

# **Magic for Breakfast**

## Three Easy-To-Make Gluten Free Favorites

A Book by Amy Cesari

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## **Bring Back the Breakfast Magic.**

### ***Do you want a delicious gluten-free treat for breakfast?***

Nostalgic breakfast cereals. Pastries and fritters. Old-fashioned donuts with maple icing and cake donuts with rainbow sprinkles. The buttery, syrupy bliss of a big Belgian waffle. Pancakes. Coffee Cakes. Crepes. What's life without a few of these?

### **Breakfast is served, no gluten necessary.**

Breakfast is powerful stuff. When you first go gluten-free (GF), it's easy to feel left out of the morning ritual of doughy, sugary breakfast treats.

### **Making magical GF breakfast is easier than you think.**

This book will show you 3 essential gluten-free favorites — pancakes, granola, and the most epic coffee cake you've ever had —GF or not. Each is easy to make and captivating enough to want again and again. The pancakes are ready in 20 minutes or less. The granola can be made ahead of time and stored for weeks, perfect for traveling. The coffee cake is quick to mix up and ready to eat in less than an hour—worth it for the indulgent experience of puffy moist cake and crumbly cinnamon-sugar topping.

So do you want to bring back the buttery, sugary magic of breakfast?

**Get this book, and get started baking!**

## Perfect Gluten-Free Pancakes

*Cake For Breakfast? Sign me up.*



A culturally acceptable “cake for breakfast” option that is also super easy and satisfying to make ... what could be better? Maple enhances spiritual healing, so there’s no reason to wonder why slathering maple syrup on a stack of magic circles makes you feel so awesome.

Add whipped cream or ice cream, and you’ll be starting your weekend on an incredible high-note of sweet deliciousness. You can also top it with fruit purée and natural sugar to keep it healthy.

### Pancake Ingredients

**½ cup tapioca flour/Starch (60 g)**

**¼ cup brown rice flour (35 g)**

**¼ cup sorghum flour (33 g)**

**2    teaspoons baking powder (9.6 g)**

**½    teaspoon salt (1.6 g)**

**½    teaspoon xanthan gum (1.4 g)**

**1    large egg**

**¾    milk (175 ml)**

**½    teaspoon vanilla extract**

**Butter or oil to grease the pan when cooking**

*\* You can sub the tapioca, brown rice, and sorghum with 1 cup (130g) of a store-bought GF Flour blend. If the gluten has xanthan gum, don't add any more. Results may vary.*

## **Pancake Instructions**

1. Mix the dry ingredients together just briefly (**flours, salt, xanthan, and baking powder**)
2. Add the rest of the wet ingredients (**egg, milk, and vanilla**) and mix on medium-high or well by hand. You'll have a batter that is pourable with a little bit of texture—not too runny or flat.
3. Heat a griddle or frying pan to medium heat.
4. Melt a generous amount of **butter** (preferred) or oil in the pan and spread it around.
5. Pour some batter into the pan.
6. Cook on the first side till bubbly all over. You can gently lift the edge to see if it's brown enough before flipping.

7. With a fluid and confident movement and a sturdy spatula, flip your pancake over.
8. Cook till brown on the other side.
9. Serve hot with your favorite toppings.

## Using Pancakes as Sorcery



Once you get the basic recipe down, there are infinite ways for you to customize and cast your own herbal elements into your pancakes. Not only can you add tasty toppings and fruity elements, you can also experiment and use different flours depending on what you're in the mood for or what you've got in the pantry.

## ***Experiments in Alternative Pancake Flours***

One of the most unexpected benefits of having to eat GF is the huge variety in flour, grains, and ingredients that open up before you. It's so healthy to eat a variety—why stick to just one type of flour?! Going GF “forces” you into that, but if you look at the benefits and not the differences, this new world of alternative flour gives you the opportunity to experiment.

Here's my favorite alternative flour combo. Use this ratio as a starting guide for your own experiments—keep it 50 percent starch, and then use two more flours at 25 percent each.

### ***Buckwheat\* and Millet Pancakes:***

\*Note: Buckwheat is not wheat at all and is totally GF and delicious and nutritious and magical. Give it a try!

Use this flour combination instead of the tapioca, brown rice, and sorghum listed in the main recipe. Follow all of the other ingredients and instructions in the original recipe as written.

#### **GF flour mix (one cup total):**

**$\frac{1}{2}$  cup tapioca flour/Starch (60 g)**

**$\frac{1}{4}$  cup buckwheat flour (30 g)**

**$\frac{1}{4}$  cup millet flour (33 g)**



## *Adding Fruits and Other Magical Elements*



You can raise your vibration with pancake toppings. Raw fruit, maple syrup, and high-quality butter is my favorite combo. And I sprinkle a little coconut sugar or brown sugar on top for extra sweetness.

You can also add fruit to the batter, such as smashed banana, blueberries, or chopped apples. Fold in about 1/2 cup or a small handful of smashed or chopped fruit to the batter and pan cook as directed.

See the [Magical Properties of Common Breakfast Ingredients](#) page for more ideas on what elements you can draw into your pancakes.

## Granola Magic

### *Apple and Spice Granola*



I'm super-sensitive to the gluten, so I find it essential to pack GF snacks with me when I travel. Granola is my favorite travel snack because it brings the warm comfort of my kitchen with me, wherever I go. It's also perfect for a quick work or school-day breakfast. You can make a big batch ahead of time and store in serving-sized containers for well over a week, although it never lasts that long in my house.

Follow this classic Apple and Spice recipe, or go nuts adding your own mix of nuts, berries, fruits, seeds, spices, and whatever other magic herbal elements are calling (or what's on hand.)

### ***Granola Ingredients and Equipment***

**2½ cups gluten free oats (285 g)**

**1 cup dried apples (100 g)**

**$\frac{3}{4}$  cup raw nuts (100 g) cashews, almonds, or a mix. You can use roasted nuts if you don't have raw.**

**1 tablespoon cinnamon (8 g)**

**2 teaspoons cloves (4.5 g)**

**$1\frac{1}{2}$  teaspoons salt (5g)**

**$\frac{1}{3}$  cup sugar syrup (100 g) recipe to follow, or sub with  $\frac{1}{2}$  the amount listed of organic store-bought organic corn syrup.**

**$\frac{1}{4}$  cup brown sugar (44 g)**

**$\frac{1}{4}$  cup unscented coconut oil (56 g)**

#### **Sugar Syrup Ingredients:**

**$\frac{1}{2}$  cup water (120 ml)**

**$\frac{1}{2}$  cup sugar (95 g)**

#### **Equipment:**

- Baking Sheet Pan
- Silicone Pan Liner/Parchment Paper
- Food Processor or Chopping Bowl, Knife, and Patience to Chop by Hand
- Various Mixing Bowls
- Small Saucepan

- Sturdy Spoons
- An Oven

## ***Apple and Spice Granola Instructions***

### **PREP**

- Line a standard rectangular baking pan with a silicone mat or parchment paper. This step is essential to make sure your granola doesn't stick or burn.
- Prepare your dried fruit and raw nuts by soaking in cold water for 20 minutes. This process hydrates them so they won't burn while cooking. Leave them in their whole form. You'll chop them after they have soaked.
- While your fruit and nuts are soaking, prepare the sugar syrup.

### **HOW TO MAKE THE SUGAR SYRUP**

(You can substitute with organic store-bought corn syrup, using about 1/2 the amount of what's listed above for sugar syrup.)

- o Mix equal parts water and sugar in a small saucepan. I use one cup sugar and one cup water, but you can use 1/2 cups to make less.
  - o Cook on medium heat until the mixture boils and becomes clear. (It'll start out cloudy, then clear up).
  - o Then simmer on low, stirring frequently, for about 5 minutes.
  - o Store extra syrup in an airtight glass container for a couple of weeks.
- 
- Drain the water from the fruit and nuts that have soaked.
  - Chop the drained, soaked fruit and nuts in the food processor

or by hand. You can make them as small or as large as you'd like for your granola. Our household prefers granola fixin's chopped on the finer side.

### **MIX:**

1. Preheat your oven to 275° F (135° C)
2. Mix the **oats, salt, cinnamon, cloves,** and **brown sugar** in a large bowl by hand.
3. Add the **chopped, soaked, dried fruit, and nuts.** Mix again by hand.
4. Add the **sugar syrup** and **melted coconut oil.** Stir well, until all of the oats are evenly coated.
5. Taste the raw oats and add additional **salt, sugar,** or **spice** as you like.
6. Once spiced to taste, place the granola mixture onto the lined pan, spreading it out evenly to the corners and edges.
7. Wet your hands or spatula and press the granola into the pan firmly, squishing it all together and packing it in flat. Try to get it even and well packed. I find it easier to use my hands, but you can use a spatula or some other implement to press it down, if you'd prefer.

### **BAKE AND COOL:**

1. Bake at **275° F (135° C)** for **40 minutes,** then turn up the oven to **300° F (150° C).** and bake for an **additional 20 minutes** or

until the corners and edges of the granola just start to brown.

2. Put the pan on a cooling rack and let the granola cool on the pan for 7 minutes. Use two small inverted plates if you don't have a cooling rack.
3. Then break it up into large pieces and flip them over, laying them loosely piled on the pan. This is an important step to get a nice crunch. If you leave it on the hot pan, it stays wetter as it cools. Flipping over and allowing the granola some air to cool on all sides is essential to an even crunch. And please, use caution or a spatula and oven mitt in this step as your pan may still be hot!

## **CRUNCH TIPS:**

- a People have unique crunch preferences! Some people love it that this granola can be made chewy; some like it super-crunchy.
- o The longer you cook your granola, the crunchier it will be. The granola will continue to get crunchy as it cools, so keep that in mind.
- o The thickness of the granola spread on the pan will also affect the crunch-to-chewy outcome. Pack it a little thicker, and you can achieve more chewiness. A thinner spread of granola will achieve maximum crunchiness.
- o It's also imperative that the granola doesn't burn or go past a stage of "just browning" in the oven. If it burns, it'll be ruined in taste and magic.

If you desire a super-crunchy granola, cook it at 275° F (135° C) for longer, more like 50 minutes. Then turn up to 300° F (150° C) and finish till it just browns on the corners and edges.

- I'd suggest trying the cooking times and temps in the recipe exactly as they are for your first batch, then experimenting from there as you work with your own preferences.

**Granola: Ideas and Other Flavors**

It's no coincidence that oats are a comfort food. Oats by their nature present a powerful key to promote ease and relaxation in our souls and nervous systems.

But the true Wizardry of Granola comes from you—when you channel your power and intuition to make your own deliciously fruity, nutty, spicy creation. Pick what calls to you from the fruits, nuts, spices, and seeds of our planet, and cast your own custom breakfast spell into the magic bowl of oats. The fragrance of your own warm, homemade nuggets of wholesome goodness will bless your house as you bake it and for days to come as you devour it at future breakfasts.

It's easy to sub out the dried fruit for any dried fruit and the nuts for any nut or seed. Follow the same soaking instructions to make sure your magic herbal bits don't burn or dry out too much. Here are some ideas to get you started, however, keep in mind that you can't go wrong in subbing out the listed ingredients for other favorites.

## *Chocolate Peanut Butter Lover-Lover*



Add some extra spiritual bliss and enthusiasm for loving everyone and everything with this awesome granola variation. Sweeter and more dessert-like, it's delightful over a big cup of Greek yogurt.

### **INGREDIENTS**

**3½ cups gluten free oats (400 g)**

**¾ cup raw nuts (100 g) cashews, almonds, etc. You can use roasted nuts if you don't have raw.**

**2 teaspoons cinnamon (5 g)**

**⅓ cup sugar syrup (100 g) [recipe here](#), or sub with 1/2 the amount listed of organic store-bought organic corn syrup.**

**⅓ cup melted peanut butter (85 g), more or less to taste**

**1 teaspoon salt (3 g)**



### **POSSIBLE ADDITIONAL SUGAR TO TASTE:**

**1/4 cup brown sugar (50 g) more or less to taste. Mix up the above and taste before adding this sugar—it might be sweet enough!**

### **AND TO TOP OF IT OFF AT THE END:**

**10 oz semi-sweet chocolate chips**

### **PREP AND MIX**

Follow the instructions in the Apple and Spice recipe but use the above ingredients and measurements instead. Here's what's different:

- **More oats**
- **No dried fruit**
- **Peanut butter instead of coconut oil**
- **Less spice and salt.**
- **Possibly less brown sugar to taste, as to make sure it's not overly sweet with the addition of peanut butter and chocolate on top.**
- **The chocolate is applied after baking.**

### **BAKE**

1. Bake at **275° F (135° C) for 40 minutes**, then turn up the oven to **300° F (150° C)**, and bake for an **additional 20 minutes**, or until the corners and edges just start to brown.
2. Remove the granola from the oven and turn the oven off.

## **ADD CHOCOLATE**

1. Evenly pour the chocolate chips over the hot granola.
2. Use your oven mitt and return the granola pan with chocolate chips into the hot oven for 30 seconds to 1 minute, just long enough for the chocolate chips to melt.
3. Take the pan out of the oven again and use a spatula or knife to spread the melted chips all over the top of the granola.



## **COOL**

1. Put the pan on a cooling rack and let the granola cool on the pan for 10 minutes. Use two small inverted plates if you don't have a cooling rack. You want to lift it to get airflow to the bottom of the pan.
2. Once the chocolate is mostly cooled and solid, carefully break the granola into large pieces and flip them over, laying them loosely piled on the pan. This is an important step to get a nice crunch. If you leave it on the hot pan, it stays wetter and not as crunchy as it cools. Flipping over and allowing the granola some air to cool on all sides is essential to an even crunch. And please use caution or a spatula and

oven mitt in this step as your pan may still be hot.

## ***Berry Powerful Vanilla***



**2½ cups gluten free oats (285 g)**

**¾ cup dried blueberries (75 g)**

**¼ cup dried Goji Berries or other berry or fruit (25 g)**

**¾ cup raw almonds (100 g) roasted nuts will work fine if that's what you have on hand.**

**2 teaspoons vanilla extract (9 g) or more to taste**

**1 teaspoons salt (3g)**

**⅓ cup sugar syrup (100 g) [recipe here](#), or sub with 1/2 the amount listed of organic store-bought organic corn syrup.**

**1/4 cup brown sugar (44 g) more or less to taste**

**1/4 cup unscented coconut oil (56 g)**

Prepare exactly as directed in the Apple and Spice recipe, using dried berries instead of apples and vanilla instead of cinnamon and cloves. Of course, feel free to mix up whatever spices and fruits you like!

## ***Tropical Trickster***

**2<sup>1</sup>/<sub>2</sub> cups gluten free oats (285 g)**

**3/4 cup dried pineapple rings (80 g)**

**1/4 cup crystalized ginger (25 g)**

**3/4 cup raw nuts (100 g) cashews, mixed nuts with macadamia, whatever you like. You can use roasted nuts if you don't have raw on hand.**

**2 teaspoons vanilla extract (9 g) or more to taste**

**1 teaspoons salt (3g)**

**1/3 cup sugar syrup (100 g) recipe here, or sub with 1/2 the amount listed of organic store-bought organic corn syrup.**

**1/4 cup brown sugar (44 g) more or less to taste**

**1/4 cup unscented coconut oil (56 g)**

Prepare exactly as directed in the Apple and Spice recipe, using dried pineapple and crystalized ginger instead of apples and vanilla instead of cinnamon and cloves. Of course, feel free to mix and concoct with whatever spices and fruits you wish.

## **Best Gluten-Free Coffee Cake Ever.**

### *The Cake of Enchantment.*



A chunk of this easy-to-bake coffee cake can win over the coldest hearts — GF or not. Comforting and decadent, weighty swirls of cinnamon-sugar goodness top a hearty, fluffy, generous cake.

The key ingredients in this recipe —cinnamon, vanilla, sugar, and butter—all contain elements of love, harmony, connection with a higher vibration, and a soothing spirituality. Try to get the highest quality available. When you use organic, fresh, and sincerely made ingredients, the magic of your final baking outcome will always be enhanced.

## *Coffee Cake Ingredients and Prep*



This recipe makes one 9 x 16" (23 x 33 cm) scrumptious GF coffee cake, approximately 12 slices. If you want to make less cake, you can prepare half of the recipe and bake it in an 8-9" (20-23 cm) round cake pan (or the whole recipe in two round cake pans).

**SUGAR TOPPING INGREDIENTS** (Mix separately in a small bowl and set aside.)

- 1 cup brown sugar, slightly packed (190 g). You can use less to suit your taste.**
- 2 tablespoons GF flour, any kind (20 g)**
- 2 tablespoons melted butter (30 g)**
- 2 teaspoons cinnamon (5.5 g)**

**CAKE INGREDIENTS**

**½ cup + 2 tablespoons coconut oil, melted and unscented (125 g)**

**2 large eggs, beaten**

**1 cup milk (230 ml)**

**1½ cups tapioca flour/starch\* (180 g)**

**¾ cup brown rice flour\* (105 g)**

**¾ cup sorghum flour\* (100 g)**

**1½ cups sugar (290 g)**

**4 teaspoons baking powder (19 g)**

**1 teaspoon salt (3.5 g)**

**1 teaspoon vanilla (4.5 g)**

**1 teaspoon xanthan gum (3 g)**

*\*You can use 3 cups (400 g) of a store-bought GF Flour Mix instead of the tapioca, brown rice, and sorghum flours. If your flour mix includes xanthan gum, don't add any more (results may vary!)*



## *Coffee Cake Instructions*



### **PREP**

1. Take the milk and eggs out of the fridge ahead of time if possible, bring to room temperature.
2. Grease a 9 x16" (23 x 33 cm) rectangular cake pan with butter or coconut oil.
3. Prepare the sugar topping in a small bowl. Mix it up, set aside.

### **CAKE INSTRUCTIONS**

1. Preheat your oven to 375° F (190° C).
2. In your mixer bowl or large bowl if mixing by hand: gently mix the wet ingredients, melted coconut oil, eggs, and milk with the paddle attachment or sturdy spoon.
3. Add the sugar and beat it in really well. Set your mixer on medium-high with the paddle attachment and mix for one minute, or by hand for a minute or more.

4. Add the GF flour, baking powder, xanthan gum, and salt. Mix well, another minute or so.
5. Add a little more milk if the consistency isn't fluid and silky enough. It should be almost pourable, not too stiff!
6. Spread the cake batter evenly in your greased pan.
7. Crumble the sugar topping on top of the cake batter, then use a butter knife to run through the cake several times in each direction to get the topping to sink in a bit. Shake the pan gently or tap on the counter a couple of times to even out the sugar topping.
8. Bake for 25 minutes at 375° F (190° C). The edges of your cake will be browning, your fork will come out almost clean, and your kitchen will smell heavenly.

## **MAGIC VARIATIONS**

**Blueberry Charm.** If you're in need of luck or protection from psychic attack, top the cake with up to one cup of organic blueberries before the sugar topping. Slightly mix the blueberries into the cake batter or leave the berries on the top of your cake.

**Chocolate Conjuror.** Although the elements in the basic recipe already conjure up love, bliss, and spiritual harmony, add an extra-strength dosage and banish any bad mood or tension with some chocolate. Pour 3/4 cup of semi-sweet chocolate chips on top of the cake before spreading the sugar topping. You can mix the chocolate chips into the cake batter slightly or leave it sitting on top if you prefer.

**Banana Walnut Brain Boost.** This variation is a powerful way to evoke mental powers and spiritual energy for a creative day. Fold two ripe, well-mashed medium bananas to the cake batter after mixing. Also sprinkle 1/2 cup of chopped walnuts on top of the cake before spreading the sugar topping.

# Magical Properties of Breakfast Ingredients

*Powerful. Easy. Delicious.*



Here are some known magical properties of the ingredients in this book, plus some additional elements to consider.

(In Alphabetical Order)

**Apples.** Promotes love, healing, peace, plus loads of ancient mystique. Known as “fruit of the gods” or “fruit of the underworld” in mythology. Also helpful in divination and serves as a symbol of the harvest.

**Banana.** Increases fertility, passion, prosperity, and cozy feelings of spiritual euphoria.

**Blueberries.** Protects against evil, enemies, or psychic attack. A berry of grounded luck, acceptance, and grace.

**Buckwheat.** Enhances financial security and protects from evil. Commonly used in magic circles or to cast spells, it also makes a

delicious gluten-free pancake.

**Butter.** Soothing, especially in relationships or to ease tension. Sacred, spiritual, revered, and not to be taken for granted.

**Cashews.** Symbolizes prosperity, money, and light.

**Chocolate.** Bringer of love, joy, and spiritual bliss.

**Cinnamon.** A holy anointing oil. Enhances your connection to the divine creative source—psychic powers, success, healing, love, and positive vibrations.

**Coconut Oil.** Aids in finding your way to a more spiritual state. Purity.

**Goji Berries:** A fruit of longevity and lore, plus tons of antioxidants and a proven “super food” in the eyes of modern nutrition. Increases laughter, happiness, and a positive mood.

**Mango.** Inspires love, romance, passion, and spirit.

**Maple.** Enhancement of love, spiritual healing, and abundance of all things, including money!

**Milk.** A symbol of love. Life giving and sacred.

**Mint.** Strong in healing powers.

**Oats.** Comforting, soothing, but also promotes prosperity and abundance. Relaxes the mind, body, and nervous system.

**Peanuts.** Summons an energy that brings money, enthusiasm, and vigor to life. Also a source of protein!

**Rice.** Assists in protection, money, and fertility. One of the seven

sacred grains.

**Sorghum.** Encourages happiness and sweetness, plus it's rich in protein, antioxidants, and fiber.

**Sugar.** Symbolic of love, harmony, purification, and cleansing.

**Tapioca/Cassava.** Protects against starvation. A giver of life in extreme circumstances. It represents female power, fertility, and community/family in African folklore.

**Walnut.** Promotes health and mental powers.

**Vanilla.** Muse of love, lust, and passion. Increases mental powers and the connection to a higher vibration.

## **Thank You!**

If you enjoyed this book,

- Check out my other books, recipes, and crafty inspiration at [WitchCrafty.biz](http://WitchCrafty.biz).
- Write a quick review on Amazon!
- Make a magic breakfast for a GF friend.
- Recommend this book to someone who'd like it.

Thanks for your support and have fun!

-Amy

