

You can be Gluten-Free,
& EAT A MUFFIN TOO

A COLLECTION OF EVERY DAY GLUTEN-FREE RECIPES AND RESOURCES



HOPE RED

Prep for Gluten-Free Baking

Being gluten-free isn't as hard as it may seem. Just mix up some general all purpose GF flour and you can use it in a variety of recipes. From biscuits to pancakes to muffins to pie crust... you can enjoy all your favorite pastries and baked goods, but be gluten-free. It just takes some bulk-preparation and then you're good to go.

Pantry Items to Have on Hand

Brown Rice
Corn Starch
Tapioca Flour
Sorghum Flour
Potato Flour
White Bean Flour
Xanthan Gum

Basic Gluten-Free All Purpose Flour Mix

Adapted from Bette Hagman's Gluten-Free Gourmet Bakes Bread

Featherlight Rice Flour Mix (12 cups)

4 c. Brown Rice Flour (1 part)
4 c. Tapioca Flour (1 part)
4 c. Cornstarch / or Arrowroot Starch (1 part)
4 T. Potato Flour (1 teaspoon per cup)

Measure and mix all ingredients in a bowl or large container, stir/shake until all ingredients are well-incorporated. Store the flour mix in an airtight container/canister until ready to use.

Quick Pizza Dough/French Bread/Bread Stix Mix

Adapted from Bette Hagman's Gluten-Free Gourmet Bakes Bread

Ingredients: (6 cups mix)

3 ½ c. Brown Rice Flour
2 ½ c. Tapioca Flour
2 T. Xanthan Gum
2 (7 gram) packets Unflavored Gelatin
¼ c. Sugar

Stir all together well or place in large canister and shake vigorously until all ingredients are well-combined. Store in pantry.

Favorite GF Recipes

Gluten-Free Alternatives to Wheat-based/non-GF Baked Products

Biscuits

Very tasty and light. We like these better than the traditional wheat-flour biscuit.

Recipe adapted from www.Domestifluff.com

Makes 6-8 Biscuits

Ingredients:

- 1 c. Cornstarch and 1 c. Brown Rice Flour OR use 2 c. GF All Purpose flour mix (page 2)
- 1 tsp. Xanthan Gum
- 4 tsp. Baking Powder
- ½ tsp. Baking Soda
- 1 tsp. Salt
- 4 T Butter, cut into small cubes
- 1 c. Buttermilk (or 2 T dry Buttermilk and 1 c. Water)
- 2 Egg whites (or 1 full Egg, or equivalent in Egg substitute)
- Spray canola (or cooking spray)

1. Preheat oven to 425 degrees F. Prepare baking sheet with light coating of cooking spray.
2. Dry Ingredients: In a medium bowl, add Cornstarch, Brown Rice Flour, Xanthan Gum, Baking Powder, Baking Soda, and Salt. If using dried Buttermilk powder and Water instead of Buttermilk, add the powder (not Water) to dry mix. Whisk ingredients until thoroughly combined.
3. Add the chilled Butter cubes to the dry ingredient mix by using a pastry cutter, two knives, or your fingers. You want to work the Butter and dry ingredients until you have a nice crumbly mixture similar in texture to coarse cornmeal.
4. Wet Ingredients: In a small bowl mix the Buttermilk (or Water if using dry Buttermilk powder) and the Egg/Egg whites. Pour the wet ingredients into the dry ingredients and work with a fork until just combined. This is a wet, sticky dough. It firms up over a few minutes.
5. Forming Biscuits: You can either make drop biscuits by dropping heaping tablespoonfuls (6-8) onto the baking sheet, or make cut biscuits. To make cut biscuits, spray your hands with the cooking spray and turn the dough onto a floured (rice flour) or non-stick surface, forming the dough into a ¼ inch thick sheet. Spray your dough cutter (any 2-3 inch round) with cooking spray and cut as many biscuits as you can from the dough, reforming and cutting until all the dough is gone.
6. Bake: Move the biscuits to the baking sheet (you may need two if cutting biscuits) and place in the oven. Immediately lower the temperature to 400 degrees F and bake for 15-18 minutes, or until the bottoms are golden brown. Serve warm. Or freeze in Ziploc bags and reheat in a warm oven when needed.

Pancakes

Tastes just like traditional flapjacks. Top these with Butter, maple syrup, Applesauce or your favorite homemade fruit compote.

Recipe adapted from www.Allrecipes.com

Makes 8-12 pancakes depending on size

Dry Ingredients:

1 c. Brown Rice Flour
3 T Tapioca Flour
1/3 c. Potato Starch
4 T dry Buttermilk powder
2 T Sugar
1-1/2 tsp. Baking Powder
½ tsp. Baking Soda
½ tsp. Salt
1 tsp. Cinnamon
½ tsp. Xanthan Gum

Wet Ingredients:

1 Egg
1 T Canola Oil
1 tsp Vanilla
1 c. Milk
1 c. Water
2 T. Applesauce

Options:

2 T. Flax meal
½ c. Blueberries (frozen or fresh)

1. In a large bowl, mix all dry ingredients (and flax meal if desired). In a small bowl mix all wet ingredients. Add wet ingredients to dry ingredients in the large bowl. Mix until combined, but some lumps remain. Fold in Blueberries if desired.
2. Heat a large skillet or non-stick griddle over medium heat. Spray with cooking spray. Spoon batter onto griddle and cook until bubbles begin to form. Flip, and continue cooking until brown on bottom. Serve immediately or place in warmed oven until ready to serve.

Batch Option:

I make a large 4X batch of this mix (dry ingredients only) and store in a large canister for easy use. Then to make a batch of pancakes I mix 2 c. Pancake mix with the wet ingredients and flax as measured.

Zucchini Brownie Bars

A tasty treat that's packed full of nutrition.

Adapted from Bette Hagman's "Zucchini Bars" in The Gluten-Free Gourmet Makes Dessert

Makes 12-18 brownies based on size of pan and cut size

Bean Mix Flour Ingredients:

- 1 part Tapioca Flour (1 c.)
- 1 part Cornstarch (1 c.)
- 2/3 part White Bean or Garfava bean flour (2/3 c.)
- 1/3 part Sorghum flour (1/3 c.)

Dough Ingredients:

- 1 -3/4 c. Bean flour mix
- 1 (scant) tsp. Xanthan Gum
- 3/4 c. Margarine/Butter
- 1/2 c. Sugar
- 1/2 c. Brown Sugar
- 1 t. Baking Soda
- 2 Eggs
- 1 t. Vanilla
- 2 c. Grated Zucchini
- 1 c. Flaked Coconut
- 3/4 c. Chopped Pecans or Walnuts
- 2 heaping T. Cocoa Powder

Powder Topping:

- 1 T. Cocoa Powder
- 1/3 c. Powdered Sugar

OR Icing Topping:

- 1 T. Margarine/Butter
- 1 c. Powdered Sugar
- 2-3 T Orange Juice

1. Preheat oven to 350 degrees F.
2. Lightly spray a large rectangle cake pan with Canola Oil or lightly grease.
3. Mix bean mix flour thoroughly in bowl.
4. Measure 1-3/4 c. bean flour mix and mix in separate bowl with Xanthan Gum and Cocoa Powder. Set aside. Save remaining flour mix for future recipe.
5. In large bowl, beat the Margarine/Butter for 30 seconds. Add the Sugars and Baking Soda. Beat until fluffy.
6. Add the Eggs one at a time, beating after each addition. Beat in the Vanilla until combined.
7. Add the dry ingredients to the wet ingredients to blend.
8. With a spoon stir in the zucchini, coconut and nuts.

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9. Spoon the batter into the prepared pan and spread to smooth.
10. Bake for 25-30 minutes or until the top springs back when touched lightly and the dough starts to shrink from the pan edges.
11. Cool completely in the pan and cut into roughly 30 bars.
12. Prepare the powdered topping by mixing Sugar and Cocoa Powder. Dust brownies and serve.
13. OR prepare the icing. Blend the Margarine/Butter into the Sugar and add enough of the Orange Juice to make an icing soft enough to drizzle on the bars. Place the icing in a plastic bag and cut a 1/8" diagonal across one bottom corner. Squeeze the icing in a zigzag pattern across the bars while still in the pan.
14. Remove the bars from the pan and store in a closed container for up to several days or freeze for later use.

Pumpkin Muffins

We love pumpkin muffins! Every fall we pick pumpkins on a farm and cook, puree and freeze all the pulp for pumpkin muffins all year round. We usually add Cranberries and walnuts, but we've also made these with Raisins and pumpkin seeds and pecans. Feel free to be creative and make these great breakfast or snack muffins the perfect muffin for you.

Adapted from www.kingarthurfLOUR.com

Makes 12 muffins

Ingredients:

3 Eggs
2 T. Molasses or Raw Dark Agave Syrup
15 oz Canned or Fresh Pumpkin Puree
1 $\frac{3}{4}$ cup GF All purpose flour (on page 2)
1 cup Sugar
2 tsp. Baking Powder
 $\frac{1}{2}$ tsp. Xanthan Gum
 $\frac{1}{2}$ tsp. Salt
2 tsp. Pumpkin Pie Spice
OR 2 tsp. Cinnamon & $\frac{1}{2}$ tsp. Allspice
 $\frac{1}{2}$ cup soft Butter
OR $\frac{1}{4}$ c. soft Butter & $\frac{1}{4}$ c. Applesauce

Optional:

2 T Ground Flax Seed
 $\frac{1}{2}$ c. Chopped Nuts
 $\frac{1}{4}$ c. Cranberries or Raisins

1. Preheat oven to 375 degrees. Grease a 12 cup muffin pan, or line the pan with papers, and spray the papers with Canola Oil or non-stick spray.
2. Whisk together the Eggs, Molasses/agave, and pumpkin puree. Add Applesauce if the Egg/Applesauce combo is used. Set aside.
3. Whisk together the gluten-free flour, Sugar, Baking Powder, Xanthan Gum, Salt, and pumpkin pie spice/spice mix. Mix in flax seed and/or nuts if desired.
4. Add the soft Butter, mixing with an electric mixer until evenly crumbly.
5. Add the Egg mixture a bit at a time, beating well with an electric mixer after each addition. Beat for 1 to 2 minutes, until the mixture is fluffy.
6. Scoop the batter into the prepared muffin tin, mounding the cups full. The batter will rise above the level of each cup; that's fine.
7. Let the muffins rest for 10 minutes.
8. Bake the muffins for 22 to 25 minutes, until the middle springs back when lightly touched. Remove from the oven and let rest for 5 minutes before removing from the pan.
9. Muffins can be eaten immediately or frozen in a zip lock bag for weeks. Just remove muffins from ziplock and defrost for 1-2 minutes in the microwave or leave on counter to defrost before eating.

Banana Nut Muffins

The perfect quick breakfast or afternoon snack. Don't throw your overripe and black bananas away...save them, peels and all, in a freezer ziploc bag for later use. When ready to make muffins or bread, just set them on the counter for a few hours or defrost them in the microwave until soft and mashable.

Adapted from www.glutenfreehelp.info "Banana Nut Muffins" by Annalise Roberts

Makes 12 muffins

Ingredients:

- 2 c. Gluten-Free All Purpose Flour Mix (page 2)
- 2/3 cup Sugar
- 1 T. Baking Powder
- 1 tsp. Baking Soda
- 3/4 tsp. Xanthan Gum
- 1/4 tsp. Salt
- 1 tsp. Cinnamon
- 1 cup very ripe mashed Banana (about 2 medium bananas)
- 2 Eggs
- 1/2 c. Milk (or rice Milk)
- 1/2 c. Canola Oil

Optional:

- 1/2 c. Chopped Walnuts
- 1 T Ground Flax Seed

1. Preheat oven to 350 degrees F. Grease a 12 cup muffin pan, or line the pan with papers, and spray the papers with Canola Oil or non-stick spray.
2. Mix flour, Sugar, Baking Powder, Baking Soda, Xanthan Gum, Salt, Cinnamon, and flax seed (optional) in a large mixing bowl. Add bananas and walnuts (optional), stir to coat evenly.
3. Combine Milk and oil in a small bowl; remove 1 T of combined liquid and discard it. Beat in Eggs. Add liquids to banana mixture and stir until just combined.
4. Fill muffin tins 2/3 full. Bake 18-25 minutes until golden brown. Remove from pan and serve immediately or cool on a rack.
5. Muffins can be eaten immediately or frozen in a zip lock bag for weeks. Just remove muffins from ziplock and defrost for 1-2 minutes in the microwave or leave on counter to defrost before eating.

Bagels

While making bagels takes some time and a few steps, they're worth it! I usually spend a day and make a double batch of these yummy treats and freeze them. These are chewy and full of flavor. Just how a bagels should be.

Adapted from Bette Hagman's Gluten-Free Gourmet Bakes Bread

Makes 16 bagels

Dry Ingredients:

2 c. Brown Rice Flour
2 c. Tapioca Flour
¼ c. Buttermilk powder
3 ½ tsp. Xanthan Gum
1 ¾ tsp. Salt
2 T Sugar

Wet Ingredients:

1 tsp. Sugar
1 c. warm Water
1 T. Dry Yeast
¼ c. Shortening or soft Butter
½ c. hot Water
2 Eggs or 4 Egg whites
Extra rice flour as needed

Optional Cinnamon/Raisin Ingredients:

2 T Sugar
1 T Cinnamon
1/3 c. Raisins

Shaping:

Cornmeal

1. Mix well all dry ingredients in a large bowl (incl. optional Sugar and Cinnamon if so choose).
2. In small bowl, add 1 c. warm Water , 1 tsp. Sugar and the yeast. Stir to dissolve.
3. In a third bowl, add the Shortening or Butter to the hot Water until melted.
4. With mixer on low, add the Shortening/Butter and Water mixture to the dry ingredients. Blend to mix.
5. Add the Eggs and blend again.
6. Then add the yeast mixture.
7. Check the dough for correct consistency. It should be thick enough to be able to shape with greased hands. If too thin, add the extra Brown Rice Flour 1 T at a time. Beat on high for 4 minutes.
8. Stir in Raisins (optional).
9. Prepare 2 cookie sheets by spaying with vegetable oil/non stick spray and sprinkling lightly with cornmeal.

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10. Form the bagels by dividing the dough into 16 parts. Working with greased hands, roll into balls larger than golf balls . Flatten to about ½ inch thick. Poke a finger through the center of each disk and enlarge to form bagel shape.
11. Place each bagel on the cookie sheet, when all 16 are on sheets, cover with plastic wrap. Let rise until they are puffy and almost double in size (about 60 minutes for regular yeast or 30 minutes for rapid rise yeast.)
12. Ten minutes before done rising, preheat oven to 425 degrees F.
13. In large pan, bring 3 inches of Water and 1 tsp. Sugar to a boil.
14. Drop in bagels 3-4 at a time. Cook 1 minute, turning at 30 secs. Drain and place bagels back on cookies sheets. Repeat, keeping the Water at a low boil.
15. Bake bagels for 20 minutes. Cool on racks. Eat immediately or freeze in Ziploc bags.

Handmade Pasta

Yum, pasta. While yes you can buy gluten-free pasta in most stores these days, it's usually quite expensive compared to it's wheat counterpart. So, when you're feeling like making a pasta dinner with pasta as it should be — home made — or if you're wanting to save some \$\$, make up a batch or two of this rice-based pasta and freeze the extra for later. The Flax Gel option is a nice tasting almost nutty alternative to an Egg-based pasta.

Adapted from www.grouprecipes.com recipe by Peetabear

Dry Ingredients:

- ½ c. Tapioca Flour
- ½ c. Cornstarch or Arrowroot flour
- 1/3 c. Potato Starch or Arrowroot flour
- 1/3 Brown Rice Flour, more for rolling out
- ½ tsp Salt
- 2 T Xanthan Gum

Wet Ingredients:

- 4 Eggs or 1 c. Flax Gel (below), total 1 c. Egg or Flax Gel
- 2 T. Olive Oil

Optional Flax Gel: (½ cup)

- 3 T Ground Flax Meal/seed
- 9 T hot Water
- Mix in bowl, let stand about 10 minutes until thick.

1. Put dry ingredients in bowl. Mix well until incorporated.
2. In small bowl lightly beat together Eggs (or Flax Gel, or combo) and oil.
3. While mixer is on low, slowly add Egg mixture to dry ingredients. Beat on medium for 2 minutes. Dough will be soft like play dough. If not, add Water 1 T at a time.
4. Lightly dust counter with Cornstarch. Cut dough into 8 pieces and cover. Working with one piece at a time.
5. Roll out dough into desired thickness and cut desired shape either by hand or with a pasta machine.
6. Place cut pasta on cookie sheets and dust with Brown Rice Flour. Cover and refrigerate or freeze until ready to cook.
7. To cook bring Water and a dash of Salt to a boil. Drop pasta and cook 1-2 minutes until al dente.
8. If leaving pasta as sheets for lasagna, do not precook pasta. Make lasagna by layering raw pasta and sauce/cheese/fillings.

Pizza Dough

Who doesn't like pizza night? This recipe is easy to make and a less expensive and quick alternative to family pizza night out.

Adapted from Bette Hagman's Gluten-Free Gourmet Bakes Bread

Makes one 10-12 inch pizza

Dry Ingredients:

- 1 ½ c. Quick Pizza Dough Mix (page 2)
- 3 T. dry Buttermilk or Milk powder or nondairy substitute such as almond meal
- ½ tsp. Salt
- 2 ½ tsp. Dry Yeast

Wet Ingredients:

- 1 Egg or 2 Egg whites, equiv ¼ c. Egg
- 1 ½ T Olive or Canola Oil
- ½ tsp Apple Cider Vinegar or White Vinegar
- ¾ c. warm Water

1. Preheat oven to 400 degrees F.
2. Lightly grease one cookie sheet or one pizza round sheet.
3. Blend the dry ingredients in a medium bowl. Set aside.
4. Place wet ingredients large bowl and blend. Reserve some of the Water. Turn the mixer on low and add the flour mix. Add more Water if needed to get a firm dough that can still be spread. Beat on high for 3-4 minutes.
5. Spoon the dough on the prepared pan and spread into a 10-12 inch circle. Use Cornstarch on your hands if the dough is sticky.
6. Let dough rise about 10 minutes.
7. Bake dough for 10 minutes while preparing toppings.
8. Spread on toppings of choice and bake again for 22-25 minutes.

French Bread

This a quick and easy small loaf great for Garlic bread, or bread to use in making croutons.

Adapted from Bette Hagman's Gluten-Free Gourmet Bakes Bread

Makes one small french bread loaf

Dry Ingredients:

- 1 3/4 c. Quick Pizza Dough Mix (page 2)
- 3 T. dry Buttermilk or Milk powder or nondairy substitute such as almond meal
- 1/2 tsp. Salt
- 1/2 tsp. Baking Powder
- 1 T. Dry Yeast

Wet Ingredients:

- 1 Egg or 2 Egg whites, equiv 1/4 c. Egg
- 1 1/2 T Olive or Canola Oil
- 1/2 tsp Apple Cider Vinegar or White Vinegar
- 2/3 c. warm Water

1. Lightly grease one cookie sheet and dust with cornmeal (if desired).
2. Blend the dry ingredients in a large bowl. Set aside.
3. Place wet ingredients large bowl and blend. Reserve some of the Water. Add these to the dry ingredients and beat on high for 3 minutes. Add more Water if needed to dough that is dry but not forming a ball.
4. Spoon the dough on the prepared pan and spread into a loaf. Use Cornstarch on your hands if the dough is sticky.
6. Cover and let dough rise about 35 minutes for rapid-rising yeast or 60-75 minutes for regular yeast.
7. Bake in a preheated 425 degree F oven for 25-30 minutes or until nicely browned and the loaf sounds hallow when tapped.
8. Either serve immediately, toast and Butter, or wrap tightly in foil and sealed in a ziploc and freeze for later use.

Bread Stix

These quick bread stix are great as an alternative to wheat rolls with soups, pasta or salads. Make a batch and keep on hand for a quick side-roll.

Adapted from Bette Hagman's Gluten-Free Gourmet Bakes Bread

Makes 8-10 sticks.

Dry Ingredients:

- 1 $\frac{3}{4}$ c. Pizza Dough/French Bread Flour mix (above)
- 1 T. Dry Yeast
- 3 T. Buttermilk powder or nondairy substitute
- $\frac{1}{2}$ tsp. Salt
- $\frac{1}{2}$ tsp. Baking Powder

Wet Ingredients:

- 1 Egg or 2 Egg whites, equiv $\frac{1}{4}$ c. Egg
- $\frac{1}{2}$ tsp Apple Cider Vinegar or White Vinegar
- 1 $\frac{1}{2}$ T. Olive or Canola Oil
- $\frac{2}{3}$ c. warm Water

Optional:

- $\frac{1}{2}$ c. grated hard cheese such as Parmesan or Pecorino
- 1 grated clove Garlic

1. Preheat oven to 400 degrees F.
2. Grease sheet with nonstick spray.
3. In large bowl combine dry ingredients.
4. In a second bowl combine wet ingredients, reserving some of the warm Water. Add $\frac{1}{2}$ of cheese and all of Garlic (optional).
5. Add wet mix to dry mix and beat on high for 3 minutes. Dough should be as thick as cookie dough but not dry or forming a ball. Add more warm Water if needed.
6. Spoon the bag into a large ziplock bag. Cut $\frac{1}{2}$ inch from the bottom corner of the bag.
7. Squeeze the dough in long straight lines about 4 inches long, about $\frac{1}{2}$ inch apart.
8. Let rise 10-20 minutes or until almost double in size. Sprinkle on remaining cheese (optional).
9. Bake for 10 minutes.
10. Enjoy immediately. Or cool on a rack and freeze in ziplock bags.

Pie Crust

Our family has a tradition...we make TASTY pie crust, thanks to Nana. This is our family recipe altered to be gluten-free.

Makes 2 crusts

Ingredients:

- 1 $\frac{3}{4}$ c. All Purpose Gluten-Free Flour (page 2)
- $\frac{1}{2}$ tsp. Salt
- 1 tsp. Xanthan Gum
- $\frac{2}{3}$ c. softened Butter or Shortening
- 1 Egg
- 2 T. 7-up or carbonated clear soda water. If using unsweetened soda water, add $\frac{1}{2}$ tsp. Sugar
- 1 T. Apple Cider Vinegar

1. In a large bowl add the flour, Salt and Xanthan Gum. Mix well.
2. Add the Butter/Shortening to the flour mixture and cut with two knives or a pastry blender/cutter until the mixture looks like cornmeal in appearance.
3. In a separate bowl mix the Egg, soda and vinegar. Mix well until slightly foamy.
4. Make a well in the middle of the flour mixture, pour Egg mixture in the well and mix gently with a fork until all is moist.
5. Gently form a ball in the bowl with your hands. Cut the ball into two.
6. Turn out the dough, one piece at a time, keeping the remaining piece covered so as to not dry out.
7. Roll out dough and follow a gluten-free pie recipe for remaining cooking procedures.

Delicious Oatmeal Cookies with variations

We love cookies. We love fresh cookies. And our favorite kind is a good oatmeal cookie with Chocolate Chips and walnuts. But feel free to make these plain, with raisin, Cranberries, white chocolate and any nut or seed you choose. I usually make a batch of dough, bake one 1/4 of the dough immediately, then put each of the remaining 1/4 into individual freezer bags for future made-to-order cookies.

Adapted from "Really Delicious Organic Chocolate Chip Oatmeal Cookies" on the "O" brand of Chocolate Chips

Makes about 34 3-inch cookies

Ingredients:

- 1 c. Butter, melted
- 1 c. granulated Sugar
- 1 c. packed Brown Sugar
- 2 Eggs
- 1 tsp. Vanilla
- 2 c. All Purpose Gluten-Free Flour (page 2)
- 1 tsp. Baking Powder
- 1 tsp. Baking Soda
- 1 ½ tsp. Cinnamon
- ½ tsp. Xanthan Gum
- 2 ½ c. GLUTEN-FREE Rolled Oats (make sure labeled that it's not processed in a facility that processes wheat or that it's clearly marked "Gluten-Free")
- 2 c. Chocolate Chips
- 1 c. Chopped Walnuts

Options: A combination to measure a total of 3 cups of any of the following...

- Raisins
- Cranberries
- Pecans
- Chopped dried apricots
- Pumpkin seeds (shelled)
- Pistachios
- White Chocolate Chips

1. Preheat oven to 375 degrees F.
2. Spray a cookie sheet with Canola Oil or non-stick spray.
3. In a large mixing bowl, mix the flour, Baking Powder, Baking Soda, Cinnamon and Xanthan Gum.
4. In a separate large mixing bowl with a mixer, beat Butter and Sugars on low speed until blended, about 1 minute. Mix in Eggs and Vanilla and mix on medium until light and a little airy.
5. Add the dry ingredients to the wet and mix on low speed until well combined. About 1 minute.
6. Add the oats, Chocolate Chips, nuts (or any variation) and mix by hand with a wood spoon until well combined.
7. Drop by rounded tablespoons (about the size of a walnut shell), rolled by your palms into a ball, 2 inches apart on the cookie sheet. Gently press down on the dough balls to form disks.
8. Bake for 10 minutes or until the edges are golden brown. They will look a bit underdone, but will firm up while cooling.
9. Let sit 30 seconds on the sheet before removing to a cooling rack by spatula.

A Quick-Reference for GF Brands, Stores, Cookbooks and Products

Favorite Brands

Pasta: Trader Joes, Whole Foods and New Seasons all carry GF pasta. Whole Foods has the largest selection. Pastas are made of Quinoa or Rice flours. Our favorites are rice pastas.

- TinkYada Rice or Brown Rice pasta. All shapes and sizes are available. This brand retains it's texture best and doesn't become mushy. Be sure to slightly under cook the pasta (2-3 minutes less the instructions) if you're tossing it with a pasta sauce. And immediately rinse it after cooking, otherwise it'll be a starchy mess. Find most varieties at Whole Foods or basic varieties at New Seasons Market.

Cupcakes: Bob's Red Mill, New Seasons and Whole Foods both have healthy selections. We prefer the non-bean flour based mixes.

- Whole Foods, 360 store brand box mix, chocolate and white mixes.

Cereal: Find the greatest variety of GF cereals at Whole Foods Market.

- Healthy Valley Corn Crunch-Ems (like Chex but unprocessed)

Rice Cakes: All Luden cakes are gluten-free safe

Other Healthy Gluten-free Choices

Meal-time Starch Alternatives to Bread/Pasta: polenta, brown rice Couscous, potatoes, sweet potatoes, wild rice, brown rice

Snacks: corn tortilla chips, rice cakes, all fruits and veggies, celery stuffed with peanut Butter or cream cheese and Raisins, fruit leather (homemade or check the label for GF-safe), popcorn, puffed rice, rice or potato crackers and chips (check label for GF-safe).

Cookbooks

All Gluten-Free Gourmet books by Bette Hagman

The Gluten-Free Gourmet Makes Dessert by Bette Hagman

The Gluten-Free Gourmet Bakes Bread by Bette Hagman

Gluten-Free Friendly Stores

Whole Foods Market

New Seasons Market

Bob's Red Mill (all flours/starches needed to bake gluten-free, bins are GF-safe)

Online Resources

www.allrecipes.com

A great recipe resource with a gluten-free section.

www.celiac.com

A great resource for all things and recipes gluten-free.

www.grouprecipes.com

A great recipe resource, just do a search for a specific recipe in mind or "gluten-free".

www.glutenfreehelp.info

A great resource for all things and recipes gluten-free.

This guide was compiled by Hope Red for friends and family looking for quick and easy to do gluten-free baking recipes.

All recipes have been altered slightly (or in some cases more drastically) from the original recipe after testing recipes at home and fine-tuning them per our taste.

For more information or questions, contact Hope at redh26@msn.com

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