



# Gluten & Sugar Free Recipe Book

Maria Stein Troop 65117



# Breakfast: *Mini Quiches*

## Ingredients: (Serving Size: 24 mini quiches)

- 1 ¼ cups finely crushed Crunchmaster® Rosemary & Olive Oil Multi-Seed Crackers
- Gluten-free non-stick cooking spray
- ½ tsp. salt
- ½ tsp. black pepper
- ¼ tsp. grated fresh nutmeg
- 6 tbsp. unsalted butter, melted
- 1 cup shredded sharp cheddar cheese
- 1 cup milk
- Oils & Vinegars
- 2 tbsp. olive oil
- 1 cup finely chopped onion
- 1 – 10 ounce package frozen spinach, thawed
- 1 roasted red pepper, cut into 48 small slivers
- 2 large eggs

\*Recipe provided by: Crunchmaster\*



### Step by Step:

1. Preheat the oven to 350 degrees. Spray a mini muffin pan (24 tins) with non-stick cooking spray.
2. Combine the cracker crumbs and melted butter. Divide crumb mixture among the prepared mini muffin cups and press down firmly. Bake for 7 – 8 minutes. Remove from the oven and set aside.
3. In a large skillet over medium heat, heat the oil and add the chopped onion. Cook the onions until very soft and starting to brown, about 10 minutes, stirring occasionally. Squeeze all the liquid out of the spinach, add to the onions along with the salt, pepper and nutmeg and cook, stirring, for 30 seconds. Divide the mixture evenly on the cracker crumbs. Divide the shredded cheese on top of the spinach mixture.
4. Whisk the eggs and milk together and spoon into the muffin cups; do not fill all the way. Top with the roasted red pepper slivers and bake until set and browned, about 20 minutes.

(<https://www.beyondceliac.org/>)

# Breakfast: *Cream Cheese Pancakes*

## Ingredients: \*Recipe provided by: Lena Abraham\*

- 3 oz. cream cheese, softened to room temperature
- 2 tbsp. sugar
- 3 large eggs
- 1 tsp. pure vanilla extract
- Pinch of kosher salt
- Butter, for cooking
- Sliced strawberries, for garnish
- Powdered sugar, for garnish
- Maple syrup, for drizzling

### Step by Step:

1. Make batter: In a large bowl using a hand mixer, beat cream cheese and sugar until smooth. Add in eggs, vanilla and salt and beat until combined.
2. In a large skillet over medium heat, heat butter. Pour about  $\frac{1}{4}$  cup batter into the pan, then cook until golden, about 2 minutes. Flip and cook for one more minute.
3. Serve with strawberries and a dusting of powdered sugar. Drizzle with syrup, if desired.



[\(https://www.delish.com/\)](https://www.delish.com/)

# Breakfast: *Cheesy Bacon Breakfast Burrito*

**Ingredients: (Serving Size: 4)** \*Recipe provided by: Rian Handler & Lauren Miyashiro

- 8 slices bacon
- 1 (16-oz.) package frozen hash browns
- 8 large eggs
- 1/3 c. milk
- 4 tbsp. butter
- Kosher salt
- Freshly ground black pepper
- - 1 ripe avocado, sliced
- - Hot sauce, for serving
- - ½ c. shredded cheddar
- - 4 large gluten free tortillas



## Step by Step:

1. In a large skillet over medium heat, cook bacon, working in batches if necessary, until crispy, about 8 minutes per batch. Drain on a paper towel-lined plate and pour off half the fat.
2. Cook hash browns according to package directions in bacon fat and transfer to a plate.
3. In a medium bowl, whisk together eggs and milk. Wipe out the skillet, place over medium heat, and melt butter. When butter is just starting to foam, reduce heat to medium-low and add beaten eggs. Using a rubber spatula, stir every occasionally until soft curds form. Season with salt and pepper.
4. Assemble burritos: In the center of each tortilla, layer hash browns, scrambled eggs, cheese, two slices of bacon, and sliced avocado. Fold in the two sides and roll up tightly. Serve with hot sauce.

[\(https://www.delish.com/\)](https://www.delish.com/)

# Breakfast: *Gluten Free Biscuits*



## Ingredients: (Serving Size: 6 biscuits)

- 1/2 cup 55 grams oat flour
- 1/4 cup plus 2 tablespoons 50 grams millet flour
- 2 tablespoons 13 grams tapioca starch
- 2 tablespoons 15 grams cornstarch
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon fresh cracked pepper
- 1/2 teaspoon kosher salt or
- 1/4 teaspoon fine table salt
- 3 tablespoons 42 grams cold, unsalted butter, diced
- 1/2 cup 120 grams whole-milk ricotta cheese
- 3 1/2 tablespoons cold heavy cream

### Step by Step:

1. In a large bowl, whisk the oat, millet, tapioca, cornstarch, baking powder, salt, and pepper. Add the butter pieces and work with your fingertips or pastry blender until butter is the size of peas. Chill the mixture for 20 minutes.
2. Position rack in upper third oven and preheat to 425 degrees F. Stack a rimmed baking sheet atop a second rimmed baking sheet (prevents over-browning of bottoms) and line the top one with parchment.
3. Remove the chilled flour mixture and add ricotta and cream. Stir and gently knead with your hands until dough comes together in a rough ball. Dough should feel fairly firm, but evenly moistened. If you need to, you can add 1/2 tablespoon of cream, but just know it doesn't need to be really wet, just stick together.
4. Turn the dough out onto a light dusted surface with oat flour and form into a disk, keeping the height of the biscuit in mind, so don't make it too flat. Use a biscuit cutter to make into squares, reshaping the disk to cut more squares. You can also cut the disk into squares with a knife, but a biscuit cutter does do something to help the biscuits rise straight and tall.

5. Freeze the biscuits for 10 minutes on the sheet pan, then brush with a little extra cream.
6. Bake on the upper rack of the oven until golden on top, 15-20 minutes. Do not overbake, because they will continue baking after being removed from the oven. Let cool for 15 minutes.

## Breakfast: *Irish Soda Bread*



### *Ingredients: (Serving Size: 8)*

*Recipe provided by: Christina Bunny*

- *1 ½ cups white rice flour*
- *1 teaspoon baking powder*
- *½ cup tapioca flour*
- *1 teaspoon salt*
- *½ cup white sugar*
- *1 egg*
- *1 teaspoon baking soda*
- *1 cup buttermilk*

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1. *Preheat the oven to 350 degrees F (175 degrees C). Grease a 9 inch round cake pan.*
  2. *Combine the rice flour, tapioca flour, sugar, baking soda, baking soda, baking powder, and salt in a large bowl. In a separate bowl, whisk together the egg and buttermilk. Make a well in the center of the dry ingredients and pour in the wet. Stir just until the dry ingredients are moistened. Pour into the cake pan.*

- Bake for 65 minutes in the preheated oven, or until a toothpick inserted into the center comes out clean. Cool on a wire rack, for 10 minutes before removing from the pan. Wrap bread in plastic wrap or aluminum foil and let it stand overnight for the best flavor.*

*(<https://www.allrecipes.com/>)*

## Lunch: *Shrimp Avocado Salad*



*Ingredients: (Serving Size: 6)* *Recipe provided by: Teri Rasey*

- 1 jalapeno pepper, seeded and minced*
- 1 serrano pepper, seeded and minced*
- 2 tablespoons minced fresh cilantro*
- 2 tablespoons lime juice*
- 2 tablespoons seasoned rice vinegar*
- 2 tablespoons olive oil*
- 1 teaspoon adobo seasoning*
- 3 medium ripe avocados, peeled and cubed*
- Bibb lettuce leaves*
- Lime wedges*
- 1 pound peeled and deveined cooked shrimp, coarsely chopped*

*(<https://www.tasteofhome.com/>)*

- *2 plum tomatoes, seeded and chopped*
  - *2 green onions, chopped*
  - *1/4 cup finely chopped red onion*
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1. *Place the first 7 ingredients in a large bowl. Mix lime juice, vinegar, oil and adobo seasoning; stir into shrimp mixture. Refrigerate, covered, to allow flavors to blend, about 1 hour.*
  2. *To serve, gently stir in avocados. Serve over lettuce or in lettuce leaves. Serve with lime wedges.*
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# Lunch: *Chicken Poppy Seed Salad*

*Ingredients: (Serving Size: 4 plus 1 cup leftover dressing)*

- *3 tablespoons thawed limeade concentrate* *(Recipe provided by: Rebekah Radewahn)*
- *1/4 teaspoon pepper*
- *3/4 pound boneless skinless chicken breasts, cut into thin strips*
- *1 tablespoon canola oil*




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## **DRESSING:**

- *1/2 cup white vinegar*
- *1/3 cup sugar*
- *1 teaspoon dried minced onion*
- *1 teaspoon ground mustard*
- *1/2 teaspoon salt*
- *1 cup canola oil*
- *1 tablespoon poppy seeds*

**Step-by-Step:** - *In a large bowl, combine limeade concentrate and pepper add the chicken. Cover and refrigerate for 2 hours.*

- *Drain and discard marinade. In large skillet, saute chicken in oil until no longer pink.*

- *Meanwhile, in a blender, combine the vinegar, sugar, onion, mustard and salt. While processing, gradually add oil in a steady stream. Stir on poppy seeds.*

- *In a large serving bowl, toss spinach with strawberries, peas, onion, chicken and ½ cup dressing. Sprinkle with pecans. Refrigerate leftover dressing.*
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**SALAD:**

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- *1 package (6 ounces) fresh baby spinach*
  - *2 cups sliced fresh strawberries*
  - *1 cup fresh sugar snap peas, trimmed*
  - *1 small red onion, chopped*
  - *½ cup pecan halves, toasted*
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# Lunch: *Chili Skillet*

*Ingredients: (Serving Size: 4)*

*Recipe provided by: Katherine Brown*



- 1 pound ground beef
- 1 cup chopped onion
- 1/2 cup chopped green pepper
- 1 garlic clove, minced
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 cup tomato juice
- 1/2 cup water
- 4 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 cup uncooked long grain rice
- 1 cup canned or frozen corn
- 1/2 cup sliced ripe olives
- 1 cup shredded cheddar or Monterey Jack cheese
- Thinly sliced green onions, optional

*Step-by-Step:*

1. In a large skillet over medium heat, cook beef, onion, pepper and garlic until meat is no longer pink; drain. Add the next 7 ingredients; simmer, covered, until rice is tender, about 25 minutes.
2. Stir in corn and olives; cover and cook 5 minutes more. Sprinkle with cheese; cook, covered, until cheese is melted, about 5 minutes. If desired, top with green onions.

[\(https://www.tasteofhome.com/\)](https://www.tasteofhome.com/)

# Lunch: *California Burger Wraps*

*Ingredients: (Serving Size: 4)* Recipe provided by: Rachelle McCalla

- 1 pound lean ground beef (90%lean)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 8 bibb lettuce leaves
- ⅓ crumbled feta cheese
- 2 tablespoons Miracle Whip Light
- ½ medium ripe avocado, peeled and cut into 8 slices
- ¼ cup chopped red onion
- Chopped cherry tomatoes, optional

[\(https://www.tasteofhome.com/\)](https://www.tasteofhome.com/)

Step by Step:

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1. In a large bowl, combine beef, salt and pepper, mixing lightly but thoroughly. Shape into eight 1/2 inch thick patties.



2. Grill burgers, covered, over medium heat or broil 3-4 in. from heat until a thermometer reads 160 degrees, 3-4 minutes on each side. Place burgers in lettuce leaves. Combine feta and Miracle Whip; spread over burgers. Top with avocado, red onion and if desired, tomatoes.

## Lunch: *Almond Chicken Salad*

*Ingredients: (Serving Size: 8)* Recipe provided by: Kathy Kittel



- 4 cups cubed cooked chicken
  - 1-1/2 cups seedless green grapes, halved
  - 1 cup chopped celery
  - 3/4 cup sliced green onions
  - 3 hard-boiled large eggs, chopped
  - 1/2 cup Miracle Whip
  - 1/4 cup sour cream
  - 1 tablespoon prepared mustard
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 1/4 teaspoon onion powder
  - 1/4 teaspoon celery salt
  - 1/8 teaspoon ground mustard
  - 1/8 teaspoon paprika
  - 1/2 cup slivered almonds, toasted
  - 1 kiwifruit, peeled, and sliced: optional
- [\(https://www.tasteofhome.com/\)](https://www.tasteofhome.com/)
- Step-by-Step:*

1. In a large bowl, combine chicken, grapes, celery, onions and eggs. In another bowl, combine the next 9 ingredients; stir until smooth.
2. Pour over the chicken mixture and toss gently. Stir in almonds and serve immediately, or refrigerate and add the almonds just before serving. Garnish with kiwi if desired.

# Dinner: *Chili Beef Pasta*

## Ingredients: (Serving Size: 6)

- 1 pound lean ground beef (90% lean)
- 2 tablespoons dried minced onion
- 2 teaspoons dried oregano
- 2 teaspoons chili powder
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 3 cups tomato juice
- 2 cups water
- 1 can (6 ounces) tomato paste
- 1 teaspoon sugar
- 8 ounces uncooked gluten-free spiral pasta
- Chopped tomatoes and minced fresh oregano : optional



(<https://www.tasteofhome.com/>)

### Step-by-Step:

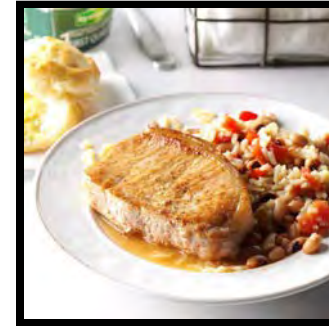
1. In a Dutch oven, cook beef over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain. Stir in seasonings.
2. Add tomato juice, water, tomato paste and sugar to the pan; bring to a boil. Stir in pasta. Reduce heat; simmer, covered, 20-22 minutes or until pasta is tender, stirring occasionally. If desired, top with tomatoes and oregano.

Recipe provided by: *Kristen Killian*

# Dinner: *Southern Pork and Rice*

## *Ingredients: (Serving Size: 4)*

- 4 boneless pork loin chops (6 ounces each)
- 1 teaspoon seafood seasoning, divided
- 1 tablespoon olive oil
- 1 medium sweet red pepper, chopped
- 1 medium onion, chopped
- 2 teaspoons Worcestershire sauce
- 1 can (15-½ ounces) black-eyed peas, rinsed and drained
- 1 can (14-½ ounces) diced tomatoes with mild green chiles
- 1 cup uncooked gluten free rice
- 1 cup reduced-sodium chicken broth



### *Step-by-Step:*

1. Sprinkle pork with ¾ teaspoon seafood seasoning. In a large skillet, heat oil over medium heat; brown chops on both sides. Remove from the pan.
2. Add pepper and onion to the skillet; cook and stir until tender, 4-5 minutes. Stir in remaining seafood seasoning, Worcestershire sauce, peas, tomatoes, rice and broth. Bring to a boil. Place chops over top. Reduce heat; simmer, covered, until a thermometer inserted in pork reads 145°, 2-3 minutes. Let stand, covered, 5 minutes before serving.

*Recipe Provided by: Annie Holmes*

[\(https://www.tasteofhome.com/\)](https://www.tasteofhome.com/)

# Dinner: Saucy Veggie Spirals

## Ingredients: (Serving Size: 6)

- 8 ounces uncooked gluten-free spiral pasta
- 1 tablespoon olive oil
- 1 large onion, coarsely chopped
- 1 large sweet red or green pepper, coarsely chopped
- 1 medium zucchini, halved lengthwise and sliced
- 1 package (16 ounces) firm tofu, drained and cut into 1/2-inch cubes
- 2 cups gluten-free meatless pasta sauce [Step-by-Step](#)

1. Cook pasta according to package directions; drain.
2. Meanwhile, in a large skillet, heat oil over medium heat; saute onion, pepper and zucchini until crisp-tender, 6-8 minutes. Stir in tofu and pasta sauce; heat through. Stir in pasta.



Recipe provided by: [Sandra Eckhart](#)

<https://www.tasteofhome.com/>



# Dessert: *Fudgy Flourless Chocolate Cake*

## *Ingredients: (Serving Size: 8-10)*

*¾ cup (1½ sticks) unsalted butter, plus more for pan*

*12 oz. good-quality bittersweet chocolate*

*6 large eggs*

*1 ¼ cups granulated sugar*

*1 tsp. kosher salt*

*1 tsp. vanilla extract*

*½ cup raw hazelnuts*

*1 cup cold heavy cream*

*Powdered sugar (for serving)*



### Step-by-Step:

1. *Place the rack in the middle of the oven; preheat to 325 degrees. Using fingertips, generously butter bottom and sides of a 9" round cake pan (make sure the pan is at least 2" deep). Line the bottom of the pan with parchment paper, smoothing to eliminate air bubbles.*
2. *Coarsely chop 12 oz. good-quality bittersweet chocolate into ½ pieces. Transfer to a medium saucepan.*
3. *Add ¾ cup (1½ sticks) unsalted butter to the saucepan and cook over low heat, stirring occasionally with a heatproof spatula, until butter and chocolate are melted, about 8 minutes. (Alternatively, microwave chocolate and butter in a heatproof bowl in short bursts, stirring in between, until melted and homogenous.)*
4. *Remove pan from heat and let cool to room temperature, about 15 minutes. (You can encourage chocolate mixture to cool faster by occasionally stirring it.)*
5. *Meanwhile, using an electric mixer on high speed, beat 6 large eggs, 1¼ cups granulated sugar, 1 tsp. kosher salt, and 1 tsp. vanilla in a large bowl until pale yellow and fluffy, 8–11 minutes. You'll know it's ready when the egg mixture has almost tripled in volume, the beaters start to create a ribboning effect, and when you lift the beaters, the mixture should leave a trail as it falls back on itself.*
6. *Pour in chocolate mixture. Gently fold two mixtures together with a rubber spatula by scooping underneath, then cutting through the middle with the side of the spatula. Continue to work in this motion just until the batter is well combined and homogenous—take care not to overmix!*
7. *Pour batter into the prepared pan. Bake cake until a thin, dry crust has formed on the surface, and cake has risen and is firmed up but still wobbles ever-so-slightly in the center underneath the crust, 30–40 minutes. Transfer the pan to a wire rack and let the cake cool in the pan for about 10 minutes.*
8. *While cake cools, roast ½ cup raw hazelnuts on a small rimmed baking sheet until lightly browned, 10–12 minutes. Transfer to a cutting board. Let cool, then coarsely chop.*
9. *Place a flat cutting board or large plate over the pan. Using a towel to protect your hands, swiftly invert the plate and pan; cake should release on its own. Lift pan off, then peel off parchment.*

10. *Gently place a flat platter or cake stand onto the cake and invert again. Be careful because this cake is very delicate! It's okay if there are some cracks along the top; the beauty is in the imperfection. Let the cake cool to room temperature. N*
11. *Vigorously whisk 1 cup cold heavy cream in a medium bowl until medium peaks form.*
12. *Sift powdered sugar over cooled cake.*
13. *Serve cake with whipped cream and hazelnuts alongside.*
14. *Do Ahead: Cake (without powdered sugar) can be made 1 day ahead. Cover with plastic and store at room temperature.*

## Dessert: *Healthy Monster Cookies*

*Ingredients:(Serving Size: 16 cookies)*

- *1/2 cup unsalted butter, room temperature or slightly softened and melted in the microwave*
- *1/2 cup coconut sugar*
- *1 egg*
- *1 teaspoon vanilla extract*
- *1 cup blanched almond flour*
- *1 cup gluten free old fashioned rolled oats*
- *1/2 teaspoon baking soda*
- *1/2 teaspoon salt*
- *1/3 cup chocolate chips*
- *1/2 cup M&M candies*
- *1/2 cup chopped pecans*
- *flakey finishing salt (optional)*

*Recipe provided by: Lindsay Grimes Freedman*



### *Step-by-Step:*

- 1. Use an electric mixer or hand held whisk to cream together the softened butter, coconut sugar, egg, and vanilla in a large bowl.*
- 2. Add the almond flour, oats, baking soda and salt.*
- 3. Mix again until combined.*
- 4. Add the chocolate chips, chopped pecans and M&Ms to the bowl. Save a few M&Ms to press into the tops of the cookies.*
- 5. Fold everything together and then place the cookie dough into the fridge to chill for 30 minutes.*
- 6. Preheat the oven to 350 degrees fahrenheit.*
- 7. Line a baking sheet with parchment paper and use a cookie scooper to scoop out 8 cookie dough balls onto your piece of parchment paper.*
- 8. Press the reserved M&Ms into the tops of each cookie.*
- 9. Bake for 10-12 minutes until the edges are golden brown.*
- 10. VERY IMPORTANT: Allow the cookies to cool on the baking sheet for 10-15 minutes before you try to transfer them to a cooling rack.*
- 11. Sprinkle it with flakey salt and enjoy!*

[\(https://thetoastedpinenut.com/\)](https://thetoastedpinenut.com/)

# Sugar Free Snack: *Popcorn and Almond Crunch*

*Ingredients: (Serving Size: 8)*

- *1/4 cup organic oil of your choice (we prefer coconut oil).*
- *3/4 cups popcorn kernels (this equates to around 10 cups popped popcorn).*
- *1 cup almonds, halved.*
- *1 cup Pureharvest Organic Rice Syrup.*

*Step-by-Step:*

1. First things first, make the popcorn! You can do this in a popcorn machine or make your own. To make your own: heat the oil in a heavy based saucepan with a well fitting lid until hot. Add popcorn kernels and place the lid on. Once you hear the



kernels begin to pop, give the saucepan a shake to help stop them sticking to the base . As soon as the popcorn stops popping, or the popping becomes quiet, remove from the stove and pour into a large bowl, and set aside.

2. Meanwhile, place almonds on a tray and roast for about 10-15 minutes at 180°C. Remove from the oven and set aside.
3. Heat syrup in a heavy base until it starts bubbling. Allow it to bubble away for about a minute. Add the popcorn and stir until it's well coated. Add the nuts and stir until they're coated.
4. Remove the mixture from the stove, and pour onto a non-stick oven tray, or any glass or ceramic tray you have lying around.
5. Wet your hands with some cold water, press the mixture down, so that it becomes compact and flat. Leave to set at room temperature for about one hour.
6. After it has hardened, cut it into squares, or break it up into odd shapes and sizes for a more rustic feel.

Recipe provided by: Pureharvest

[\(https://recipes.28bysamwood.com/\)](https://recipes.28bysamwood.com/)

# Sugar Free Snack: Peanut Butter Protein

## Bites

### Ingredients: (Serving Size: 18)

- 2 cups almond meal
- 1/2 cup crunchy peanut butter
- 1/4 cup cacao powder
- 1/4 cup Chocolate Protein Powder (sugar free) 28 By Sam Wood optional
- 1/4 cup rice malt syrup
- 1/4 cup extra-virgin coconut oil melted
- 1 tablespoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup desiccated coconut optional



### Step-by-Step:

1. Add all ingredients (except the desiccated coconut) to a large bowl and stir until well combined.
2. Use a teaspoon and form small balls rolling well until combined.
3. To prevent sticking, add a touch of oil to your hands prior to doing so. Makes 18 bites.
4. Sprinkle with desiccated coconut if desired and chill in the fridge before serving.

Recipe provided by: Sam Wood (<https://28bysamwood.com/>)



# Thanks For Browsing!

Enjoy all the delicious meals!

