

Hello, sweet reader!

Thank you for your interest in reading this web publication of Gluten-Free Delights, which is a “yummy food” primer for those new to gluten-free.

Please visit www.theresegrameracy.com to contact us or for more information.

Many kindnesses,
Laura & Therese



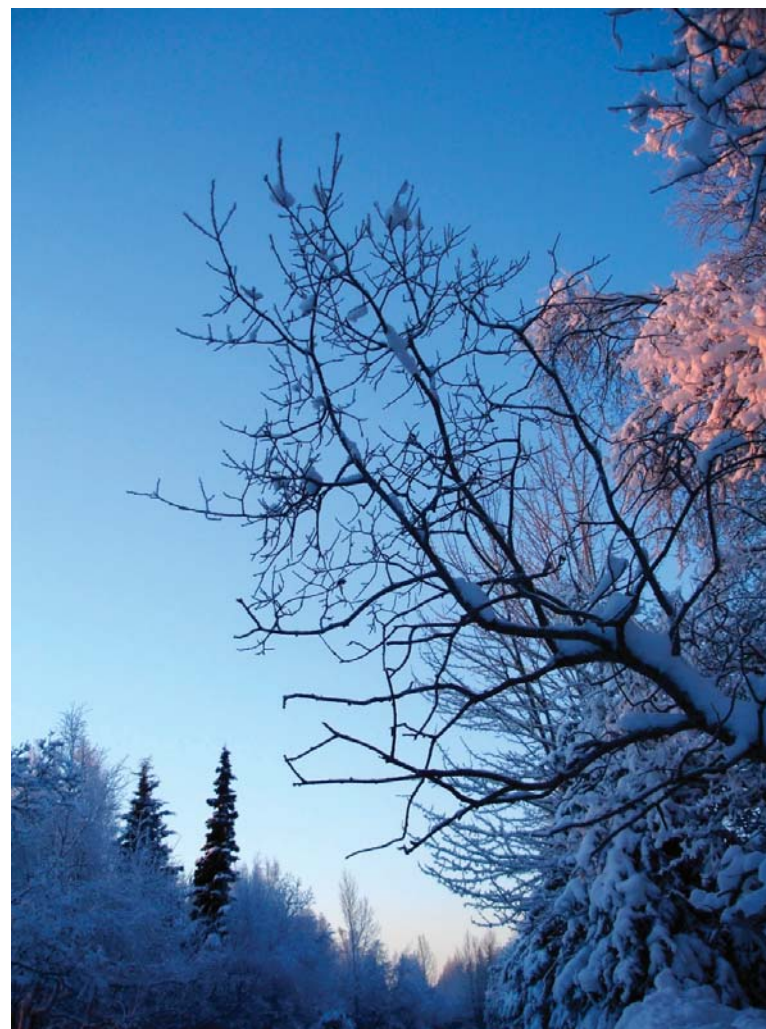
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Gluten-Free Delights

From the Top of the World



Our Very Favorite Recipes
Prepped, Cooked, Photo'd & Written in the Klatt Bog

by Laura Getting and Therese Grameracy
Birds of a Feather in Anchorage, Alaska

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... but printed outside the bog!

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Table of Contents

Introduction.....	5
Stocking Your Cupboards GF.....	7
The List – GF Basics to Keep On-hand.....	7
Before You Buy – Quick Tips and Suggestions.....	8
Our GF Recipes.....	9
Apple Cinnamon Bread.....	10
Apple Pie.....	12
Banana Bread.....	14
Biscuits.....	16
Brownies, Fudgy Cocoa.....	18
Candied Walnuts.....	20
Caramel Icing.....	22
Carrot Cake.....	24
Chicken Enchilada Pie.....	26
Chicken Tenders.....	28
Chili – Every-kind-of-bean (Vegetarian).....	30
Chocolate Cake (or Faux-nuts).....	32
Chocolate Chip Cookies.....	34
Cinnamon Rolls.....	36
Coffee Cake.....	38
Cornbread.....	40
Egg Salad Filling.....	42
Guacamole.....	44
Halibut, Blackened.....	46
Lavender Syrup over Fruit.....	48
Lemon Muffins.....	50
Muffoletto Mitten Bread.....	52
Pancakes.....	54
Peach Cobbler.....	56
Pie Crust.....	58
Pizza Crust.....	60
Pumpkin Muffins.....	62
Spinach Dip.....	64
Taco Seasoning.....	66
Tortillas.....	68
Waffles.....	70
White Cake with Strawberry Icing.....	72
Our Favorite Things.....	74

Birds of a Feather



In Anchorage, Alaska

Introduction

So What is Gluten Free (GF)?

You've been to the doctor, and maybe you even have already been tested for celiac (gluten intolerance), then you were given what seemed like a "verdict" that you must eat "gluten free". So what does that mean? In simple non-medical terms, and for most folks (although there are exceptions), gluten-free means avoiding foods that contain the grains wheat, rye and barley, and for some, also oats, so that you can feel like your healthy happy self again. Our quick definition of gluten-free is "wheatless-oatless". We use the abbreviation GF for gluten-free throughout this book.

Our Story

The journey started with the family dentist encouraging us to become more alkaline in our eating. As we began to eat better and wheat was eliminated from our diets we felt better, lost weight and had a lot more energy. So we started the long process of adapting recipes to be gluten free.

As a minimalist, Laura didn't like all the clutter that came along with the few GF cookbooks she could find. Her mission was to craft some good recipes with just 3 or 4 flours instead of the many she had accumulated. Some of the recipes just did not taste good. Also, she wanted to reduce the drastic changes of this food transition for her family members who could eat wheat.

Laura had the hardest time with this drastic life change. It became much easier for her when her mom told her, as she was whining about all the things she thought she missed, "we need to eat to live, not live to eat".

Our Philosophy

Like many other changes that you have had to undergo as you live your life, it does prove to be easiest when you finally decide to embrace the change and go with the flow! Have fun with it! Consider yourself exotic or special or whatever boosts your morale to help you deal with this new dietary change. Hopefully our tips and recipes will make it much easier on you that it was for us!

Medical Disclaimer

This is a recipe book written by two regular folks just like you. We are not medical doctors or nutritionists, but we do want you to be safe, healthy, happy and enjoy life fully, just like they do. Please, always remember to consult with your medical practitioner when you make significant changes to your eating habits, especially a big change like going gluten free, to make sure that you are eating foods that are safe specifically for you.

About Your Authors

Your recipe crafter is Laura Getting. She lives in Anchorage, Alaska. (Anchorage, by the way, is the “big city” and according to local humorists it is only 30 minutes away from Alaska. From Laura’s house, it is really only 5 minutes (or less) away from Alaska!) Laura is the mom and the daily food cooker in the family, so the job of making tasty meals with this new way of cooking was up to her. She’s the one who went through all the hassle to figure out gluten-free eating for her family.

Your book crafter is Therese Gramercy, Laura’s friend and design buddy. When Laura met Therese (who lived across the Klatt bog from her) they became fast friends and realized that they were birds of a feather! See their mirrored lists of favorite things on the last page of this book. Therese loved eating anything Laura made – and it had nothing to do with it being gluten free – Laura just makes really yummy food!

After hearing about all of the trouble Laura went through to shake down the best ingredients and test through all the recipes, and convert her old favorite recipes to the gluten-free equivalents, Therese told Laura it was time to share the tasty results of that effort with everyone else out there struggling through the same situation.

So putting their heads together, they came up with this simple recipe book to get you started and to give you a little tasty food break while you work through this important dietary change. They certainly had fun testing out all the recipes again so they could take photographs and double-check the ingredient lists!

Together, they hope they have been a bright spot in your GF transition.

When life gives you lemons, make lemonade! And don’t forget to make our lemon muffins too!

C’est la vie! (That’s life!) C’est si bon! (It is good!)

All the best,



Laura Getting & Therese Gramercy, birds of a feather in Anchorage, Alaska.

Stocking Your Cupboards GF

The List

These are the GF basics to keep on-hand, at least to make our recipes! When buying, verify all ingredients. See the next page for information on some of the ingredients in our list.

Category	Item	
Eggs	Naturally GF, thank goodness!	
Flours	Brown Rice flour Sweet Rice flour White Rice flour	Amaranth flour Tapioca flour
Fruit & Nuts	Lemons, Strawberries	Almonds, Walnuts
Herbs (fresh)	Parsley	Thyme
Milk, Cheese & Butter	Butter Cheese	Cream cheese Milk: Dairy, Rice or Soy
Misc.	Active dry yeast Baking powder Baking soda Corn Meal, small/med. grit Xanthan Gum	Dijon mustard Fruit spread Mayonnaise Potato flakes Potato starch
Oils & Syrups	Olive oil Non-hydrogenated oil Non-stick spray	Brown rice syrup Honey
Spices & Seasonings	Chocolate or carob chips Chutney Cinnamon Cloves Cocoa powder Cream of Tarter Curry powder Garlic powder Herbs de Provence Fennel seeds, crushed	Nutmeg Onion powder Oregano Paprika, sweet Pepper, ground black Pepper, cayenne Pepper, red flakes Salt Vanilla extract
Sugar	Unrefined organic sugar Brown sugar	Powdered sugar
Veggies	Garlic cloves	Onions

Before You Buy – Quick Tips and Suggestions

We have some special notes below about some items. Our list of GF basics to stock your cupboards is on the previous page.

Brands and Notes

- The shorter the list of ingredients, the better, as this usually means fewer additives.
- Just because you read the label once and it was GF, still keep checking as things can change.
- We recommend using organic products (eggs and produce) whenever it is available to you.
- When purchasing natural sugar, Turbinado sugar may be too grainy for most of our recipes.
- For cream cheese – we like Neufchatel cheese by Kroger.
- For fruit spread – we like Smucker's Simply Fruit or St. Dalfour's 100% Fruit (and we love to reuse the St. Dalfour jars for our lavender syrup).
- For mustard, we like Boar's Head brand and just FYI, all of their products are gluten free.
- For olive oil – using less flavorful oils will keep the olive oil flavor from overpowering recipes like pancakes and waffles.
- Sprouted grains – check with your medical practitioner to see if these products are safe for your specific health condition.

Herbs and Spices

Make sure when you are purchasing herbs and spices that they are free of fillers that could contain gluten. I only buy these if the spice is the only ingredient listed (i.e. oregano, nothing else listed).

Produce

Try for local first. If you can't get organic, try to stay with U.S. produce for freshness and higher standards regarding pesticides.

Our Recipes

We only use GF ingredients in our recipes. When a recipe calls for "mayonnaise", for example, it always means to use a GF mayonnaise. So don't go sneakin' any non-GF stuff in there . . .

Our GF Recipes



Apple Cinnamon Bread



My Recipe Notes

Apple Cinnamon Bread

I have been making this forever! It is an easy one. Kid's love it because it is so sweet. Just FYI there is no upper age limit on who can be called a kid.

Ingredients

½ cup soft butter	½ tsp. baking soda
1 cup unrefined sugar	1 tsp. baking powder
2 eggs	3 tsp. cinnamon
1 cup white rice flour	2 tsp. xanthan gum
½ cup brown rice flour	½ cup milk (soy, rice or dairy)
½ cup tapioca flour	1 cup peeled, chopped apples (1 inch cubes)
½ tsp. salt	1 tsp. gluten-free vanilla

Directions

Yield	1 loaf-style bread.
Pre-prep	Preheat oven to 350°. Mix all the dry ingredients together well and set aside.
Mix	Cream the butter and sugar together, slowly add the eggs and mix until fluffy. Blend the dry ingredients with the butter mixture until just mixed. Stir in the milk, apples and vanilla.
Prep	Grease loaf pan with oil. (I like to use the non-hydrogenated oil in the health food section).
Bake	Bake at 350° for 60-65 minutes or until a tester comes out clean in the middle. You can push on the top to test for firmness.
Cool	Cool until room temperature, then store in the fridge.
Serve	It is best chilled right out of the fridge.

Apple Pie



My Recipe Notes

Apple Pie

This is something that you don't need much counter space for because you don't even have to roll it out! We like to eat a piece of pie just all by itself, or for a decadent treat, top with vanilla ice cream! Yum! We'll say it again: Yum!

Ingredients

Crust: 1 cup melted butter ½ cup brown rice syrup 1 cup tapioca flour 1 cup brown rice flour 1 1/3 cup white rice flour 2 tsp. xanthan gum	Filling: 5 medium apples (peeled & sliced) 2 tbs. brown rice syrup 1 tsp. cinnamon ¼ cup water Seasoning for top: sugar and cinnamon
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Directions

Yield	1 pie.
Pre-prep	Preheat oven to 350°. Peel & slice the apples, then boil them in all of the filling ingredients just long enough to soften them.
Mix	Preparing the crust: Mix all the dry ingredients. Mix in the butter and the brown rice syrup. Beat until well incorporated. Note: the mixture will be really buttery – and make your hands really soft!
Prep	Take a little over half of the dough and press it into a glass pie plate. Add the softened apples. Crumble the remaining dough over the top. Tip: the smaller the crumbles the better it looks! Sprinkle the top with sugar and cinnamon.
Bake	Bake at 350° for 40 minutes.
Cool	Approx. one hour – you know how apples retain the heat!
Serve	Just slice and serve or top with vanilla ice cream! Yum.

Banana Bread



My Recipe Notes

Banana Bread

We like to top this bread with our Caramel Icing (see separate recipe) and also make it as muffins. Recently the doctor told Laura she is “allergic” to bananas so that means she doesn’t get to eat this yummy bread anymore. But she is such a trooper, she still makes it anyway because she knows how much we all love to eat it!

Ingredients

<p>3/4 cup brown rice syrup (or honey) 1/2 cup soft butter 2 eggs 1 cup mashed ripe bananas (fresh not browned is more flavorful) 1/3 cup + 3 tbsp. milk (soy, rice or dairy) 1 tsp. gluten free vanilla 1 1/4 cup white rice flour</p>	<p>1/2 cup brown rice flour 1/4 cup tapioca flour 2 tsp. baking soda 2 tsp. xanthan gum 1/2 tsp. salt Option: nuts, dried cranberries, choc. chips Option: top with caramel icing – see separate recipe.</p>
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Directions

Yield	1 loaf or 9 large muffins.
Pre-prep	Preheat oven to 350°. Cream the rice syrup and the butter together, mix in the eggs, then the bananas, then the milk. This will get lumpy and not very smooth but that’s okay.
Mix	Mix all the dry ingredients together, then blend with the wet ingredients. Variations: add optional items. If you can’t find gluten free options in the area, you may have to send for it by mail (we are used to that here in Alaska anyway).
Prep	Grease/flour the loaf pan – you want it well greased. Pour the mixture into the pan. For muffins: use a Silpat pan.
Bake	Bake at 350° for 60 minutes or until the tester comes out clean. Pushing for firmness doesn’t work on this cake, you need to use a tester. Muffin option: bake for 30 minutes.
Cool	After it is completely cool you can top it with our Caramel Icing (see separate recipe).
Serve	Just slice and serve.

Biscuits



My Recipe Notes

Biscuits

These are so good! We love to turn them into breakfast sandwiches. If you used to like grabbing a breakfast sandwich on the go at your local fast-food chain, you won't be missing a thing – it's all the folks who are eating those sandwiches that don't know what they're missing!!! We are not sure if you should serve these to overnight guests – unless you want them to extend their stay with you for a day or two!

Ingredients

1 ¼ cup white rice flour	½ cup chilled butter
1 cup tapioca flour	1 egg
1 tsp. xanthan gum	1 cup milk
2 tsp. unrefined sugar	
3 tsp. baking powder	Option: grated cheese and chives
½ tsp. cream of tartar	Option: breakfast sandwich filled with:
¼ tsp. salt	scrambled eggs, your choice of cheese & meat.

Directions

Yield	6 large (for breakfast sandwiches) or 12 small biscuits.
Pre-prep	Preheat oven to 450°. Dice the butter into 1 inch cubes.
Mix	Put all of the dry ingredients in a food processor and mix for a few seconds until blended. Add the butter cubes to the dry ingredients, mix in the food processor until the mixture is crumbly. Add the egg and milk, mix until blended.
Prep	Drop onto an ungreased cookie sheet with a large ice cream scoop. These don't spread out on their own so depending on their use you may want to press them down to form the shape you want. Option: add grated cheese and chives. I love them any way I can get them!
Bake	Bake at 450° for about 10 minutes or until the center feels firm when pressed.
Cool	They stay together better (less crumbly) if you let them cool a little bit.
Serve	Our favorite is the breakfast sandwiches. Yum!

Fudgy Cocoa Brownies



My Recipe Notes

Fudgy Cocoa Brownies

Looking for something quick with just a few dirty dishes? This is it! I have tried this without the chocolate chips and we did not like it as much. They are the key ingredient, in our opinion, especially since when you want a brownie we know are looking for maximum chocolate indulgence.

Ingredients

½ cup butter (one stick)	½ cup white rice flour
1/3 cup cocoa powder	1 tsp. xanthan gum
1 cup unrefined sugar	¼ cup water
2 eggs	½ cup chocolate or carob chips
1 tsp. vanilla	

Directions

Yield	1 pan of brownies.
Pre-prep	Preheat oven to 350°. Grease and flour 9 x 9 pan.
Mix	We use a medium size saucepan for this entire recipe so make sure it is big enough. Melt butter in saucepan then remove from heat. Stir in the cocoa and the sugar right away while the butter is at its hottest. Add all the remaining ingredients stirring well but not over mixing. Note: It's weird! This mix will be very heavy and gooey - that means you are doing it right! It transforms itself during baking into a nice heavy brownie.
Prep	Pour into prepared pan.
Bake	Bake at 350° for 40 minutes, test center with toothpick.
Serve	Serve hot with ice cream, or let cool. I love to spread some peanut butter on a piece the next day.

Candied Walnuts



My Recipe Notes

Candied Walnuts

These are expensive to buy – so we make our own! Keep these in your candy dish as a nice candy alternative. We also like giving these as gifts at the holidays. We buy super clear bags and tie them closed with fun ribbons.

Ingredients

1 lb. walnut halves	2 tsp. cloves
1 cup unrefined sugar	¼ tsp. salt
2 tsp. cinnamon	¼ cup + 2 tbsp. milk (soy, rice or dairy)
2 tsp. nutmeg	1 tsp. vanilla

Directions

Yield	1 batch
Prep	Preheat oven to 350°. Cover a cookie sheet with wax paper. Roast the walnuts in an oven at 350° until they change color.
Mix	Combine all the ingredients (except walnuts) in a saucepan.
Boil	Bring to a boil, then boil for 8 minutes or until a candy thermometer reaches 230° F. Quickly stir in the nuts and toss until evenly coated. Spread out onto wax paper quickly and as flat as possible so they don't set up into big clumps.
Cool	As soon as they are cool, break up and put into air-tight containers or bags until ready to serve.
Serve	Leave out in a candy dish for the munchies.

Caramel Icing



My Recipe Notes

Caramel Icing

We use this as the topping for our banana bread and muffins. The texture of this icing is grainy – we like it that way!

Ingredients

1 cup firmly packed brown sugar	I like to make my own brown sugar with:
5 tbsp. butter (soft)	1 cup unrefined sugar
2 tbsp. milk (soy, rick, or dairy, or heavy cream)	1 tbsp. Molasses

Directions

Yield	Topping for 1 cake or pan of muffins.
Prep	If making your own brown sugar, just drizzle the molasses over the unrefined sugar then blend with a fork until you have the desired color. The darker you make it the more you can appreciate the molasses.
Mix	Add all ingredients together in a small saucepan.
Boil	Bring the mixture to a boil over medium heat, stirring constantly. Remove from heat.
Cool	Beat until cool and thickened. Note: the texture of this icing is grainy.
Serve	Spread icing over the top of cake or muffins. Let stand until icing has set – if you can wait that long! We never can!

Carrot Cake



My Recipe Notes

Carrot Cake

My mom created this recipe many years ago and it is the number one request from all of her kids at birthdays and holidays! Somehow, the picture we took for the book was mysteriously missing from the computer and we had to bake another one. Honey, I need to talk to you . . .

Ingredients

1 cup white rice flour	¼ cup olive or vegetable oil
½ cup brown rice flour	½ cup chopped pineapple
½ cup tapioca flour	1 ½ cup grated carrots
1 tsp. xanthan gum	¾ cup shredded coconut
1 tsp. baking soda	¾ cup chopped walnuts or pecans
4 eggs	
1 cup unrefined sugar	Option: your favorite cream cheese frosting or powdered sugar glaze.
1 tsp. Vanilla	

Directions

Yield	1 two-tier round cake.
Pre-prep	Preheat oven to 350°. Grease and flour two 9" round cake pans. Make foil cover for the edges. Note: the center of this cake needs to be exposed to cook completely.
Mix	Cream the sugar and eggs. Stir in the oil and vanilla. Mix the rest of the ingredients together and stir into the wet ingredients.
Prep	Spread into the prepared pans.
Bake	Bake at 350° for 25- 30 minutes or until tester comes out clean.
Cool	Cool completely in pans until ready to frost.
Serve	Serve with your favorite white frosting. We love cream cheese frosting or a simple thin powdered sugar glaze.

Chicken Enchilada Pie



My Recipe Notes

Chicken Enchilada Pie

I made up some enchiladas and an enchilada pie just to use up the tortillas we made for the tortilla recipe. Then Dakota, Therese and I sat down to eat a quick din-din after finishing our food glamour photo session in my dining room. Therese almost passed out and asked why this recipe wasn't in the cookbook. It is now.

Ingredients

2 cans green enchilada sauce	1 can olives (or 2 small cans)
1 large can chicken breast	1 cup sliced green onions
1 can refried beans	4 tortillas (see our tortilla recipe)
1 cup shredded cheddar cheese	

Directions

Yield	1 pie.
Pre-prep	Preheat oven to 350°.
Mix	Combine chicken, beans and cheese in a medium bowl. Mix well.
Prep	In the pie plate, spread a few tablespoons of the enchilada sauce. Place a tortilla on the sauce. Spread some of the chicken/bean/cheese mix then top with onions and olives. Repeat the process until you reach the top of the pan (approx. 4 layers). Option: for a traditional pan of enchiladas, add ingredients to the inside of the tortillas, roll them up and place them next to each other until the pan is filled.
Bake	Bake at 350° for 25 minutes.
Cool	Serve hot right out of the oven.
Serve	Great alone or add a nice fresh salad.

Chicken Tenders



My Recipe Notes

Chicken Tenders

We couldn't even keep these long enough on the plate to take their photo – when Laura went into the fridge to grab them for their glamour photo session – only four were left!!! We decided they looked like bird crumbs and took their photo just like that – since that is probably the same way you're going to see them at your house too.

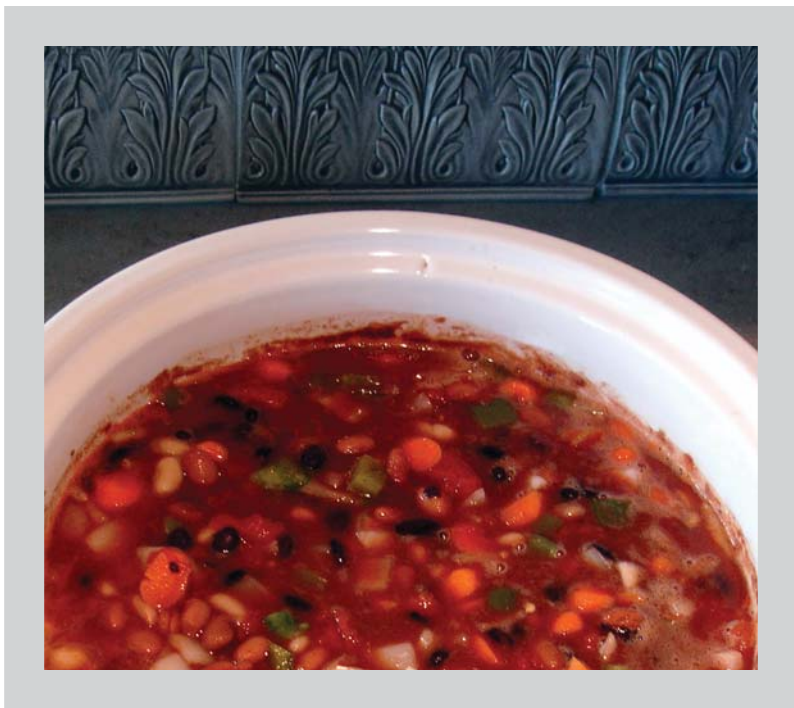
Ingredients

1 cup potato flakes	1 ½ tsp. salt
1 cup brown rice bread crumbs	1 ½ tsp. pepper
1 tsp. paprika	2 eggs
1 tsp. dried parsley	4 chicken breasts
1 tsp. garlic powder	Vegetable oil – enough to submerge chicken

Directions

Yield	Approx. 32 nuggets.
Pre-prep	Cut the chicken breasts into small 1 ½ inch pieces. Crack the eggs in a bowl and whisk.
Mix	Mix all of the dry ingredients together.
Prep	For each piece of chicken: Dip into the egg mixture, then into the dry mixture, coating it completely.
Fry	Fry until golden brown and cooked in the middle.
Cool	Cool approx. 10 minutes so you won't burn your fingers.
Serve	Dip into whatever you like – catsup, mustard, or your own favorite. We like them with GF tater tots, baked beans, and cherries. Oh, the dog days of summer, the fans were going, and my family (pirates, I tell ya) ate the nuggets before we could snap their photo!

Every-Kind-of-Bean Chili



My Recipe Notes

Every-Kind-of-Bean Chili

This is a yummy vegetarian chili that Therese makes and I insisted that we add it to our book! You can add diced steak to it – but this veggie chili is ‘meaty’ enough to stand on its own! Cook this crock pot meal a day ahead of you’d like – it is even better the second day!

Ingredients

2 white sweet onion, diced (one is topping)	3 cans chili beans (pinto with zesty sauce)
1 very large green bell pepper, diced	1 can pinto beans
1 bag of baby carrots, then slice	2 cans black beans
Herbs de Provence*	1 can white beans
Optional: chili seasoning, for hotter chili	1 can kidney beans
Optional: 1 lb. top sirloin steak, diced	2 cans tomatoes (diced)

Directions

Yield	1 6-quart crock-pot of chili.
Pre-prep	Dice the green pepper, onion and slice the carrots. Optional: if adding meat, sauté the diced onion in a little bit of vegetable oil, then add the diced meat, and sprinkle in some Herbs de Provence, cook until the meat is browned. Open cans and drain juices from all <u>except</u> the zesty beans and the tomatoes.
Mix	Add together in the crock pot: Drained beans, tomatoes & zesty beans, all veggies & herbs (and optional meat). Tip: to save time, start the tomatoes cooking in the crock pot while sautéing the onion. Then add the drained beans and zesty beans; while that is cooking, cut up the carrots and green pepper and toss them in the pot.
Cook	Cook all day in crock pot, start on High setting; reduce to Medium setting once it's boiling. Tip: while the chili is cooking, you can prepare your toppings (shredded cheese, diced onions) and bake your cornbread (see our cornbread recipe).
Cool	Reduce crock pot to Warm setting before serving.
Serve	We like to serve our chili with grated Tillamook cheddar cheese, diced onion, and a side corn bread with honey drizzled on it, or crumble the cornbread into the chili! Yum!

* Herbs de Provence is a blending of spices used by cooks in southern France, you will find it marketed under this name. Depending on the brand it will include a blend of several of these spices: marjoram, oregano, rosemary, savory, thyme, chervil, lavender, tarragon, mint and bay leaves. Heaven! Oui! Oui!

Chocolate Cake or Faux-nuts



My Recipe Notes

Chocolate Cake or Faux-nuts

This is a great recipe for beginners – it is really easy and not at all temperamental. We also like to bake it in mini-Bundt pans to make fake donuts, what we like to call “faux-nuts”.

Ingredients

<p> $\frac{3}{4}$ cup white rice flour $\frac{1}{2}$ cup tapioca flour $\frac{1}{2}$ cup brown rice flour 2 cups unrefined sugar $\frac{3}{4}$ cup cocoa powder 1 $\frac{1}{2}$ tsp. baking powder 1 $\frac{1}{2}$ tsp. baking soda 1 tsp. xanthan gum 1 tsp. salt </p>	<p> 2 eggs 1 cup soy milk $\frac{1}{2}$ cup olive oil 2 tsp. vanilla extract 1 cup boiling water </p> <p>Topping: Powdered sugar or frosting or raspberry jelly</p>
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Directions

Yield	1 cake - you can use either 2 rounds or 1 rectangle, or mini-Bundt pans.
Pre-prep	Preheat oven to 350°. Combine all of the dry ingredients together (those listed in the first column). Combine the wet ingredients together (those listed at top of the second column).
Mix	Add the two mixtures together – stir until just combined.
Prep	Pour into greased/floured pans. We use white rice flour (other OK) and non-hydrogenated organic all vegetable shortening (we like Spectrum).
Bake	Bake at 350° for 45 minutes or until the center is firm to the touch. Option: bake 15-20 minutes if using the mini-Bundt pans.
Cool	Cool until room temperature.
Serve	To remove it easily from the pan, be sure to scrape around the edge before turning it out. Top with powdered sugar or frosting. It is really good with raspberry jelly!

Chocolate Chip Cookies



My Recipe Notes

Chocolate Chip Cookies

These take a little patience but when you want a homemade chocolate chip cookie you want it right!

Ingredients

1 ½ cup sugar	1 cup brown rice flour
1 stick butter at room temperature	¼ cup amaranth flour
½ cup applesauce	1 tsp. baking soda
3 tsp. vanilla	1 tsp. xanthan gum
1 egg	½ tsp. salt
1 ½ cup white rice flour	1 cup chocolate chips

Directions

Yield	1 batch of cookies – approx. 36 small cookies.
Pre-prep	Chewy soft cookies: preheat oven to 350°. Firm, cakey cookies: preheat oven to 450°.
Mix	Beat the sugar, butter and applesauce until well blended. Add the vanilla and mix. Combine all of the dry ingredients in a separate bowl and mix until blended, then add to the butter mix and beat until well blended. Add the chocolate chips and stir until evenly dispersed.
Prep	Place the dough into the freezer for at least two hours. Warning: skipping this step will give you thin cookies that run all together on the cookie sheet. Line the cookie sheets with parchment paper and place the chilled dough in table-spoons full about 2 inches apart.
Bake	Chewy soft cookies: Bake at 350° for 15 minutes Firm, cakey cookies: Bake at 450° for 10 minutes.
Cool	Cool to touch – be careful not to burn yourself! Note: just because you want to eat them now is not a good reason to have to replenish the burn ointment in your first aid kit!
Serve	Serve with your favorite milk, or all alone!

Cinnamon Rolls



My Recipe Notes

Cinnamon Rolls

These are so delicious – but they require a lot of patience and gentle hands. We went through a lot of flour to come up with a recipe that didn't require yeast and the rising time – because, when you want a cinnamon roll – you don't have time to wait! We have even mailed these across the United States in an, "I need a treat and I can't find a health food store" EMERGENCY!

Ingredients

2 cups brown rice flour	1 cup cold milk (soy, rice or dairy)
¾ cup white rice flour	Filling:
1 ¼ cup tapioca flour	1/3 cup butter (soft)
2 tbsp. unrefined sugar	1 cup brown sugar
4 tsp. xanthan gum	3 tsp. cinnamon
4 tsp. baking power	½ cup powdered sugar
1 tsp. salt	3 tbsp. milk (soy, rice or dairy)
¼ cup chilled butter, cubed	

Directions

Yield	8 cinnamon rolls.
Pre-prep	Preheat oven to 400°. Grease one 9" round cake pan. Mix all the filling ingredients together in a separate bowl until creamy. Spread about 1/3 of this into the greased pan; set the remaining 2/3 aside for the filling.
Mix	Mix flour, unrefined sugar, xanthan gum, baking powder, and salt in a large bowl. Cut in the butter with a pastry blender until crumbly. Pour in the milk and mix well.
Prep	Work this dough on a floured surface, kneading at least 20 times if not more until you have the dough strong enough to handle the filling (in the next step). Roll it out into a rectangle about ½" thick, then gently spread the remaining 2/3 filling over the whole dough area. Roll this up and slice into 12 equal pieces. Place them into the prepared pan with one in the middle of the pan and the rest around it.
Bake	Bake at 400° for 20-25 minutes. Test the center roll before removing.
Cool	These are best if you let them cool. They are super crumbly when hot, but that doesn't matter if you scoop ice cream over them! Yum!
Serve	Serve hot with ice cream, otherwise at room temperature.

Coffee Cake



My Recipe Notes

Coffee Cake

We like to eat a piece of this cake at breakfast or in the afternoon along with a nice hot mug of spicy Chai tea . . . and if Therese served you up a piece of our cake like in the picture, it would chase your last worries away. No wonder they call her Martha West and Arctic Martha! After tasting this recipe, Therese thought that was one more recipe she might have had to photograph as crumbs, and now she fully understands why Laura has trouble keeping the food intact in her kitchen long enough to get their pictures taken!

Ingredients

¼ cup olive oil ½ cup milk (soy, rice or dairy) ¾ cup brown rice syrup 1 egg, beaten ½ cup tapioca flour ½ cup brown rice flour ½ cup white rice flour 2 tsp. baking powder 1 ½ tsp. xanthan gum ½ tsp. salt	Topping: ½ cup brown sugar 2 tbl. brown rice flour ½ tsp. xanthan gum 2 tsp. cinnamon 3 tbl. melted butter ¾ cup chopped nuts
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Directions

Yield	1 single-layer coffee cake.
Pre-prep	Preheat oven to 375°. Grease a 9" x 9" square pan. Make foil tent for the edges. Note: the middle takes longer to cook so you want that part exposed.
Mix	Mix all the wet ingredients for the cake. Sift together all the dry ingredients. Mix them both together then stir until well blended. Pour into the prepared pan.
Prep	Mix together all the topping ingredients. Using your hands, crumble it over the top of the cake batter in the pan.
Bake	Bake at 375° for 25 minutes or until tester comes out clean.
Cool	Cool in the pan until totally cooled (it tastes the best that way).
Serve	Slice and serve.

Cornbread or Muffins



My Recipe Notes

Cornbread or Muffins

I like to use this bread to make stuffing for turkey every Thanksgiving and Christmas. Just crumble it up and use it as the bread in your favorite cornbread stuffing recipe. We love to have the muffins with our veggie chili – but you'd better make a double batch!

Ingredients

1 stick butter	½ cup corn meal (small or medium grit)
¾ cup buttermilk	½ cup unrefined sugar
1 large egg	1 tbl. baking powder
1 cup brown rice flour	1 tsp. salt
½ cup tapioca flour	3 tsp. xanthan gum

Directions

Yield	1 pan of cornbread or 6 muffins.
Pre-prep	Preheat oven to 325°. Grease 11 x 17 pan or muffin pan. Tip: we prefer to bake this in a cast-iron skillet.
Mix	Melt the butter, then add the buttermilk and egg. Combine all the dry ingredients then add the liquid. Mix until just incorporated.
Prep	Spread into prepared pan.
Bake	Bake at 325° for: Cornbread – 25 minutes or until center is firm when pushed. Muffins – 20 minutes.
Cool	Mostly, I can't wait for it to cool and eat it right away, but it is really good at room temperature too.
Serve	Serve with your favorite soup or our every-kind-of-bean chili.

Egg Salad Filling



My Recipe Notes

Egg Salad Filling

This is so delicious! Our really good friend Suzie made this for us all the time because she knew it was safe for us to eat. We just use it as a dip for our rice crackers instead of making a sandwich. Our no-yeast-or-waiting-for-bread-to-rise Muffoletto Mitten breads are just the right size for egg salad sandwiches!

Ingredients

12 hard boiled eggs (cold)	1 tsp. curry powder
8 oz. cream cheese (not all are gluten free! We use the Neufchatel cheese made by Kroger)	2 tsp. fresh parsley, chopped
6 tbsp. chutney	1 tsp. dijon mustard (this is hard to find GF, we use Boar's Head brand all of their products are gluten free)

Directions

Yield	Enough for 6 sandwiches.
Pre-prep	Make sure the hard-boiled eggs are cold - it tastes better. Remove the eggs from the shells. Dice the hard cooked eggs into large pieces.
Mix	Combine everything except the eggs in a food processor. Add the eggs and blend until just incorporated. (depending on how big you want the egg pieces to be).
Prep	Transfer to a storage container.
Bake	No baking – just cooling.
Cool	Store in the fridge.
Serve	Dip on your favorite GF cracker, or make into a sandwich with your favorite GF bread.

Guacamole



My Recipe Notes

Guacamole

It's hard to find any decent pre-made guacamole – you are going to have to make it yourself, so it might as well be GF. Our favorite recipe below is from Laura's sister Holly, the Queen of Guac!

Ingredients

1 large avocado	1 tsp. lemon juice
1 can salsa-Mexican style (we use embasa)	(guacamole turns brown really fast; the lemon juice helps to keep the color fresh if you will not serving it immediately).
½ cup cheddar cheese, finely shredded	
Seasoning: garlic powder & pepper	

Directions

Yield	1 batch.
Prep	Mash up avocado innards.
Mix	Fold in salsa and cheese. Season with garlic powder and pepper to taste.
Serve	Serve with your favorite GF chips.

Blackened Halibut



My Recipe Notes

Blackened Halibut

I love to use the leftover halibut on a salad. The halibut pictured here was caught by Therese's neighbors, Cindi & Brian, when Cindi's dad came up to fish with them in Seward – carting his oxygen tank all the way from Colorado – now that's what we call love of halibut!!!

Ingredients

3 tsp. salt	1 ½ tsp. ground black pepper
3 tsp. minced fresh thyme	1 ½ tsp. fennel seeds, crushed
1 ½ tsp. dried oregano	4 – 6 oz. halibut filets
1 ½ tsp. cayenne pepper	Topping:
1 ½ tsp. sweet paprika	3 tbsp. melted butter (melted just before serving)

Directions

Yield	4 halibut fillets.
Pre-prep	Preheat oven to 350°. Mix all the spices/herbs together.
Mix	Spread the dry mixture on a plate or cookie sheet. Press both sides of the halibut in the mix until evenly coated.
Prep	Spread some olive oil in a hot skillet then sear the halibut until blackened. Place halibut in a glass baking dish. Tip: we try to use glass pans as a healthy cooking choice.
Bake	Bake at 350° until cooked through (approx. 15 minutes). Option: or finish cooking on a grill (use foil for the grill).
Cool	No cooling necessary – ready to eat hot as you can get it! Top with the melted butter.
Serve	Serve with a green salad and cherry tomatoes. In our picture, our super fresh halibut is being chased by a side of salsa.

Lavender Syrup with Fruit



My Recipe Notes

Lavender Syrup with Fruit

This is one of those “impress your friends with one of the easiest recipes there is” recipes. The prettier the dishes the better it tastes . . . uh, we think so anyway, then we can pretend we are in a five-star restaurant in southern France!

Ingredients

Syrup: ½ cup sugar ½ cup water 2 tbl. honey 3 sprigs of fresh lavender approx. 4” long	Fruit: Strawberries or peaches Topping: Sour cream
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Directions

Yield	Approx. 1 cup of lavender syrup – this will serve a ton of guests!
Pre-prep	Cut up fruit. Keep sour cream in the fridge until ready to serve.
Mix	Mix all the syrup ingredients in a pot.
Cook	Boil on stove-top burner until the sugar dissolves. Reduce heat and simmer about 3 minutes.
Cool	Let mixture stand until it is room temperature.
Serve	We like to do it this way: Place the fruit on individual plates. Dollop the sour cream on top. Drizzle with lavender syrup. Note: you can use any fruit, so please experiment (and it's a good way to use up all the syrup) – we just like it on strawberries or peaches the best! We use the empty glass jars from St. Dalfour fruit spread to store our syrup – they are pretty!

Lemon Muffins



My Recipe Notes

Lemon Muffins

This is a very sweet cake and is delicious all by itself. It is very versatile and can be adapted to almost anything. My family was fooled when I served this at a large bridal shower - nobody knew it was gluten free and made with organic ingredients!

Ingredients

1 ½ cups white rice flour	1 tbsp. grated lemon peel
¾ cup tapioca flour	2 tbsp. lemon juice
1 tsp. salt	Option: poppy seed glaze (just whip together)
1 tsp. baking soda	1 stick butter (room temperature)
3 tsp. baking powder	1 cup powdered sugar
1 tsp. xanthan gum	2 tbsp. milk
1 ¼ cup unrefined sugar	2 tbsp. poppy seeds
4 eggs	Option: whipped cream & berries with powdered sugar on top.
2/3 cup mayonnaise	
1 cup milk	
2 tsp. vanilla extract	

Directions

Yield	12 muffins.
Pre-prep	Preheat oven to 375°. Grease muffin pan.
Mix	Beat the eggs and unrefined sugar until smooth and creamy. Stir in the mayonnaise, vanilla, lemon peel and lemon juice. Mix the dry ingredients together then add the butter mixture. Mix until well blended.
Prep	Spread into prepared pans.
Bake	Bake at 375° for 30 minutes, test with a toothpick.
Cool	Let cool for about 15 minutes and remove from pans to finish cooling. Cool completely before icing.
Serve	Serve plain or try your favorite toppings. My favorite way to serve this is with homemade whipped cream and berries. We also like to top the muffins with lemon poppy seed glaze like in the picture.

Muffoletto Mitten Bread



My Recipe Notes

Muffoletto Mitten Bread

Regular muffoletta (ending with an 'a') bread is easy – just follow the recipe out at muffoletta.com The GF version I created (muffoletto ending with an 'o') took some time to figure out, but, hey, it's named for the surgeon who fixed up Therese in the hospital, so that's OK by me! We call them 'mittens' because they are only one-fourth the size of a standard muffoletta bread, just perfect for sandwiches or hamburgers. If you really want to feel like an artisan bread maker, try our variations.

Ingredients

1 ¼ cup rice flour	½ tsp. salt
¼ cup corn starch	1 tbs. sugar ½ cup milk
½ cup tapioca starch	1/3 cup oil
2 tsp. baking powder	2 eggs
½ tsp. xanthan gum	

Option: Cheddar cheese & jalapeños	Option: Cinnamon, lavender & raisins
1 cup cheddar cheese	2 tsp. cinnamon
¼ cup diced jalapeño chili peppers	2 tsp. culinary lavender
¼ cup additional rice flour (because of these additional wet ingredients)	1/3 cup raisins
	1 tbl. additional sugar

Directions

Yield	4 mitten-sized breads.
Pre-prep	Preheat oven to 400°. Spray cookie sheet with cooking spray.
Mix	Mix wet ingredients with dry ingredients.
Prep	Dough is very sticky. Put oil on your hands to shape the dough into a large roll then divide it into 4 equal parts. Do this right on the cookie sheet. Shape each one into a round flat disc about an inch thick – working very gently and as fast as possible!
Bake	Bake at 400° for 13-15 minutes, until mittens are nice and golden-brown on top.
Cool	Cool to room temperature.
Serve	Slice as a sandwich bread and fill with your favorite sandwich or hamburger filling. Go to muffoletta.com if you'd like to try some of the original Sicilian sandwich fillings. We like to have the cinnamon/lavender/raisin mittens with cream cheese and powdered sugar.

Pancakes



My Recipe Notes

Pancakes

My son just told me that he appreciates this recipe after fighting me on it for years! That was after he just had some box-brand pancakes with that fake “maple flavored” syrup at a friend’s house and missed our healthy version!

Ingredients

2 eggs	½ cup amaranth flour
1 ¾ cup milk (rice, soy, or dairy)	1 tbsp. baking powder
¼ cup olive oil (or vegetable)	2 tbsp. unrefined sugar
If you use the finest olive oil its flavor will dominate the pancakes so be careful and use the less flavorful type)	1 tbsp. cinnamon
1 cup white rice flour	1 tsp. salt
¾ cup brown rice flour	Optional: one smashed banana and a sprinkle of nuts.

Directions

Yield	12 medium pancakes.
Pre-prep	Preheat a griddle iron to 350°. You may need to add some cooking spray if you have an older griddle like I do.
Mix	Beat the eggs in your mixer until creamy then just start adding the rest of the ingredients until well blended. This mix can be a little watery sometimes depending on the batch of flour you have. When this happens I just add more rice flour.
Prep	Place scoops of the pancake batter on the griddle. Tip: I love to use my ice cream scoop so that I have consistent sizes.
Cook	Wait until you see some bubbles and the pancake is golden brown before flipping.
Cool	No way – except for leftovers!
Serve	Serve with melted butter and real maple syrup, and your favorite eggs and bacon. Leftovers make a great peanut butter and jelly sandwich!

Peach Cobbler



My Recipe Notes

Peach Cobbler

Super easy and only one kind of flour is needed! This brings me back to the hot summer days of my childhood in Florida. Therese likes to sprinkle organic almonds on top – she says it's like putting the peach pit back in (uh-huh, we think maybe she was up a little too late taking pictures of moose out in the bog).

Ingredients

1 ¼ cup white rice flour	½ cup unrefined sugar
¾ tsp. baking powder	2 tbs. chilled butter
¼ tsp. salt	¾ cup milk (soy, rice, or dairy)
½ tsp. cinnamon	1 reg. size can of peaches in light syrup

Directions

Yield	1 single-layer pan of cobbler.
Pre-prep	Preheat oven to 350°. Grease and flour 8" or 9" round cake pan.
Mix	Put all the ingredients except the milk in a food processor and mix until well blended. Add the milk and mix again until just incorporated.
Prep	Put about half of the dough into the pan and spread evenly. Pour the can of peaches and the juice over that. Top with the peaches and small spoonfuls of the remaining dough. Sprinkle with cinnamon for added flavor and color.
Bake	Bake at 350° for 40 – 50 minutes. Check the dough balls for doneness.
Cool	Cool until the peaches aren't too hot – we don't want any burnt mouths!
Serve	Top with your favorite vanilla ice cream and cool whip! When baking it just for me, I add nuts on top. Excellent as a chilled treat.

Pie Crust



My Recipe Notes

Pie Crust

Simple, easy, fast! My motto and no yeast! In our picture the birds look like they are wondering where all the fruit filling went!

Ingredients

1 cup white rice flour	1 stick chilled butter, diced
½ cup brown rice flour	1 egg
½ cup cornstarch	2 tbsp. apple cider vinegar
3 tbsp. sweet rice flour	¼ cup ice cold water
1 tsp. sugar	Optional toppings:
¼ tsp. salt	Nuts, cinnamon & sugar, depending on your
1 tsp. cinnamon	choice of pie filling

Directions

Yield	1 pie crust (bottom only).
Pre-prep	Preheat oven to 350°. Grease and flour the pie pan.
Mix	Mix the dry ingredients in a bowl. Next add the butter and mix with a pastry blender until you have medium crumbs. Add the egg, vinegar and water, then mix until well blended.
Prep	Roll out the dough on parchment paper (use one underneath and place another on top). Roll out until it is the size of a pie pan. Refrigerate overnight if possible. Remove the top piece of parchment, put the pie pan upside-down on top of the dough, then flip it over. Adjust for tears in the crust. It is a little sticky.
Pre-Bake	Pre-bake for 15 minutes.
Fill	Add your favorite filling. You can add nuts or extra cinnamon and sugar if it complements the filling.
Bake	Bake at 350° for 20 minutes.
Cool	Letting this cool off a little greatly helps with the way it holds together. It is really crumbly when hot.
Serve	Serve with ice cream and or your favorite GF whipped topping.

Pizza Crust



My Recipe Notes

Pizza Crust

Plain, simple, straight-forward and cheap vs. the \$9 a box for pizza mix in Alaska! For pizza toppings, I love to use cream cheese as the sauce with blackened halibut or chicken and parmesan cheese.

Ingredients

2 cups white rice flour ½ cup tapioca flour 1 ½ tsp. baking powder 1 tsp. xanthan gum ½ tsp. salt ½ stick chilled butter, diced	1 cup milk (soy, rice, or dairy) 1 tbsp. – herbs of your choice Toppings – you decide – we like to add: cream cheese as the “sauce” with blackened halibut or chicken and parmesan cheese
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Directions

Yield	1 pizza crust
Pre-prep	Preheat oven to 400°. Also preheat your pizza stone if you are using one. It does make the bottom of the pizza crust a little crispier!
Mix	Mix the flour, baking powder, xanthan gum, and salt in a food processor. Next add the butter and mix until blended. Add the milk and mix until well blended.
Prep	Place the dough right on the pan you are using and roll out with a rolling pin making the dough an even thickness. Note: make the dough a little smaller than the pie pan. When you start spreading your toppings on it (especially tomato sauce) it may cause the dough to stretch. Spread on your favorite sauce and add your favorite meats. Top with generous amounts of shredded mozzarella cheese.
Bake	Bake at 400° for 25 minutes. Check that the bottom is golden brown.
Cool	Ready for immediate consumption.
Serve	Slice and serve with your favorite cold, crisp beverage.

Pumpkin Bread & Muffins



My Recipe Notes

Pumpkin Bread & Muffins

Warning: these are dangerous with or without the chocolate chips! After you've tried it with chocolate chips though, there is no going back! They are so good warm . . . or cold . . . and if they ever make it to the leftover stage, toast this bread with a little butter and you are in heaven.

Ingredients

3 cups brown rice flour	1 tsp xanthan gum
2 cups unrefined sugar	2/3 cup applesauce
2 tsp. baking soda	3 eggs
1 tsp. cinnamon	15 oz. can pure pumpkin (not the sweetened variety)
1 tsp. cloves	1 cup milk (dairy, soy)
1 tsp. nutmeg	Optional: chocolate chips
1 tsp. salt	

Directions

Yield	24 muffins, or 12 muffins and 1 loaf, or 2 loaves, or 48 mini-muffins . . . or many other combinations, just keep doing the math!
Pre-prep	Preheat oven to 350°. Grease and flour muffin pan / loaf pan.
Mix	Mix all the dry ingredients and set aside. Mix together the remaining liquid ingredients. Add the dry ingredients to them and mix well. Optional: fold in chocolate chips.
Prep	Put into prepared muffin cups / loaf pan.
Bake	Bake at 350 ° for: Muffins – 30 minutes Loaf – 1 hour Always test with a tooth pick – a runny-in-the-middle pumpkin muffin is disgusting.
Cool	Cool to room temperature. (I can't wait and eat one right away but it is better cooler.)
Serve	Serve with milk. I love putting butter and honey on mine!

Spinach Dip



My Recipe Notes

Spinach Dip

With jealous eyes, I used to watch my husband eat his store-bought spinach dip. One day he just came home with all the ingredients to make our own fresh batch without all those “questionable” ingredients and chemicals. How sweet is that? It is so nice to share this at parties . . . but it’s so good. . . maybe not!

Ingredients

1 cup mayonnaise (grape seed is our favorite)	1 large garlic glove, minced or pressed
½ cup Daisy sour cream	¼ tsp. cayenne pepper
½ cup diced yellow or white onion	¼ tsp. garlic salt
1 small box of frozen spinach	Salt and pepper to desired taste

Directions

Yield	1 batch of dip.
Pre-prep	Defrost/thaw the spinach and strain as much of the water out.
Mix	Mix all the ingredients together.
Cool	Refrigerate for a few hours at the minimum so the garlic and spices has time to really start flavoring the dip.
Serve	Serve with your favorite GF crackers or chips.

Taco Seasoning



My Recipe Notes

Taco Seasoning

Even though I found some packets that didn't have gluten they were always full of chemicals! Not okay with me! Since you've already stocked your pantry with carefully selected spices, just combine them yourself for your very own made-to-order taco seasoning.

Ingredients

1 tsp. paprika	1 tsp. onion powder
½ tsp. cumin	¾ tsp. salt
¼ tsp. oregano	¼ tsp. black pepper
½ tsp. red pepper flakes	

Directions

Yield	This is enough to flavor one pound of hamburger or ground sirloin.
Mix	Mix all together.
Serve	Sprinkle on hamburger or ground sirloin (beef, buffalo, or moose) before cooking whether or not you are using them for tacos.

Tortillas



My Recipe Notes

Tortillas

You can purchase inexpensive corn tortillas that are gluten free and easy to use, but I wanted something fresh that did not use corn. I also wanted to use the amaranth flour in another recipe (we use it in our pancakes) since I liked it soooo much! These are really good a little thicker to use as flat bread (not to be confused with our much thicker Muffoletto Mitten breads).

Ingredients

3 cups white rice flour	1 tsp. salt
1 cup amaranth flour	2 cups water
½ cup tapioca flour	2 tbsp. olive oil

Directions

Yield	8 tortillas.
Pre-prep	Preheat a griddle to 350°. Flour the counter for the rolling process.
Mix	Stir all the ingredients together and mix well. Turn the dough out onto the floured counter and knead several times so that you get it tough enough to roll out and pick up the tortillas without them tearing them.
Cook	Cook them on the griddle until golden brown, flipping once.
Cool	Use them hot of the griddle as fast as you can cook 'em.
Serve	Serve warm with your favorite Mexican filling. We like to use them for soft-shelled tacos. The leftovers make great quesadillas.

Waffles



My Recipe Notes

Waffles

This will fool anyone; they won't know these are GF! All they will know is that they are really good. These waffles are easy and make great leftovers. We use these as a snack with peanut butter and jelly. That silly Therese even eats the extras with soup or chili!

Ingredients

2 eggs, separated	1 tbsp baking powder
1 ¾ cup milk (rice, soy, or dairy)	1 tbsp. cinnamon
1 cup white rice flour	½ tsp. salt
½ cup brown rice flour	½ tsp. xanthan gum
½ cup tapioca flour	½ cup canola oil (or mild flavored olive oil)
2 tbsp. sugar	1 ¾ cup milk (rice, soy, or dairy)

Directions

Yield	About 7 medium waffles.
Prep	Preheat the waffle griddle/iron. Mix all of the dry ingredients together, and set aside. Separate the eggs into separate bowls. Beat the egg whites on high speed until peaks form (dry but not stiff). Mix the egg yolks together with the milk and oil, then set aside.
Mix	To the egg white mixture: Add the dry ingredients, then add the egg yolk mixture. Beat until well blended.
Bake	Cook in your waffle iron just as you would normally.
Cool	Never waste a good waffle. Cool any extras – that doesn't happen too often with us – then pop them into a freezer bag and freeze them for later frenzied consumption – toasted is best.
Serve	Serve with melted organic butter and maple syrup. We like to have this with eggs, bacon or sausage.

White Cake with Strawberry Icing



My Recipe Notes

White Cake with Strawberry Icing

Don't make this too far in advance if you are making it for a party. Gee, I made that "mistake" before, then couldn't resist it staring me down while it sat so "innocently" on the counter and I had to bake another one for the party!

Ingredients

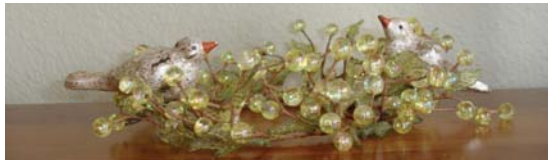
1 ½ cups white rice flour	2/3 cup mayonnaise
¾ cup tapioca flour	1 cup milk
1 tsp. salt	2 tsp. vanilla extract
1 tsp. baking soda	
3 tsp. baking powder	Icing:
1 tsp. xanthan gum	4 cups powdered sugar
1 ¼ cup unrefined sugar	½ cup butter, room temperature
4 eggs	¼ cup mashed fresh strawberries

Directions

Yield	1 double-layer cake (or 1 single layer cake).
Pre-prep	Preheat oven to 350°. Grease and flour two 8" or 9" cake pans. (Or use one large rectangular glass cake pan if you only want one layer.)
Mix	Mix the flours, salt, baking soda, baking powder and xanthan gum together and set aside. Mix the eggs, sugar, and mayonnaise until fluffy. Add the flour mixture, milk and vanilla and mix well.
Prep	Spread the batter into prepared pans.
Bake	Bake @ 350° for 25-30 minutes. It is done when you touch the middle and it springs back or test with a toothpick.
Cool	Cool completely before frosting.
Frost	Icing: put the powdered sugar, butter and strawberries in a bowl and mix until you like the consistency of the strawberries. The longer you mix the more color the frosting gets from the strawberries.
Serve	Serve with extra strawberries.

Our Favorite Things

Laura sent me her list. It inspired my list. We compared lists. We tweaked the lists. Here are the lists:



Laura Therese

Nests and birds	Birds and birdhouses
Organizing	Organizing
Colorized clothes closets	Colorized clothes closets
Foster kids	Children of all ages
High school wrestling tournaments	The beach, the sea and sailing
Rocks and branches	Rocks and branches
Trees in the winter	Tress with hoar frost
When a bunch of pigeons line up on a street light	The warm glowing light of the Autumn sky
Baking	Designing, touching fabric and sewing
Positive people	Positive people
Thunder and lightning	the Aurora
Keeping in shape	Qigong yoga
Anything that kids say	Clouds, flying and the Space Shuttle
Teaching	Sharing my skills
Dogs	Dogs and angels
Hawaii	Monterey
Road trips	Traveling to new cities and . . .
That people have differences	Learning what folks do differently there
Entertaining family and friends	Entertaining
Collecting egg rocks on the Matanuska River	Visiting gardens
Fresh vegetables	Fresh fruit
Decorating	Decorating
One-liners from comedies	French phrases
Painting without tape	Selecting paint colors
Celery hearts	Green beans and peas
Being helpful	Being helpful
Roses and lilies from my garden	Camellias, geranium and roses
Lavender	Lavender
Caring for plants	Tending my garden
People that appreciate nice shoes	Nice shoes, hats, scarves and socks
Any movie that is based on a true story	Old truisms
Chocolate covered almonds	Dark chocolate with raspberries
Appreciation in all its forms	Saying "thank you", "you're welcome" and the phrase "y'all"
Board games	Bracelets and rosaries
The comfort of experience	Giving out compliments
Being still and quiet	Music, reading and writing
I'll talk to anybody	Smiling at strangers
Foul weather friends	True friends
Getting a box full of new wool socks from my husband	Red wine and well-dressed gentlemen
The gift of my son	The thought of endless love



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