

Gluten Free Recipes from NMSU Nutrition Lab

Gluten-Free Flour Mixes

Jeanne's Gluten-Free All-Purpose Flour Mix

- 1 ¼ cups brown rice flour
- 1 ¼ cups white rice flour
- 1 cup tapioca flour
- 1 cup sweet rice flour
- 2 scant tsp. xanthan gum

Mix all ingredients together in a bowl. Use in place of all-purpose flour or store in an air-tight container.

Yields 4 ½ cups³

Rice Flour Blend

- 6 cups rice flour
- 2 cups potato starch flour
- 1 cup tapioca flour

Mix all ingredients together in a bowl. Use in place of all-purpose flour or store in an air-tight container for later use.

Yields 9 cups⁴

Gluten-Free Recipes

Buttermilk Biscuits

- 2 cups Jeanne's gluten-free all-purpose flour mix, sifted
- 1 tbsp. baking powder
- ½ tsp. baking soda
- ¾ tsp. salt
- 4 tbsp. butter, cold
- ¾ cup low fat buttermilk

- Tapioca flour for dusting
- Optional glaze: 1 egg beaten with 1 tbsp. water

Preheat oven to 425°F.

In a medium mixing bowl, stir together the sifted flour, baking powder, baking soda and salt.

Add the butter and cut with a pastry blender or your fingers until the fat resembles coarse, pea-size clumps.

Stir in the buttermilk, taking care not to over-mix.

Turn the dough out onto a floured (use tapioca flour) surface or Silpat and shape into a cohesive mass. Roll the dough out with a tapioca floured rolling pin until it is about 1 ½" thick.

Cut rolled dough with a tapioca floured biscuit cutter. Be careful not to turn the cutter as you cut the dough – this will “seal” the edges together and prevent the biscuits from rising to their true potential. This minimal squishing of the edges is what helps the biscuits to rise and be fluffy.

Place the biscuits on a greased cookie sheet and brush the tops with the beaten egg mixture, if desired.

Bake the biscuits for 12 – 15 minutes or until the biscuits are golden brown.

Yields 6-8 biscuits³

Nutrition Facts	
Serving Size 1 Biscuit (69g)	
Servings Per Container 8	
Amount Per Serving	
Calories 190	Calories from Fat 60
<small>% Daily Value*</small>	
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 530mg	22%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4% • Vitamin C 0%	
Calcium 6% • Iron 2%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Real Honest Gluten Free Bagels

- 3 ¼ cups gluten free flour mix
- 1 tbsp. active dry yeast
- 1 ½ cups water
- 7 tbsp. sugar, granulated
- 1 tsp. salt
- 2 ½ tsp. xanthan gum
- Cornmeal for dusting baking sheets
- Egg wash (1 egg mixed with 1 tbsp. of water) – optional
- Toppings: poppy seeds, sesame seeds, dried onion, etc. – optional

Heat the water in the microwave or on the stove until it is between 110°F and 115°F.

Pour the water into a large bowl and add 3 tbsp. of sugar. Stir to dissolve the sugar.

Add the yeast and stir until dissolved. Allow the mixture to proof for five minutes.

After five minutes, add the salt, xanthan gum and 1 ½ cups of flour to the yeast mixture. Mix with a spoon until completely incorporated. Continue to add the remaining flour a ½ cup at a time. When there is about ½ cup of flour remaining, turn the dough out onto a work surface.

Knead the dough well to incorporate all of the flour. The texture of the dough will be slightly sticky. If the dough seems too sticky after kneading add additional flour 1 tablespoon at a time. If the dough seems too dry after kneading add additional water 1 tablespoon at a time until the dough is slightly sticky. Remember to knead the dough thoroughly after each flour or water addition to fully incorporate it before deciding whether the dough needs more.

Form the dough into a smooth ball and cover with a damp kitchen towel. Allow the dough to rest for 20 minutes.

Divide the dough into seven equal portions and begin forming bagels. The bagels can be formed by rolling out each portion of dough into a long rod and then pinching the ends back together to form a circle. Another method involves shaping the portion into a ball and then flattening it into a round shape and making a hole in the center.

Place all formed bagels on a cookie sheet and place on the middle rack in the oven. Fill a large bowl with warm to hot water and place in the bottom of the oven. Let the bagels rise for about 45 minutes.

Fill a large stock pot with water and place over medium high heat. When the water boils, add 4 tablespoons of granulated sugar. Lower the heat setting to keep the pot simmering, not boiling.

Preheat the oven to 375°F.

Spray a large cookie sheet with non-stick cooking spray. Sprinkle cornmeal onto sprayed sheet.

After the bagels have risen, drop 3-4 bagels in the pot of simmering water and cook for 45 seconds on each side. Use a slotted spoon to remove the bagels from the water and place on a cooling rack. Repeat procedure to boil remaining bagels.

Place bagels on cookie sheet, leaving space in-between bagels. The egg wash may be

brushed over the tops of the bagels and any desired topping may be sprinkled over the bagels.

Bake for 20 – 30 minutes or until golden brown. If bagels are not baked long enough the interior will be gummy and dense. One bagel may need to be cut in half to determine whether the bagels are thoroughly baked.

Yields 7 bagels⁵

Nutrition Facts	
Serving Size 1 Bagel (127g)	
Servings Per Container 7	
Amount Per Serving	
Calories 270	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 61g	20%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Walnut Honey Bread

Wet ingredients

- 1 ¼ cup water
- 3 large eggs
- 3 tbsp. vegetable oil
- 3 tbsp. honey

Dry ingredients

- 1 ½ cup garfava flour
- 2/3 cup corn starch
- 1 cup tapioca flour
- 1 tbsp. xanthan gum.
- 1 ½ tsp. salt
- ¼ cup walnuts, ground
- 2 ¼ tsp. active dry yeast

Bread machine instructions

Have all ingredients at room temperature. Combine water, eggs and oil; pour into baking pan. Thoroughly blend dry ingredients (including yeast). Do this either in a bowl with a wire whisk or shake together in a gallon size, self-sealing plastic bag. Add to liquid ingredients in the baking pan.

Select a BASIC cycle; start machine. For bread machines with a BAKE ONLY cycle, select the DOUGH cycle for mixing and rising. Press STOP when the cycle is complete; select the BAKE ONLY cycle to complete the bread. After the mixing action begins, help any unmixed ingredients into the dough with a rubber spatula, keeping to edges and top of batter to prevent interference with the kneading blade. When the bake cycle is complete, remove the pan from the machine. Allow the bread to remain in the pan for approximately 10 minutes, then invert pan and shake gently to remove the bread. Cook upright on a rack before slicing.

Hand-mixing instructions

Thoroughly blend dry ingredients (except yeast) in a large bowl. Set aside.

Heat the water to between 110° and 115°F and pour into a medium-size mixing bowl. Add yeast to liquid and proof mixture for 5 minutes.

Add eggs, oil and honey to yeast mixture. Make a well in the dry ingredients and pour in the liquids. Mix the liquid into the dry ingredients until the mixture is well blended. Continue to mix for about 5 minutes.

Spoon batter into prepared bread pan; allow to rise approximately 1 hour.

Preheat oven to 350°F.

Grease a 9 X 5 bread pan or two 8 ½ X 4 ½ bread pans.

Bake for 45 to 50 minutes. During the last 15 – 20 minutes of baking, the oven temperature may need to be lowered to 325°F to prevent overbrowning. Use a toothpick to test for doneness.

*** Note: batter may be difficult to smooth into an even surface in the bread pan.**

Yields one loaf⁶

Nutrition Facts	
Serving Size 1 slice (49g)	
Servings Per Container 20	
Amount Per Serving	
Calories 120	Calories from Fat 35
<small>% Daily Value*</small>	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Pizza Crust

- 1 ¼ cups water
- 3 tbsp. vegetable oil
- 4 egg whites, large
- 2 cups rice flour
- 1 cup tapioca flour
- 1 cup arrowroot flour
(cornstarch can be substituted)
- 1 tsp. sugar, granulated
- 1 ½ tsp. salt
- ½ cup non-fat dry milk
- 1 tbsp. xanthan gum
- 2 ¼ tsp. active dry yeast
- Extra rice or tapioca flour for kneading

Sprinkle cornmeal on two 12" pizza pans.

In a large bowl, combine the flours, non-fat dry milk, xanthan gum and salt.

Heat the water in the microwave or on the stove until it is between 110°F and 115°F.

Pour the water into a medium bowl and add the sugar. Dissolve the sugar completely.

Add the yeast to the liquid and stir to dissolve. Allow the yeast mixture to proof for five minutes.

After five minutes, pour the yeast mixture into the dry ingredients. Also, add the egg whites and oil. Stir the mixture with a spoon until all ingredients are combined. Lightly dust the counter with tapioca or rice flour. Pour the dough out onto the counter and knead the dough for 5 to 7 minutes or until the dough is smooth.

Divide the dough into two even balls. Cover the dough and allow to rest for about 15 minutes.

Grease your fingers with oil and spread one dough ball on a prepared pizza pan. Make sure the dough is spread evenly and reaches the corners of the pan. Repeat procedure for the second pizza dough.

Place pizza pans in a warm place (oven with a bowl of warm water works well) and allow to rise for 30 minutes.

Preheat oven to 400°F.

Top the pizza crusts with your desired gluten-free sauces and toppings.

Bake for 20 minutes or until the bottom of the crust is golden brown and the toppings are thoroughly heated/cooked.

Yields 2 12" pizza crusts⁶

Nutrition Facts	
Serving Size 1 slice (58g)	
Servings Per Container 20	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories: 2,000 2,500
Total Fat	Less than 85g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Zucchini Muffins

- ½ cup brown rice flour
- ½ cup sorghum flour
- ¼ cup potato starch
- ¼ cup tapioca starch
- ½ cup sugar, granulated
- 1 tsp. xanthan gum
- 1 ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. baking soda
- ½ tsp. baking powder
- 1/3 cup canola oil
- 2 large eggs
- 2 tbsp. low fat milk
- 1 tsp. vanilla extract
- 1 cup zucchini, shredded
- ½ cup chopped nuts*

Preheat oven to 400°F.

Grease a 12-count muffin tin with non-stick cooking spray.

Combine the dry ingredients in a large mixing bowl.

Make a well in the center and add the oil, eggs, milk and vanilla. Stir with a fork to mix well.

Stir in the zucchini and nuts.

Spoon the batter into prepared muffin tin and bake for about 18 minutes. Muffins are done when golden brown and when a toothpick inserted into the center of a muffin comes out clean.

*** Note: Toasting the nuts before adding them to the batter brings out their flavor. It is best to toast the nuts whole and then chop. To toast nuts, place nuts in a skillet over medium-low heat for several minutes, while stirring constantly until golden brown.**

Yields approximately 12 muffins⁷.

Nutrition Facts	
Serving Size 1 muffin (62g)	
Servings Per Container 12	
Amount Per Serving	
Calories 200	Calories from Fat 90
<small>% Daily Value*</small>	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 190mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 3g	
Vitamin A 2% • Vitamin C 4%	
Calcium 2% • Iron 4%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

Buttermilk Waffles

- 2 cups Jeanne's gluten-free all-purpose flour mix
- 1 tbsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tbsp. sugar, granulated
- 4 tbsp. butter, melted
- 3 large eggs, separated
- 1 ¾ cups low fat buttermilk
- Gluten-free pure maple syrup

Preheat a waffle iron.

In a medium bowl, combine the flour, baking powder, baking soda, sugar and salt.

In a medium bowl, beat egg whites until they form stiff peaks. Set aside.

In a large bowl, whisk egg yolks. Whisk in buttermilk and melted butter (slightly cooled).

With a large spoon, stir the dry ingredients into the wet ingredients. Do not over-mix – batter will have lumps.

Fold in the egg whites into the batter with a rubber spatula.

Spoon 1/2 to 1 cup of the batter onto the hot waffle iron, depending on your specific iron size. Close the lid and bake until the waffle is golden or the waffle iron indicates it is ready.

Serve immediately with gluten-free syrup.

Yields approximately 12 waffles³

Nutrition Facts	
Serving Size 1 Waffle (80g)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 390mg	16%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 4%	• Vitamin C 0%
Calcium 8%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Banana Pecan Pancakes

- 1-1/3 cup gluten-free flour
- 1/4 cup sugar, granulated
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. ground cinnamon
- Dash nutmeg, freshly grated
- 1/4 teaspoon salt
- 1 cup low fat milk

- 1 cup gluten-free plain or vanilla flavored yogurt, low fat
- 3 tbsp. unsalted butter, melted
- 2 tbsp. vegetable oil
- 2 egg yolks, large, lightly beaten
- 1 tsp. vanilla
- 1/3 cup very ripe bananas, mashed*
- 2 egg whites, large
- ½ cup pecans, toasted
- Pure maple syrup

Preheat griddle.

In a large bowl, mix together gluten-free flour, sugar, baking powder, baking soda, cinnamon, nutmeg and salt.

In a separate bowl, whisk together milk, yogurt, melted butter, vegetable oil, egg yolks and vanilla. Stir in mashed bananas. Pour wet ingredients into dry ingredients; mixing until just combined.

Beat egg whites until stiff. Fold into batter.

Spoon about 1/3 cup of batter onto a hot, lightly greased griddle. Cook until top of each pancake is starting to dry around edges, then turn and cook until underside is lightly browned.

Serve pancakes immediately with pure maple syrup and top with toasted pecans.

*** Note: ½ cup mashed bananas can be added to the batter for a stronger flavor, but the pancake texture will be dense with a mushy center.**

Yields approximately 12 pancakes⁸

Nutritional label for pancakes with pecans

Nutrition Facts	
Serving Size 1 Pancake (87g)	
Servings Per Container 12	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 4g	
Vitamin A 6%	• Vitamin C 2%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutritional label for pancakes without pecans

Nutrition Facts	
Serving Size 1 Pancake (82g)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 230mg	10%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 4g	
Vitamin A 6%	• Vitamin C 2%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chocolate Chip Cookies

- ¼ cup butter at room temperature
- ¼ cup shortening
- 1 cup dark brown sugar, packed
- ½ cup sugar, granulated
- 2 tsp. vanilla extract
- 2 large eggs at room temperature
- 2 ½ cups Jeanne’s gluten-free all-purpose flour mixture
- 1 tsp. baking soda
- 1 tsp. salt
- 12 oz semisweet chocolate chips or chunks
- 1 cup toasted pecans, chopped (optional)

Preheat oven to 350°F.

Line cookie sheet with parchment paper or Silpat mat.

In a medium bowl, combine flour, baking soda, and salt. Set aside.

Cream butter and the two sugars in a mixer with the paddle attachment until light and fluffy (you can also do this by hand). Add vanilla extract to butter mixture and mix.

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

Add dry ingredients to butter mixture and mix just enough to combine ingredients.

Using a spoon, stir in the chocolate chips and toasted pecans (if using).

Drop batter by generous tablespoons onto baking sheet.

Bake for 10-12 min.

Let cool briefly, then remove cookies from baking sheet and cool completely on a cooling rack.

Repeat process with remaining batter.

Yields approximately 4 dozen cookies³

Nutritional label for cookies with nuts

Nutritional label for cookies without nuts

Nutrition Facts	
Serving Size 1 Cookie (30g) Servings Per Container 48	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 80mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 1 Cookie (28g) Servings Per Container 48	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 80mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Magical Peanut Butter Cookies

- 1 cup peanut butter (creamy or crunchy)
- ½ cup sugar, granulated
- 1 large egg
- 1 tsp. vanilla extract
- Extra granulated sugar for sprinkling cookies

Preheat the oven to 350°F.

Grease a large cookie sheet.

Put all of the ingredients into a mixing bowl. Stir well with a spoon.

Make the dough into balls the size of walnuts. Place the balls on the cookie sheet.

With a fork, press a crisscross design onto each cookie. Dip the fork into granulated sugar before working with a new cookie to prevent sticking.

Bake for 10 – 12 minutes. Remove the cookie sheet from the oven and sprinkle the cookies with granulated sugar. Cool slightly before removing from the cookie sheet.

Yields approximately 36 cookies⁹

Nutrition Facts	
Serving Size 1 Cookie (11g)	
Servings Per Container 36	
Amount Per Serving	
Calories 50	Calories from Fat 35
<small>% Daily Value*</small>	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

Pie Crust

- 2 cups Jeanne's gluten-free all-purpose flour mix
- 1 tbsp. sugar, granulated
- ¼ tsp. salt
- ¾ cup unsalted butter, cold and cut into pieces
- 1 tbsp. vinegar
- 6 tbsp. cold water
- Extra tapioca flour for rolling out

In a large bowl, combine dry ingredients. Add butter pieces to the dry ingredients. With fingers, start rubbing together the butter and dry ingredients until the mixture looks like wet sand mixed with pebbles. This will take some time. You may also do this initial mixing with a food processor if you'd like.

Add the vinegar and rub into the mixture. Add water a tablespoon at a time, rubbing into the mixture. Add enough water to create a dough that holds together well, but isn't wet.

Divide the dough into two fairly equal balls, shape into disks and wrap each disk separately in plastic wrap. Refrigerate the disks for 30 to 60 minutes (or until the disks are cool and nicely firm but not hard).

Prepare your rolling surface. Sprinkle tapioca flour over your rolling surface. Also, sprinkle flour over your rolling pin.

When the disks are chilled, remove only one disk from the refrigerator at a time. Place disk on your prepared surface and sprinkle the top of the dough with tapioca flour. The key to successfully rolling out gluten-free pie dough is to go slow and with a light touch. If your dough starts cracking, slow down and don't press so hard with your rolling pin. With your rolling pin, carefully and patiently roll out the dough into a 12" circle. If the dough sticks to the rolling pin, add more tapioca flour.

*** Note: The dough should be cool but not too cold. It should roll fairly easily and should not break while rolling it. If it seems too cold and you're really having to work hard to roll it and it's breaking a lot, step back and let it warm up a little bit before continuing. Alternately, if the dough is floppy and seems to be "sweating," it is too warm and should be refrigerated for awhile longer.**

Next, the rolled out circle needs to be wrapped around the rolling pin in order to transport it to the pie pan. In order to do this, sprinkle tapioca flour over the entire

surface of the pie crust dough. Then, put the rolling pin on top of one side of the dough. Wrap the dough around the roller until all of the dough is on the pin. The dough should roll easily around the pin without any breaking.

*** Note: If the dough breaks a lot while you're rolling it around the pin, it's a bit too cold. Allow the dough to warm up a bit before proceeding.**

Lift the pin with the dough rolled around it and put it on top of the pie plate. Unwrap the dough from the rolling pin onto the pie plate, so the pan is covered evenly. Carefully, press the dough into place. Proceed slowly, starting with the middle bottom of the pie plate and working out to the bottom corners and then up the sides. When you get to the rim, press the dough onto the rim. Lastly, press down and carefully tear off any leftover dough.

Place the pie plate in the refrigerator while you roll out the top dough.

*** Note: To help obtain a flakier bottom crust softened butter or a beaten egg can be spread over the bottom of the pie crust prior to refrigeration. Also, preheating the oven with a baking stone and then placing the pie plate directly on the baking stone to bake may improve the bottom crust texture.**

Preheat the oven to the required temperature for your pie filling recipe.

Roll out the top dough the same way you rolled out the bottom dough.

Remove the pie plate with dough from the refrigerator.

Place the filling inside it and dot with cold butter pieces. Unroll the top crust off the rolling pin then cover the filling.

Carefully press the top and bottom dough together at the rim to form a seal. Be sure you've created a good seal – any unsealed portion will leak filling all over the oven floor during the baking process. A decorative edge can be created as desired.

Make slashes in the top crust to allow steam to escape during baking.

Yields two 9-inch deep dish pie crusts or three 8-inch pie crusts³

Nutrition Facts	
Serving Size 1 Slice (72g)	
Servings Per Container 8	
Amount Per Serving	
Calories 290	Calories from Fat 160
<small>% Daily Value*</small>	
Total Fat 18g	28%
Saturated Fat 11g	55%
Trans Fat 0.5g	
Cholesterol 45mg	15%
Sodium 75mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 10%	• Vitamin C 0%
Calcium 0%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

Apple Pie

- 6 to 8 tart apples, pared, cored, and thinly sliced (6 cups), such as Golden Delicious
- ¾ cup sugar, granulated
- 2 tbsp. gluten-free flour
- 1 tsp. ground cinnamon
- Dash of freshly ground nutmeg and salt
- 1 pie crust recipe (2 9" pie crusts)
- 2 tbsp. butter, softened

Preheat oven to 425°F.

Core, pare and thinly slice apples. If apples lack tartness sprinkle with 1 tablespoon of lemon juice.

Combine sugar, gluten-free flour, cinnamon, nutmeg and a dash of salt; mix with apples.

See the above instructions for rolling out pie crust dough (Pie crust recipe).

Fill bottom pie crust with the apple mixture; dot with butter.

Place second pie dough on top of apple filling and adjust crust, cutting slits for escape of steam; seal. Sprinkle with sugar.

Bake at 425°F for 15 minutes and then lower the temperature to 350°F and continue to bake for 30 – 45 minutes. Pie is done when the apples are completely cooked and tender and the crust is golden brown.

***Note: If the top crust browns too much, place foil around the edges to prevent further browning.**

Yields one pie³

Nutritional label for apple filling

Nutrition Facts			
Serving Size 1 Slice (183g)			
Servings Per Container 8			
Amount Per Serving			
Calories 190	Calories from Fat 30		
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 0mg			0%
Total Carbohydrate 42g			14%
Dietary Fiber 4g			16%
Sugars 35g			
Protein 1g			
Vitamin A 4% • Vitamin C 10%			
Calcium 2% • Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Nutritional label for apple pie (crust + filling)

Nutrition Facts			
Serving Size 1 Slice (255g)			
Servings Per Container 8			
Amount Per Serving			
Calories 470	Calories from Fat 190		
% Daily Value*			
Total Fat 21g			32%
Saturated Fat 13g			65%
Trans Fat 0.5g			
Cholesterol 55mg			18%
Sodium 80mg			3%
Total Carbohydrate 73g			24%
Dietary Fiber 5g			20%
Sugars 37g			
Protein 3g			
Vitamin A 15% • Vitamin C 10%			
Calcium 2% • Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			