

GLUTEN-FREE FAVORITES FROM THE EDU TEST KITCHEN

TABLE OF CONTENTS

GLUTEN-FREE CHOCOLATE CHIP COCONUT COOKIES	2
GLUTEN-FREE CINNAMON ROLLS	3
GLUTEN-FREE CORNBREAD-SAUSAGE STUFFING	4
GLUTEN-FREE CORNBREAD	5
GLUTEN-FREE FLOUR MIX	6
GLUTEN-FREE OATMEAL RAISIN CHOCOLATE CHIP COOKIES	7
GLUTEN-FREE OREO-STYLE COOKIES	8
GLUTEN-FREE PEANUT BUTTER BALLS	9
GLUTEN-FREE PECAN PUMPKIN PIE	10
GLUTEN-FREE PUMPKIN CHEESECAKE WITH GINGERSNAP PECAN CRUST	11
GLUTEN-FREE SUGAR COOKIES (RECIPE #1)	12
GLUTEN-FREE SUGAR COOKIES (RECIPE #2)	13
GLUTEN-FREE SWEDISH APPLE PIE	14

GLUTEN-FREE CHOCOLATE CHIP COCONUT COOKIES

Ingredients:

½ cup	butter	125 mL
½ cup	sugar	125 mL
1	egg	1
1 tsp	vanilla extract	5 mL
1½ cup	brown rice flour	375 mL
1 cup	coconut (unsweetened)	250 mL
½ tsp	baking soda	2.5 mL
½ tsp	baking powder	2.5 mL
pinch	salt	pinch
½ cup	chocolate chips	125 mL

Please read product label carefully to ensure that all ingredients are gluten-free!

Directions:

1. Preheat oven to 350°F (180°C).
2. In a large bowl, combine butter, sugar, egg and vanilla and beat until fluffy.
3. Mix brown rice flour, coconut, baking soda, baking powder and salt together in a medium bowl.
4. Add dry ingredients to the wet mixture and stir well.
5. Stir in chocolate chips.
6. Drop by tablespoons onto baking sheet or parchment paper.
7. Bake for 20-30 minutes.

Yield: 40 cookies

Nutritional Value per Cookie: 85 calories, 10 g carbohydrate, 1 g protein, 5 g fat

GLUTEN-FREE CINNAMON ROLLS

Ingredients:

1 recipe	<i>Workable Wonder Dough</i> (see below)	1 recipe
3 tablespoons	melted butter	45 mL
2/3 cup	brown sugar	150 mL
3 tablespoons	ground cinnamon	45 mL
1/2 cup	raisins, packed	125 mL
1 1/3 cup	confectioners' sugar, unsifted	330 mL
3-4 tablespoons	milk, 2%	45-60 mL

Directions:

1. Preheat oven at 400 °F (200 °C).
2. Grease an 8-inch round cake pan with oil or butter.
3. Roll out *Workable Wonder Dough* to a 9" x 18" rectangle, approximately $\frac{1}{2}$ -inch (12 mm) thick.
4. Brush the rolled out dough with melted butter. Sprinkle sugar, cinnamon, and raisins evenly over the dough.
5. Beginning at one end of the dough (at a 9" side), roll the dough into a log shape. Use a sharp, clean knife to cut the log vertically into 9 equal pieces.
6. Arrange the rolls in the prepared pan, packing tightly together and keeping the swirl side up.
7. Cover with a warm, wet towel and let rise for one hour.
8. Bake cinnamon rolls for 15-20 minutes.
9. While the cinnamon rolls are baking, whisk together confectioner's sugar and milk in a small bowl. Drizzle mixture over hot, freshly baked cinnamon rolls.

Sent in by Laura Bomback

Yield: nine 2" rolls

Nutritional Value per Roll: 348 calories, 62 g carbohydrate, 5 g protein, 10 g fat, 2 g fibre

Adapted from *Living Healthy with Celiac Disease*, Wendy Wark, 1998

GLUTEN-FREE CORNBREAD-SAUSAGE STUFFING

Ingredients:

1 loaf	gluten-free cornbread (see below)	1 loaf
2 Tbsp.	olive oil	30 mL
$\frac{1}{2}$ Tbsp.	dried thyme	7.5 mL
to taste	salt and black pepper	to taste
$\frac{3}{4}$ pounds	pork breakfast sausages, crumbled	340 g
1 Tbsp.	unsalted butter	15 mL
$1\frac{1}{2}$ cups	chopped onions	375 mL
3 ribs	celery, chopped	3 ribs
1	apples, chopped	1
$\frac{1}{2}$ cup	dried cranberries	125 mL
$\frac{3}{4}$ cup	coarsely chopped pecan halves	185 mL
$\frac{1}{4}$ cup	chicken broth	60 mL
1	egg	1

Directions:

1. Preheat the oven to 350° F (175° C).
2. Cut the cornbread into 1-inch cubes. (You should have about 6 cups.) Place the cubes in a large bowl and toss with 2 tablespoons olive oil and the thyme. Season with salt and pepper. Spread the cubes in 1 layer on 2 baking sheets; bake for 15-20 minutes or until lightly toasted, shaking the pans occasionally. Cool and return to the bowl.
3. Meanwhile, cook the sausage over medium-high heat until browned. Using a slotted spoon, remove the sausage and add to the bowl of cornbread, discarding any fat.
4. Place remaining olive oil and butter in a heavy saucepan. Wilt the onions and celery over medium-low heat for 15-20 minutes, stirring occasionally. Then stir in the cranberries and cook for another 5 minutes. Carefully fold into the cornbread mixture, along with the pecans, using a rubber spatula.
5. Slowly drizzle in the broth until the stuffing is moist to your liking. Beat egg lightly, and then carefully fold into the cornbread mixture. Season with salt and pepper. Cool to room temperature before stuffing the turkey.

NOTE: Cook the stuffing in the turkey cavity and neck. Any extra can be cooked in a loosely covered, ovenproof dish at 350°F for 20-25 minutes.

Serves: 12

Nutritional Value per Serving: 313 calories, 33 g carbohydrate, 12 g protein, 16 g fat

GLUTEN-FREE CORNBREAD

Ingredients:

1 $\frac{1}{4}$ cups	gluten-free flour mix	310 mL
$\frac{3}{4}$ cup	enriched cornmeal	185 mL
$\frac{1}{4}$ cup	granulated sugar	60 mL
2 tsp.	baking powder	10 mL
$\frac{1}{2}$ tsp.	salt	2.5 mL
1 cup	skim milk	250 mL
$\frac{1}{4}$ cup	vegetable oil	60 mL
1	egg, beaten	1

Directions:

1. Preheat oven to 400° F (200° C). Grease an 8- or 9-inch baking pan.
2. Thoroughly combine flour, cornmeal, sugar, baking powder, and salt in mixer bowl. Set aside.
3. In a small bowl, stir together milk, oil and egg.
4. Pour liquid mixture over dry ingredients, mixing just until dry ingredients are moistened.
5. Spoon batter into prepared pan.
6. Bake 20-25 minutes or until light golden brown and wooden pick inserted near center comes out clean. Serve warm.

Serves: 12

Nutritional Value per Serving: 144 calories, 21 g carbohydrate, 3.3 g protein, 5.5 g fat

GLUTEN-FREE FLOUR MIX

Ingredients:

1 cup	brown rice flour	158 g	250 mL
1 $\frac{1}{4}$ cups	white rice flour	200 g	310 mL
$\frac{1}{4}$ cup	potato starch	40 g	60 mL
2/3 cup	tapioca starch/flour	80 g	150 mL
$\frac{3}{4}$ cup	sweet rice flour	85 g	175 mL
1/3 cup	cornstarch	45 g	80 mL
2 teaspoons	xanthan gum	5 g	5 mL

Directions: Mix all ingredients together.

Yield: 4 $\frac{1}{2}$ cups

Nutrient Analysis per Cup: 490 calories, 110 g carbohydrate, 7 g protein, 2 g fat, 3 g fibre

GLUTEN-FREE OATMEAL RAISIN CHOCOLATE CHIP COOKIES

Ingredients:

$\frac{3}{4}$ cup	butter	175 mL
$\frac{1}{2}$ cup	brown sugar, lightly packed	125 mL
$\frac{1}{2}$ cup	white granulated sugar	125 mL
1	egg, large	1
2 tsp	vanilla extract	10 mL
$\frac{3}{4}$ tsp	baking soda	3.5 mL
$\frac{3}{4}$ cup	oat flour	175 mL
$2\frac{1}{2}$ cups	gluten-free rolled oats, old fashioned	625 mL
$\frac{1}{4}$ cup	tapioca starch	62 mL
$\frac{1}{2}$ tsp	xanthan gum	2.5 mL
$1\frac{1}{2}$ cups	chocolate chips and/or raisins	375 mL

Directions:

1. Preheat oven to 350 °F (180°C).
2. Cream butter, brown and white sugar, egg and vanilla together until fluffy.
3. Mix together soda, Xanthan gum, oat flour, tapioca starch well.
4. Blend flour mixture into creamed mixture. Stir in oats, raisins, and/or chocolate chips.
5. Drop dough by rounded teaspoonfuls 2 inches apart on lightly greased baking sheets. Bake for 10-15 minutes or until lightly browned and just set.
6. Let cool on baking sheet on a rack for 2-3 minutes. Carefully transfer to wire racks.
7. Let cool completely. Store in an airtight container at room temperature for up to 5 days or freeze for up to 2 months.

Sent in by Penny Breadon

Makes: 54 cookies

Nutritional Value per Cookie: 81 calories, 11 g carbohydrates, 0.7 g fibre, 1.2 g protein, 3.7 g fat

Adapted from: Washburn and Butt. *The Complete Gluten-Free Cookbook*, p. 268.

GLUTEN-FREE OREO-STYLE COOKIES

Ingredients:

$\frac{1}{4}$ cup	cocoa (or carob powder)	60 mL
$\frac{1}{4}$ cup	potato flour	60 mL
$\frac{1}{4}$ cup	rice flour	60 mL
$\frac{1}{2}$ cup	white sugar	125 mL
$\frac{1}{2}$ cup	stick margarine	125 mL
1	egg	1
1 cup	powdered sugar	250 mL
2 Tbsp	vegetable shortening	30 mL
$\frac{1}{4}$ tsp	vanilla extract	1.25 mL
2-3 tsp	hot water	10-15 mL

Please read product label carefully to ensure that all ingredients are gluten-free!

Directions:

1. Preheat oven to 350° F (175° C). Grease cookie sheet.
2. In a medium bowl, mix cocoa, potato flour, rice flour, and white sugar together.
3. In a separate bowl, beat the egg. Mix the egg and margarine together. Mix into the bowl of dry ingredients (may have to use hands).
4. Form dough into 1" oval-shaped balls and place on cookie sheet.
5. Flatten with a fork dipped in cold water.
6. Bake for 12-15 minutes.
7. To make frosting: combine powdered sugar, shortening, vanilla extract and hot water together and beat until smooth.
8. Once cooled, put frosting in between two cookies, with the smooth halves of the cookies facing each other. Sandwich them together.

Sent in by Laura Bomback

Yield: 12 cookie sandwiches

Nutritional Value per Cookie:179 calories, 23 g carbohydrate, 2 g protein, 10 g fat, 1 g fibre

GLUTEN-FREE PEANUT BUTTER BALLS

Ingredients:

1½ cup	peanut butter (smooth)	375 mL
¼ cup	butter	125 mL
½ tsp	vanilla extract	2.5 mL
2 cups	icing sugar (sifted)	500 mL
2 cups	semi-sweet chocolate chips	500 mL
1½ tbsp	shortening	22.5 mL
½ bar	white chocolate	72 g

Please read product label carefully to ensure that all ingredients are gluten-free!

Directions:

1. Melt peanut butter and butter together over a double boiler.
2. Take off heat and add the vanilla and icing sugar. Mix well by pushing the icing sugar into the mix.
3. Let the mixture cool for 10 minutes.
4. Roll into small (½ inch) balls and put on a lined cookie sheet.
5. Freeze for 15 minutes while preparing the chocolate.
6. Over a double boiler, mix the semi-sweet chocolate and shortening. Remove from heat when melted.
7. Roll a frozen ball in the chocolate on a spoon and return to lined cookie sheet. If the chocolate gets too hard, simply return to heat until soft.
8. When all the balls are coated, melt the white chocolate over a double boiler and quickly stripe the balls using a fork.
9. Cool the balls in the fridge for 10 minutes and then put away in a Tupperware container.

Yield: 200 small balls

Nutritional Value per Ball: 35 calories, 3 g carbohydrate, 1 g protein, 2 g fat

GLUTEN-FREE PECAN PUMPKIN PIE

Filling:

$\frac{3}{4}$ cup	brown sugar	175 mL
$\frac{3}{4}$ cup	oriental rice flour	175 mL
2 teaspoons	baking powder	10 mL
$\frac{1}{2}$ teaspoon	salt	2.5 mL
2 tablespoons	soft margarine	30 mL
13-oz can	evaporated milk	493 mL
2	eggs	2
$1\frac{1}{2}$ teaspoons	pumpkin pie spice	7.5 mL
1 tablespoon	corn bran (optional)	15 mL

Topping:

$\frac{1}{4}$ cup	butter	60 mL
$\frac{1}{4}$ cup	brown sugar	60 mL
$\frac{1}{2}$ cup	chopped pecans	125 mL

Directions:

Filling:

1. Preheat oven to 350 °F (175 °C).
2. Grease a 9-inch pie plate.
3. Combine all ingredients in a large bowl.
4. Bake for 50--55 minutes or until a knife that is inserted in the centre comes out clean.

Topping:

1. Melt butter, and then add brown sugar and pecans.
2. Stir until well mixed and heated.
3. Drizzle over hot pie.

Sent in by Laura Bomback

Serves: 8

Nutritional Value per Serving: ... 348 calories, 46 g carbohydrate, 7 g protein, 16 g fat, 1 g fibre

Adapted from *The Joy of Gluten-free Cooking: The Rice Flour Cookbook*, Juanita Kissinger, 1987

GLUTEN-FREE PUMPKIN CHEESECAKE WITH GINGERSNAP PECAN CRUST

Crust:

375 mL	crushed MI-DEL gluten-free gingersnaps	1½ cups (24 cookies)
125 mL	finely chopped pecans	½ cup
80 mL	butter	⅓ cup

Filling:

250 g	light cream cheese, softened	2 × 8-oz. packages
185 mL	sugar	¾ cup
5 mL	vanilla extract	1 tsp
3	eggs	
250 mL	canned pumpkin (not spiced)	1 cup
4 mL	ground cinnamon	¾ tsp
2½ mL	nutmeg	½ tsp

Directions:

1. Preheat the oven to 350° F (175° C).

Crust:

1. Crush gingersnaps (and pecans if necessary) in a food processor until only fine crumbs remain.
2. In a medium bowl, mix together the crushed gingersnaps, pecans, and butter. Press this mixture into the bottom, and about 1 inch up the side of a 9-inch spring-form pan.
3. Bake crust for 10 minutes in the preheated oven. Set aside to cool.

Filling:

1. In a medium bowl, mix together the softened cream cheese, sugar, pumpkin, vanilla, cinnamon, and nutmeg. Mix in eggs one at a time, blending after each one until the mixture is smooth and creamy.
2. Spread the batter evenly over the cooled crust.
3. Bake for 55 minutes at 350° F (175° C), or until the filling is set.
4. Remove from oven, run a knife around the edge of the pan. Allow to cool before removing pan rim. Chill for at least 4 hours before serving.

Note: To make a sugar-free version, simply substitute 1 cup of Splenda sweetener for the sugar called for in the recipe.

Serves: 12

Nutritional Value Per Slice: 300 calories, 27 g carbohydrate, 7.5 g protein, 18 g fat

Sugar-free Version: 258 calories, 16 g carbohydrate, 7.5 g protein, 18 g fat

GLUTEN-FREE SUGAR COOKIES (RECIPE #1)

Ingredients:

1½ cups	potato starch	375 mL
2/3 cup	cornstarch	150 mL
2/3 cup	tapioca flour	150 mL
2 teaspoons	baking powder	10 mL
1 teaspoon	xanthan gum	5 mL
1 teaspoon	salt	5 mL
1½ cups	white sugar	375 mL
1 cup	butter-flavour Crisco® shortening	250 mL
4	egg yolks	4
2 teaspoons	vanilla extract	10 mL

Please read product label carefully to ensure that all ingredients are gluten-free!

Directions:

1. Preheat oven to 350 °F (175 °C). Grease two cookie sheets.
2. In a medium mixing bowl, whisk together the potato starch, cornstarch, tapioca flour, baking powder, xanthan gum, and salt.
3. In a large mixing bowl, cream the sugar and shortening.
4. Add egg yolks and vanilla extract to the large bowl.
5. Add flour mix to the large bowl and work the dough with your hands until you can form balls.
6. Refrigerate several hours or overnight.
7. Roll out chilled dough on wax paper to approximately ⅛" (3 mm) thick.
8. Cut into desired shapes and transfer to the cookie sheets.
9. Bake for 8-10 minutes.
10. Sprinkle with sugar before baking or frost after cooling.

Sent in by Laura Bomback

Yield: 6 dozen 2" cookies

Nutritional Value per Cookie: 53 calories, 5 g carbohydrate, 0 g protein, 3 g fat, 0 g fibre

Adapted from *The Gluten-Free Gourmet Cooks Fast and Healthy*, Bette Hagman, 2000

GLUTEN-FREE SUGAR COOKIES (RECIPE #2)

Ingredients:

$\frac{3}{4}$ cup	butter	187.5 mL
2	eggs	2
$1\frac{1}{2}$ tsp	baking powder	17.5 mL
1 tsp	xanthan gum	5 mL
1 cup	white sugar	250 mL
$2\frac{1}{2}$ cups	brown rice flour	625 mL
1 tsp	salt	5 mL
1 tsp	vanilla extract (optional)	5 mL

Please read product label carefully to ensure that all ingredients are gluten-free!

Directions:

1. Preheat oven to 350°F (180°C).
2. Mix butter, sugar and eggs in a large bowl until light and creamy.
3. Add remaining items and beat until well mixed.
4. Note: you can add orange/lemon zest or vanilla/almond extract as an option for more flavouring.
5. Cover and chill mixture for at least one hour (better overnight).
6. Roll on gluten-free floured surface and cut dough with assorted-shape cookie cutters.
7. Bake on parchment paper on a cookie sheet for 8-10 minutes.
8. Cool on wire rack and ice as desired. (Icing not included in nutrient analysis.)

Yield: 60 cookies

Nutritional Value per Cookie: 59 calories, 8 g carbohydrate, 1 g protein, 3 g fat

GLUTEN-FREE SWEDISH APPLE PIE

Filling:

4-5	sliced apples	4-5
$\frac{1}{2}$ cup	chopped walnuts	125 mL
to taste	sugar	to taste
to taste	cinnamon	to taste

Crust:

1 cup	gluten-free flour mix (recipe found on website)	250 mL
$\frac{3}{4}$ cup	butter, melted	175 mL
1 cup	sugar	250 mL
1	egg	1

Directions:

Filling:

1. Preheat oven to 350° F (175° C).
2. Fill pie plate $\frac{3}{4}$ full of sliced apples.
3. Sprinkle with sugar and cinnamon.

Crust:

1. Combine gluten-free flour mix, melted butter, egg and sugar in a bowl.
2. Spread ovetop of apples
3. Bake for 45 minutes at 350° F (175° C) until golden brown.

Sent in by Laura Bomback

Serves: 8

Nutritional Value per Serving: ... 417 calories, 53 g carbohydrate, 4 g protein, 23 g fat, 2 g fibre