



Wonders of Wellness

Healthy

“Gluten Free” Recipes

2013

Gluten Free Recipes

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NOTE: Recipes a-h from glutenfreemommy.com

NOTE: Not all have nutritional facts listed.

Sweet Potato Casserole

Cooking Time: 45 minutes

Servings: 8 to 10

Ingredients:

6 or 7 cooked mashed sweet potatoes (baked or broiled)

¼ cup butter

3 or 4 tablespoons brown sugar

½ to ¾ teaspoon vanilla, depending on taste

¼ teaspoon cinnamon (optional)

½ cup pecans, chopped

½ cup freshly squeezed orange juice

1 teaspoon orange zest, grated

½ cup pecan halves (for topping)

Salt to taste

Directions:

- 1. Pre-heat oven to 350 degrees.*



2. *Combine all ingredients in a bowl except the egg and the pecan halves (topping).*
3. *Taste the mixture and adjust your salt and sugar if needed. Stir in egg.*
4. *Put in casserole dish and top with pecan halves.*
5. *Bake for 45 minutes or until set.*

Cranberry Nut Bread

Note: A few baking reminders

- *Do not overcook your baked goods- the following quick bread recipe will cook in a shorter amount of time than gluten quick breads.*
- *Make sure your baking powder is fresh for the holidays! If you have had your baking powder for more than six months throw it out.*
- *The bread should be wrapped very well or it will dry out. Once the bread has cooled, slice and freeze what you don't think you will use.*
- *Sift your dry ingredients well. Sift gluten free flour together to make sure you don't get pockets of one flour. You may wish to invest in a sifter for this purpose.*
- *Measure your flour(s) exactly.*

Cooking Time: 45 minutes

Total Time: 55 minutes

Ingredients:

2 cups gluten free flour

¾ cup granulated sugar

½ teaspoon salt

½ teaspoon baking soda

1 ½ teaspoons baking powder

1 teaspoon xanthan gum

1 tablespoon orange zest



¾ cup orange juice, freshly squeezed (store-bought will not achieve the right flavor)

¼ cup butter or butter substitute, melted

2 eggs

1 cup whole cranberries

¾ cup to 1 cup walnuts, chopped

A little raw sugar for the top

Directions:

- 1. Pre-heat oven to 350 degrees.*
- 2. In a medium bowl, sift all the dry ingredients together.*
- 3. Mix all the liquid ingredients together in a separate bowl.*
- 4. Add the liquid ingredients to the dry ingredients and mix until just moistened.*
- 5. Add the whole cranberries and ¾ cup of chopped walnuts.*

6. *Spoon the batter into a greased loaf pan (top with raw sugar and more walnuts if desired) and bake for about 45 minutes.*

7. *Once the bread is done, let it cool for 10 minutes in the pan before releasing to your cooling rack.*

Cornmeal Cranberry Orange Cookies

Cooking Time: 14 to 18 minutes

Servings: 12 (big cookies/24 small cookies)

Ingredients:

½ cup stone-ground cornmeal

¾ cup of rice flour

¼ cup tapioca flour

½ cup granulated sugar (you may want to reduce)

¼ cup brown sugar (plus some for rolling cookies)

½ teaspoon xanthan gum

2 teaspoons orange zest

¼ cup vegetable oil

2 large eggs

½ teaspoons of baking powder

¼ teaspoon salt



½ cup dried cranberries & ½ cup toasted pecans/walnuts OR ¾ cup cranberries

Directions:

- 1. Pre-heat oven to 375 degrees.*
- 2. In medium bowl, whisk together all of the dry ingredients including the orange zest.*
- 3. Add the cranberries and the pecans/walnuts.*
- 4. In a measuring cup or small bowl, whisk together the oil and the eggs.*
- 5. Pour the egg mixture over the dry ingredients and mix until moistened.*
- 6. Fill one small bowl with water and one with sugar. Dip your hands in the water and then roll each cookie in the sugar.*
- 7. The cookie should be about 2 tablespoons. Place on cookie sheet.*
- 8. Bake for 14 to 18 minutes.*

Herb Scallion Drop Biscuits

Cooking Time: 11 to 13 minutes

Servings: 12

Ingredients:

2 cups gluten free flour

1 teaspoon xanthan gum

2 teaspoons baking powder

¼ teaspoon baking soda

½ teaspoon salt

¼ teaspoon freshly ground pepper

1 tablespoon fresh basil, chopped

1 tablespoon fresh oregano, chopped

1 tablespoon apple cider vinegar & 1 cup milk (or use 1 cup buttermilk)

3 tablespoons olive oil

2 tablespoons Parmesan cheese, shredded (optional)

¼ cup scallions (green parts only)

Directions:

1. *Pre-heat oven to 400 degrees.*
2. *Grease a baking sheet with unsalted butter.*
3. *In a large bowl, combine the flour, baking powder, xanthan gum, oregano, basil, salt, and pepper.*
4. *In a small bowl, combine the milk, vinegar, oil, scallions, and parmesan cheese.*
5. *Pour the liquid mixture into the dry mixture and stir until just combined.*
6. *Drop by tablespoonfuls 1 ½ inches apart on the prepared baking sheet.*
7. *Bake for 11 to 13 minutes. Serve warm.*

Chicken Broccoli Cheese Casserole

Cooking Time: 30 minutes

Ingredients:

1 lb. cooked chicken, shredded

(NOTE: if you don't have any cooked chicken on hand it is very simple to poach chicken breasts. Place the chicken in a large skillet with about 2 cups of water. Bring to boiling; reduce heat. Simmer, covered, for 12 to 14 minutes or until chicken is no longer pink (170 degrees). Drain well. Shred chicken.)

1 cup cooked brown rice (cooking the rice in gluten free chicken broth works nicely)

1 lb. fresh broccoli, chopped

2 tablespoons butter

2 tablespoons rice flour

½ teaspoon salt

¼ teaspoon pepper

½ teaspoon dried mustard

1 ½ cups milk

Squeeze of lemon juice (optional)

1 tablespoon mayonnaise (optional)

1 ½ cups cheddar cheese, shredded

½ cup gluten-free bread crumbs (for topping)

¼ cup slivered almonds (for topping)

Directions:

- 1. Pre-heat oven to 350 degrees.*
- 2. Melt the butter in a medium saucepan.*
- 3. Add the flour, salt, pepper, and mustard, and cook 2 to 3 minutes until bubbly and foamy.*
- 4. Slowly whisk in the milk and cook until thickened. Stir in the shredded cheese.*
- 5. Place the brown rice, chicken, and broccoli in a casserole dish and pour the white sauce over the top.*
- 6. Add the mayonnaise and lemon juice if using and mix until combined. Spread the breadcrumbs and slivered almonds over the top.*
- 7. Bake uncovered for about 30 minutes.*

Brownie Companions: Chocolate Peanut Butter Brownies

Cooking Time: 25 minutes

Servings: 24

Ingredients:

¼ cup sorghum flour

¼ cup tapioca flour

½ cup rice flour, plus one tablespoon reserved

¼ teaspoon baking powder

¼ teaspoon xanthan gum

½ teaspoon salt

¾ cup butter (1 ½ sticks)

3 oz. unsweetened chocolate, finely chopped

3 eggs

1 1/3 cups brown sugar, firmly packed

1 ½ teaspoons vanilla

¼ cup granulated sugar

¼ teaspoon cinnamon

6 tablespoons whipping cream



Directions:

- 1. Pre-heat oven to 350 degrees. Butter a 9x13x2 baking dish.*
- 2. In a small bowl, sift the flours together well. Add the xanthan gum, baking powder, and salt, and whisk well.*
- 3. In a medium saucepan, melt butter and chopped unsweetened chocolate over very low heat, stirring until smooth. Remove from heat.*
- 4. In a large bowl, whisk together the eggs, brown sugar, and vanilla. Stir in the melted chocolate.*
- 5. Gradually add the flour mixture until combined. Pour into greased pan.*
- 6. With a mixer, combine the peanut butter, sugar, cinnamon, whipping cream and remaining tablespoon of rice flour.*
- 7. Drop the mixture by spoonfuls on top of the brownie mixture. Using a knife, drag the peanut butter mixture over the surface to marbleize brownies.*
- 8. Bake for 25 minutes. Cool before cutting.*

No Frills Chocolate Cake

Cooking Time: 30 to 35 minutes

Ingredients:

½ cup sorghum flour

½ cup tapioca flour

½ cup rice flour

1 cup Dutch-processed cocoa, sifted

½ teaspoon baking soda

2 ½ teaspoons baking powder

1 ½ teaspoons xanthan gum

1 ½ sticks salted butter, room temperature (if you use unsalted, add ½ teaspoon of salt to the dry ingredients)

¾ cup brown sugar

1 cup granulated sugar

3 large eggs

2 egg yolks

2 teaspoons vanilla

1 ½ cups buttermilk

Directions:



1. *Pre-heat oven to 350 degrees. Lightly grease the bottom of 9x13 baking pan.*
2. *Sift the three flours together. Add cocoa, xanthan gum, baking powder, and baking soda to the flours and whisk together in a medium bowl.*
3. *Beat the butter until creamy. Slowly add the brown sugar and the granulated sugar; whip until fluffy.*
4. *Add the eggs and egg yolks one at a time. Add the vanilla.*
5. *Turn the mixer to low and alternately add the flour mixture and the buttermilk. Pour into the prepared pan.*
6. *Bake for 30 to 35 minutes until the cake is springy to the touch.*

Since this is a no-frills chocolate cake, here is a simple frosting recipe. Feel free to substitute your favorite frosting.

Ingredients:

5 oz. semi-sweet chocolate

½ cup sour cream

½ teaspoon vanilla

1 to 2 tablespoons whipping cream

Directions:

1. *Melt chocolate in the microwave or over a double boiler. Let the chocolate cool until warm.*
2. *Stir in the sour cream and vanilla. Add the whipping cream to desired consistency.*
3. *The frosting will thicken slightly as it cools. Once the cake has cooled, frost the cake.*

Gluten Free Cornbread

Cooking Time: 15 to 20 minutes

Ingredients:

1 cup white rice flour

¾ cup stone-ground cornmeal

2 to 3 tablespoons of sugar

2 1/1 teaspoons baking powder

¾ teaspoon salt

1 tablespoon butter

2 beaten eggs

1 cup milk

¼ cup melted butter

Directions:

- 1. Pre-heat oven to 400 degrees.*

2. *Mix the dry ingredients (flour, cornmeal, sugar, baking powder, and salt) together in medium bowl, and set aside.*
3. *Melt the 1 tablespoon of butter in a 10-inch cast-iron skillet or 8/9 inch round baking pan in the oven. This takes about 3 minutes. Swirl the butter around the pan coating the bottom and sides.*
4. *In a small bowl, combine the eggs, milk, and ¼ cup butter. Add this mixture all at once to the flour mixture and stir until just moistened.*
5. *Pour batter into the hot skillet or baking pan.*
6. *Bake for 15 to 20 minutes or until a wooden toothpick comes out clean. Serve warm.*

Pumpkin Spice Biscuits

Cooking Time: 10 to 12 minutes

Servings: 5

Ingredients:

½ cup brown rice flour

¼ cup buckwheat flour

1 teaspoon salt

1 tablespoon baking powder

¼ cup pumpkin

1 teaspoon vanilla

1 tablespoon extra-virgin olive oil

4 tablespoons water

2 tablespoons brown sugar (optional for sweet biscuits)

Directions:

- 1. Pre-heat oven to 400 degrees.*
- 2. Coat a large cookie sheet with nonstick spray.*

3. *Combine all the dry ingredients in a large mixing bowl. Mix in pumpkin and water until a thick, pasty dough forms.*
4. *Make biscuit-balls by rolling the dough into circles between your palms. Drop the biscuits onto the cookie sheet.*
5. *Bake for 10 to 12 minutes or until golden brown. Let cool.*

Nutritional Facts:

Calories = 124

Fat = 3.3 g

Cholesterol = 0 mg

Sodium = 472 mg

Total Carbs = 22.3 g

Dietary Fiber = 1.7 g

Protein = 2 g

<http://caloriecount.about.com/pumpkin-spice-biscuits-recipe-r64835>

Glazed Sweet Potatoes

Cooking Time: 25 to 30 minutes

Servings: 6

Ingredients:

1 lb. (about 3 to 4) sweet potatoes

½ cup maple syrup OR honey

2 tablespoons butter OR canola oil

¼ cup orange juice

1 tablespoon lemon juice OR lime juice

1 teaspoon ground cinnamon

1 dash (sea) salt

Directions:

- 1. Pre-heat oven to 400 degrees.*
- 2. Bring water to a boil and drop 3 to 4 whole, unpeeled sweet potatoes. Reduce heat and keep at a low boil until tender but not mushy. Cool and peel. Cut into 1-inch cubes, and place in lightly oiled baking dish.*

3. Combine remaining ingredients and simmer for 3 to 4 minutes. Pour syrup over sweet potatoes in baking dish.

4. Bake uncovered for about 20 minutes.

Nutritional Facts:

Calories = 166

Fat = 3.9 g

Cholesterol = 10 mg

Sodium = 66 mg

Total Carbs = 32.5 g

Dietary Fiber = 2.5 g

Protein = 1.3 g

<http://caloriecount.about.com/glazed-sweet-potatoes-recipe-r59446>

Sweet Potato Soufflé

Cooking Time: 30 to 35 minutes

Servings: 12

Ingredients:

4 lbs. sweet potatoes, peeled, boiled

2 tablespoons sugar

½ cup brown sugar

¼ cup raisins

1 teaspoon nutmeg

½ cup evaporated skim milk

1/3 cup (low calorie) margarine

1 cup egg substitute

¼ cup pecans, chopped

½ teaspoon salt

47 g (one fruit) lemon juice

½ cup miniature marshmallows

Directions:

1. *Pre-heat the oven to 350 degrees.*
2. *Peel and boil the sweet potatoes. Drain and mash the sweet potatoes.*
3. *Place in a large bowl and add all ingredients. Stir well.*
4. *Spray a casserole dish with nonstick cooking spray. Place the sweet potatoes in the casserole dish and bake for 30 minutes.*
5. *Change the oven setting to broil, sprinkle the marshmallows over the sweet potatoes, and place under the broiler until the marshmallows melt.*

Nutritional Facts:

Calories = 227

Fat = 5.1 g

Cholesterol = 1 mg

Sodium = 253 mg

Total Carbs = 41 g

Dietary Fiber = 4.1 g

Proteins = 5.7 g

<http://caloriecount.about.com/sweet-potato-souffle-recipe-r142645>

Low-Fat Healthy Pumpkin Cookies

Cooking Time: 13 to 15 minutes

Servings: 12

Ingredients:

1 cup canned pumpkin

1 cup brown sugar

1/3 cup applesauce

3 cups oatmeal

1 ½ cups flour

1 teaspoon baking soda

½ teaspoon nutmeg

½ teaspoon ginger

½ teaspoon cinnamon

½ teaspoon ground cloves

Directions:

- 1. Pre-heat oven to 350 degrees.*
- 2. Mix together the pumpkin, sugar, and applesauce.*

3. *In a separate bowl, combine the remaining ingredients, than add to the pumpkin mixture, mixing well.*
4. *Drop by spoonfuls onto a baking sheet.*
5. *Bake for 13 to 15 minutes or until done.*

Nutritional Facts:

Calories = 192

Fat = 1.6 g

Cholesterol = 0 mg

Sodium = 110 mg

Total Carbs = 40.3 g

Dietary Fiber = 3.3 g

Protein = 4.6 g

<http://calorielight.about.com/low-fat-healthy-pumpkin-cookies-recipe-r254863>