

Global Fusion Americana

E-Series 

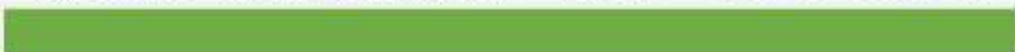
WHEAT FREE

COOKBOOK

30 wheat-free recipes



By: Keith Thomas Murphy AKA: **Chef Murph**





I have a diverse background. I am graduate of Escoffier International Culinary Academy in Hoffman Estates, Chicago IL, specializing in: Culinary, Pastry, World Spices and Salts, with diplomas in Gourmet Cooking, Herbology, and Restaurant Management through Penn Foster/CIA. I has completed certificate programs in Child Nutrition from Stanford University, Blue Chef Sustainability Certification from Blue Ocean Institute/Collaborating Chefs, Stoney Creek Long Island, Nordic Diet from University of Copenhagen, and Food Chemistry/Food for Thought from McGill University, Montreal Canada. Completed diploma programs in aquaponics and commercial farming including: RAS Engineering, from Cornell University, Aquaponics Short Course from University of the Virgin Islands, Aquaculture 101 from University of Hawaii and Aquaponics Faming with Tilapia, from Morning-star Fisherman. I am also a certified Wine Sommelier from Mediterranean Wine School, Malta EU. I have completed the New Jersey Food Safety Managers Certifications. Certificates in Global Supply Chain Intro, Design and Management from Tribhuvan University, Kathmandu, Nepal India In addition I have a BS in Business Management from Thomas A Edison State College, Trenton, NJ, AA General from University of Maryland, Heidelberg Germany and a graduate of the Federal Law Enforcement Academy, Glenco GA. I am American Trucker one of a few American Long haul truckers with over 20+ years driving including 3.2 million miles covering over 49 states 3 Providences of Canada, Europe and Asia. I have also served in the United States Army with a rank of E-6, Infantry: Special OPS, Light, Air Assault, Airborne and Nuclear PRP Program. In addition, I served 3 years as a federal law enforcement officer, including serving on the 1993 Terrorist Task, and Organized Crime Task Force and 3 years in the banking industry working as solicitor to becoming a bank licensee

Currently, on a quest for knowledge about anything pertaining to nutrition, health and food production to help my fellow man in need, I am writing a series of cookbooks about American Cuisine and what makes us great, the melting pot of food and culture.

This book is written because of so many people asking for help included are the links so you can find more information. Murph



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Food Safety

Temp You're Food!!!

USDA Recommended Safe Minimum Internal Temperatures

					
Beef, Veal, Lamb Steaks & Roasts 145 °F	Fish 145 °F	Pork 160 °F	Beef, Veal, Lamb Ground 160 °F	Egg Dishes 160 °F	Turkey, Chicken & Duck Whole, Pieces & Ground 165 °F

Ground Meat and Meat Mixtures

Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

Mechanically Tenderized Meat	155°F
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Fresh Beef, Veal, Lamb

Medium Rare	145°F
Medium	160°F
Well Done	170°F

Poultry

Chicken and Turkey, whole	180°F
Poultry breasts, roast	170°F
Poultry thighs, wings	165°F
Duck and Goose	165°F
Stuffing (cooked alone or in bird)	165°F

Fresh Pork

Roasts	160°F
Medium	160°F
Well Done	170°F

Ham

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

Eggs and Egg Dishes

Eggs	Cooked until yolk and white are firm
Egg dishes	160°F

Leftovers and Casseroles	165°F
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Legal Disclaimer

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The author shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential or other damages.

Additional Article Written

Tailgating Foods, that are a threat to Gluten Sufferers

<https://storify.com/Murph/5-common-tailgating-foods-that-are-a-threat-to-glu>

Seven Grains, You Can Eat on a Gluten Free Diet

<https://storify.com/Murph/seven-grains-you-can-eat-on-a-gluten-free-diet>

Sources of Gluten

<https://storify.com/Murph/sources-of-gluten>

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More and more people are turning to wheat-free diets. I get tons of email asking for help. This work has been copied from websites with the links included to help. Despite the media coverage and ever growing list of gluten-free products on the market, some folks are still confused about this topic and how they can take part in this ever-growing trend. This short recipe book will help you get started with your new wheat-free lifestyle.

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Bacon & Cabbage Breakfast

Ingredients

8 or 9 slices of bacon
Cabbage slices
Bacon grease, use leftover from cooking bacon
Sesame salt, to taste
Kosher salt, to taste
Freshly ground black pepper
Feta cheese
Tomato slices or chunks

Instructions

Preheat oven to 400 degrees. Fahrenheit.

Using cookie sheet or rectangular baking pan with edges, line the pan with tin foil.

Place bacon, lying flat, with room in between each slice.

Bake in preheated oven for 15 minutes if using thin bacon or 20 minutes if thick bacon is used.

Drain bacon grease into a heavy frying pan to cook the cabbage slices in.

Either toss the cabbage in right away while grease is still hot or reheat the grease.

Cook the cabbage over medium low heat for 20 to 30 minutes, until cabbage is tender.

Add the sesame salt, kosher salt and pepper to taste.

Serve it up with bacon pieces, feta cheese, tomato quarters and extra sesame salt if desired for taste.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/08/08/pretty-in-purple-grain-free-bacony-breakfast/>

Bacon Veggie Soup

Makes 4 to 6 cups

Cauliflower Cream Soup Base:

Ingredients

A high-powered blender or food processor
1 cleaned head of cauliflower, center stalk removed
1/2 cup heavy cream
1/2 cup softened cream cheese
Shredded cheese
Roasted garlic or other seasonings to taste

Soup Base Instructions

Steam the cauliflower in a few inches of water in a covered stockpot on the stove top.

Let it steam until the cauliflower is very soft, about 20 minutes or so.

Strain cauliflower when it is ready, letting as much water drain out as possible

Transfer cooked cauliflower to a high speed blender or food processor. (If your cauliflower is large or your bowl is small, you may have to do this in more than one batch.)

Blend cauliflower until smooth, adding 1/2 cup heavy cream as you go. Blend until it is as smooth as pudding.

Once it is blended to the right consistency, add the softened cream cheese.

Continue processing until all the small pieces are blended in as well.

Other Ingredients

1 cup bacon, diced
1 onion, diced
1- 12ounce bag mixed shredded veggies (broccoli hearts, cabbage and carrot)
32 ounce container of chicken broth
2 bay leaves
8 ounces shredded cheddar cheese, sharp white
Crispy ham to garnish

Instructions

Prepare Cauliflower Cream soup base and set aside.

Sauté bacon until nearly crisp and fat is rendered in a stock pot or Dutch oven.

Over medium heat, add onions to cooked bacon, cooking and stirring for 3 to 5 minutes.

Add shredded vegetable mix and cook, until vegetables begin to soften, about 5 to 8 minutes while stirring occasionally.

Add broth to pot.

Simmer until vegetables are cooked, about 15 to 20 minutes.

Carefully add Cauliflower Cream to pot.

Gently mix all thoroughly, and then bring the soup back up to temp.

If using cheese, add it a little at a time, stirring after each addition to melt the cheese.

Top with crispy ham, if desired, in serving bowls.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/11/07/easy-creamy-veggie-soup-with-bacon-grain-free-low-carb/>



Beef & Broccoli Stir Fry

Ingredients

Marinade for the Beef:

- 2 Tablespoons apple cider vinegar
- 5 Tablespoons fish sauce (or 1 teaspoon sea salt + 1/4 cup stock)
- 1 Tablespoons honey
- 1 Tablespoons grated fresh ginger, peeled
- 1 teaspoon chili pepper flakes
- 1 teaspoon ground cumin

Beef and Broccoli Stir Fry:

- 1 1/2 pound top sirloin steak
- 2 Tablespoons coconut oil
- 1 Tablespoon sesame oil
- 3 to 4 entire green onions, sliced 1/2-inch apart, green and white parts
- 1 head broccoli, cut into small florets
- 2 crushed garlic cloves
- 2 to 3 seeded, sliced hot chiles
- 1 inch peeled nob of ginger, cut lengthwise into matchstick shapes
- 1/2 cup chopped loosely packed cilantro

Instructions

Chill beef in the freezer for 30 minutes before slicing to make it easier to slice.

Cut into thin strips, about 1/2 inch by 2 inches

Toss with marinade ingredients in a bowl & allow it to marinate all day

Stir fry: Heat oils until very hot over medium-high heat in a skillet.

While oil is heating, drain marinade from beef.

Sauté beef in 3 to 4 small batches about 1 minute, or until browned on the outside but rare on the inside. Transfer meat to a bowl

Stir fry the rest of the ingredients

Cook for just a few minutes, until vegetables are cooked to desired doneness.

Scoop onto serving plates.

Pour juices remaining in the bottom of the pan on top of concoction.

Adapted from:

<http://www.healthhomehappy.com/2013/09/beef-broccoli-stir-fry.html>

Bun Free Burger with Sweet Potato Fries

The Fries:

Ingredients

1 large sweet potato per person, thick or thin slices, peeled or unpeeled
Non-stick cooking spray
olive oil
garlic salt
onion powder
fresh ground pepper
cinnamon

Instructions

Preheat oven to 425 degrees Fahrenheit.

Prepare potatoes for cooking.

Use non-stick spray of tin foil to line a cookie sheet.

Toss potatoes in olive oil, garlic salt, onion powder, fresh ground pepper and cinnamon to coat well.

Place readied potatoes on cookie sheet. Bake in preheated oven for around 15 minutes, turning every 5 minutes or so.

The Burger:

Ingredients

Burger patties grilled in preheated oven to preferred doneness
blue cheese
sauteed onions
sauteed mushrooms
1 slice Swiss cheese per burger, melted under the broiler for a couple minutes
shredded lettuce
sliced tomatoes
sliced avocados
burger dressing of mix of light mayo and mustard

Assembly:

Essentially, you will place each burger on a slice of lettuce and then top each burger with the other ingredients to your preference.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/04/20/burger-salad-and-sweet-potato-fries-2/>

Chocolate Cheesecake Pops

Serves: 12

Ingredients

3/4 cup slivered almonds, blanched
1/4 cup unsweetened cocoa powder
2 Tablespoons coconut flour
1 teaspoon ground cinnamon
1/4 cup plus 2 Tablespoons pumpkin puree, canned
20-30 drops liquid Stevia sweetener, to taste
Chopped pecans, for rolling
12 lollipop sticks or small candy cups
1/4 teaspoon sea salt

Instructions

Grind the almonds, cocoa powder, coconut flour, cinnamon, and salt about 1 minute, until fine, in a food processor fitted with the steel blade.

Add the pumpkin to this concoction and with the setting on pulse, mix to combine well.

Add the Stevia sweetener and process until the mixture forms dough.

Roll the dough into small balls of 1 – 1 1/2 inches in diameter.

Roll each ball in chopped pecans, pressing firmly so they adhere.

Insert a lollipop stick into each ball.

Serve right away or the pops can be stored in the refrigerator in an airtight container until you are ready to enjoy them.

Adapted from:

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1894995>

Chocolate Covered Pistachio Treats

Serves: 18

Ingredients

1 ounce baking chocolate, unsweetened squares
5 Tablespoons Coconut Oil
1/2 cup Pistachio Nuts
4 Tablespoons Chia seeds of Flaxseeds
12 teaspoons Truvia sweetener

Instructions

Melt cocoa using the double-boiler method. If no double-boiler available, melt cocoa in microwave in 15-20 second increments.

Stir in coconut oil, pistachios, and flaxseeds or chia seeds.

Stir in sweetener, mixing thoroughly

Line a large baking pan with a sheet of parchment paper.

Pour chocolate mixture slowly onto parchment paper, tilting pan carefully to spread it evenly until it is the thickness of thick cardboard.

Place pan in refrigerator or freezer for 20 minutes.

Remove chocolate from pan.

Break chocolate into pieces of desired size with your hands.

Adapted from:

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1894929>

Coconut Pecan Cowboy Cookies

Yield: 2-3 dozen

Ingredients

2 1/2 cups almond flour, blanched
2 tablespoons coconut flour
1/2 teaspoon Celtic sea salt
1/2 cup coconut oil or butter
2 eggs
1 tablespoon vanilla extract
1/2 cup honey
1/2 cup pecans, chopped
1/4 cup shredded coconut
1/4 cup chopped raisins or other dried fruit

Instructions

Mix the honey and coconut oil or butter until creamy.

Add in both types of flour, sea salt, eggs, pecans, coconut and fruit and mix well.

Make 24 to 36 balls of 1/2 inch size.

Drop the balls onto a parchment lined baking sheet, spacing them about 2 inches apart.

Bake in oven at 350 degrees Fahrenheit for 7 to 10 minutes.

Let cool and serve.

Adapted from:

<http://www.healthhomehappy.com/2011/06/two-grain-free-cookie-recipes.html>

Creamy Cabbage Salad

Serves 4

Ingredients

1/2 head purple or green cabbage, thinly sliced
1/4 cup mayonnaise
1/2 cup yogurt, full fat
1/2 teaspoon sea salt
1 teaspoon ginger, ground
1/2 cup dried mango or dried raisins

Instructions

In a large salad bowl, mix cabbage slices, mayonnaise, yogurt, sea salt, ginger and dried fruit, tossing well to evenly distribute the salt, ginger and fruit. Cover & allow chilling overnight in the refrigerator.

Adapted from:

<http://www.healthhomehappy.com/2010/12/creamy-cabbage-salad-with-dried-mango.html>

Crispy Ginger Chicken with Shirataki Noodle Salad

4 servings

Ingredients:

4 thigh/leg chicken quarters
1/2 cup tamari
2 Tablespoons finely chopped fresh Tarragon & Parsley
Garlic & Ginger powder to taste
Sesame seeds (as garnish)

Instructions

Preheat the oven to 375 degrees Fahrenheit. Line a baking or cookie sheet with aluminum foil.

Rinse chicken and pat it dry. Gently separate the chicken skin from the meat (leaving it attached at the sides).

Brush under the skin with the tamari. Season with tarragon, parsley, garlic powder and powdered ginger to taste preference. Pull the skin back into place.

Brush the chicken on both sides with tamari, season with herbs, spices and more tamari.

Bake at 375 degrees Fahrenheit, for 45 minutes, rotating the pan partway through cooking.

Raising temp to 425 degrees Fahrenheit, cook for another 10 minutes or until internal temperature reads 165 degrees Fahrenheit.

Adapted from: <http://ggiswheatfree.wordpress.com/2013/01/09/crispy-herbed-tamari-ginger-chicken-with-asian-inspired-shirataki-noodle-salad/>

Easy Flaxseed Wrap

Serves: 1

Ingredients

3 Tablespoons flaxseed, ground
1/4 teaspoon baking powder
1 Tablespoon coconut oil
1 large egg
1 Tablespoon water

Instructions

Mix flax and baking powder together in a bowl.

Stir in melted coconut oil.

Beat in the egg and water until blended.

Pour into greased microwave safe pie plate.

Microwave on high until cooked, about 2 to 3 minutes.

Allow to cool for about 5 minutes.

Gently lift an edge with a spatula, loosen from the pan.

Flip the wrap over and fill with desired fillings and/or top with desired toppings.

Adapted from:

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1900264>

Fruit Topped Buckwheat pancakes

Yields 8

Ingredients

1/2 cup almond flour
1/2 cup buckwheat flour
2 Tablespoons baking powder
Pinch of salt
1 Tablespoon Truvia or preferred sweetener
1 Tablespoon vanilla extract
2 eggs
1/2 cup plus 2 Tablespoons buttermilk
Butter or oil to grease griddle

Instructions

Heat griddle to 325 degrees Fahrenheit.

Combine almond flour, buckwheat flour, baking powder, salt, and sweetener in a food processor, pulsing until mixed completely.

Add vanilla extract, eggs and buttermilk, blending well.

When griddle is hot, coat with butter or oil. Spoon batter into small sized pancakes.

Cook several minutes until the first side appears to be done and is starting to brown at the edges. Turn and cook other side to desired color and doneness.

Serve with butter and berry sauce.

Berry Sauce

1/3 cup reduced sugar raspberry preserves
1/4 cup fresh or frozen blueberries

Heat ingredients together until the blueberries begin to soften.

Serve over pancakes.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/05/19/almond-buckwheat-buttermilk-pancakes-gluten-free-with-berry-sauce/>



Grain & Gluten Free Coconut Waffles

Servings: 8 waffles

Ingredients

4 tablespoons melted butter
1/4 cup coconut flour
6 eggs
2 to 4 tablespoons pureed apple, pumpkin, banana, pear, or other fruit to mix in
2 tablespoons honey
1/4 teaspoon salt

Instructions

Preheat waffle iron to high.

Grease waffle iron generously with coconut oil.

Mix the coconut flour, eggs, fruit, honey and salt until smooth.

Using a 3/4 cup measuring cup; pour batter onto waffle iron.

Using a butter knife or the back of a spoon; spread the batter to evenly distribute over the iron.

Cook until golden brown, about 3 to 4 minutes.

Repeat with the remaining batter.

You can keep cooked waffles warm by covering with aluminum foil and placing in a 200 degree Fahrenheit oven, if you wish.

Adapted from:

<http://www.healthhomehappy.com/2010/12/coconut-flour-waffles-grain-and-gluten-free.html>

Grain-Free Burrito Bowl

Serves 4

Bean Ingredients:

2 cups navy beans
2 quarts chicken stock
2 quarts of water
Pinch of baking soda
1 tablespoon salt, or to taste

Bean Instructions:

Rinse beans in a colander, removing any rocks or debris that may be in the package.

Cover an inch or more with filtered water in a large bowl. Allow to soak for 12 hours. Change the water and soak for another 12 hours.

In crock pot, cook soaked beans overnight (or all day) on low with the chicken stock, water, baking soda and salt.

Meat Ingredients:

2 pounds ground beef
1/2 teaspoon sea salt
1 teaspoon
1 pinch cayenne
1/2 teaspoon ground cumin

Meat Instructions

Season beef with sea salt, paprika, cayenne and cumin. In a cast iron or stainless steel skillet, start browning the seasoned meat over medium-high heat, breaking up the beef as it cooks.

Topping Ingredients:

4 chopped tomatoes
1 diced onion
1 bunch diced fresh parsley
1 to 2 cups grated cheese
1 to 2 cups yogurt or sour cream
Guacamole (recipe below)
1 head lettuce

Topping Instructions:

As the beef is browning, chop the tomatoes, onions, and parsley and toss together. Grate the cheese.

Wash and tear lettuce. Place leaf portions in bowls.

Top lettuce with the beans, meat, tomato mixture, cheese, guacamole, and sour

Guacamole Ingredients:

2 to 3 ripe avocados
2 garlic cloves
1 teaspoon cumin
1/2 teaspoon sea salt
Juice of one lemon

Guacamole Instructions

Press two cloves of garlic through a garlic press.

Add in 1 teaspoon of cumin, 1/2 teaspoon of salt, the juice of one lemon, and mix well.

Mash in 2-3 ripe avocados with a fork.

Adapted from:

<http://www.healthhomehappy.com/2011/08/make-at-home-chipotle-burrito-bowl-grain-free-gaps-friendly.html>

**Grain-Free, Low-Carb Brownie Nut Energy Bars**

Yield: 32 bars

Ingredients

1 cup raw cashews blended with 1 Tablespoon coconut oil to make smooth cashew butter
4 whole eggs
4 Tablespoon Truvia, or preferred sweetener
1/4 tsp kosher salt
4 Tablespoons Coconut oil
1 Tablespoon vanilla
2 cups almond flour
1/2 cup golden flax meal
1 cup flaked slightly processed coconut
1/2 cup chopped walnuts
2 Tablespoons chia seeds
2 Tablespoons mixed, black & white sesame seeds
2 Tablespoons cacao nibs
4 Tablespoons dark cocoa powder
2/3 cup coarsely ground chocolate chips
1/3 cup preferred sweetener

Instructions

Preheat oven to 325 degrees Fahrenheit.

Line a 9" X 13" baking dish with parchment paper. Butter it lightly.

Combine cashew butter, eggs, sweetener, kosher salt, coconut oil and vanilla in a food processor until smooth.

Using a large bowl, combine almond flour, golden flax meal, coconut flakes, walnuts, chia seeds, sesame seeds, cacao nibs, cocoa powder, chocolate chips, and sweetener; mixing completely.

Incorporate the egg mixture into the dry ingredients, mixing thoroughly until a sticky dough/batter is formed.

Press into lined baking dish and distribute evenly.

Sprinkle additional chocolate chips over top and lightly sprinkle with kosher salt.

Bake for 10 minutes, turn and bake another 10 minutes.

Store in sealed container in refrigerator or wrap tightly and freeze.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/11/06/guilt-free-chocolate-brownie-nut-energy-bars-grain-free-low-carb/>

Homemade Sauerkraut

Yields 2 jars

Ingredients

1 head green or purple cabbage
2 tablespoons course sea salt
2 large mouth mason jars, quart sized
Food processor or knife
Cup or cylinder that fits inside the mason jar for smashing sauerkraut

Instructions

Remove and discard outer leaves of the cabbage. Continue until you get to the clean unblemished leaves underneath

Cut cabbage in half and core. Shred cabbage, creating thin strips, using food processor's 'slicing' disk or with a knife. Pack cabbage into jars

Add 1 tablespoon salt to each jar. Cover and shake well to distribute the salt

Allow to sit out until the cabbage wilts, about an hour. Smash to release juices. Cover again

Allow cabbage to ferment on counter for 3 days. Transfer to the refrigerator to store

Sauerkraut is ready to eat after the counter top fermentation.

Adapted from:

<http://www.healthhomehappy.com/2013/05/whey-free-sauerkraut-for-gaps-intro.html>

**Mulberry Breakfast Granola****Ingredients:**

4 cups walnuts
1/2 teaspoon Celtic sea salt
1/2 cup water

4 pitted dates
5 chopped dried apricots
1/2 cup dried mulberries
1 teaspoon cinnamon

Instructions:

In a 9 x 13 inch baking dish, soak walnuts and salt overnight

After rinsing the walnuts and the baking dish, place the nuts back in the baking dish

Set oven to lowest setting or 135 degrees Fahrenheit.

Dehydrate for 24 hours or until crispy

Remove nuts from oven once fully dehydrated. Set aside

Using a food processor, place dates and water in the bowl.

Pulse until a smooth paste forms

Adding walnuts, apricots, mulberries and cinnamon, pulse until coarse, like granola

Place in oven in 9 x 13 inch baking dish and dehydrate again for 24 hours or until crispy

Serve as cereal with almond milk or a snack

Adapted by:

<http://www.elanaspantry.com/gluten-free-granola/>



Navy Bean & Chicken Chili

Serves 8

Ingredients

2 tablespoons butter
1 whole medium diced onion
4 garlic cloves, crushed
2 diced Anaheim chilies, seeds removed
1 pound white navy beans, soaked overnight and drained
4 cups chicken broth
4 cups filtered water
1 whole Sliced Jalapeno
1 1/2 teaspoons ground cumin
1/2 teaspoon paprika
1/2 teaspoon cayenne pepper
1 tablespoon sea salt
1 cup yogurt
2 egg yolks
3 cups diced cooked chicken
1/2 pound Monterrey Jack cheese, grated
Yogurt
Guacamole

Instructions

Cook the onion and garlic in butter until soft in a skillet or large cook pot over medium heat.

If using the large cook pot for the chili, leave the onion and garlic. If using a crock pot, move the onion and garlic to the crock pot once heated.

Add the chilies, navy beans, chicken broth, filtered water, Jalapeno slices, cumin, paprika, cayenne pepper and sea salt.

Cook in the crock pot or large stock pot on low all day, or 4 hours on high.

20 to 30 minutes before serving, after making certain that the beans are cooked through, stir in the chicken.

Whisk the egg yolks into the yogurt and stir the egg mixture into the chili.

Just before serving, add the Monterey Jack cheese and stir to melt.

Adapted from:

<http://www.healthhomehappy.com/2011/04/white-bean-chili-recipe-gaps-and-scd-friendly.html>

Orange & Vanilla Cupcakes

Yield 9 cupcakes

Ingredients

6 eggs
1/4 cup coconut oil
1/2 cup coconut milk
1/8 cup honey
1/2 teaspoon orange zest
2 tablespoons orange juice concentrate
1 tablespoon vanilla extract
1/2 cup coconut flour
1/2 teaspoon sea salt

Instructions

Preheat oven to 350 degrees Fahrenheit.

Either use cupcake liners or grease muffin tin with coconut oil.

If using cupcake liners, drop 1/4 teaspoon coconut oil in the bottom of each liner and let sit in the oven while it is preheating. If using the muffin tin slots without liners, spray each slot with non-stick cooking spray.

If you are going to mix the batter in a bowl, you will also need a whisk. If using a food processor, or blender, you will have a whip blade.

Combine the eggs, remaining coconut oil, coconut milk, honey, orange zest, orange juice concentrate, vanilla extract, coconut flour, and sea salt. Use a spatula to scrape the sides of the bowl to make sure the coconut flour is mixed in well.

Spoon batter into muffin cups, filling 3/4 full. Bake cupcakes until a toothpick inserted into the center of one comes out clean, about 20 minutes.

Allow to cool.

Frost with icing if desired.

Freezes well.

Adapted from:

<http://www.healthhomehappy.com/2011/08/orange-vanilla-grain-free-cupcakes.html>

Parmesan, Thyme & Cracked Pepper Crackers

Ingredients

1/2 cup coconut flour
1/2 cup Blanched Almond flour
2 Farm Grown Organic eggs
1/4 cup melted butter
Pinch of salt
1 cup Cheddar or Swiss cheese
2 cups freshly grated Parmesan cheese
Several sprigs of Fresh Thyme, stripped, or 2 teaspoons dried
Cracked pepper, cayenne pepper, garlic powder and onion powder to taste

Instructions

Heat oven to 400 degrees Fahrenheit.

Mix together well the eggs, melted butter, and seasonings.

Add the cheeses, until well-combined, a bit at a time.

Sift flours together.

Add to cheese mixture a bit at a time, forming dough.

On a flat surface, knead the dough with some almond flour. Knead for several minutes, until it comes together and you are able to press it into 2 blocks, about 1 inch thick each.

Cut into thin slices. The thinner you cut them, the crispier they will be. When cut slightly thicker, they are sturdier and can be used as the base for bruschetta or other appetizers.

Place on a baking sheet lined with parchment paper.

Bake until the crackers are lightly browned at the edges, about 5-8 minutes.

You can also refrigerate the blocks of dough for later use.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/04/26/parmesan-thyme-saver-crackers/>

Quinoa, Chicken & Orange Stir-fry

4 servings

Ingredients

2 cup cooked Quinoa
1 1/2 pounds boneless chicken breast, cut into 1 inch chunks
2 to 3 Tablespoons olive oil
Mixed vegetables, canned or frozen
3 Tablespoons Olive oil
1 cup Napa cabbage, chopped
1 cup broccoli, chopped
1 peeled carrot, sliced into coin shapes
1/2 slivered sweet onion
1 chopped stalk celery
1/2 cup coarsely chopped crimini mushrooms
1/4 diced orange Bell pepper
1/4 cup Almonds, slivered
2 minced garlic cloves
Zest of 1 orange
1/4 cup frozen or fresh peas, thawed

Sauce:

3 Tablespoons olive oil
1/2 cup orange juice, from fresh cut orange or can/jar/carton
1/4 cup soy sauce
2 teaspoon honey
Dash of cayenne pepper
1 Tablespoon fresh grated ginger
Dash of red pepper flakes
1 Tablespoon apple cider vinegar
1/4 cup coconut milk mixed with 1 Tablespoon arrowroot powder (to thicken)

Instructions

In a bowl, combine all sauce ingredients except coconut milk and arrowroot. Set aside.

Heat the olive oil in a large heavy skillet or wok. Stir fry the chicken for about 5-6 minutes or until just cooked through. Remove done chicken to a plate or platter and set aside.

In same pan or wok, heat remaining olive oil. Add all of the vegetables except for the peas. Stir fry until vegetables are tender, about 5-8 minutes.

Adding the cooked chicken, peas and sauce ingredients to the tender vegetables, heat thoroughly.

Add the coconut milk and arrowroot, stirring to thicken. Pour over warm quinoa and serve.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/04/09/orange-stir-fry-veggies-and-quinoa-keen-wa-no-msg-or-gluten-in-sight/>

Salmon with Zucchini & Mushrooms

Serves 1

Ingredients

1 salmon fillet
Extra virgin olive oil
Dried dill
Fresh lemon
Garlic powder
Onion powder
Cayenne pepper
Kosher salt
Fresh black pepper
2 small chopped zucchinis
1 cup quartered crimini mushrooms
1/4 cup sweet orange bell pepper
Splash of balsamic vinegar
3 to 4 Tablespoons heavy cream

Instructions

Heat oven to 400 degrees Fahrenheit.

Dump fish and vegetables in a large zip lock bag.

Toss in the extra virgin olive oil, dried dill, fresh lemon, garlic powder, onion powder, cayenne pepper, kosher salt and fresh black pepper.

Zip bag and mix it all up thoroughly.

In an oven safe glass dish or pan, cook fish and veggies for 12 minutes, add vinegar and heavy cream and continue cooking for 3 to 5 minutes. Fish should be flaky and firm.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/04/26/dille-salmon-with-zucchini-and-mushrooms-gf/>

Scrambled Eggs with Broccoli & Mushrooms

Serves: 1

Ingredients

1 Tablespoon olive oil or butter
3 small stalks baby broccoli
1/4 cup sliced crimini mushrooms
1 garlic clove
2 eggs
2 Tablespoons cream
2 Tablespoons shredded sharp cheddar cheese
1/2 sliced tomato

Instructions

Over medium heat, heat oil in a skillet.

Sauté broccoli mushrooms and garlic gently, until broccoli is tender, usually a couple minutes.

Scramble up the eggs with the cream, mixing well.

Add mixed eggs to pan.

Cook slowly, stirring often, like regular scrambled eggs.

Right before desired doneness on the eggs, add the cheese.

Once cheese is nicely melted into the eggs, transfer to a plate.

Top with the sliced tomatoes.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/05/04/quick-eggy-breakfast/>

Spaghetti Squash & Veggie Meatballs

Squash Ingredients

Spaghetti Squash
1 cup filtered water

Squash Instructions

Preheat oven to 350 degrees Fahrenheit.

Cut off squash stem. Slice in half lengthwise. Scoop out pulp.

Prepare a baking dish. Place squash with cut side down.

Add filtered water for more even baking and to prevent the edges from browning/drying out.

Bake for 30-45 minutes, depending on the size of the squash. It's done when soft but not squishy.

Allow to cool for a few minutes so you don't get burnt scooping it out. Scoop out pulp easily with a serving spoon.

Adapted from:

<http://www.healthhomehappy.com/2014/01/how-to-cook-spaghetti-squash-grain-and-gluten-free.html>

Meatballs Ingredients

4 pounds grass fed ground beef
1 carrot
1 onion
1 zucchini
1 teaspoon sea salt
1/2 teaspoon black pepper, freshly ground
2 to 6 Tablespoons bacon grease

Meatballs Instructions

Grate the carrot, onion, and zucchini with a food processor or grater.

Mix in with the meat.

Add salt and pepper.

Form into 1 to 2 inch balls.

Melt 1 tablespoon bacon grease in a large skillet over medium heat.

Carefully add the meatballs in a single layer, leaving a little space between each meatball.

Fry, until browned on the outside, about 10 to 15 minutes, turning every couple minutes.

If you have a mesh cover for your skillet, use it to prevent meat splatters from going all over your kitchen.

Remove to a plate to cool.

Can be used as appetizers or in pasta dishes calling for meatballs/

Adapted from:

<http://www.healthhomehappy.com/2013/05/grain-free-meatballs-with-grated-veggies-for-moisture-and-flavor.html>



Spicy Buffalo Chicken Salad

Serves 1

Ingredients

Chopped romaine and iceberg lettuce
Fresh tomato slices
Chopped cooked chicken
2 Tablespoons melted butter
1/4 cup hot sauce
Chopped celery

Instructions

Make a sauce from the melted butter and the hot sauce, to taste. Toss chicken in sauce and stir to coat. Place chicken on bed of lettuce. Add tomato slices, celery and dressing.

Adapted from:

<http://ggiswheatfree.wordpress.com/2012/07/18/buffalo-chicken-salad-low-carb-grain-free/>

Spicy Lentil Burgers

Serves 4-6

Ingredients

3 peeled garlic cloves
1 teaspoon sea salt
1 teaspoon grated horseradish
1 inch of peeled ginger root
1/4 cup pressed coconut oil
2 tablespoons coconut oil for frying
4 cups sprouted lentils, divided

Note: To sprout lentils: Fill a glass mason jar 1/4 to 1/3 of the way full of clean, dry lentils. Cover with filtered water. Soak overnight for green/brown lentils or for 2 hours for pink lentils. After soaking, rinse thoroughly and drain. Repeat rinsing a couple times every day until sprouted as desired.

Instructions

Melt the coconut oil for frying in a skillet over medium heat.

Combine 1 cup sprouted lentils, 1/4 cup fat, garlic, salt, horseradish, and ginger in a food processor. Puree until smooth. Add rest of lentils, pulsing until coarsely chopped to retain some texture.

Form into patties with your hands. Place in heated pan and fry gently. Flip once golden brown and do other side. Repeat with the remaining patties.

Serve as a veggie burger, with the traditional burger toppings and wrapped in lettuce.

Adapted from:

<http://www.healthhomehappy.com/2010/09/sprouted-lentil-burgers.html>

Holiday Stuffing

Ingredients

4 cups peeled and coarsely chopped yellow onion
4 cups de-strung and coarsely chopped celery
2 cups almond flour
2 large eggs
4 to 6 Tablespoons poultry seasoning
2 teaspoons baking soda
Butter to grease pans with

Instructions

Preheat oven to 375 degrees Fahrenheit.

Use butter to grease two loaf pans. Using parchment paper; line the pans.

In a large bowl, mix up the chopped onion and celery.

Combine baking soda, almond flour and poultry seasoning in another bowl.

Mix the contents of second bowl with onion and celery, tossing well to combine.

Add in the eggs.

For more of a bread texture, you can add another egg and use a food processor to combine all of the ingredients. Once combined, pour dressing into the pans.

Bake for one hour. You can bake it alongside the turkey for the last hour that the turkey is roasting.

Adapted from:

<http://www.healthhomehappy.com/2012/11/grain-free-gaps-friendly-holiday-stuffing.html>



Wheat-Free Banana Walnut Bread

Ingredients:

1 cup almond flour
1/3 cup coconut flour
3/4 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon baking powder
3 Tablespoon coconut oil, melted (or butter)
3 eggs
2 ripe bananas, mashed
1/3 cup sugar-free syrup
1 Tablespoon vanilla
2 Tablespoons water
1/2 cup chopped walnuts

Instructions

Preheat oven to 350 degrees Fahrenheit.

Using butter or coconut oil, grease a bread pan.

In a large mixing bowl, mix the almond flour, coconut flour, baking powder, baking soda and salt.

Using a whisk, mix well to combine completely.

Combine mashed bananas, eggs, coconut oil, syrup, vanilla, and water in a separate bowl.

Add this concoction to dry ingredients and mix until combined.

Mix in the walnuts.

Adapted from:

<http://ggiswheatfree.wordpress.com/2013/01/16/easy-banana-walnut-bread-gluten-free-grain-free-and-dairy-free/>



Wheat-Free Biscuits

Yield: 7 biscuits

Ingredients

2 1/2 cups blanched almond flour, for biscuits
1 cup blanched almond flour, for dusting the dough
1/2 teaspoon Celtic sea salt
1/2 teaspoon baking soda
1/4 cup coconut oil
2 eggs
1 tablespoon honey

Instructions

Combine almond flour, salt and baking soda in a medium bowl

Blend coconut oil, eggs and honey together in a large bowl

Stir the dry ingredients and the wet ones together until a nice dough forms

Between 2 pieces of parchment paper, roll out dough to 3/4 inch thickness

If dough is sticky, dust dough with extra almond flour

Using a mason jar with a 2 1/2 inch wide mouth, cut the dough into biscuits

Using a spatula, transfer biscuits to a parchment lined baking sheet

Preheat oven to 350 degrees Fahrenheit

Bake biscuits until browned on the bottom edges, about 15 minutes

Serve fresh, hot biscuits with butter, jelly, gravy, or anything else that sounds good

Adapted from:

<http://www.elanaspantry.com/biscuits/>



Wheat-Free Chocolate Peanut Butter Cookies

Yield 2 dozen

Ingredients

1 cup salted natural peanut butter, (or adds 1/2 teaspoon salt if unsalted)
1/4 cup coconut oil
2 tablespoons coconut flour
1/4 cup honey
4 eggs
1/4 cup cocoa, unsweetened

Instructions

Preheat oven to 375 degrees Fahrenheit.

Combine peanut butter, coconut oil, coconut flour, honey, eggs and cocoa - stirring until thoroughly mixed.

On a parchment lined cookie sheet, drop the dough with a spoon.

Bake for 10-12 minutes; making sure not to over bake.

Adapted from:

<http://www.healthhomehappy.com/2011/06/two-grain-free-cookie-recipes.html>

Yummy Walnut Butter

Yields about 1 cup

Ingredients

Soak 2 cups of walnut halves in water overnight to reduce any bitterness
1 Tablespoon organic honey
1 Tablespoon walnut oil
Pinch of kosher salt
Ground cinnamon to taste

Instructions

Rinse and drain the walnuts. Roast in a 400 degrees Fahrenheit oven for about 4 minutes. Turn them over and roast for another 3 minutes. Allow to cool completely.

Blend the walnuts in a food processor until they form a fine meal and begin to stick to the sides of the bowl. Add the honey and oil.

Continue to process, scraping the bowl occasionally, until the nuts become a bit of a pasty substance. This will take several minutes.

Add salt and cinnamon to taste, processing only long enough to mix well. Place in refrigerator. Adapted from:

<http://ggiswheatfree.wordpress.com/2012/04/03/sometimes-you-feel-like-a-nut/>