

Gluten-Free & Allergen-Free Recipes

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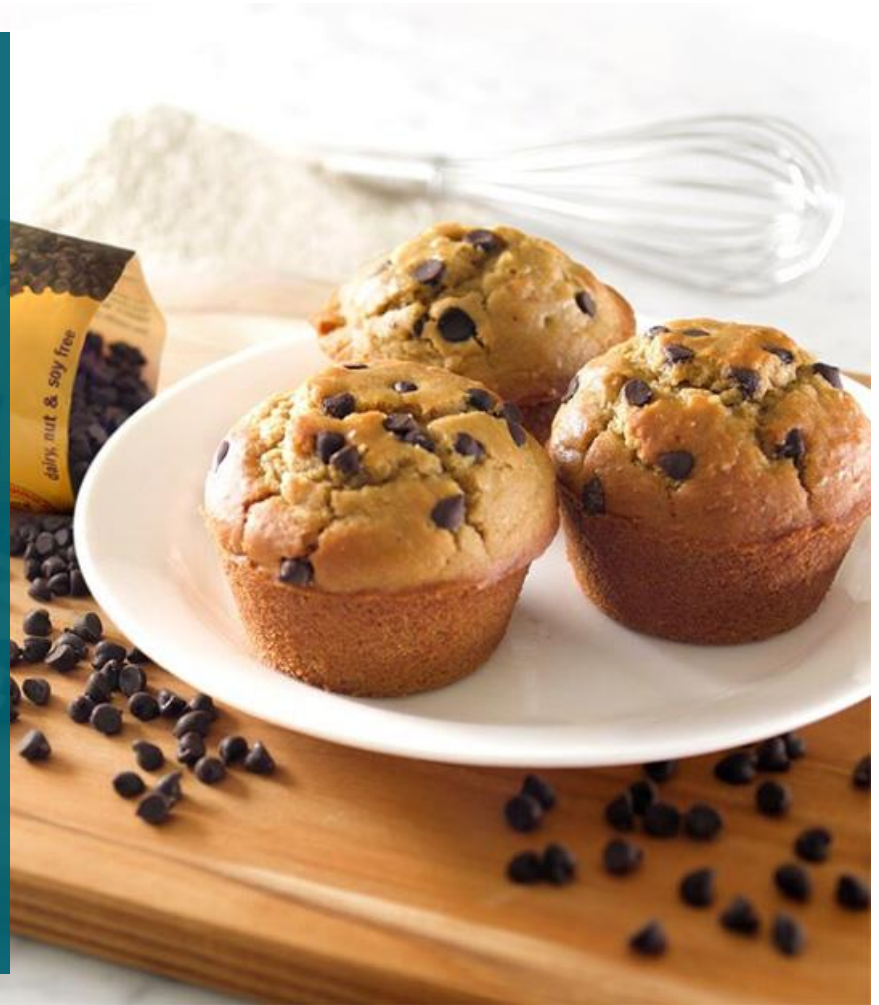
Thanks to Enjoy Life for making this eCookbook series possible!

Chocolate Chip Banana Mini Muffins

Ingredients

- ¾ cup organic cane sugar
- ⅓ cup shortening
- 2 Tbsp. flaxseed meal and 6 Tbsp. hot water, mixed together
- 1 cup very ripe bananas, mashed
- ⅓ cup water
- 1 Tbsp. pure vanilla extract
- 1⅔ cups Enjoy Life Foods All-Purpose Flour Mix, sifted
- ½ tsp. cinnamon
- 1 tsp. baking soda
- ½ tsp. salt
- ¼ tsp. baking powder
- 1 cup Enjoy Life Foods Semi-Sweet Chocolate Mini Chips

Makes 24 muffins.



Directions

1. Preheat oven to 350°.
2. Line a 24-well muffin tin with papers or grease and set aside.
3. With an electric hand mixer, combine organic cane sugar and shortening in medium bowl and mix 3-4 minutes.
4. In a separate bowl, mix together the All-Purpose Flour Mix, cinnamon, baking soda, salt, baking powder and Chocolate Mini Chips. Set aside.
5. Combine the flaxseed and hot water mixture, the shortening and sugar mixture, the mashed bananas, water and vanilla extract and mix another 2 minutes with the hand mixer.
6. Add the flour mixture and mix another 1-2 minutes with wooden spoon until incorporated.
7. Evenly portion into the greased or paper-lined muffin tin and bake for 16-18 minutes.

Dark Chocolate Covered Plantils



Ingredients

- 1 4 oz. bag Enjoy Life Foods Light Sea Salt Plantils
- 1 cup Enjoy Life Foods Dark Chocolate Morsels
- 1 Tbsp. neutral flavored oil (e.g. canola, grapeseed, safflower)

Directions

1. Line two sheet trays with parchment or wax paper. Set aside.
2. Place the baking morsels and oil in a small glass bowl. Set on top of simmering water in a saucepan. Stir until melted and then remove from heat.
3. Dip each chip halfway into the chocolate and place on the parchment-lined sheet. Continue with the remaining chips. Let the chocolate set for about 4-6 hours. You can also speed this up by putting the trays in the refrigerator for about half an hour. Store in a plastic bag on the counter.

Paleo Rainbow Bites

Ingredients

- 1 bag Enjoy Life Foods Dark Chocolate Morsels
- Assorted dried fruits and seeds



Directions

1. Lay out a piece of parchment paper on a baking sheet.
2. Place Dark Chocolate Morsels in a microwave-safe glass measuring cup. Microwave for 60 seconds and then stir. Microwave for another 30 seconds and then stir again to completely melt the chocolate.
3. Use a spoon to make small rounds of chocolate on the parchment paper. Let the chocolate fall from the spoon and it will naturally form a round shape. Lay chocolate for one bite at a time and sprinkle each round of chocolate with an assortment of the dried fruits and seeds while the chocolate is still hot.
4. Let the completed Rainbow Bites set on the parchment-lined backing sheet in the refrigerator for at least one hour.

Creamy Avocado and Dill Dip



Ingredients

- ½ bag 4 oz. Enjoy Life Foods Dill and Sour Cream Plentils
- 1 medium avocado
- Zest and juice from 1 lemon
- ½ cup white beans
- 1 garlic clove, peeled
- 2-3 Tbsp. olive oil
- 1 pinch of salt
- Garnish: 2 Tbsp. minced fresh dill, lemon zest

Directions

1. Place everything, except the garnish, in a food processor. Blend until smooth, adding more olive oil or a bit of hot water to thin out as needed.
2. Taste for seasoning, adding more salt if needed.
3. Serve with your favorite sliced veggies and, of course, more Plentils for dipping!

Crunchy and Spicy Hot Wings

Ingredients

- 2 lbs. mixture of wings and mini drumsticks

Soaking Liquid:

- 3 cups rice milk (or milk alternative)
- 2 Tbsp. lemon juice or 2 Tbsp. apple cider vinegar
- 1 Tbsp. favorite gluten-free hot sauce
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 1 tsp. chipotle powder

Plentils Crust:

- 2 4 oz. bags Light Sea Salt Plentils
- 2 Tbsp. onion powder
- 2 Tbsp. garlic powder
- 2 tsp. chipotle powder
- 1 tsp. cayenne

Makes 4-6 servings.



Directions

1. Mix together the 2 lbs. of wings and drumsticks with all the soaking liquid ingredients. Marinate overnight.
2. Crush the Plentils in a food processor. Add the onion powder, garlic powder, chipotle powder and cayenne and blend another 10-12 seconds until combined. Pour into a shallow dish.
3. Line two sheet trays with parchment paper and set to the side. Preheat the oven to 400°.
4. Remove a wing or drumstick from the soaking liquid, shake off excess liquid and then roll in the Plentils crust to coat. Place on the parchment sheet. Continue with remaining chicken pieces.
5. Place trays in the oven and bake at 400° for 15-18 minutes until fully cooked.
6. Enjoy with cut celery and carrots to tame the heat!

Garlic Hummus



Ingredients

- 1 can chickpeas
- 3 Tbsp. lemon juice
- ¼ cup olive oil
- 1 Tbsp. minced garlic
- ½ tsp. garlic salt
- ⅛ tsp. cumin

Makes 1 bowl.

Directions

1. Place all ingredients in a food processor.
2. Blend until smooth.
3. Store in refrigerator.
4. Pair with your favorite bag of Plentils and enjoy!