

KID-FRIENDLY GF RECIPES

Roll-Ups

(Good for a snack or for lunch)

Makes 8 servings



Ingredients:

1 GF corn tortilla, warmed
Spreadable sandwich mixture,
(egg salad, peanut butter, cream cheese, jelly etc.)

Directions:

Spread enough sandwich spread to cover the tortilla in a thin layer. Begin rolling up the tortilla as you would a jelly roll. Wrap the roll tightly in plastic wrap and refrigerate. Cut 1/2-inch thick slices to form pinwheel shapes. Skewer the slices with toothpicks.

Variation: Lettuce Leaf Roll-Ups

Take a large, firm but pliable lettuce leaf and spread it out. Spoon any favorite salad (chicken etc.) into the bottom third of the lettuce leaf. Roll up the leaf with the mixture inside. Tightly wrap with plastic wrap.



MINI DONUTS (BAKED)

Basic general directions for all donut recipes that follow:

Mix all the dry ingredients well to incorporate. Make a slight indentation in the dry ingredients, add oil and egg, mix a bit, then add the milk in small additions, until a fairly thick batter is achieved. Using an oiled/greased tablespoon, fill each donut hole with one Tablespoon of the batter. Close the unit and lock into place. Bake for 2-3 minutes. (Time will depend on appliance and recipe.) Remove donuts from the baker and repeat with remaining batter. Put hot donuts on wire rack to cool.

Note: Tongs are great to use for removing donuts from the baker. No burnt fingers.

CAKE DONUTS - PLAIN #1

Yield: 18-20 mini donuts

3/4 cup rice flour
1/4 cup potato starch flour
3 Tablespoons sugar
1 Tablespoon baking powder
1/2 teaspoon salt
1/2 teaspoon xanthan gum
1/4 teaspoon vanilla powder or vanilla (opt.)
1/2 - 3/4 cup milk
1 egg, large or egg substitute
2 Tablespoons oil

RAISED YEAST DONUTS

Yield: 20-24 mini donuts

1/2 cup milk, warmed to 100- 110°
2 teaspoons dry yeast – quick rise
1 teaspoon sugar
1 3/4 cup rice flour
2 Tablespoons potato starch
1 Tablespoon sugar
1/2 teaspoon salt
3/4 teaspoon xanthan gum
2 eggs, well beaten or egg substitute
2 Tablespoons oil

Yeast Donut Directions:

Combine warmed milk, yeast and 1 teaspoon sugar in a small bowl. Stir to mix well. Allow to set for 5-10 minutes for yeast to bubble. Combine all dry ingredients and mix well. Add the eggs and oil and stir, add yeast mixture. Stir until well blended. Add a bit more milk if needed. Cover bowl and allow batter to stand for 30 minutes in a warm place, until risen and spongy.

Note: Gently remove 1 Tablespoon of dough at a time, to fill donut holes. Take care to try not to collapse the dough. Bake for 3 minutes. These are delicious with a bit of a favorite preserve on top of the center hole of the doughnut and sprinkled with powdered sugar.

Sloppy Joes

Ingredients:

1 pound ground beef or turkey
1/4 cup chopped onion
1/4 cup chopped green pepper
1 clove garlic, minced



1 4 ounce can GF tomato paste
1 Tbsp vinegar
1 Tbsp sugar
1 tsp salt
½ tsp chili powder
¼ tsp cumin
¼ tsp oregano
¼ tsp ground coriander
¼ tsp xanthan gum
6 gluten-free hamburger buns

Directions:

In a large skillet, sauté the ground beef or turkey, onion, green pepper, and garlic until the meat is browned and the onions are translucent.

Add tomato paste, vinegar, sugar, salt, chili powder, cumin, oregano, coriander, xanthan gum, and ½ cup of water. Heat to boiling, then reduce heat and simmer for 10 minutes.

Meanwhile, toast the hamburger buns if desired.

Spoon the meat mixture onto the bottoms halves of the buns. Add the tops of the buns.

Makes 6 sandwiches.

NO BAKE CANDY COOKIES

Melt in a large pan:

½ cup margarine
2 cups sugar
2 Tablespoons pure cocoa
½ cup milk
Pinch of salt



Bring to boil for 1 to 1-¼ minutes. Then remove from heat and stir in:

½ cup gluten-free peanut butter
1 tsp. Pure vanilla
3 cups instant Quinoa flakes

Drop by spoonfuls on waxed paper and chill.

PEANUT BUTTER KISSES

1 jar (18 ounces) peanut butter
1 ¼ cups granulated sugar
2 large eggs
48 milk chocolate kisses (9-oz. Package) or rosebuds

Heat oven to 350°. With wooden spoon stir peanut butter, sugar and eggs in a medium size bowl until thoroughly blended (dough will be slightly sticky).

With floured hands roll level measuring table-spoonfuls into 1 ¼ inch balls.

Place 1 ½ inches apart on ungreased cookie sheet. Bake 12 to 14 minutes until cookies look dry with tops crackled. Remove from oven and immediately press a chocolate kiss in centre of each. Cool on cookie sheet 1 to 2 minutes, then remove to wire racks to cool completely.

Makes 48 cookies.

GINGER ORANGE ROLLS

½ cups gluten-free flour mix
1 ½ tsp baking powder
1 tsp. Xanthan gum
½ tsp. Salt
1 Tbsp dry yeast granules
1 cup lukewarm water
2 Tbsp. Sugar
1 egg, room temperature
1 egg yolk, room temperature

4 Tbsp. margarine or butter, melted
2 Tbsp. fresh grated orange rind
1 Tbsp candied ginger, chopped

Mix together the flour, baking powder, xanthan gum, and salt. Set aside. Stir yeast into the water and set aside. In a large mixing bowl blend, with the mixer at low speed, the sugar, egg and extra egg yolk, margarine, and yeast liquid. Beat until smooth.

Fill 12 greased muffin cups half full. Cover with a clean dishcloth and let rise in a warm place until batter doubles, 40 to 45 minutes for regular yeast, 20 to 25 for rapid rise. Preheat oven to 375°. Bake for 18 to 20 minutes until lightly browned and pulled slightly away from pan. *Makes 12 rolls.*

COCONUT & CORNSTARCH COOKIES

4 cups cornstarch
2 ounces grated coconut (1cup)
1 ¾ cup sugar
1 egg
Pinch salt
1 ½ cup margarine

Preheat oven to 350°. Sift together cornstarch and sugar. Add coconut, salt, egg and margarine. Mix with your fingertips to form a dough ball. Roll dough into 2" thick cylinder. Cut into 1" slices to form cookies. Refrigerate 1 hour. Place cookies on greased cookie sheet.

Bake for 10 minutes. Let cool completely and keep in a tightly closed tin.

CRANBERRY MUFFINS

1 1/2 cups brown rice flour
1 tsp. Baking powder
1/2 tsp salt
1/3 cup vegetable oil
1/3 cup honey
1 egg, beaten
1 tsp. Dried orange rind
1/3 cup orange juice
1 cup whole cranberries, chopped fine



Sieve dry ingredients. Mix oil, honey, and egg. Add flour mixture. Add orange rind and orange juice. Add chopped cranberries. Fill a greased muffin pan 2/3 full.

Bake at 400° for 15 to 20 minutes or until golden brown.

Per serving: 235 calories, 36 g. carbohydrate, 3 g. protein, 9 g. fat, 29 mg. cholesterol, 96 mg. sodium.

Note: Use a 1-dozen size muffin pan. This recipe will make 9 muffins. Add a little amount of water to the cups not being used.

GINGER COOKIES

3/4 cup white rice flour
1 large egg
1/2 cup cold pressed corn oil
1/4 cup brown sugar
1/2 tsp baking powder (sodium bicarbonate & monocalcium phosphate)
1/4 tsp ginger powder
1 tsp pure vanilla
1 tsp xanthan gum

Preheat oven to 375°. in a large mixing bowl, blend rice flour, baking soda, ginger powder, vanilla and xanthan gum. Drop by rounded teaspoonfuls onto lightly greased cookie sheets.

Bake for about 10 minutes, or until lightly browned. Remove from tin and cool. Store in an airtight container. Makes 3 1/2 to 4 dozen 1 1/2- inch cookies.

WHITE CHOCOLATE CHEESECAKE

Crust:

1 1/2 cups gluten-free cookie crumbs
1 Tbsp cocoa powder (if crumbs not chocolate)
2 1/2 Tbsp margarine or butter
3 eggs
1 Tbsp lemon juice
2 Tbsp rice flour
3 squares white baking chocolate, melted

Filling:

1 cup cottage cheese
1 8-oz. Package cream cheese, softened

Preheat oven to 375°. Tumble together crumbs, cocoa, and butter. Put in the bottom of a 9" pie plate or 8" spring form pan, reserving 2 Tbps to sprinkle on top. Whip cottage cheese in blender or mixer until smooth and creamy. Add cream cheese, eggs, sugar, lemon juice, and flour. Beat thoroughly. Stir in chocolate. Pour into crust and scatter reserved crumbs on top. Bake for 35 - 40 minutes, or until set. Refrigerate for several hours before serving. *Serves 8 to 10.*

