

Garrett's Gluten Free Recipes

GLUTEN FREE WAFFLES

2C water
2 dates
2 T raw brown rice
 $\frac{3}{4}$ C gluten free flour mix
 $\frac{1}{4}$ C millet
 $\frac{1}{4}$ C flax seed
 $\frac{1}{4}$ C almonds
2 T rice flour
 $\frac{1}{2}$ t salt

Blend and cook like you would waffles.

ONE LOAF GLUTEN FREE BREAD

$\frac{1}{2}$ C gluten free flour mix
 $\frac{1}{4}$ C ground flax
 $\frac{1}{4}$ C fava/garbanzo flour
 $\frac{1}{3}$ C millet flour
1 $\frac{1}{2}$ t salt
2 t gargum
1 $\frac{1}{2}$ C warm water
1 $\frac{1}{2}$ t yeast
2t honey

Stirr and place straight into bread pan. Put loaf into warm oven, let it rise 20 min. Bake 40 min till golden.

GLUTEN FREE BURGER BUNS

1 1/2t dry yeast (generous)
1t sugar
3/4t salt
1/4t lecithin
3/4C warm water (110F)
2T oil
2 large eggs
1/2t lemon

1 1/2C flour blend (you can use garfava, millet, rice, potato starch.
... take your pick.)
1 1/2t gargum

Combine first eight ingredients. In a separate bowl mix dry ingredients and add to liquid.

Form into buns and let rise 20 min bake 400F for 20 min.

Teff Crackers

4 cups cooked Teff
1 scant t salt
1 t garlic powder
2 t onion powder
1 t dill weed
3 T flax seed meal
1/2 cup rice flour

Form large balls and flatten on well oiled cookie sheets and bake at 350 for 30 minutes, turn oven to 200 and let crisp for another 30 minutes, more if needed.

Jessica's Gluten Free Bread

Let stand 5 minutes:

2 cups water

1 T dry yeast

2 t salt

1 T sugar

9 T flax seed meal

Stir in:

½ cup corn flour

1 cup tapioca flour

¼ cup almond meal

2 ½ cups rice flour

Cover and let rest 10 minutes.

Place in well oiled bread pan, let rise 10 minutes place in preheated oven and bake for one hour at 350 degrees.

Quinoa Salad

4 cups cooked and cooled quinoa *

½ cup chopped parsley

1 cup corn

1-2 avocados (soak in ¼ cup lemon juice until last minute)

¼ cup olive oil

Salt to taste

½ cucumber sliced

¼ cup red onion diced

Mix all together and serve. One of our favorites!

*On Cooking Quinoa: Bring 4 cups water to boil. Add 1 teaspoon salt and 2 cups quinoa. Cover with lid and let boil for 15– 20 minutes until water soaked up and quinoa is fluffy.

Jessica's Coconut Frosting

In blender combine:

1 can coconut milk/cream

1 tsp vanilla

¼– ½ cup sugar

Turn Vita-mix on medium-high and add Instant Clear Jel until the desired thickness is reached. By adding several tablespoons you can make it thick enough to decorate cakes with. Its our favorite replacement for whipped cream!

Teff Cereal

Cook overnight in a crockpot:

4 cups water

1 cup teff

For breakfast serve hot with your favorite cereal toppings such as:

Coconut milk

Cranberries

Pecans

Walnuts

Chia Seed or Flax seed meal

Turbinado sugar

Quinoa Breakfast Cereal

Bring 4 cups water to boil and add 1 teaspoon salt and 2 cups quinoa. Cook for fifteen to twenty minutes with a lid. Serve hot with your favorite cereal toppings such as:

Milk
Nuts
Dried fruits
Fresh fruits
Honey

Desi's Pineapple Oatmeal (works with most breakfast grains)

Bring 4 cups water to boil and add 1 teaspoon of salt plus 2 cups rolled oats let cook until nearly done then add on top:

$\frac{1}{4}$ cup date pieces
 $\frac{1}{2}$ – $\frac{2}{3}$ cup coconut shreds
1 can pineapple chunks

Turn to low heat and let cook until water is absorbed. Serve with milk and sugar of your choice.

Chia Seed Pudding

Refrigerate overnight:

1 cup coconut milk
3 TBS Chia seeds

Deliciously fast healthy breakfast! Yummy with a little sugar. You can substitute the coconut milk for any milk or liquid, including fruit nectars and juices.

Macaroni n' Cheese

In a 9x13 casserole dish place 4 cups cooked noodles of your choice (at the class we used Corn pasta, I prefer Quinoa/Corn elbows)

In Blender Combine:

1 cup almonds or cashews
6 T Nutritional Yeast
2 T lemon Juice
1 T salt
2 cups water
2–3 T Corn Starch (depending on how thick you like the cheese)
1 t onion powder
1 t garlic powder
1 jar pimentos, or, 1 T paprika powder (for color)

Blend on high for 2 minutes then add 2 cups more water. Pour over the noodles and bake for 30–45 minutes at 350 degrees.

French Breakfast Puffs

2 ½ c Mamas
¼ c coconut flour
¼ cup garfava flour
1 ½ T Rumfords Baking Powder
¾ t salt
¼ cup flax seed
½ t nutmeg
1 cup sugar
Water to make a thick batter.

Fill oiled muffin cups and bake at 350 for 20–25 minutes. While still hot, remove from muffin pan and roll tops with coconut oil and dip in:

Topping:
½ cup sugar
½ t cinnamon

Fresh Apple Cake

4 cups diced apples
1 cup brown rice flour
¼ cup coconut flour
¼ cup millet flour
¼ cup garfava flour
¼ cup tapioca flour
1 T rumfords baking powder
1 t salt
1 ½ cup sugar (I use one cup)
¼ cup flax seed meal
2 cups water

Bake at 350 degrees until toothpick comes out clean when stuck in the middle of cake. 30+ minutes.

Aioli

Blend on high for 1 minute then slowly add ½ cup olive oil:

1 cup almond milk
3 cloves garlic
1 t salt
3 T lemon juice

Pasta Salad

1 package quinoa/corn spiral pasta cooked and drained
¼ sun dried tomatoes
1 cup peas
3 green onions sliced
½ can olives sliced (I like Pearls Green Olives)
½ red bell pepper chopped

Dressing:

Blend and pour over pasta:

1 cup mayo of your choice, we used Aioli

½ cup milk
1 t salt
2 T green onion
2 T fresh sweet basil or dill
Dash cayenne

Chocolate Cake

Follow directions for Chocolate cake mix from Orofino Country Store (I don't remember the name of it, but its everyone favorite and the store would know which one it was)

I made the mix it into two small round cakes (pie plates worked well) put a thick layer of raspberry jam and Coconut Frosting on top of one, set the second cake on top of the first and smothered it with more coconut cream. It would be deliciously beautiful with fresh raspberries on top!

Gluten Free Cooking Tips:

The wetter the better! Not really, but its better wetter than too dry.

Replace eggs in pancakes, waffles, cakes, and nearly any baked goods with ¼ cup water and 2 T ground flax seeds.

Garfava is Garbanzo Fava Bean Flour

