

FIXATE RECIPES

GAZPACHO

Serves: 4 (approx. 1 cup each)

GF VG




Total Time: 15 min.

Prep Time: 15 min.

Cooking Time: None

4 cups chopped Roma tomatoes, seeds removed (approx. 6 medium)
 1 cup chopped English cucumber, seeds removed (approx. ¼ medium)
 1 cup chopped green bell peppers (approx. 1½ medium)
 ½ cup chopped red onion (approx. ⅔ medium)
 2 cloves garlic
 2 Tbsp. + 2 tsp. extra-virgin olive oil
 2 Tbsp. sherry vinegar (or red wine vinegar or cider vinegar)
 1 tsp. sea salt (or Himalayan salt)
 ½ tsp. ground black pepper
 ½ tsp. ground cumin
 2 slices **Gluten-Free Fresh Bread** (see separate recipe for **Gluten-Free Fresh Bread**), chopped




1. Add tomatoes, cucumber, bell peppers, onion, garlic, oil, vinegar, salt, pepper, and cumin to blender; cover. Blend on high until smooth.
2. Add bread; blend again until smooth.
3. Chill before serving.


RECIPE NOTE: You can make this recipe vegan by using vegan gluten-free bread. Containers would be  1½  ½ and  2

Nutritional Information (per serving):

Calories:	178	Cholesterol:	0 mg	Fiber:	4 g
Total Fat:	11 g	Sodium:	710 mg	Sugars:	8 g
Saturated Fat:	2 g	Carbohydrates:	20 g	Protein:	3 g

Container Equivalents (per serving)

 1½  ½  2

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



GLUTEN-FREE FRESH BREAD^o

SERVES: 10 (1 slice each) **Prep Time:** 5 to 10 min. (+ 30 min. rising) **Cooking Time:** 1 hr. 10 min.

CONTAINER EQUIVALENTS (per serving): 1



- 2** large eggs, lightly beaten
- 1½ cups** warm water
- 1 tsp.** apple cider vinegar
- 2 cups** gluten-free all-purpose flour
- 2½ tsp.** xanthan gum
- 1 tsp.** sea salt (or Himalayan salt)
- 2 tsp.** instant yeast

Special Equipment:

Nonstick cooking spray

- 1.** Preheat oven to 400° F.
- 2.** Lightly coat 2 lb. loaf pan with spray. Set aside.
- 3.** Combine eggs, water, and vinegar in a medium bowl; whisk to blend. Set aside.
- 4.** Place flour, xanthan gum, salt, and yeast in food processor; pulse to blend.
- 5.** With food processor running, add egg mixture to flour mixture; process for 5 minutes.
- 6.** Add batter to prepared pan; smooth top with spatula. Cover and allow to rise for 30 minutes.
- 7.** Uncover pan. Bake for 35 minutes. Decrease oven temperature to 350° F. Bake an additional 30 to 35 minutes, or until golden brown.
- 8.** Remove from oven, cool 5 minutes in pan, then turn loaf out of pan onto cooling rack; allow to cool completely before slicing.

RECIPE NOTE:

Water should be between 110 and 115° F. If it is hotter it can kill the yeast.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 97 Total Fat: 2 g Saturated Fat: 0 g Cholesterol: 37 mg Sodium: 263 mg Carbohydrates: 18 g Fiber: 3 g Sugars: 1 g Protein: 4 g

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