

Nutritional Frontiers

Customized Food Program

Gluten Free Recipes

Mock Oatmeal Bread (gluten free)

This loaf has the taste, texture and color of oatmeal bread with the addition of cinnamon and brown sugar. To crush the almonds, place in a plastic bag and crush with a rolling pin to the size of oatmeal

1 cup white rice flour	1 cup sliced almonds, crushed	3 eggs, beaten slightly
1 cup brown rice flour	1 ½ t. salt	1 ½ t. egg replacer (optional)
½ potato starch flour	1 ⅔ cups water	4 T. brown sugar
½ tapioca flour	4 T. butter, melted	1 T. dry yeast granules
2 ½ t. xanthan gum	1 t. vinegar	1 t. cinnamon
½ cup non-instant milk powder or nondairy substitute		

- Mix together the flours, xanthan gum, milk powder, salt, egg replacer (if used), and cinnamon. Stir in the almonds.
- Mix together the eggs, water (warm or cool as your bread maker's manual suggests), butter and vinegar.
- Measure sugar and yeast.
- Place the ingredients in the baking pan of your bread maker in the order suggested by your manual. Use the machine setting at medium crust.

Boston Brown Bread (gluten-free)

A baked bread that tastes like our old steamed brown bread – moist, heavy, sweet and delicious

1 cup brown rice flour	1 ½ t. salt
1 cup white rice flour	⅔ cup raisins
½ cup potato starch flour	3 eggs
½ cup tapioca flour	1 t. vinegar
½ cup cornmeal	⅔ cup molasses
3 t. xanthan gum	4 T. vegetable oil
½ cup (scant) dry buttermilk	1 ⅓ cup water
1 t. baking soda	2 T. brown sugar
1 ½ t. egg replacer (optional)	1 T. yeast

- Blend together the flours, xanthan gum, buttermilk powder, baking soda, egg replacer (if used), salt and raisins.
- Beat eggs slightly; add vinegar, molasses, oil and water (warm or cool, as your bread make's manual suggests). Blend thoroughly.
- Measure sugar and yeast
- Place the ingredients in the baking pan of the bread maker in the order suggested in your manual. Bake on regular bread setting on light or medium heat.

Pumpkin Cookies (gluten-free, dairy-free)

2 cups rice flour
1 cup pumpkin
2 t. baking powder

½ cup honey
1 t. vanilla

½ cup safflower oil or spectrum spread
1 t. lemon extract (optional)

- Preheat oven to 350°
- Mix honey, oil, vanilla, pumpkin and lemon extract together
- Mix rice flour and baking powder together
- Blend wet mix with dry to a drop cookie consistency
- Place dough onto a greased cookie sheet and flatten with a fork
- Bake for 20 minutes

Ginger Snaps (gluten-free, dairy free)

½ cup blackstrap molasses
½ cup soy or rice milk
1 t. allspice
1 cup gluten-free oat flour

3 T. oil
½ t. ginger
1 t. flax seed meal
2 t. baking powder

3 T. sucanat
1 t. cinnamon
1 cup rice flour

- Preheat oven to 400°
- Mix molasses, oil, sucanat, rice milk, spices and flax seed meal together
- Mix flours and baking powder together
- Mix the wet ingredients with the dry
- Drop dough onto greased cookie sheet
- Bake for 15 minutes

Ginger Carrot Breakfast Cookies (gluten-free, dairy free)

¾ cup rolled gluten-free oats
2 cups cooked millet
1 t. vanilla
½ cup water

½ cup oat gluten-free flour
1 ½ T. safflower oil
1 t. finely grated ginger
1 T. poppy seeds or sunflower seeds

¼ cup brown rice flour
1 cup shredded carrot
¼ t. sea salt

- Preheat oven to 350°
- Mix all ingredients together to make a moist (not mushy) dough
- Shape into cookies on a greased cookie sheet
- Bake for 30 minutes

Buckwheat Breakfast Bake (gluten-free, dairy free)

½ cup raisins	1 cup buckwheat flour	½ cup prunes, chopped
¾ cup arrowroot powder	½ cup dried apricots, chopped	1 t. baking soda
1 ⅔ cups water	1 t. cinnamon	¼ cup oil
½ t. allspice	2 T. lemon juice	1/8 t. salt
½ cup chopped walnuts		

- Preheat oven 375°
- Combine water and dried fruits in a saucepan. Bring to a boil and then let simmer for about ten minutes. Let cool a bit, then add oil and lemon juice. (For a smoother cake, blend these ingredients in a blender until smooth).
- Sift the dry ingredients into a medium sized bowl. Add the liquid ingredient and mix well. Stir in the chopped walnuts.
- Spread into an oiled pie dish or a 9" square baking pan. Bake approximately 25 minutes, or until the top of the cake springs back.

No-Wheat Pie Crust (gluten-free, dairy free)

1 cup gluten-free oat flour	2 T. oil (walnut oil is great)	1 cup brown rice flour
⅔ cup water	¼ t. salt	1 T. honey

- Preheat oven 350°
- Combine the dry ingredients in a bowl. Add sweetener and oil and stir. Then add the water and stir well.
- Press the mixture into an oiled pie dish, pressing from the center outward to the edges. The crust will be fairly thin.
- Prebake the crust for 10-15 minutes. Let cool before adding the filling.

Very Blueberry Muffins (gluten-free, dairy free)

⅓ cup light oil	1 ½ cup brown rice flour	⅓ cup honey
1 t. baking powder	1 egg or substitute	½ t. salt
⅓ cup orange juice	⅔ cup blueberries	½ t. grated orange rind

- Mix oil, honey, egg and orange juice.
- Sift in the flour, baking powder and salt. Add orange rind. Mix until just blended. Add blueberries.
- Spoon batter into greased muffin tins, about ⅔ full.
- Bake for approximately 20 minutes or until golden brown.

Peanut Lover's Cookies (gluten-free, dairy free)

1 ½ cups unsalted peanuts
½ cup natural peanut butter
½ t. baking soda

⅓ cup maple syrup
¼ t. salt
1 egg or egg substitute

⅔ cup arrowroot powder
¼ cup oil

- Preheat oven 350°
- Grind the peanut in a blender, until well ground. Mix with the arrowroot powder, salt and baking soda in a bowl.
- In a blender, mix maple syrup, peanut butter, oil and egg or egg substitute until smooth and well blended. Add to dry mixture and mix well. Chill for at least an hour.
- Form small balls out of the chilled dough, then roll them in the chopped nuts, if desired. Place on a greased cookie sheet and flatten them with a water-dipped fork.
- Bake for 20 minutes or until the underside of the cookie is golden brown.
- Almond lover's cookies – follow the recipe above, but substitute the word almond wherever the word "peanut" appears.

Tofu carrot/apple muffins (gluten-free, dairy free)

3 cups brown rice flour
1 lb. grated carrot and apple
2 t. cinnamon
1 T. vanilla

8 oz. tofu
1 t. baking soda
1 cup honey
¼ cup lemon juice

2 t. baking powder
¾ cup oil
1 t. salt
¼ cup orange juice concentrate

- Preheat oven 325°
- Beat tofu, grated carrot and apple, oil, honey, vanilla, orange juice concentrate and lemon juice together.
- Mix dry ingredients into wet just before baking
- Heap batter high into muffin tins
- Bake 35 minutes – midway into baking cover muffins with foil to prevent browning.
- Let muffins cool in pans

Banana Bread (gluten-free, dairy free)

1 cup rice flour
2 t. baking powder
¾ cup honey

2 T. tapioca
4 T. oil
pinch of salt

2 medium bananas
½ cup millet, sorghum, or coconut flour
2 eggs or egg replacer

- Preheat oven to 350°
- Mix wet ingredients together
- Add flours, tapioca and baking powder
- Combine wet ingredients with dry ingredients until just blended.
- Bake 1 hour

Gluten-Free Pizza Crust

Oat Pizza Crust

¼ cup tomato puree
1 cup dry oats (gluten-free)

- Combine ingredients
- Pat into an oiled pan
- Bake 15 minutes
- Add toppings
- Bake with toppings

Polenta Pizza Crust

¾ cup boiling water
¼ cup polenta
¼ cup cold water
¼ t. salt

- Combine polenta, cold water and salt – whisk into boiling water
- Stir until thick
- Pour into oiled pan, shaping polenta
- Cool in freezer or refrigerator until firm
- Brush with olive oil and add toppings and bake

Macaroni & Cheese (gluten-free, dairy free)

½ lb. rice, corn, or quinoa pasta – cooked
¾ cup rice flour
salt, pepper and garlic powder to taste

¾ cup Earth Balance or Spectrum spread
3 cup unsweetened rice milk

- Melt spectrum spread, whisk in flour
- Gradually add milk – cover
- Stir often while sauce thickens
- Add seasonings and pasta
- Mix together and put into a prepared baking dish
- Bake 350° for 30 minutes (check @ 20 minutes)

Nut Loaf (gluten-free, dairy free)

2 ½ cups walnuts (finely chopped)
½ cup tofu
2 T. nutritional yeast
1 ½ cups dry oats (gluten-free)
½ cup oil
¼ cup sesame seeds
salt and pepper to taste

¼ cup onions (finely chopped)
1 ½ cups cooked rice
¼ cup water
1 T. minced garlic/powder
½ cup rice flour
2 T. tamari
1 t. dried parsley

- Combine walnuts, rice, oats, flour, seeds, onion, yeast, garlic, thyme, salt, pepper and parsley
- Blend tofu, water, oil and tamari together and add to above mixture
- Mix together and put mixture in a loaf pan
- Bake 350° for approximately 1 hr

Vegan Cornbread (gluten-free, dairy free)

1 1/3 cup yellow cornmeal	2 T. plus 2 tsp. (8 tsp.) sugar	1 t. salt
2 t. baking powder	1/2 t. baking soda	another 2/3 cup cornmeal
1 T. ground flaxseed	2/3 cup boiling water	
1 T. lemon juice plus nut or soy milk to make 2 cups		
2 T. melted Earth Balance (or Organic Smart Balance)		

- Preheat the oven to 425 degrees F.
- Mix together the first cornmeal, sugar, salt, baking powder, and soda in a medium bowl.
- In another bowl mix together the 2/3 cup cornmeal and the boiling water and stir well. Stir in the lemon juice/soymilk mixture, flaxseed and melted EB.
- Pour this into the dry mixture and mix briefly. Pour into a well-greased 9" square baking pan.
- Bake for 25 minutes or until it tests done and is crusty on top.

Creamy Gravy (gluten-free, dairy free)

1/3 cup Spectrum or Earth Balance spread	1/3 cup rice flour or millet flour
2 cups plain soy, rice, or almond milk	salt, pepper, sage, thyme and Marjoram to taste

- Melt spectrum spread over medium-low heat
- Stir in flour
- Add milk gradually while whisking
- Season to taste

Brownies (gluten free)

1 cup water	1 t. vanilla	1/2 cup Earth Balance
1 cup sugar	1/2 cup cream of rice	3 T. unsweetened cocoa
1 t. baking powder	1 egg	1/4 cup walnuts (optional)

- In a medium saucepan, heat the water and butter substitute to a boil. Sprinkle in the cereal. Cook for 1 minute. Remove the pan from the heat, cover it, and let it sit for 4 minutes. Stir in the egg and vanilla.
- In a medium bowl, combine the sugar, cocoa and baking powder. Stir in the cereal mixture until well blended. Stir in the nuts, if used. Spread the mixture evenly in a greased 8X8X2 inch baking pan. Bake at 350° for 40-50 minutes. Cool and cut. (This recipe can be doubled and baked in a 9X13 pan).

Rice Waffles (gluten-free, dairy free)

2 cups rice flour	4 t. baking powder	1 T. maple syrup
2 cups rice or soy milk	3 T. oil	

- Sift the dry ingredients together
- Add the milk and oil gradually, stirring the mixture until smooth
- Bake on a hot oiled waffle iron

Rice pancakes (gluten-free, dairy free)

½ cup ground cashews	1 ½ cups amaranth, quinoa or rice flour
1 t. baking powder	¼ t. salt
1 T. maple syrup	1 ¼ cup water
2 T. oil	

- *Combine dry ingredients, mix well*
- *Combine liquid ingredients in a small bowl, mix well and stir into dry ingredients*
- *Cook pancakes on a preheated, non-stick pan*
- *As batter thickens, add water, a tablespoon at a time to keep cakes thin*

Gluten-Free Toll House Cookies (gluten-free)

1 cup butter (2 sticks)	½ cup brown sugar	1 cup granulated sugar
2 eggs	1 t. vanilla	1 ½ cups brown rice flour
½ cup potato flour (not potato starch flour)	1 t. salt	1 t. baking soda
chopped nuts and/or coconut optional	1 pkg. chocolate chips	

- *Cream butter, sugars, eggs and vanilla together*
- *Mix in dry ingredients, then chocolate chips and optional items if you choose*
- *Drop by the rounded teaspoon onto ungreased cookie sheets*
- *Bake 350° for approximately 12 minutes until lightly browned*

Really Easy Peanut Butter Cookies (gluten-free)

2 cups peanut butter	2 cups sugar	1 T. vanilla	1 egg
----------------------	--------------	--------------	-------

- *Mix ingredients together*
- *Roll batter into balls and press flat with a fork*
- *Bake 350° for approximately 10 minutes*

Grains served with a salad and/or cooked vegetables can be considered a complete and nutritious meal. With the exception of the Quinoa Salad, the recipes below follow the rules of proper food combining when served this way. Most of these recipes store well in the refrigerator for up to one week and are easily re-heated by placing a serving in a covered saucepan with ¼ cup of water.

Rice Pilaf

1½ cups sliced mushrooms	1 large onion, coarsely chopped	1 cup brown rice
¼ cup wild rice	2 finely chopped garlic cloves	1 t. wheat-free tamari soy sauce
1½ cups water with: ½ t. thyme + ½ t. sage + ½ t. cumin		

- *Combine all ingredients in saucepan. Stir well, cook 45 minutes over low heat (or until rice is tender and water absorbed).*
- *Makes 10 servings*

Amazing Amaranth Pancakes

1 beaten egg	¼ cup apple juice (or other sweet juice)	¼ t. cinnamon
1 tsp. sunflower oil (or flax oil)	¼ t. baking powder (wheat free)	¼ cup amaranth flour
¼ cup tapioca flour	3 T. arrowroot flour	⅛ t. sea salt

- *Lightly oil frying pan with sesame oil and get medium hot. Beat wet ingredients together. Mix in dry ingredients one at a time and beat well. Pancakes cook quickly, so keep pan hot and watch carefully. Re-oil pan with paper towel before each batch.*
- *Makes (10) 3-inch pancakes*

Nutty Quinoa Salad

1 cup quinoa	2 cups water	½ cup raisins
¼ cup flax oil and sesame oil mixed	1 green onion, sliced	½ cup almonds, chopped
1 orange, peeled and chopped	2 T. mint leaves, chopped	2 t. grated organic orange peel

- *Combine quinoa and water in large saucepan and bring to boil. Reduce heat, cover and simmer 10 minutes. Add raisins and continue cooking until liquid is absorbed. Put in large bowl or spread on cookie sheet and let cool. Add remaining ingredients and toss gently.*
- *Makes 4-6 servings*

Black-Eyed Pea Loaf

2 cups black-eyed peas, cooked	2 cups water	1 large onion
2 t. mixed herbs of choice	⅓ cup millet	1½ cups corn meal

- *Blend first five ingredients in blender. Mix with corn meal. Bake in loaf pan at 350 degrees for 1-1.5 hours.*

Paella Garbanzos

2 cups brown rice	4.5 cups boiling water	1 cup cooked garbanzo beans
2 carrots, sliced thin	1 large onion, minced	

- *Fry uncooked rice in heavy, ungreased skillet until brown and popping. Sauté onion and carrots in a little water for 3 minutes. Put all ingredients into boiling water and boil 30 minutes. Put paella into casserole dish, cover and bake at 350 for 1 hour (uncover last 5 min).*
- *Makes 6-8 servings*

