

A Safe Taste

An Allergen-Free Recipe Book

By Beatrice Preti

Introduction

Allergen-free cooking is an art in a class of its own. I never realised quite how difficult this type of cooking could be until my sister, an excellent cook, attempted to surprise me with a cake. The pancake-like dumbbell result oozed oil in a most unsavoury fashion, while the taste was reminiscent of sugary sawdust blended with chocolate.

This experience serves as a reminder that any allergen-free recipe takes at least several tries to perfect. Even now, after cooking allergen-free for nearly nine years, I find I still make many mistakes. Liquid measurements and baking times will vary on the brand and types of flour used. Even if you use the same ingredients in the same recipe, replications will be different due to the natural variation of the ingredients. By no means should you become discouraged after your first try! It takes a lot of practise to learn to measure ingredients by eye and instinctively tell a good batter from a bad one. As with almost everything, the more you cook and experiment, the better you will become.

By the same token, allergen-free cooking can be easier than regular cooking. There is a lot of leniency in the measurements and order of the ingredients. There is no beating, whipping, electric mixing, separating, or rising required. You might notice that a lot of the recipes in this book are very short and simple. That is because there are not a lot of methodical necessities when engaging in allergen-free baking. On the other hand, the batters and products are often very difficult to handle. Allergen-free cakes, for example, are frequently cracked and may be crumbly, sticky, and difficult to even slice.

Every person's food allergies and intolerances differ. Just because a product is labelled "dairy-free" or "gluten-free" doesn't necessarily mean it's safe to use. I've seen product labelled "nut-free" which are processed on the same equipment as peanut butter. Make sure you double-check every ingredient, and watch for cross-contamination labels, even when using a trusted brand. You'll never know when the ingredients will change. Also, look for hidden words. A person allergic to "milk" shouldn't use products with "lactic acid", "whey", "lactate", "milk solids", or "natural butter flavour".

Almost all of the recipes in this book are free from dairy, eggs, soy, wheat, peanuts, tree nuts, and shellfish. Some recipes do use corn and legumes, although these allergens are not as common as the previous ones listed. Coconut and chestnuts are used, as these are not commonly associated with the "nut" allergens (but double-check before use!). This book does contain recipes with gluten, but substitutions can be made to accommodate the gluten intolerant individual.

Breakfast

Porridge

1 cup oats
2 1/2 cups dairy-free milk
1/2 cup sugar
1/2 cup raisins
1 tsp salt

Place the oats, milk, sugar, and raisins in a large saucepan. Stirring frequently, bring to a boil, then place on simmer. Stir occasionally. When desired thickness is reached, turn off heat and stir in raisins.

Warning: Contains oats.

Winter Fruit Salad

1 apple, chopped
1 pear, chopped
1/2 cup grapes, washed
1/4 cup raisins
1/4 cup dried cranberries
1 banana, sliced
1 orange, separated into figs
1/2 cup water
1/2 cup sugar

Mix all fruit ingredients in a bowl.

Mix the water and sugar in a saucepan. Reduce until syrup consistency (sticks to a wooden spoon). Pour over fruits and stir well.

Tropical Fruit Salad

1 mango, peeled and chopped
1 kiwi, peeled and sliced
1 banana, sliced
1/2 cup pineapple, chopped
1/2 cup pawpaw (papaya), chopped
Honey to taste

Mix all fruit ingredients in a bowl. Drizzle with honey. Serve slightly chilled.

Spiced Pancakes

2 cups white rice flour
1 cup corn flour
1 cup oat flour
1/2 cup sugar
1 tsp salt
1/2 tbsp baking powder
1 tsp cinnamon
1/2 tsp cloves
1 tsp vanilla extract
1 1/2 cup water or non-dairy milk
1/2 cup canola oil
1 tsp apple cider vinegar

Mix the dry ingredients in a bowl. Add the oil, vinegar, water, and vanilla. Stir until all dry flour and lumps are gone.

Add liquid if needed. Let mixture rest for a few minutes.

Meanwhile, heat a well-greased griddle or flat pan on the cooker. After the griddle is hot, lower the heat to medium-high. Stir the mixture before using a ladle or ice cream scoop to spoon a small amount of the mixture onto the griddle. The mixture should hiss and begin to bubble. Allow pancake to begin to cook before attempting to flip. Flipping too soon will result in breakage of the pancake, while waiting too long will result in burning. It may take several tries before you learn exactly how long to wait before flipping. Allow the pancake to cook evenly on both sides before removing it from the heat. Grease the griddle again before cooking the next pancake.

Serve pancakes warm with maple syrup, jam, or fresh-cut fruits.

Warning: Contains oats and corn.

Homemade Granola

4 cups oats
1/4 cup raisins
1/4 cup dried cranberries
1/4 cup sunflower seeds
1/2 cup sugar
1/4 cup honey

Combine all ingredients in a mixing bowl. Placed on a greased baking sheet in a 350 degree oven. Bake for ten minutes or until oats are crunchy, stirring occasionally. Store in an airtight container.

Warning: Contains oats.

Orange-Cranberry Muffins

1 cup rice flour
1 cup corn flour
1/2 cup oat flour
1/2 cup rye flour
2/3 cup whole, raw cranberries, washed and dried

1 cup sugar
2 tsp baking powder
1/2 tsp baking soda
1/2 cup canola oil
1/2 cup dairy-free milk
1 cup orange juice
1 tbsp apple cider vinegar

Preheat oven to 350 degrees Fahrenheit.

Sift the flours into the bowl. Add the sugar, baking powder, and baking soda. Add the cranberries. Stir, but do not over-mix. Add the oil, milk, juice, and vinegar. Ensure the mixture is smooth enough to pour, and the flour has not clumped. If the mixture is lumpy, add more liquid.

Immediately, place equal amounts of the batter into a well-greased muffin pan. Do not fill cups more than 2/3 to allow for rising. After this has finished, place muffins in the oven. Do not allow to sit at room temperature.

Bake for 20-25 minutes or until a toothpick inserted comes out clean.

Serve warm with marmalade.

Warning: Contains oats and corn.

Hasty Pudding

2 cups cornmeal
4 cups dairy-free milk
1 tbsp cinnamon
1/2 cup sugar
1 tsp salt

Place all ingredients in a pot. Bring milk to a boil, stirring occasionally. Turn on low heat, and allow to thicken, still stirring occasionally. Garnish with a sprinkle of cinnamon and serve warm, room temperature, or cold.

Warning: Contains corn.

One-Mug Chocolate Muffin

4 tbsp oat flour
2 tbsp cocoa powder
1 tbsp canola oil
2 tbsp sugar
2 tbsp water
1/2 tsp baking powder

Mix all ingredients in a mug. Microwave on high for one minute. Let cool before eating.

Warning: Contains oats and cocoa.

Appetisers and Snacks

Guacamole

1 ripe avocado
1 ripe tomato, minced
Salt, pepper, and cayenne pepper to taste

Peel and slice avocado. Place in a bowl and mash. Add minced tomato and spices, mixing thoroughly and mashing until a smooth paste is formed. Serve with crudités or crisps.

Crudités

An assortment of raw carrots, celery, cucumbers, radishes, sugar snap peas, and peppers.

Wash and peel all vegetables. Slice into long, thin strips. Arrange on a plate. Can be served with dip or a vinaigrette.

Pico de Gallo

1 ripe avocado, chopped
1 ripe tomato, minced
1 small red onion, diced
Salt, pepper, and red pepper flakes to taste

Combine all ingredients in a bowl. Mix well.

Homemade Tortilla Crisps

1 cup masa flour
1 cup cornmeal
1 tsp salt
1 tsp baking powder
1 cup water

Combine the dry ingredients in a bowl. Add water until a soft paste is formed. Heat a tawa, flat cast iron pan, griddle, or well-greased flat pot on the cooker. Lower the heat to medium-high. Form one-inch balls from the dough. Roll out the balls into small circles. You can also form the circles in your hand.

Place the circles on the griddle. If the circles break, either dust balls with flour or run a finger dipped in water around the ball. Flip frequently. Cook until crunchy. Serve immediately.

Warning: Contains corn.

Potato Balls

3 medium-sized potatoes
1/2 cup split pea flour
1 cup masa flour
1 tsp cumin
1 tsp tumeric
1 tsp baking powder
Salt, pepper, cayenne pepper to taste
2 tbsp canola oil
1/2 cup water

Preheat oven to 350 degrees Fahrenheit.

Wash, peel, and dice potatoes. Steam or boil until soft. Mash. Season with salt, pepper, cayenne, tumeric, and cumin. Set aside to cool.

In a separate bowl, mix flours and baking powder. Add oil and liquid. Knead until a dough-like consistency is formed. Flour or water may be added until the desired consistency is reached (dough should not stick to fingers or be powdery, but should not feel watery).

Knead the potato mixture into the dough. When the potatoes have been evenly distributed, form the dough into 1-inch round balls. Place balls on a well-greased baking tray. Bake in oven for 10-12 minutes or until hard to the touch. Remove from heat and let cool slightly. Serve with chutney, mango sauce, or pepper sauce.

Warning: Contains lentils and corn.

Mango Sauce

2 green mangoes
Salt and Cayenne or pepper sauce to taste
2 cups water

Wash, peel, and slice mangoes. Chop slices into small pieces. Place in a saucepan with water and spices. Cook until soft, stirring occasionally until mixture thickens, then stir frequently. Serve at room temperature.

Bruschetta

2 ripe tomatoes, chopped finely
1/2 red onion, minced
2 cloves garlic, minced
10 leaves basil, minced
Olive oil
Salt, black pepper, cayenne pepper to taste

Combine all ingredients in a bowl. Spread over toast, crackers, or warm, crusty bread.

Caesar Salad

1 package Romaine lettuce, washed and cut into bite-sized pieces
1 package cherry tomatoes, halved
1 cucumber, sliced
1/4 cup olives
2 apples, chopped into bite-sized pieces
1 avocado, peeled and sliced
2 tbsp dijon mustard
3 tbsp olive oil
2 tbsp white wine vinegar

Place lettuce, tomatoes, cucumber, olives, apples, and half of avocado in a salad bowl. In a small cup, squish the rest of the avocado. Mix with mustard, oil, and vinegar. Whisk until mixture is homogenous. Pour on salad. Toss and serve.

Caramel Popcorn

1 cup unpopped popcorn
1 cup sugar
1/4 cup water
1/2 tsp salt

Pop the popcorn using your preferred method.
In a small saucepan, reduce sugar, water, and salt until a syrupy consistency is reached.
Pour over hot popcorn and enjoy!
Warning: Contains corn.

Spicy Chickpeas

3 cups cooked or tinned chickpeas (garbanzo beans)
3 tbsp canola oil
3 tsp lime juice
Salt, black pepper, cayenne or chili pepper to taste

Preheat oven to 400 degrees Fahrenheit. Mix all ingredients in a bowl until chickpeas are fully coated with seasoning. Place in oven and cook for ten minutes or until chickpeas start to brown. Serve at room temperature.
Warning: Contains legumes.

Entrees

Chana Masala

1 onion, finely chopped
3 cloves of garlic, minced
1 tomato, chopped
1 cup cooked chickpeas (garbanzo beans)
1 tsp each of cumin, tumeric, curry powder
1/2 tsp cinnamon
Salt and cayenne pepper to taste
1 tsp oil
1 cup water

Heat the oil in a wide pan. Add the onion. Cook on medium heat until brown. Add the spices, including the salt and pepper, and the garlic. Continue cooking on medium for one minute. Add the tomato and water. Cover partially. Cook until the water has evaporated. Add the chickpeas. Stir well and serve hot over a bed of rice.

Warning: Contains legumes.

Butternut Squash Soup

Courtesy of Mariam Besada

1/2 cup coconut milk
1 large butternut squash
2 table spoons of oil (preferably coconut oil)
4 leaves of fresh sage (or thyme) - you can use dry too :)
1/2 onion, chopped
1 clove garlic, thinly sliced
2 cups worth of vegetable stock (bouillon or liquid)
1 apple, chopped
1 tsp of cinnamon
Salt and pepper to taste

Preheat oven to 400 degrees Fahrenheit. Slice squash in half. Sprinkle half of the oil on the fleshy side. Place on a baking pan, flesh side down, and roast for about fifty minutes.

In a large pot, add the remainder of the oil, onion, garlic, apple, and spices (cinammon, sage, salt, pepper). Let the mixture cook on low until it starts smelling divine (i.e. for about 20 minutes).

Once the squash has cooled, scoop out the flesh and place in the pot. Add the stock. Let cook for another 10 minutes on medium heat. Turn down the heat and add the coconut milk.

Use an emersion blender to blend everything together.

Warning: Contains coconut.

Chicken Molé

1 cup cooked chicken, stripped
1 yellow onion, chopped finely
4 cloves garlic, minced
1 tablespoon canola oil
1 tsp cumin
1 tbsp cocoa powder
2 tomatoes, diced
1/2 cup water
1/2 cup frozen peas
1/4 cup sunflower seeds (watch for contamination!)
Salt and cayenne pepper to taste

Heat oil in pot. Brown onion. Add garlic and spices. Stir on low heat for one minute. Add tomatoes and water. Cook until water has evaporated or tomatoes are soft. Add peas. Add more water if needed to ensure vegetables are cooked thoroughly. When peas are soft, add sunflower seeds and chicken. Stir until chicken is completely covered in sauce and warm. Remove from heat and serve over a bed of rice.

A.N. Note: A "molé" is a savoury Mexican chocolate sauce.

Warning: Contains peas and cocoa.

Spaghetti Bolognese

2 tsp canola oil
1 onion, minced
4 cloves garlic, minced
5 medium-sized tomatoes, diced
1 cup water or chicken broth
2 carrots, peeled and diced
2 celery stalks, diced
1 pound minced meat (turkey, chicken, or beef)
Salt, pepper, cayenne pepper, basil, oregano, thyme, parsley to taste
1 packet of rice or corn pasta

Heat oil in a large pot. Brown onion on medium-high heat. Add garlic. Stir well. Add tomatoes, carrots, celery, and water. Cook until vegetables are soft. Add more liquid if needed.

While the vegetables are cooking, place water and a pinch of salt in a large pot. Add two cups of water for each cup of pasta you hope to cook. Bring water to a boil. Add rice or corn pasta. Bear in mind that wheat-free pasta often takes longer than regular pasta to cook, is softer when finished, and will expand a lot more.

When vegetables are cooked, add meat and spices. Brown meat on high heat before adding a little liquid and allowing to cook thoroughly. Pour over pasta. Serve hot.

Chicken Curry

2 cups cooked chicken, stripped
1 yellow onion, minced

4 cloves garlic, minced
1 tablespoon canola oil
1 tsp cumin
1 tsp tumeric
1 tbsp curry powder
1/2 tsp cinnamon
1/4 tsp cloves
1/2 tsp ginger
Salt and cayenne pepper to taste
4 tomatoes, diced
1 cup water

Heat oil in pot. Brown onion. Add garlic and spices. Stir on low heat for two minutes to ensure spices have a chance to cook. Add tomatoes and water. Cook until water has evaporated or tomatoes are soft. Add chicken. Stir until chicken is completely covered in sauce and warm. Remove from heat and serve over a bed of rice.

Aloo Gobi

1 small cauliflower
4 large potatoes
1 large yellow onion, minced
4 cloves garlic, minced
1 tablespoon canola oil
1 tsp cumin
1 tsp tumeric
1 tbsp curry powder
1/2 tsp cinnamon
1/4 tsp cloves
1/2 tsp ginger
Salt and cayenne pepper to taste
4 tomatoes, diced
3 cups water

Wash and chop the cauliflower into bite-sized pieces. Set aside. Wash, peel, and dice the potatoes. Set aside.
Heat oil in pot. Brown onions. Add garlic and spices, stirring for several minutes on low heat. Add cauliflower, potatoes, and water. Partially cover pot. Cook for 10 minutes on medium-high heat. Add tomatoes. Cook for five additional minutes or until all vegetables are soft. Serve warm on a bed of rice.

Peas and Rice

2 cups brown rice
1 package of pigeon peas (tinned peas or kidney beans may also be used)
2 1/2 cups water
2 cups coconut milk

Salt, pepper, cayenne pepper, thyme to taste

Place rice, milk, water, and spices in a pot. Bring to a boil, then turn on low. Allow to cook until rice is soft (roughly 30 minutes).

In the meanwhile, pressure-cook the peas (or rinse out the tinned beans).

When rice has finished cooking, add the peas. Serve warm alone or with a stew.

Warning: Contains legumes and coconut.

Turkey Wraps

2 large pieces of iceberg lettuce

1/2 cup cooked turkey, stripped

1 small tomato, sliced thinly

1/2 avocado, sliced thinly

1 tbsp mustard

Place the two pieces of lettuce on top of each other. Evenly distribute turkey, tomato, and avocado along the middle. Spread mustard on top. Wrap one end of the lettuce leaves under the other side. Serve immediately.

Chicken Nuggets

1 package boneless chicken thighs

1 cup cornmeal

Salt, pepper, spices to taste

Preheat oven to 400 degrees Fahrenheit. Cut chicken thighs into 2-inch pieces. Dip in cornmeal, coating both sides evenly. Place on a greased baking tray and bake for 15-20 minutes or until a cut piece shows no pink. Serve with ketchup, mustard, or other condiment.

Warning: Contains corn.

Chinese Chicken Stir-Fry

1 lb chicken breast or boneless chicken thighs

1 tbsp canola oil

1 yellow onion, minced

5 cloves garlic, minced

3 carrots, sliced on the bias

2 stalks of celery, sliced on the bias

1/2 cup mange tout, snow peas, or frozen peas

2 tbsp fresh ginger, grated

1/2 cup broccoli, cut into small pieces

1 cup water

Salt, pepper, cayenne to taste

Heat oil in a pot. Brown onions. Add garlic, salt, pepper, and cayenne. Stir for one minute. Add carrots, celery, broccoli, and water. Bring water to a boil. Cover and cook for five

minutes. Add mange tout, chicken, and ginger. Continue to cook until chicken shows no pink. Add water if necessary. Serve hot over a bed of rice.

Warning: Contains peas.

Nachos

1 large package tortilla crisps
2 large tomatoes, chopped
1/4 cup olives, minced
1/4 cup jalapeño peppers, minced
1 red onion, finely chopped
4 cloves garlic, minced
1 ripe avocado, chopped and crushed
2 cups black beans
Cayenne, salt, black pepper to taste
1 tbsp canola oil
Cilantro
1 cup salsa (be careful with oils used!)

Preheat oven to 350 degrees Fahrenheit.

Heat oil in a flat pan. Add beans, cayenne, salt, and pepper. Crush beans in the pot. Cook for five minutes or until beans begin to form crusts.

In a Pyrex or oven-proof container, lay tortillas on the bottom layer. Place tomatoes, olives, jalapeños, onion, garlic, avocado, and cilantro on top. Cover with salsa. Bake for 30 minutes or until tomatoes appear shriveled. Serve warm.

Warning: Contains corn and legumes.

Side Dishes

Oven Chips

4 large potatoes, washed and peeled
2 tablespoons oil
Salt, pepper, and cayenne to taste

Preheat oven to 400 degrees Fahrenheit. Cut potatoes lengthwise. Cut pieces in half, so each potato is divided into quarters. Cut each quarter into three pieces, lengthwise. Coat pieces with oil and spices. Toss well to ensure all potatoes are evenly coated. Spread on a baking tray. Bake for thirty-five minutes, or until potatoes are soft and slightly brown. Serve hot with ketchup, mustard, malt vinegar, or fried fish.

Tortillas (a Mexican flatbread)

2 cups masa flour, plus extra for dusting
1 tsp salt
1 tbsp baking powder
2 cups water

Combine dry ingredients in a bowl. Add water until a soft dough is formed. Heat a griddle, tawa, or well-greased flat pan. Form the paste into two-inch balls. Roll out on a floured surface. Transfer to griddle. Note that masa flour is extremely fragile, and your tortilla may break. If this happens, just form another ball, let rest, and try again. It may take several tries before a perfect tortilla is cooked.

After transferring your tortilla to the griddle, flip occasionally, ensuring both sides are cooked. Remove from heat and enjoy!

Warning: Contains corn.

Waldorf Salad

2 apples, chopped into bite-sized pieces
3 stalks of celery, chopped
1/2 cup sunflower or pumpkin seeds
1/2 cup raisins
1 tbsp grainy mustard
2 tbsp olive oil
2 tsp red wine vinegar

Mix first four ingredients in a bowl. In a separate cup, mix the mustard, olive oil, and red wine vinegar. Pour over salad mixture and stir well. Serve chilled.

Stuffing

3 carrots, peeled and diced
3 celery stalks, diced
10 white mushrooms, diced
1 cup cooked, shelled chestnuts
5 strips bacon (turkey or pork), cooked (watch for milk-based preservatives!)
1 red onion, sliced into rings
1 tbsp canola oil
1 cup chicken stock
Rosemary, thyme, parsley, salt, pepper, red pepper flakes to taste
1/4 cup dried cranberries

Heat oil in a pot. Place onion rings in pot, and brown on medium heat. Add carrots, celery, mushrooms, stock, herbs, and spices. Bring to a boil, cover, and cook until carrots begin to turn soft (about five minutes). Turn on medium heat. Add cranberries and chestnuts. Continue to stir for another minute or two. Serve warm.

Warning: Contains chestnuts (not technically a nut, but don't take chances if you're not sure!)

Tostones (Plantain Crisps)

1 green plantain
2 cups vegetable oil
Salt and pepper to taste

Peel plantain and cut on the bias (diagonal slices).

Heat oil. Place plantain slices in hot oil. Be careful not to splash. Flip once with a slotted spoon. Remove from oil when the plantain begins to brown. Pat dry with paper towels.

Sprinkle with salt and pepper, and serve warm.

Fancy Green Beans

1 lb fresh green beans (frozen green beans could also work), washed and prepared
2 large tomatoes, chopped
1 large red onion, sliced into rings
1 cup chicken stock
4 cloves garlic, minced
Salt, pepper, red pepper flakes to taste
1 tbsp canola oil

Heat oil in a pot. Caramelize red onion on a medium heat, taking care not to burn the onion. Add the garlic, spices, stock, tomatoes, and green beans. Cover partially and cook until beans are soft. Serve warm.

Cornbread

1 cup rice flour
1 cup oat flour
1 cup cornmeal
1 cup corn flour
1/2 cup canola oil
2 cups water
1 tbsp apple cider vinegar
1/2 cup sugar
1 tbsp salt

Preheat oven to 350 degrees Fahrenheit. Sift the dry ingredients into a bowl. Add the wet ingredients. Stir out all lumps. Add liquid if needed. Place in a greased baking pan. Bake for 25-30 minutes or until a toothpick inserted in the middle comes out clean.

Warning: Contains corn.

A.N.: Vanilla extract will give the cornbread a slightly sweet flavour, while herbs will make it savoury.

Creamed Corn Variation:

Substitute 1/2 cup water for 1 cup creamed corn.

Mexican Chile Cornbread Variation:

Add 1 tsp cumin and 1 tsp cayenne pepper to the dry ingredients. Add 1/4 cup salsa to the wet ingredients.

Desserts

Oatmeal Cookies

1 cup quick oats
1/2 cup oat flour
1/2 cup white sugar
1 tsp salt
1 tsp baking powder
1/4 cups raisins
1/3 cup canola oil
1/2 cup water, approximately

Preheat oven to 350 degrees Fahrenheit. Sift flour, sugar, salt, and baking powder into a bowl. Add quick oats. Stir in raisins. Add oil. Add water until the entire mixture is moist and no dry flour appears at the bottom of the bowl.

Place two-inch round circles on a greased baking tray. These may be dropped using two moist spoons or an ice-cream scoop. Place in the oven for thirteen minutes or until firm to the touch.

Warning: Contains oats.

Substitution: Raisins may be replaced with glazed cherries, chocolate chips, sunflower seeds, or dried cranberries for a different flavour.

World Peace Cookie Recipe (Based off the recipe by Kelly Childs) Courtesy of Katarina Poletto

1 1/4 cups of gluten free flour mix
1 cup quinoa flakes (tons of protein and fiber!)
1 tsp cinnamon (boosts immune system)
1/2 tsp baking soda
1/2 tsp baking powder
1/4 tsp xanthan gum
1/2 tsp sea salt
1 1/2 cup organic pumpkin seeds (for prostate health!)
1/4 cup organic sunflower seeds (excellent source of Vitamin E!)
1/4 cup organic dried cranberries (get the ones sweetened with apple juice, not sugar)
1/4 cup organic raisins (alkalizes your body and great source of iron)
1/4 cup vegan chocolate chips
Egg substitute: 3 tbsp ground golden flax meal and 10 Tbsp filtered water: mix well and let rest for five minutes. (good for Fibre, abundance of Omega 3)
3/4 cup solidified Coconut oil (it comes this way)
1/4 cup of brown sugar
1/2 cup light raw agave or maple syrup
1/3 cup applesauce (optional)
Preheat oven to 375 degrees Fahrenheit.

Mix all dry ingredients together in a medium size bowl (flours, oats, baking soda, baking powder, cinnamon, sea salt). Add the seeds and cranberries, raisins and chocolate chips and toss until fully coated in flour mixture.

Combine the coconut oil with the flax meal mixture. Whip with hand mixer for a minute or until well combined and thick. Add the sugar and the agave and applesauce. Mix again until well combined.

Add the flour mixture to the oil and sugar mixture. Fold with a wooden spoon until well combined.

Place on greased cookie sheet or parchment paper-lined tray and bake for 12 minutes. The edges browned but not over-baked.

Warning: Contains coconut.

Double Chocolate Chai Cookies

Courtesy of Katarina Poletto

1/2 cup coconut oil, liquified at room temperature

1 cup brown sugar

1/2 cup cocoa powder

1/2 cup dairy-free milk

1 tbsp vanilla extract

2 cups gluten free flour mix

1 tsp baking soda

1 tsp baking powder

1/2 tsp salt

1/2 tsp xanthan gum

1 cup of vegan chocolate chips

1 tbsp cinnamon

1 tbsp of masala spice and/or 2 chai tea bags, emptied

Pre-heat oven to 350 degrees Fahrenheit. Line two baking sheets with parchment paper.

Cream together coconut oil and brown sugar, cocoa powder, then add milk and vanilla.

In a separate bowl, mix the flour, baking soda, chocolate chips, chai tea spices, cinnamon, baking powder, and salt.

Combine the wet and dry ingredients.

Roll or spoon 1-inch sized balls onto the baking sheet, spacing evenly and flattening with your palm. Bake for 7-10 minutes, or until firm. Remove from oven and allow to cool before enjoying.

Warning: Contains coconut and cocoa.

Almond Brownies (legit, the best and gluten free)

Courtesy of Katarina Poletto

10 tbsp unsalted butter, cut into 1-inch pieces

1 cup sugar (half brown, half white or all white)

3/4 cup unsweetened cocoa powder

2 tsp water

1 tsp vanilla extract

2 large eggs, chilled

1/3 cup + 1 tbsp gluten free flour mix
1/2 tsp xanthan gum
1/2 cup almonds, crushed

Position a rack in the bottom third of the oven. Preheat oven to 325 degrees Fahrenheit. Use a glass 8x8 baking pan (if metal, line with tin foil).

Melt butter in the microwave. Check at 1 minute intervals. This can also be done with a pan on the cooker, stirring every minute. After butter is very hot, remove from heat and immediately add sugar, cocoa, 2 tsp water, and vanilla. Stir to blend. Let cool five minutes. Add eggs to the mixture one at a time, beating vigorously to blend after each addition. When mixture looks thick and shiny, add flour and xanthan gum. Stir until blended. Beat vigorously. Stir in nuts. Transfer batter to pan. Batter should be thick.

Bake brownies for 25 minute, or until a few moist crumbs still stick to a tester. Cool in pan on a rack. Cut into squares, and store in an airtight container.

Warning: Contains dairy, eggs, nuts.

Chocolate Fondue

2 cups allergen-free chocolate chips or 2 bars of allergen-free chocolate
2 tablespoons dairy-free milk (coconut or other)
Strawberries
Marshmallows
Grapes
Banana pieces

In a fondue pot or saucepan, melt chocolate chips with milk. Stir frequently. When chocolate has melted, dip strawberries, marshmallows, grapes, banana, or other dessert of choice. Enjoy!

Apple Crumble

4 large apples, peeled, de-cored, and sliced
2 cups oats
1 1/2 cup brown sugar
1/4 cup canola oil
1/4 cup dairy-free milk
1 tbsp cinnamon
1 tsp cloves
1 tsp vanilla extract

Preheat oven to 350 degrees Fahrenheit.

In a bowl, mix the apples with the spices and half of the sugar. Spread on the bottom of a deep, well-greased baking pan or oven-proof Pyrex. In a separate bowl, mix the oats, oil, milk, and remainder of the sugar. Spread on top of the apple mixture.

Allow to cook for 30-35 minutes, or until apples are soft and not watery. Serve warm.

Warning: Contains oats.

Banana "Ice Cream"

4 ripe bananas
2 tbsp sunflower seed butter
1/4 cup dairy-free milk
1 tbsp cocoa powder (optional)

Peel and slice bananas. Place in a plastic container and freeze overnight.
Remove bananas from container. Mix all ingredients in a food processor or blender at low power. Stop when mixture is smooth. Eat immediately.

Warning: Contains cocoa.

A.N. Other flavourings may be substituted for the cocoa powder, including other frozen fruits, jam, honey, and cinnamon.

Fluffy Orange Neapolitan Cake

2 cups white rice flour
2 cups corn flour
1 cup oat flour
1 cup rye flour
2 cups dairy-free milk
1/2 cup canola oil
3 tbsp apple sauce
2 tbsp apple cider vinegar
2 cups white sugar
2 tbsp baking powder
1 tsp baking soda
1 tbsp cocoa powder
1 tsp vanilla extract
2 tbsp orange juice
1 tsp orange zest

Preheat oven to 350 degrees Fahrenheit. Grease a deep cake pan.

Sift flours into a mixing bowl. Add sugar, baking powder, and baking soda. Separate the mixture into three equal sections. Add cocoa powder to the first, vanilla to the second, and orange juice and zest to the third.

In a separate cup, combine the milk, oil, apple sauce, and apple cider vinegar. Pour in equal amounts into each of the three flour sections. Stir, but do not over-mix. If lumps are present, add more milk.

Pour the chocolate batter into the base of the pan. Pour the vanilla next, and pour the orange on top. Place in the oven immediately.

Bake for 35-45 minutes, or until a toothpick inserted in the middle comes out clean.

Warning: Contains oats, corn, and cocoa.

S'mores

4 large marshmallows
1 bar allergen-free chocolate

Allergen-free oatmeal cookies or crackers or other base of choice

Place cookie on the bottom of a bowl. Place a piece of the chocolate on top.

Soak a skewer in warm water for five minutes. Remove skewer from water. Skew marshmallows onto skewer.

Heat a grill, griddle, or large flat pan. Roast marshmallows on grill until they begin to turn brown.

Remove from heat, remove from skewer, and place immediately on top of chocolate. S'more may be topped with another cookie, if desired.

Microwave option: Place cookie in the bottom of a bowl. Place a piece of the chocolate and the marshmallow on top. Heat in microwave for one minute on high.

Works best if cookie is frozen first.

Oven option: Place cookie/chocolate/marshmallow mixture in a 350 degree oven for five minutes.

Black Bean Brownies

1 cup cooked black beans

1 cup rice flour

1 cup corn flour

1/2 cup oat flour

1 1/2 cups dairy-free milk

1/4 cup canola oil

2 cups white sugar

1 tsp apple cider vinegar

2 tsp baking powder

1 tsp baking soda

1 tsp vanilla extract

Preheat oven to 350 degrees Fahrenheit.

Place the beans in a small bowl. Smash with a fork or potato masher. Add oil, vanilla extract, and sugar. Stir well.

In a separate bowl, sift flours, baking powder, and baking soda. Add bean mixture. Add milk and apple cider vinegar. Stir until no dry flour is seen. Add more milk if needed.

Place batter in a well-greased baking pan. Bake for 25-30 minutes, or until a tester comes out clean.

Warning: Contains legumes, corn, and oats.

Pumpkin Pone

2 cups tinned pumpkin

2 cups cornmeal

2 cups freshly grated coconut (NOT desiccated, please)

1 cup sugar

1 tsp cinnamon

1 tsp cloves

1 tsp ground nutmeg
1 tsp vanilla extract
1/2 cup canola oil
1 1/2 cup water

Preheat oven to 350 degrees Fahrenheit. Mix dry ingredients in a bowl. Add wet ingredients. Pour in a well-greased baking pan. The mixture should be no more than two inches deep. Bake for 20 minutes or until a toothpick inserted in the middle comes out clean. Allow to cool, cut into bars, and serve at room temperature.

Warning: Contains corn and coconut.

Rice Krispie Treats

1 large box Rice Krispie cereal
1 large packet of marshmallows
2 tbsp canola or vegetable oil

Place oil in a large pot. Turn heat on medium. Add marshmallows. Do not stop stirring. When marshmallows have softened and appear stringy, slowly add cereal, stirring constantly. Be careful not to crush the cereal too much. When all of the marshmallows seem to be coated with cereal, remove from heat and immediately begin forming into balls. Place balls on a piece of parchment paper or well-greased surface to cool.

A.N. Flavourings may be added as desired, such as crushed candy canes, cocoa powder, chocolate chips, sprinkles, coloured sugars, sunflower seed butter, grated coconut, etc.. Food colouring may also be added. Two or three drops of red colouring will give the treat the traditional pink colour if the marshmallows used are white.

A.N. Flavoured marshmallows may be used, although marshmallows with decorations (such as gummy candies or the coarse sugar around Peeps) are not recommended.

Sugary Coconut Cakes

1 large coconut, grated
2 cups brown sugar, packed
1 tsp cinnamon
1 tbsp canola oil

In a large pot, heat oil. Add sugar and melt. With a wooden spoon, stir in coconut and cinnamon until coconut is coated with sugar. If needed, add more sugar until coconut is completely melted.

While sugar is still hot, form mixture into small 3-inch round cakes. Let cool on parchment paper or a greased surface. Serve at room temperature.

Warning: Contains coconut.

Yucca (Cassava, Manioc) Pone

1 cassava, peeled and grated
1 coconut, grated
1 tsp cinnamon
1 tsp vanilla extract
2 cups sugar
1/4 cup canola oil

Preheat oven to 350 degrees Fahrenheit. Mix all ingredients in a bowl. Spread in a well-greased baking pan; thickness should be between one to two inches. Bake until top begins to brown. Remove from oven, cut into squares, and serve at room temperature.

Warning: Contains coconut.

Banana Split

1 scoop Banana "Ice Cream" (recipe above)
1 ripe banana, peeled and halved
1 maraschino cherry
Coloured sugar to sprinkle

Fruit Compote

1 cup blueberries
1 cup sugar
1 cup water

To Prepare Fruit Compote: Place ingredients in a saucepan. Boil and reduce to a soft sauce, stirring frequently.

To Prepare Banana Split: Place both halves of the banana in a bowl. Scoop ice cream on top. Pour warm compote over ice cream. Garnish with maraschino cherry and coloured sugar.

Others

Hot Chocolate

- 1 cup dairy-free milk (rice, flax, oat, coconut)
- 1 tsp sugar
- 1 tsp cocoa powder
- 1/2 tsp vanilla extract
- 2 marshmallows

Heat milk in a saucepan. Add sugar, cocoa, and vanilla extract. Stir well. Pour into a mug. Place marshmallows on top, and enjoy.

Warning: Contains cocoa.

Spiced Apple Cider

- 2 cups apple cider
- 1 tsp cinnamon
- 1 tsp cloves
- 1 tbsp grated ginger
- 1 tsp grated nutmeg

Heat cider in a saucepan. Add spices and bring to a boil. Strain and serve warm.

Tropical Smoothie

- 2 slices pineapple
- 1/4 cup frozen cranberries, whole
- 1 mango, sliced
- 1 banana
- 1/4 cup sliced strawberries
- 1 tsp vanilla extract
- 1 cup coconut milk

Place all ingredients in a blender. Blend well and serve chilled.

Warning: Contains coconut.

Sugar Icing

- 1 cup powdered sugar
- 1/4 cup water

Place sugar in a small cup. Add water drop-by-drop, stirring after every drop. Stop when all of the sugar is wet. Pour or spread over item of choice.

Note: Add cocoa powder for "chocolate icing".

Hot Pumpkin Choco-latte

- 1 cup dairy-free milk
- 1 tsp cocoa powder
- 1 tbsp pumpkin puree
- 1 tsp cinnamon
- 1 tbsp sugar or maple syrup

Blend all ingredients. Pour in a saucepan, and heat. Allow to reduce slightly. Serve hot.

Warning: Contains cocoa.