tablespoons grated Parmesan cheese

Directions:

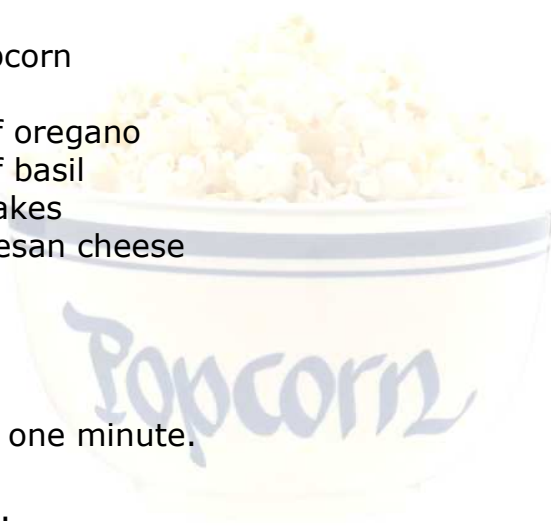
Melt butter.

Stir in seasonings and heat one minute.

Put popcorn in a large bowl.

Pour butter over popcorn and sprinkle with Parmesan cheese; toss to coat.

Package in a plastic bag.



Pork Chops on Rice

Ingredients:

Six lean pork chops
One can GF chicken soup
1-1/3 cup pre-cooked rice
1 cup of orange juice

Directions:

Brown pork chops.

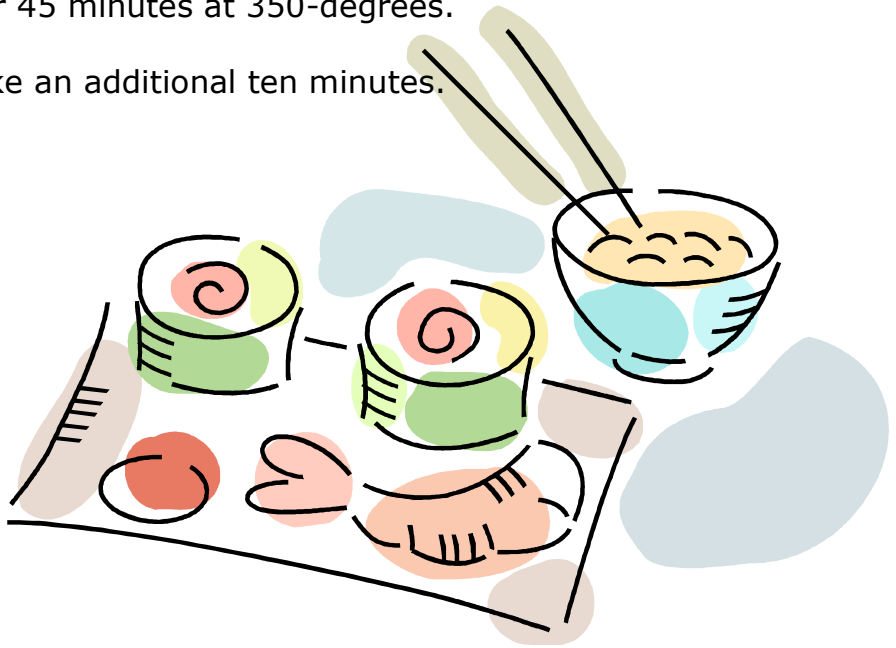
Place rice in a 9 x 13-inch pan.

Pour orange juice over rice and arrange chops on top of that.

Pour GF chicken soup or broth over the chops.

Bake covered for 45 minutes at 350-degrees.

Uncover and bake an additional ten minutes.



Quick and Easy Potato Salad

Ingredients:

24-ounces frozen gluten free hash browns
2 tablespoons chopped fresh parsley
Six slices cooked bacon, crumbled
2 tablespoons cider vinegar
1/3 cup corn oil
1/2 teaspoon salt
3 tablespoons water
1/4 teaspoon pepper
1 tablespoon lemon juice
1/4 teaspoon paprika
2 tablespoon minced onion

Directions:

Place hash browns in 2-quart glass casserole dish; cover and microwave 14 to 18 minutes on high power or until tender.

Stir every four minutes.

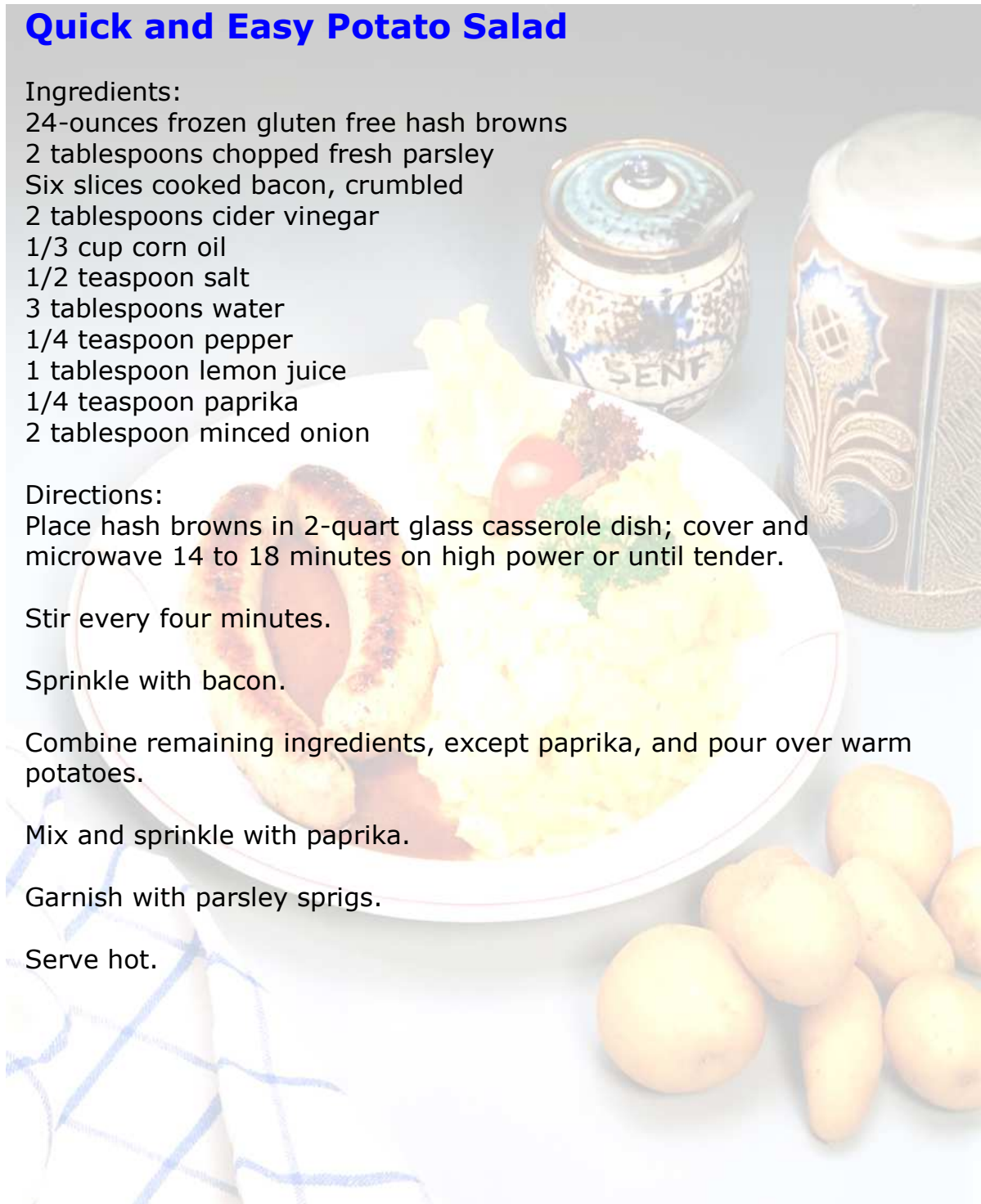
Sprinkle with bacon.

Combine remaining ingredients, except paprika, and pour over warm potatoes.

Mix and sprinkle with paprika.

Garnish with parsley sprigs.

Serve hot.



Cheesy Potato and Ham Casserole

Ingredients:

Three medium potatoes, peeled and thinly sliced
One onion, sliced
Two hard-boiled eggs, chopped
3/4 cup grated tasty cheese
1/4 cup cooked ham, chopped 1/2 cup milk
2 tablespoons gluten-free chutney
1/4 teaspoon paprika
Freshly ground black pepper
Herb salt



Directions:

Grease an oven-proof dish with half the potato and onion slices.

Sprinkle with salt and pepper.

Spread the cheese, ham, chutney and eggs over the potato slices.

Pour the milk over it. Use the remaining potato and onion slices to make another layer.

Add the milk and sprinkle with paprika.

Bake in 350-degree oven for about 30 minutes. By then, the potatoes should be tender.

Microwave version: Microwave for 15 to 20 minutes.

Pumpkin Spice Muffins

Ingredients:

Two eggs (or one egg and two egg whites)
1/4 cup olive oil
1/2 cup raw honey
1/4 cup unsweetened applesauce
1 cup mashed, cooked pumpkin
1-1/2 brown rice flour
1/2 cup Soya flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon allspice
Dash Salt
1/2 cup raisins (optional)
1/2 cup chopped nuts



Directions:

Preheat oven to 350-degrees.

Beat eggs well; add honey, oil and pumpkin. Add dry ingredients and mix well.

Stir in raisins and nuts. Fill paper-lined or greased muffin cups 2/3 full.

Bake at 350-degrees degrees for 20 minutes. Rotate tins once to brown evenly.

Pumpkin Pie

Ingredients:

One nine-inch unbaked almond pie crust (recipe below)
1/2 teaspoon ground ginger
2 cups of pumpkin (16 ounce can)
1/4 teaspoon allspice
1 can of condensed milk (14 ounces)
2 tablespoons honey
Two eggs
1/2 teaspoon salt
3/4 teaspoon ground cinnamon



Directions:

In a large mixing bowl, combine all ingredients and mix until blended. Pour into unbaked almond pie crust and baked in a preheated 375-degree oven for approximately 35 to 40 minutes or until cake tester inserted comes out clean. Cool, and garnish with whip cream.

Almond Pie Crust

Ingredients:

1 cup almond meal
1/4 cup powdered sugar
2 tablespoons chilled butter
1-1/2 tablespoons of cream or non-dairy cream

Directions:

In a food processor, blend all ingredients until dough clumps together. Chill 15 minutes. Roll out dough on wax paper dusted with either cornstarch or tapioca flour. Transfer to a 9-inch tart pan.

Quinoa Cookies

Ingredients:

1 cup quinoa flour
1/2 teaspoon ammoniac
1/4 pound shortening
1 cup warm water
1 pinch salt
1/2 cup sugar v
2 cups rice flour
2 eggs
1/2 teaspoon cinnamon



Directions:

Stiff quinoa and wheat flour, add ammoniac, cinnamon, and all the ingredients altering liquids and solids, until getting a soft dough.

Roll out thin and cut into desired shapes.

Bake al medium heat in oven.

Let them rest and put some power sugar on top of each cookie.

Rice Bran Muffins

Ingredients:

One nine-inch unbaked almond pie crust (recipe below)

1/3 cup rice bran

1-1/3 cup rice mix

1/2 cup gluten free brown sugar

1/4 cup margarine or butter

Two eggs

1/4 cup gluten free molasses

1 teaspoon soda

1 cup buttermilk

Directions:

Stir soda into molasses until foamy and light in color; set aside.

Cream brown sugar and margarine, beat in eggs and then rice bran.

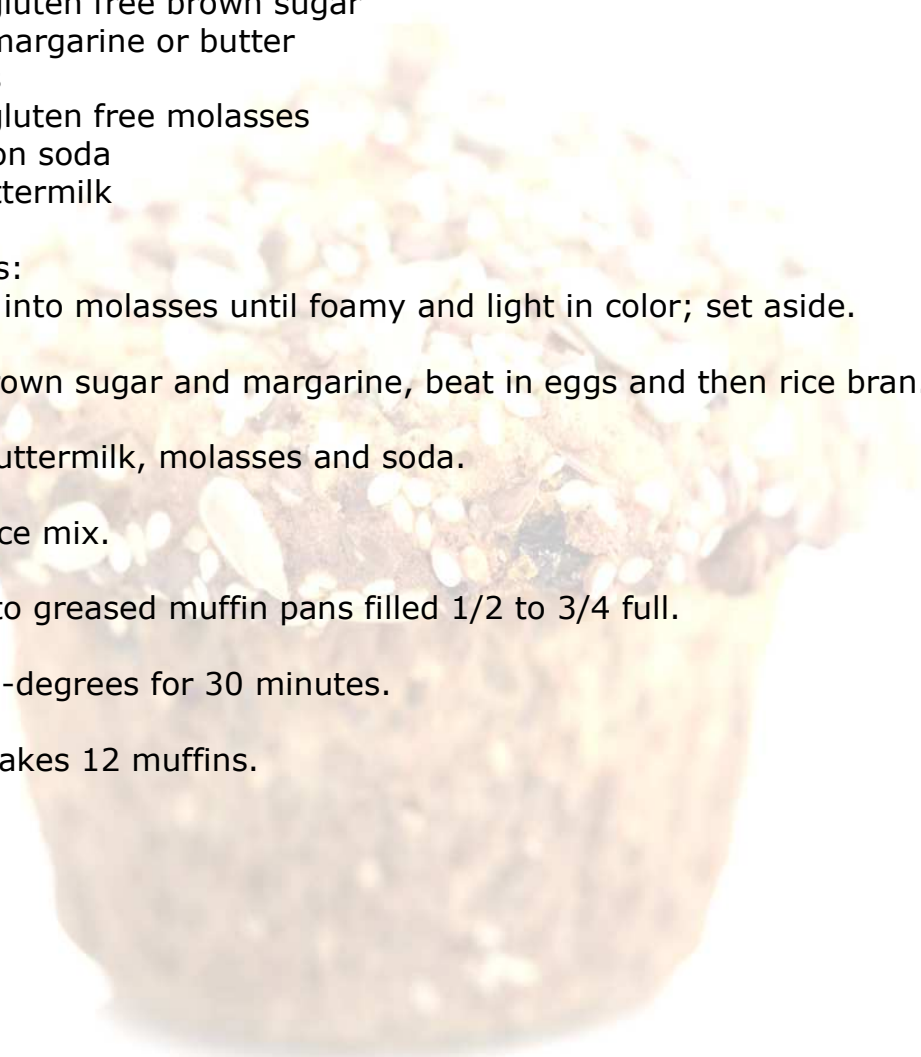
Pour in buttermilk, molasses and soda.

Beat in rice mix.

Spoon into greased muffin pans filled 1/2 to 3/4 full.

Bake 375-degrees for 30 minutes.

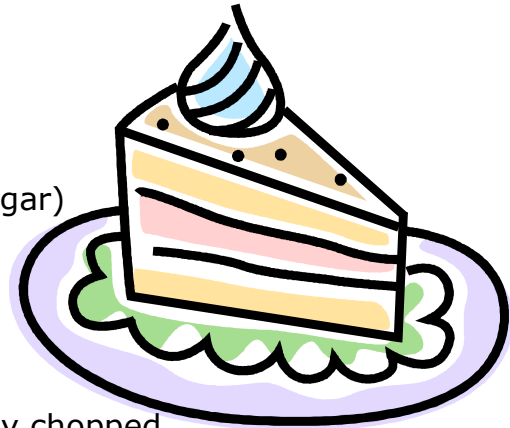
Recipe makes 12 muffins.



Rice Pudding Cake

Ingredients:

3 cups cooked rice
4 eggs, beaten
1/2 cup *demerara sugar (OR brown sugar)
2 medium bananas, mashed
2 apples, finely chopped
1 pound cottage cheese
2 cups mixed dried fruit
1/2 cup dried apricots, chopped
1/2 cup mixed nuts OR almonds, roughly chopped
Grated rind of one mandarin OR orange
1 teaspoon nutmeg
1 teaspoon cinnamon



Directions:

Combine everything together and mix well.

Place mixture in a greased tin, such as a fluted (or regular) bundt pan.

Bake at 400 degrees for about half an hour until firm and cooked through. When a skewer comes out clean, the cake is cooked. Allow to cool in the tin.

*Notes:

Demerara sugar is raw brown sugar, originally from Demerara in Guyana. Although Australia grows endless acres of sugar cane, demerara sugar is considered so good that Australia imports it. Some people like it in their coffee. Demerara adds a sort of toffee-ish taste to the cake. If you don't have demerara, don't worry - the cake will still be delicious with brown sugar.

The rice should be well drained after cooking in water, and left in the refrigerator for at least a few hours before baking the cake.

Tofu Rice Salad

Ingredients:

1 cup diced tofu
4 cups cooked brown rice or quinoa (wild rice may be part of it)
1/2 cup pine nuts or chopped pecans, or a combination of these
3/4 cup golden raisins, plumped in hot water and then drained
1/2 cup chopped green onions
1/3 cup olive oil
1/4 cup rice vinegar
2 tablespoons light soy sauce or tamari sauce
1/4 teaspoon pepper
Lettuce leaves
Paprika
Parsley or coriander



Directions:

Toss ingredients, chill one hour. Arrange on lettuce leaves and sprinkle with paprika; garnish with parsley or coriander.

Serves: 4

NOTES

The beauty of this is that not only can it be made in advance, but it must be made ahead of time.

Use extra firm tofu. This recipe lends itself well to a small amount of ginger powder or grated fresh ginger.

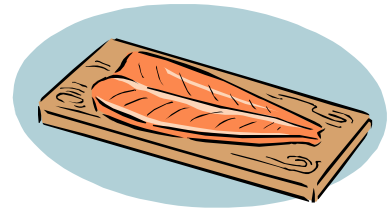
You can use 2-3 teaspoons sesame oil and then add olive oil to make 1/3 cup.

You can also skip the oil and vinegar and use a soy "mayonnaise."

Easy Salmon Fritata

Ingredients:

Four eggs
6 ounces canned salmon
14-ounces frozen corn kernels
One onion, halved and then sliced
Two large tomatoes, chopped
One capsicum (bell pepper) chopped
Several sprigs fresh mint or basil, chopped
Freshly ground black pepper
Herb salt OR ordinary salt
1 teaspoon olive oil



Directions:

In a heavy frypan, heat the olive oil and cook the chopped onion till it softens. Add the corn, salmon (drained), chopped tomatoes and chopped capsicum. Stir gently (to avoid crushing the salmon) but thoroughly. Sprinkle with pepper, herb salt and chopped mint.

Beat the eggs lightly and pour over the mixture. Cook at very low heat until the eggs are cooked, which will be about 12 minutes.

Note:

The exact ingredients and proportions don't matter too much in this recipe, which is easily adapted to suit your taste buds -- and the ingredients you have. You can throw in tinned corn instead of frozen, tuna instead of salmon, and shallots instead of the onion. If you don't have fresh mint or basil, you can use a tablespoon of dried basil.

Sesame Seed Crackers

Ingredients:

2 cups brown rice flour
1-1/8 teaspoon salt
1/3 cup soy flour
3 teaspoons sugar
1/3 cup sesame seeds
3/4 cup water
Pinch of xanthan gum
1/3 cup rice bran



Directions:

Mix gently and roll very thin.

Sprinkle additional bran on the board before rolling out if desired.

Cut with a pizza cutter into 1-1/2-inch crackers.

Lift with a pancake turner and put on cookie sheet.

Prick and bake at 375-degrees until toasty brown, about 12 minutes.

Turn off oven and put crackers back in the oven and let them dry out slowly. (In a gas oven with a pilot light, check for crispiness after about 30 minutes.)

Store in a tight container or freeze.

Melt-in-your-Mouth Shortbread

Ingredients:

1/2 cup cornstarch
1/2 cup icing [confectioner's] sugar
1 cup rice flour
3/4 cup butter

Directions:

Sift cornstarch, sugar and rice flour together.

Add butter.

Mix with hands until soft dough forms.

Refrigerate one hour.

Shape dough into 1-inch balls.

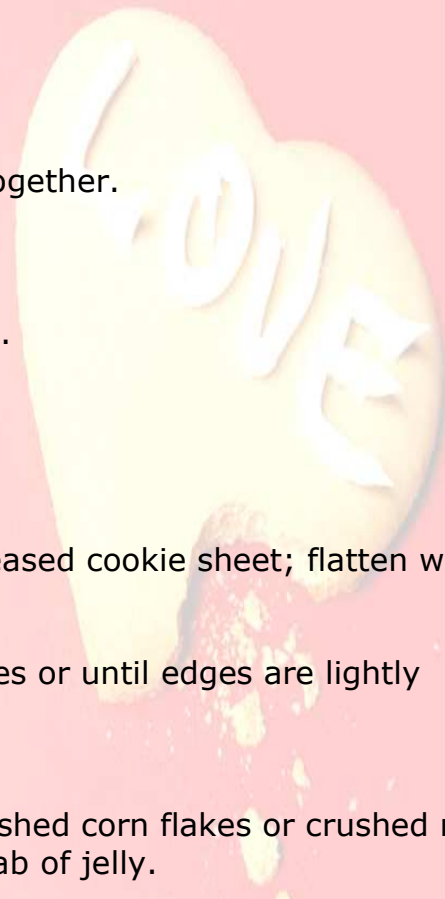
Place about 1-1/4 inches apart on greased cookie sheet; flatten with lightly floured fork.

Bake at 300 degrees for 20-25 minutes or until edges are lightly browned.

Variations:

Form balls as above. Roll in finely crushed corn flakes or crushed nuts. Press top of ball with thumb. Add a dab of jelly.

Mix in 2 tablespoons finely chopped peel and/or 2 tablespoons finely chopped nuts. Flatten with lightly floured fork.



Stay Crisp Slaw

Ingredients:

8 cups cabbage, sliced fine

Two carrots, grated

One green pepper, chopped

1/2 cup onion

Mix together and sprinkle with 1/2-cup water; put in refrigerator to crisp.

One envelope unflavored gelatin, softened in 1/4-cup water

2 teaspoons celery seed

1 teaspoon salt

1/4 teaspoon pepper

2/3 cup apple cider vinegar

2/3 cup sugar

2/3 cup corn oil

Directions:

Combine vinegar, sugar, salt, celery seed and pepper in 1-quart glass measure.

Heat in the microwave for 2 - 3-1/2 minutes or until it begins to boil.

Add the softened gelatin and stir well. Set aside to cool.

When it begins to jell, beat in the oil.

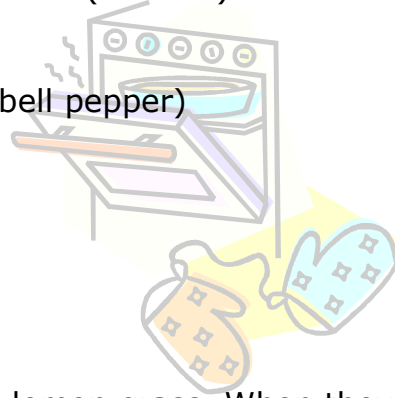
Drain water off the vegetables and add the dressing.

Keeps in the refrigerator for several days.

Sweet Potato and Corn Casserole

Ingredients:

One large or several small sweet potatoes
14 ounces corn kernels, fresh, frozen or canned (drained)
2 cups gluten-free cornflakes
1/2 cup chopped onion
1/2 cup chopped green and red capsicum (bell pepper)
2 tablespoons margarine
1 cup grated low-fat tasty cheese
1/4 cup sharp parmesan, grated
A few pieces of lemon grass
Salt and freshly ground pepper to taste



Directions:

Boil the sweet potatoes in water containing lemon grass. When they're soft, fish out the lemon grass and throw it away. Mash the sweet potatoes. You need two cups of mashed sweet potato.

Gently cook onions, capsicums and 2-tablespoons of margarine in a medium saucepan. Do not brown. Stir in corn and sweet potato and half the cornflakes. Blend all together and put in greased casserole dish.

Sprinkle over the top in this order: remaining cornflakes, parmesan cheese and grated tasty cheese. Bake uncovered in a 350-degree oven for about 45 minutes until nicely browned on top. Reheats well.

Recipe makes six servings.

Notes:

You can use pumpkin in this recipe instead of the sweet potatoes, if you like, but leave out the lemon grass.

Look for cornflakes which don't contain malt. If you can't find any, instead use breadcrumbs made with gluten-free bread (home-made or from health shop).

Taco Salad

Ingredients:

16-ounces gluten free cornbread cubes
1 cup parsley, chopped
1/4 pound butter or margarine
One egg, slightly beaten
1 cup celery, chopped
1 cup gluten free chicken broth
1 cup onion, chopped
1 teaspoon thyme, dried
Salt and pepper to taste
1 teaspoon sage, dried

Directions:

Cool cornbread slightly and cut into 1-inch chunks or break it into small bite-size pieces.

Place cubes on a baking sheet and bake for 30 minutes, or until toasted; stirring every ten minutes.

Remove cornbread cubes from the oven and cool to room temperature.

Melt butter in pan; sauté the celery and onion until soft. Stir in the thyme, sage, and parsley. Cool.

Stir the cornbread and cooked onion-celery mixture together. Add egg and mix well.

Add the stock or broth and mix lightly but thoroughly. Add salt and pepper to taste.

Stuff the cavity of a turkey or bake the stuffing in a casserole dish.

* To make lactose-free, use unsalted margarine with no milk products added.

Travel Bread

Ingredients:

1/2 cup potatoes, cooked and mashed
1/4 cup margarine or butter
1/4 cup sugar
Six eggs, separated
2 cups brown rice flour plus 2-tablespoons Soya
2 teaspoons GF baking powder
1 teaspoon baking soda
1 teaspoon cream of tartar
1/2 teaspoon salt
3/4 cup milk

Directions:

Heat and cook potatoes.

Mash lumps.

Cream with butter and sugar.

Add egg yolks.

Beat well.

Sift dry ingredients and alternately add to the mixture with milk.

Fold in egg whites, which have been beaten to hold soft peaks.

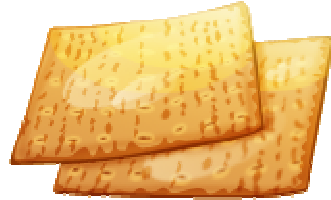
Pour mixture into an 8 x 4-inch greased pan.

Bake at 350 degrees for 1 hour.

Brown-Edge Lemon Wafers

Ingredients:

Four eggs
1/2 cup sugar
1-1/4 cup potato starch
1-1/2 teaspoon grated lemon rind
1/4 teaspoon salt
2/3 cup corn oil
1/4 cup cinnamon sugar
1/2 - 1 teaspoon grated lemon rind for topping



Directions:

Beat the eggs and sugar at high speed for three minutes.

Add the potato starch, lemon rind, salt and corn oil. Mix just until well blended.

Drop the dough by the teaspoonful onto lightly oiled cookie sheets.

Combine the cinnamon sugar with the grated lemon rind in a small dish.

Lightly sprinkle the cookies with the lemon sugar mixture.

Preheat oven to 350-degrees and bake until the edges are golden brown, about 8 to 12 minutes.

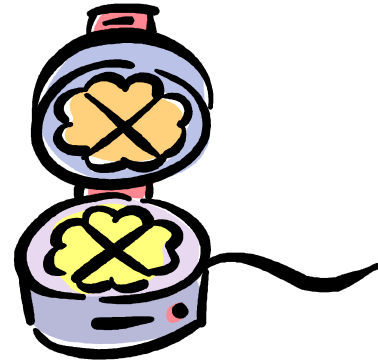
Remove from the baking sheets and place on wire racks to cool.

Recipe makes about 48 cookies.

Berry Buckwheat Waffles

Ingredients:

1/2 cup white rice flour
1/4 cup buckwheat flour
1/4 cup potato starch
1/4 teaspoon salt
2-1/2 tablespoons baking powder
3 tablespoons turbinado sugar (or white sugar)
Two eggs (separated)
3/4 cup rice or soy milk
1 cup berries of choice (fresh or frozen)



Directions:

Beat egg whites until stiff.

Combine all the dry ingredients, stir in egg yolks, oil, and milk.

Stir in the berries. Gently fold in the egg whites.

Pour suggested amount of batter for your waffle iron into your waffle maker. Most waffle irons use about 1/4-cup of batter per waffle.

Cook three to five minutes, until it no longer steams.

Note: These waffles freeze well.

Recipe makes about eight average-size waffles.

Gluten Free Fudgies

Ingredients:

1/4 cup honey
3 teaspoon oil
3 teaspoon water or unsweetened juice
1 teaspoon pure vanilla extract
1 cup amaranth flour
1/3 cup carob powder
1 teaspoon cream of tartar or 1/8 teaspoon vitamin C crystals or 1/2
teaspoon lemon juice
1/2 teaspoon baking soda
1/3 chopped nuts (optional)

Combine the honey, oil and water or juice in a medium saucepan,
heat briefly to melt honey.
Remove from heat and stir in vanilla.
Sift together the flour, carob, cream of tartar or vitamin C crystals
and baking soda. Stir in the nuts.
Drop rounded teaspoonfuls onto cookie sheets.
Bake at 325 degrees for 15 to 18 minutes. Use within a few days.

Chocolate Truffles

Ingredients:

1 packet Gluten free Rice Cookies (such as Arnotts)
1/2 tin condensed milk
1/2 cup coconut
2-1/2 tablespoons GF cocoa powder
2 tablespoons Cointreau

Directions:

Crush biscuits, using a food processor.

Mix all the ingredients together.

Make small balls and roll in gluten free chocolate sprinkles or some
coconut.



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