

## Quick Reference Guide for Replacing Ingredients

**Milk** To replace 1 cup cow's milk:

- 1 cup soy milk (plain) or rice milk
- 1 cup fruit juice
- 1 cup water
- 1 cup coconut milk
- 1 cup goat's milk, if tolerated
- 1 cup hemp milk

**Yogurt** To replace 1 cup yogurt:

- 1 cup soy yogurt or coconut yogurt
- 1 cup soy sour cream
- 1 cup unsweetened applesauce
- 1 cup fruit puree

**Butter** (1 stick = 8 tablespoons = ½ cup = 4 ounces) measure for measure:

- Replace butter with one of the following:  
Earth Balance (Non-Dairy) Buttery Spread;  
Fleischmann's unsalted margarine;  
Spectrum Organic Shortening;  
vegetable or olive oil (1 Tbsp = 1 oz.)

**For reduced fat:**

6 Tbsp. unsweetened applesauce + 2 tablespoons fat of choice

**Eggs** To replace 1 large egg, below choice of "liquid", plus 1 tsp baking powder

Flax Gel: 1 Tbsp flax meal + 3 Tbsp hot water.

Or Chia Egg: 1 1/2tsp +3 Tbsp hot water

Instructions: Let stand, stirring occasionally, about 10 minutes or until thickened. Use without straining. Though processing in a small coffee grinder will result in a smoother product

Tofu: 4 Tbsp pureed silken tofu

Applesauce: 4 Tbsp. unsweetened applesauce (or other fruit puree)

Egg Replacer: according to pkg. directions

**To replace one egg white**, dissolve 1 tablespoon plain agar powder into 1 Tbsp. water. Beat, chill for 15 minutes and beat again.

**To replace one egg yolk**, divide egg replacement (choices listed above) in half.

**IMPORTANT!** Replacing more than two eggs will change the integrity of a recipe. For recipes that call for a lot of eggs, like a quiche, use pureed silken tofu. Because egg substitutions add moisture, you may have to increase baking time slightly.

2013

## Master Cookie List

Compiled from ten years of recipes shared during the **Annual Holiday Cookie Exchange**

Boxed items are hints or helpful basic ideas, gluten-free flour mixes, etc.

We have tried to group cookies together on pages. You will find cookies with oats as a primary ingredient altogether.

You will also find Dr. Jean Layton's recipes together along with her GF flour mixtures.

At the end, you will find a recipes for quick breads and muffins, which are also nice for holiday snacking and brunches.

Please feel free to share any tips and ideas you might have (or recipes you might like to share next year) with us—email:

[info@glutenfreeway.info](mailto:info@glutenfreeway.info) or you can mail them to BGIG, P.O. Box 28894, Bellingham, WA 98228-0894

Bellingham Gluten Information Group serves the NW Washington area and SW B.C.

We meet the first Tuesday of each month Sept. through June. Our meetings are open to the public, no membership required.

Healthy GF Kids group meets 2nd Saturday.

[www.GlutenFreeway.info](http://www.GlutenFreeway.info)



## No-Bake Oatmeal Peanut Butter Energy Bars

- 1/4 C coconut oil
- 1 C natural peanut butter
- 1/2 C honey
- 1 tsp. vanilla
- 3 C rolled oats
- 1/2 C shredded coconut
- 1/2 C chia or flax seed
- 1/2 C dark chocolate chips

Line the bottom and sides of a 9×9 or 11×7 baking dish with parchment paper.

In a medium saucepan on low heat, melt the coconut oil, peanut butter and honey until smooth, stirring occasionally. Fold in remaining ingredients.

Pour mixture into prepared baking dish, and refrigerate for 1-2 hours or until firm. Remove parchment from pan and cut into bars.

## Peanut Butter Nachos

- 1 medium sized bag of Frito Corn Chips-Scoops
- 1 C of white sugar
- 1 C of Karo Syrup
- 1 C of peanut butter (creamy or crunchy your choice)

Spread chips onto a large cookies sheet. Placing the “scoop up” to form a bowl that will allow you the best placement for drizzling the peanut butter mixture into.

Pour sugar and Karo into a medium-sized heavy bottom sauce pan. Stir occasionally over a medium-low heat, bring to a boil.

Remove from heat, and add peanut butter. Stir thoroughly, until melted throughout.

Pour mixture into chips drizzling to cover all chips. Serve immediately, store leftovers, if any, in an airtight container.

## Magic Cookie Bars

- 1 1/2 C gluten-free cornflake crumbs
- 3 Tbsp. sugar
- 1/2 C (1 stick) margarine or butter, melted
- 1 C semi-sweet chocolate chips
- 1 1/3 C flaked coconut
- 1 C coarsely chopped walnuts
- 1 can sweetened condensed milk

Combine cornflakes, sugar, and butter into 13 x 9 pan. Press evenly and firmly to form crust.

Scatter chocolate chips over crust followed by coconut and then walnuts. Pour sweetened condensed milk evenly over top. Bake at 350 degrees about 25 minutes or until lightly browned around edges. Cool and cut into bars.

## Microwave Peanut Brittle

- 1 C raw peanuts
- 1 C Sugar
- 1/2 C White Corn Syrup
- 1/8 tsp. Salt
- 2 Tbsp. Butter
- 1 tsp. Vanilla
- 1 tsp. Soda

Combine peanuts, sugar, syrup and salt. Microwave 8 minutes stirring well after 4 minutes. Stir in butter and vanilla and blend well. Microwave 2 minutes, 15 seconds. Syrup will be very hot and peanuts slightly brown. Add baking soda and stir gently until light and foamy throughout. Pour on lightly buttered cookie sheet. Break up peanut brittle when cool.

Warning: this mixture is HOT use care when handling, moving in and out of the microwave.

## GF “Chex” Party Mix

Caroline Yorkston

6 Tbsp Butter or Margarine  
¾ tsp Garlic Powder  
1 ½ tsp Seasoning Salt (Simply Organic)  
½ tsp Onion Powder  
1 C Mixed Nuts  
1 C Ener-G Pretzels  
1 C Natures Path Gorilla Munch  
1 ½ C GF Free Rice Chex

Heat oven to 250°. Melt butter in large roasting pan in oven. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container. Makes 12 cups.

Microwave directions: Melt margarine in large microwavable bowl uncovered on high. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Microwave uncovered on high 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

## Peanut Butter Marshmallow Bars

1/2 C margarine, shortening or butter  
1/4 C firmly packed light brown sugar  
3/4 C crunchy peanut butter - microwave to soften  
1/4 C granulated sugar  
1 egg  
1 1/4 C Gluten Free flour mix (Dr. Jean's Mix, see prior pages )  
1 tsp baking powder  
1 tsp xanthan gum  
1/4 tsp salt

### Topping

1/2 C creamy peanut butter  
3 C miniature marshmallows  
1 C chocolate chips

Preheat oven to 350 degrees. Grease 13x9x2-inch glass baking dish with shortening. Optional: line with parchment paper.

For cookie base, combine first five ingredients in a large bowl. Beat at medium speed of electric mixer until well blended.

Combine dry ingredients, blend well. Add gradually to creamed mixture at low speed. Beat until well blended. Cover. Refrigerate for 15 minutes. Press chilled cookie base into prepared dish. Bake for 20 minutes or until light brown. Do not over-bake. Cool 2-3 minutes.

Topping, place Creamy Peanut Butter in microwave-safe measuring cup. Microwave at HIGH for 1 minute. Pour over baked surface. Spread to cover. Cover with marshmallows and chocolate chips, mixed. Return to oven. Bake 5 minutes or until marshmallows are light brown. Do not over-bake. Loosen from sides of dish with knife. Remove dish to cooling rack. Cool completely. Cut with sharp greased knife into bars, 2"x2".

## Nanaimo Bars

Caroline Yorkston

Bottom Layer: in double boiler cook until thick like custard -

5 Tbsp cocoa  
1/2 C butter or coconut oil  
1/4 C sugar  
1 tsp vanilla  
1 egg

In large bowl mix: 2 C GF Rice Bran Crackers (or other GF cookie/cracker/cereal) crushed thoroughly with 1 C angel flake coconut and 1/2 C chopped nuts. Mix with cooked ingredients from above and press into 9x13 pan and cool in refrigerator.

Middle Layer Cream 1/4 C butter with 3 Tbs. milk, 2 Tbs. instant vanilla pudding mix and 2 C powdered sugar. Mix well and spread onto bottom layer.

Top Layer: Melt 3-4 squares of Baker's semi-sweet chocolate with 1 Tbs. butter, spread on top. Keep well refrigerated.

## Vanillakipfel

*They taste even better a day after they were baked.*

200 g cornstarch  
150 g butter or margarine  
90 g almonds or hazelnuts, ground  
60 g sugar

Mix all ingredients together, chill for 1/2 hour. Shape the dough into little crescents on a parchment covered baking sheet.

Heat oven to 400 and bake for 10 to 15 minutes until done. Remove to wire rack to cool a bit.

Mix some icing sugar with some vanilla sugar in a bowl. Take the warm vanillakipfel and turn them around in the icing sugar

## Flourless Peanut Butter Cookies

1 C peanut butter  
1 C brown sugar  
1 egg  
1 t baking soda  
1 C chocolate chips (optional)

Beat together peanut butter, sugar, egg and soda. Stir in chocolate chips. Drop by rounded teaspoonful onto ungreased cookie sheet. Bake in 350 degree oven for about 10 min. Cool on sheet for 5 min before placing on rack. Makes approx. 2 1/2-3 doz.

## Crispy Rice Bars

Don and Marilyn Grams

6 C Pacific Grain Nutty Rice Cereal  
5 1/2 C Kraft Mini Marshmallows  
3 Tbsp butter  
1 C Nestles Semi-sweet chocolate chips

Measure cereal into a large mixing bowl. Melt marshmallows and butter in a glass container in the microwave approximately 1 1/2 minutes. Pour this mixture into the cereal and mix well. Add chocolate chips, mix well. Press mixture into greased 9x13 pan. Cut into squares and wrap in plastic wrap after it sets up.

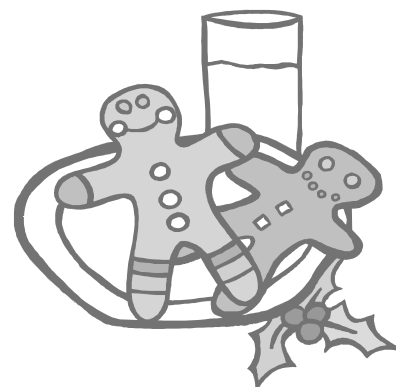
## Jan Hagel Cookies

From Marcia Montgomery

1 C butter or margarine  
1/2 tsp. cinnamon  
1 C sugar  
1 Tbsp. Water  
1 egg separated  
1/2 C finely chopped nuts  
2 C gluten flour mix

Lightly grease jelly roll pan. Cream together butter, sugar, and egg yolk. Add flour and cinnamon. Pat into pan. Beat egg white and water mixture brush over cookie dough Sprinkle with nuts. Bake, at 350 degrees For 20-25 minutes. Cut immediately. Enjoy.

*As a hostess or guest, be sure to include ingredients, with your dish on a small card. Everyone can then determine what will work for them, with their particular dietary needs. And, you won't have to keep reciting the ingredients!!*



This page contains recipes from Jeanne Sauvage's *Gluten Free Baking for the Holidays* and features her All-Purpose Flour Mix (in box to the right)

## Butter cookies for Cookie Pressing

1 1/2 C butter (3 sticks; 12 oz; 340g) unsalted butter (or butter substitute), softened  
3/4 C (150g) granulated sugar  
3 large or extra large egg yolks (save your whites and make Meringue Cookies)  
3 C (420g) *Jeanne's Gluten-Free All-Purpose Flour Mix*  
1 tsp vanilla extract  
1C (6oz; 170g) semi sweet chocolate chips (optional—you will use these to make sandwich cookies)

Preheat oven to 350 degrees.

In the bowl of a stand mixer fitted with a paddle attachment, beat butter until fluffy. Add the sugar and beat more until fluffy. Add the egg yolks, one at a time, beat after each addition. Add vanilla extract and beat until combined. Add flour and beat until combined.

Now comes the fun part. Prepare your cookie press. Lift the dough press part until it's all the way at the top. The fill the tube with the dough (your press should come with directions on how to do that). Fit the disk of your choice into the bottom part and screw on tightly. Now press the gun part (it will click each time you press the handle) until you see dough just pressing against the disk at the bottom.

Now you're ready to press out dough. Place the end of the press firmly and evenly against the ungreased cookie sheet and press once on the gun. Bake for approx. 10-12 min. or lightly browned. Remove onto wire to cool. Once cool, you can decorate with icing and sprinkles!

## Cut-Out Sugar Cookies

2 C Jeanne's GF All-Purpose Flour Mix  
1 1/2 tsp baking powder  
1/4 tsp salt  
1/2 C unsalted butter, at room temperature  
1 C granulated sugar  
1 extra-large egg, at room temperature  
1 tsp pure vanilla extract  
1/2 tsp grated lemon/orange zest (optional)  
Tapioca flour for dusting  
Colored sugar for decorating (optional)

### Icing

2 C confectioners' sugar, sifted  
1 tsp pure vanilla extract  
4 to 6 Tbsp heavy cream  
Food coloring in various colors (optional)

**Jeanne's GF All-Purpose Flour Mix** (mix together and store in a cool, dark place):

1 1/4 C (170g) brown rice flour  
1 1/4 C (205g) white rice flour  
1 C (120g) tapioca flour  
1 C (165g) sweet rice flour (also known as Mochiko or glutinous rice flour)  
2 scant tsp. xanthan gum  
You can also use the gluten-free flour mixture (*not* baking mix) of your choice—just be sure it contains xanthan gum. You can add 1/4 tsp. xanthan gum per cup of gluten-free flour. Use of bean flours, will add a “beany” taste to the cookies

In a medium bowl, mix together the flour, baking powder and salt. Set aside.

In a large bowl, using a hand mixer on medium-high speed, beat the butter until light and fluffy, about 2 minutes. Add the granulated sugar and beat for 1 minute. Add egg and beat for 1 minute. Add the vanilla and beat to combine. Add the lemon zest (if using). Add the flour mixture and beat until combined.

Divide the dough in half, shape each half into a disk, and wrap tightly in plastic wrap. Refrigerate until firm, about 30 minutes, or for up to 3 days.

Preheat the oven to 375°. Line two cookie sheets with parchment paper.

Remove one dough disk from the refrigerator.

(continued on page 6)

## Cut-Out Sugar Cookies (continued)

If the dough is rock hard, let it warm up a bit. Place the dough between two pieces of waxed paper and roll to 1/2 in thick. Using cookie cutters dipped in tapioca flour, cut out as many shapes as possible. Using a spatula, place the cutouts on the prepared sheets, spacing them at least 1 in apart. Roll out the dough scraps and repeat the process until all the dough is used or the cookie sheets are full. The dough is best cut when it is firm, so you may have to return it to the refrigerator before cutting more shapes.

Sprinkle the shapes with colored sugar (if desired or leave them plain and decorate with icing after baking). Bake until the edges of the cookies are lightly browned, 8 to 10 minutes. Let cool on the cookie sheets for about 2 minutes, then remove to wire racks to cool com-

pletely. Let the sheets cool completely and repeat with the remaining dough. While the cookies are cooling, make the icing. Place the confectioners' sugar in a large bowl. Add the vanilla and 4 Tbsp of the cream. Whisk until all the ingredients are combined and smooth. If desired, add more cream to make the icing thinner. If you want to color the icing, divide it among small bowls and tint each bowl of icing with a different food coloring. Using a small paintbrush per color, decorate the cookies. Place the decorated cookies on the wire racks to let the icing set. Store the cookies in an airtight container, between layers of waxed paper, at room temperature for up to 5 days or in the refrigerator for up to 2 weeks.

## Spritz Cookies

Using a piping bag, you can form these into various shapes, from simple circles to whimsical stars. Garnish with chocolate, nuts or fruit.

1/2 C butter, room temperature  
1/2 C sugar  
1 egg, room temperature  
1 egg white, room temperature  
1 C white rice flour  
1/2 C Flour Blend #3  
1/3 C raspberry jam

Preheat the oven to 375 degrees.

Cream the butter and sugar together until light and fluffy. Blend in the egg and egg white, scraping down the side of the bowl as necessary.

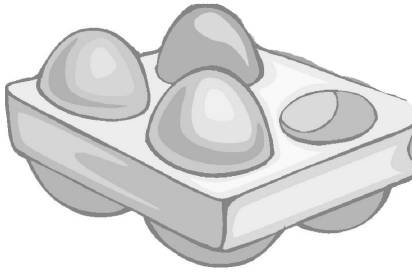
Mix flours into the mixture just until combined.

Line a cookie sheet with parchment paper. Fit a piping bag with a #6 star tip, folding over the top of the bag to form a cuff. Fill the pastry bag with the cookie dough. Pipe the batter into shapes the size of a quarter onto the prepared cookie sheet. Garnish the center of each cookie with a small dollop of jam. Bake for approximately 10 minutes or until lightly golden brown. Makes 3 dozen

## ALMOND FLAKE SQUARES

One-half bag (250 grams) small marshmallows  
1/2 C butter  
1 tsp. vanilla  
1 C coconut, toasted  
1 C slivered almonds, toasted  
4 1/2 C com flakes (Nature's Path)

Melt butter and marshmallows in microwave or in saucepan. Add vanilla. Stir in coconut, almonds and cornflakes. Press into an 8"x8" dish, cool. Cut into squares. Store in airtight container.



## OATMEAL COOKIES—Are oats ok?

YES! Oats do not contain gluten. They are commonly cross contaminated with gluten, however, due to crop rotation and the use of farm and processing equipment for wheat crops as well as oats. Including transport, storage and packaging. Which is why we call for “GF oats” - which are from dedicated farms and facilities. Additionally, some individuals experience a similar reaction to oats as to the gluten in wheat, rye and barley.

### Gluten Free Oatmeal Cookies

1 C butter, shortening/coconut oil  
1 C granulated sugar  
1 C brown sugar  
2 eggs  
1 tsp vanilla  
1 1/2 C GF flour blend  
1/2 Tbsp salt  
1 tsp baking soda  
3 C GF oats

Preheat oven to 350 degrees

In a large bowl, cream together the shortening and the sugars, beat in the two eggs and the vanilla. Add the white rice flour, salt, baking soda and oatmeal. Mix well. Drop by rounded teaspoon on a greased cookie sheet and bake for 10 minutes. Remove from pan immediately and cool flat on waxed paper or rack. Makes 6 1/2 dozen cookies.

### BJ's COOKIES

3 eggs  
1 1/2 C brown sugar  
1 Tbsp. Karo Syrup  
1 C white sugar  
1 1/2 C peanut butter  
1/2 butter (no substitute)  
1/4 tsp. vanilla  
3 C GF Quick Oats  
2 tsp. baking powder  
1 1/2 C coconut  
1 C chocolate Chips or M&M's  
1/2 C raisins or raisins

Preheat oven to 350 degrees.

Beat together eggs, sugars, Karo, vanilla, peanut butter and butter. Mix in remaining ingredients, stir well. Drop by the tablespoon full onto a greased cookie sheet. Bake for approx. 11 minutes. Cool on a wire rack, store in an airtight container.

### Molasses Cookies

from Caroline Yorkston

1 1/2 C GF Flour Blend\*  
1 C sugar  
1/2 tsp xanthan gum  
1 tsp baking soda  
1/2 tsp each—ground allspice, nutmeg and cloves  
1/2 tsp kosher salt  
1/2 C butter or dairy free substitute  
1/4 C molasses  
1 Large egg  
3/4 C GF oats

Preheat oven to 375.

\*Flour Blend—half brown rice and half amaranth flours.

Sift together first 8 ingredients (dry).

Add butter, egg and molasses; mix well. Stir in oats. Drop dough by tablespoonfuls onto an ungreased baking sheet, flatten with bottom of glass that has been dipped in sugar.

Bake 8 to 10 minutes.



## OATMEAL RAISIN COOKIES

Submitted by Marilyn Grams

3/4 C butter  
1 C brown sugar  
1/2 C granulated sugar  
1 egg  
1/4 C water  
1 tsp vanilla extract  
1 C GF flour\*  
1 tsp salt  
1/2 tsp baking soda  
1 tsp cinnamon  
1/2 tsp nutmeg  
1 tsp xanthan gum  
1 C raisins, optional, try craisins!  
1 C pecans\*, chopped  
3 C Gluten Free Quick Oats

## Monster Cookies

Donna Haney, as adapted by Paula Deen

3eggs  
1 1/4 C packed light brown sugar  
1 C granulated sugar  
1/2 tsp. salt  
1/2 tsp. vanilla extract  
1 (12-ounce) jar creamy peanut butter  
1 stick butter, softened  
1/2 C multi-colored chocolate candies  
1/2 C chocolate chips  
1/4 C raisins, optional  
2 tsp. baking soda  
4 1/2 C GF Quick Oats (not instant)

## Gluten-Free, Vegan Pumpkin Oatmeal Drop Cookies

Whole Life Nutrition

1 C coconut oil, butter or dairy substitute  
1 C pumpkin puree (or canned)  
1 1/2 C coconut sugar or brown sugar  
1/4 C ground flax seeds  
1 tsp vanilla extract  
3 C GF oat flour and 1 C rolled oats  
3/4 tsp salt (omit if using salted butter)  
3-4 tsp. cinnamon  
1 tsp ground ginger  
1 tsp. ground nutmeg

Mix butter, sugars, egg, water, and vanilla in large mixing bowl.

In a separate bowl, mix flour, salt, baking soda, cinnamon, nutmeg, and xanthan gum.

Add to butter mixture. Mix well.

Add raisins, nuts, and oats to dough.

Drop rounded tablespoon of cookie dough on greased cookie sheet. (If using a SilPat, you don't need to grease the cookie sheet.) Place cookie sheet in freezer for 10 minutes to reduce "spread" - will make a chewier cookie. Bake at 350 degrees for 14 minutes. Cool on wire rack. Store in airtight container.

*\*I use Gluten-Free Pantry Country French Bread and Pizza Mix with good results.*

*\*You can use whatever dried fruit, or nuts you prefer. Try*

Preheat the oven to 350 degrees F. Line cookie sheets with parchment paper or nonstick baking mats (Silpat).

In a very large mixing bowl, combine the eggs and sugars. Mix well, until light and frothy. Add salt, vanilla, peanut butter and butter. Mix thoroughly. Stir in the chocolate candies, chocolate chips and raisins. Can also use other dried fruit, if preferred.

Add baking soda and oatmeal. Drop by tablespoonful, 2 inches apart onto the prepared cookie sheets.

Bake for 8 to 10 minutes. Do not overbake. Let stand for about 3 minutes before transferring to rack to cool. When thoroughly cooled, store in large resealable plastic box or glass jar. These cookies ship well.

In a large bowl beat together, using an electric mixer, wet ingredients to vanilla extract. Add the remaining ingredients and beat together again.

Preheat your oven to 350 degrees. While your oven is preheating let your cookie dough rest on the counter for 20 minutes. The oat flour will absorb some of the liquid during this time which helps the cookies hold their shape.

Drop by the spoonful onto an ungreased cookie sheet. Bake for 12 to 15 minutes or until slightly golden around the edges. Remove cookies and place them onto a wire rack to cool. Cookies are best after they have cooled.



## Tim's Ginger Cookies

1 C sorghum flour  
3 tsp. baking soda  
3 C Bobs Red Mill All Purpose flour  
1 tsp. cinnamon  
1 tsp. cloves  
1/2 tsp. nutmeg  
1/4 tsp. allspice  
1 1/2 tsp. ginger  
1 tsp. xanthan gum  
  
2 C sugar  
1/2 stick (4 Tbsp.) butter  
1 stick (8 Tbsp.) margarine  
2 eggs  
1/2 C mild flavor molasses  
1 tsp. vinegar

## Apricot Fancies Flo Daley

Adapted for GF/CF from a recipe passed down to me by my mother-in-law, Belle Daley, in 1976.

1 C Sugar  
1 C butter or margarine (Nucoa margarine is dairy free)  
2 Tbsp Almond milk (original) or regular milk  
1 tsp GF vanilla  
2 1/4 C Basic GF Flour Mixture from Rebecca Reilly (2 C brown rice flour, 2/3 C potato starch, not potato flour and 1/3 C tapioca starch)  
1 1/3 C chopped dried apricots  
1 1/3 C chopped nuts

## Cornflake Coconut Chews aka "Ranger" Cookies

5 C gluten-free Cornflakes  
3 3/4 C Coconut  
2 C sugar  
1 1/2 C GF chocolate chips  
(can use lactose free)  
5 eggs, beaten until thick  
2 1/2 tsp vanilla extract

Preheat oven to 325 degrees. Using two cookie sheets (you will use these more than once) cover with parchment paper or grease .

In a large bowl mix all dry materials together. Set aside.

Mix well, sugar, butter/margarine, eggs, molasses and vinegar together. Add dry and stir until well mixed to a brownish color. Roll into balls approximately 1 inch in diameter and place onto cookie sheet. Cook for 14 minutes. The cookies will be very soft when they are removed from the oven and will harden as they cool.

{P.S.: Adapted by Tim Cahill from the Gingersnaps recipe (page 134-135) from The Gluten-free Gourmet (Revised Edition) by Bette Hagman}

Cream eggs and butter (or margarine) together, beating until light and fluffy. Add milk and vanilla. Mix dry ingredients together and then stir in apricots and nuts. Blend slowly into wet ingredients. Refrigerate for about 1/2 hour.

Shape into three 2" rolls; roll in coconut. Wrap securely in plastic wrap and chill overnight. The next day, slice into 1/4" slices and place on ungreased cookie sheet. Bake at 375 for 9-11 minutes or until edges are lightly browned. Makes approx. 6 dozen.

I have tried using orange flavored raisins with pecans and found them delicious. They are not quite as tangy as the apricots, but any combination of fruit and nuts would probably be great!

Preheat oven (350 F), grease cookie sheets.

In large bowl, mix together cornflakes, coconut, sugar and chocolate chips.

In another bowl, beat eggs and vanilla until thick. Pour over cereal mixture and let sit 5 minutes. Mix again and then use tsp. to drop mixture onto greased cookies sheets. Bake 9 to 10 minutes, or until light brown. Allow cookies to cool 2 to 3 minutes to set before removing from cookie sheets. Makes 3 to 4 dozen cookies

## Cinnamon Pastries

Dr. Pat Elliott, ND

1/8 C sugar  
1/2 C milk or coconut milk  
1/2 C Shortening or butter  
1/2 tsp salt  
1 3/4 C rice flour (or GF mix)  
1 1/2 tsp xanthan gum (or guar gum)  
3 t sp baking powder  
1/4 t sp baking soda  
1 Egg

Preheat oven to 400°. Mix milk, sugar, salt and shortening in a bowl. Mix 1/2 c flour, xanthan gum, baking powder and baking soda in a separate bowl, then add milk mixture. Beat on medium speed for one minute. Add egg, beat until sticky, then beat one minute longer. Add remaining flour and mix well. Roll out dough on waxed paper. Mix 1 cup sugar, 1/2 c softened butter and 3 t sugar. Spread over dough. Using the waxed paper as a guide, and starting on a long edge, tightly roll up jelly-roll style, removing waxed paper as you go. Cut into 1-1 1/2 " slices. Place in a muffin pan. Bake for 20 minutes or until light brown on top. You may want to put foil below baking pan to catch drips. Icing: Powdered sugar with just enough cream to make it spreadable, plus a little vanilla.

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## PIZELLE (Italian Cookie)

Revised Gluten-Free - MaryLou Richardson

NOTE: Before you begin: You *will need* a special *PIZELLE IRON*.

Beat together until light:

6 Eggs  
1 1/2 C Baker's Sugar (superfine)

Add: 1 C melted butter  
2-4 tsp Vanilla or Anise extract  
or combination of the two

Add Dry Ingredients:

3 1/2 C Gluten-Free Flour Mix\*  
4 tsp Baking Powder  
2 tsp Xanthan gum

Once all the ingredients are mixed together, place

In covered bowl, refrigerate for several hours or overnight. Mixture will be like a thin pancake batter.

Read instructions with your Pizelle Iron regarding, heating and cooking. Then, bake the pizelles. Remove from iron and place on a rack to cool. After cooling well, store in tightly covered container. It is important that the pizelles be cool or they will not stay crisp.

Variations: Add cocoa powder, anise seeds, finely chopped almonds, pecans, walnuts, dried orange peel for different flavors. \*Gluten-Free Pantry French Bread Mix works well for GF flour mix. ENJOY

## Norwegian Krumkaka—Norwegian Cookie uses a similar iron as Pizelle (above)

Recipe from Flo Stuen

4 eggs  
1 C sugar  
1/2 C butter  
2 Tbsp corn starch  
1 1/2 C Flour GF  
1/2 tsp Vanilla  
1/2 tsp Cardamom

Beat eggs slightly  
Add sugar and beat lightly  
Add cooled melted butter or margarine and flavoring  
Sift flour and corn starch. Add to egg mixture

Dough will be sticky. Drop by teaspoonfuls on hot griddle  
Cook 10 to 30 seconds. Just barely showing browning color  
Lay on wax paper covered trays to dry for overnight.

### Dr. Jean's Light GF Flour Mix #4

(with some changes for amaranth allergy)

- 1 C Quinoa Flour
- 4 1/2 C Brown Rice Flour
- 4 1/2 C Sorghum Flour
- 3 C Millet Flour
- 1 1/2 C Sweet Rice Flour
- 1/2 C Garfava Flour
- 1 C White Bean Flour
- 3/4 C Sugar-Organic

Sift together, store in Ziploc bag.

### Cookie Flour Mix

Dr. Jean Layton, N.D.

1 C granulated Sugar  
(Note: Only use organic if you don't mind having a bit of molasses flavor in your cookies)

- 1 Tbsp. Baking Soda
- 1/2 tsp salt
- 1 Tbsp. Baking Powder
- 2 Tbsp. Xanthan gum
- 1 C Tapioca flour
- 3/4 C Sweet Rice Flour
- 1 C Sorghum flour
- 1/2 C Potato Starch (not flour)
- 1/4 C Millet Flour

Sift together in a large ziplock bag. Shake well before using

### Chocolate Almond Cookies

- 1 1/2 C almonds with skins on, coarsely chopped
- 3/4 C sugar, white granulated
- 1/3 C cocoa
- 1/8 tsp salt
- 1/2 tsp almond extract
- 2 oz. bittersweet chocolate, chopped
- 1 tsp vanilla
- 2 jumbo or extra large egg whites

In food processor, process almonds with sugar until well chopped and blended. Add other ingredients and process until a sticky smooth dough results. Shape into a roll on plastic wrap, freeze until firm. Slice into about 1/4 inch slabs, bake on oiled sheets in 350 degree oven for about 20 minutes. Transfer to rack and cool.

### Vanilla Rolled Cookies- GF,CF

Dr. Jean Layton, N.D.

- 1/2 C shortening (I use Spectrum Organic Palm Oil Shortening) can also use coconut oil
- 1/4 C organic sugar
- 2 C Cookie Flour Mix\* (see Mix Recipe)
- 1 egg
- 1 tsp. vanilla extract

Blend together the shortening and sugar in a stand mixer. Let mix until thoroughly combined but not airy, 1-2 minutes.

Add cookie flour mix and beat till just combined.

Add egg and vanilla extract. Beat well. You do not want to overbeat since that makes the cookies spread.

Let chill overnight before rolling or forming.

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Preheat oven to 350 degrees.

Roll the dough out to a 1/4 inch thickness before shaping with cutters or rolling into balls. Place on parchment paper covered cookie sheets 2" apart. Bake for 8 minutes for flat cookies or 10 minutes for round cookies. Let cool on rack till completely cool.

Options for shapes or decorating:

Roll dough into a log one inch in diameter. Roll entire log in colored sugar, cocoa, nuts, coconut. Chill well and slice into 1/4 inch slices.

Pinwheels - Roll out dough to 1/4 inch thickness. Layer with a similar piece of Chocolate Rolled Cookie Dough. Press together lightly, starting at one edge, roll both pieces of dough together to form a swirl. Chill the dough for at least 15 minutes. Cut into 1/4 inch slices.

Roll balls of dough in ground peppermint candies.

## Chocolate Rolled Cookies

Dr. Jean Layton, N.D.

1/2 C shortening ( I use Spectrum Organic Palm Oil Shortening) can also use coconut oil  
1/4 C organic sugar  
1 1/2 C Cookie Flour Mix\* (see Dr. Jean's Cookie Mix below)  
1/2 C cocoa powder  
1 egg  
2 tsp. vanilla extract

Blend together the shortening and sugar in a stand mixer. Let mix until thoroughly combined but not airy, 1-2 minutes. Add cookie flour mix and cocoa powder and beat till just combined. Add egg and vanilla extract. Beat well. You do not want to overbeat since that makes the cookies spread.

Let chill overnight before rolling or forming.

Preheat oven to 350 degrees.

Roll the dough out to a 1/4 inch thickness before cutting with cookie cutters or rolling into balls, If you are short on time, you can roll the dough into a 1" diameter snake and slice off 1/4 inch slices.

## Almond Shortbread

Dr. Jean McFadden-Layton, ND

1 C each brown rice flour  
1 C almond meal  
1/4 tsp. salt  
1 tsp pure almond extract  
1 C (2 sticks) unsalted butter, warm  
1/2 C powdered sugar

### Confectioners Icing\*:

1/2 C powdered (confectioners) sugar  
2 Tbsp milk

## Butterscotch Brownies

Dr. Jean McFadden-Layton, ND

1/2 C brown rice flour  
1 tsp GF Baking powder  
1/4 tsp. salt  
1 egg  
1/2 C finely chopped walnuts  
1 tsp. pure vanilla extract  
1/4 C (1/2 stick) unsalted butter  
1 C brown sugar

Place on parchment paper covered cookie sheets 2" apart.

Bake for 8 minutes for flat cookies or 10 minutes for balled cookies

Let cool on rack till completely cool.

**Chocolate Hedgehogs** - Roll balls of dough in mixture of finely chopped walnuts and powdered sugar.

**Mexican Cocoa Cookie** - Roll balls of dough in mixture of cinnamon and sugar with a pinch of chili powder.

**Pinwheels** - Roll out dough to 1/4 inch thickness. Layer with a similar piece of Vanilla Rolled Cookie Dough. Press together lightly, starting at one edge. roll both pieces of dough together to form a swirl. Chill the dough for at least 15 minutes. Cut into 1/4 inch slices.

**Chocolate Wedding Cakes** - Roll balls of dough in confectioners sugar

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FAST AND FESTIVE: shape cookie dough into logs, wrap and chill, then roll in colored sugar, finely chopped nuts, coconut, seeds, or sprinkles. Slice and bake.

Combine brown rice flour, almond meal and salt.

In mixing bowl cream butter and powdered sugar together till light and fluffy. Add the flour and nut mixture and the extract. Beat well to combine.

Pat out dough onto a lightly greased or parchment coated cookie sheet into a circle 1/2 inch thick.

Bake in 300 degree oven on center rack for approx 10 minutes or till bottom is golden and top is firm.

Decorate with confectioner icing\* and edible glitter.

\*Combine together using the milk by drops till a thick but spreadable consistency is reached

Preheat oven to 325 degrees.

Combine rice flour, baking powder and salt.

Melt butter in saucepan. Add brown sugar. Heat, stirring, until sugar is dissolved. Cool these slightly. Beat in egg and vanilla. Stir flour mixture into butter mixture. Add nuts.

Pour into a lightly greased glass 8x8 pan. Bake for about 30 minutes. Cool.

Cut into squares, bars or diamonds.

## Cranberry Hazelnut Biscotti

Dr. Jean Layton, ND

Pre-heat oven to 350. **Soak:** 1 C. dried cranberries at least 10 minutes, drain and set aside.

2 eggs  
¾ C. sugar  
2 T. orange zest  
½ C. vegetable oil  
1 t. vanilla  
1 t. Frangelico  
1 t. cinnamon  
1 ¼ t. baking powder  
1 t. xanthan  
¼ t. salt  
2 C. gluten free flour (not self-rising)  
1 C. hazelnuts, coarsely chopped & cranberries

Mix liquid ingredients and sugar at medium speed in large mixing bowl.

Combine all dry ingredients except flour and add to wet ingredients. Blend well again. Add GF flour, mix at low speed until blended, fold in nuts and cranberries.

### Divide dough in half.

Shape each half into about 2" diameter log. Dip fingers in water to help handle this very sticky dough. Transfer the logs to a large, ungreased baking sheet. Sprinkle the tops with sugar.

**Bake** 30 minutes, until golden brown and firm to the touch. Let **cool** 10 minutes.

**Cut logs into diagonal slices** about ½ " thick. Return slices to cookie sheet.

**Bake additional 20 minutes.** Turn off oven and let biscotti dry completely in oven 6-8 hours or overnight. Store in an airtight container.

## Mock Oatmeal Cookies

Caroline Yorkston

1 C butter flavored Crisco  
2 eggs  
1 tsp vanilla  
1 1/2 C white rice flour  
2 C white granulated sugar  
1/2 tsp salt  
1 tsp baking soda  
3 C thin-shaved almonds or almond meal (can crush in plastic bag to oatmeal size)

Cream shortening and sugars together. Beat in eggs one at a time. Add vanilla. In second bowl (or from premix container) mix thoroughly dry ingredients. Stir gently into creamed mixture. Add almonds or almond meal. Refrigerate for 1 hour (minimum - can also be shaped into logs and stored in freezer - slicing onto cookie sheet to bake as needed for fresh hot cookies). Drop by teaspoonful onto greased cookie sheet and bake at 350 for 10 min. Remove from pan immediately and cool flat on wax paper. Makes approx. 6 doz. - 2 1/2 inch cookies.

## Brownies

Jennifer Dodd

1 C unsweetened cocoa  
1/2 C unsweetened applesauce  
1/4 C vegetable oil  
2 C Sugar  
1 tsp. vanilla  
4 eggs  
1 C Quinoa Flour

Mix cocoa, applesauce and vegetable oil. Set aside. Beat together sugar, vanilla and eggs. Add chocolate mixture.

Then stir in quinoa flour (or GF flour blend), Stir together until well incorporated. Pour into 9x13 greased baking pan. Bake for 25 minutes at 350 degree oven or until done.

## Sesame Crisp Cookie

from MaryLou Richardson

2 C GF flour mix                    3/4 C butter  
1 tsp baking powder            1 C brown sugar  
1/2 tsp salt                        1 egg  
1/2 tsp baking soda            1 tsp. vanilla  
1/2 C toasted coconut  
1 C toasted sesame seeds  
1/2 tsp xanthan gum

Measure out and mix all dry ingredients into a bowl. Then, cream together the butter and brown sugar. Add egg and vanilla. Gently mix in the dry ingredients, blend thoroughly. Form into rolls and freeze. Slice 1/4" thick and bake 8-10 minutes at 365 degrees.

## Merry Macaroons

from Kelle Rankin-

Sunter

2 eggs  
1/2 C sugar  
1 C rice flour, plus a pinch of salt  
1 tsp vanilla or almond flavoring plus  
1 Tbsp butter  
2 C shredded coconut

Pre-heat oven to 325 F

Beat eggs until they foam generously. Add sugar slowly and beat until thickened. Slowly add rice flour/salt mix. Beat in butter and flavoring, add coconut and nuts, mix thoroughly. Drop by teaspoonful onto greased baking sheet, flatten slightly. Bake in for 15 min. Remove gently. Best if stored in freezer.

## Snickerdoodles [allrecipes.com](http://allrecipes.com)

1/2 C butter, softened  
1/2 C shortening  
1 1/2 C white sugar  
2 eggs  
2 tsp. vanilla extract  
2 3/4 C GF flour mix  
2 tsp. cream of tartar  
1 tsp. baking soda  
1/4 tsp. salt  
2 Tbsp. white sugar  
2 teaspoons ground cinnamon  
1 tsp xanthan gum

Preheat oven to 400°F (200°C).

Cream together butter, shortening, 1 1/2 cups sugar, the eggs and the vanilla. Blend in the flour, cream of tartar, soda and salt. Shape dough by rounded spoonfuls into balls.

Mix the 2 tablespoons sugar and the cinnamon. Roll balls of dough in mixture. Place 2 inches apart on ungreased baking sheets.

Bake 8 to 10 minutes, or until set but not too hard.

Remove immediately from baking sheets.

## Chewy Chocolate Cookies

2 1/2 C sifted confectioner's sugar  
1 C cocoa powder  
1 tsp vanilla  
2 Tbsp GF flour mix  
1 tsp instant coffee powder  
4 egg whites, beaten til frothy  
1 Tbsp water  
1 C walnuts, finely chopped

Preheat oven to 350 degrees. Line baking sheets with waxed paper and grease. Sift sugar, cocoa, flour and coffee together, set aside. Beat egg whites until they are frothy, gently add sifted dry ingredients. Add water and continue beating to blend, then beat on high for a few minutes until mixture thickens. With rubber spatula, fold in walnuts. Place generous spoonfuls 1 inch apart on prepared sheets. Bake 12-15 minutes until firm, but still soft inside. Cool on racks.

## Dorothea's Chocolate Chip Cookies

Dorothea Northey

1 C shortening, butter or margarine  
1 C brown sugar  
1/2 C white sugar  
1 tsp. vanilla  
2 eggs, well beaten

2/3 C GF flour mix  
2/3 C Garfava flour  
1 tsp. baking soda  
1 tsp. xanthan gum  
3/4 tsp. Salt  
1 C chopped nuts

Cream together shortening, sugars and vanilla. Fold in eggs and beat. Mix dry ingredients together and stir in. Lastly, add nuts and chocolate chips. Drop by spoonfuls approx. 1 1/2" apart on ungreased cookie sheet. Bake in 300 degree oven for 15 min.

## Classic Gingerbread for Shape Cutting [allrecipes.com](http://allrecipes.com)

1 C butter, softened  
1 1/2 C white sugar  
1 egg  
1 1/2 Tbsp. orange zest  
2 Tbsp. molasses  
3 C GF flour mix  
2 tsp. baking soda  
2 tsp. ground cinnamon  
1 tsp. ground ginger  
1/2 tsp. ground cloves  
1/2 teaspoon salt  
1 tsp xanthan gum

Cream the butter and the sugar together. Add the egg and mix well. Mix in the orange peel and dark corn syrup. Add the flour, baking soda, cinnamon, ginger, ground cloves and salt, mixing until well combined. Chill dough for at least 2 hours, I like to chill overnight. Preheat the oven to 375°F (190°C). Grease cookie sheets. On a lightly floured surface, roll dough out to 1/4-inch thick. Cut into desired shapes using cookie cutters. Place cookies 1-inch apart on the prepared cookie sheets. Bake for 10 to 12 minutes in the preheated oven, until cookies are firm and lightly toasted on the edges.

## Gingersnaps

3/4 C margarine  
1 C white sugar  
1 egg  
1/2 C molasses  
2 1/2 C GF flour blend  
1 tsp xanthan gum  
1 Tbsp. ground ginger  
1 tsp. ground cinnamon  
2 tsp. baking soda  
1/2 tsp. salt  
1/2 C white sugar for decoration

Preheat oven to 350°F (175°C).

In a medium bowl, cream together the margarine and 1 C white sugar until smooth. Beat in the egg and molasses until well blended. Combine the flour, ginger, cinnamon, baking soda and salt; stir into the molasses mixture to form a dough. Roll dough into 1-inch balls and roll the balls in the remaining sugar. Place cookies 2 inches apart onto ungreased cookie sheets.

## Lemon Coconut Bars

Maureen Pecaric

### Crust:

1 C GF Flour\*  
3/4 C flaked coconut, toasted and cooled  
1/4 C sugar  
6 Tbsp (3/4) stick butter, freeze, then grate into flour mixture

### Filling:

3/4 C sugar  
2 large eggs  
1 tsp GF flour  
1/4 C fresh lemon juice  
1/2 tsp. baking powder  
1 Tbsp grated lemon peel  
Pinch of salt  
1/4 C powdered sugar to sprinkle on top when cooled.



Preheat oven to 350 degrees.

**Crust:** Combine flour, sugar and coconut. Add butter and using mixer or food processor blend until mixture resembles fine meal and begins to clump together. Press dough into bottom of greased 8x8 pan. Bake until golden about 25 minutes. While baking you can prepare

**Filling:** Combine all filling ingredients into mixing bowl. Blend until smooth. Pour over hot crust. Return to oven and bake until filling begins to brown at edges and is just set and springy to the touch - about 30 minutes. Place on rack to cool completely. Cut into 16 bars. Sift powdered sugar over bars.

### \*Wendy Wark's Flour Mix

(from Cooking Gluten Free! By Karen Robertson)

1 C brown rice flour  
1 1/4 C white rice flour  
1/4 C potato starch  
2/3 C tapioca starch  
3/4 C sweet (glutinous) rice flour  
1/3 C cornstarch  
2 tsp. Xanthan gum

Hints: You can use only brown or only white rice flour if you prefer. Be sure and use "potato starch" or "potato starch flour" but not potato flour - they are not the same thing !! You can find excellent white rice flour and glutinous rice flour very reasonably, at Chinese markets, priced.

I double this recipe and use it in cookies and muffins

## Lime Bars

1 C GF Flour mix\*  
1/2 C frozen butter, grated  
1/4 C powdered sugar  
3/4 C sugar  
2 large eggs  
Pinch of salt  
2 1/2 Tbsp lime juice  
1/2 tsp. baking powder  
1/4 C powdered sugar to sprinkle on top when cooled.

Preheat oven to 350 degrees.

**Crust:** Combine flour and sugar. Add butter and using mixer or food processor blend until mixture resembles fine meal and begins to clump together. Press dough into bottom of greased 8x8 pan. Bake until golden about 20 minutes. While baking you can prepare . . .

**Filling:** Combine all filling ingredients into mixing bowl. Blend until smooth. Pour over hot crust. Return to oven and bake until filling begins to brown at edges and is just set and springy to the touch - about 25 minutes. Place on rack to cool completely. Cut into 16 bars. Sift powdered sugar over bars.



## **GF Pecan Crispies** (from Elsie Hooser)

1/2 C butter  
1 1/4 C brown sugar  
1 beaten egg  
1 1/4 C + 1 tbsp GF flour mix (*I like Bob's Red Mill All Purpose GF Baking Flour*)  
1/4 tsp baking soda  
1/8 tsp salt  
1 tsp xanthum gum  
1/2 C pecans, chopped coarsely

Blend butter and sugar.  
Beat egg separately then add to butter/sugar.  
Sift flour, soda, salt, and xanthan gum together and add gently to wet ingredients, mix well. Add pecans.  
Bake on greased cookie sheet 2 inches apart at 350 degrees 12-15 minutes. Remove from cookie sheet immediately while hot to a wire rack. Cool and store in airtight container.  
Makes 2 1/2 dozen

## **Apricot Nut Squares**

Kathy Chasteen

1/2 C rice flour  
1/2 tsp GF baking powder  
1/2 tsp. salt  
1 C chopped walnuts  
2 C finely chopped dried apricots  
2 eggs  
1/2 C sugar  
1/2 tsp. GF vanilla

Heat oven to 325. Grease square pan, 8x8x2". Measure flour by dip-level-pour method or by sifting. Blend flour, baking powder and salt;  
Beat eggs until foamy. Beat in sugar and vanilla. Add blended dry ingredients, stir in.  
Mix in walnuts and apricots. Spread in greased pan. Bake 25 to 30 min. Cut into squares. Cool; remove from pan . Makes 16 - 2" squares.

## **Orange Cranberry Drops**

1/2 C white sugar  
1/2 C packed brown sugar  
1/4 C butter, softened  
1 egg  
3 Tbsp orange juice  
1/2 tsp orange extract  
1 tsp grated orange zest  
1 1/2 C all-purpose flour  
1/2 tsp baking powder  
1/4 tsp baking soda  
1/4 tsp salt  
1 C dried cranberries  
1/2 C chopped pecans

Preheat oven to 375°F(190°C). Lightly grease cookie sheets, or line with parchment paper.  
In a medium bowl, cream together the white sugar, brown sugar, and butter. Stir in the egg, orange juice, orange extract, and orange zest.  
Sift together the flour, baking powder, baking soda, and salt; mix into the orange mixture. Stir in the cranberries.  
Drop cookie dough by heaping teaspoonfuls, 2 inches apart, on the prepared cookie sheets.  
Bake for 10 to 12 minutes, or until edges are starting to brown. Cool on baking sheets for 5 minutes, then remove to a wire rack to cool completely.

## PIE CRUST

A good basic pie crust recipe is good to have on hand when making cookies. You can make up several batches and store in the freezer for several months (wrap well in plastic wrap, label and date). A simple cobbler or tart can be made for a quick dessert. Elegant mini-tarts can be made by cutting small circles of pie crust dough, press into mini-muffin tins then fill with jam, mincemeat mixture, chopped fresh fruit or a cream cheese filing. Instant cookies!

1 1/2 C, Amy's Basic Flour Blend\* (includes xanthan gum, if you mix doesn't add 3/4 tsp.)

1/4 C + 3 Tbsp sweet rice flour

pinch of kosher salt

3/4 C (12 Tbsp) cold unsalted butter, frozen and grated (can use 1/2 butter and 1/2 shortening or lard, if preferred)

6 - 7 Tbsp. ice water

Mix all dry ingredients well, then grate the butter or shortening into the flour mixture. Use a pastry cutter or fork until the mixture is crumbly throughout.

Add about half the cold water and blend, adding a tablespoon at a time until dough sticks together. Work well until smooth. Chill well, about 30 min. and roll out between layers of plastic wrap. Dough works best when cold, tears are easily repaired. The best part of making GF pie crust is you don't have to worry about it getting tough!!

You can add fresh or dried herbs to make a savory crust for elegant dinner entrees.

## Nut Crust

*This "no roll" crust win you over for ease!*

1/2 C butter, softened

1/3 C brown sugar

1-1/4 C flour

1/2 C finely chopped nuts

1/8 tsp. salt

Cream together butter and brown sugar. Add remaining ingredients until crumbly. Press crumbs against bottom and sides of 9" pie plate, building up a 1/2" rim. Fill with desired filling and bake as directed in pie recipes.

Or you can bake the crust by first pricking it with a fork, then baking at 400 degrees for 8-10 minutes until light golden brown and set.

### \*Amy's Basic Flour Blend (Sorghum-Garfava Blend)

1 C sorghum flour

1 C garbanzo fava bean flour

1/2 C potato starch

1/3 C tapioca starch

### Gluten-Free High Protein Flour Blend

1 C Garbanzo Bean Flour

1 C Potato Starch

1 C Tapioca Starch/Flour

1 C brown rice flour

### All-Purpose Gluten-Free Flour Mix

1 C sweet rice flour

1 C sorghum flour

2/3 C cornstarch

1/3 C tapioca starch or flour

1 tsp. xanthan gum



## California Dark Fruitcake

Kelle Rankin-Sunter

In a VERY large bowl combine and stir until well blended:

2-1/2 C GF flour mix  
1 C corn or tapioca starch  
2 tsp baking powder  
2 tsp ground cinnamon  
1/2 tsp salt  
1/2 tsp nutmeg,  
1/2 tsp allspice  
1/2 tsp cloves  
2 tsp Xanthan or guar gum  
1 tsp gelatin

add to the flour mixture and coat well;  
16oz. pk.(2-1/2 C) diced mixed candied fruits  
15oz. pk. (3 C) raisins  
8oz. pk. (1-1/2 C) whole candied red cherries  
8oz. pk. (1-1/3 C) pitted dates cut in half  
1/2 C candied pineapple, chopped  
1 C each almonds and pecans  
  
4 eggs  
1 3/4 C packed brown sugar  
3/4 C melted (not hot) butter/margarine/coconut oil  
3/4 C blackstrap molasses  
1 light C (7 oz.) orange juice

In another bowl using you mixer or preferably a stand mixer as this batter gets quite heavy and stiff - beat eggs until light and frothy. Slowly add brown sugar until thoroughly mixed in.

Turn mixer to medium low and slowly add; 3/4 cup melted *NOT HOT* butter/margarine/coconut oil. Then add, molasses and orange juice.

When thoroughly mixed pour into fruit and flour mixture- and with a spoon- by hand mix until smooth. Placing a pan of water in bottom of oven(13x9 cake pan works well with approx. 1" of water in it). Bake at 325 degrees for 1 1/2 hours.

## BANANA BREAD

4 Tbsp. melted butter  
1/2 C sugar or honey  
2 eggs, beaten  
1 C mashed bananas  
1 3/4 C Pamela's Baking & Pancake Mix\*  
1/4 tsp salt  
1/2 C nuts (optional)

Beat together butter, sugar (or honey), eggs and bananas.

Add dry ingredients and mix together.

Pour into a large greased loaf pan.

Bake in a preheated 350 degree oven for 1 hr, or until an inserted toothpick comes out clean

\*Pamela's flour mix is gluten free and an outstanding product. Can be used in any of your favorite recipes.

## Cranberry Relish Quick Bread\*

Kelle Rankin-Sunter

4 C GF flour mix (should include xanthan gum—add 2 tsp if not included)  
1 tsp salt  
3 tsp baking powder  
2 tsp baking soda  
3 eggs  
2 T butter  
2 C sugar  
1 3/4 C relish  
1/2 C orange juice

\*or breakfast muffins for holiday brunch!

Relish – coarse grind two 12 oz. Pkg. of cranberries with one orange (including peel), sugar to taste (1/2 –1 C), refrigerate.

Preheat oven to 350, grease small loaf pans (3) or muffin tins (can also use paper liners).

Mix dry ingredients in bowl. Beat eggs until frothy, add butter and sugar, mix well. Add cranberry relish, mix well.

Gently fold in flour mixture pour into loaf pan

Bake for 1 hour, test with toothpick in center.

Serve "leftover" relish with your holiday meals.

## Gingerbread Muffins

Sift together and mix well:

1 1/2 C GF Flour mix

1/2 tsp cinnamon

1/2 tsp ginger

1 tsp baking soda

Beat in mixing bowl:

1/4 C sugar

1/4 C melted or soft margarine

1/2 C molasses

Add sifted dry ingredients to beaten ingredients. Stir and add 1/4 cup hot water. Then mix well. Pour into well-greased muffin tins. Bake 20 to 25 minutes at 350F. Makes light, old-fashioned ginger bread, great for snacking, especially with nuts added.

## Rice Muffins a La Blueberry

Kelle Rankin-Sunter

1 C white rice flour

1/2 C brown rice flour

2 tsp baking powder

1 tsp baking soda

1/2 tsp Xanthan gum & 1 t gelatin

1 egg

1/4 C white sugar

1/4 C canola oil

1 C orange juice, milk, or water

1 tsp vanilla (or complementary to "mix-in") Mix-ins: 1/2 C blueberries, raisins, other dried fruit, nuts and/or chocolate or carob chips

Mix together dry ingredients (first six items), can use your favorite GF flour blend in place of white/brown rice flour mixture. Set aside.

Beat egg and sugar well, add rest of wet ingredients, mix until well blended. Add dry ingredients mix gently or at low speed on hand-mixer. Stir in optional mix-ins to taste. Bake in greased muffin cups (makes 6 Large muffins) at 425 for 20 minutes. Makes a nice "holiday" muffin with the addition of candied fruit mix (1/2 C).

Or, you can make it up as a coffee cake in a 9x9 pan\*, greased. Top with a standard streusel topping (brown sugar, margarine/butter, ground nuts and some rice flour) or drizzle jam on top. Or, if desired can be frosted after baking, drizzle thin frosting mixture (powdered sugar and water).

\*can also use two smaller loaf pans.

## Rich Harvest Scones

### Pumpkin-Cranberry

MaryLou Richardson

5 C Bette Hagman's GF Flour Mix

1/2 C brown sugar (not packed)

2 Tbsp Rumford baking powder

2 tsp pumpkin pie spice

1 tsp salt

1 tsp Xanthan gum

1 C butter (\*Tip: freeze butter and grate into dry ingredients)

2 C canned or equal fresh pumpkin

1 C whipping cream (use milk for lighter textured scones or yogurt)

1 C finely chopped fresh cranberries

Blend dry ingredients together in large mixing bowl, grate frozen butter into dry ingredients, blend. Add pumpkin, dairy or dairy substitute and cranberries, mix thoroughly, but do not beat.

Makes 16-18 scones, either "drop" or in English Muffin Rings. Can also shape into two large disks, halfway through cooking remove from oven and cut into wedges for a more traditional looking scone.

Bake for 25-30 minutes in 375\* oven. Cool on racks. Freeze well.

Can also make up the recipe and refrigerate until ready to bake, then shape as discussed above and enjoy fresh baked for your meal!

Adapted from recipe in Bellingham Herald