

A Gluten-Free New Year



A holiday cookbook from



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French Toast Sticks

Ingredients

4 slices of Artisan Baker multigrain bread
2 medium eggs
¼ cup milk
¼ tsp. ground cinnamon
½ tsp. vanilla extract
2 Tbsp. butter
Fresh raspberries
Fresh blueberries
2 Tbsp. maple syrup

Makes 2 servings.

Courtesy of [Schär](#).



Directions

1. Beat the eggs, milk, cinnamon and vanilla together in a shallow dish.
2. Heat the butter in a large frying pan over a moderate heat.
3. Cut the slices of bread in half and pass through the egg mixture, ensuring that both sides are well coated and the bread is saturated with the egg mixture.
4. Place into the frying pan and cook until golden brown, approximately 3 minutes. Flip over and cook the other side, repeat until all the egg mixture has been used.
5. To serve, cut the French toast into finger sticks and divide between 2 plates, add the fresh raspberries and blueberries.
6. Drizzle over the maple syrup and serve. Enjoy!



S'mores Blended Coffee

Ingredients

¼ cup rice mellow
creme (vegan
marshmallow creme)

¼ cup dairy-free
chocolate syrup

1 cup coffee

2 Tbsp. SILK original
creamer

¾ cup ice

2 Tbsp. crushed gluten-
free graham crackers

Courtesy of [Vegetarian
Mamma](#).

Directions

1. In the bottom of a large ball jar or your favorite glass, pour half of the rice mellow creme.
2. In a blender, blend the coffee, creamer and ice.
3. Pour blended mixture into glass.
4. Top with remaining rice mellow creme, chocolate sauce and crushed grams.
5. Take a moment to enjoy the beauty, then sip away!



Guacamole

Ingredients

- ½ cup Chobani non-fat Greek Yogurt
- 2 avocados, halved, pitted, chopped
- 1 jalapeno, halved, seeded, diced
- ¼ cup red onion, diced small
- ½ lime, juiced
- 2 tsp. lime zest
- 1 tsp. garlic, granulated
- ½ tsp. ground cumin
- 2 Tbsp. fresh cilantro, finely chopped
- ½ tsp. kosher salt

Makes 4 servings.

Courtesy of [Chobani](#).

CHOBANI[®]

Directions

1. Mix all ingredients thoroughly in a bowl.
2. Refrigerate in air tight container to prevent browning until ready to serve.



Three Olive Tapenade with Toast Points

Ingredients

Olive Tapenade:

- 1 cup pitted Kalamata olives
- 1 cup pitted large green olives with pimentos
- 1 cup pitted black olives
- ½ cup roasted red bell pepper, cut into 1" pieces
- 4 cloves of garlic
- 5 Tbsp. olive oil
- 2 Tbsp. small capers
- 2 Tbsp. fresh Italian parsley, loosely chopped
- 1 Tbsp. fresh basil, loosely chopped
- 1 Tbsp. lemon juice

Directions

1. Put the three kinds of olives, red pepper and garlic into a food processor.
2. Pulse in 1 second intervals 10-15 times and scrape down the sides of the bowl.
3. Add the olive oil, capers, parsley, basil and lemon juice to olive mixture. Pulse another 10 times or so, stopping once or twice to scrape down the sides of the bowl. Tapenade pieces are not a puree, they should be ⅛"-¼" in size and you want to see all the colors of the different ingredients.
4. **Make Ahead Tips:** You can make the tapenade up to two days in advance. Refrigerate, covered; bring to room temperature before assembling.

(Continued on next page.)



Three Olive Tapenade with Toast Points

Ingredients

Toast Points:

6 slices gluten free Three Bakers 7 Ancient Grains Bread

1½ Tbsp. olive oil

Salt and freshly ground black pepper, to taste

Courtesy of [Three Bakers](#).



Directions

Toast Points:

5. Slice crusts of bread using a serrated bread knife. If desired, set aside crusts for another purpose, such as bread crumbs. Slice each bread square diagonally into two triangles.
6. Adjust an oven rack to 6" from the broiler and turn the broiler on to high. Set the bread on a baking sheet, brush one side with olive oil and season with salt and pepper. Toast the bread until it's golden brown and crisp on top, about 1 minute, keeping an eye on the toast so it doesn't over cook.
7. Flip and cook the other side until golden, about 1 minute.
8. **Make Ahead Tips:** Toast points can be made up to a day ahead. After cooling, store toasts in an airtight container.



Quinoa Zucchini Clusters

Ingredients

- Olive oil for oiling muffin tins
- ¼ cup water
- 2 Tbsp. Skinny B cereal
- 2 cups cooked quinoa (¾ cup uncooked)
- 1 cup (250 mL) shredded zucchini
- 1 Tbsp. (15 mL) chopped green onions, white part
- 1 package (5.2 oz.) Boursin cheese or other soft cheese
- 2 large eggs
- Salt to taste
- Parsley or chives, for garnish

Makes 40 clusters.

Courtesy of [Holy Crap](#).

**Holy
Crap**



Directions

1. Preheat the oven to 350°F. Lightly oil two 24-cup mini-muffin tins.
2. Pour the water into a bowl, stir in the Skinny B cereal and let sit for 5 minutes.
3. In a large bowl, combine the cooked quinoa, zucchini and green onions until well mixed. Add the cheese, using a spoon to break it up and work it into the other ingredients.
4. Using a whisk, mix the eggs into the soaked cereal until well combined. Pour into the quinoa mixture and stir until evenly combined. Season with salt to taste.
5. Drop 1 Tbsp. of batter into each cup of a mini-muffin tin and bake for 12-14 minutes, or until the edges begin to brown.
6. Allow to cool in the tins for 5 minutes before unmolding. Serve warm, topped with chives or parsley. Leftovers will keep refrigerated in an airtight container for several days.



Greek Meatball Bites

Ingredients

- ½ yellow onion
- 1 carrot, peeled
- 1 clove garlic
- ½ cups finely ground
Enjoy Life Dill & Sour
Cream Plentils®
- ½ tsp. sea salt
- ½ tsp. garlic powder
- ½ tsp. cumin
- 3 Tbsp. chopped fresh
dill
- ½ lemon, zested
- ½ lb. ground turkey
thigh

Courtesy of [Enjoy Life](#).



Directions

1. Preheat oven to 375°F.
2. Line 2 rimmed sheet trays with parchment paper.
3. Cut the ½ yellow onion and peeled carrot into a few large chunks. Place in the bowl of a food processor along with the clove of garlic. Pulse until finely chopped. Sauté lightly in a nonstick pan with 1 Tbsp. sunflower oil until softened, about 4-5 minutes. Pour into glass bowl.
4. In the same bowl of the food processor, add the ½ cup Plentils, sea salt, garlic powder, cumin, chopped fresh dill and zest from ½ lemon. Pulse until finely ground, resembling breadcrumbs. Add to the bowl with the onion-carrot mixture. Mix together until it is all combined.
5. Using a small scoop or a tablespoon, portion out all the turkey mixture. Roll into smooth balls and place on the parchment lined baking sheets. Drizzle with olive oil and cook at 375°F for 12-14 minutes until lightly browned.
6. To serve for a party, place in a bowl and garnish with more minced fresh dill. Serve with toothpicks.



Curry and Cumin Lentil Soup

Ingredients

- 1 Tbsp. olive oil, plus more if needed
- 1 small leek, white part only, chopped
- 1 large carrot, diced small
- 2 garlic cloves, minced
- 1 tsp. madras curry powder
- ½ tsp. ground cumin
- 1 bag lentils, rinsed and picked over
- 2 cups unsalted vegetable stock
- Salt, to taste (I added about 1½ tsp.)

Makes 4-6 servings.

Courtesy of Jackie Ourman of [C.A.F.E.](#)

Directions

1. Place 5 qt. Dutch oven or large pot over medium low heat and cover with enough olive oil to coat the bottom of the pot.
2. Once heated, add leek, carrot and garlic. Sauté, stirring regularly, making sure not to brown the vegetables, for about 3-5 minutes.
3. Add curry and cumin and toss to coat. Sauté for an additional 1-2 minutes, until spices begin to toast and become aromatic.
4. Add lentils, vegetable stock, 2 cups of water and salt.
5. Raise heat to high and bring to a boil before covering and lowering to simmer for about ½ hour until lentils are cooked, but not too soft. Add water, as needed.
6. Taste and adjust seasoning with salt and pepper.



French Onion Soup

Ingredients

2 Tbsp. olive oil

5 cups finely sliced red onions (about 1.75 lbs.)

Freshly cracked pepper and salt

1 tsp. fresh thyme leaves, roughly chopped

¼ cooking sherry (or red wine)

6 cups gluten-free beef or vegetable stock, low sodium if possible

2 Tbsp. balsamic vinegar

Courtesy of [Schär](#).



Directions

1. In a large non-stick soup pot, heat the olive oil on medium heat.
2. Add the onions and lots of fresh pepper and a bit of salt to the pan and stir well so the onions are well-coated.
3. Cook uncovered on medium heat for about 25-30 minutes, stirring frequently to avoid any sticking or burning. This step and the stirring are crucial to avoid the onions from burning and turning bitter. You want the onions to cook down, caramelize and form a bit of a syrup.
4. Once the onions are fully caramelized add the sherry to the pan to de-glaze the pan, stirring well and incorporating any bits from the bottom of the pan.
5. Add in the stock, thyme and a bit more pepper and salt. Stir well, turn the heat down to low and simmer for another 10 minutes to allow all the flavors to deepen.
6. After the 10 minutes add the balsamic vinegar, stir well and cook a further 10 to 20 minutes to allow the vinegar to cook off.
7. Pre-heat the oven to 350°F.



Rustic Dinner Rolls

Ingredients

4 cups Pamela's Pizza Crust Mix, plus more for rolling buns

4½ tsp. yeast

2¼ cups warm water (110°F)

¼ cup olive oil

4 tsp. Italian herb seasoning, optional

Courtesy of [Pamela's](#).



Directions

1. Pre-heat oven to 500°F with rack in the top third of oven. If you have a pizza stone, preheat the stone on the rack. (You can also use an inverted rimmed sheet pan if you don't have a pizza stone.)
2. Scoop and level pizza mix in dry measuring cup, don't pack. Using a stand mixer with paddle attachment or mixing by hand, combine dry mix, yeast, water and oil. Mix on medium for 15-30 seconds until dough is completely combined. Dough will look sticky.
3. Divide dough into 12 equal pieces. Take one piece of dough and roll in extra dry pizza mix. Make a cylinder shape, 2" wide by 4" tall. Handle dough gently while you form a roll as tall as possible, like a small drum shape. Rolls will spread while rising and baking. Place on a sprayed sheet pan or in a sprayed small whoopie pie pan (the wells help to hold the bun shape). Cover and let rise for 15 minutes in a warm, draft-free place.
4. Place pan on pizza stone or on oven rack and bake for 23-28 minutes, until bottoms are lightly golden. Instant read thermometer: insert in the side of roll, cook to 205°F. Let cool completely before slicing.



Chicken Satay with Peanut Dipping Sauce

Ingredients

- ½ cup Thai Kitchen® Coconut Milk
- 2 Tbsp. Thai Kitchen® Premium Fish Sauce
- 2 Tbsp. Thai Kitchen® Red Curry Paste
- 2 tsp. minced fresh lemongrass
- 1 lb. boneless skinless chicken breasts, cut into ¾" strips
- Bamboo skewers
- ½ cup Thai Kitchen® Peanut Satay Sauce

Makes 8 appetizer servings.

Courtesy of [McCormick](#) and [Thai Kitchen](#).



Directions

1. Mix coconut milk, fish sauce, curry paste and lemon grass in small bowl until well blended. Place chicken in large resealable plastic bag or glass dish. Add marinade; toss to coat well.
2. Refrigerate 1 hour or longer for extra flavor. Remove chicken from marinade. Discard any remaining marinade. Thread chicken strips onto skewers.
3. Broil or grill over medium-high heat 3 minutes per side or until chicken is cooked through. Serve with Peanut Satay Sauce for dipping.

Kitchen Tip: Soak bamboo skewers thoroughly in water for at least 30 minutes before threading with chicken. This prevents them from burning when on the grill.



Chicken Kiev with Breadcrumbs

Ingredients

- 4 Chicken breasts, halved
- ½ cup Michelle Farms Gluten-Free Bread Crumbs
- ½ tsp. parsley flakes
- 1 slice Swiss cheese
- ½ stick butter
- ½ cup Parmesan cheese
- ½ tsp. onion salt
- ¼ tsp. oregano flakes

Makes 2 servings.

Courtesy of [Michelle Farms](#).



Directions

1. Melt butter in a small dish. Add parsley and oregano. In another small dish, add bread crumbs, Parmesan cheese, garlic salt and onion salt. Mix well.
2. Debone and remove skin from chicken breasts. Wash and pat dry. Place chicken breast face down and spread with thin layer of butter mixture. Add strip of Swiss cheese. Roll tightly tucking cheese in and secure with toothpick.
3. Place rolled chicken breast in buttered dish and spoon butter over the top. Roll in bread crumbs mixture. Bake at 425°F for 30 minutes.

Spicy Salami and Mozzarella Pizza

Ingredients

Schär Pizza Crust

½ cup Pizza Sauce with Herbs or ½ cup chopped tomatoes with herbs and 1 Tbsp. tomato puree

¼ cup grated mozzarella cheese

¼ red pepper, sliced

4 slices of salami

¼ Mozzarella ball, torn into pieces
Basil leaves and cracked black pepper to decorate

Makes 4 servings.

Courtesy of [Schär](#).



Directions

1. Preheat oven 390°-430°F.
2. Place pizza crust on a sheet of grease-proof paper.
3. Top the crust with the pizza sauce or in a small bowl mix together the tomatoes and tomato puree. Spoon the mixture on top of the pizza crust and top with the grated mozzarella.
4. Top with the slices of salami, pepper slices and torn mozzarella.
5. Place pizza with grease-proof paper directly onto the top shelf and cook for approximately 12-13 minutes.
6. Serve topped with cracked black pepper and a sprinkling of basil leaves. Enjoy!



Honey, Chili and Rosemary Roasted Pork Loin

Ingredients

- 2 lb. pork loin
- Salt and pepper
- 1 fennel bulb, cut into ½" wedges
- 2 carrots, peeled and sliced into ½" thick pieces on the bias
- 1 large spring or yellow onion, peeled and sliced into ½" thick wedges
- 3 Tbsp. honey
- 2 Tbsp. olive oil
- 2 Tbsp. apple cider vinegar
- 1 tsp. chili powder
- 2 rosemary sprigs, stripped
- 1 cup gluten-free chicken broth

Courtesy of Jackie Ourman
of [C.A.F.E.](#)

Directions

1. Preheat oven to 375°F.
2. Season pork loin all over with salt and pepper.
3. Lay vegetables in a 7"x11" baking dish and season with salt and pepper as well.
4. In a small bowl, whisk honey, olive oil, vinegar, chili powder and rosemary together. Pour over pork. Add chicken broth to pan.
5. Bake for 40-50 minutes, or until pork reaches 135°F internal temperature.
6. Raise oven heat to 425°F and bake an additional 10-15 minutes, or until internal temperature of center of pork loin is 145°F and top is golden brown.
7. Allow to rest for about 10 minutes before serving.



Apple Crumb Bread Pudding

Ingredients

Bread Pudding:

2 cans (13.66 oz. each)
Thai Kitchen® Coconut
Milk

3 eggs, lightly beaten

¾ cup granulated sugar

1 Tbsp. McCormick®
Apple Pie Spice

1 Tbsp. McCormick® Pure
Vanilla Extract

8 cups gluten-free
cinnamon raisin bread,
cubed (about 16 slices)

2 apples, peeled and cut
into ½" cubes

Streusel Topping:

¾ cup firmly packed light
brown sugar

¾ cup gluten-free rolled
oats

1 tsp. McCormick® Apple
Pie Spice

¼ cup (½ stick) cold
butter, cut into pieces

Directions

1. For the Bread Pudding, pour coconut milk into large bowl. Stir with wire whisk until smooth. Add eggs, granulated sugar, apple pie spice and vanilla; mix until well blended. Add bread cubes and apples; toss to coat well.
2. Pour into greased 13"x9" baking dish. Let stand 10 minutes.
3. Meanwhile, for the Streusel Topping, mix brown sugar, oats and apple pie spice in medium bowl. Cut in butter with pastry blender or 2 knives until coarse crumbs form. Sprinkle evenly over top.
4. Bake in preheated 350°F oven 50 minutes, or until apples are tender and topping is golden brown. Cool on wire rack.



Courtesy of [McCormick](#)
and [Thai Kitchen](#).



Paleo Rainbow Bites

Ingredients

1 bag Enjoy Life
Foods Dark
Chocolate Morsels

Assorted dried fruits
and seeds

Courtesy of [Enjoy Life](#).



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 1 hour.



Chocolate Cake with Chocolate Frosting

Ingredients

Cake:

1 cup unsweetened cocoa powder

$\frac{3}{4}$ cup cornstarch

$\frac{3}{4}$ cup sorghum flour

$\frac{1}{2}$ cup tapioca flour

1 $\frac{1}{4}$ tsp. xanthan gum

$\frac{3}{4}$ tsp. baking powder

$\frac{1}{4}$ tsp. baking soda

$\frac{1}{2}$ tsp. salt

1 can (13.66 oz.) Thai Kitchen® Coconut Milk, well stirred, divided

2 cups granulated sugar

1 cup vegetable oil

4 oz. semi-sweet chocolate, melted

4 eggs

1 tsp. McCormick® Pure Vanilla Extract

Frosting:

1 cup gluten-free dairy-free butter spread, softened

1 tsp. McCormick® Pure Vanilla Extract

1 box (16 oz.) gluten-free confectioners' sugar

$\frac{1}{4}$ cup unsweetened cocoa powder

Directions

1. For the cake, grease 2 (9") round cake pans with oil. Set aside. Mix 1 cup cocoa powder, cornstarch, sorghum flour, tapioca flour, xanthan gum, baking powder, baking soda and salt in medium bowl. Set aside.
2. Reserve $\frac{1}{4}$ cup of the coconut milk for the frosting. Beat granulated sugar and oil in large bowl with electric mixer on medium speed until well blended. Add melted chocolate; mix well. Beat in eggs 1 at a time. Stir vanilla into coconut milk. Gradually beat in flour mixture alternately with coconut milk mixture on low speed until just blended. Do not overbeat. Pour batter into prepared pans.
3. Bake in preheated 350°F oven 40-45 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pans; cool completely on wire rack.
4. For the frosting, beat spread and vanilla in large bowl with electric mixer on medium speed until light and fluffy. Mix confectioners' sugar and cocoa powder. Gradually add to spread, beating until well blended after each addition and scraping sides and bottom of bowl frequently. Add reserved coconut milk; beat until light and fluffy.
5. Fill and frost cooled cake with frosting.



Cacao Crisps Chocolate Walnut Truffles

Ingredients

- 1 cup vegan dark chocolate chips
- ½ cup walnuts
- ¾ cup One Degree Organics Sprouted Brown Rice Cacao Crisps, divided
- 3 large Medjool dates, pitted and chopped
- ½ cup organic peanut butter
- ½ tsp. vanilla bean paste
- Pinch of sea salt

Courtesy of [One Degree](#).



Directions

1. Line tray or plate with parchment paper.
2. Melt the chocolate in a small bowl and set aside.
3. In a food processor, combine walnuts, ½ cup of the Sprouted Brown Rice Cacao Crisps and chopped dates until it resembles coarse crumbs.
4. Transfer walnut mixture to a medium-sized bowl and add remaining ¼ cup of the Sprouted Brown Rice Cacao Crisps and other ingredients. Mix together until it resembles a cookie-like dough. Roll small portions of the dough into balls.
5. Drop the balls into the melted chocolate one by one, using a fork turn them around so they are completely coated, before removing and placing on prepared tray.



Peanutty Nana Mum-Mum Sandwiches

Ingredients

3 packets Baby Mum-Mums, Banana or Apple

¼ cup peanut butter (or other nut butter)

1 ripe banana, thinly sliced

Courtesy of [Baby Mum-Mum](#).



Directions

1. Spread a thin layer of peanut butter on the flat side of each Mum-Mum and add 3-4 banana slices to 3 of the Mum-Mums.
2. Top with remaining 3 Mum-Mums and wrap each tightly in plastic wrap.
3. Place in freezer for 30-60 minutes before eating.
4. For an even more indulgent treat, dip each sandwich into melted chocolate and freeze again!

