

For My Gluten Free Missionary

Adriana Reeve

Preface

Our gluten free journey began in 2013 when my oldest son was about 7 years old and I took him to a well check up. The doctor told me that he had hardly grown in the last year (he was the shortest child in his class and his younger brother was taller than him at this point). The doctor told me that it was nothing to worry about and that when he hit puberty he would grow. I was worried and didn't feel settled about the doctor's response.

In 2015 my 4th son (3 years old) began waking up at night, complaining of his legs hurting every few hours. Other health concerns began to show up as well: struggling to breathe at night (Asthma-like symptoms), legs and hands hurting, scratching his legs until he bled (eczema), etc... One night he was having such a hard time breathing we had to take him to the ER. He was diagnosed with Asthma and we began doing breathing treatments soon after. I never felt good about any of these solutions and I began to ask God for answers.

In 2016 my oldest son (now 10 years old) was still the shortest in his class. At this time he was also complaining about diarrhea and he hated bread (perhaps because he knew how it made him feel). When I took him to his 10 year old well check up, he told the doctor his stomach hurt when he went to the bathroom (something he had never mentioned to me before). When they measured him, they told us he had hardly grown that year and was definitely not growing like my other children were. This time I asked the Doctor for answers (something other than puberty). Even though the doctor was reluctant to allow it, I asked for my son to be tested. I didn't know what he needed to be tested for but I knew something was not right. When the test results came back, the doctor told me that my son had Celiac Disease. I had no idea what that was at this point but I began to research it. Right away, I knew that my younger son had the same thing.

Our entire family was tested except for my husband and sure enough, my 4th son was also diagnosed with Celiac Disease. Something that I was not expecting was my diagnosis. I also had Celiac. I had no idea I had anything. I had always struggled with anxiety, fatigue, headaches and they had gotten worse after my 5th baby. After my 4th and 5th babies I also struggled with IBS and assumed it was caused by my pregnancies.

To be able to truly diagnosis our boys, the Doctor told us that our boys needed to have an intestinal endoscopy, a small surgery where a camera goes down their throat to take pictures of their intestines. The pictures showed the damage that had been caused because of gluten. The picture of my oldest son's small intestine showed the villi that lined his small intestine sorely damaged to the point where he hardly had any. Because the villi aid in absorbing nutrients, my son was not receiving the nutrients he was needing.

Once the doctor told me that the only effective treatment for Celiac Disease was a strict lifelong gluten-free diet, I was depressed. I felt overwhelmed by the thought of having to change what we ate and watch everything we put into our mouths. I had no idea where to start and I felt alone. I prayed a lot.

After reading numerous books and talking to many people I realized that our gut health had everything to do with our Celiac diagnosis. I learned that we needed to change our eating habits more than just taking gluten out of our diets. We needed to also lessen the amount of sugar we ate, include more vegetables, include bone marrow broth, and watch our blood sugar by eating proteins combined with healthy carbohydrates every time we put something into our mouths.

I know that everyone's journey is individual and life is not one size fits all. I also know that after making these dietary changes, we noticed big changes in our family. We call it a miracle. I had more energy, my headaches went away (as long as I stayed away from gluten), and I felt mentally healthier. My oldest son grew 4 inches in one year and is still growing! My 4th son sleeps through the night, no longer has Asthma and his eczema has gone away. And something that I was not expecting is that we don't get sick as often as we used to. I haven't taken a child to the doctor's office for an infection since 2016. I don't call that a coincidence. The journey is not over and we are still learning how to improve our gut health. We still enjoy treats like everyone else but I know that the changes we have made to our diets has improved our overall health. Life is so much better, believe me.

I decided to create this cookbook for my oldest son (and hopefully my other children as well) who will one day serve a mission for the Church of Jesus Christ of Latter Day Saints. I hope it will be a valuable tool he

can turn to as he learns to cook for himself and others. This cookbook has come from years of researching recipes, finding ones that even my husband (not gluten free) likes, and ones that are healthier or can be modified to include healthier options.

I hope it can be a help for many others who are going through a gluten free journey at this time. I know God can help you like He did me.

Please contact me if you ever need help along your journey: adriandgreg@gmail.com

Update: After 3 years of eating gluten-free and changing my eating habits I no longer get headaches if I eat a little gluten. This does not mean I will begin eating gluten again, I just know that my gut is healing and life is better!

Adriana Reeve
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Flour

Gluten Free Flour

Ingredients

- 6 cups (32 ounces) any mix of brown rice, millet or oat flour (you can use just one or all- I like to use all)
- 2 cups (10 3/4 ounces) potato starch
- 1 cup (4 ounces) tapioca starch
- 1 Tbsp. xanthum gum

Instructions

1. Mix thoroughly and keep in the refrigerator.
2. You can use this flour as a substitute for anything.

Breads

Banana Bread (sugar free)

Ingredients

- 2 cups gluten free flour recipe (see pg.
- 2 tsp. xanthum gum
- 4-5 very ripe bananas, mashed (1½ cups)
- ½ cup maple syrup
- ¼ cup butter, softened
- 2 eggs
- 2 tablespoons milk
- ½ teaspoon vanilla
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½-1 cup chocolate chips (optional)
- Brown sugar and cinnamon (if you want to sprinkle on top before you cook)

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan, set aside.
2. In a large bowl, combine flour, baking soda, baking powder, and salt, set aside. In a separate bowl, cream together butter and maple syrup. Stir in eggs, milk, vanilla, and mashed bananas until well blended. Stir banana mixture and chocolate chips into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
3. Bake in preheated oven for 50 to 55 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for at least minutes, then turn out onto a wire rack. Slice and serve warm!

Blender Zucchini Bread

Ingredients

- 1 cup neutral oil such as avocado or canola
- 3 large eggs
- 1 T vanilla extract
- About 3 cups largely chopped zucchini
- 2 cups sugar
- 3 cups flour mix
- 2 tsp Xanthan Gum (omit if flour mix already contains xanthan)
- 1 tsp salt
- 1 tsp Baking Powder
- 2 tsp Baking Soda
- 1 1/2 tsp cinnamon

Chocolate Zucchini Bread

- 2-4 T cocoa powder
- 1 1/2 cups mini chocolate chips
- additional 1/2 tsp baking soda

Instructions

1. Blend oil, eggs, vanilla and 2 1/2 cups zucchini together in a blender until you have 4 cups mixture. Add more zucchini if needed to reach the 4 cups.
2. Add remaining ingredients and blend until smooth.
3. Spray loaf pans (8 mini or 2 regular, or any combination) fairly heavily with cooking spray, or grease generously with oil.
4. Pour batter into pans.
5. Preheat oven to 350 (letting batter sit while you preheat oven eliminates any gritty texture).
6. Bake large loaves for 35-40 minutes, mini loaves 17-22 minutes, until toothpick inserted in center comes out clean. Be careful not to over bake, as they could become dry.
7. Let cool in pans for 10 minutes before removing to cooling rack.
8. Store in plastic bags in fridge up to 7 days, counter up to 4. or wrap in foil and place in freezer bag and freeze. Thaw at room temperature, in the fridge, or in 325 degree oven until warm.

Bread Machine Rolls

Ingredients

- 1 c. water
- 1/4 c almond milk (or rice or coconut milk)
- 1 egg
- 1 t. apple cider vinegar
- 4 T olive oil
- 4 T honey
- 1 t Salt
- 2 c. GF flour
- 1 c. tapioca flour
- 1/4 c. Potato starch
- 1 t. psyllium husk
- 2 t. SAF yeast
- 1 t. xanthan gum

Instructions

1. Put all ingredients in the bread maker.
2. Choose the dough setting (it takes about 1.5 hours).
3. Leave it rising in the bread maker for 1 hour.
4. Use two spoons to put the dough into a 12-cup muffin pan (no liners).
5. Bake for 20 minutes at 350 degrees. Let cool. Use a plastic knife to remove the rolls. Yum!

Buttermilk biscuits

Ingredients

- 2 cups gluten-free flour blend (see notes)
- 1 teaspoon xanthan gum (omit if your flour blend contains it)
- 1 teaspoon (6 g) fine sea salt
- 1 tablespoon (12 g) baking powder
- ½ teaspoon (3 g) baking soda
- 6 tablespoons (87 g) unsalted butter, cubed and very cold
- ¾ cup (188 ml) buttermilk, cold + 1 tablespoon, divided

Instructions

1. Preheat oven to 425 degrees and grease a baking sheet or line it with a silicone baking mat or parchment paper.
2. Add the gluten-free flour, xanthan gum, salt, baking powder, and baking soda to a large bowl and whisk together.
3. Add the cubed butter and cut in with a pastry cutter or two forks until it resembles coarse crumbs.
4. Stir in ¾ cup buttermilk and mix until just combined.
5. Turn the dough out onto a floured surface and pat into a rectangle. Fold the rectangle into 3rds and turn the dough a half turn. Then flatten into a rectangle until the dough is about a ½-¾ inch thick.
6. Cut the dough with a 2 ½ inch biscuit cutter and place the biscuits on the prepared baking sheet, the edges of the biscuits should be touching.
7. Re-roll the dough as needed (by stacking the scraps and flattening). If using a 2-inch biscuit cutter there will be about 12 biscuits total.
8. Refrigerate the biscuits at least 30 minutes to ensure that the butter stays nice and cold. This is especially important if your house/kitchen is warm and humid.
9. Brush the tops of the biscuits with the remaining 1 tablespoon of buttermilk then bake for 12-15 minutes or until the biscuits are browned and baked through.

Corn Bread

Ingredients

- 1 cup flour (GF)(with xanthin gum)
- 1 cup cornmeal
- 2/3 cup sugar
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 egg (or powdered egg)
- 1 cup milk (or powdered milk)
- 1/3 cup oil

Instructions

1. Mix dry ingredients together in large bowl.
2. Mix wet ingredients in another bowl; then combine with dry and stir till combined.
3. Pour into ungreased 8x8" pan and bake 20-25 min at 400°F.

Pumpkin Bread

Ingredients

- 1/2 cup butter, softened
- 2 1/4 cups maple syrup (or another sugar if you want)
- 3 eggs
- 3 cups GF flour
- 3 tsp. Xanthum gum
- 1 tablespoon baking powder
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground cloves
- 1 1/2 teaspoons ground nutmeg
- 1 (16 ounce) can solid pack pumpkin

Instructions

1. In a mixing bowl, cream butter and syrup or sugar.
2. Add eggs; mix well.
3. Combine dry ingredients; stir into creamed mixture just until moistened.
4. Stir in pumpkin.
5. Pour into two greased 9-in. x 5-in. x 3-in. loaf pans.
6. Bake at 350 degrees F for 1 hour or until bread tests done.

Sandwich Bread (Bread Machine recipe)

Ingredients

Dry Ingredients

- 3½ cups of gluten free self raising flour (I use the Orgran brand)
- 2 tablespoons of sugar
- 1 tablespoon of xanthan gum
- 1 teaspoon of salt
- 1 sachet (7 grams) of dried yeast

Wet Ingredients

- 1½ cups of almond milk (or milk of your choice)
- ¼ cup of olive oil
- 3 eggs - medium
- 1 teaspoon of white vinegar

Instructions

1. Mix all the dry ingredients together in a bowl.
2. In another bowl, mix all the wet ingredients until blended.
3. Place the wet ingredients into the pan of the bread machine.
4. Spoon in the dry ingredients on top of the wet ones.
5. Mix the dry and wet together slightly in the bread pan.
6. Turn on the bread machine and bake on the basic setting. (My machine takes 3 hours and 5 minutes.)
7. When the bread has finished cooking leave the bread in the bread pan for 15 mins and then turn out and let it cool.

Breakfast

Apple Cider Donuts

Ingredients

Donuts

- 1 1/2 cups (210 g) all purpose gluten free flour (I used Better Batter)
- 1/2 teaspoon xanthan gum (omit if your blend already contains it)
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/4 teaspoon cream of tartar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon freshly grated nutmeg
- 3/4 cup (150 g) granulated sugar
- 6 tablespoons (84 g) unsalted butter, at room temperature
- 2 eggs (100 g, weighed out of shell) at room temperature, beaten
- 3/4 cup (6 fluid ounces) apple cider

Topping

- 1/3 cup (67 g) granulated sugar
- 1 teaspoon ground cinnamon

Instructions

1. Preheat your oven to 325°F. Grease a standard donut pan and set it aside. See the post for a discussion of donut pans.
2. In a large bowl, place the flour, xanthan gum, baking powder, baking soda, salt, cream of tartar, 1 teaspoon ground cinnamon, nutmeg, and 3/4 cup granulated sugar, and whisk to combine well. Create a well in the center of the flour mixture, and add the butter, eggs, and cider, and mix to combine. The batter will be very soft.
3. Transfer the batter to a piping bag fitted with a plain tip or to a squeeze bottle. Squeeze the batter into the prepared doughnut wells until they are each about 3/4 of the way full. Shake the pan back and forth horizontally until the batter is in an even layer in each well. Place in the center of the preheated oven and bake until the tops of the donuts spring back when pressed gently (about 12 minutes). The underside will be browned, but the tops will still be relatively pale. Remove the pan from the oven and allow the donuts to cool for about 3 minutes, or until they are no longer too hot to touch.
4. While the donuts cool slightly, place the cinnamon sugar topping ingredients into a small bowl. Gently remove the slightly cooled (but still warm) donuts from the doughnut pan with your fingertips and turn them around in the cinnamon sugar until they are well-coated on all sides. Place the finished donuts on a clean sheet of parchment paper. Serve immediately, or at least within a day or two stored uncovered at room temperature. Freeze any remaining leftovers in a sealed, freezer-safe container.
5. Originally published on the blog in 2012. Images mostly new, video new, recipe tweaked only slightly.

Bacon

Bacon is gluten free.

How do you make a food taste better? Wrap it in bacon!

Breakfast Burritos

Ingredients

- Oil Spray
- Corn tortillas
- 1 TBS of olive oil
- Eggs (1 egg per burrito)
- Salt and pepper
- Shredded Cheese
- Meat (optional: breakfast sausage, chorizo, etc...)
- Salsa

Instructions

1. Heat a frying pan and spray with oil spray.
2. Cook tortillas just until light brown on both sides and remove (keeping warm).
3. Heat on another frying pan 1 TBS olive oil.
4. Crack eggs into the pan.
5. Let the eggs cook a little before breaking the yolk.
6. Add salt and pepper.
7. Mix the eggs to scramble. Do not over cook.
8. Place scrambled eggs (and cooked meat) over the tortilla and add shredded cheese.
9. Roll and eat with your favorite salsa.

Buttermilk pancakes

Ingredients

- 3 large eggs
- 1 cup milk
- 3/4 cup buttermilk
- 1/4 cup Maple syrup or sugar
- 1 tsp gluten free vanilla
- 2 cups gluten free flour (I used Bob's Red Mill 1:1)
- 1 T baking powder
- tsp salt
- 1/2 tsp baking soda
- 1/3 cup butter, melted

Instructions

1. In a medium-large bowl, whisk eggs until smooth.
2. Add milk, buttermilk, sugar, and vanilla and whisk.
3. Add flour (remember to stir, scoop, and level as mentioned in the blog post), baking powder, and baking soda. and stir or whisk just until combined. Batter will be a little thick.
4. Add melted butter and whisk just until combined.
5. Overmixing pancake batter can cause flat/tough pancakes, so only stir as much as you need to!
6. Preheat griddle between 300/325.
7. Pour batter onto griddle and cook until the tops are bubbly and bubbles start to pop. The bottoms should be a light golden brown.
8. Flip pancakes and cook for another 30 seconds or so, until the other side is a light golden brown and the pancake is set.
9. Serve pancakes with your favorite toppings. We love to enjoy these gluten free pancakes with home-made buttermilk syrup.

Cereal with Milk

Ingredients

- Chex
- Cheerios
- Malt O Meal Rice Krispies
- Fruity or Chocolate Pebbles
- milk
- bowl
- spoon

Instructions

1. Choose a cereal to eat
2. Pour the cereal in the bowl
3. Pour milk into the bowl
4. Use spoon to eat
5. Enjoy!

Chocolate Chip Muffins

Ingredients

- 2 cups gluten free flour
- 1 cup maple syrup (or brown sugar)
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon xanthan gum
- 2 extra large eggs
- 1/2 cup milk
- 1/2 cup melted butter (real butter) or coconut oil
- 2 teaspoons pure vanilla extract (gluten free)
- 1 cup chocolate chips

Substitutes for chocolate chips

- 1 cup blueberries (fresh or frozen)
- 1 1/2 tsp cinnamon
- 1 cup applesauce
- 1 cup strawberries

Instructions

1. Preheat the oven to 400 degrees.
2. Spray the cups of a 12 cup muffin tin with gluten free cooking spray or line with paper liners. (I like to use oil instead of cooking spray)
3. Whisk the flour, sugar, baking powder, salt and xanthan gum together in a large bowl.
4. Add eggs, milk, butter and vanilla and whisk until smooth.
5. Fold in chocolate chips, do not overmix.
6. Fill each muffin cup slightly more than half way.
7. Optional - Sprinkle each with 1 teaspoon turbinado sugar.
8. Bake 15-18 minutes, or until a toothpick inserted in the middle of the muffin comes out clean.
9. Serve warm with butter!

Cinnamon Rolls

Ingredients

Dough

- 2/3 cup milk
- 1 tablespoon butter
- 1 packet (7 g) yeast
- 1/4 cup granulated sugar
- 1/2 cup (83 g) potato starch
- 3/4 cup (80 g) brown rice flour (or Gluten Free Flour recipe)
- 1/4 cup (34 g) tapioca starch plus more for flouring your surface
- 1/2 teaspoon baking soda
- 1 1/2 teaspoon xanthan gum
- 2 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 large egg
- 1/4 cup olive oil
- 1/2 teaspoon vanilla
- good quality plastic wrap for rolling out (and up!) the dough

Filling

- 1/3 cup butter, softened
- 1/2 cup brown sugar
- 1 tablespoon cinnamon

Frosting

- 3 tablespoons butter, softened
- 2 tablespoons cream cheese, softened
- 3/4 cup powdered sugar
- 1/2 teaspoon vanilla
- dash of salt

Instructions

1. Preheat oven to 350 degrees. Grease and lightly flour a pie plate.

Dough

1. Combine yeast and sugar in large mixing bowl.
2. Microwave milk and 1 tablespoon butter to approximately 110-115 degrees. Whisk into yeast mixture and set aside to proof.
3. Meanwhile in small bowl whisk together potato starch, brown rice flour, tapioca starch, baking soda, xanthan gum, baking powder, and 1/2 teaspoon salt.
4. Once yeast is proofed add in egg, oil, and 1/2 teaspoon vanilla. Mix for a moment and then slowly add in the flour mixture. Turn the mixer up to medium-high and beat for 1 1/2 minutes - beating long enough is essential, GF flours are "thirsty," the dough will thicken & lose its stickiness as you beat it.
5. Roll out the dough: this is a sticky dough that you'll want to roll out to approximately a 13" x 10" rectangle. What I have found works best is covering my work surface with a good quality plastic wrap and then a light layer of tapioca starch. I place my dough in the center and cover with a bit more tapioca starch and another sheet (or two) of plastic wrap. Roll out to the needed size and then carefully peel off the top layer of plastic wrap.

6. Using a knife or spatula gently spread the cup softened butter over the dough evenly leaving ½” space around the edges.

Filling

1. In a small bowl combine brown sugar & cinnamon. Sprinkle evenly over dough.
2. To roll your dough: start on one of the shorter sides and gently begin rolling your dough into a log form. Use the plastic wrap to help you “lift and roll” the dough as you go along. Try to make it a nice tight roll, however do not try to unroll it and re-do it. You’ll end up with a sticky mess.
3. Sprinkle lightly with tapioca starch again. Dip a sharp knife into tapioca starch then cut the rolls into 8 pieces.
4. Place the rolls, cut side down, in the prepared pie plate. Cover with plastic wrap and a towel, place in a warm spot, and let them rise for 15 minutes.
5. Bake 14-16 minutes until tops are golden brown.

Icing

1. Meanwhile, in mixing bowl, beat 3 tablespoons softened butter, cream cheese, and powdered sugar until smooth. Beat in vanilla and a dash of salt.
2. Drizzle over the tops of cinnamon rolls as soon as they come out of the oven.

Notes

Night before preparation: Once the rolls are in the pie plate, cover with plastic wrap and place in the fridge. In the morning set them out for at least 25 minutes before baking.

Cinnamon Sugar Donuts

Ingredients

- 1 cup gluten-free flour blend
- 1/3 cup brown sugar, packed
- 1 teaspoon gluten-free baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 large egg
- 1 teaspoon gluten-free vanilla
- 1/4 cup + 2 tablespoons avocado oil (or oil of choice)
- 1/4 cup + 2 tablespoons dairy-free milk
- 1 teaspoon white vinegar
- 1/4 cup granulated sugar
- 1 teaspoon cinnamon

Instructions

1. In a separate small mixing bowl, combine the sugar and cinnamon for the coating.
2. Preheat oven to 425°F. Grease one six-serving donut pan; set aside.
3. In a large mixing bowl, mix the flour, brown sugar, baking powder, cinnamon, and salt.
4. In a separate small mixing bowl, whisk the egg, vanilla, vegetable oil, dairy-free milk and vinegar.
5. Add the wet ingredients to the dry ingredients and stir until combined.
6. Spoon the batter into the prepared donut pan - filling each donut well about 2/3 full. The batter should not cover the center of the donut well where the hole will go.
7. Bake for 9-11 minutes or until the donuts rise and set. Remove from oven and let cool for 5 minutes.
8. Place a wire rack over a cookie sheet or piece of parchment paper.
9. Carefully remove the donut from the pan. You may need to use a spoon or a rubber spatula to loosen them if they stick.
10. One at a time, dip the tops of your donuts into the coating, then flip them to coat the bottoms.
11. Place your cinnamon sugar donut on the rack and repeat until all donuts have been coated.
12. Store donuts in an airtight container at room temperature for up to three days.

Cinnamon Sugar Muffins

Ingredients

- 1 1/2 cups Gluten Free Flour Blend (with xanthum gum)
- 3/4 cup sugar
- 1/2 tsp. salt
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1/3 cup oil
- 1 egg
- 1/3 cup milk, any kind
- 1/2 tsp. vanilla

Instructions

1. Preheat oven to 400°F. Grease or spray muffin tin or insert paper liners.
2. Combine flour, sugar, salt, baking powder and cinnamon in medium bowl. Mix well.
3. Add remaining ingredients; mix well.
4. Fill muffin cups 3/4 full. Bake for approximately 20 minutes. Muffins are done when toothpick inserted in center comes out clean.

Cottage Cheese and Fruit

Ingredients

- Cottage cheese
- Fruit: canned peaches, canned pears, berries, watermelon, etc...

Crepes

Servings: 12

Ingredients

2 eggs 1 cup almond milk 1/2 teaspoon salt 1 cup Bob's Red Mill brown rice flour (no xanthan gum) 2 teaspoons coconut palm sugar (if you want them sweet) 1 tablespoon butter more for pan as needed

Instructions

1. In a food processor, add the eggs, milk, and salt and process until blended.
2. With the motor on low, slowly add the flours, stopping occasionally to scare down the sides.
3. Add the sugar if using, omit if you are making savory crepes.
4. Heat 1 tablespoon butter in skillet over medium heat. Pour in batter by the half cupful into the hot pan. Tilt the pan to spread the batter evenly.
5. Cook the crepes, turning until slightly browned, about 3-4 minutes on each side.
6. Place crepes on waxed paper and sprinkle with a bit more flour to prevent them from sticking.
7. When the crepes are done, fill them right away or store them in the refrigerator or freezer to use later.

Eggs and Sausage

Ingredients

- scrambled eggs
- salt and pepper (for eggs)
- pork sausage links (cooked according to instructions)

Granola Bars (chocolate chip)

Servings: 27 bars

Ingredients

- ½ cup coconut oil
- ¾ cup honey
- ¼ teaspoon salt
- 1 ½ teaspoons vanilla extract
- 4 cups old fashioned oats
- 1 ½ cup brown rice crisp cereal
- ½ cup mini chocolate chips

Instructions

1. Preheat oven to 350 degrees F. Line a 13x9-inch baking dish with two pieces of parchment paper, perpendicular to each other. Let each piece of parchment overhang on two opposite sides of the pan.
2. Place coconut oil, honey and salt in a small saucepan. Heat over low heat, stirring, until the mixture comes to a low boil. Continue to let it bubble as you stir it for 1-2 minutes. Remove from heat and stir in the vanilla. Let the mixture cool for 2-3 minutes.
3. Meanwhile, in a large bowl, stir together the oats and brown rice crisp cereal.
4. Pour the coconut oil and honey mixture over the oats and cereal in the bowl and stir until well combined. Stir in about 2/3 of the chocolate chips.
5. Transfer the mixture to the prepared baking dish. Lay a piece of parchment across the top and use a rubber spatula and your hand to press it very firmly into the pan. Be sure to press the mixture down firmly to make sure that the bars will hold together when you cut them.
6. Sprinkle on the remaining chocolate chips and gently press them into the top of the bars.
7. Bake for 15 minutes. Let cool and then chill in the refrigerator for at least an hour before cutting into bars.
8. Store granola bars wrapped airtight in the refrigerator for 1-2 weeks (we never have any left after 1 week!) or the freezer for up to 3 months.

Hard Boiled Eggs

Ingredients

- 6 eggs or however many you want!
- water enough to completely submerge the eggs
- 1 tablespoon olive oil or other oil
- ice

Instructions

1. Bring water and oil to a gentle boil in a pot large enough to lay the eggs in one layer.
2. Add the eggs one at a time gently to the boiling water using a spoon.
3. Boil for exactly 13 minutes for hard boiled eggs, or 10 for medium, and 3-6 for soft (depending on how runny you want the yolk).
4. Meanwhile, prepare an ice bath with about a tray's worth of ice and enough water to completely submerge the eggs.
5. Remove the eggs with a slotted spoon and place immediately in ice bath.
6. Allow to sit for at least 10 minutes in bath. 7. Peel gently, preferably under running cold running water.

Hash Browns

Gluten Free Brands

- Oreida, Idaho Spuds
- Most frozen hash browns are gluten free. The carton hash browns at Costco are easy. You simply add boiling water to them, let them rehydrate for 12 minutes, and then cook.

Homemade Granola

Ingredients

- 6 C. rolled oats
- 1/2 C. Maple syrup (or brown sugar)
- 1/4-1/2 C. sunflower seeds
- 2 C. raw almonds
- 1/2 C. Crasins
- 1 tsp. cinnamon
- Flaxseed 1/2 cup
- You can put in whatever you want!

Instructions

1. Mix all ingredients except crasins. Stir in and coat thoroughly with:
 - 1/3 C. Olive oil (or coconut)
 - 1 tsp. vanilla
 - 2/3-3/4 C. honey (the more honey, the more stuck together it will be, I use 3/4 C.)
2. Spread mixture on greased cookie sheet or parchment paper-lined cookie sheet.
3. Bake at 325 degrees for 23-24 minutes.
4. Stir half way through or so for even color(I also add in the crasins halfway through so they are not so hard).
5. After mixing, smash down with a spoon so granola is tightly packed.
6. When done, do not mix, let set for chunky granola. If you want more separated granola, mix right away. Makes about 2 quarts.
7. When cool, store in sealed container for 1-2 weeks at room temperature, longer in the refrigerator.

More waffles

Ingredients

- 1 3/4 cup GF flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon optional
- 1/4 cup of maple syrup or coconut sugar
- 3/4 cup dairy free milk, room temperature
- 5 tablespoons coconut oil (1/4 cup + 1 tablespoon)
- 2 eggs, room temperature
- 1 teaspoon vanilla extract

Instructions

1. Whisk together the dry ingredients in a large mixing bowl (chickpea flour, baking powder, cinnamon and salt) until no lumps remain.
2. In another bowl whisk together the milk, oil, vanilla and eggs.
3. Pour the wet ingredients into the dry and mix with a spoon until just combined. The batter will be a little lumpy and that's fine. Let the batter rest for about 10 minutes.
4. While the batter is resting take this time to prep your waffle iron according to its individual settings. If your iron allows you to choose the temperature set it to medium-high. Grease your iron plates if needed.
5. When your ready, stir the batter once more and then scoop out 1/4 cup of batter and then pour onto the centre of your heated waffle iron. Close the lid and let cook until goldened and crispy.
6. Transfer the cooked waffles to a wire cooling rack to cool and rest as you finish cooking the rest of your waffles. Make sure you don't stack them on top of each other or they will lose their crispiness.
7. Repeat with remaining batter and serve warm with your preferred toppings.

Oatmeal muffins

Ingredients

- 2 ½ cups old-fashioned oats (1.5 cups ground, 1 cup whole)
- 2 Tbsp old-fashioned oats for muffin tops
- 2 bananas or 1 cup applesauce
- 2 large eggs lightly beaten (can work without the eggs)
- 1/2 cup honey, maple syrup or brown sugar
- 1/4 cup natural peanut butter (optional - I don't usually use it)
- 3/4 cup almond milk
- 2 tsp real vanilla
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- muffin tin

Instructions

1. Mash bananas well, they should have no lumps. I use my mixer to mash them before adding the other wet ingredients.
2. Add eggs, honey, milk and vanilla. Mix to combine.
3. Add dry ingredients (including the ground oats and 1 cup whole oats) to wet ingredients and mix until just incorporated. Allow these to sit for 10 minutes to soak the oats.
4. Optional: Fold in approximately 1/2 c fruit, raisins or nuts.
5. Scoop into muffin tin, lined with muffin wrappers (makes 14 muffins).
6. Sprinkle muffin tops with the 2 Tbsp of reserved oats, press lightly to make sure they stick.
7. Bake at 350 for about 20 -23 minutes, a toothpick inserted in the center of a muffin should come out clean.
8. Enjoy !

Oatmeal with Toppings

Ingredients

Mix-ins

- honey
- butter
- nutella
- fruit
- maple syrup
- cinnamon
- peanut butter
- almond butter

Instructions

1. Follow the instructions for the oatmeal.
2. Stir in your desired mix-ins.
3. Enjoy!

Pumpkin muffins

Ingredients

- 1 3/4 cups Gluten-Free Multi-Grain Flour Blend or White Rice Flour Blend
- 3/4 cup granulated brown sugar(can use half maple syrup. All maple syrup
- Is not very good)
- 1 tablespoon baking powder
- 1 teaspoon xanthan gum
- 1/2 teaspoon salt
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1/2 cup coconut oil (or butter for non-vegan)
- 1 cup pumpkin puree
- 1/2 cup unsweetened almond milk (or other tolerable milk)
- 2 tablespoons maple syrup

Instructions

1. Preheat oven to 350 degrees F. Line or grease a 12-cup standard muffin pan.
2. In a large bowl, combine the flour, sugar, baking powder, gum, salt, cinnamon, nutmeg, ginger and cloves. Stir well.
3. In a medium saucepan, melt the coconut oil (or butter). Add the pumpkin, milk and maple syrup. Stir well. Pour the pumpkin mixture into the flour mixture and stir until there are no lumps.
4. Fill each muffin cup about 3/4 full and bake for 20 to 25 minutes, or until muffins test done with a toothpick. Cool and enjoy.

Smoothies

Ingredients

- 1 cup of liquid base (choose one)
 - almond milk
 - milk
 - fruit juice
- Spinach (make sure to mix this in with the milk)
- Chocolate/vanilla protein powder
- Vanilla yogurt
- Frozen fruit

Instructions

1. In a blender add the liquid base
2. Add spinach (optional)
3. Add powder (optional)
4. Add yogurt
5. Add frozen fruit
6. Blend well
7. Enjoy!

Store-bought Granola with Yogurt

Gluten Free Brands

- Kind
- Natures Path
- Bear Naked
- Udi's

Ingredients

- Granola
- Yogurt (this is always gluten free)
- Fruit
 - Blueberry
 - Strawberry
 - Peach
 - Mango
 - Raspberry

Instructions

1. Add to yogurt and your favorite fruit.
2. Enjoy!

Vanilla Cake Donuts

Prep time: 10 minutes

Cook time: >12 minutes

Yield: 12 standard-size donuts

Ingredients

Donuts

- 1 1/2 cups (210 g) all purpose gluten free flour (I used Better Batter)
- 3/4 teaspoon xanthan gum (omit if your blend already contains it)
- 1/4 cup (36 g) cornstarch
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly grated nutmeg
- 3/4 cup (150 g) granulated sugar
- 8 tablespoons (112 g) unsalted butter, melted and cooled
- 2 eggs (100 g, weighed out of shell) at room temperature, beaten
- 3/4 cup (193 g) plain yogurt, at room temperature
- 1 teaspoon vanilla bean paste (or 1 1/2 teaspoons pure vanilla extract)

Glaze (optional)

- 1 cup (115 g) confectioners' sugar
- 2 to 4 teaspoons milk or buttermilk

Sugar coating (optional)

- 4 tablespoons (56 g) unsalted butter, melted
- 1/2 cup (100 g) granulated sugar

Instructions

1. Preheat your oven to 350°F. Grease a standard-size donut pan and set it aside.
2. In a large bowl, place the flour, xanthan gum, cornstarch, baking powder, baking soda, kosher salt, nutmeg, and sugar, and whisk to combine well. Create a well in the center of the dry ingredients, add the butter, eggs, yogurt, and vanilla, and mix until just combined. Fill the prepared wells of the donut pan until nearly full. For perfectly shaped donuts, place the donut batter into a piping bag fitted with a large, open tip, and pipe the batter into the wells. Wet the pointer finger of your dominant hand and run it along the center of each well of the donut pan to force the batter toward the perimeter of each well. This will help the donut hole from closing during baking.
3. Place in the center of the preheated oven and bake for about 12 minutes or until the donuts are set and just lightly browned. Remove from the oven, and allow the donuts to cool in the pan for 5 minutes.
4. If you're planning to use the optional glaze, transfer the donuts to a wire rack to cool completely. In a small bowl, place the confectioners' sugar and 2 teaspoons of milk, and mix well. Add more milk by the half-teaspoon until you have a smooth but thickly pourable glaze. Working quickly, dip the top of each cooled donut in the glaze, turn back and forth a bit to coat well, invert the donut so the glaze is facing upward, and place on a flat surface to set.
5. If you're using the optional sugar-coating, invert the donuts onto a wire rack while they're still warm. Dip each donut carefully in the melted butter and then press into the granulated sugar before replacing on the wire rack. The sugar coating will harden as it cools.

Veggie omelets

Ingredients

- 1/2 Tbsp. butter
- 2 Tbsp. onion chopped
- 1/4 c. mushrooms chopped
- 1/2 c. fresh spinach
- 3 cherry tomatoes sliced in half
- shredded cheddar cheese to taste
- 2 eggs
- 2 Tbsp. vegetable or canola oil
- 2 Tbsp. water or milk
- salt and pepper to taste
- avocado (optional)
- salsa (optional)
- guacamole (optional)

Instructions

1. Prepare your fillings. Heat butter in a small frying pan over medium heat. Add onions and mushrooms and saute until onions become clear. Add spinach and tomatoes. When spinach has wilted, remove from heat and cover with lid or foil to keep warm.
2. Crack the eggs into a mixing bowl and whisk until eggs become light yellow in color. Set aside. Pour oil into an 8" pan (you don't want to do a smaller pan or the eggs won't cook as well) and swirl around until pan is evenly coated with oil. Put pan on the stove over medium-low heat.
3. While oil is heating quickly add water, salt, and pepper to the eggs and beat vigorously until the eggs become light and airy. When the oil becomes wavy and hot, slowly pour the eggs into the pan. Once the eggs are in the pan, do not stir! Let them just sit and start to bubble up a little bit.
4. When the bottom of the eggs begin to set a little bit, use heat-resistant rubber spatula to gently push one edge of the egg into the center of the pan, while tilting the pan to allow the still liquid egg to flow in underneath. Repeat with the other edges, until there's no liquid left.
5. Your eggs should now resemble a bright yellow pancake, which should easily slide around on the nonstick surface. If it sticks at all, loosen it with your spatula.
6. Now gently flip the egg pancake over, using your spatula to ease it over if necessary. Cook for another few seconds, or until there is no uncooked egg left. DO NOT OVERCOOK!
7. Stir cheese and toppings together and spoon down center of the omelet in a line (adding more cheese to the top if you like it extra cheesy). Quickly fold one side of the omelet over the toppings and then do the same with the other side (as if you were folding a piece of paper into thirds).. you may also just fold the omelet straight over (as if folding a piece of paper in half). You may keep the omelet in the pan until the cheese is melted (flipping over if necessary).. just be sure you don't overcook the eggs--you don't want them to be crispy and brown!
8. Top with additional toppings, hollandaise sauce ([click here](#)), salsa, sour cream.. etc...

Waffles

Ingredients

- 2½ c. gluten-free flour blend
- 1 Tbs. baking powder
- 3 Tbs. coconut sugar or maple syrup
- ¾ tsp. xanthan gum
- 2 eggs
- 3 Tbs. oil
- 2 c. milk (dairy or non-dairy)

Instructions

1. Mix together the dry ingredients.
2. Make a “well” in the middle of the dry ingredients and add the remaining ingredients to the well.
3. Mix together until it is all combined.
4. Cook according to your waffle iron instructions.

Notes

My waffles took about 4 minutes to cook, and I used 1/3-1/2 cup of batter per waffle, but your waffle iron may be different. A good guideline is to wait until the waffle stops steaming. I’ve found that gluten-free waffles take a little longer to cook than traditional waffles.

Waffles-best gluten free yet

Ingredients

- 1 3/4 cup GF flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon optional
- 1/4 cup of maple syrup or coconut sugar
- 3/4 cup dairy free milk, room temperature
- 5 tablespoons coconut oil (1/4 cup + 1 tablespoon)
- 2 eggs, room temperature
- 1 teaspoon vanilla extract

Instructions

1. Whisk together the dry ingredients in a large mixing bowl (chickpea flour, baking powder, cinnamon and salt) until no lumps remain.
2. In another bowl whisk together the milk, oil, vanilla and eggs.
3. Pour the wet ingredients into the dry and mix with a spoon until just combined. The batter will be a little lumpy and that's fine. Let the batter rest for about 10 minutes.
4. While the batter is resting take this time to prep your waffle iron according to its individual settings. If your iron allows you to choose the temperature set it to medium-high. Grease your iron plates if needed.
5. When your ready, stir the batter once more and then scoop out 1/4 cup of batter and then pour onto the centre of your heated waffle iron. Close the lid and let cook until golden and crispy.
6. Transfer the cooked waffles to a wire cooling rack to cool and rest as you finish cooking the rest of your waffles. Make sure you don't stack them on top of each other or they will lose their crispiness.
7. Repeat with remaining batter and serve warm with your preferred toppings.

Notes

- Make it dairy/nut free: You can use any milk of your choice here (dairy free or not)
- Make it egg free: You can actually leave out the eggs altogether here. I found that these came out crispier without eggs but you do need to be a little more gentle with removing the cooked waffles from the iron and make sure you grease the iron well.
- Freeze it: Allow the waffles to cool completely then wrap up/seal in a freezer safe bag. You can just pop these in a toaster to heat through when you're ready.
- Instead of chickpea flour you can also use regular gluten free all purpose flour or certified gluten free oat flour.

Lunch

Beef Jerky

Ingredients

- beef jerky (make sure the variety is gluten free)

Instructions

1. Eat.
2. Enjoy!
3. Floss your teeth.

Chef Salad

Ingredients

- One Head of Romaine Lettuce (Chopped)
- 1 Hard Boiled Egg
- 1/4 Cup Turkey Cubed
- 1/4 Cup Ham Cubed
- 1/4 Cup Cheddar Cheese
- 1/4 Cup of Bacon (Chopped)
- 2 Tbsp Ranch Dressing

Instructions

1. In a large bowl, place the torn lettuce
2. Drizzle bowl with Ranch Dressing, and toss until coated
3. Top the salad with ham, turkey, bacon, and cheese and give it another light toss
4. Top with chopped hard boiled eggs.
5. Serve and Enjoy!

Chicken Stuffed Avacados

Ingredients

- 2 avocados, pitted
- 2 c. shredded rotisserie chicken
- 1/4 c. red onion, minced
- 1/3 c. mayonnaise
- 2 tbsp. Greek yogurt
- Juice of 1 lemon
- 1 1/2 tsp. Dijon mustard
- kosher salt
- Freshly ground black pepper
- Chopped parsley, for garnish

Instructions

1. Scoop out avocados, leaving a small border. Dice avocado and set aside.
2. Make chicken salad: In a large bowl, mix together chicken, onion, mayo, greek yogurt, lemon juice, and mustard. Fold in avocado. Season with salt and pepper.
3. Divide salad among 4 avocado halves. Garnish with parsley.

Corn Tortilla Quesadilla or Bean and Cheese Burrito

Ingredients

- Butter (for the pan)
- Corn tortillas
- Cheese
- Refried beans or black beans (homemade or from a can)
- Optional
 - meat
 - rice
 - lettuce
 - tomatoes
 - guacamole

Instructions

1. Melt the butter in the pan on medium/high heat.
2. Place tortilla on the pan.
3. Add cheese onto one half of tortilla.
4. Fold tortilla and cook for another 30 seconds.
5. Then cook for another minute on the other side.
6. Remove from heat and enjoy immediately with salsa, sour cream, guacamole, etc...
7. If making a burrito, add in beans, meat, etc...with the cheese and either fold or roll the tortilla together.
8. Cook the same time.

Crackers and Cheese

Ingredients

- cheese
- crackers (make sure they are gluten free)
- lunch meat (optional)

Instructions

1. Eat crackers and cheese together.
2. Add lunch meat as desired.
3. Enjoy!

Egg Salad

Ingredients

- 9 large eggs
- 1/4 cup mayonnaise
- 1 tablespoon mustard
- 1/8 teaspoon salt (to taste)
- 1/8 teaspoon pepper (to taste)
- 1/2 teaspoon paprika (to taste)
- optional
 - garlic powder
 - diced celery
 - pickles
 - red onions
 - green onions
 - etc...

Instructions

1. Start by boiling your eggs.
2. Peel boiled eggs and add them to a mixing bowl.
3. In the same mixing bowl add mayonnaise and mustard.
4. Mix well with a fork mashing eggs while you mix.
5. Add seasonings to taste and mix together well.
6. Serve on bread, croissants, or on a salad.

Homemade Mac & Cheese

Ingredients

- GF noodles
- 2 T. Butter
- 1 1/2 T. corn starch
- 1 1/2 cups milk (can use any milk)
- 1 1/2- 2 cup of cheese (Could use shredded or Velveeta)
- 1 tsp. salt
- Dash of pepper

Instructions

1. Boil GF noodles in a pot according to instructions.
2. Drain and rinse the noodles with cold water.
3. In a sauce pan melt the butter
4. Add the corn starch and cook for 1 min.
5. Whisk in the milk until thick.
6. Stir in the cheese.
7. Add the salt and pepper.
8. Combine the sauce with the cooked noodles.
9. Serve warm.

Hot Dogs

Ingredients

- hot dogs
- gluten free bun (optional)

Kabobs

Ingredients

- sticks
- salami or other lunch meat
- cheese
- fruit

Instructions

1. Cut the cheese into cubes.
2. Cut the fruit to cubes or smaller sizes that can be skewered.
3. Use a stick to skewer the meat, cheese, and fruit.
4. Eat and enjoy!

Meat and Cheese Rollup

Ingredients

- lunch meat
- cheese
- optional
 - avacado
 - cucumber

Instructions

1. Roll together the meat and the cheese.
2. Add optional items in the rollup if desired.
3. Enjoy!

Parfait

Ingredients

- yogurt
- granola
- fruit
- nuts (optional)

Instructions

1. Combine ingredients together.
2. Enjoy!

Pizza Quesadilla

Ingredients

- 2 Corn Tortillas or other gluten-free tortilla of choice
- 1/4 cup shredded mozzarella see notes for dairy-free/vegan modification
- 4 slices pepperoni see notes for vegan modification
- sprinkle Italian seasoning
- 1/2 cup tomato sauce of choice
- gluten-free cooking spray

Instructions

1. Heat pan on medium heat.
2. Once heated, spray with cooking spray and lay a tortilla on top of the pan.
3. Sprinkle cheese, seasoning, and pepperonis on top of the tortilla. Place a lid on top of the pan so the cheese melts. It should take 1-2 minutes for the cheese to melt.
4. Once the cheese is melted, remove the lid and place second tortilla on top. Flip quesadilla and toast the other side for 1-2 minutes so both sides can be toasted.
5. Slice the quesadilla into triangles and dip in favorite pizza or pasta sauce

Seaweed with Sushi Rice

Ingredients

- seaweed (nori)
- sushi rice
- cooked egg (optional)

Instructions

1. Use left over sushi rice to roll up in seaweed.
2. Add egg (optional)
3. Cut the roll into slices.
4. Enjoy!

Thai Noodles

Ingredients

- thai noodles (packaged like ramen noodles)

Instructions

1. Cook noodles following instructions for the noodles.
2. Enjoy!

The Very Best Nachos

Ingredients

- 4 cups tortilla chips
- 1 pound ground turkey
- 4 tablespoons taco seasoning mix
- 1 cup grated Oaxaca cheese or mozzarella (could substitute any cheese)
- 1 cup grated cheddar cheese
- 1 cup shredded queso blanco (could substitute any cheese)
- 1/4 cup queso fresco
- 1 avocado sliced
- 1 cup salsa
- 1/4 cup chopped fresh scallions
- 1/4 cup chopped fresh cilantro

Instructions

1. In a large skillet, brown the turkey over medium heat until no longer pink. Drain off the fat and return to the heat.
2. Stir in the taco seasoning mix and 2/3 cup water. Bring the mixture to a boil, then turn down the heat and simmer for 5 minutes. Set aside.
3. Arrange 1 1/2 cups chips in a single layer on an oven proof platter. Top with 1/2 the ground turkey mixture, 1/3 cup Oaxaca cheese, 1/3 cup cheddar and 1/3 cup queso blanco. Top the cheese layer with another 1 1/2 cups tortilla chips, the remaining turkey, 1/3 cup Oaxaca cheese, 1/3 cup cheddar and 1/3 cup queso blanco. Top the second layer with the remaining chips and sprinkle with the rest of the cheese.
4. Transfer the platter to the oven and bake for 10-15 minutes or until the cheese is melted and starting to bubble.
5. Place the platter on a trivet or other heatproof surface and garnish with the queso fresco, avocado, salsa, scallions and cilantro.
6. Serve immediately.

Tuna Salad

Ingredients

- 1 can (5 oz) Solid White Albacore, in water (I like Bumble Bee brand)
- ¼ cup mayonnaise
- 1 stalk celery, finely diced
- ¼ cup sharp cheddar cheese, shredded (secret ingredient :))
- 2 tablespoons sweet pickle relish
- 1 tablespoon onion, finely diced (optional)
- 1 green onion, finely diced
- 1 teaspoon lemon juice
- Dash of salt
- Dash of garlic powder
- Dash of onion powder
- Dash of lemon pepper

Instructions

1. Mix all ingredients.
2. Serve with GF Bread or crackers.

Tuna Stuffed Avocado

Ingredients

- 1 avocado, halved and pitted
- 1 (4.5 oz) cans tuna, drained
- ¼ cup diced red bell pepper
- 1 tablespoons minced jalapeno (optional)
- ¼ cup cilantro leaves, roughly chopped
- 1 tablespoon lime juice
- salt and pepper (to taste)

Instructions

1. Scoop out some of the avocado from the pitted area to widen the “bowl” area. Place the scooped avocado into a medium-size mixing bowl. Mash it with a fork.
2. Add the tuna, bell pepper, jalapeno, and cilantro to the mixing bowl. Pour lime juice over. Stir it all together until everything is well mixed.
3. Scoop the tuna into the avocado bowls. Season with salt and pepper.
4. Recipe by thestayathomechef.com at <http://thestayathomechef.com/healthy-tuna-stuffed-avocado/>

Veggie Tortilla Wrap

Ingredients

- 2 carrots, cut into battons
- 150 g (5.2 oz) red cabbage, sliced
- 1 red (bell) pepper
- 1 orange (bell) pepper, deseeded and sliced
- handful of spinach leaves (or other greens)
- Handful of chives or lettuce leaves
- 8 corn tortillas (gluten free)
- 200g hummus

Instructions

1. Spread out the tortilla wraps and add on as much of each vegetable as you would like.
2. Top with a generous dollop of the hummus and wrap the tortillas and serve.

Notes

Please supervise kids carefully when using the grater or knife. The vegetables can also be grated and sliced in a food processor using the grater or slicer attachment. Kids love switching the food processor on and off when doing this.

Snacks

Apples with Caramel

Ingredients

- Apples
- Caramel

Instructions

1. Cut the apple into slices.
2. Dip into caramel.
3. Enjoy!

Applesauce

Canned Fruit

Celery with Peanut/Almond Butter

Ingredients

- Celery
- Peanut Butter
- Almond Butter (optional)

Instructions

1. Wash the celery stalks.
2. Cut the celery stalks to a desired length.
3. Spread the peanut butter (or almond butter) on the cut celery stalks.
4. Enjoy!

Cottage Cheese with Chips

Ingredients

- cottage cheese
- gluten free potato chips

Instructions

1. Eat the cottage cheese with the chips.
2. Enjoy!

Cowboy Salsa and Chips

Ingredients

- 3 Roma tomatoes seeds removed, diced
- 2 ripe avocados diced
- 1/3 cup red onion diced
- 1 15 oz can black beans rinsed and drained
- 1 15 oz can black eyed peas rinsed and drained
- 1 bell pepper diced (I used half a green and half a red, but color doesn't matter)
- 1 jalapeno pepper seeds removed, diced into very small pieces
- 1 cup Cilantro finely chopped
- Tortilla chips for serving

Dressing

- 1/3 cup olive oil
- 2 Tablespoons lime juice fresh preferred
- 2 Tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder

Instructions

1. Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
2. In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
3. Pour dressing over other ingredients and stir/toss very well.
4. Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

Cucumber Slices with Salt

Ingredients

- cucumber
- salt

Instructions

1. Slice a cucumber into coins.
2. Add salt to taste.
3. Enjoy!

Edamame

Ingredients

- store bought roasted or fresh edamame

Energy Balls

Ingredients

- 1 cup (dry) oatmeal (Old Fashioned, gluten free)
- 1/2 cup peanut butter
- 1/2 cup ground flax seeds
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey or agave nectar
- 1 teaspoon vanilla extract

Instructions

1. Stir all ingredients together in a large bowl until combined. 2. Once the mixture is combined, put it in the fridge for 10-20 minutes so that it will harden slightly. This will help make it easier to roll it into balls.
2. Then once the mixture has cooled slightly, shape into 1" balls, and refrigerate in an airtight storage container.

Frozen Yogurt Grapes

Ingredients

- 25 large red grapes
- 25 toothpicks
- 5 oz. Greek yogurt
- ½ cup ground nuts and/or toasted coconut (chia seed or flax seed also work)

Instructions

1. Wash and dry the grapes.
2. Push one toothpick into each grape.
3. Freeze the grapes until frozen solid (2–3 hours).
4. Take the grapes out of the freezer. Dip each grape into the yogurt and immediately into the crunch.
5. Place the dipped grapes gently onto a pan lined with a sheet of parchment paper and return to the freezer until serving.

Fruit with Nutella

Ingredients

- fruit
 - apples
 - bananas
 - strawberries
- nutella spread

Instructions

1. Eat the fruit with nutella spread.
2. Enjoy!

Homemade Salsa

Ingredients

- 1/2 yellow onion
- 1/2 jalapeño pepper (seeded)
- 2 TBS coconut sugar
- 1 tsp salt
- Juice from one lemon
- 1 small can mild green chiles
- 1 bunch cilantro
- 2 cans tomatoes (drained)

Instructions

1. In a blender mix the onion, jalapeño pepper, sugar, salt, lemon juice, and green chiles.
2. Add cilantro and tomatoes.
3. Pulse until the cilantro is chopped up.

Hummus

Ingredients

- hummus
- crackers or vegetables

Instructions

1. Dip crackers or vegetables in hummus.
2. Enjoy!

Nuts

Ingredients

- nuts
 - sunflower seeds
 - peanuts
 - cashews
 - almonds
 - walnuts
 - pecans

Olives

Pickles

Popcorn

Ingredients

- airpopped kernels or chick-a-boom-boom pre-popped popcorn

Pretzels with Peanut/Almond Butter

Ingredients

- pretzels (Snyder's brand has a gluten free variety)
- peanut or almond butter

Instructions

1. Eat the pretzels with the spread.
2. Enjoy!

Protein Bars

Ingredients

- protein bars (luna and Larabar are gluten free)

Rice Cakes with Nutella or Peanut Butter

Ingredients

- Rice cakes
- Nutella or peanut butter

Instructions

1. Spread the nutella or peanut butter on the rice cake.
2. Eat.
3. Enjoy!

Roasted Pecans

Ingredients

- 1 pound pecan halves
- 4 tablespoons salted butter
- 1 teaspoon salt

Instructions

1. Preheat oven to 300 degrees Fahrenheit.
2. Place pecan halves on a half sheet pan or cookie sheet, being sure to spread evenly on the pan.
3. Break pats of butter into small pieces and place on pecan halves.
4. Sprinkle salt all over the pecans.
5. Place pan into oven and bake for 10 minutes, then stir gently, turning the pecans as you stir.
6. Cook another 10 minutes, watching carefully to make sure they do not over brown
7. Remove from the oven and allow to cool slightly.

Trail Mix (Customizable recipe)

Ingredients

- 1 1/2 cups raw nuts
 - almonds
 - pecans
 - cashews
 - peanuts
 - etc...
- 1 cup raw seeds
 - sunflower seeds
 - pumpkin seeds
 - etc...
- 1 cup unsweetened, unsulphured dried fruit
- Fun stuff (amounts vary)
 - 1/2 cup chopped dark chocolate
 - 1 cup popped popcorn
 - 1 cup pretzels
 - etc..
- Spice
 - 1/4 tsp sea salt
 - 1/2 tsp cinnamon
 - pinch of nutmeg (optional)

Instructions

1. Combine all ingredients in a large bowl and mix well.
2. Store in a ziploc bag or mason jar.
3. Will keep for up to 1 month.
4. Optional: If you really need the extra sweetness, you can coat the mix with 2 T maple syrup, spread it out on a baking sheet and allow it to dry before bagging.

Trail Mix (Go-To recipe)

Ingredients

- 3/4 cup raw pecans (I toast mine in the oven for 10 mins at 350 degrees F)
- 3/4 cup raw cashews (I toast mine in the oven for 10 mins at 350 degrees F)
- 1/2 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds
- 1/2 cup unsweetened, unsulfured cherries
- 1/2 cup unsweetened, unsulfured raisins
- 1/2 cup chopped 82% dark chocolate
- 1/4 tsp sea salt
- 1/2 tsp cinnamon
- pinch of nutmeg

Instructions

1. Combine all ingredients in a large bowl and mix well.
2. Store in a ziploc bag or mason jar.
3. Will keep for up to 1 month.
4. Optional: If you really need the extra sweetness, you can coat the mix with 2 T maple syrup, spread it out on a baking sheet and allow it to dry before bagging.

Vegetables and dip

Ingredients

- Vegetables
- Ranch dressing

Instructions

1. Dip vegetables in Ranch dressing.
2. Eat.
3. Enjoy!

Sides

Brown rice

Ingredients

- 4 cups of water or chicken broth (we like chicken broth)
- 2 cups brown rice

Instructions

1. Add water/broth to your rice cooker and then rice.
2. Use the 60 min setting. Brown rice takes longer to cook than white rice.

Caprese Salad

Ingredients

- 2½ cups lightly packed fresh basil leaves rough chopped
- 1½ teaspoons kosher salt
- ½ cup extra-virgin olive oil
- 6 slices fresh Mozzarella cheese whole-milk
- 6 slices summer tomatoes
- Flake sea salt and freshly ground black pepper to season
- Fresh basil leaves for garnish

Instructions

1. Place the basil and kosher salt in the bowl of a food processor and push the process button. While the basil is processing, slowly add the olive oil and continue processing until the basil/oil/salt mixture looks like a thin pesto sauce.
2. Slice the mozzarella into 6 (1/4”) slices and slice the tomatoes into 6 (1/4”) slices.
3. Alternate the cheese and tomato slices on a plate and drizzle with the basil-oil. Season lightly with flaked sea salt and freshly ground black pepper. Garnish with fresh basil leaves. Refrigerate, lightly covered, up to 1 hour or serve immediately.
4. Enjoy!

Classic Deviled Eggs

Ingredients

- 6 eggs
- 1/4 cup mayonnaise
- 1 teaspoon white vinegar
- 1 teaspoon yellow mustard
- 1/8 teaspoon salt
- Freshly ground black pepper
- Smoked Spanish paprika, for garnish
- Optional yolk mixture: curry powder, sweet relish or dill relish...

Instructions

1. Place eggs in a single layer in a saucepan and cover with enough water that there's 1 1/2 inches of water above the eggs.
2. Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute.
3. Crack egg shells and carefully peel under cool running water. Gently dry with paper towels. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter.
4. Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper, and anything else and mix well.
5. Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Could use a plastic bag with the corner cut on the bottom to squeeze into the eggs. Sprinkle with paprika and serve.

Clean Mashed Potatoes

- 2 russet potatoes
- 3/4 cup plain greek yogurt
- 1 tsp real butter
- 1/4 cup grated cheddar cheese
- salt
- pepper
- 2 cloves of minced garlic
- 1 tbsp almond milk

Instructions

1. Chop 2 large russet potatoes into cubes and place into water.
2. Boil until soft.
3. Drain the water.
4. Add yogurt, butter, cheese, salt, pepper, garlic, and milk.
5. Mash with a potato masher or hand mixer.
6. Taste... adjust accordingly!

Cucumber/Tomato/Avocado Salad

Ingredients

- 1 lb Roma tomatoes
- 1 English cucumber
- ½ medium red onion, sliced
- 2 avocados, diced
- 2 Tbsp extra virgin olive oil or sunflower oil
- Juice of 1 medium lemon (about 2 Tbsp)
- ¼ cup (1/2 bunch) cilantro, chopped
- 1 tsp sea salt or ¾ tsp table salt
- tsp black pepper

Instructions

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.
2. Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice. Toss gently to combine. Just before serving, toss with 1 tsp sea salt and tsp black pepper.

French Fries

Ingredients

- Orieda brand potatoes

Instructions

1. Bake as instructions say on a pan lined with parchment paper.

Frozen Veggies

Ingredients

- bag of veggies
- optional
 - butter
 - salt
 - pepper
 - garlic salt
 - etc...

Instructions

1. Bake as instructions say and then add spices, etc...

Fruit Salad

Ingredients

- 2 cups strawberries
- 1 cup mandarin oranges , about 4 oranges or a 11 ounce can
- 1 large banana , sliced
- 1 1/2 cups green grapes , sliced in half
- 1/2 cup blueberries or blackberries
- 2 Tablespoons honey
- 1 lime , juiced
- Could also add raspberries, pineapple, kiwi, blackberries

Instructions

1. Toss the fruit in a large bowl.
2. Then whisk together the honey and lime in a small bowl.
3. Add some zest from the lime, if desired.
4. Drizzle over the top of the fruit and stir until evenly coated.
5. Refrigerate until ready to serve. Best served within the first day or two.

Green Salad

Ingredients

- Green lettuce (washed and strained)
- Spinach
- Red peppers (diced)
- Carrots (diced or sliced)
- Cucumbers (peeled and sliced)
- radishes, broccoli, celery, cherry tomatoes or whatever you want

Instructions

1. Mix together and serve with your favorite dressing

Grilled Stuffed Mushrooms

Ingredients

- 2 large Costco size containers of fresh mushrooms I used white
- 1 block of lite cream cheese
- 1 6 pack of Italian Sausage
- Grated Parmesan optional
- Salt & Pepper to taste

Instructions

1. Prepare mushrooms by washing & breaking out the stems (Note....use the stems in pasta sauce or salad if you want).
2. Squeeze sausage out of casings & cook over medium high heat until browned and cooked through. I didn't drain mine because turkey sausage has little to drain. If using pork sausage, I would drain it. Add lite cream cheese and stir until melted.
3. Stuff mushrooms with cream cheese and sausage mixture. Sprinkle with parm, salt & pepper. Note that getting the parmesan to stick can be very fiddly (especially if you may have had a margarita before making these) so I skipped it after the first 3 or 4.
4. Preheat your bbq grill to around 375 go 400F. Place mushrooms on a griddle (we used our camping one) stuffing side up. Put in your bbq and close the lid. Keep an eye on them. The mushrooms are done when the tops are starting to brown and you can see a bit of liquid from the mushrooms. Don't over cook b/c they will get mushy.

Jello

Instructions

1. Follow instructions on the box.

Kale Salad

Instructions

1. Can find bag at Costco.
2. Follow Instructions.

Mashed Potatoes

Ingredients

- 2 sticks unsalted butter, softened, plus more for pan
- 5 pounds Russet or Yukon Gold potatoes
- 1 8-ounce package cream cheese, softened
- 1 cup heavy cream
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon kosher salt
- 1 teaspoon black pepper

Instructions

1. Preheat the oven to 350 degrees F. Generously butter a 4-quart baking dish.
2. Peel and cut the potatoes into chunks. Bring a large pot of water to a simmer and add the potatoes. Bring to a boil and cook until fork tender, 20 to 25 minutes.
3. Drain the potatoes in a large colander. Place them back into the dry pot and put the pot on the stove. Mash the potatoes over low heat, allowing all the steam to escape before adding in all the other ingredients.
4. Turn off the heat and add 1 1/2 sticks butter, the cream cheese, heavy cream, seasoned salt, kosher salt and pepper. Mash to combine.
5. Spread the potatoes in the prepared baking dish. Throw pats of the remaining butter over the top of the potatoes and bake until the butter is melted and the potatoes are warmed through, 20 to 30 minutes.

Orange Jello Salad

Ingredients

- 6 ounces jello (orange flavored, unprepared)
- 16 ounces cottage cheese
- 20 ounces crushed pineapple (drained very well)
- 2 mandarin oranges (8.25 ounce or 1-, 15 ounce cans of, drained very well)
- 8 ounces cool whip (thawed)
- Small Marshmallows (optional)

Instructions

1. Mix all ingredients.
2. Refrigerate for 2 hours before serving.

Note

Could also do a Red Jello salad with strawberry jello and strawberries instead of pineapples and mandarin oranges

Patacones or tostones

Ingredients

- 2 green plantains use about 1 plantain per person for an appetizer and 1 plantain per 2 people for a side dish – you can get about 8-10 patacones per plantain
- Oil for frying use an oil that won't burn at high temperatures (peanut oil or avocado oil)
- Salt to taste

Instructions

1. Peel the plantains, the easiest way to peel a green plantain is to make the lengthwise cut on one of the angles, the cut should be skin deep without touching the actual flesh of the plantain, then use the knife to raise the skin and peel it off.
2. Cut the plantains into thick slices, you can make straight cuts or slightly diagonal cuts.
3. Heat the oil over medium high heat in a frying pan – use enough oil to almost cover the plantain slices - or a deep fryer, temperature should be about 350 F, fry the plantains until they start to get yellow, but not golden.
4. Remove the plantains and place on paper towels to drain the oil.
5. Use the bottom of a glass (or small bowl or a wood pestle) to smash and flatten the plantains, do this gently to keep the slices from breaking, a few cracks is ok as long as the whole slice remains in one piece. It is best to do this when they are still warm.
6. Sprinkle the plantain slices with salt and other seasonings (if using the raw garlic rub it on the slices).
7. Reheat the oil, temperature should be about 375 F and fry the plantains until golden on each side, about 1-2 minutes per side.
8. Remove from the oil, drain again on paper towels, and add additional seasoning if needed.

Potato & Broccoli Medallions

Ingredients

- 4 large russet potatoes
- 1 1/2 cup broccoli florets
- 2 tablespoons cream
- 1 teaspoon kosher salt
- 1/4 teaspoon white pepper
- 1 1/2 cups Swiss cheese, grated
- 2 green onions, finely chopped
- 1 egg

Instructions

1. Preheat oven to 375°F.
2. Line a large cookie sheet with parchment paper.
3. Peel and chop the potatoes into 1/2" chunks, drop into a medium-sized saucepan that has a tight fitting lid and has been filled with cold water. Set over medium-high heat, covered, bring up to a boil and simmer for 10-12 minutes, until fork tender. Remove potatoes from boiling water to a large mixing bowl to cool slightly.
4. Rinse out the potato pot, fill with cold water and broccoli florets. Cover and bring up to a boil, remove from heat and steam until fork tender, about 3-4 minutes. Drain broccoli and move to a cutting board, dice finely when cool enough to handle.
5. Meanwhile, pour the cream over the potatoes, season with salt and pepper. Coarsely mash the potatoes with a potato masher. Stir in the broccoli, cheese, green onion, and egg.
6. Place a 3" diameter biscuit cutter on the parchment-lined cookie sheet. Scoop a heaping tablespoon into the cutter and gently flatten with a spoon. Remove the cutter and continue with the mixture, until it is all gone.
7. Bake for 20-25 minutes until golden brown on top and bottom. Let cool slightly and serve. Excellent served with mayo seasoned with a bit of chipotle chili powder.

Potato Skin Poppers

Ingredients

- 1 bag (28 ounces) baby yukon potatoes
- 1 tablespoon olive oil
- 1 tablespoon smoked paprika, divided
- pinch of big crystal salt
- ½ cup cheddar cheese
- ¼ cup plain non fat Greek yogurt
- ¼ cup diced green onions

Instructions

1. Preheat oven to 400 degrees; line baking sheet with parchment paper.
2. Arrange potatoes on baking sheet and poke several holes into potatoes with a knife.
3. Massage oil and ½ tablespoon smoked paprika onto the potatoes, and sprinkle with salt; bake for 40 minutes.
4. Remove from oven when potatoes are fork tender and allow to cool until easy to touch.
5. Slice potatoes in half and scoop out most of the potato flesh, leaving a thin layer close to the skin and set aside. {You can use the creamy flesh to make mashed potatoes.}
6. Place potatoes skin side down on baking sheet, and using a pastry brush brush oil from the pan onto flesh. Sprinkle potatoes with remaining paprika.
7. Return to oven on broil for 5 minutes.
8. Top potatoes with cheese and broil for 5 minutes until cheese is melted and skins are crispy.
9. Top each potato with a dollop of yogurt and sprinkle of green onions. Get 'em while they're hot.

Potato salad

Ingredients

- 5 large potatoes (Yukon gold are best, boiled and cut into 1 in. Pieces
- 5-6 hard boiled eggs, chopped
- 1 cup chopped celery
- 1 1/2 large dill pickles, diced
- 3/4-1 cup of relish
- About 2 cups of Mayo
- Salt and pepper to taste

Instructions

Combine and put in fridge for several hours. The flavors will have a chance to combine.

Quinoa

Ingredients

- 1 cup quinoa, rinsed if necessary
- 2 cups liquid (water, chicken stock (I use chicken stock))
- 1/4 teaspoon salt

Instructions

1. Check the quinoa package to see if your quinoa needs rinsed. If it does, pour 1 cup of quinoa into a fine mesh strainer and rinse thoroughly with cold water.
2. Place quinoa, your liquid of choice, and salt into the rice cooker.
3. I use the quick cook setting on my Zojirushi Umami rice cooker, and then press the start button to start the cooking process.
4. The rice cooker will beep after about 30 minutes, and your quinoa will be ready to serve.
5. For a standard rice cooker without all of the bells and whistles, one cooking cycle should be enough to do it. Note that you should let the quinoa set for about 4-5 minutes after it's done cooking and then fluff it.

Roasted Potatoes

Ingredients

- Kosher salt
- 1/2 teaspoon (4g) baking soda
- 4 pounds (about 2kg) russet or Yukon Gold potatoes, peeled and cut into quarters, sixths, or eighths, depending on size (see note)
- 5 tablespoons (75ml) extra-virgin olive oil, duck fat, goose fat, or beef fat
- Small handful picked rosemary leaves, finely chopped
- 3 medium cloves garlic, minced
- Freshly ground black pepper
- Small handful fresh parsley leaves, minced## Instructions

Instructions

1. Adjust oven rack to center position and preheat oven to 450°F/230°C (or 400°F/200°C if using convection). Heat 2 quarts (2L) water in a large pot over high heat until boiling. Add 2 tablespoons kosher salt (about 1 ounce; 25g), baking soda, and potatoes and stir. Return to a boil, reduce to a simmer, and cook until a knife meets little resistance when inserted into a potato chunk, about 10 minutes after returning to a boil.
2. Meanwhile, combine olive oil, duck fat, or beef fat with rosemary, garlic, and a few grinds of black pepper in a small saucepan and heat over medium heat. Cook, stirring and shaking pan constantly, until garlic just begins to turn golden, about 3 minutes. Immediately strain oil through a fine-mesh strainer set in a large bowl. Set garlic/rosemary mixture aside and reserve separately.
3. When potatoes are cooked, drain carefully and let them rest in the pot for about 30 seconds to allow excess moisture to evaporate. Transfer to bowl with infused oil, season to taste with a little more salt and pepper, and toss to coat, shaking bowl roughly, until a thick layer of mashed potato-like paste has built up on the potato chunks.
4. Transfer potatoes to a large rimmed baking sheet and separate them, spreading them out evenly. Transfer to oven and roast, without moving, for 20 minutes. Using a thin, flexible metal spatula to release any stuck potatoes, shake pan and turn potatoes. Continue roasting until potatoes are deep brown and crisp all over, turning and shaking them a few times during cooking, 30 to 40 minutes longer.
5. Transfer potatoes to a large bowl and add garlic/rosemary mixture and minced parsley. Toss to coat and season with more salt and pepper to taste. Serve immediately.

Slow Cooker Black Beans

Ingredients

- 1 1/2 cups dried black beans, picked over, rinsed, soaked overnight and rinsed again
- 1 cup salsa (I used mild since I was serving it to children)
- 2 bay leaves
- 1 medium yellow onion, peeled and diced
- 1 1/2 cups bell pepper, deseeded and diced (optional)
- 1 tbsp ground cumin
- 1 tbsp dried oregano
- 1 tbsp garlic powder or to taste
- 4 cups water or broth
- 1-2 tbsp coconut oil or olive oil (optional, but it adds a richness to the beans many enjoy)
- 1/2 tbsp salt or to taste

Instructions

1. Soak Beans the night before. Rinse before putting them in your crockpot.
2. Combine ingredients EXCEPT SALT in your slow cooker. You will add this after cooking. Cover and cook on high for 3-4 hours (checking after 3 hours to see if the beans are done) or on low for 6-7 hours (checking after 6 hours to see if beans are done).
3. Once the beans are done cooking, remove the bay leaves. Stir in salt. Enjoy warm! Use a slotted spoon to drain off extra liquid and serve beans over rice, quinoa or a salad. Top with avocado, extra salsa or shredded cheese.
4. If storing leftovers, allow beans to cool completely before transferring beans and some of the cooking liquid to an air-tight container. Store beans in fridge for up to 5 days or in freezer for up to a month.

Spanish Rice

Ingredients

- Oil (about 2 Tbs)
- 1/2 onion chopped
- 2 cups rice
- 3 cloves of chopped garlic (minced garlic in a jar works too)
- 1/2 Tbs salt
- 4 cups of chicken broth
- 1/2 cup tomato sauce (4 oz.)

Instructions

1. Put oil enough to cover a large sauce pan.
2. Add rice, onion, garlic and salt.
3. Cook until rice is brown, add liquids, bring to a boil, boil for 5 min, cover tightly and simmer for 20 min.
4. Cook until rice fluffs up and turn off burner.
5. Let it steam for 5-10 min. (For chicken and rice, add cooked chicken to rice after you add the liquids).

Sushi Rice

Ingredients

- 4 cups of water
- 3 cups of sushi rice

Instructions

1. Put water and then rice in your rice cooker.
2. Cook on normal rice setting (45min.)

Sweet Potato fries

Ingredients

- 2 lbs. sweet potatoes, peeled
- 2 Tbsp. avocado oil, or olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp sea salt
- ½ tsp fresh ground black pepper

Instructions

1. Preheat your oven to 400 f.
2. Cut the sweet potatoes into sticks 1/2 inch wide and 3 inches long, and toss with oil. 3. Whisk all the spices together, with salt and pepper in a small bowl, and toss with the sweet potatoes.
3. Spread evenly on 2 flat/rimmed baking sheets.
4. Bake until crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 more minutes.

Tater Tots

Ingredients

- Orieda brand potatoes

Instructions

1. Bake as instructions say on a pan lined with parchment paper.

Dinner

American

7-up Marinated chicken

Ingredients

- 2 cups 7-up
- 1 cup oil or water
- 1 cup soy sauce
- 1 tsp. Garlic powder

Instructions

1. Put chicken in and marinate for several hours in the refrigerator.
2. Then BBQ!

Cajun Shrimp, Sausage and Veggies

Ingredients

- 1 pound large shrimp, peeled and deveined
- 14-ounce pork or chicken sausage, sliced
- 2 medium-sized zucchini, sliced
- 2 medium-sized yellow squash, sliced
- ½ bunch asparagus, sliced into thirds
- 2 red bell pepper, chopped into chunks
- Salt
- Pepper
- 2 Tablespoons olive oil
- 2 Tablespoons Cajun Seasoning

Instructions

1. Preheat oven to 400 degrees.
2. In a large bowl add the shrimp, sausage, zucchini, yellow squash, asparagus, bell pepper and salt and pepper. Add olive oil and cajun seasoning and toss until coated.
3. Spread evenly onto a sheet pan.
4. Bake in the preheated oven for 15-20 minutes or until shrimp is pink and vegetables are tender.

Chili (Best Turkey Chili)

Ingredients

- 1 pound lean ground turkey (or canned chicken)
- 1 13oz (or more) turkey sausage, diced and cooked (over the stove in a frying pan with a little oil)
- 2 cups chopped onion (or dehydrated or canned onions)
- 2 cups chopped green pepper (optional)
- 4 teaspoons minced garlic (or garlic powder)
- 2 can (28 ounces) crushed tomatoes
- 4 cans (16 ounces) kidney beans, rinsed and drained
- 2 cans (6 ounces) tomato paste
- 2 cans (4 ounces) chopped green chilies
- 4 tablespoons brown sugar
- 2 tablespoon dried parsley flakes
- 2 tablespoon ground cumin
- 1/2 teaspoons chili powder
- 4 teaspoons dried oregano
- 1/2 teaspoon pepper
- 1 teaspoon salt

Instructions

1. In a large saucepan, cook the turkey, onion and green pepper over medium heat until meat is no longer pink.
2. Add garlic and cook 1 minute longer.
3. Drain. Cook turkey sausage in oil in a separate pan.
4. Stir in the remaining ingredients.
5. Bring to a boil.
6. Reduce heat.
7. Cover and simmer for 25 minutes or until heated through.

Fried Chicken

Ingredients

- 1/3 cup olive oil
- 2 lb chicken tenders
- 1 cup milk (dairy or non-dairy)
- 2 eggs
- 1 cup GF flour (with xanthum gum) or corn starch
- 1 tsp salt
- 1 tsp pepper
- Any other seasonings you would like

Instructions

1. In a frying pan, heat up olive oil on medium heat.
2. Mix milk and eggs together with a fork in a bowl.
3. In another bowl, mix flour, salt, pepper and any other seasonings you like.
4. When oil is hot, dip a chicken tender into the liquid mix, then into the dry mix and then into the oil.
Repeat with as many pieces that you can fit in the pan.
5. Cook for about 5 min. Or until golden brown on one side and then flip. Then cook about another 5 min.
6. Lay on a paper towel to soak up the oil. Enjoy.

Frito Salad

Ingredients

- 4 big tomatoes, diced
- 2 green peppers, diced
- 1/2 a bunch of green onions, diced
- 4 cans kidney beans (drained and rinsed)
- 1 small bottle of Catalina dressing
- shredded cheese (optional)

- 2-3 bags of regular Fritos

Instructions

1. Mix all ingredients except for the cheese and Frito chips.
2. Serve over Frito chips and sprinkle with cheese.
3. Enjoy!

Honey Mustard Chicken

Ingredients

- 1/3 cup dijon mustard
- 1/3 cup honey
- 2 Tbs. chopped fresh dill or 1 Tbs. dried dill
- 1 tsp. Freshly grated orange peel
- 1 (2 1/2 lb) chicken, quartered

Instructions

1. Heat oven to 400 degrees.
2. Combine mustard and honey in small bowl.
3. Stir in dill and orange peel.
4. Line baking sheet with foil.
5. Place chicken, skin side down, on prepared pan.
6. Brush sauce on top of chicken; coat well.
7. Turn chicken over. Gently pull back skin and brush meat with sauce. Gently pull skin back over sauce. Brush skin with remaining sauce. Bake until juices run clear when thickest portion of meat is pierced with a knife, about 30 minutes.

Lettuce Hamburger or Turkey burger Wraps

Ingredients

- 6 frozen hamburgers or turkey burgers
- 2 Tbs. olive oil
- lemon juice
- garlic salt
- 1 big tomato sliced
- 3 pickles sliced long ways
- 2 avocados- sliced
- BBQ sauce, mayonaise, ketchup, mustard (optional)
- Big green lettuce leaves (washed and cut)

Instructions

1. Rub olive oil on burgers.
2. Rub on lemon juice and sprinkle garlic salt on both sides. You can let them marinate if you have time
3. BBQ Burger on a grill or in a pan.
4. Place burger on 1-2 lettuce leaves.
5. Put on tomatoes, pickles and avocados
6. Put on condiments if you like.
7. Fold lettuce leaf over the top and enjoy!

One Pan Italian Sausage and Veggies

Ingredients

- 2 large carrots ~2 cups
- 2 red potatoes ~2 cups
- 1 small-medium zucchini ~2 and 1/3 cups
- 2 red peppers ~2 cups
- 1 head broccoli ~1 and 1/2 cups
- 16 ounces Smoked Italian Turkey or Chicken Sausage

Seasonings

- 1/2 tablespoon
 - dried basil
 - dried oregano
 - dried parsley
 - garlic powder
- 1/2 teaspoon
 - onion powder
 - dried thyme
- 1/8 teaspoon red pepper flakes optional
- 1/3 cup Parmesan cheese freshly grated, optional
- 4 and 1/2 tablespoons olive oil
- fresh parsley (optional)
- salt and pepper (optional)

Instructions

1. Preheat the oven to 400 degrees F.
2. Line a large sheet pan with parchment paper or foil (easy clean-up) and set aside.
3. Prep the veggies: *It is important to prep the veggies according to directions to ensure they all cook at the same time*
4. Peel and very thinly slice the carrots.
5. Wash and (if desired leave the peel on) chop the red potatoes. You want the pieces quite small here. (I halve the potatoes and then cut each half into 10-12 pieces)
6. Halve the zucchini and then cut *thick* coins of zucchini.
7. Coarsely chop the broccoli.
8. Remove the stems and seeds from the peppers and chop into medium-sized pieces.
9. Chop the sausage into thick coins.
10. Pour all the veggies and sausage on the sheet pan.
11. In a small bowl combine all of the seasonings and salt and pepper if desired (I use about 1/8 teaspoon pepper and 1/2 teaspoon salt) with the olive oil. Stir to combine.
12. Pour the seasoning & oil mixture on top of the veggies and sausage and thoroughly toss to coat.
13. Place in the heated oven for 15 minutes. Remove and toss around the veggies + sausage and return to the oven for another 10-20 minutes or until veggies are crisp tender.
14. Remove and top, if desired, with freshly grated Parmesan cheese and fresh parsley.
15. Serve on top of rice or quinoa if desired. (Also great plain!)

Potato Bar

Ingredients

- whole potatoes
- butter
- salt
- pepper
- cheese
- sour cream
- green onions
- chili
- bacon bits (optional)

Instructions

1. Cook potatoes in aluminum foil in the oven.
2. When ready to eat cut open the potato and top with butter, salt, pepper, and other ingredients as desired.
3. Enjoy!

Sausage Skillet

Takes 45 min. to make and feeds 6 people

Ingredients

- 1 sausage (can add more if you like meat)
- 6-7 potatoes (depending how big)
- Frozen green beans (about 4 handfuls)
- 1-2 Tbs of olive oil
- 2 tsp of olive oil
- Garlic salt
- Pepper
- Your favorite seasoning(optional)

Instructions

1. Preheat oven to 400.
2. Cut up potatoes into cubes and put in a bowl.
3. Add 1-2 tablespoons of olive oil to the potatoes.
4. Mix the potatoes so the oil coats all the potatoes.
5. Spread potatoes on a pan lined with parchment paper.
6. Sprinkle on garlic salt, pepper and seasoning of choice onto potatoes(this recipe tastes good with just garlic salt and a little pepper).
7. Cook in oven at 400 for 40 min or until golden brown.
8. While potatoes are cooking cut up sausage into cubes.
9. Add 2 tsp. of olive oil to a big sauce pan.
10. Add sausage to pan and fry for 5 min. on Med-high heat.
11. Lower heat to medium and add frozen green beans.
12. Cover the pan with a lid.
13. Let green beans cook with sausage for about 6-7 min.
14. Check beans to make sure they are cooked through (should be crunchy but not cold).
15. Add potatoes to your pan of sausage and green beans.
16. Mix together and serve warm.

Asian

Beef Stir Fry

Ingredients

- 1 tbsp olive or sesame oil
- 8 oz sirloin steak, thinly sliced against the grain
- 4 tsp. minced garlic
- 1/4 tsp each salt & pepper
- 1 head broccoli, chopped
- 1 carrot, peeled and thinly sliced
- 1 can baby corn, drained and rinsed
- 1 red pepper, sliced
- Sesame seeds, for garnish (optional)
- 2-ingredient sauce
- 1/4 cup low-sodium gluten free soy sauce (La Choy)
- 1/4 cup hoisin sauce

Instructions

1. Cook rice in a rice cooker.
2. Optional step for more tender beef: Add 1 tsp cornstarch, 1 tsp baking soda and 2 tbsp soy sauce to sliced steak. Toss to combine and let marinate for 30 minutes in a large bowl or Ziploc bag.
3. Heat oil in a large skillet over med-high heat. Add steak, garlic, salt and pepper, sauteeing for 2-3 minutes until seared. Remove from heat and transfer to a plate.
4. Add broccoli and carrots, then cover skillet with a lid. Cook for 3-4 minutes until veggies are tender, stirring occasionally. Add in baby corn and red pepper, sauteeing another 2 minutes.
5. Add steak back to pan, along with stir fry sauce, tossing well to coat. Cook 1-2 minutes until sauce thickens slightly.
6. Serve overtop of rice and garnish with sesame seeds.
7. Enjoy!

Chicken Teriyaki Noodle Bowls

Ingredients

- 15 ounces rice long Noodles
- 1/3 cup soy sauce, low sodium
- 1/4 cup honey
- 3 cloves garlic
- 1 tablespoon ginger root, fresh
- 1 tablespoon cornstarch
- 1 pound chicken thigh, boneless, skinless
- 1 tablespoon olive oil
- 1 cup broccoli, florets
- 1 cup chopped carrot
- 1 cup bell pepper, red
- 1 cup snow peas
- 1 cup cabbage

Instructions

1. Boil a pot of about 5 cups of water and add your refrigerated soba or udon noodles to the water. It will take only 2 minutes for the noodles to separate, then drain and set aside.
2. In a small sauce pan over medium heat, combine soy sauce, honey, garlic and ginger.
3. In a small bowl combine corn starch and 1/4 cup of water and whisk until smooth. Add to sauce pan and stir until combine. Cook until thick enough to coat the back of a spoon, then remove from heat.
4. Chop up chicken thighs into 1 inch pieces. Add to a large pan over medium heat with olive oil. I spooned in some of the sauce to cook some of the flavor into the chicken. Let the chicken brown on each side for just a few minutes (2 is enough) and then add veggies. I chopped mine all up in similar sized pieces and added them in the listed order. Cover the pot if you want to help the veggies steam to cook.
5. Let cook for 3-4 minutes stirring occasionally and then add the rest of the sauce and the noodles and stir. Let cook for 2 minutes and then serve!

Fried Rice

Ingredients

- 2 bags of boil-in-a-bag brown rice
- Veggies of choice
- coconut oil
- 1/4 cup of water
- ginger
- garlic
- red pepper flakes
- soy sauce
- salt
- pepper
- 3 chicken breasts
- eggs

Instructions

1. Start with 2 bags of boil in a bag brown rice (I can't cook rice unless it's boil in a bag!) prepare that and drain the water.
2. While your rice is cooking, grab some veggies, anything you have on hand! Broccoli, cauliflower, asparagus, carrots, green beans, sweet onion, peppers, really any combination of 3 or more veggies that you have on hand. Chop them up and sauté in 1 tsp of coconut oil and 1/4 cup of water with a dash of each: Ginger, garlic, red pepper flakes, soy sauce, sea salt and pepper.
3. Cut 3 chicken breast into bite size pieces and sauté in 1-2 tsp olive oil and the same spices as your veggies.
4. In a skillet, add some coconut oil and scramble eggs, I use 3-5.
5. Push the eggs to the side and add your rice to the skillet.
6. Fry your rice with about 2 tablespoons of soy sauce for about 3 minutes.
7. Add veggies and chicken and mix well.
8. Enjoy!

Heesoon's Beef and Green Beans

Ingredients

- 1 lb. thin sliced beef
- 1/4 c. GF Soy Sauce or Liquid Aminos
- 2 Tbs. garlic (diced from can or fresh)
- 2 Tbs. olive oil
- 2 bags frozen green beans
- 3 cups of sushi rice
- 4 cups of water
- salt and pepper to taste

Instructions

1. Marinate beef with marinade (1/8 cup of soy sauce and all of garlic) in a ziplock bag. Let sit in the fridge for at least an hour. The more the better!
2. Put water and rice in rice cooker and cook on rice setting.
3. After rice has cooked for about 15 minutes or so, heat up 1 Tbs. oil on med-high heat in a frying pan. Add in the green beans with 1/8 cup of soy sauce, mix, mix, cover and let steam on med. heat for 5 min. Mix occasionally.
4. While beans are cooking, heat 1 Tbs. Olive oil on another frying pan on med-high heat. Throw in the beef and marinade. Cook for just a couple minutes, mixing constantly. You don't want to overcook the meat.
5. Once the meat is slightly pink, add the green beans to the meat. Mix together and cook another couple minutes. Salt and pepper a little if you want.
6. Serve with warm sushi rice.

Kung Pao Chicken

Ingredients

- 1 cup cornstarch or arrowroot powder
- ¼ tsp black pepper
- 1 lb boneless, skinless chicken breasts (about 2 pieces), cut into bite-sized chunks
- 1 tablespoon avocado oil or olive oil
- 4 - 6 dried red chili peppers (to taste) found in Asian supermarkets or the International section of a large chain grocery store - see NOTE
- 1 red bell pepper, chopped into bite-sized pieces
- 1 medium zucchini, chopped into halves Sauce (Feel free to double the sauce if you like more sauce)
- ½ cup low-sodium GF soy sauce
- 1 cup water
- 3 Tablespoons honey
- 3 Tablespoons hoisin sauce
- 3 garlic cloves, minced
- 1 tsp grated fresh ginger
- ¼ - ½ teaspoon dried red pepper chili flakes

Cornstarch slurry

- 2 Tablespoons cornstarch or arrowroot powder
- 2-3 Tablespoons water (plus more as needed to thin out consistency of sauce)

Instructions

1. In a large zip-top bag, toss in chicken, cornstarch and black pepper. Shake until well-coated.
2. Heat a large skillet over medium-high heat. Cook chicken about 2-3 minutes on each side, until lightly browned. Transfer chicken into slow cooker.
3. In a medium bowl, whisk together the soy sauce, water, honey, hoisin sauce, garlic, ginger and red pepper chili flakes and pour over chicken.
4. Cover and cook on LOW for 2.5 - 4 hours or HIGH for 1.5 - 3 hours. (SEE NOTE)
5. About 30 minutes before serving, whisk together the cornstarch and water in a small bowl. Stir into the slow cooker. Add the dried red chili peppers, red bell peppers, and zucchini.
6. Cover and cook on HIGH for another 20-30 minutes or until the vegetables are tender and the sauce has thickened up. (Add more water to thin out sauce to your preferred consistency).
7. Sprinkle with sesame seeds, green onions and serve over rice, quinoa or zoodles, if desired.

Mason Dumplings

Ingredients

Filling

- 1/2 lb pork or turkey, minced
- 2 green onions (scallions), minced
- 2 tsp brown sugar
- 2 tbsp tamari wheat-free soy sauce
- 1 tsp grated fresh ginger
- 1/4 tsp sesame oil
- 1-2 cups cabbage mix

Wrappers

- 1/2 cup (63 g) Artisan Gluten-Free Flour Blend
- 1/2 cup (60 g) tapioca flour
- 1/2 cup (60 g) glutinous (sweet) rice flour
- 1/2 tsp salt
- 1 tsp xanthan gum
- 1/2 cup boiling water
- 2 tbsp cold water
- 1 1/2 tbsp olive oil

Ponzu dipping sauce

- 1/4 cup tamari wheat-free soy sauce
- 2 tbsp orange juice
- 2 tbsp lemon juice
- 2 tbsp mirin
- 1 tsp water
- 1/4 tsp chili garlic sauce
- Green onions (scallions)

Instructions

1. Combine the filling ingredients in a small bowl and place in the refrigerator until ready to fill the wrappers.
2. Mix the three flours, salt, and xanthan gum, then add the boiling water and mix to combine. The mixture will be dry and crumbly.
3. Add the cold water and olive oil, mixing until a dough forms. Knead with your hands in the bowl to bring the bowl together, adding extra rice flour if the dough is sticky.
4. Divide the dough in half, and roll each half to form a thick snake. Cut each half into 12 pieces and cover with plastic wrap or put in a zip-top bag to prevent from drying out.
5. Roll each gum-ball-sized piece out between two pieces of plastic wrap, to form round wrappers 3 inches in diameter.
6. Place on a cookie sheet dusted with rice flour. Make only as many wrappers at a time as will fit in your steamer. For example, we made 8 dumplings per batch.
7. Heat a pot of water with your steamer on top. Cover the bottom of the steamer with a single layer of Napa cabbage leaves. Replace the cabbage leaves as needed.
8. For each dumpling wrapper, dust off any excess rice flour.
9. Place on a plate and put about 1 tbsp filling in the center of the wrapper.
10. Moisten the edge with water, and gather the dumpling at the top, squeezing to seal.
11. Repeat to complete the first batch.
12. Steam each batch of dumplings for 10 minutes.

13. While one batch is steaming, get started on the next batch. Repeat until all batches are done.

Orange Chicken

Ingredients

- 1.25 pounds chicken breast fillets (about 3 breasts), cut into cubes
- 3/4 cup GF flour (with anthem gum)
- 3 tablespoons coconut oil
- 2 navel oranges
- 1/2 cup barbecue sauce
- 2 tablespoon lite soy sauce, optional tamari

Instructions

1. In a gallon-sized ziplock bag, add chicken cubes and flour. Shake vigorously until chicken is well-coated. Remove chicken and shake off excess flour.
2. Add oil to a large skillet or wok, turn to medium heat, add cubed chicken and cook until lightly golden on all sides. Remove chicken and place on a paper towel. Drain any remaining oil from skillet.
3. Zest oranges and add to a mixing bowl. Squeeze juice from oranges, discard seeds, and add to the same bowl. Add barbecue and soy sauce and whisk to combine.
4. Add chicken and sauce mixture to the skillet. Toss to coat chicken. Cook on medium heat until sauce has thickened to desired consistency, about 10 minutes. Remove chicken with a slotted spoon and place on a platter.
5. Garnish with green onion slices, if desired. Add remaining sauce from the skillet to a bowl and serve along side chicken.

Pad Thai

Ingredients

- 8 ounces dried rice noodles
- 1/4 cup GF soy sauce
- 2 tablespoons rice wine vinegar
- 3 tablespoons brown sugar
- 1/2 teaspoon crushed red pepper (optional)
- 3 tablespoons olive or coconut oil and 2 tablespoons
- 3 cloves garlic, minced
- 1 lb beef, pork, or chicken (or a combination), sliced in 1/4 strips; or shrimp halved lengthwise (optional)
- 3 large eggs
- 2 cups chopped green onions (2-3 bunches), white and green parts separate (the exact amount of each is not important)
- 8 ounces bean sprouts (about 2 cups), rinsed and dry
- 1/3 cup fresh cilantro leaves, chopped
- 1 tablespoon lime juice
- Any vegetables: broccoli, carrots, etc..

Instructions

1. In a large bowl, combine the noodles with enough warm water to cover. Soak until just tender, about 30 minutes, then drain and set aside.
2. Using a small bowl, combine the soy sauce, vinegar, crushed red pepper, and sugar; stir until the sugar dissolves and is well blended. Set aside.
3. Heat the oil over medium-high heat in a large skillet or wok. Add the garlic, and cook, stirring, for 30 seconds or just fragrant. Stir in the meat and cook until the just cooked through, about 2 minutes. Transfer to a plate and cover to keep warm.
4. In the same skillet, cook the eggs about 1 minute, stirring to break up into small pieces. Add the white part of the onions and cook for 2 minutes to soften. Stir in the sprouts, Bonito flakes, green part of the onions, soy sauce mixture, and noodles, and cook until mixed well and warmed through, stirring frequently. Taste, and sprinkle in more Bonito flakes, as desired.
5. Toss in the reserved meat and cook for 30 seconds to incorporate into the noodles. Sprinkle with the cilantro and lime juice; serve immediately. Sriracha sauce on the side.

Quinoa Rice Bowls

Ingredients

- quinoa/rice
- choice of meat: marinated or something you already have
- thinly sliced cucumber
- thinly sliced carrots
- thinly sliced spinach
- sliced avocado
- any other vegetables you prefer: peppers, mushrooms
- dressing of choice: GF teriyaki, sweet and sour sauce, etc...

Instructions

1. Make quinoa or brown rice using recipe- using chicken broth as the liquid.
2. Prepare and cook meat and cut it up.
3. Slice up vegetables and avocado
4. Put together bowls: first with rice or quinoa, then meat, vegetables, avocado and lastly dressing.
5. Enjoy!

Indian

Coconut chicken curry with potatoes and veggies

Ingredients

- 4 boneless chicken thighs, cut into 1 1/2-inch pieces
- 1 cup of onions, sliced
- 1 white potato, cut into 1-inch cubes
- 5 cloves of garlic
- 1 can of Full Fat Coconut Milk
- 4 tablespoons of Curry Powder or Curry Paste
- 4 tablespoons of cooking oil/fat of choice (Olive oil, Butter, Coconut oil, Ghee, etc.) – Butter is my preference, but coconut also works well for this dish.
- Salt, as desired
- Optional: other vegetables: celery, carrots, peppers, etc..
- 1/2-1 cup chicken broth to thin it out

Instructions

1. Cut your potatoes into small cubes.
2. Slice the onions.
3. Chop up the garlic.
4. Cut your chicken into small cubes.
5. In a large skillet on low heat add 2 tbsp of cooking fat/oil of choice.
6. Once it melts and is hot enough, add the curry powder.
7. Swirl it around until well blended.
8. Add in coconut milk. Mix well.
9. Add potatoes to the coconut curry blend, and bring to a boil and let simmer.
10. In a separate pan add 2 tbsp of cooking oil/fat of choice and sauté the garlic and the onions.
11. Once the onions are translucent, throw in the cubed chickens. Cook lightly, and remove from heat.
12. Add the meat, onion, and garlic mixture to the coconut curry blend.
13. Let it cook for about 30 minutes or when the potatoes and chicken are cooked thoroughly (and try not to die of hunger with all that delicious coconut milk aroma in the air!).
14. Add chicken broth if you like the curry thinner.

Italian

Lasagna

Ingredients

- 2.5 lb. ground turkey
- 1 1/2 cups minced yellow onion
- 1/2 tsp salt (to turkey when cooking) - 1/2 tsp pepper (to turkey when cooking)
- 3 cloves of garlic, minced
- 1 cans (14.5 ounce) petite diced tomatoes
- 2 cans (6 ounce) tomato paste - 2 Tablespoons Dried parsley - 2 Tablespoons Dried Basil - 1/2 tsp. salt (to sauce)
- 3 cups low fat cottage cheese - 2 whole beaten eggs
- 1/2 cups shredded Parmesan cheese - 2 wTablespoons Dried parsley (to cottage cheese mixture) - 1/2 tsp salt (to cottage cheese mixture)
- 1 lb. mozzarella cheese (or blend of mozzarella cheese) - 11 lasagna noodles
- (add 1/2 tsp. salt and 1 Tablespoon of olive oil to pasta water)

Instructions

1. Bring a large pot of water to a boil. 2. Meanwhile, in a large oiled skillet or saucepan, sauté the onions. When onions are clear combine ground turkey, salt, pepper, and garlic. Cook over medium-high heat until browned. Drain half the fat. Add tomatoes, tomato paste, 2 tablespoons parsley, basil and salt. After adding the tomatoes, the sauce mixture should simmer for 45 minutes while you are working on the other steps. 3. In a medium bowl, mix cottage cheese, beaten eggs, shredded Parmesan, 2 more tablespoons parsley, and 1/2 teaspoon salt. Stir together well. Set aside. Cook lasagna until “al dente” (not overly cooked).
2. To assemble: Arrange 4 cooked lasagna noodles in the bottom of a baking pan, overlapping if necessary. Spoon half the cottage cheese mixture over the noodles. Spread evenly. Cover cottage cheese with a layer of mozzarella cheese. Spoon a little less than half the meat/sauce mixture over the top. Repeat, ending with meat/sauce mixture. Sprinkle top generously with extra Parmesan. Either freeze, refrigerate for up to two days, or bake immediately: 350-degree oven for 20 to 30 minutes, or until top is hot and bubbly.

Pepper Pizzas

Ingredients

- 4 bell peppers, halved and cored
- 1 tbsp. extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 1/2 c. pizza sauce
- 2 c. shredded mozzarella
- 1/2 c. finely grated Parmesan
- 1/3 c. mini pepperoni
- 1 tbsp. chopped parsley

Instructions

1. Preheat oven to 350°.
2. On a sheet tray, drizzle peppers with olive oil and season with salt and pepper. Spoon sauce onto each pepper half. Sprinkle with mozzarella and Parmesan and top with pepperoni. Bake for 10-15 minutes, until the peppers are crisp-tender and the cheese is melted.
3. Garnish with parsley.

Pizza

Ingredients

- 6 cups of Gluten Free Flour(with xanthum gum)
- 4 tsp. Xanthum gum(if flour doesn't have it)
- 2 Tbs Yeast
- 1 Tbs. Salt plus a little more
- 2 cups lukewarm water
- 4 large eggs
- 1/2 cup olive oil
- 2 tsp. White or cider vinegar
- 2 tbs. baking powder
- 1 Tbs sugar to the yeast and water mixed

Instructions

1. Preheat oven to 450.
2. Combine water, sugar and yeast and let sit until foamy.
3. Whisk together the flour, xanthan gum, baking powder and salt in a bowl.
4. Combine the liquid ingredients(including yeast mixture) and gradually mix them into the dry with out kneading
5. Shape some of the dough on a greased pan. Let the dough rise for about 20 min. (Covered with a moist cloth)
6. Brush olive oil onto the crust and then add sauce, spices, cheese, veggies, etc...
7. Cook on bottom rack for about 11 min.

Spaghetti and Meatballs

Ingredients

- GF Noodles (brown rice are delicious)
- 2 cans Prego Traditional Sauce (this is GF)
- 1 bag of frozen GF Meatballs
- Italian seasoning

Instructions

1. Preheat oven to 350.
2. Boil noodles according to instructions (usually about 10 min). Rinse with cool water and add a little olive oil to avoid sticking.
3. While noodles are cooking, put meatballs on a cookie sheet lined with parchment paper. Cook for 18 min or whatever the instructions say.
4. In a separate sauce pan, put in Prego sauce, cook on low heat. When meatballs are ready, add them into the sauce. Add Italian seasoning to the sauce.
5. Serve meatball sauce over noodles. Enjoy.

Mexican

Crockpot Fajitas

Ingredients

- 1 tbs olive oil
- 2 tsp real butter
- bell peppers
- onions
- 3 chicken breasts
- 1 tbs chili powder
- 2 tsp ground cumin
- 2 tsp garlic powder
- 1/2 tsp cayenne pepper
- salt
- pepper
- 1/3 cup salsa

Instructions

1. Drizzle 1 tablespoon of olive oil in the bottom of your crock pot and 2 teaspoons of real butter.
2. Layer the chopped peppers first, I used orange and red but whichever colors you prefer. Then add sliced onions on top.
3. Add chicken next, setting it right on top of the peppers/onion. I used 3 breasts to serve 4.
4. Season the chicken with Fajita seasoning (chili powder, ground cumin, garlic powder, cayenne pepper, salt, pepper)
5. Add 1/3 cup of clean salsa right on top of the chicken.
6. Set the slow cooker to low and cook for 5 hours for defrosted chicken, 7 for frozen chicken.
7. Stir chicken to I guess I'll get there shred it and then use whole wheat (or your favorite) tortillas, cheese, plain greek yogurt masquerading as sour cream, avocado, tomatoes, etc as garnish! Seriously YUM.

Mexican Lasagna

Ingredients

- 1 pound lean ground turkey
- 1 tablespoon olive oil
- 1/2 small yellow onion, grated or finely chopped
- 2 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 tablespoon New Mexico chile powder
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 (14.5 oz) can fire roasted diced tomatoes
- 1 (15 oz) can black beans, rinsed and drained
- 1 (4 oz) can fire roasted diced green chiles
- 1 (10 oz) can enchilada sauce (or our homemade enchilada sauce)
- 12 corn tortillas
- 8 ounces Pepperjack cheese, shredded
- 4 ounces Colby Jack cheese, shredded
- 6 oz can sliced olives, drained
- 2 scallions, finely chopped
- 2 tablespoons chopped cilantro

Instructions

1. Preheat oven to 425°F.
2. Drizzle olive oil into a large skillet, over medium high heat. Add meat, onion, paprika, cumin, chili powder, salt and pepper to skillet. Brown beef for about 5-7 minutes. Add tomatoes and beans. Stir to combine. Allow to cook while you begin preparing the baking pan.
3. Smooth about 1/3 of the enchilada sauce over the bottom of a 9x13 baking pan. Lay tortillas on the bottom of the pan, slightly overlapping until pan is covered (about 4 tortillas).
4. Spoon half of the beef mixture over top of the tortillas, spread evenly. Layer tortillas on top of beef mixture. Smooth about 1/3 of the enchilada sauce over the tortillas. Sprinkle 1/2 of each of the cheeses on top. Scatter the green chiles over the cheese. Add the remaining beef mixture. Spread evenly. Layer tortillas on top of beef mixture. Spoon remaining enchilada sauce over tortillas. Sprinkle remaining cheese on top of tortillas. Garnish top with olives and scallions.
5. Bake for 10-15 minutes, until cheese is melted and lasagna is warmed through. Remove from oven and sprinkle with cilantro.
6. Serve and enjoy!

Red/Green Enchiladas

Ingredients

- 16 corn tortillas
- 1/4 cup olive oil
- 3 cups of red or green enchilada sauce
- 2 cups plus 1 cup shredded Monterey Jack cheese, divided.
- 1 lb cooked chicken, diced
- salt and pepper to the taste
- 1 small can green chiles (if making green enchiladas)

Instructions

1. Preheat oven to 350 degrees F.
2. Salt and pepper cooked chicken.
3. Heat olive oil in a frying pan to med-high heat. Depending on how big your pan is, put one or two tortillas into the oil at a time. Cook until soft and then flip (about 30 sec on each side). Be careful not to cook too long. Place tortillas on a plate covered in paper towels to soak.
4. Once tortillas have cooled, pour about 1 cup of your enchilada sauce in the bottom of a 9X12 pan. Place one tortilla in the pan, fill with chicken and cheese and then roll up. Continue doing this until the pan is full.
5. Once pan is full of enchiladas, pour the rest of the sauce on top, then sprinkle remaining cheese and chiles if you are using them.
6. Cover pan with foil and bake for 20 minutes. Uncover and bake for 5-10 more minutes, until enchiladas are heated through and cheese is melted. Serve topped with additional chopped cilantro and Greek yogurt or sour cream.

Shredded Beef Tacos

Ingredients

- Roast of choice, I used a Chuck Roast and stripped the fat off the meat after cooked. I do this by hand so that I get it all. Sorry, not fun, but necessary.
- Salsa
- 2 Tbs. Olive oil
- Salt and pepper
- Diced garlic (optional)
- Corn tortillas
- Garnishes of choice, cheese, avocado, lettuce, tomato, onion, plain greek yogurt pretending to be sour cream.

Instructions

1. Place defrosted roast in a large crock pot. Rub on olive oil, salt, pepper, garlic and add 1/2-1 cup of clean salsa over the top. Set the crock pot on low for 6-7 hours.
2. Once finished, stir the roast to break it apart, strip off any fats, and mix the salsa together.

Taco Rice Bowls

Ingredients

- 1 lb. ground turkey
- 1/2-1 taco seasoning packet
 - 1 Tablespoon chili powder
 - 1 1/2 teaspoons cumin
 - 1/2 teaspoon paprika
 - 1/2 salt
 - 1/4 teaspoon garlic powder
 - 1/4 oregano
 - 1/4 black pepper
- 2 cups uncooked brown rice (follow Brown rice recipe with chicken broth)
- 4 cups water (for rice)
- 1 lime
- salt and pepper to taste
- 2 Tbsp cilantro, or to taste
- 1 avocado, sliced or quartered
- 1/4 red onion, sliced
- 1 cup tomatoes, cubed
- 1 cup shredded cheese (monteray jack, queso fresco, etc..)
- 1/2 cup sour cream
- hot sauce or salsa

Instructions

1. Cook brown rice. Drain and drizzle with lime (or lemon) juice.
2. Add ground turkey to a skillet with oil and cook over medium heat. Cook, breaking into small pieces with a wooden spoon, until browned. Remove grease.
3. Add seasonings to meat and cook an additional few minutes.
4. Prepare all the desired toppings. Cut the cilantro, slice the onions, shred the cheese, cut avocados and cube the tomatoes.
5. In a bowl, arrange all the ingredients in simple taco bowl.
6. Enjoy.

Taco Salad

Ingredients

- 1 pound lean ground beef (or ground turkey or chicken)
- salt & pepper
- 2 tablespoons homemade taco seasoning
- ½ cup water
- 8 cups chopped romaine lettuce
- 15 ounce can black beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 cup grated cheddar and/or jack cheese
- 1 large avocado, sliced
- 1 cup salsa
- Plain Greek yogurt or sour cream for serving, if desired
- Tortilla chips (if desired)

Instructions

1. Heat a large skillet over medium heat. Add ground beef and sprinkle with salt and pepper. Cook, breaking up the meat, until meat is browned, about 5 minutes. Add the taco seasoning and water, reduce the heat to a low simmer, and cook, stirring occasionally, until liquid is mostly gone and meat is cooked through, about 5 minutes.
2. To assemble the salads, divide the lettuce, black beans, corn, tomatoes, cheese and avocado evenly between four large plates. Top with the beef and salsa. Serve with plain Greek yogurt or sour cream and tortilla chips as desired.

Taquitos

Ingredients

- 1 lb. cooked shredded chicken
- salt and pepper
- other seasonings if you'd like (seasoning salt or garlic powder)
- 12 corn tortillas or more
- toothpicks

Instructions

1. Preheat oven to 400 degrees.
2. Add salt and pepper (and other seasonings) to shredded chicken, cook tortillas in oil in a frying pan to soften (they should not be crispy).
3. Let cool on paper towels, roll chicken in tortillas, hold with toothpicks and lay taquitos in a lined parchment paper cookie sheet.
4. Cook for 30 min. Or until light brown. Serve with guacamole and salsa. Tastes great with sprinkled cheese on top.

Tostadas

Ingredients

- 10 tostada shells (or regular corn tortillas, if making your own tostada shell)
- 1 can Refried Beans
- 1 lb ground turkey, (or substitute cooked shredded chicken, pork or beef)
- Taco seasoning packet (or 1 Tablespoon chili powder, 1 1/2 teaspoons cumin, 1/2 teaspoon EACH paprika and salt, 1/4 teaspoon EACH garlic powder, oregano, black pepper)
- 1/2 head lettuce (any kind), washed and finely chopped
- queso fresco shredded (or other cheese- Monterey Jack is great too.)
- 1 large avocado
- Mexican crema (or sour cream)
- Salsa, pico de gallo or salsa verde

Instructions

1. Bake or Fry the corn tortillas, if not using store bought tostada shells.
2. Add ground turkey to a skillet with oil and cook over medium heat. Cook, breaking into small pieces with a wooden spoon, until browned. Remove grease.
3. Add seasonings and cook an additional few minutes.
4. Add the refried beans to a microwave safe bowl, or a small skillet over medium heat.
5. Stir in a small scoop of sour cream. Cook until warmed through.
6. Assemble the tostadas: Spread a thin layer of refried beans over the tostada shell. Top with a small spoonful of ground turkey, then lettuce, cheese, avocado, salsa, and sour cream.
7. Serve immediately.

Soups-Crockpot

BBQ Crockpot Chicken

Ingredients

- 4-6 chicken breasts or thighs, boneless and skinless
- 1 bottle sweet baby ray's bbq sauce
- 1/4 c vinegar
- 1 tsp red pepper flakes
- 1/4 c brown sugar
- 1 tsp garlic powder

Instructions

1. Mix BBQ sauce with vinegar, red pepper flakes, brown sugar and garlic powder.
2. Place chicken in crockpot (still frozen is ok). Pour sauce mixture over chicken.
3. Cook on LOW 4-6 hours.
4. Serve with rice or on gluten free bread

Beef Taco Tortilla Soup

Ingredients

- 1 lb ground beef SAVE \$
- 1 sweet onion, diced
- 2 cloves garlic, minced
- 1 packet (1 oz) Old El Paso™ taco seasoning mix
- 1 can (15 oz) Muir Glen™ Organic Diced Tomatoes Fire Roasted
- 1 can (15 oz) corn, drained
- 1 can (7 oz) Old El Paso™ chopped green chiles
- 1 cup rinsed and cleaned canned black beans
- 1/4 cup chopped cilantro
- 1 carton (32 oz) Progresso™ chicken broth
- crumbled tortilla chips
- grated cheddar cheese
- Avocado
- Sour cream

Instructions

1. In a large soup pot or Dutch oven over medium heat, brown the ground beef, breaking meat up as it cooks. Add onion and garlic. Continue cooking until beef is cooked through and no longer pink.
2. Drain liquid from pan. Add the taco seasoning, tomatoes, corn, chiles, beans, cilantro and chicken broth to the pot and stir to combine.
3. Simmer over medium heat for 30 minutes, stirring occasionally.
4. Serve topped with crumbled tortilla chips and grated cheese.

Bone Broth

Ingredients

- 2 pounds (or more) of bones from a healthy source

Optional:

- 1 onion
- 2 carrots (roughly chopped and not peeled)
- 2 stalks of celery (roughly chopped)
- 2 tablespoons Apple Cider Vinegar
- 1 bunch of parsley
- 1 tablespoon or more of sea salt
- 1 teaspoon peppercorns
- Additional herbs or spices to taste
- Can also add 2 cloves of garlic for the last 30 minutes of cooking

Instructions

1. Aim for 2 pounds of bones per gallon of water.
2. If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. Place them in a roasting pan and roast for 30 minutes at 350.
3. Place the bones in a large crock pot. Pour (filtered) water over the bones and add the vinegar. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
4. Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add any salt, pepper, spices, or herbs, if using.
5. Let cook on low- 24 hours for chicken bones and 48 hours for beef.
6. During the first few hours of simmering, you'll need to remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. I typically check it every 20 minutes for the first 2 hours to remove this.
7. During the last 30 minutes, add the garlic and parsley, if using.
8. Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable.
9. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.

Chicken Enchilada Casserole

Serves about 7

Ingredients

- 2 boneless skinless raw chicken breasts or 9 thighs
- 1 28 ounce can Red Enchilada Sauce (I use El Pato Brand)- gluten free
- Add these ingredients at the end
- 30 corn tortillas (I used an entire 11.7 ounce bag)
- 3 cups grated cheddar cheese (divided)
- 2 little 3.8 ounce can black olives (divided)

Instructions

1. Put the chicken breasts and the enchilada sauce in your slow cooker.
2. Cook on low for 8 hours. (mine: 5 hours)
3. Shred the chicken with 2 forks right in the slow cooker.
4. Cut the tortillas in to strips, add to chicken and sauce.
5. Stir.
6. Add 1 cup of cheese and half the olives into the sauce and chicken mixture.
7. Stir again.
8. Flatten the mixture slightly.
9. Add the rest of the cheese and the olives on top.
10. Cook on low for about 40 - 60 minutes longer (mine: 20 min. Longer)
11. Top with sour cream (optional)

Chicken Noodle Soup

Ingredients

- 3 boneless skinless chicken breasts
- 1 yellow onion
- 2 cloves of garlic
- 3-4 medium carrots
- 3 celery ribs
- 2 quarts of chicken stock (I make my own, but you can buy it in the store)
- dried thyme
- 1 bay leaf
- Gluten free egg Noodles or brown rice noodles
- kosher salt and fresh ground pepper

Instructions

1. Chop all of your veggies and set aside.
2. In a medium-large soup pot submerge your raw chicken in the chicken stock and boil until cooked.
3. Pull cooked chicken and set aside, add all of your chopped veggies and egg noodles to your pot. Add your bay leaf, thyme and salt and pepper. Cook for 4-5 minutes.
4. Chop or shred your chicken (whatever you prefer) and add back into the pot for an additional 2 minutes.
5. Your veggies will still have a little bite to them, your noodles will be perfectly cooked, and your chicken will be flavorful and delicious. Serve with a crusty fresh baguette and enjoy!

Creamy Coconut Curry Chicken & Vegetable Soup

Ingredients

- 1/2 tbsp. butter preferably grass fed
- 1/2 tbsp. olive oil
- 1/2 cup chopped onion
- 1/4 cup chopped celery
- 1/4 cup chopped carrots
- 1 sweet potato scrubbed and chopped into bite sized chunks
- 2 cloves garlic minced
- 2 tbsp. curry powder
- 1 tsp turmeric
- 1 tsp cumin
- sea salt & pepper
- 1 398 ml. can of full fat coconut milk
- 2 cups chicken broth
- 2 cups water
- 2 chicken breasts or thighs

Instructions

1. In a soup pot, heat butter and olive oil over medium low heat.
2. Add the chopped onion, celery, carrot and potato. Season with sea salt and pepper, stir well and saute for 5-7 minutes, stirring occasionally. Add the garlic and cook, stirring continuously for another minute. Add the curry powder, turmeric, and cumin and stir well for another 30 seconds.
3. Pour in the coconut milk, broth and water, stir well. Bring to a boil and add the chicken breasts. Reduce heat to medium low and simmer for 30 minutes, stirring occasionally and adding liquid if needed to keep the chicken covered.
4. Once the chicken is cooked through, remove the chicken from the pot and shred with fork. Return the shredded chicken to the pot along with the spinach and stir again.
5. Serve

Crock Pot Beef Stew

Ingredients

- 1-1/2lbs stew meat, cut into bite sized pieces
- 1lb white potatoes (about 1 large potato,) peeled then chopped
- 8oz whole mushrooms, cut into quarters or sixths if large
- 2 carrots, chopped
- 2 ribs celery, chopped
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 Tablespoons tomato paste
- 1 Tablespoon gluten-free Worcestershire sauce (I like Lea & Perrins)
- 1 teaspoon salt
- 3/4 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1/2 teaspoon dried rosemary
- 1 bay leaf
- 32oz gluten-free beef broth
- 1/4 cup gluten-free or corn starch
- 1/2 cup frozen peas

Instructions

1. Add ingredients from stew meat to beef broth into a 6-quart crock pot then cover and cook on low for 6-8 hours, or until meat is tender (mine took 6 but it will depend on how big your stew meat is cut.) I added everything to the crock pot the night before then popped into the crock pot base in the morning and turned it on.
2. Add flour to a bowl then add a ladleful of cooking liquid and whisk until smooth. Pour back into crock pot then stir well to combine and cook on high for 30-45 more minutes, or until broth has thickened (Note: broth will continue to thicken while cooling.) Add peas then let sit until heated through, 5 minutes, before serving. Notes

Potato Soup

Ingredients

- 5-6 medium potatoes (enough for 4 cups when cut into ½ inch cubes), peeled if preferred
- ½ cup onion (about ½ of a medium onion), diced
- ½ cup green onion, chopped
- 3 cups milk (whole or 2%)
- 3 Tbsp butter
- 6 oz. bacon, chopped and cooked
- 2 tsp kosher salt
- 1 tsp black pepper
- 1 cup water
- Shredded cheese to top

Instructions

1. Bring water and salt to a low boil
2. Add onions (both regular and green)
3. Cover and simmer for about 10-12 minutes.
4. Add remaining ingredients except for the bacon and SLOWLY bring to a boil.
5. Stir over low heat until potatoes are tender (should take about 15 – 20 minutes). Make sure to stir often using a wooden spoon so as not to scorch the milk on the bottom.
6. Ladle 1/2 to 2/3 of soup into a blender and blend until smooth
7. Add back to the soup and blend well
8. Add the bacon and stir

Sausage and Black Bean Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 (15 ounce) can black beans, undrained
- 1 (14.5 ounce) can stewed tomatoes
- 1 (10.5 ounce) can condensed beef broth
- 1/2 cup chunky salsa
- 1/2 cup water
- 12 ounces beef sausage
- 1/4 cup chopped fresh cilantro

Instructions

1. In a large saucepan over medium heat, combine the oil, onions and garlic. Saute for 8 minutes, or until tender. Add the beans, tomatoes with liquid, broth, salsa and water. Bring to a boil over high heat.
2. Cut sausage into 1/2 inch slices and stir into soup. Reduce heat to low, cover and simmer for 15 minutes, stirring occasionally. Ladle soup into bowls and sprinkle with cilantro.

Slow-Cooker Pot Roast

Prep Time 10 minutes

Cook Time 4 hours

Total Time 4 hours 10 minutes

Servings 6

Ingredients

Pot Roast

- 1 tablespoon olive oil
- 1 tablespoon onion powder
- 2 teaspoons dried sage
- 2 teaspoons dried thyme
- 1 teaspoon salt
- 1 teaspoon dried rosemary
- 1 teaspoon garlic powder
- 1 tablespoon apple cider vinegar
- 1 cup gluten-free beef broth
- 2-3 pound beef pot roast
- carrots celery, and sweet potatoes/white potatoes

Gravy

- liquid from cooked pot roast
- 1 tablespoon cornstarch 2 tablespoons of tapioca starch or arrowroot for Paleo and Whole30
- 1 tablespoon gluten-free flour omit for Paleo and Whole30

Instructions

Pot Roast

1. Add 1 tablespoon of olive oil into the slow-cooker.
2. Salt beef roast and add to slow-cooker.
3. Add chopped carrots, chopped celery and peeled and chopped sweet potatoes/white potatoes to slow-cooker.
4. In a large glass measuring cup add all of the seasonings and apple cider vinegar to the beef broth and stir to combine.
5. Pour beef broth mixture over the vegetables and meat.
6. Cook on high for 4 to 5 hours until vegetables and meat are tender.
7. Enjoy!

Gravy

1. Carefully pour the liquid from the slow-cooker into a small pan.
2. Add the cornstarch and gluten-free flour to the liquid and whisk over a medium heat until fully combined.
3. Bring to a slight boil, stirring until thickened.
4. Pour over pot roast.
5. Enjoy!

White Chili

Ingredients

- 1 1/2 lbs. chicken, cooked and diced
- 4 15 oz. cans white beans
- 1 1/2 cups chicken broth
- 1 4 oz. can green chiles
- 1 onion finely chopped
- 3 Tbsp. Fresh cilantro, chopped
- 1/2 Tbsp. garlic in olive oil
- 1 1/2 tsp. Ground cumin
- 1/2 tsp. Oregano
- 1/2 tsp. Ground red pepper
- 2 Cups Monterey Jack Cheese, shredded
- Avocados (sliced and on the side)

Instructions

1. Combine all ingredients except for cheese.
2. Simmer for 1 hour.
3. Stir in cheese before serving if desired.
4. This is a little thick and is excellent rolled onto a warm corn tortilla.

Zuppa Toscano

Ingredients

- 1 pound Italian sausage
- 3 russet potatoes, sliced into wedges then halved
- 2 cloves garlic, minced
- 1 large white onion, finely chopped
- 4 cups chicken broth
- 2 cups kale or Swiss chard, rinsed and chopped
- 1 cup heavy cream
- Salt and pepper, to taste

Instructions

1. Brown Italian sausage in a large skillet over medium-high heat, about 5 minutes. Drain and discard fat.
2. Combine all ingredients except cream and kale in slow cooker. Cook on low 7-8 hours, or on high for 4-5.
3. Add cream and kale to slow cooker, stir, and cook until leaves are wilted and warmed through, 20-30 minutes.
4. Ladle into bowls, serve immediately and enjoy!

Dessert

Apple Pie

Ingredients

- Pastry for two-crust pie (see recipe)
- 1/3-2/3 cup sugar
- 1/4 cup GF Flour (with xanthum gum)
- 1/2 tsp. ground cinnamon
- 1/2 tsp. Ground nutmeg
- Dash of salt
- 8 cups thinly sliced peeled tart apples(8 medium)
- 2 Tbs. butter

Instructions

1. Heat oven to 425. Make pastry.
2. Mix sugar, flour, cinnamon, nutmeg, and salt in a large bowl. Stir in apples. Turn into pastry-lined pie plate. Cut into small pieces; sprinkle over apples. Cover with top pastry that has slits cut in it; seal and flute. Cover edge with 2-3 in. Strip of aluminum foil to prevent excessive browning. Remove foil during the last 15 min. Of baking.
3. Bake 40-50 min. or until crust is golden brown and juice begins to bubble through slits in crust. Cool on rack at least 2 hours.

Best Gluten-free Chocolate chip cookies ever

Ingredients

- 2 eggs
- 1/2 cup salted butter (softened)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 tsp baking soda
- 1 tsp vanilla
- 2 1/2 cups all purpose gluten free flour with xanthum gum (if doesn't have any, add 2 tsp. Xanthum gum)
- 1 1/2 -2 cups chocolate chips

Instructions

1. Mix wet with the sugar.
2. Mix the dry ingredients.
3. Combine the wet with the dry.
4. Bake at 350° F for 8-10 minutes.

Carmel Fondue

Ingredients

- 1 14 oz. can sweetened condensed milk
- 1 cup packed brown sugar
- 1/2 cup butter, cut up
- 1/3 cup corn syrup
- 1/2 tsp. Vanilla
- 2-3 Tbs. milk
- crisp apples

Instructions

1. In a heavy sauce pan combine sweetened condensed milk, brown sugar, butter, corn syrup and vanilla.
2. Cook and stir over low heat until melted and heated through.
3. Remove from heat.
4. Stir in milk until smooth.
5. Transfer to fondue pot.

Cheese Cake

Ingredients

Gluten Free Cheesecake Crust

- 2 cups almond flour
- 5 Tablespoons butter (or dairy-free alternative)
- 1/4 teaspoon sea salt
- 1/3 cup powdered sugar

Cheesecake Filling

- 16 ounces cream cheese (or dairy-free alternative)
- 1/2 cup sugar
- 1/2 cup heavy whipping cream
- 2 eggs
- 1 teaspoon vanilla extract

Instructions

1. Prepare a 8 inch spring form pan with greased parchment paper.
2. Preheat oven to 325 degrees F.
3. Pulse almond flour, butter, sugar and salt in food processor until mixture forms a ball. Press crust into prepared spring form pan.
4. Add cream cheese, sugar, heavy whipping cream into a separate large bowl. Whisk together using a hand mixer or stand mixer to create a smooth creamy filling. Add eggs one at a time until well combined. Mix in vanilla extract.
5. Pour cheesecake mixture into prepare crust pan. Bake for 40-45 minutes, or until center is set.
6. Remove from the oven and cool to room temperature before placing into refrigerator. Refrigerator at least 12 hours before cutting and serving.

Chocolate Cake

Ingredients

- 1 cup (80g) unsweetened cocoa powder
- 1 cup hot water (240 ml)
- 2 cups sugar (400g)
- 1 $\frac{3}{4}$ cup (210g) all-purpose gluten-free flour blend (see notes)
- 1- $\frac{3}{4}$ teaspoon baking powder
- 1- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon salt
- 2 eggs
- 1 cup greek yogurt (240 ml)
- $\frac{1}{2}$ cup vegetable oil (120 ml)
- 2 tsp vanilla extract

Instructions

1. Preheat the oven to 350°. Line the bottom of two 8-inch cake pans with parchment paper, then grease the sides.
2. In a medium bowl, whisk the hot water (or coffee) and cocoa together until smooth. Set aside.
3. In a large mixing bowl, add the sugar, gluten-free flour blend, baking powder, baking soda, and salt. Using a whisk, blend and sift the ingredients together.
4. Add the eggs, yogurt, oil, vanilla, and the cocoa mixture to the dry ingredients. Mix with a whisk or an electric mixer until all the ingredients are very well blended and look smooth.
5. Pour the batter into the two prepared pans and place in the center of the preheated oven. Bake for 33 to 37 minutes or until a toothpick inserted in the center of the cakes comes out clean.
6. Let cool in the cake pans for 5 to 10 minutes then run a knife around the edge of the pans to loosen the cake from the pans. Invert the cakes onto a cooling rack and remove the parchment paper.
7. While the cakes are cooling, make the frosting (see the recipe below). Make sure the cakes are completely cooled before covering them with frosting. Warm cakes will melt the frosting. Partially freezing the cakes will make it easier to frost them.

Chocolate Chip Cookies (healthy)

Ingredients

- 2 1/3 cups blended oat flour (blend first and then measure. You could also substitute almond flour for some of it)
- 1/2 tsp. Salt
- 1 tsp. Baking soda
- 1/2 cup coconut sugar
- 1/2 cup ground flax meal
- 2/3 cups chocolate chips
- 1 tsp. Vanilla extract
- 1/4 cup melted coconut oil
- 1/4-1/2 cup almond milk or rice milk (depending on how dry your dough is)

Instructions

1. Preheat oven to 380 degrees.
2. Combine dry ingredients well.
3. Add wet, adjusting milk amount until the dough sticks together.
4. Bake cookies right away or put the dough into the fridge.
5. Bake for 7 min on a greased pan or parchment paper pan.
6. Remove from oven when they are still undercooked.
7. Let them cool for 10 min, as they continue to cook. You can freeze left over dough.

French Apple Pie

Ingredients

- Pastry for two-crust pie (see recipe)
- 1/3-2/3 cup sugar
- 1/4 cup GF Flour (with xanthum gum)
- 1/2 tsp. ground cinnamon
- 1/2 tsp. Ground nutmeg
- Dash of salt
- 8 cups thinly sliced peeled tart apples(8 medium)
- 2 Tbs. butter

Instructions

1. Make pastry for one pie crust.
2. Turn apple mixture into pastry lined pie plate.
3. Omit butter.
4. Sprinkle apple mixture with crumb topping: Mix 1 cup GF Flour(with xanthum gum), 1/2 cup brown sugar, 1/2 cup firm butter until crumbly.
5. Cover topping with aluminum foil during last 10 minutes of baking to prevent excessive browning.
6. Bake 50 min.
7. Serve warm.

Fudgey Brownies

Yields 16 brownies

Ingredients

- 2/3 cup semi-sweet or dark chocolate chips (I use dairy free chocolate chips)
- 5 Tbsp coconut oil (can sub butter, avocado oil, vegan butter, ghee)
- 2/3 cup coconut sugar (can sub white, brown, or maple sugar)
- 2 eggs
- 1 tsp vanilla extract
- 2/3 cup blanched almond flour
- 2 Tbsp unsweetened cocoa powder
- 1/2 tsp baking soda (if paleo) or baking powder
- 1/4 tsp salt
- 2/3 cup additional chocolate chips or chopped chocolate (can sub nuts)
- coarse sea salt to sprinkle on top (optional)

Instructions

1. Preheat oven to 350 degrees. Line an 8×8 baking pan with parchment paper or spray with nonstick spray.
2. In a small saucepan, gently melt chocolate and oil over low heat until smooth and glossy. Remove from heat and set aside to cool slightly.
3. In a small bowl, whisk together sugar and eggs until slightly lighter in color and until they pass the ribbon test (when you lift the whisk the mixture should stream down evenly in “ribbons”). Set aside.
4. In a medium bowl, whisk together the dry ingredients—almond flour, cocoa, baking soda, and salt.
5. Working slowly, whisk the egg/sugar mixture into the saucepan of melted chocolate. Whisk until smooth. Stir in vanilla and mix in.
6. Stir in the dry ingredients and fold until just mixed.
7. Fold in the additional chocolate chips.
8. Pour batter into your prepared pan and smooth the surface.
9. Bake at 350 degrees 20-24 minutes, or until edges are set and the center is still ever so slightly under-done. (The remaining heat should set the center as it cools)
10. Sprinkle with coarse salt, if using, and allow brownies to cool before slicing.

Mini Pumpkin Pies or 2 Pumpkin Pies

Ingredients

- 2 Pie crusts from my 2 pie crust recipe (Apple pie recipe)
- 1 (15 oz) can pureed pumpkin
- 2 eggs
- 1 (14 oz) can sweetened condensed milk
- 1 Tbsp pumpkin pie spice
- 1/4 tsp table salt
- Plus whipped cream for topping

Instructions

1. Preheat your oven to 425°F. Spray a 12-cup muffin tin with non-stick spray.
2. Cut as many 5 inch circles (either using a round cutter or a bowl or glass) as you can out of each pie crust, and fit them into each tin, crimping over the sides as necessary. Reroll the scraps if needed to get 12 crusts.
3. In a bowl or a 4 cup glass measuring cup (I used the measuring cup so I could pour it into each muffin tin directly without dirtying another bowl), whisk together the pumpkin, pumpkin pie spice, sweetened condensed milk, eggs and salt.
3. Pour the pumpkin mixture into each crust. Make sure not to fill completely to the top so that the pumpkin spills over the sides of the crust (if you've used a 5-inch cutter, you shouldn't have that problem since the crust will be as tall as the muffin tin).
5. Bake at 425 for 15 minutes, then lower the heat to 350 and bake another 20-25 minutes until a knife inserted in the middle comes out clean.
6. Let the pies cool in the pan for at least 30 minutes, then pop them out. Top with whipped cream and a sprinkle of cinnamon if desired.

Monster Cookies

Ingredients

- 3 large eggs
- 1 1/2 cups Palm Coconut sugar (or brown sugar if you'd like)
- 1/2 teaspoon salt
- 2 teaspoons baking soda
- 1 teaspoon vanilla extract
- 1 cup creamy peanut butter
- 4 Tbs. butter, softened
- 4 1/2 cups (18 ounces) gluten free old fashion oats (blend in blender a little)
- 1 cup (6 ounces) milk chocolate, semisweet, or bittersweet chocolate chips

Instructions

1. Preheat the oven to 350 degrees F. Line cookie sheets with parchment paper, liners or lightly grease with cooking spray.
2. In a large mixing bowl with a handheld electric mixer (or in a stand mixer fitted with the paddle attachment), add the eggs and sugar. Mix well.
3. Add the salt, baking soda, vanilla, peanut butter and butter. Mix until creamy and well combined, 1-2 minutes.
4. Stir in the oatmeal, and chocolate chips until combined. The dough will be sticky.
5. Scoop the dough into heaping tablespoon-sized balls (see note above) and place about 2 inches apart on the cookie sheets. If you want the cookies thinner, flatten them slightly with the palm of your hand.
6. Bake the cookies for 8-10 minutes. Don't overbake - the cookies should just be set and very lightly golden around the edges.
7. Let the cookies sit for 1-2 minutes on the cookie sheet before transferring to a cooling rack to cool completely. Store in an airtight container for 2 days (the baked cookies freeze well, also).

Peach Cobbler

Ingredients

- 3 cups peaches (peeled and sliced)
- 1 tsp. Lemon juice
- 1/2 tsp. salt
- 1 cup GF flour
- 1 cup coconut sugar (can use regular white sugar)
- 1 egg, beaten
- 6 Tbsp. Butter, melted

Instructions

1. Place peaches in an 8x8 baking dish and sprinkle with lemon juice.
2. Mix dry ingredients, add beaten egg.
3. Mix with fork until crumbly and sprinkle over peaches.
4. Pour melted butter over crumb mixture.
5. Bake at 375 degrees for 35-45 minutes or until brown.
6. Serve with whip cream or ice cream or both!

Pie Crust

Ingredients

One-Crust Pie (9 in.)

- 1 cup GF flour(with xanthum gum)
- 1/2 tsp. Salt
- 1/3 cup plus 1 Tbs shortening
- 2-3 Tbs cold water

Two-Crust Pie (9 in.)

- 2 cups GF flour (with xanthum gum)
- 1 tsp. Salt
- 2/3 Cup plus 2 Tbs shortening
- 4-5 Tbs cold water

Instructions

1. Mix flour and salt in a medium bowl. Cut in shortening, using pastry blender or crisscrossing 2 knives, until particles are size of small peas. Sprinkle with cold water, 1 Tbs at a time, tossing with fork until all the flour is moistened and pastry almost leaves the side of the bowl (1-2 tsp. Of water can be added if needed).
2. Gather pastry into a ball. Shape into flattened round on lightly floured surface. (For Two-crust pie, divide pastry in half and shape into 2 rounds.)You can wrap up dough in plastic wrap and refrigerate about 30 min to firm up the shortening slightly, which helps make the baked pastry more flaky.
3. Roll pastry in lightly floured surface, using floured pin, into circle 2 inches larger than upside-down pie plate. Fold pastry into fourths and place in pie plate; or roll pastry loosely around rolling pin and transfer to pie plate. Unfold or unroll pastry and ease onto plate, pressing firmly against bottom and side and being careful not to stretch pastry
4. For one-crust: To prevent pie crust from becoming soggy, partially bake pastry before adding filling. Heat oven to 425. Carefully line pastry with a double thickness of aluminum foil, gently pressing foil to bottom and side of pastry. Let foil extend over edge to prevent excessive browning. Bake 10 min and then carefully remove foil. Fill the pie and bake as directed in pie recipe.
5. For two-crust: Fill pie crust and place 2nd crust over the top (adding butter before if recipe calls for it). You can do fun things for the edge or make a lattice by cutting 1/2in strips and weaving them on the top. Bake as directed on the pie recipe.

Pumpkin Pillows

Ingredients

- 1 3/4 cups maple syrup (or 1 cup brown sugar)
- 1/4 cup olive oil
- 1/2 cup sugar free applesauce
- 1 15 oz. can pumpkin
- 2 eggs lightly beaten
- 1 tsp vanilla
- 4 cups GF flour (with anthem gum)
- 1 tsp baking soda
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 2 T pumpkin pie spice or 1 tsp Cinnamon, 1 tsp nutmeg 1 tsp ginger and a dash of cloves
- Chocolate chips (optional)

Instructions

1. Preheat oven to 350° and line a baking sheet with parchment paper.
2. In a medium bowl combine maple syrup, oil, apple sauce, pumpkin, eggs and vanilla until fully incorporated.
3. In a separate bowl whisk together the flour, baking soda, baking powder, salt and pumpkin pie spice.
4. Pour 1/3 of the dry mixture at a time into the wet ingredients making sure to fully combine before adding more.
5. Add in Chocolate chips
6. Use a small cookie scoop to place mounds of the dough onto the parchment paper.
7. Flatten out the mounds by smoothing the top with the back of a spoon. (The shape they are going into the oven is pretty much the shape they will be when they are done)
8. Bake for 12-14 minutes.
9. Remove from the oven, transfer cookies to a cooling rack and let cool.

Rice Krispie Treats

Ingredients

- 3 tablespoons butter
- 1 package (10 oz., about 40) Big Marshmallows OR 4 cups Miniature Marshmallows
- 6 cups Rice cereal

Instructions

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add GF Rice Krispie cereal (Malt O Meal is a good brand). Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

Simple Brownies

Ingredients

- 1/2 cup GF Flour Blend
- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/4 tsp. salt
- 1/4 tsp. baking powder
- Optional: chocolate chips for on top

Instructions

1. Preheat oven to 350 degrees F. Grease an 8 X 8 inch pan.
2. In a medium saucepan, melt 1/2 cup butter. Remove from heat.
3. With a wire whisk add in sugar, eggs and 1 teaspoon vanilla. Beat in cocoa, flour, baking powder and salt.
4. Spread batter into prepared baking pan.
5. Bake in preheated oven for 25-30 minutes.
6. Brownies are done when toothpick inserted in center comes out with slightly moist crumb. Do not over bake.

Simple Strawberry topping

Ingredients

- 1/3 cup white sugar
- 1 tsp. vanilla
- 1 pint strawberries (stemmed and halved)

Instructions

1. In a saucepan over medium-high heat, combine sugar, vanilla and about 2/3 of the strawberries. Cook, stirring occasionally, until sauce thickens, about 5 minutes. Remove from the heat.
2. Smooth out sauce with a whisk or mixer. Stir remaining 1/3 of strawberries into sauce.
3. Serve as a topping over ice cream, angel food cake, cheesecake, waffles, etc.
4. Refrigerate any leftovers.

Snickerdoodles

Ingredients

- 1/2 cup butter (1 stick), softened (or powdered butter)
- 1/2 cup granulated sugar
- 1/3 cup brown sugar
- 1 egg (or powdered egg)
- 1/2 teaspoon vanilla
- 1 1/2 cups GF flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon cream of tartar
- For rolling: 2 tablespoons granulated sugar 1 teaspoon cinnamon

Instructions

1. In a large bowl, cream together the butter and sugars with an electric mixer on high speed. Add the egg and vanilla and beat until smooth.
2. In another bowl, combine the flour, salt, baking soda, and cream of tartar.
3. Pour the dry ingredients into the wet ingredients and mix well.
4. Preheat oven to 300 degrees while you let the dough rest for 30 to 60 minutes in the refrigerator.
5. In a small bowl, combine the sugar with the cinnamon for the topping. 6. Take about 2 1/2 tablespoons of the dough and roll it into a ball. Roll this dough in the cinnamon/sugar mixture and press it onto an ungreased cookie sheet. Repeat for the remaining cookies.
6. Bake the cookies for 12 to 14 minutes and no more. The cookies may seem undercooked, but will continue to develop after they are removed from the oven. When the cookies have cooled they should be soft and chewy in the middle. Makes 16 to 18 cookies. I don't always refrigerate the dough.

Sugar Cookies

Ingredients

Cookies

- 2 cups (280 g) all-purpose gluten-free flour (I like “Grandpa’s Kitchen”)
- 1 teaspoon xanthan gum (omit if your blend already contains it)
- 3/4 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 1/2 cup (100 g) granulated sugar
- 3 tablespoons (22 g) confectioners’ sugar
- 8 tablespoons (112 g) unsalted butter, at room temperature
- 1 egg (50 g, weighed out of shell) at room temperature, beaten
- 1 teaspoon pure vanilla extract
- A few teaspoons of water if dough is too thick

Frosting

- 10 tablespoons (140 g) unsalted butter, at room temperature
- 4 tablespoons milk, at room temperature
- 1 tablespoon pure vanilla extract
- 1/8 teaspoon kosher salt
- 2 teaspoons meringue powder (LorAnn brand is gluten free)
- 4 cups (460 g) confectioners’ sugar
- Sprinkles (optional)

Instructions

1. Preheat your oven to 350°F. Line rimmed baking sheets with unbleached parchment paper and set them aside.
2. In a large bowl, place the flour, xanthan gum, baking powder, salt, granulated sugar and confectioners’ sugar and whisk to combine well. Add the butter, egg, and vanilla, and mix to combine. The dough will be thick and relatively stiff, and you may need to add a little water and squeeze it together with your hands to bring all of it together.
3. Roll the dough between two sheets of unbleached parchment paper into a round a bit less than 1/3-inch thick. Using a 2 1/2-inch round cookie cutter, cut out rounds of dough and place them about 1-inch apart on the prepared baking sheets.
4. Place the baking sheet in the center of the preheated oven and bake until just set, about 6 to 8 minutes, depending upon size. The edges of some of the cookies may brown slightly. Take them out before there is any significant browning. Remove the cookies from the oven and allow them to cool until set. Transfer to a wire rack to cool completely.
5. While the cookies are cooling, make the frosting. In the bowl of your stand mixer fitted with the paddle attachment, place the butter, milk and vanilla, and mix on medium speed until combined. Turn the speed up to high and mix until creamy. Add the salt, meringue powder and about 3 1/2 cups of confectioners’ sugar. Mix slowly until the sugar is incorporated. Turn the mixer up to high and beat until it becomes uniformly thick. Add the rest of the confectioners’ sugar if necessary to thicken the frosting.
6. Once the cookies are completely cool, pipe or spoon a generous amount of frosting onto the top of each, and spread into an even layer with a wide knife or offset spatula. Scatter sprinkles, if desired. Allow to set at room temperature until the frosting hardens a bit. Store any leftovers in an airtight container at room temperature.

Texas Sheet Cake

Ingredients

- 3 cups GF flour
- 3 tsp. Xanthun gum
- 2 tsp baking powder
- 1 3/4 cups sugar
- 2 tsp. Baking soda
- 1 tsp. Salt
- 2/3 cup cocoa
- 3/4 cup vegetable oil
- 2 Tbsp vinegar
- 1 tsp. Vanilla
- 2 cups water

Instructions

1. Mix wet.
2. Mix dry.
3. Add wet to dry. Mix.
4. Grease pan with oil spray or use parchment paper and pour in mixture.
5. Bake at 350 for 25-30 min
6. Put on frosting of choice.

Vanilla Cake

Ingredients

- 2 cups (280 g) all purpose gluten free flour (I used Better Batter)
- 1/2 teaspoon kosher salt
- 10 tablespoons (140 g) unsalted butter, at room temperature
- 1 teaspoon xanthan gum (omit if your blend already contains it)
- 1/4 cup + 2 tablespoons (54 g) cornstarch (or try arrowroot)*
- 1/2 teaspoon baking soda
- 2 teaspoons baking powder
- 1 1/2 cups (300 g) granulated sugar
- 2 teaspoons pure vanilla extract
- 4 egg whites (100 g) + 1 whole egg (50 g, weighed out of shell), at room temperature**
- 1 1/3 cups (10 2/3 fluid ounces) Greek yogurt, at room temperature.

Instructions

1. Preheat your oven to 350°F. Grease 2 8-inch round cake pans and line the bottom of each with a round of parchment paper (trace the perimeter of the cake pan on the parchment, then cut out the circle). Set the pans aside.
2. Into a medium-size bowl, sift (yes, you have to sift!) the flour, xanthan gum, cornstarch, baking soda and baking powder. Add the salt, and whisk to combine well. Set the dry ingredients aside. In the bowl of a stand mixer fitted with the paddle attachment or a large bowl with a handheld mixer, beat the butter, sugar and vanilla on medium-high speed for at least 3 minutes, stopping at least once to scrape the entire mixture off the sides and bottom of the bowl, or until very light and fluffy. Combine the egg whites, egg and buttermilk in a small bowl, and whisk to combine well. To the large bowl with the butter and sugar mixture, add the dry ingredients in 4 equal portions, alternating with the buttermilk and egg mixture in 3 parts, beginning and ending with the dry ingredients and mixing to combine in between additions. The batter will sometimes look a bit curdled. Once all of the ingredients have been added, beat for another minute on medium speed to ensure that everything is combined, then turn over the batter a few times by hand. It should be very thickly pourable and relatively smooth.
3. Divide the batter evenly between the two prepared baking pans and smooth each into an even layer with an offset spatula. Place the baking pans in the center of the preheated oven and bake for 20 minutes. Rotate the pans, and continue to bake until the cakes are lightly golden brown all over, have begun to pull away from the sides of the pan and do not jiggle in the center at all (about another 10 minutes). I find that these tests for doneness are more useful than the toothpick test.
4. Remove the cakes from the oven and allow to cool in the pans for 15 minutes before turning out onto a wire rack (and removing the parchment paper liners) to cool completely before frosting and serving. I frosted with 3 cups of a cream cheese buttercream frosting.