

# **The Eclectic Gluten Free Cookbook**

**Second Edition**

**A book that includes both gluten free foods, and grain free foods, and ways to lower sugar.  
Also included in ways to revert your existing recipes.**

**By Carol and the Foegen Family**

## Introduction

I am calling this The Eclectic Gluten Free Cookbook because it covers more than just gluten free breads, cereals, and confections which are all gluten free. I am also including grain free, sugar free, low sugar, and low fat recipes. This cookbook also happens to be my journey as I tried to solve lifelong digestive troubles.

Like many people I know, I've been sick as long as I remember. I traveled from doctor to doctor, but found little improvement. Indeed, the medicine often improved one condition only to cause two or more others!

Then I found my most recent doctor, who first learned medicine in India. He listened, and was open and instructional every time I stumbled onto a potential explanation for my condition. I tried gluten free diet under his guidance.

I improved for a time, but several symptoms remained, and some even worsened. I grew frustrated, and I gave up on the diet after a gerontologist claimed I didn't have gluten intolerance, even though my bowel was full when he examined me. He instead scolded me on how my bowel was full, and how I hadn't followed directions (fasting and taking a laxative). In reality, I had followed them to the letter.

Only later would I stumble across the real reason for my full bowel: my condition was causing very slow digestion. If I had really wanted to be tested with a clear bowel, I would have had to go on a purely liquid diet for over a week. Unfortunately such a diet is gluten free and would in turn undermine that test.

My doctor wisely ordered that liquid diet until my bowel became more regular. It took five days before that happened, and I was able to slowly start reintroducing foods from specific groups back into my diet. My doctor's hypothesis was that I had a food allergy. Yet going through this program, I seemed to find a slew of things I reacted to which didn't make sense. This is when I switched back again to a gluten free diet.

Then I discovered my symptoms were likely an advanced gastrointestinal state [Breaking the Vicious Cycle, Gottschall, Elaine, B.A., M.Sc. Kirkton Press. Baltimore....2004, in a quote from Dr Samuel Gee (1888) pg.26.]. The sickness comes from deep in the gut, where intestinal flora begin to wander and multiply like rabbits, feeding off the foods I was unable to digest.

As they grow and spread, so do our symptoms. They move first through the deep in the intestinal tract to the small intestine causing, brain fog, and poor digestion as leaking gut syndrome develops with diarrhea or severe constipation and everything worsens.

These flora then grow into, the stomach creating gastritis, bloating and stomach pain. Then up esophagus causing acid reflux and sore and dry throats. Then these little flora reach into our mouth causing dry mouth, and gingivitis and periodontics. Finally they make it into the nasal areas with sinusitis and excessive mucus production.

All these condition build upon each other, For example, the first condition now named leaky gut syndrome is sometimes hard to see, at least when this is mild. However as symptoms continue to grow upward through the digestive tract this condition is worsening and its effects can reach beyond the digestive system. Lastly, one easy sign you're on this path is if you were able to drink milk or eat wheat produces without symptoms as a child and now you cannot.

Its also why periodontal disease portends heart troubles, diabetes, and cancer risks and well as others doctors have recently linked together. Yet what they linked it a symptom not the disease. The disease is leaky gut, because when that gut leaks it sends toxins into your blood stream and nutrients into bowl and bladder and out of your system.

These things I learned and documentation can be found at the end of this cookbook in the appendixes but now I begin with where I am now. After eating gluten free for over a year and finding symptoms improved then stalled, I moved to the grain free diet. Thus recipes in this book carry both gluten free and grain free recipes as a result. Some gluten free recipes can be made grain free and I note where this is possible. Other require so many changes they are now entirely different grain free recipes.

That said, every recipe in this cookbook is gluten free but only some are grain free. I mark grain free with the **GrF** symbol and recipes that can be easily modified have this symbol as well with an explanation of how to modify them. Grain free is also lactose free because of the fact that those needing to go on this diet are usually lactose intolerant as the ability to digesting lactose is the first symptom.

Further grain free is Hamatz (grains) free which means all grain free items including the breads are kosher l-Pesach or acceptable to be used during Passover. Finding the ingredients that are equally kosher is not always easy but substitutions fit in here. Almond flour is available and almond meal can be easily made. Potato starch can be substituted for tapioca as so on.

Lastly, all grain free is also poleo for those seeking the paleo diet. So hopefully many receiving this cookbook can enjoy these recipes where ever their limitations and perhaps this cookbook will inspire some of you to become inventive cooks in turn.

# Sauces and Faux Replacements

## Homemade Spicy Ketchup

*Years ago, I had gestational diabetes in my first two pregnancies. One day went out to eat with My husband, Corey, before going to my doctor and had a vege-burger and French fries with some ketchup. My sugar was through the roof and when I admitted what I had my doctor, she said, “do you know how much sugar is in ketchup?”*

*So I started making homemade Ketchup and this version has less than 1/4 tsp per 2 T serving or less. This way I can have my French fries with Ketchup and eat them too without sending my sugar levels though the roof. Now its the only ketchup our children will eat because without all the sugar the other flavors comes through. This is also the base I use to make BBQ sauce, next.*

**Mix and bring to a boil:**

- 1 32 oz can of crushed tomatoes (4 cups plum tomatoes, peeled, seeded and crushed and enough tomato juice to cover tomatoes)
- 1 small onion chopped
- 1/3 cup green pepper, chopped
- 1 T Molasses (or honey)
- 1/4 cup honey (opt) (1tsp stevia plus 1/4 tsp honey or leave out)
- 1/2 tsp ground allspice, cloves and cinnamon
- 1/2 tsp celery seed\* and peppercorns
- Pinch dry mustard
- Small clove garlic crushed
- 1 part of bay leaf

**Boil until halved, stirring occasionally. Remove from heat and let cool. Place in blender then add to this:**

- 1/4 cup cider or a red wine vinegar like Balsamic
- A dash cayenne

**Blend until smooth and store in a container in refrigerator.**

Note: for people unable to tolerate small seeds, celery can be added, a large piece and removed before blending or their leaves can be added instead. I usually add a stick of celery or a T of chopped leaves.

## Barbe Sauce

*We created these because making rolls for hot dogs in Passover was just too difficult (at least till I became grain free). So we put these into barbecue sauce which is easy to make if you already have ketchup and this was our children's favorite way to have hot dogs even now. It also the sauce I put over BBQ Fish.*

**Sauté until golden in 1 T. Olive oil:**

¼ cup finely chopped onion

**Add the following and simmer 20 minutes stirring occasionally:**

½ cup water

1 T. Cider or wine vinegar (or another flavorful vinegar)

¼ cup lemon juice (can replace vinegar if needed)

2 T honey (or omit)

1 dash 100% molasses (only pure molasses omit)

1 cup Ketchup (above)

½ tsp salt

¼ tsp paprika

½ tsp smoked paprika

¼ tsp pepper

½ tsp mustard

½ tsp chili powder

**This thickens as it cooks so stir more often toward the end of the cooking time. Makes between 1 ¾ cups and 2 cups.**

## **Salsa** GrF

This is another sala recipe, my own and a more traditional one. Its more work than my sons but makes a delicious salsa. I chop veges because the blender rarely blends them perfectly so anything it misses is still small. This recipe doubles but paste levels need adjusting.

Place in a blender:

16 ozs of plum tomatoes, seeded and chopped

2 blanching onions (also known as green onions), finely sliced

2 red chilli peppers, seeded and chopped

1 T cider vinegar (or Franks hot sauce)

1/2 tsp coriander

1/8 tsp salt

Blend on high till well chopped. Using spatula move to small pot. Heat to boiling then add:

1 -2 T Tomato paste

Cook 5 minutes mixing constantly. Remove from heat and cool then refrigerate before using. Makes ½ cup.

## **Sauce (can be made** GrF)

*Years ago we used to visit a small Italian restaurant in Kenmore that had an excellent sauce. We tried to duplicate it and this is the result. It has been a family favorite ever since.*

Sauté in olive oil:

- 1 medium onion chopped or one bag of frozen onions
- 3- 6 medium clove garlic, crushed
- 10 oz mushrooms, sliced, if desired

Add:

- 1 industrial size can of tomato sauce (6 lb. 9 oz. can) (or sauce Grain Free Tomato sauce below)
- ¼ cup oregano
- ¼ cup basil
- One small pinch chili powder

Cook sauce for one hour on low heat, stirring occasionally. Turn off and let sauce sit to flavor at least an hour but the longer it sits the better it tastes. Heat it through before using.

Note: the mushroom sauce for Mushroom lasagna is based on this sauce but you add 1 lb of baby Bella mushrooms to that sauce and add the garlic in the last minute before adding sauce.

## Grain Free's Diet's Easy Tomato Sauce

*This sauce is the replacement for the canned tomato sauce. This cooks a long time so make this a day head of when you need sauce. Add this in place the industrial can of sauce.*

Sauté in olive oil 10 minutes or until soft (you can skip this and just add thawed onions to sauce, directly, just cook 1/2 hour longer):

- 1 12 oz bag frozen chopped onions

Place in a crock pot:

- 4 -6 medium to large cloves garlic, crushed
- 4 tomatoes, seeded and chopped
- 2 48 oz can of 100% tomato juice (with only salt added)

Cook on low for eight to ten hours (or while at work or over night) or until sauce is cooked though. Add sauce to a blender and blend on high. At this point you can make Corey's sauce above, just replace this sauce with the canned sauce in the recipe.

Note: this can also be made with all tomatoes, you need a bushel, cut and seed tomatoes and dice them as above and add 2 - 3 cup of the tomato juice only and then make as directed above with those added changes.

## Marinara Sauce (in small) GrF

*This sauce can replace one can chopped tomatoes in any recipe.*

Sauté 2 minutes:

1/4 cup onion

Add and cook covered 15 minutes or until thicken:

2-3 crushed cloves garlic

2 T dried Basil

1 T tomato paste

3 fresh tomatoes, coarsely chopped

1 cup tomato juice

Add tomatoes and basil and cook covered 15 minutes or until thicken.

Note: This recipe double and triples easily. I created this when I notice Olive Garden's Five Cheese Ziti has a chopped tomato basil sauce between the cheese and noodles in sauce. Since then I find I using this more and more often. It was the first sauce I made when I created the recipe for grain free pasta and made my first pasta with that recipe.

## Cauli Cream GrF

*This goes with Bow Ties and Mushrooms, a recipe I have in here. It also can be used in place of Alfredo Sauce, as a low calorie alternative and some vegetable noodles. You can also buy this from Wegmen's right now. They do not add garlic or almond milk though. I think the almond milk makes it creamier.*

Cover with water (or water with dry milk solids) in a medium sized pot and bring to a boil:

One bag of frozen cauliflower

1 -2 cloves of garlic

Slash of lemon juice

Cook then minutes or until cauliflower is soft (10 minutes). Drain out.

Blend cauliflower in a blender, one cup at a time, adding unflavored and unsweetened Almond milk using only as much as you'll need make a smooth mixture. Add salt and pepper to taste.

## Cauli Rice GrF

*Another food group I missed was rice till I realized if cauliflower can be pulverized into cream with liquid then maybe a food processor would form rice. This then led to potatoes facsimile and ended in the pizza recipe. This is also a sneaky way to get in more vegetables. This too is made by*

Wegmen's.

Place in a medium microwave safe bowl:

One 16 oz. bag of frozen cauliflower

Slash of lemon juice

1 T water

Cover and microwave 5 to 6 minutes on high. Drain out liquid and pulse in food processor until rice shaped. Remove and squeeze out excess water from cauli-rice, put in serving bowl and fluff. Cover with desired topping. Makes 1 1/2 cups cauli-rice.

## Easy Grain Free Cheddar Cheese Sauce GrF

*A slightly modified form of this recipe is found in the egg dish. I use caulirice and if you have left over handy and don't plan to use them for knishes, then simply add 2/3 cup caulirice and cook only 5 minutes. Otherwise follow this recipe.*

Bring to boil in a sauce pan then lower to a low simmer:

1/2 cup milk (or unsweetened almond milk for GrF)

1/2 cup water

1 tsp salt

1/4 tsp dry mustard

1/4 tsp ground cayenne pepper or hot pepper

Mix in:

1 cup mild or medium cheddar cheese

2/3 cup Chopped and cooked cauliflower (microwaved 8 minutes)

Cook for 10 minutes then blend till smooth in a blender.

## Cauli-Mashed-Potatoes GrF

*This is another carbohydrate we tend to miss, potatoes. I created this to cover shepherd's pie but since then I use it as a side dish, cooking this with garlic, and adding butter to it after it is made and salt and pepper. The added yogurt gives the end result a sour cream mashed potato taste. It makes a pretty decent substitute.*

Cover with water in a medium sized pot and bring to a boil:

One bag of frozen cauliflower

1 -2 cloves garlic

1 T onion (or add chopped scallions with yogurt)

Slash of lemon juice

Cook then minutes or until cauliflower is soft (10 minutes). Drain out into a bowl.



Then process in in food processor till finely ground. Then add:

1/4 cup unsweetened yogurt

Move to a serving bowl and season with salt and pepper. Or use whenever you need mashed potatoes for such as knishes.

## Grain Free Cottage Cheese GrF

*I always was fond of salad and cottage cheese. I think this fetish developed from going to all you can eat salad bars where only salad and cottage cheese and some dressings are kosher. I thought my cottage cheese days were done till I stumbled on this cheat.*

Mix together till blended:

1/2 cup Farmer's cheese

2 T yogurt (more if you like it very creamy)

Salt to taste

Mix well and add any additional seasons or honey if wanted.

## Stewed Tomatoes GrF

Use this is Zucchini and tomatoes or Chris' salsa

Place in a medium pot and saute till soft on medium heat in 1 T butter or olive oil:

2 stalks celery, finely chopped (or whole to be removed)

1 small onion, finely chopped

2 to 3 whole cloves

Add:

2 - 3 skinned and seeded tomatoes

2 T tomato juice

Lower heat and cook twenty minutes, stirring occasionally. Season with:

3/4 tsp salt

1/4 tsp paprika

1 tsp honey or molasses

1/8 tsp curry, basil or parsley

Let sit till it cools to allow flavors to come together Remove cloves (and celery) before using and season to taste.

## Mexican Stewed Tomatoes GrF

*This used in used in the Spicy Baked Enchiladas. I created this recipe because I could not find these tomatoes locally. Now I likely would use these anyway. Use this in any Mexican dish including bean ones. We also once pouch eggs in them and they tasted good.*

Mix together:

*2 batches stewed tomatoes  
1 small onion finely chopped (or use chives)  
1 clove garlic, crushed  
1 T ground coriander  
1 T dry Basil  
1/4 cup dried Parsley  
2 T red wine vinegar or pickled Jalapeño, chopped  
Dash of cayenne for taste*

Use in any recipe calling for Mexican stewed tomatoes. Recipe can be both doubled and halved easily.

## **Bisquick Mix**

*I no longer know where I found this recipe but now only make my own because I can control the ingredients more easily this way. This recipe can be made smaller but this one when stored in a airtight container and placed in the freezer comes in handy. I freeze all flour and flour mixes because this keeps them fresh longer. Still I've not made since I went on the grain free diet but its work for those looking for a gluten free version of this mix.*

Sift together:

10 cups GF baking Mix (Bob Mills has a 5 lb bag that works well)  
1/3 cup baking powdered  
1 tsp salt

Cut in with a pastry blender (or two knives) or food processor adding by spoonfuls:

2 cups shortening

until the texture of coarse cornmeal. Keep mixture stored in an airtight container. It will keep well for 3 months on shelf or longer in refrigerator. Use as you would Bisquick or biscuit mix.

Note: if you make your own GF flour don't forget to add xanthan or guar gum as well. Its found in the store bought baking mixes. Also measure by weight. GR baking mixes already have this done through their blends. Below we show how you can make your own.
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## Self Rising Flour (can be made GF)

*Another flour that is often found in recipes is self rising flour. If you want to adapt to GF flour use the following formula.*

Whisk together and use in any recipe calling for self rising flour:

1 cup GF flour mixture (if using sifted almond flour for grain free diet follow parenthesis)

1 ½ tsp baking powder (or 1 1/2 baking soda and 1 T cream of tartar, and 1 T starch)

¼ tsp salt

## My Rollable, Malleable Pasta Dough

*My daughter and I reacted to store bought noodles and pasta. We figure its some additive they are adding or some other kind of contamination. So I was forced to make my own. I then tried many GF noddle dough recipes I found on-line. Either they are brittle and broke too easily, or nutritional deficient, or hard to chew or.... This is what I came up afterward.*

*This pasta still can break but it less breakable and has fiber as well. Adding the vegetables increase fiber and makes them a little more colorful. Doing so also turns the dough speckled green or orange, respectfully. Herbs add flavor and are especially good for mild sauces like Alfredo.*

Place in medium bowl:

1 cup ground oats (I use a coffee grinder)

Pour over this and mix in:

1/2 cup boiling water

Allow this to cool then add:

3 large eggs

1 1/4 cup GF flour (bean flour adds protein and can go with strong flavored sauces)

1 tsp salt (opt)

1 T oil

2-4 T finely chopped spinach or grated carrot (smallest sized) can be added here as well or even herbs like oregano or basil can be (opt).

Mi, then knead. If too dry, wet your hands and continue to knead, if too wet, flour them. The end result should be tacky, not soggy or dry. Allow this to rest one hour.

Can be stored in refrigerator at this point, wrapped in wax, then placed in a plastic bag. This recipe also doubles easily.

To roll sprinkle board with GF flour and roll out to 1/4 inch thickness or thinner. Slice to desired size. Keep in mind noodle and pasta thicken as they cooked so cut and form these accordingly. Flour well then let noodles rest 30 minutes longer if recipe calls for

this). Sift out flour before adding to boiling water. Makes about 1 cup of noodles.

Bring medium pot to boil. Add noodles and lower to a high simmer (just boiling) and cook 5 to 6 minutes. Stir only once when these return to boil or noodle will break while cooking. Pour out into colander and serve over sauce of choice.

Baking, reduce cooking time. My recipes give cooking times and use these to gauge your own recipes. Or figure this out the way I did, by watching and testing then writing down results.

Some noodles I can make at home. If you have a machine then send it through to get a thin “rolled” dough and follow the direction for forming the pasta. I use the filling found in Abba’s Lasagna for filling Manicotti, Ravioli, and Hamantaschen.

**Lasagna:** I like my pasta thin but rolling it thin can cause ripping. So I roll it out to 1/4 inch thickness and 6 by 2 inch rectangular pieces for an 8x8 lasagna by 11 by 2 for 9x13. Then I roll carefully these noodles making them wider and forming 4 by 6 inch noodles. I have these and flour them and stack them as I go.

Cut up any extra dough into soup noodles and flour them well storing them in the refrigerator till you can use them. Dust off flour before using. I cook my lasagna noodles within the sauce and cheese. Usually this means the lasagna cooks 1 hour but gluten free noodles cook in 45 minutes. Longer only if they are made too thick.

Store any extra on the refrigerator between wax paper or turn them into a different kind of noodle or pasta. Manicotti is easy made from lasagna noodles before you divide the larger piece into two you actually have a Manicotti noodle.

**Farfalle (bow ties):** Roll out noodles and slice them about 1 1/2 inches long and 1 inch wide. Fill a small plate with water. To make bow ties, wet center of each noodle. Fold sides into wet spot and pinch then together. Do not pinch so hard or they will come apart in cooking. Flour them until you used up all your dough. They get easier to make with more practice.

Dry these or store these in the refrigerator in flour. Sift out flour before adding these to boiling water.

**Fettuccine:** Roll out dough and cut into long strands about 1/4 inch thick. This was the first dough I ever made, even before soup noodles. They can be dried or floured and stored in the refrigerator till needed. Sift out flour before adding this to boiling water.

**Spaghetti:** Roll out like slightly shorter Fettuccine then roll each noodle into spaghetti.

**Ravioli (an Tortellini):** A ravioli cutter helps. Cut dough in half. Roll one dough out then place it on wax paper or parchment and roll the other one out. Make small pillows of filling every few inches (depending on the size wanted) forming a grid of these. Lay other dough over the dough with the filling. Using cutter cut down sides sealing in each pillow. If it doesn't seal use water to seal them by pressing the two dough together. Let them dry for several hours before using. To make Torricelli just make these much smaller. These can be frozen on cookie sheets then moved to plastic freezer bags to be used as needed.

**Fingerhuetchen (Noodle Puffs):** Prepare dough and roll out. Let stand till almost dry. Fold in two and cut through both thicknesses with floured Ravioli cutter. Make them small sized (tortelli, unfilled) and press edges to close using water if not closing up. Let dry all the way then fry in hot fat till they puff up like small balls and are lightly brown. Drain on paper towels and serve with soup. I've never tried to store these, sorry.

**Kreplach:** Named after how they sound when dropped into soup, I find these easier to make than ravioli and they are the oldest form of any type of pasta I ever made. These I make for Purim a Jewish holiday that celebrates Jews being saved from Haman an evil man that tried to wipe us out. They are said to represent that G-d was hidden within the Esther story, or the patriarchs, Abraham, Issac and Jacob.

To make these, roll out dough and cut into squares. Fill with meat or cheese in center, and fold over the filling sealing edges forming equilateral triangle. Let them dry a bit before cooking. Serve with sauce or gravy. See Ravioli for how to store these.

**Orzo (Rosamaria):** These are another easy pasta, just grate half a pasta recipe through a colander right into the soup. Make them rice sized. I often make this with extra dough so I never have extra noodle dough.

**Tortellini:** Traditional tortellini is rolled from circles of dough but I find rerolling scraps difficult so I roll out lines of my dough and this works fine. Roll out dough and cut 2 inch by 1 inch rectangles. Fill lines of filling in centers (bread crumbs with Parmesan and herbs is a good one) but do not touch ends or sides with filling. Pinch noodles closed on longer side, pinch ends. Then fold stuffed noodle like tortellini shape or like a belly button. Let dry for several hours so they will hold their shape while cooking. See Ravioli for how to store these.

**Manicotti (Cannelloni):** This is a 4 inch square noodle (use same technique used to make thin lasagna noodles). Roll out dough and cut out squares. Fill and form tubes by sealing one side or you can just place them into the pan seam side down. Cover with sauce and top with cheese. Makes 9x13 sized Manicotti with extra which can be frozen between wax or parchment or made into soup noodles. If you want to make

some for easy meals seal these after filling and freeze on cookie sheets and store in plastic freezer bags.

## Salad Dressings GrF

Salad dressings often come with unknown or unwelcome ingredients. With these four dressings, those on the grain free or gluten free diet can make and use salad dressings without fear of eating something you may regret later.

### Ranch Dressing GrF

*This is a dressing you'll need to make ahead because it needs to thicken in the refrigerator for a few hours. Still its flavor makes making this worth the wait.*

Combine in a blender:

- 1/2 cup mayo
- 1/4 tsp salt
- 1/4 tsp paprika
- 1/4 tsp dry mustard
- 1 small to medium clove garlic
- Fresh ground pepper to taste

Beat in gradually, one at a time:

- 1/3 -1/2 cup olive oil
- 1 tsp vinegar (cider does well)

Pour into a jar and refrigerate.

### Catalina Dressing (can be made GrF)

*This is a sweet dressing children might prefer. I make this using stevia instead of honey when I make it because I'm on a low sugar diet. Still sweetened with stevia or honey I believe you find this version tastes better than the store bought one. Also, if you want a less sweeten version I found I could leave out the sugars altogether.*

In a medium bowl mix together:

- 1/3 cup Grain-free Ketchup
- 1/4 cup honey or use a sugar substitute
- 1/3 cup olive oil
- 1/4 cup cider or wine vinegar
- Salt and pepper to taste
- 1 large cloves garlic finely chopped
- 1 T minced onion

Pour into a bottle and refrigerate. Makes 1 cup.

## Italian Dressing GrF

*This is another excellent dressing I use, greatly multiplied in roasted vegetables. It also requires no waiting for this to thicken or any pre-made sauces to be made. If your making this for a family dinner, rub the salad bowl with the clove of garlic before adding it to the dressing to enhance the flavor throughout the salad.*

Combine and blend together then pour into a jar and refrigerate:

- 1/4 cup olive oil
- 3/4 cups cider or wine vinegar
- 1 -2 large clove garlic, minced
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper
- 1/2 tsp dry mustard
- 1/4 tsp basil and oregano
- 1/2 tsp parsley

Makes 1 cup

## French Dressing GrF

*This is a super easy dressing you can use at once and its extremely fast to make with few ingredients yet tastes great. I use this when I'm out of dressings and need a quick dressing. This halves easily and if it does not taste like the store bought one try adding more salt. Salt brings out flavors so this is likely the cause.*

Combine together:

- 1 cup yogurt
- 1 1/2 T lemon juice

Add and mix in:

- 1 small Garlic, minced (about 1/2 tsp)
- 1/4 - 1/2 Mustard
- Salt and freshly ground pepper to taste.

Pour into a jar, cover and refrigerate until ready to use. Makes 1 cup.

- 1/3 cup mayo
- 1/2 tsp lemon juice
- 1 small garlic
- 1/4 tsp mustard



## Drinks

In the grain free diet it can be hard to find anything to drink because milk has too much lactose and many teas we drink (black) and coffee can make our symptoms worse (they can upset the stomach). Thus these recipes (as well as cocoa) are here to help those in this diet find things to drink.

### Easy Fruit drink or shake GrF

For those not used to alternate milks which tastes nothing like milk, these drinks make it palatable.

Place in a blender and blend until smooth:

- 1/4 cup frozen fruit

- 1 cup almond milk or any non dairy milk

- 1 splash of flavoring depending on fruit flavor

Pour into a cup and serve or cover and place into a refrigerator for later. Doubles easily. For shake simply mix frozen fruit to almond milk 1:1.

### Lemonade GrF

*I like real lemon flavor and nothing adds flavor than real lemon.. However squeezing eight lemons is costly as well as a lot of work. So I mixed two recipes together to get mine. I also added Stevia to lower sugar by half. Still if you plan to use honey, make certain its flows easily so it mixes in easily. Honey will also change the flavor but for those going grain free its our only sweeter beside saccharin or stevia.*

Mix together to form syrup (sugar will not all dissolve until water is added):

- Juice of four lemons\*, depending on size and flavor you prefer (it's about ½ cup in all)

- ¼ cup lemon juice (+extra)

- ¼ cup honey (sugar can be used if you are not on the grain free diet)

- ¾ tsp stevia (or add 1 cup sweetener in all)

Add:

- 1 quart water (+extra & ice)

Add more sweeter if its too sour as we like our lemonaid more sour than sweet.

Note: Lemons can be juiced easier and you gain more if you roll them or massage them a bit. They soften and become easy to juice. Do this after zesting and freeze or dry the zest for another use. Also if seeds are an issue drain lemon juice through a fine mesh tea strainer to catch even the tiniest seeds.

## Making Your Own Teas: GrF

In the grain free diet strong tea is not allowed because when black tea is strong it can stimulate gastric acid production. To make weak black tea, seep 1 minutes then toss (or water plants with this) then place bag in a tea pot and refill with either a lemon slice, cinnamon stick or vanilla bean casing. Most of the bitter effects leech from the bag in that first minute and the added flavors help make weaker tea tastes just as good,

Or you can make your own teas. You need a tea pot or tea ball of similar strainer and there are certainly many fancy apparatuses out there as well. Tea is made by pouring hot water over herbs to release the oils or flavor of these herbs. All parts of a plant can be used but some parts of some plants maybe poisoned, such a honeysuckle berries but its flowers are not and can be used (and sweeten the tea). Herbs that we eat we can place into tea and many carry health benefits, for example thyme clears breathing, chamomile calms nerves, mints and ginger aid digestion and rosemary clears your muddled mind and nullifies toxins formed in grilling foods.

Beyond the basics above to create great and nourishing teas you really only have to include herbs and flowers from four groups. If you vary what you are using from each group over time (and season) you will hit on medical and nourishing ingredients by happenstance. So create your teas from:

Healthy greens - *leaves of raspberries, thyme, sage, honeysuckle, or strawberries are flavor full and add depth to tea. This group has the highest vitamins including iron and often the strongest flavors. Many of these leaves can be dried for winter use.*

Beautiful blooms - *bee balm, pansies, nasturtiums (peppery), roses including hips (high in vitamin C), and violets all work and add color. This is nice but winter flowers are hard to find except maybe rosemary that often flowers in winter. Flowers can be dried for winter use.*

Noble fragrances - *chives (flowers and leaves), rosemary, marjoram, verbena, oregano, geranium and lilac. In fact most herbs add fragrance whether using leaves or flowers. This is why so many are found in this particular list. Herbs also carry the most health benefits as I already named. These are the few we use but there are many other not mentioned.*

*Bright tastes - zests of all kinds, such as lemon, orange, or limes all enhance teas. Mints also can lighten a tea. You can also ream citrus fruits as we discard elements once tea is seeped. It's faster and easier than running the skins over a fine grater and tea water doesn't mind long strings of zest.*

Now for some of the teas we discovered have tastes we like.

## **Summer Days Tea** GrF

Add equal amount of leaves and flowers but only a tsp of zest per cup.

Raspberry leaves

Strawberry leaves

lemon zest or orange zest

Thyme leaves with and without flowers

This mixture is nice during the cold winter days to remind myself that summer will come. Both strawberry and Raspberry leaves dry easily. Thyme freezes and can be also grown indoors in winter in a pot. Pick raspberry leaves before they flower because flowering removes flavor of the leaves. Strawberries can be picked all season long if the bugs don't eat the leaves before you get to them. Gather a lot of leaves if you find you like this tea as I do. They go quickly once the season ends and sadly winter often outlasts these tea stores.

Citrus zest can be taken off fruit whenever you have citrus fruits, before peeling, zest or ream them then dry or freeze them. I keep these in small tins and withdraw what I need them per cup serving these up in my tea ball. Seep the tea for 5 minutes for a mild tea to ten for a stronger tea. Remove ball (or pour through sieve if using a pot) and enjoy.

## **Bergamot Tea** GrF

*A weed in the garden who would think weeding these purple flowered plants also offers us a delicious tea?*

Mix together in tea ball or pot and pour hot water over it handfuls of these leaves/flowers:

Bergamot leaves and/or flowers (1X)

peppermint leaves (1X)

Strawberry leaves (2X)

Let seep about 5 minutes. You can also use other mints but for weaker ones double the mints like you're doubling strawberry.

## Herbal Iced Tea

*I like this tea and the flavor can be easily modified to fit any occasion. Ginger can replace cinnamon and lime, lemon, or fresh herbs can replace the tea bags (see making tea above).*

4-5 green tea bags (Seeped one minute, liquid discarded then follow recipe below)  
1-2 cups boiling water  
1 1-in. piece cinnamon  
1 lemon, thinly sliced, or cut up as we already cut it  
Ice

Prepare Iced Tea

Place the tea bags in one to two of cups boiling water. Let steep for half an hour.

Pour into a pitcher along with remaining ingredients.

Add water to fill pitcher three-fourths full and refrigerate for about two hours.

Add ice about 20 minutes before serving.

## Homemade Hot Chocolate (for one)

*I seen similar versions of this however I have added one extra step: adding hot water to cocoa and sugar and whisking this vigorously to get them combined. Then I add milk, spices and vanilla before microwaving. This causes less residue to fall to the bottom of the cup. It is not as good as cooking this slowly over water in a double boiler which I do in the next recipe. But for a quick cup after shoveling the driveway, it is not bad*

Whisk together until fully combined:

2 T cocoa

1 - 2 T sugar

$\frac{1}{4}$  cup hot water

Add and Microwave for 1 minute:

$\frac{3}{4}$  cup milk

1 – 2 drops of real vanilla extract

A smidgen of cinnamon (omit when you use coffee)

Serve hot.

## Homemade Cocoa (for a group) {Brazilian Cocoa in ()}

*This is the previous recipe multiplied by four. However as the number of serving increases so does the number of steps but sugar does not increase as quickly. For example, everything here is 1:4 but sugar which is 1: 2 or 1: 3. I prefer less but when making for my church I use the larger amount.*

Combine in the top of a double boiler and whisk till combine (heat this on stove if sugar is not dissolving):

1 cup boiling water

½ cup cocoa (¼ cup for Brazilian cocoa)

4 - 6 T sugar (½ cup sugar for Brazilian cocoa or 2 T stevia)

(1 and ½ tsp coffee grounds added for Brazilian)

At the same time fill base of lower part and heat to boiling. Add to cocoa:

½ tsp cinnamon

A smidgen of allspice (omit for Brazilian)

Place top pot over lower pot when water is boiling and add:

*3 cups milk*

Stir cocoa until its steaming then cover and cook 10 minutes. Beat in with a wire whisk:

*1 tsp vanilla*

Makes 4 servings. It will stay warm if it remains covered but stir before serving.



## Snacks

Also look in Breads for muffins and stuffed rolls that can be easily made into snacks as well.

### Italian Almonds

*I like these and its an easy way to use up and extra egg white. Nut skins help ease the itchy conditions we get in winter because winter is so dry. This snack gives a good helping of these benefits which is another reason to like them.*

Preheat oven to 350°. Line a 13 x 9 x 12 pan with foil. Lightly coat with oil.

In medium bowl beat with fork until frothy:

1 egg white

Add beating with fork until combined:

1/2 tsp oregano

1/2 tsp basil

1/2 tsp salt

Add and toss to coat

3 cups whole almonds

Spread nuts evenly onto prepared baking sheet, Grate fresh Parmesan over them all. Bake for 15 to 20 minutes or until golden brown, stirring once. Use foil to remove nuts from pan and cool completely. Beat up any large pieces.

Makes 3 cups

Note: you can use the yolk to make cheddar crackers, a half batch.
--

### Peanut - Packed Trail Mix

*When I making this from homemade cereal I do not add dried fruits because they will be added here. 1/4 cup of peanuts will not overwhelm the grain free granola's omaga-3 also if you do not go over 2 cups nuts and seeds when making the flax seed cereal. Still going gluten or grain free limits nutritious stakes. This is one and it also doubles easily. All that said I never made this with granola or rice based cereals but they should work if the flax seed cereal does.*

Preheat oven 350. Oil lightly a large baking sheet and set aside.

Mix together in a medium bowl then place on prepared sheet:

2 1/2 cups bite sized gluten free granola or grain free cereal

1/4 plus 2 T roasted peanuts in the shell, shelled

In a small pot heat on low heat until melted and combine:

2 T creamy peanut butter, all natural no sugar added

1 T. Butter or use olive oil

1 tsp plus 1/2 tsp honey

Bake for 10 minutes, stirring twice while cooking (I do 4-3-3). Cool with tray on wire rack about ten minutes then add:

1/4 cup dried fruit bits (raisins and whole chopped apricot halves work well)

Store in a air tight container.

## **Peanuts and Raisins** GrF

*An easier mixer I make when too busy to make the trail mixture. Save hulls for mulch.*

Hall:

2 cups roasted in the shell peanuts, shelled or roasted salted only

Add:

1 cup Raisins

1/2 chocolate chips (opt)

Mix well and in place in an airtight container

## **Easier Trail Mix** GrF

*I often toast walnuts to top my yogurt. If you do the same then this is a easy nut mixture you can create on the run:*

Shell 1 cup dry roasted peanuts

Add to these:

1/2 cup walnuts

1 cup rosemary nuts

1/2 cup dried fruit (optional)

Store in a dry container.

## **Lemon Fruit Dip** GrF

*I still make this sometimes for our churches coffee socials. People enjoy not always having sweet things offered.*

In a medium bowl add and blend together:

1 cup yogurt

1 tsp honey (opt)

1 tsp lemon flavoring

1/2 tsp finely shredded lemon peel



1 T lemon juice

A pinch cinnamon and ginger

Cover and chill at least 1 hr to 24 hours. To serve: transfer yogurt mixture to a serving bowl. Serve with cut fruits if you can tolerate them. This can also be added to cooked fruit as a topping if you cannot tolerate fresh fruit.

Note: to prevent apples and pears from browning place slice fruit in bowl. As 2 T lemon juice and 2 T water. Toss to coat. Drain and if desired, pat dry.

## Cherry Pineapple Pudding

*I place this into snacks instead of desserts because its only sugars comes from fruits and Stevia a non calorie sweeter. I have often wondered if frozen this would create a ice cream but have yet to try it. Also, usually I am limited to 1/4 cup fruit per serving and 2 per day. Yogurt though helps my body digest the sugars in fruits allowing me to have a little more. This way I can make my pudding and eat it too!*

Serving 6, 1/2 cup servings

Place into processor and process till smooth:

1 cup farmer's cheese

1 inch beans from a vanilla bean

1/4 tsp lemon zest

1/2 tsp stevia extract powder

3/4 cup Chobani yogurt, plain

Add and process at low setting till broken up then increase slowly to full setting till mixture is smooth:

1 cup frozen pineapple

Remove from processor to small bowl. Add:

1 cup chopped black cherries, fresh or frozen

Refrigerate at least fifteen minutes before serving.

# Breakfast

## Sephardic Eggs GrF

*These eggs are traditionally made by Spanish Jews for Sabbath. Day. During the Sabbath Jews do not light fires or start stoves going, however, if a burner is already on or the oven, they can use this. So they created dishes that cooked all night long to be eaten the next day.*

Placed eggs into a large pot covering them with hot water than placing them into a cool oven or over and low burner. They cover this and cook over night.

Next morning remove these from heat and remove the eggs and serve like a hard boiled eggs. Inside the yolk will have turned brown and have a creamy texture. I rarely remember to do this but when I do, we have a special breakfast treat.

## Breakfast smoothie GrF

*When you first start the grain free diet a quick breakfast you can grab running off to work is hard to get. This is why I created this smoothie. It has no grain and the only carbohydrates come from fruits and vegetables or nuts. It can be easily made in your blender the night before and be ready by morning.*

*This is what I drank each morning in the early part of the diet. Its high in calcium which we need if we are not drinking milk or eating many milk products. Further this goes well with the very filling breakfast muffin next.*

Makes 2 smoothies.

Make a pot of green tea\* with a little lemon and let it seep while you work. Peel and cut into your blender:

1 ripe avocado or if you can tolerate them 1 banana, instead

Add to this:

1/4 cup halved dark cherries or chopped peaches (any fruit can work even frozen)

6 to 8 romaine leaves, washed well and broken into small pieces

1/2 - 1 cup spinach, washed stems removed and torn into small pieces

1 T liquid stevia (opt)

2 tsp honey (opt)

Add only enough tea (or almond milk) to thin it enough to blend this and blend until all the fruit and vegetables are liquefied.

Add either:

1 T lemon flavoring or real vanilla depending on fruit used

Blend again to mix in well. Add and blend in:

1/2 to 1 cup yogurt (opt)

Pour into two 16 oz. cups, cover and refrigerate until needed.

\*If you are buying store bought almond milk instead of making it yourself should have vitamin D added which is hard to get in winter. It can replace part or all of the tea but reduce honey slightly to offset its sweetness.

## Microwaved Breakfast Muffin

*This is a easy breakfast muffin you mix in a big mug and then microwave in less than a minute. The only sugars are from fruit and stevia and its big enough fill you up for the morning though pairing it with an egg is also good. Change up the fruits and flavoring and you can have a different muffin every morning. Or try the two additional flavors before the notes.*

Mix together in a large mug:

- 3 T plus 1 tsp ground flax seed
- 1/2 cup almond meal
- 1 1/2 tsp baking powder (1/4 tsp soda)
- 2 tsp cinnamon
- 1 pkt of stevia (a little less than a 1 tsp) or more if not sweet enough

Add and mix in:

- 1 large egg
- 1 tsp olive oil
- (1 tsp lemon juice if using soda)
- 1 tsp lemon flavoring (or zest)
- 1/8<sup>th</sup> flavorful apple, seeded, peeled and grated in or a handful of raisins

Microwave for 1 minute. Loosen around the edges then turn out. If using all almond flour it ends up a little dry. It also will cook 1 minute 25 seconds for all almond flour.

Pancake Breakfast Muffin: do not add spices or fruit, in place of these add 1 tsp maple flavoring and chopped walnuts. It really does taste like a pancake and its the only maple flavored pancake those on very low sugar diets can eat.

Mocha Latte: Another way to get your coffee fix in the early morning. Again remove spices and fruit and add 1 T chocolate and 1 T instant coffee. Increase stevia if it seems too bitter.

Note: Flax seed to almond meal is in a 1:4 ratio. Still all almond meal can make the muffin too dry. Flax is far lighter, and it dissolves while cooking so it retains far more moisture and you can have more for less. Still as you mix these to get the mixture you prefer to want as more almond flour is added, the time increases by a rate for each teaspoon of flax removed you'll need to add approximately 2 -3 minutes until full almond meal (2/3 cups) is 1 minute 25 seconds.

Second note: there are more flavors of this microwave muffin in Bread section with

all other muffins are found.

## **Fruit in the Bottom Yogurt** GrF

*This is another easy to make and store breakfast. I often cook one apple with cinnamon and lemon and get three yogurts from one large apple. Nuts can be toasted ahead as well. I always have a store of walnuts just for this purpose. It can also be easily made into a filling parfait, that recipe follows. Lastly, Fruit in the Bottom Yogurt goes well with the muffins further down in this cookbook.*

Cook 1/4 cup cut fruit (of choice) in a small pot with a little water. Cook until fruit and water form a sauce. Remove from heat.

Sweeten yogurt according to taste (1 1/2 tsp honey to 1 T per 1/2 cup or omit)  
Add flavoring if wanted, both vanilla and lemon zest or flavoring goes well, and mix well.

Toast 1/4 cup nuts breaking these into small pieces.

Add fruit to the bottom of your dish, add yogurt then add nuts.

For parfait: Cook apples with cinnamon, chopped oranges in orange or zest and berries in lemon zest and add 2 T water to each until each develops its own sauce. Place apples on the bottom of parfait glass, add yogurt, then nuts. Repeat following each with yogurt and nuts with oranges then berries, then oranges and end with apples yogurt and last of the butts. Makes 1

## **Apple Cream of Almond** GrF

*This is another potential breakfast for those first starting the grain free diet. It resembles somewhat Cream of Wheat, but has no gluten indeed no grain at all. This is an apple version. Peach flavor follows.*

Makes 1 serving

Peel then grate into a small bowl:

1/4 to 1/2 a Granny Smith apple

Add and mix well:

1/2 cup sifted, toasted Almond flour

1 T unsweetened peanut butter

1/2 cup almond milk

Honey to taste (opt)

Place in microwave and microwave on high for 1 minute. Remove and stir then return

to microwave and cook an additional minute. Let sit one minute before serving. Thin if it seems too thick with almond milk or yogurt.

## **Peaches and Cream of Almond**

Cut up into small pieces and into a small bowl:

3 slices of peaches (about 1/4 peach), if frozen do not add water\

Add to bowl:

1/3 plus 1 T almond milk

2 inches vanilla bean, seeds scrapped into mixture

1/2 cup sifted, toasted almond flour

Microwave for 1 minute. Stir then microwave 30 seconds more.

Add:

1 T Vanilla yogurt

Let sit one minute then serve.

## **Instant Cream of Almond**

*You can toast up several cups of almond flour ahead, add the dry ingredients replacing vanilla extract with vanilla bean, and then have this ready to serve when you need it like the store bough version. Just add fruit and almond milk and sweeten with honey if desired.*

Toast until lightly brown in as large skillet, stirring constantly (about five to seven minutes):

4 cups sifted, toasted almond flour (or 1 pound bag)

1 tsp salt

Store mixture in an air tight container. Makes eight 1/2 cup servings. Halves easily. You can make either Apple or Peaches and Cream of Almond from this base as well. Start each recipe as written but add the 1/2 cup mix.

## **Homemade Gluten Free Granola Cereal**

*Initially, I created this recipe to make a less expensive and more nutritious cereal during Passover. At the time just adding more protein, potassium, and micro-nutrients and far less sugar and sodium was enough. Over time though our children wanted this all year round and this was my solution.*

Serving sizes: small: 1/4 cup, approximately 40 serving per container; medium: 1/2 cup, approximately 30 serving per container and large: 3/4 cup, approximately 20 serving per container.

Preheat oven to 300°. You'll need at least two rimmed cookie sheets.

Place in a large bowl:

2 lbs GF oats (I use Bob's Red Mills) or a combination of any other GF rolled grains (quinoa or amaranth for example)

½ cup nuts such as walnuts, pecans, almonds (choose 2; walnuts add omega-3 fatty acids)

½ cup whole seeds such as pumpkin, sesame or sunflower

1 cup total of ground flax and/or chia seeds (or more if walnuts are not among the two nuts used)

½ cup dry milk solids (opt but removing will lower serving sizes slightly)

1/2 cup whole Quinoa, washed and drained (you do not have to dry it)

(add any spice mixture here 1 T to three cups dry)

Mix and set aside. In a small to medium pot add and heat on medium low:

1 cup olive oil

Dissolve in oil:

2 T to 1/4 cup plus brown or white sugar, honey maple sugar, or add 1 T molasses to 1/4 cup white sugar which adds little iron to "brown sugar".

(add flavoring here, vanilla, lemon, maple, 1 - 2 T)

Add also:

½ cup fruit juice mixtures or strong coffee (with coffee add 1/2 cup cocoa),

Bring to a boil and boil 1 minute; watch it doesn't boil over. Pour over dry ingredients mixing until fully moistened. Pour onto cookie sheets, spreading out thinly and breaking any large clumps. Use more than one sheet and do not spread too thickly or cooking time will increase and seeds may burn.

If using dates chop these in 2 T of gluten free flour (sorghum works well) using more if needed and sifting out flour through sifter to reuse. Add in last 5 minutes of cooking time; this toasts the flour.

Bake cereal 20 minutes, stirring every five minutes and breaking up any large chunks that sticking together. Test by breaking up one or two small clumps, if these are dry inside them cereal is done. Remove from oven and rest a 5 minutes. Add:

1/2 cup each of dried fruits (raisins, dates chopped in flour and added in last five minutes, banana chips or chopped apricot)

and stir together. Store in an air tight container. If airtight this will last till the last serving is served.

Note: You can vary the flavor of this cereal by changing what nuts, fruits and seeds you use or the type of sugar or liquids and flavorings you add. Honey and maple sugars get lost in cereal so add flavoring if you want those flavors to show though.

Even fresh fruits can be added if these are chopped or ground up. Add ground fruit as

part of the liquid and chopped to the dry ingredients. It can also be adapted to any condition or limitation just by tweaking the recipe. If not sweet enough add sugar one tablespoon at a time. Consider reducing this back as you eat less sugar.

**Pumpkin Spice** is made by adding 1 T of pumpkin spice to every 3 cups cereal with 2 finely chopped Granny smith apples and using apple cider and 1 T lemon flavoring to liquids and adding molasses in the 1/4 cup of sugar. If you like pumpkin consider adding 1/2 cup pumpkin instead of apple or with the apples but it will have a very strong pumpkin flavor.

**Cocoa Crunch:** is made with 1 cup coffee and 1/2 cup cocoa add to wet liquid. Use molasses in 1/4 cup of sugar. Also use walnuts with pecans or peanuts, for nuts. This is the kid's preferred version.

**Mixed Fruit** is made by by peeling and removing pith from one orange and one lemon and grinding these in blender with 1/4 cup apple juice until well blended. Add 1 T lemon extract to the mix then add as liquid. Use pecans and almonds for nuts and add finely chopped apple to dry mix and increase flax/chia seed proportionally. chopped apricots go well in this one.

## Grain Free Muesli

*I often divide this up between two days, making the cracker and chopping nuts one day and baking the next.. I find this easier to make this way. Also, I first made this after I was moving out of the diet so I added cocoa. If you are still in the most rigid parts of the diet use the pumpkin pie spice for flavor instead. Both work and both taste like Passover Granola and is a crunchy and delicious every day cereal.*

Preheat oven to 300°. Set aside a large cookie sheet

Pulse in food processor till blended:

1 cup almond flour

1/4 cup coconut flour

Add and pulse till blended:

1 egg

2 T olive oil

1 T water

Form into two balls. Roll one between parchment to 1/16<sup>th</sup> thick\*. Don't worry about its shape it only needs to fit the cookie sheet. Remove top parchment and move rolled dough to cookie sheet and bake 10 -15 minutes watching closely.

While this one cooks roll second dough the exact same way. When first dough comes

out move flat cracker to cooling rack and place second rolled dough in to cook. Cool both before breaking them into many smaller bite sized pieces. When pieces are ready, add and mix well:

1 1/2 cups chopped nuts: walnuts, almonds, pecans, cashews, peanuts\*\*\*, or whatever nuts you have around.

1 cup coconut

1 T cocoa\*\* or pumpkin pie spice

1/4 tsp coffee (use with cocoa)

1/2 cup seeds: pumpkin, sunflower, sesame, flax or chia all work\*\*\*

In a larger bowl add:

1 egg white

and mix well coated with egg.

Line cookie sheet with parchment and oil lightly. Add cereal to sheet and bake 15 to 20 minutes until granola is lightly toasted, stirring every five minutes. Allow to cool and store in airtight containers. Makes 5 cups.

Note: all the dry ingredients can be made, chopped and assembled a day ahead, covered with plastic and left till morning. Then in the morning just mix this mixture into egg mixture and spread on sheets and bake as directed. This is what I do as baking and making farfel (breaking matza crackers into tiny bits) takes a bit of time as does chopping nuts. So I spread the work over two days and its easier.

\*What is most important is to make them uniformly thick so they cook evenly. Still if you find you did not, you can break them up after they've cooked and dry then rest of it in a 170° oven. I've had to do this sometimes.

\*\* for those early still in diet and unable to have cocoa or coffee use pumpkin pie spice.

\*\*\* some seeds and nuts (peanuts) are pre-roasted. If this is the case add them after the baking process and before storing. No reason to roast them twice. Also, seeds come three months into the diet so if your are just starting or still early in the diet, just omit them or add more nuts or coconut to replace them.

## **Granola Bars**

Preheat oven to 300°, Spread parchment paper on a baking sheet and then spray it lightly with olive oil.

Mix thoroughly:

2 cups granola or mulex

1/2 cup GF flour or almond meal



1- 2 T mini chips (opt)

1 T dried fruit can be added if the granola has any, raisins and dates work well

Mix completely and add:

1 egg and 2 egg whites, beaten

1/2 cup honey (1/8th tsp stevia)

Press down any cereal that sticks up as well and push sides in so that they hold together forming a rectangle. Cut rectangle into 6 - 8 bar slices fixing them if they are misshapen by cutting and patching to form perfect rectangles. Loosen these a little as you cut out bars as well.

Bake 20 minutes. Remove from oven and cool five minutes. Re-cut and break bars apart and wrap in wax and store in an airtight container. Makes 8; 2 x 3 inch bars.

## **Flax Seed Omega 3 Cereal** (Cinnamon or Chocolate)

*This cereal makes a little more than half the serving of the oat based granola but this one is high in omega-3's and low enough in omega-6's that most of those omega-3 might just make it to become digested especially if you follow the program closely. Its also harder to form that granola or Mulex and it takes twice as long. Yet, for the inconvenience, I find it worth making once in a while.*

Preheat oven to 300°. Pull out two large cookie sheets and spray with oil or grease them. Serving size 3/4 cups number of serving 10 to 11 depending on how much dried fruit is added

Peel and cut into pieces:

2 - 3 flavorful apples

Add enough water to cover and cook till soft in a small pot. Mash forming apple sauce and set aside till needed.

Mix in a large bowl blending after each addition:

4 cups milled flax seed

1/4 cup sifted almond flour or meal

1/4 cup stevia

1/4 tsp salt

Mixing them thoroughly. Set aside.

In the small pot you made the applesauce in, bring applesauce to a boil in add:

1/4 cup creamy peanut butter, all natural no sugar added

1/4 cup water

1/4 cup oil

1/3 cup honey

Cook one minute then pour over flax seed mixture and mix well. Fill pasty bag with cereal dough. Press out 1/4 inch lines or bits (my son says these look like dog kibbles).

Roll by hand into pea sized balls and roll into cinnamon or cocoa depending on the flavor you prefer. I fill a dish with these and roll each bowl into the dish adding more cinnamon or cocoa as needed.

Place on two prepared trays. Place in oven and cook 20 minutes. Shake around to move balls so they cook evenly. Cook five minutes more, shake them again then turn the tray. Cook an addition 20 to 25 minutes or until balls are cooked though shaking every five to ten minutes. I test them by tasting one of the largest ones, They should be fully dry and crunchy if they are done and look like cocoa puffs.

You can also add:

1/2 cup toasted pumpkin seeds (just follow cereal with tray of seeds, cool 5 - 10 minutes)

1 cup raisins

Then mix completely and store in a airtight container or just store as is in that container. Have with almond milk or regular milk if its allowable. Some of the coating will come off in the milk but not all.

Note: It can be hard to make this entire batch of cereal in one day. The dough refrigerates well in a plastic bag but this should be completed within a week or the dough can go bad.

Also note: sometimes we go to purchase dried fruit and find the second ingredient is table sugar something we cannot have. So watch because the sugar they use is not part of this diet.

Luckily raisins, especially dark ones rarely have added sugar and Californian dates are also sugar free. Whole dried apricots can be found with no sugar added. Indeed when they cut fruit they tend to use either table sugar or starch to keep it from sticking.

Therefore, only tiny fruits like raisins and currents or certain small fruits like apricots, prunes or dates might be found starch free or sugar free. That said, most dates outside of Californian dates, have add sugar, so always read the ingredients. Drying your own fruit may be the answer if you want other fruits or if you are not on a grain free diet.

## Overnight Oats

*This is a easy breakfast meal I used to make for the weekend for Shabbos. Now I prepare Cream of Almond and precook the fruit.*

Toast and let cool then store in a plastic bag:

2 T nuts of choice

In a bowl mix together until oats are moistened:

1 cup low fat vanilla Greek yogurt  
½ cup GF oats  
½ cup chopped frozen or fresh fruit  
Cover and set in the refrigerator over night.

In morning remove from refrigerator and uncover. Mix and either warm in micro a minute to warm it if you prefer this warm then add those nuts and eat at once. Serves 1

For 6 servings: use 5 cups yogurt; 3 cups oats, and 3 cups fruit. Place in a casserole dish and follow recipe above. For 2 servings: use 1 ½ cups yogurt; 1 cup oats; and 1 cup fruit.

## Savory French Toast Casserole

*French toast doesn't need to be a sweet. This can easily be adapted for gluten free bread or even wheat bread. I use the second garlic Rosemary Callah from Shabbos because we always have one left over.*

*The cheese here can be any sour or flavorful dry goats cheese, however, in the grain free diet and with those with lactose intolerance, farmer's cheese only works. Still with add yogurt and thyme no one will notice the difference. This is also a great brunch idea and works for coffee socials.*

*Lastly its easy to make substitutions. For example my son has trouble with thyme but rosemary can substitute or any other savory spice. Likewise I know of someone who hates mushrooms, wax beans that are cut french style can substitute these.*

Prep Time: 10 -15 minutes Cook Time: 40 minutes

Preheat oven to 350° F. Coat a 9x13-inch baking dish with cooking spray or oil well. Line the 12 (1/4 inch thick) slices of Almond Bread in the bottom of the pan slightly overlapped in two layers side by side (or place like a puzzle as challah slices are not square). Set aside.

Add cooking spray to a seasoned Sauté pan. Sauté 7 minutes, or until liquid is reduced starting to caramelize (I often make this early in the morning on the first day f the week. It takes about seven minutes to peel and slice an onion. So if setting a time is out, use this for your time measure):

1 10 oz package of mushrooms, sliced

Add and Sauté 7 more minutes (Here peeling and chopping garlic is my timer. Garlic can be added up to the last minute of the cooking time).

1 onion, thinly sliced

1 crushed or finely chopped clove of garlic

Set aside to cool slightly then distribute evenly over bread.

In a bowl, whisk together:

2 eggs and 2 egg whites (or use three eggs if egg yolks (fat) are not a problem)

1 cup almond milk

1/4 tsp dry mustard and paprika

1/2 tsp salt and tsp ground black pepper

In a small bowl mix together:

1/4 cup farmer's cheese

1 T yogurt

1 tsp thyme

1 small clove garlic crushed

Pour the egg mixture over the bread and mushroom mixture and press gently to ensure the bread soaks up the liquid. Sprinkle the cheese mixture over the casserole and bake for 30 minutes. Serve after it cools a few moments.

Note: can be made night before and be covered, refrigerated and in the morning set cold in stove and then preheat the oven while its in there to heat the pan as well. Set time when oven reaches temperature. Cook five to ten minutes longer.

## Nut and Bolts of the Kitchen

Nuts and bolts hold homes and machines together and this section does this for baking. Its full of information you can use to adapt or enliven your own recipes. The first sections is herbs, spices and spice mixtures. Then I move to adapting existing recipes information. Whether your on a gluten free, grain free, lactose free or even sugar free, there are tricks to turning many old family recipes into those you can enjoy (not all recipes though). Then I turn to making stock because store bought stocks and bullion cubes often have added starches and sugars some cannot have, Lastly I give how to cook different kinds of beans.

## Herbs, Spices and Spice Mixtures

A century ago, gluten in bread was far less glutenous and refined wheat unknown to the poor. The poor got over this by many of the same techniques we use when making our gluten free or grain free bake goods. Indeed, our loaves, cakes and cookies probably resemble more their loaves back then when they were using that less glutenous wheat.

They added, cheese to soften the loaf, molasses (a by product of refining sugar; the rich got the sugar) or honey to sweeten and and precious herbs and spices, and/or candied peels, they bought through their life savings to enliven their Christmas loaves. Sugar levels was far lower, and what type of sweetener used because sugars were costly to buy and even harder gather and type depended on certain times of year to be harvested.

Times have changed, sugar is abundant and relativity cheap, so cheap that sugar and and gluten are found hidden under different names and in foods we never would add sugar or wheat into, like stocks and herb mixtures. Often these names hide that gluten (starch) or sugar (too many versions to name) so they can list it under these different names on the label. This means they are actually found in much higher levels than you might think unless you know those hidden names (see Alexander, Anne. *Sugar Detox Made Easy*. Prevention. From except *The Sugar Smart Solution Diet*. Rodale 20013 and Gottsschall, Elaine. Pg.78).

Fortunately, at this same time, herbs and whole spices are also cheaper (comparatively to that of the earlier centuries) and gluten free flours, and seed grinders (or coffee grinders) easier to come by. This leads to the first section of this cookbook. If you want good tasting gluten free bake goods then take a page from the past and learn what they already knew, that herbs, spices, spice mixtures and zests enliven a plain loaf.

Many herbs and spices have healing qualities as well. Long ago our ancestors took

advantages of these herbs and spices and even fruit and vegetables, to heal the sick. Thus monasteries, the source of most healers in the west had huge herb gardens to draw those healing remedies from. I include what I know of each herb or spices healing quality in this list as well.

I also include substitutes in (). I know full well how frustrating it can be when you planned something for supper and find someone used up the oregano, the sauce is doomed. Not really, you can just substitute in marjoram, basil or thyme. Every spice has a complimentary one (or many). If you use these often enough you can guess them by taste or smell but I take the guess work away here at least for the herbs and spices I know.

Lastly some herbs are easy to grow. If I have grown some of them I give a little about their growth so you can grow them as well. In summer it saves money and except for oregano, all herbs taste best fresh.

***The comparisons for dry to fresh herbs*** are 1/3 tsp of powdered, or 1/2 tsp for dried leaf equal one T of fresh for all herbs but oregano, reverse this (its stronger fresh). Anise seed to the liquid is 1 1/2 tsp seeds equals is equal to about twenty drops.

### **Commonly Used Herbs:**

***Anise:*** This spice tastes like licorice and comes in both seeds, oil and ground forms. I can grind my own. I used for making a Christmas cookie an anise roll cookie which I no longer make. Its also used in sponge cake. Anise is a relaxing expectorant thus good for irritating coughs. (Substitute is fennel)

***Basil:*** There are many kinds of these and they are easy to grow from seed. Indeed, if you have access to a plant just cut a stem and place it in water and plant when roots form. Its best fresh in tomato soup, and sauces and on pizzas. Dry, I use it in many Italian dishes and its found in the Italian spice mixture below. Its is good for is easing depression. (Substitutes are marjoram, oregano, or thyme)

***Bay:*** Bay is a small bush whose leaves are best used in foods we are cooking a long time. Its flavor is menthol. We add all or part of this leaf then after the cooking time is over we fish it out and discard it. They can also be ground up and added to stuffing spice mixtures. Still a little goes a long way so keep this in mind. If you have the room it can be grown in a pot indoors. (Substitute is peppermint)

***Celery:*** most are familiar with the stems, chopped or diced and used in soups and other foods and dishes along side onion. Leaves can be frozen as can the yellow centers for stock making. Celery seeds are from wild celery and have a strong celery taste, yet they can give you a celery flavor in spice mixtures or if you run out in recipes. I only grown wild celery, it does not like weeds but can grow in partial sun or

shade. I had mine in a shady part of my garden.

Celery seed is the most effective medically along side wild celery. Modern celery has most of its medical quantities bleached out of them. The seeds when used can clear toxins in your system and can ease arthritis cause by the collection of uric acid in the joints and ease urinary track infections. (Substitutes- for celery the seed, for the seed, Celery, and leaves)

***Coriander (Cilantro):*** Coriander is a seed that you can buy ground or grind yourself. Its flavor is both of lemon peel and sage thus its found in cookies, apple pies and pickles and also in sauces and salsa. It helps bring out the flavors of other spices. Cilantro is the immature leaf and its used in Chinese cooking. Its easy to grow for both seeds and leaves and seeds are large and easy to harvest. (Substitute is ginger for sweet and sage for savory and for fresh coriander; parsley leaf)

***Cumin:*** comes from the tropics. I use it heavily in soups and rice dishes. It has an earthy taste. It turns rice yellow and it is an major part of the spice mixture Curry. (Substitute: turmeric)

***Fennel:*** This is both a plant and a seed though I only used the seeds myself in Herbs De Provence and poultry seasoning and stuffing. It has a licorice flavor. It soothes digestion, and eases inflammation. (Substitute: anise)

***Horseradish:*** A pungent herb, Jews use this for the bitter herb for the Passover Seder to represent the bitter oppression of Pharaoh. Most are familiar as this as a topping on beef and kimmelwick, (a popular food from Buffalo). It generally goes with beef and can enhance beef stew. It grows well in cooler climates but hates weeds. Clears sinuses. (Kale can substitute this at the Seder plate so perhaps its kale)

***Lemon balm:*** A lemon flavored herb I use mostly in tea. It easy to grow but can become weedy fast if you let it go to seed. Leaves ease depression and are good for feverish colds. Sadly I never have any in winter when I get a cold. (Substitute: lemon peel or thyme)

***Marjoram and Oregano:*** These two go together because they are closely related. Marjoram is the more temperamental plant, low growing and can be treated as a annual in the north or brought inside in the fall. Oregano grows in the north and can become weedy. Still, oregano has pretty purple pink flowers in the fall and so we forgive it its weedy behavior. I never seen my marjoram flower. Use oregano in Italian dishes and in egg dishes. Marjoram has a milder oregano flavor and often paired with thyme in poultry dishes. Oregano has a menthol flavor. (Substitutes: Marjoram: basil, oregano or thyme Oregano: Basel, marjoram or thyme)

***Mints:*** This plant is the weed queen, I keep my peppermint in pots surrounded by

stones. Spearmint can weed as well but is more behaved and weeds can kill it (or weedy herbs). All mints make good teas and can go well with peas. They also can be added to cookies and confection if you want a mint flavor but usually the peppermint or spearmint liquor is used instead. All mints have a menthol flavor but each is slightly different and unique. Useful in digestion easing indigestion, flatulence, and nausea. (Substitutes: bay leaf or another mint)

***Mustard:*** This is the herb, not the condiment with a sharp, tangy and biting flavor. Both leaves and seeds are used and there are black and white mustard. Black is more common than yellow mustard. Ground they are used in egg and with cheddar cheese dishes. They are also used in any dish that needs its pungent flavor. (Substitutes: prepared mustard though it adds oil and salt)

***Nasturtium:*** This is a favorite herb because it's also a beautiful climbing flower that comes in many different colors in which all parts are edible. Leaves and flowers can be added to salad to add a peppery flavor. Seeds can be ground as a pepper substitute. I never ground mine though, but use them for planting the next crop. It's a climbing annual that likes full sun (Substitutes: pepper but it's not as pretty in salads)

***Onions, Chives, Shallots, Scallions, and Leeks:*** The onion family is eminent; I only cover these five. Most people know onions both sweet and pungent forms we chop and put into almost everything. Chives come in two types, onion flavored and garlic flavored, and green leaves are chopped into dishes or used as a topping. Flowers are often added to salad. Shallots are garlic shaped onions we chop into dishes. Scallions are green onions with a small tap root. I use the green ends and allow the bulbs to grow more. Leave leaves though in fall. Green ends are used chopped into dishes. Leeks are like shallots but larger and thicker but used in the same way.

Grow all onions in shade except chives which love the sun. All onions are grown from sets you can buy from seed and plant catalogs. You can raise them from seed but then they grow large enough to use in the second year. Garlic chives have rounded leaves and purple flowers and are weedy so I plant them by the grass so they can be mowed down. Onion chives have white flowers and flat leaves and are more behaved. Both will flower again if cut once flowering ends. Leeks grow by rivers and you can find these growing wild so give them water when you plant them.

Onion powder often has added starch which may come from wheat so it's better to use real onion. Still you can dry your own and make your own though I never had. Onions can be frozen, just cut as you use these and freeze on cookie sheets. Store in a freezer safe container. Each gives slightly different flavors and textures and it's fun to experiment with using these. Most have medicinal value much the same as garlic. (They are substitutes for each other with the exception of garlic chives)

***Garlic:*** This is the queen of the herbs. It's easy to grow and will self seed but can't



survive too many weeds. Store bought garlic may have a growth inhibitor added but many do not. I grown all mine from this source. Use only large cloves for planting. Plant them in the fall or put sprouting ones in the freezer and plant as soon as soil can be worked. the plant is edible including the tiny seeds bulbs at the top of the plant. Most use the bulbs that grow beneath the ground but like onions, growing garlic from seed takes much longer to harvest than from cloves and those seeds taste like the plant. Garlic comes in many levels of flavors from mild to sharp. The larger the clove such as elephant garlic tend to be mild and is southern grown garlic. Northern garlic tends to be pungent and strong in flavor though it can be mellowed by roasting.

Roast garlic in a 375°. Trim the bases of large uniformly sized cloves and set these on a cookie sheet. Roast 30 minutes or until cloves are soft. Squeeze into whatever you are making. Rarely buy garlic powder or attempt to dry your own. Drying garlic makes it bitter and all it medicinal value is lost. You can store garlic in oil in the refrigerator or freeze the whole clove and plant whatever you forget to use.

Garlic is powerhouse of medical value an antibiotic, it promotes sweating, lowers cholesterol and blood sugar levels, is an expectant, antihisminic (helps ease allergy), and antiparasitic. Let garlic rest a five minutes after chopping or crushing to bring out the full healthful qualities. Lastly it can ease symptoms of food tolerances, because it supports the growth of healthy gut flora. (substitute: garlic chives)

**Parsley:** Parsley comes from the Mediterranean and had a sweet taste. Its an easy to grow biannual that if weeds invade, it grows happily along side. Further, if grass weeds into parsley and it gets revenge by weeding into the grass.

Its hardy even thriving beneath snow if your willing to dig it out. I planted mine twice over two years and now can get fresh parsley at least till digging it out is too much trouble. If course this also means you can freeze the leaves for later. You can also use dried parsley. I use a third of what I use for fresh. Also fresh parsley's flavor is a sweet fresh but its also temperamental, not surviving well over long cooking times and high temperatures. So add it late in cooking. (The seed and plant substitute each other)

**Pepper:** These come as fruits that can be stuffed, julienne, or chopped into a variety of dishes. They are also dried and ground into powders the two best known are paprika (and smoked paprika) and cayenne also called ground red pepper. Paprika is mild in flavored spice, and goes well along side mustard, in cheese dishes and egg dishes. Smoked paprika goes well in anything you want a smoky undertone in, like barbecue sauce. Cayenne is hot, very hot so a little goes a long way. I like to add a pinch to sauce and its found in many spicy spice mixtures

Years ago I developed shingles. I couldn't see the doctor for five days and when I went in he told me, "this pill is used to treat shingles but unfortunately it only works

for the first three days.” it was a bright red pill. Seeing it color, I asked, “Is that cayenne?” he was surprised I recognized it. Then I explained my love of that spice and said, “Give it to me, I have cayenne in my system so it just might work.” He did and it did work which goes to show eating hot foods can be good for us.

Cayenne is a circulatory stimulate, a gastro stimulate, anti bacterial and eases pain in shingles and migraines. (The actual peppers can substituted)

***Rosemary:*** I once had a trailing rosemary plant in a pot but sadly it died from a mold infestation one year. I missed the plant terribly. Rosemary is a temperate plant but it can be brought indoors during the winter. If you do this it gets purple, pink or white flowers in winter which help to brighten those darker days. It has tiny spiky leaves and is used in much Italian cooking. I like it matched to garlic in breads especially. Use them whole or chopped. Rosemary lifts moods and clears the mind. When my brain was still foggy on waking I go to my plant and run my hand through its leaves and I wake fully after. (Substitute: Mint, sage)

***Sage:*** This is another easy to grow plant that does not like weeds. Its leaves resemble Larger bay leaves and like bay a little goes a long way. It goes well with meats particularly beef and can add a meaty flavor to bean dishes. The leaves are strongly antiseptic such that you can use them to make a mouth wash. They can also help with menstrual problems (Substitute: Rosemary)

***Tarragon:*** Tarragon has soft spiky leaves and like many other herbs can be grown easily but hates weeds. Its flavor is a very mild licorice flavor and I use it in Tarragon Chicken. Preheat oven to 350°. Place chicken pieces in oven safe dish and pour 1/2 cup dry white wine over it. Sprinkle with tarragon and cover with foil. Cut foil several times then bake for thirty minutes or until meat is cooked through. (Substitute: chervil)

***Thyme:*** Thyme is a special spice that brings out other spices. It often used with marjoram and sage with poultry dishes. It has a slight lemony taste especially lemon thyme. It is a small bush and grows easily and doesn't mind weeds (I do). It will die after a few years but then birth children as it does. I rip up the carcass, fertilize the spot and plant in the babies. It helps chest congestion and respiratory issues. The leaves are an antiseptic, expectorant and can ease diarrhea and help with cough. Flowers are like leaves but also can help with menstrual pain. It also speeds healing of wounds by improving blood flow. (Substitute: Basil, marjoram, and oregano)

## **Commonly Used Spices:**

***Allspice:*** This spice comes from the West Indies as many in this section do. It is a berry which when ground has the flavor of a mixture cinnamon, nutmeg and cloves and

used most often in sweets. It can fill in for any or all of these spices if your run short of them. (Substitute: cinnamon, nutmeg and cloves)

**Cinnamon:** Cinnamon is from the bark of a tree. It comes in sticks and ground. Its often used in sweet dishes but it can be added to meat particularly beef dishes to enhance these. It slightly sweet and mildly hot, less than paprika. Used to treat digestive disorders, colic and diarrhea. Be careful though because many spice companies make cinnamon but its not cinnamon but a cheaper substitute. (Substitutes: allspice, nutmeg, or paprika in savory dishes)

**Citrus Peel:** Ground citrus can be used to flavor cake and cookies. Lemon zest (or lemon peel) also is used in fish and poultry dishes. If your house is warm enough in winter and you have a south facing window, a citrus tree makes for a beautiful tree. Mine never grew fruit but then I only had a short time when an elderly woman fell in love with it. Still its worth a try.

Citrus peel is a digestive remedy, expectorant, gets rid of excess water and is anti-inflammatory. (Substitute: They substitute for each other, so no lime use lemon or orange)

**Cloves:** Strong, sweet, spicy, and pungent, cloves come as whole and ground. It often used in cookies with a spicy undertow and part of pumpkin pie spice along with cinnamon, ginger, allspice and nutmeg. When used whole in stocks, stews or covering meats they are usually removed after cooking because of their strong flavor. I also use them for stems of pastry apples which I use to decorate apple pies. (Substitutes: cinnamon, ginger)

**Cream of tartar:** A salt that forms in wine casks and is often called the “nuts” of wine. Its used to stabilize egg whites. It is also one of three ingredients in baking soda: 1 tsp cream of tartar; 1/2 tsp baking soda; 1/2 tsp potato starch. I often leave out the starch because it already in the recipe in the flour and the grain free diet does not allow any starch.

**Curry:** Curry is a blend of pungent eastern spices. I tend to make my own because the flavor is best fresh. That said the actual mixture varies greatly where the only true constant is the next spice and turmeric which follows nutmeg. Cumin is also usually but not always found and ginger comes in third often in equal amounts of each. Then something spicy is added from chili powder or cayenne to pepper and cinnamon, in halve amount or some of the hotter spices quartered amounts. Fennel is sometimes found in this as well. (The spices that make up this spice mixture)

**Ginger:** This is an eastern root that has a bitter aftertaste when eaten raw. Most know it as a ground powder or as a crystallized candy. Flavor is sweet but also pungent and peppery. Its often mixed with cinnamon and nutmeg in spice cookies and ginger bread.

Yet ginger is also an important part of Asian cooking and used to create savory sauces and delicious soups. Its also sometimes a large player in the curry spice mixture above. Ginger is helpful as a warming stimulant that helps in digestion and can help with travel sickness or even morning sickness. (Substitute: coriander)

***Nutmeg:*** This is a seed pod that found in Java, Malaysia and Granada. Its flavor is spicy, mellow, and nutty. Its use along side Cinnamon in sweet dishes and sweet spice mixtures. Good for digestive troubles, like nausea, vomiting and indigestion. It seems to ease Crohns diseases but more studies are needed to be certain. (Substitutes: cinnamon)

***Turmeric-*** This is another eastern spice that comes from India. It further found in curry, the spice blend above along side cumin. Flavor is musky and slightly bitter. Turmeric is being hailed a a super spice and I suppose it is for those suffering from inflammation. This is its value in fact. It helps reduce inflammation which is why I try to find ways to use it in cooking. (Substitute: Cumin)

***Vanilla:*** A bean or extract, I use both. I cut the bean along its length and using a sharp paring knife, skim out the precious seeds right into the bowl with the other ingredients. It takes about an inch vanilla for a tablespoon vanilla extract. The flavor of real vanilla bean is worth the trouble and cost at least once in a while. When I use up the bean, I cut the empty bean into two inches pieces and add these to tea making real vanilla tea.

Yet sometimes you may need vanilla extract and if you have beans and brandy handy you can use the simple recipe that follows. (Substitute: the bean is the extract [which follows] and the extract the bean. Imitation vanilla is not a true substitute.)

## Vanilla Extract

Ingredients:

- A handful of plump vanilla beans
- 1 dash real vanilla extract (starter)
- 2 cups brandy
- a large jar with a airtight lid

Place beans into a seal-able jar. Pour in vanilla extract and brandy. Cover and place in a dark place for a few weeks. When time is up drain out and use the pickled vanilla beans in a recipe, such as adding them to a stew or a roast for a pleasant change.

**White and Black pepper:** These come from a berry of Piper nigrum. The flavors are similar and they are interchangeable but white is a little stronger because it left longer

on the plant before harvesting. You can buy both as seed or already ground but ground pepper goes stale fast so I prefer grinding my own in a pepper grinder. (Substitute: they are each other or certain herbs have a peppery flavor as well such as Nasturtium. Also the plants leaves can substitute if you grow them.)

## Spice Mixtures

Spice mixtures can have hidden gluten or sugars or even toxic aluminum in some cases. Therefore I now create my own. Below are those I use in recipes within this book but many of the savory ones can be used to enliven fish, poultry, or beef. I give where I've used these in the past.

### Pumpkin Pie Spice GrF

*Use in pies, cookies and even one version of my granola and Mulex cereals.*

Mix together and store in an airtight container

- 2 tsp ground nutmeg
- 2 tsp ground cinnamon
- 1 tsp ginger
- 1/2 tsp cloves

### Bouquet Garni GrF

*This herbal mixture can be tossed into soups for flavor or into the carcass of a bird. You might consider growing thyme and parsley on a sunny window sill (even east siding works in winter) and both herbs freeze well if you only grow them outdoors. So you can use fresh even in winter if you plan ahead. Buying these fresh can be costly which is why I grow them and freeze them or dig through snow. I created my own bouquet garni because the traditional one usually has ingredients I do not have handy.*

*Also at Thanksgiving I cover the turkey with ground Herbs De Provence (next) that has lemon zest added. Then I stuff the turkey with Banquet Garni and two lemons pierced several times. Tie everything in and Roast as directed. It tastes heavily.*

Gather together:

- 1 bay leaf
- 2 sprigs parsley
- 3 sprigs thyme

Wrap these together in some celery sticks with string so you can fish these out of stock, bird or soup more easily. Push into celery 3 or 4:

- Cloves

Use to fill poultry or to flavor stocks and soups.

## **Herbs De Provence** GrF

*This mix also can be used in stuffing or to coating poultry. I also added to rice, etc*

Mix together and store in an airtight container

2 tsp rosemary

2 tsp fennel

2 tsp sage

2 tsp thyme

(grind if using as a coating)

## **Poultry Seasoning** GrF

*Used with poultry or in making gravy and can substitute for Herbs De Provence.*

Mix together and store in an airtight container

4 tsp dried marjoram

2 tsp dried thyme

2 tsp dried sage

1 tsp ground celery seed

1 tsp freshly ground pepper

## **Fajitas seasoning** GrF

*This spice is used in the Frittata International and added to the sliced mushrooms.. One of these days I have considered rubbing this seasoning (minus starch) over fish then cooking in Mexican stewed Tomatoes and salsa. Its also a great way to add a little feisty Mexican flavor dishes.*

Mix together and store extra in the freezer (to keep garlic from drying out).:

2 tsp chili powder

1 tsp salt

1 tsp paprika

1/2 tsp onion powder or 1T onion finely chopped

1/4 small garlic crush or finely chopped

1/4 tsp cayenne pepper

1/4 tsp cumin

1 tbsp corn or potato starch (Optional thickener; leave out in grain free diet)

## Garlic Pepper Seasoning GrF

*This is used in the Tortellini Casserole, and Three Cheese Zucchini Al forno. Its another spice that can zip to a dish.*

Mix together:

*1 small clove garlic, crushed*

*2 t ground black pepper*

*1 t brown sugar (opt)*

*1/2 tsp cumin*

*1/2 tsp salt*

*1 T finely chopped onion*

*1/2 tsp paprika*

*1/4 tsp dried parsley*

Put into air tight container and store in the freezer.

## Cajun Seasoning GrF

*Use with fish or in baking potatoes wedges. Its also used in the Frittata International recipe.*

Mix together:

*1/4 cup Kosher salt*

*1/4 cup cayenne*

*1/4 cup paprika*

*1/4 cup crushed garlic*

*1/4 cup black pepper*

*2 tbsp finely chopped onion*

*2 tbsp oregano*

*2 tbsp thyme*

Put into air tight container and store in the freezer.

## Curry Powder GrF

*Used in Indian dishes but also can be added to rice.*

Mix together and store in an airtight container

*2 tsp ground cinnamon*

*1/2 tsp ground cloves*

*3 tsp ground cumin*

*1 tsp freshly ground pepper*

*1/2 tsp coriander*

1 tsp turmeric

## **Chili Powder** GrF

*A Mexican spice that is hot but milder than straight cayenne. Goes well with beans dishes. I also add it into my tomato sauce and to many other dishes inside this book.*

Mix together and store in an airtight container

- 2 T cumin
- 2 tsp ground cayenne powder
- 2 tsp oregano
- 2 tsp allspice
- 1/8 tsp cloves

## **BBQ** GrF

*Good for coating for baked or grilled poultry and fish but I still cook the fish in barbecue sauce. Also you can coat popcorn in either oil of a fine mist of lemon juice then sprinkle this over for BBQ popcorn for a much lower fat version.*

Blend and store in an air tight container:

- 2 T chili powder
- 2 T dry mustard
- 1 T paprika
- 1 T ground cumin
- ½ tsp cayenne pepper
- ¼ tsp smoked paprika
- Fresh ground pepper to taste

## **Italian Seasoning** GrF

*This recipe below is meant for using in recipes that will be cooked so the onion and garlic cook in the recipe. If you plan to use them to flavor toasted bread crumbs, sauté the onion and garlic first before storing.*

Combine all ingredients and shake till blended and freeze extra:

- 1 T dried oregano
- 1 T dried Basil
- 2 T cup finely chopped onion
- 1 small clove garlic, crushed and chopped



A dash of crushed red pepper (this replaces the cheese)

## **Lemon (or Lime) Pepper** GrF

*I afraid I never measure this. I zest a lemon or two then start grinding pepper and stop when it looks right. Eventually I might figure out the exact measures but that would in the next edition. This is used in Lemon Pepper fish or chicken recipe in conjunction with next recipe.*

Mix together and press into both sides of Lemon Pepper Fish or Lime Chicken:

Zest of one to two lemons (or limes)

Fresh ground pepper (grind enough to equal zest one to one)

## **Lemon (Lime) butter** GrF

*I placed this here because I often use lemon pepper and lemon butter together on fish. With chicken I make lime oil.*

Melt and clarify (skim foam):

2 T butter (for meat use all oil)

¼ cup olive oil

Whisk together:

Juiced lemon's (or limes) you zested for lemon pepper seasoning

White wine to equal 2 T liquid

¼ tsp potato starch

Add to butter stirring constantly until thickened and pour over cooked fish or chicken.

## **Lemon Sage Seasoning**

*Use in lemon sage chicken and fish recipes.*

Mix together and store in a air tight container:

1 T dried sage

1 tsp dried Parsley

1 tsp dried thyme

1 tsp dried lemon zest

## **Nuts and Bolts of Cooking Gluten or Grain Free**

This section is how-to information for adapting your own favorite recipes. It also includes way to make sauces thickeners and sugar substitute. Like the special spice mixtures above, all this information and recipes will be used in recipes in this

cookbook as well.

## **United States Measures:**

Unfortunately the US measurement often uses the same words for liquid and dry even though these are not the same. Still, make certain you use the correct measures, Pyrex measuring cup for liquid and dry cup measures for dry. These are not interchangeable.

Liquid measures:

1 tsp = 1/3 T  
1 T = 3 tsp  
2 tsp = 1 fluid oz  
4 T = 1/4 cup = 2 ozs  
5 1/3 T = 1/3 cup  
8 T = 1/2 cup = 4 ozs  
3/8 cup 1/4 cup plus 2 T  
5/8 cup = 1/2 cup plus 2 T  
7/8 cup = 3/4 cup plus 2 T  
1 cup = 1/2 pint = 8 fluid oz = 1 liquid gill  
2 cups = 1 pint = 16 oz  
1 quart = 2 pints = 4 cups  
1 gallon = 4 quarts

Dry measures:

Note: dry measures are 1/8 larger than liquid measures so consider this when seeking conventions:

1 dry pint = 1/2 dry quart  
1 dry quart = 2 dry pint

## ***Weight:***

We need to know weight conversions because flour comes in weight. The number of ozs can be figured out by multiplying each oz by 28.25 grams. I given a few examples.

1 oz = 28.25 grams  
2 ozs = 56.5 grams  
3 ozs = 84.75 grams  
1/2 lb = 8 ozs = 226 grams  
1 lb = 16 oz = 452 grams

## **About GF Flours:**

First off not all GF flours are not the same weight of wheat flour so we can not

substitute these one for one in most recipes. For example 1 cup wheat flour by volume equals 120 grams of wheat flour per mass. Oat flour is lighter at 110 grams, rice is heavier, 160 grams and sorghum is the closest only one gram heavier per cup or 121 grams per cup. Each flour also has a distinct flavor and texture as well. This is how GF flours stack up:

Amount: 1 US cup (cup us) of sorghum flour by volume

Equals: 121 grams (g) in sorghum flour by mass

Characteristics: crisp crust and moist

Amount: 1 US cup of oat flour by volume

Equals: 110 grams (g) in oat flour by mass

Characteristics: Firm crust, coarse, and moist

Amount: 1 cup rice flour by volume

Equals: 160 grams of rice flour by by mass

Characteristics: dry, fine crumb

Amount: 1 cup potato starch by volume

Equals: 160 grams of potato starch by mass

Characteristics: keeps bread fresh longer, soft dry crust

Amount: 1 US cup (cup us) of tapioca flour volume

Equals: 122 grams (g) in tapioca flour mass

Characteristics: dry, soft bread

Amount: 1 US cup (cup us) of flax seed meal by volume

Equals: 219 grams in flax seed meal by mass

Characteristics: moist, dense, and soft

Amount: 1 US cup (cup us) of almond flour volume

Equals: 96 grams (g) in almond flour mass

Characteristics: moist, low carb addition, and soft

Amount: 1 US cup (cup us) of coconut flour volume

Equals: 128 grams (g) in almond flour mass

Characteristics: dense and dry

Amount: 1 US cup (cup us) of black bean flour by volume

Equals: 115 grams in black bean flour by mass

Characteristics: moist, high in protien

Amount: 1 US cup (cup us) of chickpea flour volume

Equals: 3.25 ounces (oz) in chickpea flour mass

Characteristics: moist, high in protien

A small scale helps to measure flours by weight not volume. If you measure by weight rather than volume you can often adapt your own wheat recipes easier. Just figure the number of cups called for wheat by weight. For example, if the recipe calls for 3 cups of wheat, you would need to make 3 times 120 or 350 oz of GF flour. Then measure out 350 ozs on the scale.

You can also do this on paper by using the weight measurement I include here and converting wheat weight to another flour. For example, wheat weight for 1 cup is 120 oz. Almond flour is only 96 oz per cup. Thus a recipe for wheat flour cookies that takes 2 cups flour would weight  $2 \times 120$  or 240 oz. Then we divide 240 by 96 we get 2.5 or 2 1/2 cups almond flour for 2 cups of wheat. Still weighing is always more accurate.

Still measuring flours with a scale is only half the trouble with replacing wheat...

**Almond Meal and Flour:** Almond meal is course and makes good bread crumbs after they are toasted. Its the whole almond ground up and like whole wheat, it has more fiber and nutrition. Still also like whole wheat it makes rougher end result which do not always go well with delicate foods, like cakes and cookies. It lastly easier to sift because its larger it does not freeze into hard lumps like almond flour does.

To make almond flour they first blanch the almonds by pouring boiling hot water over them to remove those nutritious outer coatings and then dry them before grinding them. What we get is a much softer product like white wheat that lends well to more delicate bake goods.

You can make your own almond meal and flours by buying a grinder. In fact, for those on the grain free diet, finding other flours like walnut flour that is free of starch difficult. I never have found it. So though I buy almond meal and almond flour, for other nut meals, I grind my own.

A good food processor can make meal but you need a nut grinder to truly make flour. To make almond meal pulse 1/4 cup almonds at a high speed in a blender till fully ground. If you do not pulse the nuts will form too much nut butter. To make flour blanch first by dropping nuts in boiling water then turn the water off and allowing them to soak in that hot water for three minutes.

Drain them and breaking one end shoot them free from their skins into a small bowl placing skins in another bowl. Once all almonds are free of their skins dry them with a towel then when tacky dry I place them into a warm oven on a tray to finish drying. While they finish drying I use the same towel to dry the skins. These too will finish in the oven but they take longer as they are harder to dry or they can be air dried.

Once almonds are dry enough grind them the same way we ground almond meal by pulsing at high speed. Skins can follow and these become my “wheat germ” because just like the germ of the wheat the husk of the almond is where much of the nutrition rests. A food processor will not grind them as finely as a true nut grinder but you’ll still get a decent flour.

**Gluten’s Elasticity:**

Gluten free flour also lacks the elasticity of gluten. These are ways to get a similar texture after you've weight out flours. This data impacts both breads and cakes and cookies. Thus its general information not best fitted to only one type of gluten free food. Grain free should use ground flax or cheese

#### Breads and Dough

- 1/2 tsp xanthan gum per each cup of gluten free flour
- 1 tsp ground chia seeds (or flax) per each cup of gluten free flour
- 1 tsp psyllium husk powder per each cup of gluten free flour
- 1 tsp guar gum per each cup of gluten free flour
- 1 tsp agar agar powder per each cup of gluten free flour
- 1/3 cup any allowable cheese per each cup almond flour

#### Cakes, Cookies & Muffins

- 1/4 tsp xanthan gum per each cup of gluten free flour
- 1/2 tsp ground chia seeds (or flax) per each cup of gluten free flour
- 1/2 tsp psyllium husk powder per each cup of gluten free flour
- 1/2 tsp guar gum per each cup of gluten free flour
- 1/2 tsp agar agar powder per each cup of gluten free flour
- 1/2 tsp unsweetened unflavored gelatine per cup of almond flour

**Cooking With Baking Soda:** The grain free diet cannot have any starches including those found in baking powder so we need to use baking soda instead. Baking soda is less stable, it rises fast often rising before we get food into the oven unless we are careful. Acids activates baking soda such as yogurt and any sour liquids such as lemon juice, or vinegar. Cream of tartar a residue from wine making and a salt, also reacts with baking power. Its a 2:1 ratio with cream of tartar: baking soda, respectively. Still, without the starch to stabilize the reaction, add acids activators as late as you can and supplement with well beaten eggs.

**Eggs** well beaten can also become a leavening for bake goods. Egg white whipped then folded in raises angle food cakes and can be used to raise breads as well. Even egg beaten long enough can add air and help baking soda rise a bread. Thus I have to beat the dough two minutes or more to incorporate air into the dough. Of course some cannot have eggs.

#### Egg Substitutes in Baking

I put this in because my son's fiances' mother cannot eat eggs. Still, its nice to know that a recipe might still be made even if you ran short of eggs.

- 1 egg = 1 Tbs chi a seeds + 3 Tbs liquid (water, broth, juice)
- 1 egg = 1 tsp ground chia seed + 3 Tbs liquid
- 1 egg = 1 Tbs flax seeds + 3 Tbs liquid
- 1 egg = 1 tsp ground flax seed + 3 Tbs liquid

#### Cane Sugar Replacements in Baking

The grain free diet cannot have any sugar except honey. Yet even those not on the grain free diet sometimes need a different sugar in recipes. If you run out of brown sugar how can you make it? Or you prefer more natural sugars with more fiber, as these are easier to digest how do you substitute cane sugar. This section gives conversions and substitutes.

Further, as Americans we tend to eat far too much sugar, because manufacturers often add sugars to items under different names. Sugar has been implicated in inflammation in people which in turn causes heart, blood pressure, arthritis and digestive disorders as well as diabetes. So eating less sugar, of all sugars, is always wise.

- 1 cup brown sugar = 1 cup granulate sugar + 2 tsp molasses
- 1 cup brown sugar = 1 cup date sugar – 1 cup flour
- 1 cup brown sugar = 1 cup coconut sugar, toasted
- 1 cup brown sugar = 3/4 cup dark agave nectar – 1/4 cup liquid
- 1 cup light brown sugar = 1/2 cup stevia-erythritol blend + 2 tsp molasses
- 1 cup dark brown sugar = 1 cup granulate sugar + 1 1.2 T molasses
- 1 cup dark brown sugar = 1/2 cup stevia-erythritol blend + 1 1/2 Tbs molasses
- 1 cup granulated sugar = 3/4 cup light agave nectar – 1/4 cup liquid
- 1 cup granulated sugar = 2/3 cup honey – 1/4 cup liquid
- 1 cup granulated sugar = 2/3 cup pure maple syrup – 1/4 cup liquid
- 1 cup granulated sugar = 1 1/3 cup rice syrup – 1/4 cup liquid
- 1 cup granulated sugar = 1 cup granulated erythritol or xylitol
- 1 cup granulated sugar = 1 teaspoon stevia extract (powder or liquid)
- 1 cup granulated sugar = 1/2 cup stevia-erythritol blend

### **Thickening Agents**

Wheat flours are also used to thicken but there are other ways to thicken sauces and stocks:

- 1 tsp agar agar powder per each cup of boiling liquid (let bloom for 10 minutes first)
  - 1 Tbs agar agar flakes per each cup of boiling liquid (let bloom for 10 minutes first)
  - 2 1/2 tsp arrowroot + 1 Tbs cold liquid per each cup of liquid (note: don't use arrowroot with dairy products)
  - 1 Tbs corn starch + 1 Tbs cold liquid per each cup of simmering liquid (note: don't use cornstarch with acidic sauces)
  - 1 Tbs potato starch + 1 Tbs cold liquid per each cup of simmering liquid (note: don't use with acidic sauces)
  - 1 Tbs tapioca starch + 1 Tbs cold liquid per each cup of liquid
- Sorghum can be used to thicken as well as holds up to acids like wheat flour does.
- 1 package of unsweetened and unflavored gelatine per cup of water. Add boiling water to gelatine and allow 5 minutes for it to thicken then add in the remaining ingredients.
- Vegetable pulp also can be used. Cook vegetables thoroughly then blend them

with only enough water to blend in until smooth. Use as thicker in soups and opaque sauces. Cauliflower is most often used because it does not add additional colors. Mushrooms on the other hand adds a meaty taste to gravies.

## Basic Stock

*Making one's own stocks is becoming a dying skill but for those going gluten free these homemade stocks are often the only way we can access bouillon as many cubes and mixes have wheat gluten as their thickeners. So I included my own stock recipe that can replace any bouillon cube plus one cup water in any recipe you have.*

*Many recipes in this book also call for fresh vegetables like celery, tomatoes and mushrooms. Each can have leftovers: celery has the yellow center and leaves, lettuce hearts, tomatoes skins, and mushrooms stems. Don't throw these out but chop them and toss them in freezer bags and freeze (no parboiling needed except for celery). Even asparagus hard inedible stems need not be wasted, its stems can be added as well and give juice to stock.*

*Then when you need make stock pull these out and use about 1 to 2 cups per stock (I really don't measure). This recipe makes both meat and vegetarian stocks. Just omit bones/meat and increase vegetables when making meatless stocks.*

1 chicken or turkey carcass,  
Placed carcass in cold water and set to boil for ½ hour, partially covered.

Skim stock and continue using lesser amounts of vegetables or if making a vegetable stock skip section on meat and add larger amounts of vegetables and start here:

- 1 whole onion chopped
- 2 - 4 sticks of celery, chopped
- 2 – 4 carrots, finely chopped
- Bouquet Gani
- 2 cups freezer vegetables (see above) rinsed before adding
- 10 peppercorns
- 8 whole cloves

Cook for three to four hours. Drain through cheese cloth vegetables (and meat if using) and discard (bones but not cooked meat). Bring stock to boil if you used meat to clarify (skim the scum). Boil this down to about half. Cut meat when it cools and discard all bones and vegetables and unabsorbed herbs.

If not using meat and making a vegetable stock you can also cook this down for a richer stock and freeze this. Add to any recipe calling for stock. If it seems less flavorful than you are used to try adding salt. Most store bought stocks are extremely high in salt so when “something” is missing this is what it is. I do not add this because recipes call for salt and people can add their own.

Note: Bullion cubes made from bone stock: boiled down once vegetables are discarded long enough to turn to a gel. Cut into cubes. These are the original bullion cubes before the dried commercial product replaced them. So if you want cubes for convenience this is the way to make them.

## Caramelized Onions

*I used to make these the traditional way but it was far too much work. Then I realized adding a touch of water to loosen the onions in between allowed me free time to do other chores or relax stirring less often. I have never turned back since then. Now I make them each time I make Tomato Soup and fill our cheese sandwiches with these and sauteed mushrooms.*

Caramelized onions are time consuming but easy at least the way I do them.

Heat to fragrance in medium to large frying pan adding 2 T olive oil then add:

3 to four onions, slice thinly

Cook on medium high stirring constantly for about ten minutes or until they start to stick badly. Add a splash of water enough to loosen anything sticking. Spread onions out and stir from time to time until they stick again. Add water again and free up anything sticking, flatten, and continue till you get the desired caramelization or golden brown coloring.

Caramelizing onions this way reduces the amount of stirring and allows me time for other activities. You stir periodically instead until the onions turn from white to cream then golden brown color.

The darker golden they become the more Caramelized flavor they gain, but the longer it takes (a little over an hour for really dark golden brown onions). Still they gain flavor even in the lighter shades if you are short of time and they are worth the trouble.

## Common Cooking times for beans:



All beans should not be canned or ground in the grain free diet likely because these were not properly prepared before being cooked and canned. Soak all beans over night and then discard the water before following these instructions below. Older beans cook the longer time.

**Black Beans**- add enough water to cover, bring to a boil and cook 2 minutes. Reduce to simmer and simmer covered for 1 to 2 hours.

**Black Eyed Peas, Butter and Pinto**-add enough water to cover, bring to a boil and cook 2 minutes. Reduce to simmer and simmer covered for 1 to 1 1/2 hours.

**Kidney and Canellini** - add enough water to cover, bring to a boil and cook 2 minutes. Reduce to simmer and simmer covered for 1 to 2 hours.

**Brown Lentils**-add enough water to cover, bring to a boil and cook 2 minutes. Reduce to simmer and simmer 30 to 45 minutes. (lentils do not need to be pre-soaked)

**Lima and Navy**-add enough water to cover, bring to a boil and cook 2 minutes. Reduce to simmer and simmer covered for 1 to 1 1/2 hours.

You can also easily cook beans (without stirring) in a crock pot. I add all spices in the end recipe unless the recipe (like the one that follows). Add 3-4 cups water and cook them 6-8 or 8-10 hours depending on the beans (lima, navy, butter black eyed and pinto/black, kidney, and canellini respectively). Use the lesser water with the lesser time and the greater water with the greater time. The only beans I never cooked in my crock pot is lentils.

Beans need cheese, rice or seeds to be complete their protein. Every bean recipe I have in this cookbook is created to have a complete protein. For making bean breads, first soak and cook beans then grind these in the food processor or blender and use in bread recipes adding oil till they are smooth. Reduce liquid proportionally in your bread as even drained processed beans absorb some water.

## **Frijoles Refritos (Refried Beans)**

*This is really my **Frijoles Refritos** recipe. I created this when I found store bought version too bland and often too thin. Using fresh ingredients you can control the liquids and make this as thick or thin as you like. You can also control the total fat. In the canned version these are often called refried beans but I only fry them once.*

Cook Pinto beans according to the directions but add 1/2 tsp onion powder, and 1 clove garlic crushed (or 1 tsp garlic powder but not garlic salt), also add 1 tsp chili powder, and 1/4 tsp dry red pepper.

Once cook drain out any water saving the water and place soften beans into a large skillet or pot if you do not have one large enough. Heat:

1 T olive oil

1 T butter

Add and saute until transparent (about 10 min):

1 medium onion, chopped

Add:

16 oz chopped tomatoes, and seed if seeds are a problem

3 cloves garlic crushed

Add beans with some of the liquid mixing into vegetables. Fry till warm then mash them with a fork adding liquid if needed. Add:

Tofu crumbles or cooked ground beef (opt)

Cook ten minutes then add salsa or water if its too thick. Use for making Burritos.

## **Rice Risks in Going Gluten Free**

Rice has arsenic and those using and eating a lot of rice based products are at risk for arsenic poisoning. For this reason all rice should be thoroughly washed and soaked before cooking and cooked in more water than needed and drained after cooking to reduce this risk.

Rice flours and mixtures with rice flours are another greater risk due to manufacturers not soaking rice before grinding it. You could form your own rice flour or just eat less of it substituting almond flour when possible. If we make rice based breads only where almond one cannot be made as in the case of noodles, then you should not be getting too much arsenic in our systems.

## **Wheat is more nutritious, so how to replace nutrition?**

Wheat flour is fortified with folic acid and iron and many gluten free products have added sugar and fat. So even without adding the rice risk of arsenic, gluten free foods can lead to deficiencies. So what can we do? First, there are many nutritious grains that are also gluten free: amaranth, corn, millet, quinoa, teff and sorghum are some I've use. Many of these can be found in flour forms and quinoa can substitute rice as can cauli-rice.

Still rice flours should be used for sourdough or any yeast based breads but include some alternate flours when you blend the dough to reduce the risks of arsenic poisoning. Lastly, those in the grain free diet can get folic acid from leafy greens used in many of my recipes, including smoothies and soups. Iron can be found in most meats, fish and most beans especially kidney beans. Spinach has iron but its bound up inside it. To extract the iron add spinach is to combine spinach with citrus. My recipe

with spinach already have citrus somewhere in them.

## Breads

You may want to review the Nuts and Bolts section just before this one on replacing wheat flours if you want to understand how I evolved these recipes below. Still I incorporate air into crackers in this first selection, not by any of the tricks I give in nuts in bolts, but rather on how I roll, fold and reroll them.

### Spicy Cheese Crackers GrF

*Sometimes you like crackers with soup or for a snack. The only problem with these is you can't eat just one. This particular crackers was created long ago for Passover, using matzo meal. Then, when I went on the grain free diet, I changed them to fit the diet and ironically, this recipe still works for Passover.*

Serving size 5 to 7 crackers. 8 to 12 serving per batch

Mix together:

- 1 1/2 cups sifted almond meal or flour (or 2 cups GF flour)
- 1 1/2 cups ground flax
- 2 tsp salt

Cut into small chunks and add:

- 4 T butter softened

Process in food processor ¼ cup at a time until butter is uniformly mixed into flour mixture. Mixture should resemble coarse corn meal but sometimes it sticks together when process so break up these balls with a knife.

Add:

- 1 ½ cups shredded mild or medium cheddar cheese
- 1/4 tsp red pepper flakes (or to taste or if you can eat seeds use cayenne)

In a separate bowl mix well:

- 3 egg yolks (put aside the whites for cake or cookies)
- ¼ cup water plus 2 T. if needed

Add liquid to butter mixture, mixing this in with a fork until you can form two balls, add more water if necessary and then wrap these in wax paper and chill for 15 minutes. Or if chilling longer, remove from refrigerator and give this 15 minutes to warm before rolling.

Preheat oven to 350° degrees. You will need a cookie sheet lined with parchment and lightly grease.

When dough is ready roll it out till its 1/4 inch thick. Cut this into quarters and lay each quarter on top of the other with the defined corners sticking out. Roll again, it

will be still messy but not as bad and repeat cutting and restacking. Roll the third time and this time cut out the cracker into squares or rectangles depending on your preference (this adds air and cracker layer like saltines).

Using a fork gently press in holes, not too deep (these are decorative not functional) then place on a lined greased tray and cook 20 minutes. While the first group is cooking roll out the second ball and make those crackers. Check the first set cooking after fifteen minutes and remove any thinner crackers that are already cooked (these usually came off the edges and cook faster), then continue to cook the remainder of the time until done. When the first tray comes out cool the cracker on the tray for five minutes and put the second tray in. Use a fork or spatula to loosen each cracker and cool on a rack then move to an airtight container lined with wax paper. Makes approximately 60 crackers.

## Pumpkin Seed Pepper Crackers

*What I like about these simple crackers is that they are made parve for meat soups. You make these much like the other crackers. The only change beside using whole egg instead of yolks and not adding cheese or butter so that I added garlic and rosemary to them. These are my “meat” spices for breads because both go so well with both meat and poultry.*

Keep in mind that with both cracker recipes that nut and seed flours and spices and cheeses can be switched to create different flavors. For example I once had no pumpkin seeds so I replaced these with sunflower and they came out just as nice.

Mix together:

- 2 1/4 cups cups sifted almond meal or flour (or 2 cups GF flour)
- 1 cups ground pumpkin seeds (if you do not have pumpkin seeds other seeds can work)
- 1 1/2 tsp salt
- 1 tsp chopped rosemary

Beak into small chunks and add:

- 1/4 cup buttery spread

Add and blend in:

- 1 large or 2 medium cloves of garlic crushed

Process in food processor until butter is uniformly mixed into flour mixture. Mixture should resemble course corn meal but sometimes it sticks together when process so break up these balls with a knife.

In a separate bowl whisk together:

- 1 egg
- 2 T water if needed

Add liquid to butter mixture, mixing this in with a fork until you can form two balls, add more water if necessary and then wrap these in wax paper and chill for 15 minutes. Or if chilling longer, remove from refrigerator and give this 15 minutes to warm before rolling.

Preheat oven to 350° degrees. You will need a cookie sheet lined with parchment and lightly grease. If you have made the Pepper Jack recipe then the directions to make these are much the same. Once rolled the last time and cut into triangles then grind over these black pepper pressing the pepper in. Now pierce several times, I use a meat thermometer pointy end to make four in all. Makes approximately 60 crackers.

## Lemony Muffins

*Lemony, with a touch of sweetness and grain free these muffins make a nice breakfast with a bowl of yogurt on the side. They also travel well and go well with a smoothie. They are also popular at coffee socials. Even the greater amount of honey yields only 3/4 tsp of sugar per muffin.*

Preheat oven to 375. Oil well two muffins tins of six each or place paper liners in them. This recipe makes 12 muffins.

In a medium bowl mix well:

2 1/2 cups sifted almond flour

1/2 tsp baking soda

1/8 tsp salt

Zest of one small lemon

In a small bowl mix together till well blended:

1/2 cup yogurt

The juice of one small lemon

1/2 tsp liquid stevia

In a large bowl whisk till foamy:

3 eggs

Add to egg one tablespoon at a time mixing till creamed:

2-3 T honey (I use the greater when I give these away)

Mix in wet ingredients to egg mixture then mix in flour mixture with a few quick strokes. Pour immediately into prepared muffin tins and bake in oven for 15 to 20 minutes or until lightly brown. Remove from oven and let cool five minutes before removing these from tins and cool these on a rack.

## Cheddar Muffins

*These “cheddar muffins” are made with medium or mild cheddar with added salt and a hidden chunk of cheese at their centers. When I finally made this recipe (there were two earlier versions) I brought them to our churches coffee social. We were having a Lenten retreat that day and I thought I’d make something that my daughter and I could eat during the retreat. This wasn’t the only item people brought homemade pie, a cake and several coffee cakes and cookies.*

*Ironically these went fastest and both my daughter and I had nothing for that retreat which goes to show me, next time, bring more, a lot more. Two of these packed with carrots and celery and/or yogurt can make a quick packed lunch.*

Preheat oven to 375. Oil well two muffins tins of six each or place paper liners in them. This recipe makes 12 muffins.

In a medium bowl mix well:

2 1/2 cups sifted almond flour

1/2 tsp baking soda

1 tsp salt

1/4 tsp mustard

1/4 tsp paprika

1/8 chili powder (or to taste)

In a large bowl whisk till foamy:

3 eggs

Blend into eggs completely:

1/4 tsp honey

Now add and blend till creamy:

1/2 cup yogurt

Add and stir in:

1/2 cup grated medium or mild cheddar

3 T diced onions

1 small garlic crushed or finely chopped

Fold in wet ingredients to egg mixture then mix in flour mixture with a few quick strokes (It doesn’t need to be fully blended in perfectly; in fact, with muffins that isn’t good). Fill only base of each tin. Place one in center of each tin:

12 cubes of cheddar or Colby cheese

Pour remaining over each cheese immediately and bake in oven for 15 to 20 minutes or until lightly brown. Remove from oven and let cool five minutes before removing these from tins and cool these on a rack a little before eating them if possible. While still warm the cheese is still melted and its hard to eat just one.

## Apple Muffins

*Filled with apples and covered in a cinnamony Streusel topping these muffins go well with a stick of cheddar cheese for a filling snack.*

Preheat oven to 375°. Oil well two muffins tins of six each or place paper liners in them. This recipe makes 12 muffins.

In a medium bowl mix well:

- 2 1/2 cups sifted almond meal
- 1/2 tsp baking soda
- 1/8 tsp salt
- 1 tsp cinnamon
- 1 tsp lemon zest
- 1/4 tsp dry stevia

In a small bowl make Streusel by blending together:

- 1 cup chopped walnuts or pecans
- 1/4 cup sifted almond flour
- 1/4 tsp liquid stevia
- 1/4 cup olive oil
- 2 T melted butter (or all olive oil)
- 1 1/2 tsp honey (or 1 T if sugar is not a problem)
- 1 tsp cinnamon

In a small bowl mix together till well blended:

- 1/2 cup yogurt
- 1 T lemon juice
- 2 grated granny smith apples, half grated and half chopped 1/4 inch pieces
- 1/2 tsp liquid stevia

In a large bowl whisk till foamy:

- 3 eggs

Add to egg mixture, mixing till creamed:

- 1/4 tsp honey (1 T if sugar is not a problem)

Mix in wet ingredients to egg mixture than mix in flour mixture with a few quick strokes.. Pour immediately into prepared muffin tins and sprinkle Streusel over each muffin then bake in oven for 15 to 20 minutes or until lightly brown and toothpick comes out clean. Remove from oven and let cool five minutes before removing these from tins and cool these on a rack.

## Chocolate Cherry Muffins



*Not high in sugar yet these can give a needed chocolate fix. Of course if you are not up to chocolate remove them from recipe and increase honey to 1 T and keep in mind 1 tsp vanilla is equal to 1 inch vanilla bean so if you cannot have extracts use the bean. Still, I find even 1 T of dairy free chips are still to high in sugar for me, 15 grams in all; however one bar of Moser Roth's 85 % sugar has only 7 grams per bar. So I chop these and add them instead.*

Preheat oven to 375. Oil well two muffins tins of six each or place paper liners in them. This recipe makes 12 muffins.

In a medium bowl mix well:

2 1/2 cups sifted almond meal

1/2 tsp baking soda

1/8 tsp salt

1 T chocolate chips (or use 1 bar of Mosher Roth 85 %, chocolate, chopped)

1/4 tsp dry stevia

1.4 cup walnuts chopped

In a small bowl mix together till well blended:

1/2 cup yogurt

1 tsp vanilla extract

1/2 tsp liquid stevia

In a large bowl whisk till foamy:

3 eggs

Add to egg mixture, mixing till creamed:

1/4 tsp honey (opt)

Add contents of small bowl then mix in:

1/2 cup seeded and chopped cherries

Mix in wet ingredients to egg mixture then mix in flour mixture with a few quick strokes (It doesn't need to be fully blended in perfectly; in fact, with muffins that isn't good). Pour immediately into prepared muffin tins and sprinkle Streusel over each muffin then bake in oven for 15 to 20 minutes or until lightly brown and toothpick comes out clean. Remove from oven and let cool five minutes before removing these from tins and cool these on a rack.

Note: you can change up fruit, juice and zest to create different kinds of muffins based on fruits in season and by removing chocolate chips. 1/2 chopped peach for cherries with 1/4 cup chopped almonds would walnuts. Replace zest with 1 inch vanilla bean and cinnamon with vanilla extract. Or use 1/2 cup any berries with pecans for nuts, adding 1 tsp lemon zest and 1 T lemon juice or orange depending on the fruit. With pineapple remove the honey at the end as its a sugar as well as a fruit.

## Carrot Muffins GrF

*A savory soft muffin I like this for snacks because you get a bit of vegetable while enjoying a low sugar but spicy and delicious muffin. It makes a good breakfast muffin as well. For me that is the best of both worlds. It tastes like unfrosted carrot cake.*

Preheat oven to 375. Oil well two muffins tins of six each or place paper liners in them. This recipe makes 12 muffins.

In a medium bowl mix well:

- 2 cups sifted almond meal
- 1/2 tsp baking soda
- 1/8 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp stevia

In a large bowl whisk till foamy:

- 3 eggs

Add to them:

- 1 carrot, peeled and grated
- 1 tsp onion, minced

Mix in well:

- 1/4 tsp honey, soften

Add and mix till creamy:

- 3/4 cup yogurt

Mix in wet ingredients to egg mixture then mix in flour mixture with a few quick strokes (It doesn't need to be fully blended in perfectly; in fact, with muffins that isn't good). Pour immediately into prepared muffin tins and bake in oven for 15 to 20 minutes or until lightly brown. Remove from oven and let cool five minutes before removing these from tins and cool these on a rack fully before storing. Makes 12.

## Microwaved Muffin (Vanilla) GrF in ()

*Sometimes you want a muffin or treat but you reach the maximum sugar/carb allowance allowed (as diabetics do) this is a sugarless treat very low in carbs. The only sweetener in this is Stevia a natural occurring sweet leaf from South America.*

Mix together in a large mug:

- 2/3 cup all almond flour
- 1 1/2 tsp baking powder (or 1/8 tsp baking soda)
- 3 inches of a vanilla bean or use 1 T extract

1 pkt of stevia (a little less than a 1 tsp) or more if not sweet enough

1 T pecans

Add and mix in:

1 large egg

1 tsp lemon juice (for GF baking soda only)

1 tsp olive oil

Microwave for 1 minute. Loosen around the edges then turn out. If using all almond flour it ends up a little dry. It also will cook 1 minute 25 seconds for all almond flour.

Note: If you are watching your sugar you can make every muffin above using this same template for the microwave muffin above. For example, for cheddar, remove vanilla add spices and grated cheese and onions and garlic to wet ingredients. Put a chunk of cheese in center of dough and you have the cheddar muffin.

## Peppermint Paddy Microwave Muffin

*Does this taste like a peppermint Paddy, yes, but not the texture. Its a muffin after all. Still I like the mix of dark chocolate and peppermint so I created this one.*

Mix together in a large mug:

2/3 cup all almond flour

1 ½ tsp baking powder

2 pkt of stevia (a little less than a 1 tsp) or more if not sweet enough

1 T slivered almonds

1 T cocoa

Add and mix in:

1 large egg

1 tsp olive oil

1 tsp vanilla

a few drops peppermint flavoring

Microwave for 1 minute. Loosen around the edges then turn out. If using all almond flour it ends up a little dry. It also will cook 1 minute 25 seconds for all almond flour.

## Rolled Biscuits

*I made these for Passover but when I was on the GF diet years ago I found any recipe I had created for cake meal could usually be adapted easily to take rice flour (they likely have similar weights). So I included this recipe as drop biscuits are great with stews or even some soups.*

Preheat oven to 450°

Sift together into a large bowl:

1¾ rice flour

½ teaspoon xanthan gum

½ tsp sea salt

1 ½ tsp cream of tartar

¾ tsp baking soda

¾ tsp potato starch (omit if you cannot have this))

Cut in with a koshered pastry blender or two knives”

4-6 tbsp cold butter or shortening

Make a well in the center and pour in:

¾ cup milk or cooled stock

Stir till dough is fairly free from sides. Turn onto a lightly floured (use cake flour) board. Roll into a square. Cut into four pieces and stack. Roll again and stack repeating eight or ten times. Then roll to desired thickness and cut into sticks or use a lid dipped in cake flour to make circular ones. Place on an ungreased baking sheet. Bake 12 to 15 minutes.

## Cheese Biscuits

*These are easy to make and make tiny cheese biscuits. Its nearly impossible to eat just one. That said any left over can be toasted back to normal by placing in a preheated oven (or toaster oven) and cooking them for five to ten minutes.*

Prep Time: 10 minutes; This recipe makes 12

Preheat oven to 375° degrees F. Oil a cookie sheet lined parchment paper.

Mix in food processor:

1 1/4 cup sifted almond flour

1 tsp Baking soda

Add and chop up till butter is like corn meal:

3 tablespoons cold butter

Add and pulse a couple of times more to incorporate:

2 T freshly grated Parmesan

Blend together in a small bowl and then add to processor and pulse till blended:

1/3 cup almond milk

1/2 tsp lemon juice

Drop about 1 tablespoon at a time of dough mixture on baking sheet for each biscuit.

Bake for 12 - 15 minutes or until golden brown on top.

## Making Bread Without Commercial Yeast

I not comfortable with the yeast we buy from the stores. Do they have gluten or not? I

read the outside and nothing says its Gluten Free and even though the ingredients don't mention gluten I made that mistake before. It was with oats. So I catch yeast from store bought yeast than keep this yeast going.

To catch wild yeast mix together equal amounts of rice flour and water cover and set it in a warm place and wait. Stir this morning and evening (noon if you can) and sooner or later you should catch some yeast. When you smell a strong sour smell in your dough and it becomes bubbly remove 1 cup of this, use in any gluten free recipe and add an additional cup of rice flour and water. Stir these in and cover with a cloth.

If you do not, and I often can't after keeping Passover, then fill two containers with rice flour, water and honey but in one place store bought yeast. Set these side by side covered with cloths and within a few days the yeast from the yeast filled jar will travel to the other jar. Now follow Maintenance Formula below.

### **Maintenance Formula:**

Wait five days stirring three times daily. Feed on the fifth day 1 cup flour and 1 cup water and 1/4 cup honey. Remove one cup and make a sourdough bread of choice. Let next sourdough grow five to seven days then add same as the fifth day. As long as you feed it, and give it time to grow the sourdough will prove you with yeast breads.

## **Sourdough Rice Bread**

*This bread takes a sour because sours break down grains making them easier to digest. In this recipe I use brown rice but you can break down any flour. What flour you use will change flavor and texture of breads. For starter and bread itself you need rice flour, sweet rice flour rises then best but brown works as well.*

### **Starter:**

1/2 cup cool water

3/4 cup rice flour

1/4 cup sourdough

### **Sour:**

1/2 cup milk or potato water or yogurt

1 tsp lemon juice

1 T orange juice (if using yogurt leave out or reduce orange juice)

1/2 tsp salt

1 1/4 cup any brown rice or any grain

### **Dough:**

3/4 cups sourdough

1/2 cup warmed orange juice or water or potato water

2 tablespoons melted butter

3 T olive oil  
3 tsp guar gum  
2 tsp baking powder  
1 teaspoons salt  
1/4 cup potato flakes  
2 cups Bobs Red Mill Gluten Free bread or another gluten free bred mixture.  
\*Use 2 tablespoons less orange juice in summer (or in a humid environment), 2 tablespoons more in winter (or in a dry climate).  
More flour if needed

To make the starter: In a mixing bowl, combine the water, flour, and sourdough, stirring until the flour is evenly moistened. Cover the bowl, and let the starter rest overnight at cool room temperature, for up to 16 hours or so; it'll become a bit puffy, and flatten out.

Also mix together the sour, refrigerate this and bring it to room temperature before using starter.

Next morning, break off pieces of starter about 1 T big and mix these one by one into sour. When all dough is in sour let dough rest ten minutes as you assemble other ingredients.

Move sour with starter into a large bowl. Add the remaining dough ingredients bowl, and mix on high for 2 minutes, or mix by hand vigorously. Scrap down, and mix again at low speed for about 7 minutes. Using the starter the dough now becomes more smooth and elastic and the rising times will also improve to watch the bread rather than assuming it will take as long.

Prepare the pan by lining loaf pan with parchment, allowing parchment to hang over sides. Then grease parchment and sides. Scoop dough into pan and allow to rise till it just reaching top of pan about 90 minutes (closer to sixty minutes).

Yield: one 9" x 5" loaf.

Note (How to get your wheat and eat it too): The sour was how our ancestors long ago could create loaves that were more digestible. It breaks the bond between the wheat and the gluten inside it. All sour liquids do this. Thus those with gluten sensitivity (not intolerance) theses maybe able to add wheat into the sour and even into the starter if both are allow to “ripen” long enough about 2 days or 48 hours.

This is because gluten isn't the problem for those with gluten sensitivity but that bond; Its the bond between gluten and the wheat that causes inflammation, break the bond and no sensitivity. Even so, you still would need a gluten free flour to knead or mix in that had rice flour in it. This added flour is not treated with acid so it must be a flour with lower risk of causing inflammation.

Also note: you can modify this loaf by adding herbs (thyme, garlic) and/or replace the potato with cheese (increase this by  $\frac{3}{4}$  cups as well) and make cheese bread or herb bread. I did this and I make dozens of other breads from this base recipe idea. Unfortunately I do not have the recipes for any of these but once you have the base down, the sky really is the limit on what you can do.

## Grain Free Breads

All grains even gluten free ones can cause inflammation and too much rice flour will put arsenic into your system so reducing the amount you eat is wise. This why this section includes grain free breads you can make from time to time and use the other breads for special occasions.

### Grain Free Challah

*For many months after I started this diet I thought challah was the thing of the past at least till I got back to grains. Then I remembered years and years ago I made a sad little gluten free loaf called Noah's Bread. The recipe called for seltzer water and I formed the challah using a plastic bag. Baking soda does not react as quickly as seltzer water. So I tried by first forming cloverleaf rolls and low and behold it worked. That led to reworking this recipe and the rest is history.*

Preheat oven to 375. Cover cookie sheet with parchment then lightly grease.

In a medium bowl mix together:

- 2 cups almond meal
- 2 cups almond flour
- 1/2 cup Tapioca flour
- 2 tsp guar gum
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp chopped rosemary (opt)

Put into a Mixture and mix well, one at a time:

- 3 eggs plus 1 yolk
- 2 T oil
- 2 T cider
- 1 large clove garlic, crushed (opt)
- 1/4 cup plain almond milk

Add flour mixture to wet and mix well and let rest 6 minutes to thicken. It helps to keep the image of the Challah bread in your mind as you form these. Form on the prepared cookie sheet two small x side by side by scooping out teaspoon fulls of dough and dropping them into place. Form a longer line through the center of each x.

Now form through scoops of dough the arms of dough crossing over the center line. It

will look rough here but far better when you smooth things out. Do this for each of the x forming lines that cross over the center line.

Moisten fingers and smooth any imperfections in challah loaves, also defining pathways of each “arm” in the challah. This gets easier with practice. Make egg wash from extra white and 1 T water. brush over loaves and sprinkle with poppy seeds or rosemary if seeds are trouble.

Bake 30 -35 minutes or until lightly brown. Let rest on tray 10 minutes till carefully moving it to a rack. Makes two challah loaves.

## **Cloverleaf rolls**

*Read the write up on Challah to find out how I came up with this recipe.*

Makes 8. Oil 8 muffin cups

Preheat oven to 375. Grease 2 muffin tins

In a medium bowl mix together:

- 1 1/2 cup almond meal
- 1 1/2 cup almond flour
- 1/2 cup tapioca flour (or potato starch)
- 2 tsp guar gum
- 1 T baking soda
- 1/2 tsp thyme
- 1/2 tsp Marjoram
- 1 tsp salt

In a large bowl pour 1/2 cup hot water over:

- 2 T ground flax seed

Add mixing well till well blended, one at a time:

- 3 eggs
- 1/3 cup oil
- 1 T cider vinegar
- 1 to 2 cloves garlic

Mix in flour and stir for 1 to 2 minutes it will make a thick sticky batter. Let rest 4 minutes. Make three dollops into each greased muffin cup. Using wet fingers form cloverleaf rolls (see Challah above) and brush with melted butter or garlic oil. Bake for 25 to 30 minutes.

## **Hamburger, Hot Dog Rolls and then some**

*None of these rolls are as good as wheat rolls but they make a decent substitute for those unable to*



*eat wheat rolls. I also prefer them to commercially made gluten free rolls because those rolls are often higher in salt and sugar. I like this recipe because it makes a wide variety of soft rolls, hot dog, burger and sandwich rolls.*

Preheat oven to 350° degrees. Cover a cookie sheet with parchment and lightly oil it.

In a medium bowl mix together:

- 2 cups almond meal
- 1/2 cup Tapioca flour
- 1 tsp guar gum
- 1/2 tsp baking soda
- 1/2 tsp salt

Put into a Mixture and mix well, one at a time:

- 2 eggs plus 1 yolk (save white for egg wash)
- 2 T oil
- 2 T cider
- 2 T water

Combine well the dry ingredients to wet and let sit 4 minutes to thicken and rise.

Using a large spoon scoop four to six circles of dough onto prepared pan. Wet hands and smooth these to round mounds. Brush with egg wash (egg white with a little water) and add any topping you like (seeds, spices salt) or leave plain. Bake for 20 - 25 minutes or until lightly brown on the bottom. Let cool before slicing.

Hot dog rolls are form into lines instead of circular mounds. Use teaspoon fulls putting one after another down to form those lines. Smooth these out to form 6 inch by 1 inch rolls (they expand slightly when baking). Cool before dividing.

Kimowick rolls make larger hamburger rolls and by add salt and caraway seeds on top for roast beef.

Bread sticks, use almond flour, add crushed garlic to taste instead of meal and make in very thin lines. Follow egg wash with grate fresh Parmesan cheese and bake as directed (makes 14 - 16).

Sweet rolls - add 1 tsp to 1 T stevia to dry ingredients. Prepare cinnamon sugar a head of time (I usually have some on hand). Add 1/4 cup of cream cheese to a bowl. Add enough cinnamon sugar to make it a dark cinnamon color (I never measure). Make a thin broken ring of dough. Butter onto it the cinnamon cream cheese. Also butter the outside once again leaving that one edge free. Attach another thin dough to the free edge and continue doing so going around the outside edge.

Repeat buttering outside dough leaving same end free. Now wrap a thin dough again around the outside covering all the cinnamon butter. Bring ends together. Wash with egg wash and cook as rolls. If not on a low sugar diet place 2 T honey into a greased 8

x 8 pan, Placed finished rolls on honey base and bake as directed for rolls. It should make six to eight tiny cinnamon rolls. If you have fewer than six you've made them too large.

When cooling make icing: mix 2 T cream cheese with 1 T stevia and 1 inch or tsp vanilla, thin with water or lemon juice. Using a decorating bag swirl cream cheese icing over hot rolls.

Note: To toast all breads, lightly oil a iron skillet and bring to temperature. Slice rolls and place sliced side down, butter if you want to, place on skillet and cook till lightly browned.

## Dinner Rolls

*Another easy set of dinner rolls.*

Preheat oven to 350° degrees. Cover a cookie sheet with parchment and lightly oil it.

In a medium bowl mix together:

- 2 1/2 cups almond meal
- 1/2 cup Tapioca flour
- 1 tsp guar gum
- 1/2 tsp baking soda
- 1/2 tsp salt

Put into a Mixture and mix well, one at a time:

- 3 eggs plus 1 yolk (save white for egg wash)
- 2 T oil
- 2 T cider
- 2 T water

Combine well the dry ingredients to wet and let sit 4 minutes to thicken and rise.

Using a large spoon scoop six circles of dough onto prepared pan. Wet hands and smooth these to round mounds. Brush with egg wash (egg white with a little water) and add any topping you like (seeds, spices salt) or leave plain. Bake for 20 - 25 minutes or until lightly brown on the bottom. Let cool before slicing.

Note: you can make artisan bread from this recipe, I usually add garlic to the wet ingredients and 1 tsp rosemary to the dry. Then I form these into two round loaves side by side. Smooth and then make five impressing in circles with your finger. Bake as directed. Jalapeno Cheese Bread- cut up half a jalapeno pepper, and cut two cheddar cheese sticks into square pieces. Add pepper to wet ingredients and cheese to dry. Form into one oblong loaf and bake as directed.

## Kreplach for Purim

*For Purim we always made Kreplach as the main dish. Problem comes that every grain free noodle I tried to make fell apart. Sure I can make mudjad'dara using caulirice but where is the symbolism of HaShem hidden within? That when I realized my stuffed rolls could be made into Kreplach and dipped into gray or sauce, depending, This worked so I sharing it here for any other Jewish grain free sufferer.*

Preheat oven to 350°. Place parchment on a large cookie sheet then grease it lightly.  
Makes 24 rolls for dipping.

Place in a medium bowl:

1/4 cup ground flax seed

Bring to a boil and then measure out and pour over flax seed:

1/2 cup of water (you can add lemon juice here instead of cream of tatar)

Add sifted almond flour one 1/2 cup mixing well then add:

1 beaten egg

Add 1/2 cup at a time, mixing well after each addition then kneading in as it gets too thick till its not sticky:

2 -3 cups sifted Almond flour

1 -2 tsp baking soda

1 -2 T cream of tatar (omit if lemon juice is used)

1 T honey (if seeking sweet roll version only)

Prepare filling:

### ***Cheddar:***

Combine:

1/2 cup medium to mild cheddar

A pinch of dry mustard and paprika

2 pinches salt

### ***Ricotta:***

Combine:

1/2 cup of farmer's cheese

1 T yogurt,

1 small clove garlic, crushed

a pinch of oregano, basil, and parsley

***Prune filling*** (this is the same for the cookie so you can use any left over):

Soak over night or for several hours:

1/2 cup prunes

Once soften, cook till fully soft and coming apart. Drain and place prunes in food

processor then add:

1 tsp lemon juice

Zest from 1/2 half lemon

Blend till prunes are broken up and lemon zest is dispersed.

Roll out and cut into circles and brush with olive oil that been flavored with garlic. Fill centers forming mustache then long nose shape with it. Then pulling sides up, to form a three corner hat and enclose the filling inside. Place on prepared sheet (brush with butter or flavored oil) and continue till all dough is gone. Bake for ten to fifteen minutes or until bottoms are well brown. Serve with sauce.

Also you can roll, cut into squares and fill and fold in half sealing like Kreplach. This can have the same meat filling those eating the soup are having. You can remove a portion and add cooked lentils to it and use these as a side, or form the soup into a gravy and dip these in it.

Note: I was in a hurry to make lunch one day and so I stuffed chunks of cheddar into these rolls and sealed them only after realizing they lose flavor. So I poured 1 T flax seed onto a dish and my daughter, added 1/4 tsp salt, paprika and mustard and a dash cayenne. I rolled the, in the flax and baked as directed (though I didn't oil the parchment). They came out perfect and tasted just as good. We further dipped our in ranch dressing and decided from then on cheddar goes with ranch, faux ricotta goes with sauce.

## Lunch

### Scrambled Egg Sandwich (GrF if using grain free bread)

Heat one frying pan over medium heat till warm. Break one egg and cook as if making a sunny side up egg. Sprinkle over this as it cooks:

Fresh ground pepper

ground mustard

paprika

smoked paprika

salt

Hot pepper flakes or cayenne (opt)

When white is solidified but before yolk cooks start scrambling the egg. When fully scramble bring together forming a paddy (make it the size of the bread you are using.

Toast two slices of whole wheat bread, grain-free bread or a bagel, divided or a whole grain English muffin. Layer on top side lettuce, follow with a slice of tomato. Place egg on base and serve,

### Tuna Melts (GrF if using grain free bread)

*This is my daughter's recipes she created when we ran out of mayo and she didn't want to make some. Indeed, she never wrote this down until I asked her to. So this was her recipe then. I changes every time.*

Heat a small amount of olive oil in a frying pan, then add:

1-2 tbsp onion, chopped

1 celery stalk, chopped

1 large clove of garlic, chopped

2 med mushrooms, chopped

Cook for five minutes then add:

1 chopped tomato

In a small bowl add:

½ tsp paprika

¼ tsp thyme

¼ basil

¼ tsp orange zest.

Salt and pepper to taste

Open a can of tuna fish, drain, and mix in with veggies. Add spice, mixing in and moisten with:

yogurt

Toast 4-6 slices of bread lightly. Spread tuna mixture over each slice, and place on pan. Cover with Colby cheese or medium cheddar, and broil in oven until cheese melts.

Serve as an open sandwich, or add whatever other topping you desire, and eat as regular sandwich.

## Tuna Salad

*This is another of my daughters recipes, like before we were out of something, bread for tuna melts. So she created a tuna salad of her own using the same techniques she gleaned from her tuna melt experiments. So like those these too change with ingredients and her mood.*

Finely chop:

A small onion

A stalk celery

Cut, seed and chop to bite sized pieces:

1 Tomato

Wash then roll and cut into strips using scissors:

1 cup spinach.

Cut strips up forming squares of spinach, coarsely chopped.

Add to skillet and warm at medium temperature:

1 T olive oil

A pinch of chili powder

1 tsp mustard

1/2 tsp paprika

Pepper to taste

When a little added water hisses when a drop of water is added. Then add onions and celery to skillet and cook 3 minutes or until soften. Add:

Tomatoes

1 can of tuna, drained

Cook about 1 minute.

Add spinach

Cook one minute than remove from heat and pour into a medium sized bowl.

Add:

1/3 cup to 1/2 cup of ranch dressing

Add:

1/4 cup of farmer's cheese

1/4 cup of cheddar cheese

Add to this and mix in:

1 1/2 cups lettuce

Serve with stuffed cheese rolls or a grilled cheese sandwich.

## Barbecue Hot Dogs

*My daughter Cheryl made these once when we needed to use up extra kale. Now its part of our rotation. My husband on the other hand does not like hot dogs so he places these veges in sauce over a microwaved chick patty, sprinkles mozzarella over it and melts the cheese in the toaster oven.*

Julienne:

1 med onion

1 small pepper

Cut into bit sized pieces, remove steams and ribs of:

1 cup kale or baby spinach

In medium sauce pan saute onions and peppers for 5 minutes. Add kale/spinach. Cook 5 minutes more. Add:

1 cup barbecue sauce

Cut into bite sized pieces and add:

2 – 6 hot dogs, thawed

Bring to boil then lower to simmer, stirring occasionally for 10 minutes. Serve in bowls.

## Broccoli Cheese Baskets

This is a nice dish I usually make in Passover.

Preheat oven to 350°, grease six ramekins.

Process till finely chopped:

½ cup cooked broccoli

Squeeze out any excess liquid with a cloth. Add to this:

½ cup grated cheese

1 cup almond meal

Toss with fork till fully mixed. Line ramekins with this. Break into center of each ramekin lined basket:

1 egg

salt and pepper to taste

bake till egg is firm and fully cooked.

## Main Dishes

### Salmon in a Caulirice Casserole

*Doctors keep telling us to eat more Salmon because its high in omega 3's fatty acids which are good for us. I've also read that canned Salmon is better than whole Salmon but forget why. So I created this dish hoping to mimic cream on top. Instead I got smooth mashed potatoes texture and taste instead, Everyone loves it so I include it here.*

*Tho make this grain free I used caulirice instead of rice in the crust as recipes like this type often have. I made this grain free, and lactose free, because so many of the main dish recipes are noodle based and this unsuited for the grain free diet. Still this is easy to modify for those seeking a different taste. Doubles easily.*

Serves 6 to 8

Preheat oven to 375°. Oil well a 9 x 13 inch baking dish (I forgot once and it stuck terribly).

Make:

1 cup of caulirice

Season caulirice with:

1/2 tsp salt

1/8<sup>th</sup> tsp allspice

1 1/4 tsp pepper

1 T butter, melted

Add and blend in:

1 egg

Add enough almond flour to thicken then line baking dish with rice (about a cup to cup and a half). Bake 20 minutes or until lightly brown along edges.

While caulirice is cooking, in a medium pot add then cook ten minutes:

2 cups of cauliflower

1/4 cup finely chopped onion

1-2 cloves garlic

A dash lemon juice

Enough water to cover

When done, drain and process using unflavored and unsweetened almond milk until mixture is smooth and creamy. Mix in:

1 well beaten egg

Salt and pepper to taste

Place 1 drained can of salmon (with skin and bones removed if your prefer) into a another bowl. Add to this:

1/4 cup grate radishes (or to taste)



1/4 sweet pepper minced

1/2 tsp ground black pepper

Break up salmon with a fork also mixing in radish bits, minced onion and pepper and remove bones and skin if these trouble you. Pour into rice mold and distribute it evenly then pour caulicream over salmon mixture and bake 35 to 45 minutes or until lightly browned.

Pull it out and grate or sprinkle Parmesan over the top and let this cool 5 minutes more before serving.

## **The Egg Dish (can easily be made GrF)**

*A friend, Susan Batt, made us the basic dish and we added the cheese sauce. Use cauli-rice and this becomes grain free or leave both off and just have eggs and cheese.*

Bring to a boil then lower to a simmer and simmer 45 minutes (or according to directions):

2 ½ cups of salted water

1 cup brown rice, washed and soaked 15 minutes (or use cauli-rice)

Scramble and then cooked in large frying pan then place into a large bowl:

1 to 2 dozen eggs

Steam and drain, and then mix into eggs:

1 -6 oz bag of corn (or broccoli and beans also work)

1 -6 oz bag of peas

Bring to boil in a sauce pan then lower to a low simmer:

1 cup milk (or unsweetened almond milk for GrF)

1 tsp salt

¼ tsp dry mustard

¼ tsp ground cayenne pepper or hot pepper

In a small bowl mix together until smooth:

¼ cup milk

1 T potato starch

While stirring pour starch mixture into the simmering milk mixture and mix until smooth. Add:

1 cup sharp cheddar cheese

For grain free, mix in:

1/2 cup almond milk, unsweetened

1/2 cup water

1 cup medium cheddar cheese

2/3 cup caulirice

Cook for 5 minutes then blend till smooth in a blender.

To serve: Add ¼ cup to ½ cup of rice to plate, scoop egg and vegetables mixture over

rice, and pour cheese sauce over all.

Makes 6-10 servings

## Roasted Veges Noodles in a Chunky Sauce

*Even if you are not on the grain free diet, this dish is delicious and a way to get all your vegetables in one meal. This makes only two servings but it doubles easily.*

Roast in a preheated oven at 450° 1 pack of winter squash or summer squash noodles for 10 to 20 minutes or at 375° zucchini noodles for 12 to 17 minutes. I usually add to a large bowl probably a 1/4 cup of olive oil, a large love of garlic, a splash of paprika and a dash of salt. I never measure however but I mix the squash noodles into this then roast them.

While noodles are roasting saute at med heat in a large skillet:

- 1 onion, thinly sliced
- 2 green peppers, cut into small chunks
- 1 10 oz package Mushrooms.chunked

Saute for about twenty to twenty five minutes or until vegetables are soft and liquid is all absorbed. Add and cook till spinach is limp:

- 2 cloves garlic, sliced thinly
- 1 cup spinach, washed and torn into bit sized pieces.

Add 1 cup caulicream and 2 cups tomato sauce and/or maranera sauce, along with 1/4 cp dried parsley and 1 tbsp lemon juice. Bring to boil. Add:

- 1 tsp oregano
- 1 tsp basil

Mix in noodles and serve with grated Parmesan cheese.

## Broccoli or Mushroom Cheese Flan (can be made

*This recipe came about because of the Brian Jacques Redwall series and our children's interest in eating what those forest creatures ate. Unfortunately, all the flan recipes are unkosher so I made one that was kosher, and here it is:*

Preheat the oven to 350°

Prepare and bake 10-12 minutes:

- 1- 8 inch piece crust, at least 2 inches deep (use those given in pie section, Desserts)

When cooled, brush with:

- Egg white

Scald:

Milk

Reduce heat and add:

1 cup shredded cheddar cheese

Stir and until cheese is melted then add:

½ tsp salt

¼ tsp paprika

½ tsp grated onion

A dash of cayenne

Remove mixture from heat and beat in, one at a time:

3 eggs

Add to this mixture thawed and drained broccoli (10 oz) and/or ¾ cups of thinly sliced mushrooms cooked 10 minutes and drained before adding. Fill cheese mixture into pie shell and bake for 45 minutes or until done.

## **The Frittata International (Can be easily made )**

*This is a very different Frittata. It is baked and then ordered vegetables are placed in. So the idea is to place different vegetables throughout so that each bit gives a different taste. This was why I used not only different vegetables as is traditional but also different the spices. I always have these spice mixtures in my freezer anyway so it really takes no more time and the flavor is worth any extra work.*

Preheat oven to 350°

Slice onions thinly then sauté them till soft (about ten minutes) in a deep dish frying pan that can go into the oven until soft. Add water during cooking time to sweeten the onions.

Mix ten to twelve eggs in a large bowl. Add 2 tsp mustard, and paprika and ¼ tsp smoked paprika. Mix well then pour these over the onions and cook until crust starts to form on sides.

Slice 10 oz package of mushrooms, sauté in 1 T oil until water is absorbed, about 10 minutes. Remove to plate, Sprinkle with Fajitas spice and then with 1 T mozzarella cheese (replace with colby cheese for grain free version). Separate them into three groups and set aside.

Slice one medium tomato. Wipe out frying pan used for mushrooms and sauté each slice one minute on each side. Remove to plate and sprinkle with BBQ seasoning mix with Parmesan cheese. Divide each into lines and form into three groups. Set aside.

Rise out frying pan and return to stove. Slice ½ green pepper, thinly. Sauté until soft, about 10 minutes. Remove to plate and season with Cajun seasoning and sprinkle with 1 T cheddar cheese (mild or medium for grain free). Form into three group and set aside.

Place 2 T Ricotta cheese (farmers with dash of yogurt mixed in) in a bowl, season with Italian seasoning (or use a flavorful goats cheese)

Now layer each vegetable in lines like a wheel's spokes in egg mixture as it is cooking and before it crusts. Place a line of mushrooms, then tomatoes, then peppers, then cheese and repeat two more times till you finish the wheel. When Eggs do crust remove from heat and place in oven and cook for ten minutes or until a knife comes out clean. Serves four.

## Congee

*Congee is a versatile rice porridge, where the only real constant is the rice itself. The greatest variety comes from the endless choice of toppings, from roasted, fresh, and pickled veggies, to hard-boiled eggs, various sauces, cooked meats, fish, or almost anything else one can imagine. This is my family's favorite version.*

1 cup rice makes 4 cups congee

Wash 1 cup rice (rub rice grains gently together in water until water gets dark and cloudy. Drain, and refill; repeat until water remains clear, or until you've had enough). Set rice to soak 15 minutes.

In a large sauce pot, add:

- 1 large carrot, grated
- 2 tbsp ground coriander
- 2 tbsp ground ginger
- 1/2 tsp kosher salt
- 3 cups almond milk
- 3 cups stock
- The washed and soaked rice

Heat the whole mixture until it begins to boil, then reduce to a simmer. Cover, and cook 30 minutes. Remove the lid and stir, then cover again and cook another 30 minutes.

While the congee is cooking, prepare whatever toppings you are interested in. Also chop:

- 1 cup fresh spinach

When the last 30 minutes are over, remove the top and stir in the spinach. Remove

from heat and let cool until congee thickens. Serve with desired toppings.

This will make a congee of medium thickness. Generally, a very thick congee only needs 4 cups water, while the thinner variety make take up to 16 cups liquid per cup rice. Experiment to find your favorite consistency.

While this particular recipe works well for lunch or dinner, congee is likewise versatile with what meal it is most appropriate for. Making it with fruit, cinnamon, and honey works well for a breakfast version, while having just chicken stock and rice is a good meal on an upset stomach.

## Savory Vegetables Over Cauli-Rice (Tasty Dish)

*My family loves this dish however when I first made it I named it with a long name. My eldest daughter renamed it the "Tasty Dish". Though I just shortened the name the one she gave it is how we know it. That alone explains how it tastes.*

Preheat oven to 350°. You'll need a 1 1/2 to 2 quart casserole dish or use a oven proof all steel/iron deep dish skillet.

Place 2 cups water in a small pot then add 2/3 cup lentils that have been checked for stones and chaff. Cook on medium heat till water is absorbed, about ten minutes.

While lentils are cooking, wash and thinly slice and add:

- 1 medium onion, sliced
- 2 stalks of celery (or 1/2 fennel bulb)
- 1 10- oz mushrooms, sliced
- 1 carrot, thinly sliced

Cook three minutes then add:

- 1 -2 large cloves garlic, finely chopped

Cook one minute then add:

- 1 T sage
- 1 tsp salt
- 1/4 tsp thyme
- 1/2 tsp marjoram
- 1 1/2 cps water

Bring water to a boil on medium heat then lower heat and simmer for 5 minutes. Remove from heat and pour into casserole dish and add cooked lentils and:

- 1/2 cp Colby cheese

Stir to blend and place in oven and cook for 1 hour to 1 hour and 10 minutes or until vegetables are cooked completely.

Fifteen minutes before the mushroom mixture is finished cook one 16 oz bag of

cauliflower\*\* in a small to medium bowl with 2 T water and a splash of lemon juice for 5 to seven minutes, covered with a flat dish. Drain and place in food processor. Process such that the cauliflower becomes rice size only (chop any really big pieces that resist being processed) but not like fine corn meal.

Rinse out bowl this was cooked in and return caulirice to the bowl and cover again till mushroom lentil mixture comes out. Remove about a 1/2 cup to 2/3 cup mixture. Process until smooth and return casserole dish mixing in.

To serve: serve up some of the caulirice/ rice. Scoop some mushroom lentil mixture on rice and serve.

\* cooked brown rice can substitute if you can have it

## Grain Free Pizza (Soft Crust)

*This is a Buffalo style pizza. I made both and white pizzas from this crust. It taste really good but for those lactose intolerant who have to use Colby and/or Swiss cheeses, try adding raw garlic to that cheese before sprinkling it on. Parmesan sprinkled onto the wider crust also makes this extra tasty.*

Makes 2 to 4 servings

Preheat over 375°, cover 8 “ pizza pan with parchment and oil this even sides.

Sift together:

- 4 cups sifted almond meal/flour
- ½ cup tapioca flouring
- ½ baking soda
- 2 tsp baking powder (opt out if using soda)
- 1 tsp guar gum

Add and set aside:

- 1 tsp salt

In a larger bowl whisk together:

- 3 eggs
- 2 T olive oil
- 2 T cider vinegar
- 2 T water
- ½ cup farmer's cheese

Mix well breaking up the farmer's cheese as you go. Add more sifted almond flour if needed (if eggs are extra large I usually have to add a ½ cup more). For baking powder, scoop dough onto prepared pan and flatten down and form sides with wet

hands. Smooth edges as well.

If using only baking soda alone allow dough to thicken 4 minutes first before forming. Remove about 2/3 - 3/4 of dough and place on bottom flattening this out. Dollop all around the outside dough then with wet fingers smooth border to base and inside section of crust. Clean up any holes to make a uniform crust.

Place into oven and bake 20 - 25 minutes or until lightly browned.

Take out of stove and brush with garlic olive oil. Then cover with thickened sauce (cooked down to about half) and add desired toppings and cheese. Bake 8 to 10 minutes more or until cheese is melted or vegetables are cook through. Divided into 8 slices and serve immediately.

## **Pasta With Vegetable Sauce**

Gluten Free oat pasta

For the sauce, prepare:

- 1 large sweet pepper, sliced
- 4 oz mushrooms, sliced
- 1 large onion, sliced
- 1 large tomato, chopped
- 1 cup fresh spinach, chopped
- 4 large cloves of garlic, sliced

Heat a large skillet with oil. Add onions and sweet peppers and cook for about 1-3 minutes. Add the garlic, and cook until the onions begin to soften. Add the tomatoes and mushrooms, and heat until the mushroom liquid evaporates. Add:

1/2 cup tomato sauce (1 cup, for thinner sauce)

Lower heat and cover, letting simmer for 5 minutes. Remove top and stir in cooked pasta and spinach. Remove from heat and continue stirring until spinach is wilted. In boiling water cook Pasta of choice or noodles. Add to vegetables and serve with Parmesan cheese.

## **Bow ties and Mushroom Casserole**

*I created this as a more nutritious penne and cheese recipe but instead of replacing five cheese penni alforno it became part of the rotation.*

Preheat oven to at 375° F. Pull out and lightly oil a 9 x 13 inch baking dish.

1 batch of bow ties cook al dente (or use Tortellini instead)

Cook in medium pot for 15 minutes or until thicken:

1 14 ½ oz cans of chopped tomatoes

1 28 can crushed tomato

1 cup Cauli-cream

1 tsp basil

1tsp oregano

1 medium clove garlic crushed

In a medium pan melt together:

1 T butter

1 tsp olive oil

Add and sauté for three minutes:

1 onion

1/4 peppers, thinly sliced

Add and cook an additional two minutes:

1/2 lb mushrooms

Topping:

1 ½ - 3 cups Mozzarella cheese

1/2 cup Italian bread crumbs (see Basics)

3 T Romano and Parmesan cheese blend

1 small clove garlic crushed

3 T Olive oil

3 T Parsley

1/2 tsp pepper flakes

In 9x13 baking dish, cover base with thin layer of tomato sauce. Mix remaining sauce into vegetable mixture. Add and mix in:

1/2 cup Parmesan or provolone cheese

Pour into prepared dish and sprinkle topping over this. Bake for 20 minutes or until topping is brown. Serves six.

## **Mushroom Lover's Lasagna**

*Of all things we consume only mushrooms can be high in vitamin D. In Ask The Experts a person asked about getting enough of this vitamin in winter. According to a study by The Journal of American Medical Association 75 percent of Americans do not. In come the lowly mushroom if placed in the sun for a day or two they absorb enough vitamin D to supply us with our full daily requirement. Or look for those mark 100% vitamin D which means the grower already sunned them.*



*Vitamin D is fat soluble which means it can be stored in body. This means if you sun bath this might be a better meal for those dark winter months. Also elderly do not absorb enough so whether or not they sun bath, drink enough fortified milk to swim in it, also eating mushrooms in every meal, this probably won't hurt.*

Preheat oven to 350°

Sauté until all water is absorbed (about ten minutes):

10 oz finely chopped button mushrooms

Set aside pan. Mix together in food processor:

½ cup ricotta cheese (see note for lower fat version)

½ cup cooked cauliflower

2 eggs

½ cup ground Parmesan cheese

1 T dried basil

1 T dried oregano

5 oz shredded spinach, (if frozen thaw and squeeze dry) optional

The mushrooms above

½ cup Roux (toasted sorghum)

Process until fully mixed. Place in medium sized bowl and add mixing in:

1 ½ cup ricotta cheese

Heat 2 T olive oil in previous pan used until warm then sauté about ten minutes until water is mostly evaporated:

2 to 4 large Shiitake mushrooms sliced ¼ inch thick (cut larger ones in half).

Cook 10 minutes and drain:

12 GF lasagna noodles

Shred:

1 ⅓ cup of mozzarella cheese

4 cups Marinara Sauce with 1 T added lemon juice and cooked sliced mushrooms

Pour 1 cup sauce into bottom of 9 x 13 inch baking pan; line with three noodles; layer ⅓ of ricotta cheese mixture over noodles; then ⅓ of mushrooms, then ⅓ cup mozzarella cheese and lastly 1 cup sauce. Repeat with two more such layers. Place last three noodles over all. Pour over noodles 2 cup sauce to cover noodles fully and any filling peaking through. Use more if needed. Cover and bake 45 to 50 minutes. Remove covering and add remaining cheese and return to oven until cheese melts, about 3 – 5 minutes. Remove and let cool 10 minutes before cutting. Serves 9.

## **Corey's Lasagna**

*Just as I have made special lasagna's like the mushrooms lover and white lasagna so has my husband who also a excellent and creative cook. This is his special recipe.*

Preheat oven to 350°. You'll need also a 9 x 13 inch pan or 2 - 8 x 8

Make one batch of GF lasagna noodles from Pasta recipe. Choose either size. (you may need to make two batches of pasta to make 2 8 x 8. Or you can have this recipe and just make one 8 x 8.

Grate and set aside:

1 pound mozzarella cheese

You'll need one bath of our sauce as well.

In a large bowl, break up 1 pound of soft tofu (opt) with a fork (it will look like scrambled eggs). Now add and mix until well blended:

15 ounce of ricotta cheese (cottage cheese can be substituted)

Add and stir with a wooden spoon until well blended:

2 large eggs

1/4 cup parsley or basil

1/3 cup grated Parmesan cheese

1/2 tsp. pepper

1 Tbl. chopped thyme, basil, oregano, or a combination of these.

### **Assembling the Lasagna**

1 pound of mozzarella cheese

Lasagna noodles

Sauce

Cheese Filling

Spray the bottom of the pan with non-stick cooking spray.

1. Layer the bottom pan with sauce.
2. Add one layer of uncooked lasagna noodles.
3. Spread 1/3 of the cheese filler on top of noodles.
4. Cover cheese filler with a layer of mozzarella cheese.

Repeat four steps, using up cheese filler. End with a layer of lasagna noodles and cover with a little sauce to keep it moist.

Cover pan with aluminum foil and bake for approximately 1 hour at 350 degrees. (If lasagna is frozen, add another 20-30 minutes to the time)

Note: This meal is high in calcium, a complete protein and lower in fat. It also doubles well.
--

## White Lasagna

*Before I discovered I and my daughter had Gluten Intolerance we would buy the store bought version of this dish. This was my eventual GF remake and in remaking this I also made it more nutritious and lower in fat. Later my children went to a friends house to eat and she offered that same store bought version. Not only did she find it too fattening, she also got ill afterward.*

Mix together the divide into three groups:

1 cups grated mozzarella cheese

½ cup pepper jack cheese

Make 4 cups caulicream (4 bags basically of cauliflower). Mix together in a medium sized bowl:

1 10 oz package of mushrooms sliced

2 carrots cut in matchstick sizes and parboiled (or microwave 3 minutes)

1 pkgs 10 oz frozen spinach, thawed

1 pkgs 10 oz broccoli

Make up:

1 cup Italian bread crumbs

Set aside ½ bread crumbs and add remaining to vegetable mixture. Cook to al-dente:

12 lasagna noodles

Place oven rack in middle position; Preheat oven to 350°. Mix cheeses together and set aside.

To Assemble: spread a little Alfredo sauce on bottom of 9 x 13 pan to lightly cover. Then assemble 3 layers of each of the following: 3 lasagna noodles, ¼ of sauce, ⅓ of the vegetable mixture, and 1 pile of cheese. Repeat then top with remaining noodles, remaining sauce and cheese.

Cover and bake 45 to 50 minutes. Let stand 10 minutes. Serve.

## Butternut Squash Lasagna

*This is one of the two lasagna recipes I evolved for the grain free diet. The other one follows. This one we do far more frequently.*

Preheat oven to 375°. You need a 9x13 inch dish.

Slice squash using a slicing machine, 1/18 inch thick (manual ones work). Be careful

not to cut yourself as you do. I slice it without removing the skin and toss the outside pieces then I trim the thin skin sides off as I go along.

Mix together:

- 1/4 cup olive oil
- 4 large cloves garlic
- 1/4 tsp paprika

Line two to three large trays with parchment and brush with oil. Then brush both sides of each piece of squash before setting these down on the prepared pans. Bake 10 - 15 minutes or until pieces are tender. Remove from oven and set aside.

In a medium bowl mix together:

- 2 cups farmers cheese
- 1/4 cup parsley
- 1 tsp basil and oregano
- 1 small clove garlic, crush
- 1/4 cup yogurt
- 1 egg

Grate:

- 1 cup Colby cheese or Swiss or a mixture of these

Pour tomato sauce into dish, covering base fully then line bottom with squash noodles. Note, fit these together like a puzzle pieces to form lasagna like noodles, saving the largest ones for the top. Divide farmers cheese in half and spread over noodles, add shredded cheese and cover with sauce. Repeat with next layer ending with noodles, cover with sauce and Sprinkle cheese over all.

Cook 1 hr to 1 ten minutes.

Note: you can make a summer squash lasagna by slicing the squash in the same way, then dipping these into beaten eggs, then into bread crumbs or almond meal crumbs. Then fry these on both sides till soft. Use these for noodles

Second note: I only made the traditional lasagnas so far but likely these two noodles could be used for any of those lasagna's above.

## **Tortellini casserole**

*Kids wanted Tortellini but after I created it, we did not know what to have with it. I decided trying baking this but found cooked tortellini works best.*

Preheat oven to 350°

Make 1 batch of Caulicream and set aside.

Cook one batch of GF tortellini for 6 minutes or until tortellini is al dente. When done drain and put into large bowl and set aside.

As tortellini cooks first set a frying pan on medium heat and add:

2 T olive oil

While it warms divide a large onion in quarters then slice thinly. Place in pan and cook until onion begins to reveal its juices. Add:

¼ cup water

and cover and cook covered, 10 minutes.

As onion cooks slice mushrooms, slice ¼ cup sweet pepper, and peeled garlic and finely chopped. Set these aside till onions are done. When ten minutes are done remove lid and add mushrooms and peppers to onions and cook five minutes. Add crushed garlic, three cans of diced tomatoes, 3 T paste, and 1 tsp Italian seasoning. Cook 10 minutes then pour into bowl with tortellini.

Add to Tortellini mixture:

Caulicream

½ cup Provolone cheese

and pour into 9 x 13 inch pan. Cover and place in the oven for 20 minutes.

Grate ½ cup mozzarella and when the time is up remove the lid, sprinkle over top. Place back in oven to melt cheese (about 5 minutes).

## Five Cheese Zucchini Al Forno

*I used to love olive gardens Three Cheese Ziti Al forno but can no longer have this at least until I realized Zucchini makes a nice ziti noodle substitute. Technically its four cheeses in this one because I never have Romano cheese, but if you have it, grate this in with the Parmesan and you'll have all five cheeses.*

Preheat oven to 350°

Wash two medium zucchini and divide each in half. Using spoon carve out the center removing all the seeds. Pack these into a small bag and freeze for other use such as stock. Slice each half zucchini half then in half again to form quarters. Now slice quarter inch slices to form noodle sized slices.

Heat to fragrance:

1 T olive oil

When ready add and saute ten minutes:

1 onion, slice into quarters then slice thinly.

Zucchini, sliced

10 oz sliced mushrooms

While vegetables are cooking, mix in a large bowl:

2 cups Abba's Sauce

1/2 cup Caulicream

1/2 cup Farmer's cheese

1/2 cup Colby cheese or Swiss

2 T mild cheddar or Swiss

1 tsp garlic pepper seasoning (without thickener)

1/2 cup toasted almond flour

Add zucchini and onion to sauce, and pour into a 9 x 13 inch dish. Spread over this:

1 cup Marinara sauce

Mix together in a small to medium bowl:

1 cup Colby cheese

1/2 cup almond meal, lightly toasted or homemade Italian bread crumbs

3 T freshly grated Parmesan and/or Romano

1 small clove garlic crushed

3 T Olive oil

3 T Parsley

1/2 tsp cayenne

Sprinkle over marinara sauce.

Place on center rack and bake until golden brown & cheese is bubbling for about 40 - 50 minutes. Remove and serve.

## **Pot Pie** (GrF version is easy to make)

*This is a easy vegetarian version of a family favorite. Our meat version follows.*

Preheat oven to 350 degrees

Prepare one uncooked pie crust, for placing on top of pie; Use either in Pie section

Cook in 2 cups water:

2/3 cup lentils

Cook on low heat till tender and water is absorbed (about ten minutes). Turn off heat and add:

1/2 t. Sage

1/4 t. Thyme

1/4 t. marjoram

1 1/2 t. salt

1/4 t. parsley

In large pot add:

4 cups water

1 pkg bouillon

1 16 oz package mixed vegetables

Bring to a boil and cook 6 to 8 minutes. Turn off heat and add:

2 large potatoes, peeled and diced

Cool 20 minutes. then drain holding back 1 1/2 cup.

While vegetables are cooling dice:

1 small onion

1-2 cloves garlic

Heat in medium to large skillet:

2 T olive oil

Add chop vegetables and:

1 10 oz mushrooms, sliced

Cook ten minutes or until all the liquid from the mushrooms is absorbed.

When time is up on vegetables drain these holding back 1 1/2 cup. Pour vegetables into 9 inch pie plate. Add lentils and mix together.

Add about a third of the mushroom mixture to a blender. Pour in a third of the liquid you held back. Blend till smooth. Continue till all of the mushrooms mixture and the liquid is used up.

Make a roux by mixing in a frying pan (or thicken with cauliflower blended with the mushroom mixture above):

2 T. olive oil

2 T GF flour or sorghum

Add:

1 1/2 cups of thickened mushroom mixture

Mix well. Add to pie plate and stir till blended.

Roll out pie dough between two pieces of wax paper, use flour if it sticks. Lift off one side of wax paper off dough and place on pot pie. Remove second wax touching up crust that breaks up as wax is coming off. Fill in gaps with extra pieces. Roll up sides, make a few slits to help air escape and bake 1 hour.

## Grain Free Shepherd's Pie

*Shepherd's pie is covered in potatoes, this one has a potato facsimile that does not taste exactly like potatoes but it still tastes great in this shepherd's pie. Or you can cover with an almond crust (pies) instead and make a pot pie.*

Preheat oven to 350. Pull out a 8 inch pie pan.

Use 1 bag of cauliflower to make faux potatoes (in nuts and bolt recipes)

Slice:

5 oz mushrooms, thinly

Chop:

Half an onion

1 stalk celery

Crushed onto a plate:

One large clove garlic

Coated a frying pan with olive oil and warm before adding:

onion

celery

mushrooms

Cooking them ten minutes or until water was absorbed and stirring occasionally. Add:

1 1/2 cup of water

1 tsp thyme,

1 tsp marjoram

1/4 tsp salt

The prepared garlic.

Cook till a third of the water is absorbed. Take off heat and allow to cool.

While these cook, placed 1/4 cup lentils in 2 cups of water and boil them for ten minutes or until they were soft and water is absorbed. Add to lentils:

1/2 T sage

Add them to the pie dish.

While lentils and vegetables are cooking, place in a pot and cook 5 minutes

The remaining onion, chopped

Thaw:

1/4 cup of frozen green beans

Slice

2 carrot.

Place these vegetables into a pot with enough water to cover and bring them to a boil then turned this to a simmer and cook ten minutes or until vegetables are soft. Drain them then add them to the lentils.

Place mushroom mixture into a blender and blend on high speed until it forms into a gravy. Add to this 1 tsp milled flax seed, blend in the seed then pour the gravy into dish and mix everything until it well blended. Mix this into vegetable mixture.

Scoop cauli-potatoes over all, adding more salt and pepper or even bits of butter and bake 30 minutes. Serve at once. Serves 4



## Shepherd's Pie

*This is our meat version of a meat "pot" pie. We often make it after Thanksgiving because we usually make succotash and mash potatoes and stuffing and this uses all three.*

Preheat oven to 350 degrees

Bring to a boil in 4 cups water then add:

- 6 medium sized boiling potatoes, diced
- 2 peeled cloves garlic
- 1/2 cup chopped onion
- 1 bouillon cube

Cook 20 to forty minutes or until soft, Drain saving liquid. Use flavored liquid to mash potatoes

In large pot add:

- 4 cps water
- 1 pkg bouillon
- 1 package mixed vegetable 16 oz, thawed

Bring to a boil and cook 6 to 8 minutes. Turn off heat and add:

- 2 large potatoes, peeled and diced

Cool 20 minutes. Drain saving liquid. If you do not have gravy make it from this the same way we do in recipe above adding the spices we add to the lentils. But make 2 cups worth.

Add vegetables to 9 x 13 inch pan.

Slice up into 1/2 inch square pieces:

Stuffing to form 1 cup.

Add this to vegetable in pan with 1 cup chopped cook meat (chicken, beef or turkey). Pour gravy and mix in, till well moistened. Cover with potatoes and dot with fat of choice.

Bake about 1 hour or until potatoes brown on top. Remove and let cool 15 minutes before serving.

## Lemon Sage Chicken (GrF version is easy to make)

*This is a easy chicken dish that is completed with a vegetable filled rice dish. You can use any chicken dish with fish as well. To make grain free just substitute rice with caulirice.*

Preheat oven to 400°. Wash, soak and cook 1-2 cups brown rice. Flavor with stock, fresh herbs or carrots, onion and garlic. Rice should be started right before chicken goes in; it cooks 45 minutes. When done spread over lightly oiled meat patter, fluffing

slightly so it doesn't look too flat.

Kosher and clean up 1 package of chicken breast. Mix together and rub over chicken pieces:

- 1 ½ T Olive oil
- 1 T dried sage
- 1 tsp Parsley or 1 T fresh
- 1 tsp thyme or 1 T fresh
- 1.2 tsp lemon zest
- ½ tsp kosher salt
- ½ tsp freshly ground pepper

Place Chicken pieces in roasting pan. Add:

- 1 1/2cup stock
- 6 large cloves garlic, bases sliced but unpeeled

Roast 35 to 45 minutes until chicken is cooked through (165° F) turning cloves once or twice. Remove chicken to glass cutting board, cover with aluminum and allow to rest till sauce is made. Remove cloves and pour broth and juices into meat pan. Squeeze cloves into sauce pan and stir in. Add:

- 2 t lemon juice

Cook 2 to 3 minutes. Thicken with Potato starch and stir till thicken. Slice chicken into 1/4 inch diagonal slices and line them on top of rice or cauli-rice. Drizzle sauce over meat and pour any remaining into a gravy boat. Serve at once.

## Calypso Chicken ((GrF version is easy to make))

*This chicken dish was created through finding the spice mixture below and using the same method above to create a different but tasty alternative. I once had lime so I made this with it but you can substitute lemon for lime which I usually do. To make grain free just substitute rice with cauli-rice.*

Preheat oven to 400°. Servings: 4-6. Have brown rice cleaned and ready ahead of time and start it cooking ten to twenty minutes before you plan to put the chicken in.

In a small bowl:

- 2 tablespoons fresh thyme, chopped
- 1 tablespoon olive oil
- 4 garlic cloves, minced
- 1 1/2 teaspoons paprika
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper

1/4 teaspoon cinnamon

Rub this mixture all over the and let stand for 20 minutes:

2 lbs koshered chicken breasts, skinless & bone-in (or legs)

You can do this ahead of time & refrigerate it for 24 hours. (Personally, I find the flavor gets stronger the longer it's refrigerated.).

Mix together:

1/2 cups dry white wine

1 can chopped Pineapple in water

Place chicken into roasting pan. Pour over stock mixture. Back 35 to 40 minutes until cook through. Remove chicken from pan to glass plate and slice into 1/4 inch slices..

Pour liquid into medium pot, correct seasoning and add 4 T lime juice and thicken with potato starch (1 T starch to 1 cup liquid makes a thick stock). Layer chicken pieces over rice and pour sauce over chicken pieces using any extra for gravy boat.

## **Boiled Tilapia With Fresh Herbs and Vegetables**

*This goes well with broccoli cheese knishes*

Thaw four to five Tilapia and season with oregano and ginger

Sauté covered 10 minutes:

2 small onions cut in quarters

Remove top and cook until onions edges turn golden (be careful not to burn them) stirring often.

Remove from pan and sauté:

1 10 oz package of baby bella mushrooms

With the fish

Add and cook one more minute:

Medium clove garlic crushed

Add:

1/4 cup red wine

2 seeded and diced tomatoes

2 T tomato juice

1/4 black slice black olives (opt)

Bring to boil then lower temperature to low simmer. Add onions mixing in the place fish over vegetables and cover pan cooking until fish flakes easily (about 10 minutes depending on thickness of fish).

# Soup

## Swiss Broccoli Soup with Swiss Chips

*I love the look of Swiss chips floating in the center of this soup which I can break up with my spoon. They look not only great but I can soak out fat from the cheese before adding which I prefer. However, my husband and eldest daughter prefer the cheese sprinkled in it instead.*

Saute for 7 minutes:

1 med onion, chopped

Add:

2 -3 large cloves garlic, peeled and halved

2- 16 oz bags of frozen broccoli

1/2 tsp dry mustard

1 tsp oregano

1 tsp salt

Pepper to taste

2 cup almond milk (unsweetened)

And enough water to cover

Cook 13 minutes then let it cool a few minutes. Cream soup in blender till smooth a half cup at a time. Return to stove and if it needs it bring back to boiling then add stirring till melted:

1/2 cup Swiss

Serve with Swiss Chips below:

Serve with Swiss Chips: Preheat oven to 350 then cover cookie sheet with parchment. Grate 3/4 cups of cheese. Place in 6 circles 2 T of cheese per circle. Place into oven and bake 2-4 minutes or until cheese is fully melt. When done Remove from stove and cool on parchment on rack until cool enough to remove to paper towels to reduce the oil.

When soup is done pour soup into bowls then drop one Swiss Chip into the center of each bowl. Serve. Swiss chip will melt into soup and become stringy when you stir it in.

Note; My other daughter does not like Swiss cheese so we make cheddar chips instead for her.
--

## Cauliflower Cheese Soup GrF

*If you like broccoli with cheddar just check out this comfort food.*

Heat in pot till fragrant:

1 ½ T olive oil

Add and saute 3 to 5 minutes:

Medium onion, chopped

2-3 cloves garlic, crushed

Add and bring to a simmer then cook 13 minutes or until cauliflower is soft:

4 cups broth

5 cups of chopped cauliflower (frozen can be used)

1-2 cup almond milk

Blend till smooth. Return to pot, bring to boil then add:

1 cup cheddar cheese

½ tsp mustard

½ tsp paprika

1 ½ tsp salt

Pepper to taste

Stir until cheese is melted. You can also float cheddar chips in this soup. See above how to make these.

## Creamy Orange Soup GrF

*I like this soup, spicy with a hint of orange undertones to offset the heat, it compliments the carrot while not overpowering them.*

Heat in a large pot:

2 tablespoons oil

Add and cook just until fragrant (they shouldn't brown):

2 onions, diced

3 cloves garlic, chopped

2 tsp ginger

Add and let sauté very gently for about 20 minutes, until the vegetables begin to soften and caramelize. Add and cook until all the vegetables can easily be pierced with a fork (about 10 minutes in all):

3 cups carrots, sliced

Vegetable stock, to cover

2 T orange juice

1 cup almond milk, plain

salt, to taste

1 teaspoon fresh ground pepper

About an 2''' square piece of a peel from an orange, pith removed. I find

Clementines are easiest to remove the peel from  
Blend to puree until smooth. Adjust seasoning to taste.

## **Spicy Pinto Bean soup**

*We would likely eat this delicious soup more often if I just could remember to soak the beans ahead of time. Still it is worth the wait. It is also high in fiber and iron, as well as being very filling.*

Soak overnight:

- 16 oz pinto beans
- 1/4 tsp baking soda

Drain and rinse, then set into crock pot with:

- 1 medium or large clove of garlic, crushed or finely chopped
- 1 tsp chili power
- 1 - 2 tsp salt

Set to low and cook 8 to 10 hours till beans are soft. In a medium soup pot, saute for five minutes:

- 1 onion, chopped
- 1 pepper, chopped
- 2-3 tomatoes, seeded and chopped
- 1 small chili or Jalapeño pepper, finely chopped (opt)

Add vegetables to the crock pot then add:

- 1 cup mild or medium grated cheddar cheese
- 1 cup unsweetened tomato juice
- 1 cup almond plain milk
- 1 cup broth

Partially cover with pot lid and cook for 1 hour to 1 and 15, or until beans and vegetables are cooked through.

Note: cut the vegetables a little larger and you can make this in a crock pot. Place on low the night before to have it ready to eat by lunch, or the cook the morning of to have it ready for supper.
--

## **Chicken Noodle (gluten free noodles, rice or matza ball)**

*Nothing helps the common cold than a hot steaming bowl of chicken (or turkey) soup. Substitute noodles with lentils for a Grain Free version.*

Brown both sides in 2 T olive oil (skip this step if using cooked meat):

One or two pieces of chicken or 1/2 cup to a cup left over in chopped meat in freezer left over from stock

Remove meat to plate and cut it into small pieces. Set aside and sauté until limp in pan used for chicken (add 1-2 T water to sweeten onions):

1 onion, choppeCauliflower Cheese Soup GrF

If you like broccoli with cheddar just check out this comfort food.

Heat in pot till fragrant:

1 ½ T olive oil

Add and saute 3 to 5 minutes:

Medium onion, chopped

2-3 cloves garlic, crushed

Add and bring to a simmer then cook 13 minutes or until cauliflower is soft:

1 stick celery (or 1/4 fennel root), finely chipped

Add:

2 1/2 cups chicken or turkey stock and 4 cups water

¼ tsp marjoram

¼ tsp thyme

Pinch of sage, crumbled in

1 ½ tsp salt

Bring to a boil then lower to a simmer and add meat and cook 30 minutes until meat and vegetables are cooked. Add rinsed noodles, cooked matza balls or cooked rice in last five minutes.

Note: Noodles, matza balls and brown rice should all be cooked separately because noodles and matza balls make soup starchy, and whole brown rice cooks longer than the soup. Gluten free Matza Ball is next and noodle dough is in the Nuts and Bolts section and is the easiest pasta I make.
---

## Grain Free Matzo balls GrF

*I stumbled on a far easier version of these and enhanced them because I simply can't leave any recipe alone. I believe I made enough changes to have created a unique recipe. Its not perfectly grain free but the little grain in this should be tolerated by most and i found these fall apart without it.*

Mix together in a medium bowl:

1/4 cup finely ground almond meal

1/4 cup potato starch

1 tablespoon flax seed meal (finely ground flax seeds)

1/4 tsp thyme  
1/4 tsp marjoram  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon minced garlic

Using a whisk, whisk till foamy, then add to the dry ingredients:

1 egg  
1 tablespoon Olive oil

Place in refrigerator and allow to rest for 1 hour as you do other things. Remove from refrigerator and using clean, dry hands form 1 inch balls and add to boiling water. Allow to cook for approximately 10 minutes or until each ball has puffed up a bit and is cooked all the way through. Add to soup above.

## Tomato Soup

*I designed a tomato soup recipe many years ago using crushed tomatoes. Those on the grain free diet cannot eat anything canned tomato stuff so I revised this for our diet. Still if you have 4 lbs of tomatoes you do not mind peeling, and crushing then you can skip the blender; and add the tomatoes to the onion and celery and cook the same time then put all of this through a sieve. Then add the strained liquid and the garlic with the wine, juice and spices and continue on the recipe from there on. This is what I do when tomatoes are in season.*

Heat a medium pot heat till hot then add:

1 T olive oil

Add and cook 3 minutes until softened:

1 medium onion, chopped

Add:

2 - 3 stalks celery, chopped or left whole if removing

4-6 tomatoes, seeded, and chopped (and peeled and crushed if blending)

Cook five minutes stirring occasionally then add:

2 cup tomato juice

Stir down medium low and cook 20 minutes, stirring from time to time. Remove from heat and cool slightly. Blend till smooth then return to pot (for more fiber and remove celery if it troubles you) or ream through reamer to remove all but the pulp and get a smoother soup. Add back to pot and add:

2 1/2 cups tomato juice

1/2 cup dry red wine (or white works if you do not have red)

2 tsp paprika gg dish

1 tsp dry basil (unless adding fresh)

And 2 cloves crushed garlic

Bring to a boil stirring, then turn down and cook three minutes. Add if you have this available:

1 T fresh basil (leave out the dry basil if you do)



Serve with grilled cheese stuffed with caramelized onions\* and saute mushrooms.

\* Recipe is in Nuts and Bolts section

## **Mushroom Lentil Soup** GrF

Heat in large pot over medium heat:

1 T olive oil

Add and saute till tender:

1 10 oz package of baby bella mushrooms, chopped into chunks

1 small green pepper, seeded and chopped

2-3 ripe plum tomatoes, seeded and chopped

1 medium onion finely chopped

4 cloves garlic, chopped

Add: Tasty Dish (pizza)

4 cps tomato juice

2 cups water or broth if you have it

1 tsp marjoram

1 tsp thyme

1/2 tsp sage

1/2 tsp rosemary

1/2 tsp ground coriander

pinch of chili powder

1 1/2 cup brown lentils, washed and checked for stones

Cook 15 minutes then add:

2 tsp dried basil

1/2 cup of dry white wine

Continue cooking an additional fifteen minutes or until vegetables are soft and lentils cooked through.

Serve with a little fresh Parmesan grated on top and/or pan chopped roasted garlic on top.

## **Zucchini, Mushrooms and Lentil Soup** GrF

Cook till soften (about 10 minutes):

1 zucchini, chopped

1 10 oz pkg of baby bella chopped

1 med onion chopped

Add, bring to a boil then lower and simmer 35-45 minutes or until lentils are soft:

5-6 cloves garlic, crushed  
6 cups water  
2 T bullion (or make 2 cups rich stock)  
1 T basil  
1 tsp oregano  
1/4 tsp cumin  
1 cup brown lentils  
1/8 th tsp hot red pepper  
1 tsp freshly ground pepper

Let soup coll slightly then remove 1 cup and blend till smooth. Return to soup and add:

2 T cider vinegar, serve at once.

## **Creamy Mushroom Soup**

*I had left over mushrooms and the oven was dead so I decided to make Mushroom soup. I been grinding up vegetables to thicken broth but wanted mushrooms floating in the soup. So I removed the stems and used them to make the base then added the cooked mushrooms back in and some almond milk, broth and spices and it was a hit the first time. That doesn't happen often.*

Prepare by removing stems and slicing:

2 10 oz containers of mushrooms

Heat in soup pot:

2 T olive oil or mix of butter and oil

Add sliced mushrooms and cook 5 minutes. Remove to plate with slotted spoon and add:

Mushroom bases

1 small clove garlic, crushed  
1 small onion sliced  
1 handful of fresh parsley, chopped  
2 cups water

Cook 20 minutes then blend till smooth, return to pot and add:

sliced mushrooms

1/4 tsp salt  
1/4 tsp paprika  
1/18 tsp smoked paprika  
1/4 cup white wine  
1 cup almond unflavored milk  
1 cup broth

Bring to a boil then cook five minutes. Serve with fresh parsley sprig on top of each bowl. Season to taste with salt and pepper.



## Side Dishes

### **Grandma's Stuffing (Koshered) can be made**

*This is a variance from an old family recipe from my husbands family. We removed the sausage (fat) without jeopardizing the flavor and lowered the fat and improved its quality by using olive oil, and add hot pepper. Even his family can't tell the difference.*

Dry and break/tear into pieces into a large kettle:

1 loaf of GF bread or grain free bread

Sauté in 1/4 cup of olive oil :

2 cups of celery

2 cups of onions

Add vegetables to kettle then add:

3 beaten eggs

1 tsp. salt

1 1/2 tsp. pepper

1 1/2 tsp. poultry seasoning or Herb's De Provence

1-1 1/2 tsp. crushed red pepper (to your taste)

Grate into this and blend in:

2 granny smith apples

Mix until uniform and very moist:

1/2 cup water

Add more eggs / water as necessary.

Refrigerate overnight to allow flavoring.

Preheat oven to 350 degrees and place still cold dish in oven and cook for at least 40 minutes.

### **Roasted Vegetables (there is a version)**

*This has become a quite popular vegetable dish around the family, even from some who are not fond of vegetables.*

**Vinaigrette:**

1/8-1/4 cup olive oil

1/4-3/4 flavored vinegar (wine, cider etc...)

1 clove crushed

1 t. mustard

Thyme, marjoram, and parsley or for Italian version add, basil, and oregano instead

Set aside for flavors to mingle (up to a few days).

Prepare:

1-2 onions, chopped into chunks

2-3 fresh tomatoes seeded and chunked

2 sweet peppers, cut into chunks

2-3 carrots- cut into long strips

1-2 parsnips, cut into strips (omit or replace in grain free version)

2 zucchinis, cut into strips

1 pumpkin, or 2 sweet potatoes cut either way (use pumpkin in GrF version)

Place vegetables in a large pot and add vinaigrette and mix. This too can be set aside to mingle flavors for a day, or bake immediately at 350 degrees for 40-45 minutes stirring frequently (more often as the cooking time progresses).

Note: The vegetables can be varied only their shapes really matter. We used sweet potato instead of pumpkin and turnips have replace sweet peepers in shape then the peppers replaced zucchini white we ran out of. Even hot peepers also can add a little heat if you want them but cut them smaller.

## **Zucchini and Tomatoes (can be made GrF)**

*I fell in love with this recipe at a work place but when I asked for this they said it was a secret. So I went home and created my own version that I personally prefer.*

Wash and slice  $\frac{1}{8}$  inch thick:

2-4 zucchini depending on size; using less for large ones and more for small ones

Sauté till lightly brown in:

1 T butter

2 T olive oil

Remove cooked zucchini and add to remaining fat and sauté till softened:

1 tsp onion

$\frac{1}{2}$  cup finely chopped celery (optional)

Add Zucchini and:

1 12 oz can of stewed tomatoes (or make your own if on grain free diet)

$\frac{1}{4}$  tsp paprika

$\frac{1}{8}$  tsp curry powder (optional)

1 tsp- 1 T ground cloves.

Cook 10 minutes covered then serve.

## **Grandma's Hot Potato Salad**

*My husband mom created this version for a kosher and lower fat version.*

Boil until tender, but not mushy, and cut into pieces:

5 med red potatoes

Sauté in 2 T Olive oil until onions or translucent and celery soft:

½ cup celery

½ cup sliced onion

Combine:

3 T sugar

1 T flour

1 ½ tsp salt

½ tsp celery seed

¼ tsp ground pepper

1/2 tsp red pepper flakes

Add:

½ cup water

1/3 cup cider vinegar

Combine mixture to potatoes. Sprinkle liberally with kosher bacon bits and serve.

## **Potato Knishes**

*These are fast and easy way to use up extra mashed potatoes but I have never measured the flour/almond flour or meal. You can make individual ones, or make depressions in the center of larger ones and fill them with meat and gravy or cheese and vegetables. We tend to fill them with broccoli, mushrooms or both in a cheese sauce ourselves. This recipe doubles/triples/and quadruples easily.*

Preheat oven 350°

Combine:

1 cup mashed potatoes

1 egg

1 T butter or oil

Enough sorghum flour to make this stiff

Finely minced onion  
Small clove garlic, crushed

Combine ingredients adding flour by handfuls till stiff. Form mounds (or whatever way you want them). Brush with milk or egg yolk (optional) then bake 20 minutes.

Note: you can make holes in the center and fill them with vegetables and a cheese sauce or chopped meat, vegetables and gravy. You can also form them into gold ball size balls or smaller, roll them in Italian bread crumbs and bake them and they become tater tots.

## **Knishes (grain free)**

For those going grain free you will need left over potatoes just like regular knishes. I make a small version but it doubles easily. Doubling you can add an whole egg or two egg whites, whichever you prefer.

Preheat oven to 375. Line a cookie sheet with parchment and grease it or they will stick.

Mix together till the dough is stiff:

- 1 cup cauli-potatoes
- 1 egg white
- Enough almond meal to make a stiff dough.
- Finely chopped onion
- Small clove garlic crushed

Drop dough onto prepared tray. You can make a whole in the center and fill with cut vegetables in cheese sauce or bits of meat and vegetables in gravy. Cook 15 minutes.

## **Beet Green with Mushrooms and Onions for Rosh Hashanah**

*My daughter and I have to watch the sugar we consume so we learned to cook savory rather than sweet. Still these beets are sweet, yet we can still have them as one of our omens.*

Saute in 1 T olive for five minutes:

- Slice 10 ozs of baby bella mushrooms thinly
- Slice one large onion, thinly

Add and cook five minutes more:

Washed and torn beet greens in bit size pieces

Mix together till smooth:

- 1 T cider vinegar

1 tsp plus 1/2 tsp honey (we put in a dash of honey and replace the rest with stevia)

2 T olive oil

1/4 tsp spicy mustard or Dijon mustard

Pour over vegetables and mix in then serve

## **Tzimmies Salad**

*Another more nutritious twist on an old favorite.*

Preheat oven to 400°. Lightly grease a large roasting pan.

Have prepared before starting:

1/2 cup sweet potatoes, peeled and cut into bite sized pieces

1/2 cup peeled and sliced beets

1 granny smith apple, chopped

In a large bowl mix together

2 T Olive oil

2 cloves garlic crushed

1/2 tsp paprika

A dash salt

Place prepared vegetables in bowl and mix around till all are covered. Pour into roasting pan and set in oven. Cook for 15 minutes or until tender. Remove from oven and let cool.

Wash and cut into bite sized pieces:

4 cup romaine lettuce (or if you have a mixture use that).

Add to lettuce:

1 carrot shredded

2 T toasted sliced almonds

1/4 cup prunes cut into bite sized pieces

Mix in roasted vegetables. Mix together till blended then pour over salad and mix in:

2 T Balsamic vinegar

1 tsp spicy or Dijon mustard

1/2 tsp lemon juice

1/4 olive oil

Honey to taste

Serve at once.



## Desserts

### Peach Coffee Cake

*This a moist delicious coffee cake likely because of the nuts within. I give two measures of stevia because I prefer less sugar in my sweets but others may not. In honey that would be 1 cup in all. Or my lesser version would be 3/4 cup honey in all if you have no issues with sugar or plan to use a different sweetener.*

Preheat oven to 350. Grease well an 8 x 8 pan.

Mix in a medium bowl:

- 2 cups sifted almond meal or flour
- 1 cup pecan meal
- 1 flax seed meal
- 2 tsp baking soda
- 3 - 4 T dry stevia (4:1)
- 3 inches of vanilla bean, break up any large clumps

Mix in a large bowl till foamy:

- 2 eggs

Add and blend in:

- 1/4 cup flowing honey

Add and mix till creamy:

- 1/4 cup yogurt

Add 1/3 of dry ingredients to wet mixing well after each addition. Fold in:

- 1/2 cup peaches, chopped

Press into prepared pan, cover with slivered almonds and bake 30 - 35 minutes. Cool on rack and allow to cool completely before cutting and serving.

### Apple Coffee Cake with Honeyed Walnuts

*All nut cakes are delicate, which is why the cake pan chosen for this cake is a spring form with removable bottom. Tube pans also work with cakes such as these if you want to try them as long as their bottoms come out. This cake is too small for a tube size but some day I plan to create a torte and might use one. This tastes decadent but when made with stevia where noted this ends up with only 2 T honey in all that less than a tsp honey per serving. Excellence for a brunch or social but it also makes a nice breakfast with cottage cheese or fruit on the bottom yogurt.*

Preheat oven to 375. Grease bottom and cover bottom with almond meal one spring form pan. Place into freezer. Serving size 1 piece, 8 servings in all.

Mix together then set aside:

Two granny smith apples, grated

1 T lemon juice

Chop:

1 cup walnuts

Add:

2 T honey

1 tsp cinnamon

In a large bowl mix together:

1 1/2 cups sifted almond meal or flour

1 1/2 cups finely chopped walnut or pecan meal/flour

2 tsp baking soda

1/4 tsp salt

In a mixer blend till foamy:

2 eggs

Add and blend in:

1/2 cup almond milk

Add and blend in:

3/4 cups honey (or 2 T honey and 2 T stevia extract powder and a drop stevia liquid or equivalent of 3/4 cups sugar replacer)

1 t vanilla

1/4 tsp liquid stevia (or use stevia extract in dry ingredients)

1 tsp lemon zest

Add flour mixture to egg mixture and blend for 2 minutes. Fold in Apples. Pull pan from freezer and pour mixture into prepared pan. Sprinkle candied walnuts over top and bake for 30 -35 minutes or until toothpick comes out clean.

Cool on rack ten minutes before removing out side and continue till completely cook before serving (or it will become soggy). This can be remove once cooled completely and moved to a plate if preferred. Slice like a pie into sixteen servings when ready to serve.

## **Black Forest Cake**

*We tried to make a 9 x 13 set of brownies by adding dates only to realize dates have 1/2 cup sugar per 1 cup dates? Surprising? We thought so too. So in the end we redid the recipe and made so many changes it became cake. So here it is.*

Bring to a boil:

1 cup coffee

Add and let cool:

1 cup chopped whole California dates (chop your own using rice flour or almond meal to stop them from sticking)

1 tsp vanilla extract or 1 inch bean  
Preheat oven to 350° F

Mix together:

2 ½ cps GF flour or equivalent  
1/4 cup sugar or honey  
1 T baking soda  
½ cup Dutch chocolate

Add to dry mixture:

1 cup milk  
Date mixture  
½ cup oil

Blend quickly then pour into greased and floured 9 x 13 inch pan. Bake for 30 minutes or until done. Frost with a sugarless frosting. If cut into 24 pieces each piece would have 1 tsp each which is why the frosting should be sugarless.

## Grain-Free Cupcakes

*I meant for these to be muffins but they came out tasting like unfrosted cupcakes. So these ended up here instead. This also works in a eight by eight cake pan, or 8" round.*

Preheat oven to 375. Oil well two muffins tins of six each or place paper liners in them. This recipe makes 12 muffins.

In a medium bowl mix well:

2 cups sifted almond flour  
1/2 tsp baking soda  
2 - 3 tsp vanilla to wet ingredients or 2 - 3 inches vanilla bean  
2 T Stevia, dry  
1 tsp lemon zest

In a large bowl whisk till foamy:

3 eggs

Add to egg one tablespoon at a time mixing till creamed:

1 T honey (or add 1/2 cup honey in all and forget the stevia)

Add and mix in creaming as you do:

3/4 cup yogurt

You can mix in finely chopped or grated fruit if you want here.

Fold dry ingredients into wet and pour immediately into prepared muffin tins and bake in oven for 15 to 20 minutes or until lightly brown and toothpick comes out

clean. Remove from oven and let cool five minutes before removing these from tins and cool these on a rack before frosting.

To make a 8x8 cake or a 8 “ round cake just grease and flour with almond flour the cake pan and place this in the freezer then make the cake mix and bring out when your ready to pour it in )place parchment underneath these if you want to remove them from their pan. Cooks 30 minutes, testing with a toothpick which should come out clean. Frost with any of the frostings or icings below. You can also fill this with chocolate icing before frosting.

## Grain-Free Chocolate Cupcakes

*Like the recipe above this too can be made into a cake. I never had because my husband and son do not like chocolate cakes and the women in our family get sick of eating even this cake after eating a piece a week. I do however make the cupcake for coffee socials where they will get eaten.*

Preheat oven to 375. Oil well two muffins tins of six each and cut from parchment tiny circles to place in the base of each muffin tin. Oil these parchment circles then dust with almond flour and set into the freezer This recipe makes 12 muffins.

In a medium bowl mix in cocoa completely so that no almond meal is apparent:

- 2 cups sifted almond flour
- 1/2 tsp baking soda
- 1 to 2 inches vanilla bean (or add 1 to 2 T extract to wet ingredients)
- 2 T Stevia, dry
- 1/4 cup cocoa
- 1/2 tsp coffee

In a large bowl whisk till foamy:

- 3 eggs

Add to egg one tablespoon at a time mixing till creamed:

- 1 T honey (or add 1/2 cup honey in all and forget the stevia)

Add and mix in creaming as you do:

- 1 cup yogurt

Remove muffin cups from the freezer then fold dry ingredients into wet and pour immediately into prepared muffin tins and bake in oven for 15 to 20 minutes or until lightly brown and toothpick comes out clean. Remove from oven and let cool ten minutes before removing these from tins. Loosen at sides first and they should drop out, parchment tends to remain in pans. If they stick to cupcakes just carefully peel them off then cool these on a rack before frosting.

Note: this can make an 8x8 inch cake or a 8 inch round.

## Microwaved Mini Cake (Vanilla)

*As a prediabetic I have to watch my sugar lease I become a full diabetic. So I watch my sugar closely. This is why this book is low sugar as well as grain and gluten free. Still, when birthdays come around and family occasions I noticed everyone trying to give me something, I noticed though marked "low sugar" they still had more than I could eat.*

*That's when I remembered that sometimes those muffins are a little cake like (like the peppermint patty. So I too that muffin and added extra milk and the rest is history. The small version of frosting follows.*

Mix together in a large mug:

2/3 cup all almond flour

1 ½ tsp baking powder

3 inches of a vanilla bean

1 pkt of stevia (a little less than a 1 tsp) or more if not sweet enough

Add and mix in:

1 large egg

1 tsp olive oil

1 T vanilla almond milk

Microwave for 1 minute. Loosen around the edges then turn out. If using all almond flour it ends up a little dry. It also will cook 1 minute 25 seconds for all almond flour. Cool and divide in half to fill center. See below for one example.

## Mini Cakes Sugar Butter Cream Free Frosting

In a small sauce pan mix together, stirring constantly until it thickens

1 T potato starch

¼ tsp stevia (4:1) or 1 tsp honey

1/3 cup almond milk or water

Cool to room temperature. Place into a mixing bowl and mix on high two minutes:

¼ cups butter or butter substitute (or 2 T butter and 2 T cream cheese)

1 tsp vanilla or use the bean

Add in potato starch mixture and beat another 2 minutes or until mixed.

Note: you can make many different cakes by vary frosting and adding flavors as I do the muffins. For example by replacing part or all the the butter with peanut butter you can make a peanut butter cup cake. I usually fill the cake above with a peanut butter filling (a bit of the potato starch mixture, vanilla and peanut butter), and frost with

dark chocolate frosting, (add coffee and more cocoa).

## Torte

*This cake fits into Pesach. To make layers use a string and slice each layer. Make one of the frostings below, dilute with almond milk and coat each layer to hold in crumbs. Then frost as you would any other cake. In this cake its the egg whites that raise it.*

Preheat oven to 350. Prepare spring form by greasing base and dusting with almond meal than placing into freezer. You can replace honey with an artificial sweetener or stevia but add a little honey anyway to remove stevia's slight bitter aftertaste.

Beat together in a small bowl till creamy:

1/4 cup honey (soft, if grainy warm till soften but let cool before adding to yolks)

6 egg yolks

1T liquid stevia

2 inches vanilla bean, seeds liberated and skin set aside for later use.

Mix in medium bowl to this:

1 tsp grated lemon rind

1 tsp cinnamon

1 cup almond flour

1/4 cup coconut flour

Add yolk mixture to dry mixture mixing till well blended.

Whip until stiff not dry:

6 - 7 egg whites (the extra egg makes a much lighter cake)

Remove a 1/4 about of egg white and mix into flour mixture. Fold in egg whites then pour in prepared spring form pan spreading even to edges. Bake forty minutes.

Remove from oven and cool on rack 10 minutes. Remove carefully the sides loosening them if the cake is sticking to the sides.

If using apricot glaze, pour it over this cake here and allow it to finish cooling completely. Or continue to cool until fully cooled apply almond glaze if using this one or any of the frostings. Carefully remove cake from bottom pan unless you do not mind serving on that pan. You can slice it here with a thin string and fill the cake.

Note: once I made this and filled it with 80 % melted chocolate in between the layer (I only made one) and covered it with French cream. I then grated chocolate over it to decorate. Then I took it to a family picnic and was surprised how fast it went.
---

## Almond glaze

*This is a sweet glaze that I rarely use unless the cake unsweetened.*

Beat in a small bowl:

3 T butter

3/4 cup honey

Beat in:

1 T yogurt

1/2 tsp almond extract

Pour over cooled cake and refrigerate until using.

## Apricot Glaze

*For a lower in sugar glaze try this one. Its applied while cake is still hot.*

Cook in medium sauce pan over low heat until honey is dissolved and fruit is juicy

2 cups apricots

1 thin slice of lemon with peel, chopped

1/3 cup honey

Pour into blend and blend on medium speed until pureed. Return to pot and cook slowly 5 to 8 minutes stirring to keeping it from scorching. Pour over hot cake. This works well for most stone fruits so try others for different end results.

## Butter Cream

*The usual butter cream is made from sugar to sweeten and fat to bind it. This uses potato starch and cream cheese to thicken so you can reduce the sugar (or even replace it with stevias or saccharin) and add flavors instead to enhance the frosting. No one will notice the difference but your waist line will.*

In a small sauce pan mix together, stirring constantly until it thickens

3 T potato starch

3/4 tsp stevia (4:1) or 1 T honey

1 cup almond milk

Cool to room temperature. Place into a mixing bowl and mix on high two minutes:

4 oz cream cheese, low fat

1/4 cup butter

2 tsp vanilla or use the bean

A couple drops of lemon extract (opt)

Add in potato starch mixture and beat another 2 minutes.

## Butter Cream II

*The recipe above can not be made parve and further has lactose. This one I created can be made fully dairy free and made parve for a dessert following a meat dish.*

In a small sauce pan mix together, stirring constantly until it thickens

3 T potato starch

3/4 tsp stevia (4:1) or 1 T honey

1 cup almond milk or water

Cool to room temperature. Place into a mixing bowl and mix on high two minutes:

3/4 cups butter or butter substitute

2 tsp vanilla or use the bean

Add in potato starch mixture and beat another 2 minutes or until mixed.

Note: Both of these Butter Creams are easily flavored -Add 1 T cocoa with potato starch mixture, or add spices or flavorings or zest in that same spot. Add peanut butter instead of all or part of the butter or add juice instead of almond milk. There are many different flavors you can create which are limited only by your creativity.
--

## French Whipped Cream Vanilla Frosting

*The hardest part of making this one is starting early because it needs French cream which has a live yogurt culture added to it and a forty eight hour period to allow the culture to grow and consume the lactate. French cream is easy to make and is included below.*

First you need to make French Cream: Mix together 1 pint cream and 1/4 cup yogurt and set aside in a warm place for at least two days.

Once you have French Cream, place in mixing bowl and beat till creamy and it thickens like whip cream:

French cream above

1 T honey

1 tsp vanilla extract or one inch vanilla bean

Use to cover 36 cupcakes or a cake including any layers and decorating. Its not as thick as decorators frosting but I've made circular borders and spelled out names using this so it can be used for simple decorations.

## Easy Seven Minute frosting

*Use these to frost either the cake or the cupcakes.*

Place in double boiler over hot but not boiling water:

1 egg whites



1/3 cup honey

Beat at low speed while water comes to a boil. Continue to beat 7 minutes or until soft peaks form. Remove from heat, add slowly:

1/2 tsp Vanilla or 1/2 inch vanilla bean

Continue beating till frosting holds its shape then frost cupcakes.

## Dark Chocolate Filling

*This is a super easy filling and if you use really dark chocolate around 80 to 90 % chocolate it does not increase the sugar very much either.*

Melt carefully:

1/2 bar of 80 % or higher dark chocolate (3 grams sugar per bar)

Divide cake using a very sharp knife or string. Brush chocolate over crumbs. Put cake back together and frost top and sides smoothing icing with hot water on spatula. Finely chop remaining bar of dark chocolate and sprinkle over top of cake or use unsweetened cocoa instead.

## Simple Vanilla Baked Custard

*Add chocolate milk instead of plain and instant coffee granules instead of lemon zest to get chocolate custard. I can not but I also like adding fruit to the bottom of the ramekins and pouring the custard over before baking. I like peaches, I chop them and they rise to the top. Its also a great way to get rid of extra egg yolks when you make rice casserole. Still my youngest calls it eggy so using too many yolks likely makes it so. So use these for chocolate.*

Preheat oven to 375°. Buttered 3 large or 4 small ramekins.

Beat with a whisk until well blended:

2 eggs or 4 egg yolks or 1 egg and 2 yolks

Beat in:

1/2 tsp salt

1 tsp vanilla or 1 inch of vanilla

2 T and honey plus 1 tsp stevia (about 1/4 cup sweeter in all)

1 tsp lemon zest (opt)

Add gradually, stirring constantly:

2 cup almond milk

Pour into prepared ramekins and set in large pan filled with hot water. Bake 30 to 40 minutes until knife comes out clean and brown around the edges. Sprinkle with 1/2 tsp nutmeg over the top if you want. Makes 3 large and 4 smaller servings.

## How to Make a Two Layer Ice Cream Cake

Place in food processor and grind together

- 2 brownies or use butterscotch brownies

- 1 cup nuts (choose those that fit your ice cream, walnuts for a strong flavor ice cream (like cherry) almonds for milder flavor, pecan tend to go with middle varieties (neither strong nor mild flavors)

Set aside.

One to two 1.5 quarts of Breyers ice cream, any flavors.

Pull out first variety and let this soften ½ hour in refrigerator. Spread ½ ice cream into prepared spring form pan (see recipe above). Place in freezer and refreeze for ½ hour. Sprinkle filling over ice cream leaving ¼ inch edge, refreeze. Remove second ice cream from freezer and let it soften. When time is up remove cake and fill with ½ ice cream. Refreeze.

Whip together:

- 1 cup whip cream

- ¼ tsp vanilla

- 2 T confectionery sugar

Remove cake and then remove side of spring form. Frost sides and top and refreeze. If you are decorating this do so before hand.

# Pies and Pie Dough

## Making Pies

We use nut and seed flours often when we make pie crusts as these give a far better crumb. Because of the variation between nuts and grinding techniques however, we may need to adjust these recipes. So if they seem too dry add more liquid, too oily, add GF flour (starch just dissolves).

If you do not have a nut grinder, you can use the food processor to grind nuts then sift these through a sifter. Unfortunately, doing this can release the oils in the nuts and so do not add any additional oil in the recipe or let them dry a day or two. You can reduce the oil development by pulsing nuts instead. You can also grind seeds in a coffee grinder.

Fruit is tricky because it has sugar but added fiber in the fruit and recipes make these safe for even diabetics and it's better for children to have less sugar.

Store left over pies in refrigerator as sugar preserves and these low sugar ones have too little

You can make a top crust by oiling or flouring two parchment (or wax). Place oil/flour in center and roll out between the parchment papers to 1/4 inch. Remove one side. Lay exposed side down on top of filled pie. Remove second parchment and trim. Or cut rolled exposed crust into 1 inch wide strips to make a lattice top.

These crusts rip easily, however, when placed in it's more like putting together a puzzle. That said, when making the top crusts, I had great success cutting out forms instead for the top crust, like leaves or fruits on branches and using these to cover the top. Ironically, this compromise looks far more impressive than the normal crusts and is far less frustrating to make.

You can also cover them with sugar free whip cream:

- 1 cup cold whipped cream
- 1/2 to 1 tsp vanilla extract
- 10 to 15 drops liquid stevia

Place cream in cold mixer bowl (I freeze both the metal bowl and beaters ahead). Beat until it starts to thicken. Add vanilla and stevia and beat until soft peaks form. Store in refrigerator and just whip up before using. It will keep a few days.

## Rice Flour Crust

*This makes two crust or one crust with a generous overlay. This crust works well for pot pies and flans,*

Place into food processor and blend:

1 1/2 cups GF flour (Bob Mills baking mix works well)

Add in pieces and cut into flour:

1/4 cup butter or margarine

3 T coconut oil (or olive oil)

Transfer to a bowl and then mix together in a small bowl:

4 T very cold water

1 T egg

1/4 tsp vinegar

Drip this onto flour and butter mixture mixing with a fork. Mixture should come together but if still too dry gradually add a little more water until it does. Form into two balls and wrap both in wax paper and place in the refrigerator. If not using at once also place in plastic bags.

Fifteen minutes before rolling, pull the dough out of the refrigerator and set everything up. Roll between two pieces of wax paper, adding flour under the paper if it becomes too sticky. Continue to roll until very thin. Place on the bottom of the pie plate. Fix any areas where it tears, and roll ends up, tucking all around the pie plate. Set it into the freezer and make the filling.

## **Almond Flour Crust I**

Makes two crusts but can be halved for one or just one with a very liberal and fancy boarder. If making for a sweet pie add vanilla but if making for flan or pit pie, leave it out.

Sift into large bowl whisk together till well mixed:

2 cup sifted Almond flour

Place in a blender (save bowl) then add:

1/4 cup butter straight from the refrigerator

Return to bowl and add stirring with a large spoon for 1 to 2 minutes:

2 - 3 T almond milk

1 tsp vanilla extract (opt) or 2 inch bean

The dough will be stiff and play dough like. Drop dough into prepared pie plate and lightly bush top with oil. Press so dough even fills plate to the edges. Prick bottom and sides to prevent bubbles from forming. (you can also roll this out between two pieces of wax paper).

## **Almond Flour Crust II**

*This is an almond flour margarine or butter crust alone. Its easier and works well for not sweeten crusts for flans and pot pies.*

Place in a blender and blend, pulsing till all the fat in blended in the almond flour.

2 cup almond flour

1/4 cup margarine or butter

Add almond milk if it doesn't come together and refrigerate at least 15 minutes.

## Cherry Almond Pie

*This is an excellent low sugar yet extremely delicious pie. For thanksgiving I made this one and the only complaint was I added no vanilla so I put in into this rewrite. I also made leaves from left over dough and cooked these on top of the pie. When I added on top of the toasted almonds my daughter said, "Its looks like leaves on the forest floor."*

Preheat oven to 375° F. Have pie crust ready.

Prepare ahead a single crust (almond works well).

Filling:

Put in mixing bowl and blend at medium high speed for 3 to 5 minutes or till stiff peaks form:

2 egg whites, at room temperature

1/4 tsp cream of tartar

Add and beat until distributed:

3 T Stevia no calorie mixture that is 4 to 1

1/4 cup honey

Fold in with rubber spatula:

4 cups frozen black sour cherries, thawed

Up to 1 tsp liquid stevia

1 tsp almond extract

1 tsp lemon extract

1 tsp vanilla extract

Pour filling into prepared crust. Use extra dough to make Autumn leaves or cherries by rolling circles and strings to attach these too. Cover edges with foil. Bake 35 minutes then rotate and bake 20 more minutes before removing foil. Bake 5 to 10 minutes more until center springs back when slightly pressed and knife inserted comes out clean.

While pie is baking toast lightly:

1/4 cup almonds

Scatter these over pie as soon as it comes out. Let pie cool 30 hour before serving.

## Apple Walnut Crumb Pie

*Unlike the cheery pie above this one was a little harder to perfect due to my hope to make a walnut crust however walnuts bitterness when untoasted undermined this. I got over this by changing the dough to rice or almond based version and only leaving toasted walnuts mixed with GF flour for the topping (with stevia to sweeten them). This solved that problem and now this GF pie is good as my old one was.*

Preheat oven to 450° F. Have double pie crust ready.

Crumb Topping (opt):

Finely chop in food processor:

- 1/2 cup walnuts, toasted

Add and blend together:

- 1/2 GF flour (brown rice, sorghum, or sifted almond meal can be used)

- 1 T (4:1) Stevia

- 1 to 2 T olive oil

- 1 tsp vanilla

- 1 tsp cinnamon

Apple Filling:

Chop and place in a small bowl:

- 4 cups Granny Smith, and 1 Empire apple with skins still on

Add to apples:

- 1/4 cup honey

- 3 T (4:1) Stevia

- 1 T potato starch

- 1/4 tsp cinnamon

- 1/8 nutmeg

- 1/8 tsp pepper

- 1 tsp lemon juice

- 1 tsp lemon zest

- 1/2 tsp liquid stevia

- 1 tsp molasses (opt)

- 1/8 tsp salt

Roll between two pieces of wax paper adding flour under the paper if it becomes too sticky. Continue to roll till very thin. Place on the bottom of the pie plate. Fix any areas were it tears and roll ends up tucking all around the pie plate. Set it into the freezer and make the filling.

Remove crust from freezer and pour apple mixture into crust, and tuck small pieces to make it fit tightly. Apples will be slightly higher than the crust. Sprinkle crumb evenly over top over covering apples (use second crust elsewhere). Cover edges with foil. (or you can roll out the second crust and cover it with this instead.

Bake 10 minutes then rotate and and lower temperature to 350 and bake 25 to 35 more minutes before removing foil. Rotate again and bake 10 minutes more until center springs back when slightly pressed and knife inserted comes out clean.  
Let pie cool 1 hour before serving.

\* this crust can be used for savory dishes as well like flans of pot pies. Its a good all purpose crust.

# Cookies

## Lemon Cookies

*If you like lemon then you should like these bar cookies. They are low in sugar if cut into 16 bars. Just one tablespoon in the entire batch or 1/16<sup>th</sup> of a tsp of sugar in each cookie. They are not as sweet as usual cookies. Still if you prefer to eat less sugar but still miss cookies, then these are a nice fix without them going to the waist line.*

Preheat oven to 350°. Line a baking sheet lined with parchment and greased the parchment as well. Makes twelve inch round cookies.

In small bowl mix together:

1 cup sifted almond flour

1/4 tsp baking soda

In another larger bowl mix together

1 egg

1 T melted butter

1/2 tsp vanilla (or use bean and add to flour mixture)

Press dough into 8 x 8 inch pan and bake till brown around the edges (about 10 minutes).

Cream together till smooth:

2 egg yolks

1 T honey & 1 T liquid stevia

1 tsp lemon Juice

Blend in:

Zest of 1 lemon

In a mixing bowl beat till stiff peaks form but not till dry:

2 egg whites

1/4 tsp salt

Remove 1 T from egg white and mix until smooth onto:

Yolk's mixture

Add this back into whites and fold in.

Pour over cake making certain it covers the base fully and bake an additional 10 - 12 minutes or until browned on top. Cool before cutting.

## Chewy Black Bean Brownies

*I picked up a free magazine a while ago and saw grain free black bean brownies there but sugar*



*levels were far too high (1 cup). I lost that magazine but the idea stuck. So I guessed at what might be in it and came up with this recipe. It made a sugar free chewy brownie. For some Stevia after taste may be a problem. If so, and add 3 T to ¼ cup honey and add more almond meal if too loose. This gives 1 ½ tsp honey per cookie which for Lisa and I is too much.*

Preheat oven 375°, line with parchment one 8x8 inch square baking dish, grease dish and parchment. Parchment should hang over sides.

Place in a food processor and process on till smooth scraping down sides:

- 1 ¾ cups black beans, soaked and cooked
- 3 eggs
- 1 tsp melted butter or olive oil
- ½ cup Dutch Cocoa powdered
- 1 tsp baking powder
- 3 T stevia or ¾ cup sugar or sugar substitute)
- ¼ cup honey (or add another 1 T stevia\*)
- 2 tsp vanilla
- ½ tsp coffee

Should resemble chocolate frosting. Add water if too thick, if too wet add almond flour. Scoop into prepared pan flattening it so it covers the base, wet hands to smooth top as is done with rolls in bread section, then bake 25 minutes.

When this comes out, let cool slightly before loosening sides not covered by parchment then pull brownies out and set on rack to cool completely. Once cool peel off parchment and cut into 16 pieces.

\*or use 1 cup sugar in all.

## **Formed Cookies Hamantaschen**

*This is Jewish cookie made during Purim resembling Haman's three cornered hat. Filled with slightly sweet lemony prune filling it makes a sweet treat for the holiday. You can make cream cheese by straining yogurt through a cheese cloth. I add only a little honey to the fruit because our family does not care for too much sweetness. If you like it sweeter feel free to add more.*

*Still, be careful not to over worked cookie dough or it will become tough.*

*This can also be roll out, cut out and dust with cinnamon sugar, or fold in half after filling before dusting. Use your imagination and I certain many different cookies can easily be made from this simple formed dough.*

Preheat oven to 350. Line a baking sheet with parchment.

Mix together:

- 1/4 cup cream cheese\*

1 egg yolk

1 T soften butter

Add and blend in quickly (do not over work):

1 cup almond flour

Divide dough into two balls and roll out on a board floured with almond flour (or between two floured pieces of wax paper) to 1/8 thickness. Make certain one side is well floured or these may stick to board/wax). Again, try not to over work these. They toughen up if you do though the last batch is always tough.

Cut into circles (I like 1 1/4 inch sized ones myself) and fill with filling below. 1 tsp or more for large hats (2 1/2"), 1/4 tsp or less for tiny ones like mine. Bring up three sides to form a three cornered hats. Or fold in half and press a fork's tines to close making half circles for Sambousik (filling below). Place on baking sheets and bake 6 to 8 minutes (depending on size) for cookies and 20 to 25 minutes for Sambousik.

\* grain free cream cheese can be made from yogurt. I use 3/4 cup Chobani yogurt that I strain through cheese cloth into a bowl. I add back any liquid or yogurt that leaks out back into the container. What remains is 1/4 cup cream cheese.

Makes 40 tiny cookies

### **Prune Filling:**

*This makes a lot of filling for Hamantaschen, enough for several recipes which I tend to make so I can give these tiny cookies away.*

Soak for several hours or over night:

1 cup seeded prunes

Cook till soft. Drain and add to food predecessor. Chop finely. Remove and chop any still too large. Place in small bowl and add mixing in:

1/2 tsp lemon juice

1/2 Granted rind of 1 lemon

1/4 tsp honey

Use for cookie above.

### **Apple Filling:**

*This is an alternate filling. We didn't add honey to ours because apples tend to be sweet but if you prefer to go ahead.*

Heat skillet and when hot add to this:

1 -2 apples peeled, seeded and finely chopped

1 tsp cinnamon

1 tsp lemon juice

1 T water

Honey to taste

Cook till apples are soft.



# Appendices

## Appendix I: The Changing State of Wheat

Long ago, wheat contained only 1% to 2 % gluten [Sussman, Fran. *Gluten Sensitivity:*

*You Are What You.... Digest. Sussman Holistic services Inc, 2008. Except from Strengthening the Body Mind & Spirit Since 1993. 845-496-0385 www.fransussman.com.*] Yet such low levels of gluten in wheat made producing breads much harder, so in time we modified the wheat grain.

At first these modifications were mild, and allowed us to create a raised sourdough loaf with decent crumb, and the wheat was still high in protein and micro nutrients. Today's wheat is on average 55% gluten [ibid], which allows for breads that even the wealthiest king of old could only dream of. Unfortunately, this wealth in wheat has come at a cost: modern wheat is now a short-rooted plant that not only has massive levels of gluten within each grain, it is also more prone to crises such as drought or cooling temperatures. However, the risks do not end there.

Because gluten in any form is mostly indigestible, our bodies have to get rid of it somehow [ibid]. Some bodies are more efficient in removing excess gluten than others, and those who are less efficient at it may find themselves developing symptoms of inflammation. This inability to rid the body of gluten is the origin of gluten intolerance, which was even found in ancient times. With the amount of gluten a thousandfold, more people than ever are getting sick. This is also the origin of a growing phenomenon of gluten sensitivity, as well as many common gastrointestinal disorders.

Gluten sensitivity, a new phenomenon then is most likely caused by this great influx of gluten in modern wheat. This means that once we go on the grain free diet, heal our guts and eat gluten free for a number of years we might be able to tolerate low level of gluten found in barley and sour dough wheat products. Sour the dough two days helps to break down the bond that makes gluten in grain indigestible.

Another promising method of breaking this bond is eat gluten free wheat, wheat that had the gluten removed from it, then adding gluten back in. This also breaks the bond. The last method would be to find the elusive ancient long rooted grain.

It's making a comeback overseas and in Canada but so far it extremely expensive and hard to find in America. Strangely the US will not allow imports of this seed and restricts purchasing of seeds to a few ounces on the continental US. This shows how powerful the seed companies are in this country and the fertilizing companies are. Given that non-organic fertilizers are started in petroleum on top of being used on

short rooted wheat is highly troubling organic farmers can't get enough long grain wheat to even try and compete.

Thus gluten sensitive people are likely not reacting to gluten in the same way gluten intolerant people do or this would show in their intestinal tract. Those with gluten intolerance cannot have any gluten, but people with gluten sensitivity likely cannot consumed bonded gluten that is gluten bonded to wheat in the plant. Of course this is just my hypothesis based on my own studies and problems. Still I love to see scientists take this to the next level to see if this is true.

## **Appendix II: ICD Codes and Health:**

Medicine has also changed from the time when the country doctor knew all his patents, down to their family medical history, thanks to the fact that he generally *was* their neighbor. This was back when the local healer would order up bone broth with lots of onions, garlic, and thyme to help your breathing. Yet now the medical profession rarely knows their patents, let alone their family. They order up a cocktail of pills and drugs for us to down, and therein lies the problem, as explained in a quote from *"Everything Wrong with Medicine Can be Traced to This"-- A Conversation with Dr. Leo Galland*. [Wednesday, 21 January 2015 15:45, By Erik Goldman, Editor in Chief]:

"This is especially relevant to primary care, because the system of ICD codes imply does not allow for good preventive care.

If you even think about prevention it needs to be specific to a certain disease. Yet we know that 80% of all morbidity and mortality could be prevented by broad and nonspecific changes in lifestyle, exercise, by stress management and by reduction of environmental toxins. There's no real scientist that denies these facts. But the health care system, or rather the disease care system, is not set up to operate that way. It is totally organized around the notion that diseases are entities."

ICD codes are the codes doctors use to match symptoms to medications. It can help ease symptoms, but often the cures carry dangerous side effects. Further, as Dr. Galland states above, the medication is doing nothing to *prevent* the problems, and in many cases, does not even effect the cause of those symptoms at all. Yet he also explains that our government expects all doctors to use this method. It can be very difficult to avoid doing so, as he explains:

“You have to walk a very thin line sometimes. It is very hard if you’re licensed practitioner to operate outside the sphere of ICD, even if you’re outside of insurance. There are regulatory agencies checking up on what you’re doing, and there are a lot of ways in which there are limitations--external limitations—on your freedom to practice. Those are greater in some settings than others, but they’re there.”

Therefore, not only has our food that has changed, but our medicine has too. This is why we sometimes need to do our own research, and our own diagnosis. Still, be leery of undocumented resources. The internet is full of them, which is why I’ve placed my resources within the text. Feel free to follow them up to verify my claims.

This doesn’t mean you should not take your symptoms to a doctor, however, much as I did for confirmation. Instead, keep in mind that if his solution to symptoms of inflammation is to give you a pill, try and explain the research written here, in one of the references. If he listens like my doctor did, then you know you have a good doctor and you should hold onto him. If not, consider changing doctors.

### **Appendix III: The Sugar Plague**

Not only have I had trouble with doctors pushing pills at me, I also have dental troubles. My dentists always told me to brush and floss more because I always had plaque build up on my gums. So as a child I would be brushing six to eight times a day for five minutes each and floss daily. I was still plagued with gum disease, alongside digestive troubles even when I brushed and flossed more than any of my siblings.

Thus their admonishment was like acid in my stomach. I would try to argue I was brushing but they never listened. Once, though, my sister overheard his remark and jumped in to my defense. That shut him up but the next time he’d go back into that same garbage.

I’m not certain when I started to realize the sugar connection. My best guess was that it was while I was on the liquid diet. I never found an allergy, but I *did* find a slew of triggers for my dental troubles. Among them included eating ‘too much’ sugar caused my teeth to bleed. ‘Too much’ for me turned out to be about the same point as it would be for a diabetic.

With that knowledge in mind, I consigned myself to a diabetic gluten free diet and I started creating recipes to suit it. I discovered as I increased sugar and included sugars, not in my diet before now, I would have bleeding in my mouth. Hit and miss helped me discover how much sugar triggered Periodontitis and which did not.

By this point, I had a hypothesis, but no evidence. So I googled “Causes for Periodontal disease”, but ended up getting the websites of top toothpaste companies, followed by medical sites, all spouting the same failed suggestions I’d gotten from dentists: brush more and floss regularly.

Finally I put in the right search clue “What causes Periodontitis?” instead. Many of those same ads showed up but with these I found a research study on the causes of Periodontitis (THE ROLE OF DIET IN PERIODONTAL DISEASE, MR Milward, ILC Chapple:Periodontal Research Group, Birmingham School of Dentistry, niversity of Birmingham, Birmingham B4 6NN).

In this document there was a study where they put a group of people suffering periodontitis onto the Paleo diet and did not want them to brush. To the surprise of all the researchers all had lower incidents of periodontitis than the control group (on a normal diet and brushing and flossing) and most had no sighs at all including plaque build up.

So the dental association has been suffering from the same disease that the medical association is: Have gum disease? Throw toothpaste and floss at it! Not working? You obviously aren’t using enough!

Periodontitis is a sign of inflammation--the last sign according to doctors not offering pills, toothpaste, or other standard solutions. It is a clear sign of a condition where your system is no longer digesting food properly. Thankfully for me, I found that British site that had the answers I’d looking for. Recently I even found a dentist, whose read that study!

### **Appendix III: Grain Free Solutions to Some Chronic Disorders:**

If you have symptoms of inflammation, Chron’s Disease, ulcerative colitis, or chronic IBS, Periodontitis, and even some with refractory constipation (me) and you are willing to change how you eat in the effort to improve your health, then follow these few steps (Most information was based in some way on Elaine Gottschell’s excellent and informative book, Breaking the Viscous Cycle):

If you are young (defined as teenager or young adult) as my children are, then going gluten free may correct your system over time and make you not only, healthy but also able to spot when you eaten something untoward. Even if this doesn’t, I found by starting gluten free, my progress in Elaine Gottschell’s program was faster when I eventually started the grain free solution.

Sugar also can cause inflammation, so watch you level of sugar intake. All my recipes

are low, no sugar or can be easily modified to be so. I use liquid stevia which is created with the herb and alcohol, and I do not react to it but others may. Also, some recipes I also include the 1 to 1 stevia mixtures but these are not grain free. It also seems to causes bloating in some people and may cause other symptoms.

I strongly believe we can also use the green leaf stevia which is a dried leaf and most pure but also the most bitter form. Stevia is a green tropical leaf you can grow indoors in the north. Its naturally 8 - 12 % sweet glucose vegetable form. Stevia extracts are sweeter than the leaf, 85 - 95 % glucose, however they are also sometimes bleached and bleached forms are not likely allowed. 3 to 4 tsps of green stevia (plus a touch of honey) or 1 tsp of stevia extract to 1 cup sugar in general except stevia extracts can very greatly in sweetness. So experiment to get the correct amount with liquids first.

The only sugars allowed in this diet are simple ones formed of glucose, fructose, and Galactose. These three are also found in honey, some vegetables and fruits as well as acceptable live aged yogurt forms and pure stevia.

For those eating high sugar before this, these recipes may seem not sweet enough. One solution I used long ago was to increase sugar to normal then I gradually lowered this until my family did not notice the lack of sugar. This is a far easier transition. In a few weeks and you find you no longer crave sugary foods and will find what you used to eat 'too sweet'.

Honey is allowed as a sweetener, preferably non pasteurized honey but even pasteurized honey can be used in a pinch. There is some sucrose (a double sugar) in pasteurized honey but people seem to be able to tolerate it anyway. Honey is slightly sweeter than sugar so keep this in mind as you use it. Saccharin is allowed and most claims against it have come back false. Still, I prefer Stevia because it natural plant based.

As for older people who've had symptoms all their life, or most of their life, these may need the grain-free diet. This is where I am presently, though only temporarily. As you heal, you can gradual bring food that are prohibited back, returning one at a time as your symptom improves and you return to normal (or learn what normal is).

Watch out for dairy, as it's the first thing to go when our digestive systems go ballistic, and often the last thing to come back. Still, take that last word to heart, if you became lactose sensitive later in life (lactose intolerance is genetic), if you were not born with it, you might get milk products back. I say might, because sadly, not everyone does. It depends on the extent of the damage done to your system before you changed your diet.

Certain dairy foods can often be tolerated by those with lactose sensitivity such as some yogurts, with a live culture. Yet this also must be aged at least 24 hour to



remove all lactate. The book I drew this info from, *Breaking the Vicious Cycle* states you cannot buy this and must make it. Perhaps back when this was written in 2004 but Chorbani original, non-fat Greek Yogurt is aged over 24 hours and can be bought so look for it if making your own yogurt is impractical. Its a huge time saver. I

Also low or no whey cheeses like mild and medium cheddar, Colby, Gruyere, Havarti, Swiss and dry curd cottage cheese or Farmer's cheese, can often be tolerated. These are in the grain free diet because most of the whey, which has most of the lactate, is removed in them. Colby melts well and thus can be a mozzarella substitute. It also can become cheddar like by adding salt. Gruyere is a kind of Swiss cheese that goes particularly well in salads, sandwiches and snacks. Farmer's cheese with added to yogurt becomes a good ricotta substitute or more added with salt makes cottage cheese and it works well in bread making. Watch sliced cheeses as these may contain other ingredients such as starch to stop cheese from sticking.

There are other cheeses that you can use periodically (but not often), like brick Parmesan, Gouda, Monterey (Jake) among others. I strongly suggest getting a copy of *Breaking the Vicious Cycle* by Elaine Gottschall B.A., M.S. ISBN-0-9692768-1-8. I say this only because the list I can reasonably include on nearly everything in this introduction is incomplete but especially as regards alternate cheeses that can be used once in a great while and why certain foods are not eaten. I include the web page at the end of this as well.

Potatoes, sweet potatoes, turnips and parsnips, and other starchy vegetables, nuts and seeds are out for the grain free diet...at least until you try to add them back in, once your body starts returning to normal. Almond meal is an exception not almond flour just yet. Even Wegmen's versions is simply blanched almond ground.

All recipes calling for almond flour can take almond meal. The texture will be a little less smooth but still fine. Still watch how much you eat of these breads made from them, as symptoms can return with too many nut based breads. Then other nuts and then the seeds (about two months later once symptoms are gone) return with ground flax coming in first.

All canned fruits and vegetables are not allowed. I can only guess why but likely its something added or some byproduct from canning. You can eat fresh tomatoes, but remove the skin first or cook them with skins on in a crock pot till them become sauce. A faster sauce can be made using bottled tomato juice (unprocessed with only salt added). Most vegetables and fruits should be cooked to help break down the fiber and make these more digestible.

Fruits and some vegetables can also ground up into a smoothie. Calcium is found, for Example, in leafy greens. Grinding spinach with a touch of lemon (spinach needs lemon to help us digest it) and romaine leaves, peeled and chopped avocado, another

fruit, green tea and yogurt makes a nice smoothie and is high in calcium.

Dry beans are allowed as is all meat and fish (but not processed meats like hot dogs and Sausage but there are exceptions I do not cover here). Still bean flour is not allowed, even though I include it in the basics section. This is because bean flour is made from dry beans that were never soaked. We can make our own bean flour by soaking beans over night, rinsing then cooking these. Once cooked we grind them up and reduce water in the bread recipe. Indeed, all beans (except lentils) should be treated the same way as to reduce the risk of flatulence.

All this is brief and incomplete explanation and most explanations are limited due to space and copyright laws. For more and better information please visit [www.breakingtheviciouscycle.info](http://www.breakingtheviciouscycle.info).