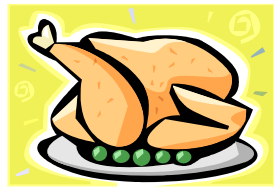


FOOD \$ENSE



# Cooking Gluten Free

Recipes and Information



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"Utah State University is an affirmative action/equal opportunity institution."

# Cooking Without Gluten

Take some of the guesswork out of the shopping search--use this list to find flour alternatives.

## *Potato Starch Flour*

This is a gluten-free thickening agent that is perfect for cream-based soups and sauces. Mix a little with water first, then substitute potato starch flour for flour in your recipe, but cut the amount in half. It can be purchased in a health food store.

## *Tapioca Flour*

This is light, white, very smooth flour that comes from the cassava root. It makes baked goods impart a nice chewy taste. Use it in recipes where a chewy texture would be desirable. It would work nicely in bread recipes such as white bread or French bread. It is also easily combined with cornstarch and soy flour. It can be purchased in a health food store.

## *Soy Flour*

This nutty tasting flour has a high protein and fat content. It is best when used in combination with other flours and for baking brownies, or any baked goods with nuts or fruit. It can be purchased in a health food store.

## *Cornstarch*

This is a refined starch that comes from corn. It is mostly used as a clear thickening agent for puddings, fruit sauces and Asian cooking. It is also used in combination with other flours for baking. It can be purchased in a health food store.

## *Corn Flour*

This flour is milled from corn and can be blended with cornmeal to make cornbread or muffins. It is excellent for waffles or pancakes. It can be purchased in a health food store.

## *Cornmeal*

This is ground corn that comes from either yellow or white meal. This is often combined with flours for baking. It imparts a strong corn flavor that is delicious in pancakes, waffles, or simple white cakes. It can be purchased in a health food store.

## *White Rice Flour*

This is an excellent basic flour for gluten-free baking. It is milled from polished white rice. Because it has such a bland flavor, it is perfect for baking, as it doesn't impart any flavors. It works well with other flours. White rice flour is available in most health food stores, but also in Asian markets. At the Asian markets it is sold in different textures. The one that works the best is called fine textured white rice flour.

## *Brown Rice Flour*

This flour comes from unpolished brown rice. It has more food value because it contains bran. Use it in breads, muffins, and cookies. It can be purchased in a health food store.

## Substituting Gluten

Wheat flour contains gluten, which keeps cookies, cakes and pies from getting crumbly and falling apart. It is what makes baked goods have a good texture because it traps pockets of air. This creates a lovely airy quality that most baked goods possess when baked with traditional wheat flour. In order to help retain this structure when using non-wheat flours, gluten substitutes must be added to a gluten-free flour mixture. For each cup of gluten-free flour mix, add at least 1 teaspoon of gluten substitute. Here are three very good substitutes for gluten.

### *Xanthum Gum*

This comes from the dried cell coat of a microorganism called *Zanthomonas campestris*. It is formulated in a laboratory setting. This works well as a gluten substitution in yeast breads along with other baked goods. You can purchase it in health food stores.

### *Guar Gum*

This is a powder that comes from the seed of the plant *Cyamopsis tetragonolobus*. It is an excellent gluten substitute and it is available in health food stores.

### *Pre-gel Starch*

This is an acceptable gluten substitute. It helps keep baked goods from being too crumbly. This, too can be purchased at most health food stores.

Gluten substitute replicates the texture of normal wheat flour much better than xanthan gum. Generally you use 2T/20 grams of gluten sub for every 1C/+100 grams of gluten free flour mix.

## Substitution is the Solution

If you are ready to try some recipes, start with recipes that use relatively small amounts of wheat flour like brownies or pancakes. These turn out lovely and the difference in taste is minimal. Here are two gluten-free flour mixtures that are suitable for substituting wheat flour cup for cup.

### ***Gluten-Free Flour Mixture***

1/4 cup soy flour  
1/4 cup tapioca flour  
1/2 cup brown rice flour

### ***Gluten-Free Gourmet Flour Mix*** by Bette Hagman

2 parts white or brown rice flour  
2/3 part potato starch flour  
1/3 part tapioca flour

The above mixtures can be doubled or tripled. Another option is to purchase a gluten-free flour mixture at a health food store to avoid the guesswork involved in substitutions. This flour mixture can usually substitute wheat flour cup for cup, but read the package directions to be sure. Keep these flour mixtures stored in containers at room temperature and keep them on hand to simplify your baking routine.

# Flour Mixes

Mix ahead and use for later uses. Make sure containers are air-tight. Store in a cool, dry place.

## Gluten-Free Gourmet Flour Mix *by Bette Hagman*

2 parts white or brown rice flour  
2/3 part potato starch flour  
1/3 part tapioca flour

## GF French Bread/Pizza Dough Mix *from Gluten-Free Pantry*

3 ½ cup white rice flour  
2 ½ cup tapioca flour  
2 Tbsp xanthan gum  
2 packets (7 grams) unflavored gelatin (found next to puddings at grocery stores)  
2 Tbsp egg replacer or potato starch  
¼ cup white sugar

## Gluten-Free Flour Mixture *from Allrecipes.com*

1/4 cup soy flour  
1/4 cup tapioca flour  
1/2 cup brown rice flour

Good substitute for pancakes and brownies

## Basic Sauce Mix *from Adrie Roberts*

2 cups powdered instant non-fat dry milk  
¾ cup cornstarch  
¼ cup instant chicken bouillon  
1-2 Tbsp dried onion flakes  
1-2 tsp Italian seasoning

Combine all ingredients in a plastic bag, mixing well. Yield: equal to 9 cans of cream soup. Store in a closed plastic bag or airtight container until ready to use. It does not need to be refrigerated.

*To substitute for 1 can of cream soup:*

Combine 1/3 cup of dry mix with 1¼ cup cold water. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup.

# Breakfast

## Crepes

*from McKelle Ralphes*

2 eggs  
½ cup + 2 Tbsp rice flour  
½ cup milk

1/8 tsp salt  
2 tsp melted butter (optional)

Blend milk and eggs first, and then add the rest of the ingredients; mix well. Pour a small amount of batter on the hot skillet, spreading it thin across. Wait till the edges are dry, and then flip to cook the other side. Choose your favorite toppings.

*Toppings can include:*

*Peaches*

*Ice cream*

*Peanut butter and jam*

*Powder sugar*

*Syrup*

*Raspberries*

*Strawberries*

*Blackberries*

*Whipped cream*

## Banana Nut Bread

2 ½ cups brown rice flour  
½ tsp salt  
3 tsp baking powder  
1/2 cup butter

1 ½ cups ripe bananas, mashed  
2/3 cup honey  
2 eggs  
1/2 cup nuts, chopped

Preheat oven to 350°F. Grease a 9x5 bread pan generously. In a bowl, sift flour, salt, and baking powder together. Cream butter and honey in a separate bowl, then add eggs. Beat thoroughly. Add bananas and dry ingredients. Mix well. Stir in nuts. Pour into pan. Bake for 1 hour or until done.

## Orange Breakfast Bread

3/4 cup low-fat buttermilk  
1/2 cup unsweetened applesauce  
1/4 cup orange juice concentrate, frozen  
1/3 cup honey  
3 Tbsp canola oil  
2-1/4 cup rice flour

1 tsp Xanthan gum  
1 tsp baking powder  
1 tsp baking soda  
1/2 tsp salt  
2 Tbsp grated orange peel

#### GLAZE:

1 cup confectioners' sugar  
2 Tbsp Orange juice

Preheat oven to 350°F. Grease lightly three mini loaf pans. Combine buttermilk, applesauce, juice concentrate, honey, eggs and oil in blender or food processor 1 minute. Combine flour, xanthan gum, baking powder, baking soda and salt in large bowl. Make a well in center of flour mixture; pour in liquid mixture and orange peel; stir to combine. Pour batter into pans. Use rubber spatula to smooth top of each loaf. Bake for 35 to 40 minutes, or until cake tester comes out clean.

GLAZE: Combine confectioners' sugar and orange juice in small bowl; stir until smooth, set aside. Turn loaves onto wire rack; cool 10 minutes. Poke holes in loaves with wooden pick or fork; drizzle glaze over loaves. Makes 3 mini loaves

*Variation: Glazed Lemon-Poppy Seed Loaves - Substitute 1/4 cup lemon juice for orange juice concentrate, add 2 tablespoons poppy seeds and 2 tablespoons lemon peel; omit orange peel. For glaze: substitute lemon juice for orange juice. Poke holes in warm loaves. Drizzle glaze over loaves.*

## Quick and Easy Muffins

1/4 cup sugar	1/4 tsp salt
2 Tbsp canola oil	2 tsp baking powder
2 eggs	1/2 cup milk or nondairy liquid
1 cup Gluten-Free Gourmet Flour Mix	1/4 tsp vanilla

Preheat oven to 350°F. Grease muffin tins or insert muffin liners. In the mixing bowl, cream together sugar and oil. Then beat in the eggs. Sift together the flour, salt, and baking powder and add to the egg mixture alternately with the milk. Don't over beat. Stir in the vanilla. These are best mixed by hand. Pour batter into muffin cups. Bake for about 20 minutes. Makes 8 muffins.

*Variation: Poured half the batter in the muffin tins and sprinkled a mixture of cinnamon and sugar over the batter. Then cover with the remaining batter and sprinkled the tops with more cinnamon and sugar.*

## Maple French Toast Bake

*from Jenny Stanger*

16 slices of GF bread cubed	1 cup milk
1 package (8 oz) cream cheese, cubed	1/2 cup maple syrup
8 eggs	

Arrange half of the bread cubes in a greased 13 x 9 pan. Top with cream cheese cubes and then top with remaining bread. In a bowl whisk the eggs, milk and maple syrup. Pour over bread. Cover with saran wrap (make sure you don't use foil.) Refrigerate overnight. Remove from the fridge 30 minutes before baking. Cover with foil and bake at 350 degrees for 30 minutes. Uncover bake 20-25 minutes longer or until golden brown. Serve with additional syrup.

*Helpful Hint: You can start this the night before....*

## Quick Yummy Muffins

2 cups brown rice flour  
1/2 cup rice bran  
4 tsp baking powder  
1 tsp salt  
1/3 cup brown sugar

2 eggs (or 1/2 cup egg substitute)  
1/3 cup oil  
Milk to two cups (look in directions for instruction with milk)

Preheat oven to 425° F. Sift first group together in medium bowl, set aside. Spray muffin tins heavily with pan spray. In a 2-cup measuring cup, beat the eggs lightly, then whisk in the oil, and then fill up to the 2-cup mark with milk. Pour into the dry ingredients, and mix well. Divide batter into muffin pans and bake for 12-18 minutes, until a nice golden brown on top and a toothpick comes out clean. Let cool a minute or so, then loosen edges with a knife and turn out onto a rack to finish cooling.

*Variation: bump up the sugar and oil to 1/2 cup each for a more cake-like muffin. The recipe as given is better for going with meals, although still slightly sweet. A small amount of dried currants or raisins and 1/2 tsp cinnamon may be added to vary the flavor.*

## Moist Muffins

2/3 cup rice flour  
1/3 cup tapioca flour  
1/3 cup sugar  
1/2 tsp baking soda  
1/2 tsp salt  
1/2 tsp xanthan gum

2 tsp baking powder  
2/3 cup soft, mashed vegetable (sweet potato, squash, or pumpkin)  
1/3 cup applesauce  
1/3 cup oil  
1/3 cup chopped fruit, nuts, or raisins

Preheat oven to 350° F and grease muffin tins. Mix flours, sugar, soda, salt, xanthan gum and baking powder in a bowl. In a separate bowl, mash together: vegetable, applesauce, oil, and chopped fruit, nuts, or raisins. Then stir mush stuff into the flour mixture, and adjust the moisture by adding water or juice if it seems too dry. Bake the muffins for 10-20 minutes. Let them cool for a couple of minutes.



## Peanut Butter & Jam Muffins

1 1/2 cups **French Bread/Pizza Mix**  
3/4 tsp xanthan gum  
1 tsp baking powder  
1 tsp baking soda  
1 cup firmly packed brown sugar  
2 eggs

1/2 cup vegetable oil  
1 cup cooked Rice & Shine Rice Cereal  
1 tsp vanilla  
1/2 cup chunky peanut butter  
1/2 cup jam warmed, any flavor

Preheat oven to 350°F. Grease muffin tins or insert muffin liners. Combine the flour mix, xanthan gum, baking powder, and baking soda. In a separate bowl, beat the eggs with the brown sugar, add the oil, cooked cereal, and vanilla; mix well. Add the egg-cereal mixture to the dry ingredients and stir until just combined. Make two ditches across the top of the batter (the diameter of your mixing bowl). Pour or spoon the jam in a long strip across the top of the batter. Pour or spoon the peanut butter in a long strip next to the jam. Using a knife, carefully swirl and fold the jam and peanut butter into the batter. Do not mix too much. Spoon the batter into muffin tins. Bake for about 20 minutes. Makes 12 large muffins.

## Sour Cream Blueberry Muffins

2 cups **French Bread/Pizza Mix**  
1 tsp Xanthan gum  
1/2 tsp salt  
1/2 tsp baking soda  
1 tsp baking powder  
2 eggs, room temperature

1 cup sugar  
1/2 cup vegetable oil  
1 tsp vanilla  
1 1/2 cups sour cream  
approx. 1 cup fresh blueberries

Preheat oven to 400°F. Grease muffin tins or insert muffin liners. Combine dry ingredients: GF flour mix, xanthan gum, salt, soda, and baking powder; set aside. In a separate bowl, beat eggs well. Gradually add sugar. While beating, slowly pour in oil, and then add vanilla. Alternately add the dry ingredients and the sour cream to the egg mixture, beating well after each addition. Fold in the blueberries. Spoon into paper lined muffin tins. Bake for 20 minutes. Recipe makes 12 large muffins.

## Harold's Best Banana Muffins

3 medium sized bananas very ripe (the kind you want to throw out)  
3/4 cup sugar  
1 egg, slightly beaten  
1/3 cup oil  
1 1/2 cups **Gluten Free Gourmet Mix**

1 tsp baking soda  
1 tsp baking powder  
1/2 tsp salt  
1 tsp xanthan gum  
1/4 cup raisins  
1/4 cup chopped walnuts

Preheat oven to 375°F. Grease muffin tins or insert muffin liners. Mash bananas; add the sugar and the slightly beaten egg. Mix well. Add in the oil in a separate bowl, add all the dry ingredients. Mix well. Add the dry ingredients to the banana mix. If wanted, fold in raisins and walnuts. Spoon into muffin tins. Bake for 20- 23 minutes. Makes 6 BIG muffins or 12 smaller ones.

## Pancakes

1 cup rice flour	1/2 tsp xanthan gum or 4 tablespoons gluten substitute
3 Tbsp tapioca flour	2 eggs
1/3 cup potato starch	2 heaping Tbsp sour cream
4 Tbsp dry milk powder	3 Tbsp canola oil
1 packet sugar substitute	2 cups water (add more to your liking)
1 1/2 tsp baking powder	Can of rinsed blueberries (optional)
1/2 tsp baking soda	
1/2 tsp salt	

In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar substitute, baking powder, baking soda, salt, and xanthan gum. Stir in eggs, water, and oil until well blended and few lumps remain.

Heat a large, well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom. Serve immediately with condiments of your choice.

## The Best Waffles

*from Jenny Stanger*

3 eggs, separated	1/4 cup vegetable oil
2 tsp baking powder	1/4 cup butter, melted
1/2 tsp baking soda	1/2 cup & 2 Tbsp white rice flour
1 Tbsp sugar	1/2 cup & 3 Tbsp tapioca flour
2/3 cup sour cream	1/2 cup cornstarch
3/4 cup water * you could use normal milk, just remember to omit the dry milk from below *	1/2 tsp potato flour
	1/2 tsp xanthan gum
	1/4 cup dry milk

Beat egg whites until stiff, set aside. In large mixing bowl beat egg yolks, sour cream, milk, butter and oil. Add dry ingredients. Mix until smooth. Fold in beaten egg whites. Bake until golden brown in a waffle maker. Makes 5-8 waffles.

## Protein Waffles

*from USU Extension*

6 egg whites  
1 cup oatmeal  
1 cup fat free cottage cheese

2-3 tablespoons Splenda (or sugar)  
1-2 teaspoons vanilla  
Dash salt

Blend all ingredients in a blender until smooth. Pour into greased and heated waffle maker. Cook until done. Yield: 2-3 Belgian waffles

\*Fresh or frozen blueberries and/or chopped walnuts may be stirred in after the mixture has been blended.

## Breads

### Crescent Rolls

1/2 stick butter, room temperature  
\* 1/3 cup cream cheese  
\* 3/4 cup total small curd cottage cheese  
1/2 tsp cider vinegar  
1 cup GF Gourmet flour mix

1 tsp xanthan gum  
1/4 tsp salt  
1/4 tsp cream of tartar  
1/2 tsp baking soda  
1 Tbsp of sugar

\* Fill a 3/4 cup with 1/3 cup of cream cheese pressed into the bottom and continue to fill the rest of the cup with cottage cheese. In the bowl, combine the butter, cottage cheese/cream cheese mixture until well combined. Add dry ingredients. Mix until a ball of dough forms (will be fairly dry, you may need to add a tiny bit of water to get it to all stick together). Wrap in plastic wrap and chill 2 hours.

Preheat oven to 350 degrees. On a floured piece of parchment paper roll the dough into a 14 inch circle. Cut into 8 triangles (pizza cutter works great). Roll each triangle from wide end to tip, turning ends to form a crescent shape. Place on a baking sheet lined with parchment and bake for about 30 minutes.

When using to make *pigs in a blanket*, it is easy to roll the dough into a large rectangle. Then just cut out long narrow strips of the dough to wrap around the hot dogs. One batch of dough will cover 6-8 hot dogs.

### Cornbread

*from Dr. Christine Hult*

1 1/2 cup yellow cornmeal  
1 tsp baking soda  
1/2 tsp salt

1 1/2 cup plain or vanilla yogurt  
1 Tbsp olive oil  
1 egg, slightly beaten

Preheat oven to 400. Oil 9" pie plate. Mix dry ingredients. Stir oil, yogurt and eggs until blended. Gradually add dry mix until blended. Scrape into plate. Bake 25-30 Min. Cool for 10 minutes before cutting.

## Tapioca Bread for Bread Machines

1 ¾ cup water	1/3 cup sugar
3 eggs	2/3 cup non-fat dry milk
1 tsp vinegar	1 ½ tsp salt
¼ cup applesauce	3 ½ tsp xanthan gum
2 cup rice flour	1 ½ tsp yeast
1 ½ cup tapioca flour	

Add ingredients in the order of bread machine's manufacturing instructions (it will normally be the order that the ingredients are in now, wet to dry). Set the bread machine on 2 lbs. setting, white bread and light crust. After a few minutes of initial mixing, push the flour off the sides of pan, and then continue to let it cook. Cooking normally takes three hours, depending on bread machine.

## Southern Corn Muffins

1 cup boiling water	2 tsp baking powder
1 cup white corn meal	1 Tbsp soft butter
½ cup milk	1 egg, well beaten
½ tsp salt	

Preheat oven to 475° F and heavily grease muffin tins. Pour boiling water over corn meal. Beat in milk, salt, baking powder, butter and egg. Pour into very well greased muffin cups. Bake 25 to 30 minutes. Serve hot. Yield: 6-8 muffins.

## Batter Bread

2 cups cornmeal, uncooked	2 eggs, beaten
5 tsp baking powder	4 Tbsp applesauce
1 ½ tsp salt	2 ¼ cups milk
1 cup rice, cooked	

Preheat oven to 425° F and grease two 8 inch square pans. Sift together cornmeal, baking powder and salt. Mix with rice. Combine eggs, applesauce, and milk. Add this to the cornmeal mixture. Beat until smooth. Divide batter evenly among to pans. Bake for 30 minutes. Yield: 16 servings.

## Virginia Spoon Bread

3 cups milk, divided  
½ cup cornmeal  
3 eggs, beaten

2 Tbsp butter  
1 cup rice, cooked  
1 ¾ tsp salt

Preheat oven to 325° F and grease 13x9 pan. Scald 2 ½ cups milk, slowly stir in cornmeal mixed with ½ cup cold milk. Cook until moderately thick (about 5 minutes). Remove from heat and add small amount to beaten eggs. Combine eggs, butter, rice, and salt with the rest of the hot mixture. Turn in to greased baking dish and bake for 45-60 minutes. Yield: 16 servings.

# Main Dishes

## Chicken Broccoli Casserole

2 chicken breast, cooked and cubed  
1 large stem broccoli, bite size pieces  
2/3 cup Basic Sauce Mix  
2½ cup water

½ cup mayonnaise  
½ squeezed lemon  
½ cup shredded cheddar cheese

Preheat oven to 350°. Grease an 8x8 pan. Place chicken and broccoli on the bottom of pan. Make sauce by combining sauce mix and water in a saucepan or microwavable bowl. Cook and stir on stovetop or in microwave until thickened. Mix sauce and remaining ingredients in a bowl until well blended, and then pour over chicken and broccoli. Cook in oven for 20 -30 minutes. Serve over cooked rice.

Basic Sauce is found in the *Mixes* section

## Corn Dog Batter

*from Jenny Stanger*

1/3 cup white rice flour  
1/3 cup tapioca flour  
1/3 cup cornstarch  
1 tsp potato flour  
2 Tbsp sugar  
1 tsp salt

2 tsp baking powder  
2 tsp dry mustard  
1 tsp xanthan gum  
1 ¼ cup buttermilk  
2 eggs  
2/3 cup cornmeal

Mix together all the dry ingredients. Add egg and buttermilk. Stir well. The batter will be fairly thick but if this is too thick add a little water. Dip hot dogs into batter and deep fry until golden brown. Makes enough batter to cover approximately 8-10 hot dogs. If you have any leftover batter just drop by rounded tablespoons into the oil and fry it until golden brown.

## Pizza Crust

*from Amber Lee*

2 cups rice flour mix	1/2 tsp salt
1/4 cup dry milk	1 egg
2 Tbsp sugar	1/2 tsp vinegar
2 tsp xanthan	2 Tbsp vegetable oil
2 tsp dry active yeast	1 cup warm water

Preheat oven to 425°F and grease a cookie sheet generously. In a mixing bowl, combine flour, milk powder, sugar, xanthan, yeast, and salt. Add egg, vinegar, oil and water to dry ingredients and mix for 3 minutes on high speed using an electric mixer. Using a rubber spatula, spread dough evenly on a well greased cookie sheet or 14" round pizza pan. Let rise on top of a warm oven (20 minutes for rapid rise yeast 30 minutes for regular yeast). Bake crust for 10 minutes. Top with pizza sauce, 2 cups grated mozzarella cheese and your choice of pizza toppings. Bake again for 15 minutes or until cheese bubbles.

## Spaghetti Casserole

*from Jenny Stanger*

1 lb ground beef	1 pkg (3 oz) cream cheese
2 cups spaghetti sauce	1 cup sour cream
3 cups GF dry noodles, spiral works well	3/4 cup shredded cheddar cheese
3 green onions, chopped	

Preheat oven to 350°F and grease a 2 1/2 quart baking dish. In a skillet, cook ground beef, drain fat. Stir in spaghetti sauce. Simmer until warm. Cook the noodles according to package directions. Drain noodles and place in baking dish. Top with meat and sauce. Blend together the cream cheese, sour cream and green onions. Spread over the top of the meat and sauce. Sprinkle with cheddar cheese. Bake for 30 minutes.

## Taco Casserole

1 pound ground beef	Salt/pepper to taste
1/2 cup onion, chopped	1 cans corn, drained
2 cans (8 oz) tomato sauce	12 corn tortillas, cut into quarters
1 Tbsp GF taco seasoning	1 can worth of <u>Basic Sauce</u> , complete made

¾ cup milk

2 cup grated cheese

Brown beef with onion; drain grease. Add tomato sauce, taco seasoning, salt and pepper. In a 13x9 greased pan, layer ingredients in this order: 6 tortillas (24 quarters), meat mixture, remaining tortillas, corn, Basic Sauce, and grated cheese. Bake at 350° F for 30 minutes or until bubbly.

Basic Sauce is found in the *Mixes* section.

# Miscellaneous

## Cheezit Crackers

½ lb (2 cups) extra sharp cheddar cheese,  
finely grated

2 Tbsp butter, softened

1 tsp xanthan gum (VERY important)

¾ cup white rice flour

¼ cup potato starch

1 egg

Pinch of cayenne pepper

\* You might have to modify the recipe a little by adding milk until the dough would stay together, so you can form into a log.

Preheat oven to 375 degrees. Put butter in a mixing bowl and beat until creamy. Add egg and cayenne pepper and mix well again. Beat in grated cheese one-third at a time. This is the critical step: use your mixer to really, really beat in the cheese. If you can still see the little grated pieces, you haven't beaten it enough. Add flours and xanthan gum and beat very well again. Dough will be fairly stiff. Take the dough and place it onto a piece of plastic wrap. Roll into log, about the size of a salami. Then cut the log into slices/rounds and put them on cookie sheet. Then use your fingers to press down the slices until they are fairly thin. The thinner they are, the faster they will cook and burn, so timing/watching the baking is also critical. After pressing them down so that they are all fairly even, prick them all over with a fork. This is also critical; they do not bake up crispy without the pricking. After pricking, if you want, sprinkle with sea salt. If you cook them first, the salt will not stick.

Bake at 375 degrees for approximately 6 minutes (depends on their thickness), then **REDUCE THE HEAT** to 250 degrees and bake for approximately 12-15 minutes more (depends on thickness again). Keep careful watch to make sure they do not go brown. The browner the cracker, the more bitter they are. You are aiming for a deep golden orange-brown. The two-step heat process is important for the crackers to get really crispy without burning.

You can also add a couple of drops of orange food coloring into the egg and butter mixture. This will give them more of the color of a Cheezit.



# Desserts

## Almond Crescents

*from Connie Sarros*

8 oz. almond paste

½ cup sifted confectioners' sugar

1 egg white

1 cup finely chopped almonds

Place almond paste, sugar and egg white in a bowl. With your hands, mix dough together well until thoroughly blended. (Dough will be a bit sticky, so wash your hands before proceeding.) Pinch off tablespoons of dough and roll each piece into ball. Roll each ball in the chopped almonds and form a crescent. Place on a lightly greased cookie sheet and let stand 20 minutes. Preheat oven to 300 degrees. Bake cookies 20 to 25 minutes or until bottoms are lightly browned. Makes 2 dozen cookies.

## Brownies

½ cup butter

½ cup applesauce

¾ cup level unsweetened cocoa

4 eggs

1 tsp vanilla

½ cup potato flour

1 cup brown sugar

2 tsp baking powder

½ cup rice flour

½ tsp baking soda

½ tsp xanthan gum

½ cup walnuts (optional)

Preheat oven to 350° F. Mix all ingredients together and pour into a lightly greased square baking dish. Bake for 25 minutes. Frost or eat plain.

## Caramel Apple Cheesecake

*from Jenny Stanger*

CRUST:

1 ½ cup finely chopped pecans

2 Tbsp sugar

2 Tbsp butter melted

Mix pecan crumbs and sugar in the middle of a 9" pie pan and make a little volcano hole at the top. Pour in butter, combine with crumbs. Press along bottom and up sides of pan.

FILLING:

1 can apple pie filling

2 pkg (8 oz) cream cheese, softened

½ cup sugar

¼ tsp vanilla

2 eggs

¼ cup caramel topping

12 pecan halves plus 2 Tbsp chopped pecans

Preheat oven to 350 degrees. Reserve  $\frac{3}{4}$  cup apple pie filling. Put crust into a 9" pie pan. Spoon remaining filling on to crust. Beat together cream cheese, sugar and vanilla until smooth. Add eggs and beat well. Pour over apple filling. Bake 35 minutes or until center is set. Cool.

Mix reserved apple filling and caramel topping in a saucepan. Heat about 1 minute. Arrange apple slices around outside edge of cheesecake. Spoon remaining caramel sauce onto the center of the cheesecake and spread evenly. Decorate with pecan halves around the edge in between each apple slice. Sprinkle with chopped pecans. Refrigerate until ready to serve.

## Peanut Butter Goopy Corn

2 bags microwave popcorn, popped	$\frac{1}{4}$ cup peanut butter
1 stick butter	20 large marshmallows
$\frac{3}{4}$ cup brown sugar	

Pour popcorn into a large bowl. In a glass or plastic bowl, combine the margarine, brown sugar, and marshmallows. Cook at 1 minute intervals in the microwave, stirring between each time, until the mixture is melted and smooth. Stir in the peanut butter until well blended. Pour the melted mixture over the popcorn, and stir quickly to coat the corn before it cools.

## Rice Flour Sponge Cake

2 eggs, separated	1 tsp lemon juice
$\frac{1}{3}$ cup sugar	Grated rind of $\frac{1}{4}$ of lemon
$\frac{1}{4}$ cup rice flour, sifted	Dash of salt

Preheat oven to 350° F and line small loaf pan with wax paper. In bowl, sift rice flour, sugar, and salt together. Beat egg yolks until thick and lemon colored, add lemon juice and rind to egg yolks. Beat egg whites until stiff but not dry. Fold egg yolk mixture and flour mixture alternatively in small amounts into beaten egg whites with rubber spatula. Pour in to a small loaf pan lined with wax paper. Bake for 25 – 30 minutes. Cool.

## Chocolate Chip Macadamia Nut Cookies

1 cup Betty Hagman brown rice flour mix	$\frac{1}{4}$ cup softened butter
$\frac{1}{4}$ cup sweet rice flour	$\frac{1}{2}$ cup brown sugar
$\frac{1}{4}$ cup tapioca flour	$\frac{1}{2}$ cup white sugar
2 Tbsp almond meal	1 extra large egg
$\frac{1}{2}$ tsp baking soda	1 tsp vanilla extract
$\frac{1}{2}$ tsp xanthan gum	1 cup chocolate chips
$\frac{1}{2}$ tsp salt	$\frac{1}{2}$ cup chopped macadamia nuts

Preheat oven to 375 degrees. Grease two large baking sheets.

Blend flours, almond meal, baking soda, xanthan gum, and salt in medium sized bowl. In another large bowl, blend softened butter, sugars, egg and vanilla with a spoon until creamy.

Using a wooden spoon, add the dry ingredients to the wet ingredients and mix well. Add the chocolate chips and macadamia nuts. At this point, you will probably need to use your hands to mix the ingredients together.

Pinch off about a tablespoon of batter. Roll it in your hands in order to make a small ball. Place on the baking sheet, leaving a generous amount of room between cookies. Bake for 10 minutes, rotating the trays halfway through the baking time. Remove from the oven. After five minutes, transfer them to a cooling rack.

*The difference between soft/goosey and a little too hard is only a minute, so watch them closely!*

## Chocolate Éclairs

*from Jenny Stanger*

2 small boxes of Jell-O instant French Vanilla pudding (must be French Vanilla)  
8 oz pkg of Cool Whip, thawed  
1 container of milk chocolate frosting  
2 boxes of GF Vanilla cookies or GF animal crackers or GF graham crackers

Mix pudding according to the package directions. Let it set up in fridge. Mix in cool whip once it has set up. Layer vanilla cookies in the bottom of a 13 x 9 pan. Top with ½ of pudding/cool whip mixture. Layer vanilla cookies over pudding. Top with the remaining pudding/cool whip mixture. Top with vanilla cookies. Let this set up for a few hours or overnight. Then frost cookies with milk chocolate frosting.

*This tastes the best if you make it the night before. Tastes just like Éclairs and is easy to make!*

## Chocolate Raspberry Mini Cakes

*from Dr. Christine Hult*

3/4 cup bittersweet chocolate chips	1/2 cup unsweetened cocoa powder, sifted
1/2 cup margarine	3 large eggs
1/2 cup sugar	1/2 cup raspberries

Position rack in middle of oven. Preheat to 375. Line 12-cup muffin pan with foil liners. Heat chocolate and margarine in saucepan over low heat until melted. Stir to combine and remove from heat. In medium bowl, mix sugar and cocoa. Add eggs and whisk to combine. Whisk in chocolate mixture. Pour batter into muffin cups ¾ full, press 3 raspberries halfway into each, and place pan on baking sheet. Bake about 15 minutes, turning front to back halfway through. Cool on rack and serve.

## *Super Easy* Pumpkin Chocolate Chip Cookies

1 pkg GF spice cake mix

1 small can pureed  
pumpkin

1 pkg chocolate chips

Preheat oven to 350°F and grease a cookie sheet. In a large bowl combine all ingredients. Spoon onto greased cookie sheet. Bake for 12-15 minutes or until done in the centers.

## Chocolate Wafers

3/4 cup butter (1 1/2 sticks)

3/4 cup sugar

1 egg

1 tsp vanilla extract

1 1/4 cup Betty Hagman flour mix

2/3 cup cocoa powder

1 tsp baking powder

Using a large bowl, cream together sugar and butter. Add the egg and vanilla. Gradually mix in half the flour, all of the cocoa and baking powder. Stir in the remaining flour.

On a lightly floured waxed paper (use cocoa so it wasn't white) shape the dough into a 12 inch log. Wrap and refrigerate for a couple of hours till firm.

Pre-heat the oven to 375 degrees F. Unwrap the log and use a cheese slicer to cut the wafers (1/4 inch thick). Place about 1 inch apart on an ungeased baking sheet.

Bake for 10 to 12 minutes or till the centers spring back. Cool cookies completely on wire racks.

### *VARIATIONS:*

Try dipping wafers in melted mint chocolate chips; they will disappear off the wax paper before getting them into the cookie jar. OR try putting a spoonful of ice cream between two wafers for a delicious treat.

## Cinnamon N' Spice Pecans

*from Jenny Stanger*

1/3 cup butter, melted

2 tsp cinnamon

3/4 tsp salt

1/2 tsp cayenne pepper

1/4 cup packed brown sugar

1 lb pecan halves

Mix all ingredients together in a bowl. Bake on a cookie sheet at 350 degrees for 15-18 minutes. Stir every 5 minutes.

## Pie Crust

*from Marlene Herron*

1/2 cup shortening  
1 1/4 cup rice flour

1/8 tsp salt  
3-4 Tbsp cold water

Preheat oven to 400°F. Cut shortening into flour and salt until crumbly; add water. Work until soft ball is formed. Place dough in pie pan and press in bottom and up the sides. Prick with a fork to prevent buckling. Bake for 12-15 minutes before adding filling. Choose a filling of your choice. Makes one pie crust.

## Croatian Walnut Cookies

*from Connie Sarros*

1 1/2 cups ground walnuts  
2 large egg whites

2/3 cup sugar  
40 walnut halves

Preheat oven to 350 degrees. Mix the ground walnuts with the egg whites and sugar. Form the dough into small balls (about the size of two teaspoons) and place on an oiled cookie sheet. Press a walnut half onto the top of each ball. Bake 5 minutes until the edges of the cookies are barely golden. Makes 40 cookies. *Note: Ground walnuts replace the flour in these cookies.*

## EASY Peanut Butter Cookies

*from Jenny Stanger*

1 cup peanut butter

1 cup sugar

1 egg

Mix all ingredients together. Roll into 1" balls and place 2" apart on an ungreased cookie sheet. Press each ball with a fork. Sprinkle sugar on the top of each cookie. Bake 10-12 minutes. Let cool 2-4 minutes. Remove to cool on a rack.

*Variation:* Before baking, you may roll in Rice Chex crumbs for an extra texture.

## Flourless Chocolate Cake

2 cups semisweet chocolate chips  
1/2 cup butter, plus extra for coating  
1/4 cup sugar  
1/4 cup water

2 tsp vanilla  
3 eggs, slightly beaten  
Whipped cream or frosting for topping

Preheat the oven to 425°F. Butter the bottom and sides of a 9-inch pie plate. Place a 12-inch square sheet of waxed paper in the plate and butter the waxed paper.

In a medium saucepan, combine chocolate chips, butter, sugar, and water. Heat over medium

heat for 2 to 3 minutes, until the chocolate and butter are melted, stirring constantly. Remove from the heat and stir in the eggs one at a time until the mixture is smooth.

Pour the mixture into the waxed-paper-lined pie plate and bake for 10 minutes. The cake will not be completely set in the middle. Cool, cover loosely, then chill for 6 to 8 hours, or overnight. After chilling, the cake will have set and then frost with topping.

## Chocolate Chip Cookies

*from Robby Mork*

3/4 cup butter	3/4 tsp soda
1 1/4 cup brown sugar, packed	1/2 tsp baking powder
2 eggs	1/4 tsp salt
1 Tbsp vanilla	1 cup chocolate chips
2 1/4 cups bean or rice flour blend	1 cup chopped walnuts (optional)
1 1/4 tsp xanthan gum	

Preheat oven to 350°F. Cream together butter and brown sugar. Add eggs and vanilla; beat until smooth. Add flour, xanthan gum, soda, baking powder, and salt; mix well. Stir in chocolate chips and nuts. Drop by tablespoonfuls ungreased cookie sheet. Bake for 8-10 minutes. Remove cookies from cookie sheet onto a wire rack or on paper towels to cool. Makes about 30 cookies.

## Chocolate Chip Cookies

*from Jenny Stanger*

1 cup butter	2 1/4 cup white rice flour
3/4 cup sugar	1 tsp baking soda
3/4 cup brown sugar	1 tsp salt
1 tsp vanilla	2 tsp xanthan gum
2 eggs	12 oz chocolate chips

Preheat oven to 375°F. Cream butter and sugars. Add vanilla and eggs and mix together. Combine flour, baking soda, salt, and xanthan gum and add to creamed mixture. Add chocolate chips. Bake cookies on ungreased cookie sheet for 8-9 minutes or until done.

## Jell-O Pudding Chocolate Chip Cookies

1/2 cup butter, softened	2 1/4 cup GF Flour (can use any blend)
3/4 cup brown sugar	1 tsp baking soda
1 tsp vanilla	1 cup chocolate chips
1 pkg. (4 servings) vanilla instant pudding	1 cup chopped walnuts (optional)
2 eggs	

Preheat oven to 350° F. Combine butter, sugar, and vanilla, eggs, and pudding powder in a large bowl; beat until smooth and creamy. Add flour and baking soda and mix just enough to mix the flour. Add chocolate chips and nuts. Make balls about the size of a golf ball and space evenly on cookie sheet. Bake for 12 minutes. Yield: 2 dozen. \* Left over dough can be refrigerated.

## Yellow Cake

*from Amber Lee*

1/2 cup butter	1 tsp xanthan
1 cup sugar	1 1/2 tsp baking powder
3 large eggs	1/4 tsp salt
1 1/2 tsp vanilla	1/3 cup milk
1 cup rice flour	
1/4 cup potato starch	
1/4 cup tapioca starch	

Preheat oven to 350°F. Beat butter and sugar together until light and fluffy. Add eggs and vanilla and beat well. Combine flour, xanthan, baking powder, and salt in a medium sized bowl. Add dry ingredients and milk to egg mixture and mix until smooth. Scrape bottom and sides of bowl and mix again just until smooth. Pour into greased and rice-floured 9-inch round cake pan. Bake for 30 minutes or until toothpick inserted in center comes out clean. Cool completely before frosting.

## Lemon Squares

### *CRUST*

1 cup butter, melted

2 cups Gluten Free Pantry flour mix  
1/2 cup powdered sugar

Preheat oven to 350°F. Mix together butter, flour, and powdered sugar, then press in un-greased 13x9 cake pan. Bake for 10-15 minutes, until crust begins to brown.

### *FILLING*

4 eggs, well beaten  
4 Tbsp lemon juice and zest  
2 cups sugar

1/4 cup Gluten Free flour mix  
1 tsp baking powder

Mix all filling ingredients together, and then spread on crust while hot. Bake 30 min at 350°. Cool. Sprinkle with a little more powdered sugar & lemon zest. Cut into bars and enjoy.

## Monster Cookies - Wheat Free

*from Dr. Christine Hult*

3 eggs	1 cup sugar
1 cup brown sugar	3/4 tsp vanilla

1/2 cup butter--softened  
1.5 cup peanut butter  
1 tsp baking soda  
4 1/2 cup GF oatmeal

OPTIONAL:  
12 oz. choc mini chips  
1/4 cup chopped nuts  
1/4 to 1/2 cup dried cranberries or raisins

Preheat oven to 350. Beat eggs with sugars; add vanilla, butter & peanut butter. Add soda, oats, chips, nuts, and fruit; stir until blended. Drop by spoonfuls on unbuttered cookie sheet. Shape dough for flatter cookies. Bake for 10-12 minutes. Cool. Makes 4 doz.

*I often freeze some of the monster cookies in baggies. They're great to throw in a backpack for a hike or for skiing. Enjoy.*

## Peanut Butter Cookies

*from Jenny Stanger*

1 pkg of your favorite GF brownie mix (I use Bob's Red Mill)  
1 1/2 cup chopped pecans, divided  
1/2 cup butter

1 package peanut butter chips  
1 can sweetened condensed milk  
1/4 cup semi sweet chocolate chips

Mix brownie mix according to package directions. Add 1 cup of pecans to brownie mix. Cook in a 13 x 9 pan. Cool completely. In a medium saucepan over low heat melt butter and peanut butter chips. Add sweetened condensed milk. Mix until smooth. Pour over baked brownies. Place chocolate chips in a small microwave safe bowl and cook on high for 45 seconds or until chips are melted. Drizzle over peanut butter layer. Sprinkle with remaining pecan pieces. Refrigerate for 1 hour or until firm. Store in fridge. These are very sweet and can be cut into 1" pieces.

## Pumpkin Chocolate Chip Cookies

*from Jenny Stanger*

1/2 cup shortening or pureed white beans  
1 cup white sugar  
1/2 cup packed brown sugar  
2 eggs, slightly beaten  
1 cup pumpkin  
1 tsp vanilla  
1 1/2 cups white rice flour  
1/2 cup potato starch  
1/4 cup tapioca starch

1 1/4 tsp xanthan gum  
3 tsp baking powder  
1 tsp baking soda  
2 tsp cinnamon  
1/2 tsp nutmeg  
1/2 tsp ginger  
1/2 tsp salt  
1/2 cup chopped nuts (optional)  
1/2 cup chocolate chips

Preheat oven to 350°F and grease a cookie sheet. In large mixing bowl beat together shortening (or beans) and sugars; add eggs, pumpkin and vanilla. Mix until well blended. In medium mixing bowl combine dry ingredients and add to creamed mixture. Stir in chocolate chips and or nuts. Drop by spoonfuls onto a greased cookie sheet. Bake for 15 minutes.



## Rice Flour Cup Cakes

1/3 cup butter or margarine  
3/8 cup sugar  
1 egg, beaten  
1/4 tsp vanilla  
3/4 cup rice flour

1/4 tsp salt  
3/4 tsp cream of tartar  
1/3 tsp baking soda  
1/4 cup milk

Preheat oven to 350°F and grease muffin tins or insert paper cups. Cream butter and sugar thoroughly. Add beaten egg and vanilla to butter mixture, and mix well. In another bowl, sift together flour, salt, cream of tartar, and soda. Add dry ingredients alternately with milk to the egg mixture. Fill muffin tins 2/3 full. Bake for 30 minutes. Yield: 18 cup cakes.

## Rolled Sugar Cookies

6 Tbsp butter  
1/2 cup sugar  
2 tsp baking powder

1 1/8 cup rice flour  
1/4 tsp salt  
1 egg

Preheat oven to 350°F and grease cookie sheet. In a bowl, cream together butter and sugar, then beat in the egg. In another bowl, sift together flour, salt, and baking powder. Add dry stuff to the wet stuff. Place dough on a floured board and roll to 1/8 inch thickness. Cut cookies with small size cookie cutter. Place on cookie sheet and bake for about 10 minutes. Cool completely before frosting. Yield 2 dozen small cookies.

## Refrigerator Pineapple Pie

2 Tbsp soft butter or margarine  
1 1/2 cup cups shredded coconut  
1 Tbsp unflavored gelatin  
1/4 cup cold water  
3 eggs, separated  
1 cup crushed pineapple, un-drained

1/4 cup granulated sugar  
1 tsp grated lemon rind  
3 Tbsp lemon juice  
1/4 tsp salt  
6 Tbsp sugar

Preheat oven to 360°F. Spread butter evenly on the bottom and sides of a 9 inch pie plate. Add coconut and spread evenly over butter, pressing down firmly to form pie shell. Bake for 12-15 minutes or until golden brown. Cool completely.

Meanwhile, mix gelatin and 1/4 cup cold water. In a double broiler, mix egg yolks with pineapple, sugar, lemon rind and juice, and gelatin mixture. Cook, stirring frequently, for 10-15 minutes until smooth and thickened. Remove from heat and cool slightly.

In another bowl, beat egg whites and salt until stiff, gradually adding 6 Tbsp of sugar. Fold in pineapple mixture. Put into the coconut crust and refrigerate. Yield: 6 servings.

## Crumb Pie Crust

1 cup cornflakes, finely crushed (or you can use ground oats)

3 Tbsp sugar

1/3 cup butter, melted

Preheat oven to 375°F. In a bowl, combine crushed cornflakes and sugar. Add butter and mix well until it is crumbly. Press firmly on bottom and sides of 8-9 inch pie pan. Bake for 5 minutes and cool before filling.

*Suggested fillings:* Fresh or canned fruit thickened with corn starch, fruit gelatin, pudding, fruit sherbets, chiffon-type fillings, cheesecakes, etc...