

Gluten-Free & Allergen-Free Recipes

BREAKFAST



Cherry Coffee Cake.....1



Caramel Banana Pancakes...3



Pumpkin-Chia Pudding.....4



Strawberry Muffins.....5



Cinnamon Apple Bread.....6



Sweet and Savory Crepes...7

 **BEYOND
CELIAC**
awareness • advocacy • action



Thanks to Enjoy Life for making this eCookbook series possible!

Cherry Coffee Cake Braid



Ingredients

Coffee Cake:

- 1 box Enjoy Life Foods Pizza Crust Baking Mix
- ¼ cup granulated sugar
- 1 tsp. vanilla extract
- 1 cup cherry preserves, split in half
- Enjoy Life Foods All-Purpose Flour, for dusting
- 1 Tbsp. neutral oil (e.g. canola, grapeseed, safflower)

Frosting Drizzle:

- 1 cup powdered sugar
- 2-4 Tbsp. rice milk
- 1 tsp. vanilla extract

Makes two coffee cakes.

Directions

1. Preheat oven to 400° and line two baking sheets with parchment paper.
2. Prepare pizza crust mix according to package instructions, while also adding the ¼ cup granulated sugar and 1 tsp. vanilla extract. Split resulting dough into two balls and cover one lightly with plastic wrap.
3. Take one ball and gently press into a small rectangle with your hands on a board lightly dusted with Enjoy Life Foods All-Purpose Flour. Use a rolling pin to continue rolling into a rectangle approximately 10"x6".
4. Using a small knife, cut 1" strips one-third deep into the dough on each side, so that you end up with a solid center piece where the preserves can be spread and with strips on either side.
5. Spread preserves in the solid center of the dough and then, alternating sides, cover with the strips of dough from each side starting at the top and working down towards the bottom. Using two spatulas, transfer onto a parchment-lined baking sheet and brush the top evenly with the 1 Tbsp. neutral oil.
6. Bake for 20 minutes or until lightly golden brown. Remove from the oven and cool completely.

(Recipe continued on next page.)

7. Mix together powdered sugar, 2 Tbsp. rice milk and vanilla extract. Add more rice milk as needed to make a glaze that can be drizzled. Using a fork, evenly drizzle glaze over coffee cake, saving half for the second coffeecake.
8. Repeat the rolling, cutting, filling and baking process with the second ball of dough and drizzle with remaining glaze.

Optional Recipe Variation:

Can be assembled ahead of time, up to 1 day ahead. Complete through step six. Cover with plastic wrap and then bake when you are ready to eat!

Caramelized Banana Pancakes with Maple Banana Mousse



Ingredients

Pancakes:

- 1 box Enjoy Life Foods Pancake and Waffle Mix
- 1 Tbsp. cinnamon
- 3 bananas, thinly sliced
- ½ cup brown sugar

Maple Banana Mousse:

- 3 bananas
- 3 Tbsp. maple syrup
- 1 tsp. cinnamon

Directions

Pancakes:

1. Preheat a griddle or non-stick pan.
2. Prepare the pancakes according to package instructions and add the 1 Tbsp. cinnamon to the batter and mix in.
3. Lightly grease the griddle or pan and scoop out pancakes using ⅓ cup measuring cup. Immediately place 3-4 slices of banana and a small spoonful of the brown sugar onto each pancake.
4. Cook until edges are bubbly and look cooked, gently flip over and continue to cook another 1-2 minutes. Continue this process with the remaining batter. Keep pancakes warm in a 200° degree oven, covering the pancakes with foil to stay moist.

Maple Banana Mousse:

1. Smash together the bananas, maple syrup and the cinnamon with the back of a fork and blend until all combined. Serve on the side.

Pumpkin-Chia Pudding Pots with Cranberry Ginger Crumble

Ingredients

Pumpkin-Chia Pudding:

- $\frac{2}{3}$ cup and 1 Tbsp. favorite dairy-free milk (or milk alternative of your choice)
- $\frac{1}{2}$ cup and 2 Tbsp. pumpkin puree
- $\frac{1}{4}$ cup and 1 Tbsp. chia seeds
- 3 Tbsp. maple syrup
- 1 Tsp. gluten-free vanilla

Cranberry Ginger Crumble:

- 8 Enjoy Life Foods Soft Baked Gingerbread Spice Cookies
- 1 cup whole cranberry sauce

Makes 6 desserts.



Directions

1. Place the pudding ingredients in the pitcher of a blender. Blend until smooth. Pour into a bowl and refrigerate for 6-8 hours.
2. To make the cranberry ginger crumble, gently crush Enjoy Life Foods Soft Baked Gingerbread Spice Cookies and stir together with the cranberry sauce.
3. To make the pudding pots, spoon some of the pumpkin-chia pudding in the bottom of a small bowl and top with some of the cranberry ginger crumble. Spoon some more of the pudding on top of that and finish with another bit of the cranberry ginger crumble. Continue doing this until you have made all 6 pots. Refrigerate until ready to use.

Roasted Strawberry Muffins



Ingredients

- 1½ lb. strawberries, hulled and quartered
- 3 Tbsp. granulated sugar
- 1 box Enjoy Life Foods Muffin Mix

Makes 12 traditional-sized muffins.

Directions

1. Preheat oven to 375°. Line a rimmed baking sheet or baking dish with foil.
2. Toss the hulled and quartered strawberries with the granulated sugar and place on the foil-lined sheet. Roast for 20 minutes until the strawberries are softened and there is some strawberry liquid on the tray.
3. Remove from the oven and pour the liquid into a small dish. Then, scoop the strawberries into another bowl. Set aside.
4. Line a muffin tin with paper liners.
5. Prepare the muffin mix according to package directions. At the end, pour in the roasted strawberries and the strawberry liquid and gently fold to combine.
6. Scoop evenly into the lined muffin tins and bake for 20-25 minutes until lightly golden brown.

Cinnamon-Spiced Apple Bread

Ingredients

Bread:

- ¾ cup organic cane sugar
- ¼ cup packed brown sugar
- ⅓ cup neutral oil (e.g. canola, grapeseed, safflower)
- 2 flax eggs (2 Tbsp. ground flax meal mixed with 6 Tbsp. hot water)
- 1 tsp. vanilla extract
- ¼ cup dairy-free milk
- 2 cup Enjoy Life Foods All-Purpose Flour
- 1 tsp. pumpkin pie spice (traditionally cinnamon, nutmeg, ginger, allspice)
- 1½ tsp. baking soda
- ½ tsp. salt
- 2 cups finely chopped apples
- ½ tsp. xanthan gum or 1 tsp. guar gum

Topping:

- 3 Tbsp. demerera sugar
- ¼ tsp. ground cinnamon
- ¼ tsp. ground cardamom

Makes 1 loaf.



Directions

1. Preheat the oven to 350° and grease and flour a one-pound loaf pan.
2. Beat the sugar, brown sugar and oil together in a mixer for 2–3 minutes until blended through. Add the flax eggs, vanilla extract and dairy-free milk and mix another 1–2 minutes.
3. In a small bowl, mix together the All-Purpose Flour, pumpkin pie spice, baking soda and salt. Add to the sugar-oil mixture and blend until all mixed through.
4. Fold in the apples and pour into the greased and floured loaf pan. Sprinkle over the spice topping mixture to coat the top.
5. Bake for 40–50 minutes until a toothpick inserted into the middle comes out clean. Cool a few minutes and enjoy warm!

Sweet Crepes



Ingredients

- 1 package Enjoy Life Foods Pancake and Waffle Mix
- 4½ cups water
- 2 Tbsp. and 1 tsp. flavorless oil
- 2 Tbsp. granulated sugar
- Oil or allergen-free butter substitute, for pan

Makes 22-24 crepes.

Directions

1. Preheat a nonstick pan over medium heat.
2. While pan is warming, whisk together the Enjoy Life Foods Pancake and Waffle Mix, water, oil and granulated sugar.
3. Use a silicone brush to lightly coat the non-stick pan with oil.
4. With a ⅓ cup measure, scoop up the pancake and waffle mix and pour into the center of the pan. Swirl gently to spread batter.
5. Cook over medium high heat for 1-2 minutes per side until it looks dry and is beginning to lift at the edges. Gently flip over with a spatula and cook another minute. Remove to a parchment-lined baking sheet.
6. Continue in this manner, stacking the cooked crepes with sheets of parchment every couple crepes, until all the batter is used.
7. Fill with your favorite sweet filling and serve!

Sweet Crepe Filling Ideas:

- Sliced bananas, sunflower seed butter and cinnamon sprinkle
- Frozen and thawed raspberries with melted Enjoy Life Foods Dark Chocolate Morsels
- Fresh blueberries, honey and orange zest
- Your favorite allergy-friendly ice cream

Savory Crepes



Ingredients

- 1 package Enjoy Life Foods Pancake and Waffle Mix
- 4½ cups water
- 2 Tbsp. and 1 tsp. flavorless oil
- 1 tsp. sea salt
- Fresh cracked pepper, optional
- Oil or allergen-free butter substitute, for pan

Makes 22-24 crepes.

Directions

1. Preheat a non-stick pan over medium heat.
2. While pan is warming, whisk together the Enjoy Life Foods Pancake and Waffle Mix, water, oil, sea salt and pepper, if using.
3. Use a silicone brush to lightly coat the non-stick pan with oil.
4. With a ⅓ cup measure, scoop up the pancake and waffle mix and pour into the center of the pan. Swirl gently to spread batter.
5. Cook over medium high heat for 1-2 minutes per side until it looks dry and is beginning to lift at the edges. Gently flip over with a spatula and cook another minute. Remove to a parchment-lined baking sheet.
6. Continue in this manner, stacking the cooked crepes with sheets of parchment every couple crepes, until all the batter is used.
7. Fill with your favorite savory filling and serve!

Savory Crepe Filling Ideas:

- Sautéed asparagus and shallots mixed with béchamel sauce (see the recipe for our béchamel sauce on page 2 of the Dinner eCookbook)
- Wild mushrooms sautéed with leeks
- Crumbled Italian sausage, spinach and roasted grape tomatoes

Click [here](#) to watch an instructional cooking video.