Gluten-Free Without Rice

Easy Cooking for Variety on a Gluten-Free Diet

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What's to Eat?

"What is left for me to eat?" is a question in the mind of anyone recently diagnosed with celiac disease or food allergies. Let's face it, grains are staples of our diets. When the grains we usually eat must be eliminated, a gaping hole results. Although a diet of fruits, vegetables, nuts, meat, and fish is nutritionally adequate, without some type of starchy food to round out a meal or snack, we may feel unsatisfied.

As a result we usually turn to rice – the most common gluten-free grain – to replace wheat in our diets. Today heath food stores are stocked with rice-based cookies, crackers, cereals, snacks, and breads for the gluten intolerant, so the substitution problem seems solved. However, although whole-grain rice is a good nutritious food, a diet based on rice, rice, rice, and more rice can become boring. From a nutritional standpoint, the more variety there is in one's diet, the better. In addition, overeating any one food can lead to the development of a new allergy to that food for those with food allergy predisposition.

There is no universally "safe" food. A person with allergic tendencies can become allergic to anything. The development of food allergy depends on the individual and on the quantity and frequency of exposure to a food. In China, where rice is the most commonly eaten grain, more people are allergic to rice than to wheat. Individual factors which influence the likelihood of food allergy include heredity, increased intestinal permeability (which allows more food to enter the bloodstream incompletely digested), and other factors. (To read about all of these factors in detail, see *The Ultimate Food Allergy Cookbook and Survival Guide* as described on the last pages of this book). Celiac disease compromises intestinal integrity. Thus if a celiac has any genetic predisposition toward allergy or food intolerance, sensitivities to foods other than gluten can develop.

To add real variety to your gluten-free diet or to eat a gluten-free diet without rice, you must become familiar with the other gluten-free grains and grain alternatives which can be used in place of or in

addition to rice. These grains include millet, teff, sorghum (also called milo or jowar), buckwheat, amaranth, quinoa, bean flours, and starches such as arrowroot, tapioca, water chestnut starch, and bean starch. Recently, some doctors have allowed their patients with celiac disease to eat oats, although oats are not universally accepted as "safe" at the time of this writing. I saw one "gluten-free" cookbook based almost entirely on oats, which is as bad an idea as a diet based solely on rice. Variety in the diet is the key to both good nutrition and to the prevention of the development of new sensitivities.

You also need a new attitude towards your food. All gluten-free flours, including rice, behave differently than wheat in baking. This is because gluten is what holds wheat breads together and makes it light by forming sheets that trap the gas that causes bread, cakes, and cookies to rise. Learning about new ingredients and new cooking techniques will help you make baked goods with gluten-free flours which hold together and rise, but it is still difficult to make them extremely light. (See the next two chapters of this book for more about cooking with gluten-free flours).

Also, most of the gluten-free grain flours have a slightly gritty texture and some of them, especially millet and sorghum, produce dry baked goods no matter how much oil and pureed fruit you add to the recipe. They are at their moistest fresh from the oven, so eat them quickly!

Because of these differences in gluten-free foods, a little "attitude adjustment" is important. Keep the larger picture of good health at the forefront of your mind. Recovering your health is a good and realistic goal. It is unrealistic to expect gluten-free baked goods to be as tender, light and moist as wheat. They are delicious and filling, however, and you will come to enjoy their tasty new flavors and the variety they add to your diet as you enjoy better health.

Cooking for a Gluten-Free Diet

The amount of cooking that a gluten-free diet – or any special diet – requires can seem overwhelming. However, with knowledge, organization, experience and the use of some modern kitchen appliances, the task will become easier. As your health improves, you will have more energy and may find that, even with additional cooking, you are able to do more things and experience more enjoyment in life.

KNOWLEDGE

The saying, "Knowledge is power," applies to a gluten-free diet. If you have not cooked "from scratch" before, the first step to cooking easily for your diet is to learn more about cooking. For the basics of cooking, see *Easy Cooking for Special Diets* as described on the last pages of this book.

For a gluten-free diet, knowledge is also economy. Cooking for yourself or your family member not only adds variety to what you eat, it also saves money. At the time of this writing, a small loaf of rice bread or rice-containing tapioca bread costs $5.69 at my store. By using the recipes in this book, you can eat your fill of baked goods made with a different grain every day for less than you would spend on this bread.

The most crucial thing you need to know when cooking for a gluten-free diet is how to bake. Because it is more difficult to get gluten-free baked goods to rise well, baking with gluten-free flours is more exacting than baking with wheat flour. Even experienced cooks will need to pay more attention to baking technique. Be sure to measure accurately. Because cooking with gluten-free flours is more exacting than cooking with wheat, you will find measurements used in this book that are not used often in "normal" cooking, such as ⅜ cup, ⅛ teaspoon, etc. For more about how to "read" these amounts on your measuring cups and spoons and for more information about

measuring accurately in general, see “About Measurements” on pages 85 to 86.

The procedure which should be followed when making baking-powder leavened baked goods (muffins, quick breads, cookies, pancakes, cakes, etc.) with gluten-free flours is as follows: Preheat your oven to the temperature specified in the recipe. Oil your baking sheets or oil and flour your pan or muffin cups using the same flour you are using in the recipe. It is important to do these things first so you do not have to spend time doing them after your dough or batter is mixed.

Stir the dry ingredients together in a large bowl. Mix the liquid ingredients in another bowl or in the cup you used to measure them. Before the oil and water or other liquids can separate, quickly stir them into the dry ingredients until they are just mixed. It is better to undermix than overmix. If you undermix, the floury spots will probably moisten up in baking. If you overmix, you will “use up” the leavening power of the baking powder during mixing rather than having this power act in the oven where the leavening should cause your muffins, bread, etc. to rise.

As soon as the ingredients are mixed, quickly put the batter into the prepared pan and slide it into the preheated oven. Bake for the shortest time specified in the recipe. Then look at it. Is it beginning to brown? Is bread beginning to pull away from the sides of the pans slightly? If you think your muffins, cake or bread might be done, stick a toothpick into the center. If the toothpick comes out dry, it is done. If there is moist batter (not dry crumbs) on the toothpick, bake for another five to ten minutes and then test with a toothpick again.

Most of the recipes in this book instruct you to remove your baked goods from the pan immediately. A few recipes, such as the cake recipes, will tell you to cool your cake in the pan for a short time before removing it or to serve it from the pan. If you are leaving a cake in the pan, put the pan on a cooling rack when you take it from the oven. After you remove bread or cakes from the pan, also put them on a cooling rack and cool them completely before slicing the bread or frosting the cake. Muffins, crackers, and cookies you can enjoy hot from the oven! Any muffins that you don’t eat right away

should be cooled on a rack. Cool cookies and crackers on paper towels. After your baked goods are cool, store them in plastic bags or containers to help them retain moisture.

ORGANIZATION

Organization also makes cooking for a special diet, or any diet, much easier. Stock your kitchen with the ingredients you need for a gluten-free diet. As described in the next chapter, these items include a variety of gluten-free grains, flours and starches, leavenings such as baking powder and yeast, healthy sweeteners and oils, and special ingredients that will help your baked goods rise, such as guar gum or xanthum gum and eggs.

Organize your time as well as your kitchen. Grocery shop once a week using a list. If you notice that you are running low on a certain staple flour or other ingredient between shopping trips, put it on your grocery list so that you can replenish your supply before you actually run out of the ingredient. This saves time on emergency trips to the grocery store or health food store in the middle of a baking session!

Make use of your freezer. Prepare large batches of baked goods and main dishes and freeze them for future use. This is possible even if the only freezer you have is the small one at the top of your refrigerator. Do not store more than one week's supply of frozen vegetables, juices, and other easily purchased foods in the freezer section of your refrigerator; save most of the space for your specially prepared foods. Freeze serving-sized portions of main dishes in Ziploc™ storage bags so they take up less room than if frozen in assorted size plastic containers and will "pack" into your freezer efficiently. Invest in a few square or rectangular Tupperware™ (or similar) containers of uniform size for freezing cookies, crackers and other fragile baked goods. Try to keep your freezer organized (for example, assign breads a certain location in the freezer) so you can find the food you are looking for quickly. If you are hungry, it can be very frustrating not to be able to find what you need to eat!

TIME-SAVING APPLIANCES

Take advantage of time-saving appliances. A hand blender will make homemade gravies and sauces easy to make lump-free as well as helping you make "Almond Waffles," page 26. A crock pot can have your dinner ready for you to eat when you arrive home from work or from driving the kids to after-school activities. See *Allergy Cooking with Ease* or *The Ultimate Food Allergy Cookbook and Survival Guide* for recipes for gluten-free main dishes, soups, and stews made with a crock pot. If you want to eat yeast bread often, a bread machine can be a lifesaver. See *Easy Breadmaking for Special Diets* for information on how to choose the machine that will best meet your needs. All of these books are described on the last pages of this book.

If you have an oven with a time-bake feature, will be at home, or will be gone for only an hour or so before dinnertime, an "oven meal" can simplify your life. Put a roast, ham, or chicken in the oven along with any of the oven vegetables and oven grains on pages 45 to 50 and a dessert such as "Easy Fruit Tapioca" or baked apples or pears (page 64). In an hour or two, dinner will be ready, and you can be doing whatever you need to do during that time. For more about oven meals including menus, see *Easy Cooking for Special Diets*.

A FINAL WORD

Be patient with yourself. Cooking for a special diet takes some getting used to. As you gain experience, it will become easier. Making the effort to cook for yourself or your family member(s) is very much worth it. As your health improves, all of life will become easier and more enjoyable. You can do it! Go for it!

Know Your Ingredients

The difference between gluten-free cooking and "regular" cooking is – obviously – that we use only gluten-free foods and ingredients. On a gluten-free diet you will come to know these foods and ingredients intimately and will realize that although gluten-free flours behave much differently than wheat (precisely because they are gluten-free) they are delicious and produce wonderful foods.

TRUE GRAINS

Several of the flours which can be used on a gluten-free diet are botanically classified as members of the grain family and therefore are true grains. Rice is a member of the grain family, as is wild rice. All of the gluten-free grains are more crumbly than wheat in baked goods but have good flavor. The true grains used in the recipes in this book are:

CORN is a very pleasant tasting gluten-free grain. Cornmeal is widely available in grocery stores and adds an interesting texture to baked goods. You can get corn flour, which is similar to cornmeal but is ground to a smoother texture, at your health food store.

TEFF has been difficult to find in the past, but now Bob's Red Mill™ has made it easily available. If your health food store does not carry it, it is likely that they do carry some of Bob's other products and can easily get it in for you. Teff is a little less bland than the other gluten-free grains but is still delicious. Teff flour tends to be a little gritty but makes very nice baked products.

MILLET is quite crumbly and tends to produce very dry baked goods no matter how much oil or pureed fruit you use in the recipe. However, it has an excellent flavor. Whole millet is delicious as "Millet Mashed Potatoes," page 50, and is very easy to cook in the oven. (See the recipe on page 45). Millet and millet flour are usually available at health food stores. However, if your store doesn't carry

them, you or your store can order them. For ordering information, see "Sources," page 80.

SORGHUM, which is also called **MILO** or **JOWAR**, is a sweet and delicious non-gluten grain. Like millet, it tends to produce dry baked goods. It is often used to make sorghum molasses and has traditionally been fed to cattle. It used to be difficult to find but now is produced by Bob's Red Mill™. If your health food store does not carry it, ask them to get it in for you. For ordering information, see "Sources," pages 80 and 82.

OATS have recently been allowed on gluten-free diets by some doctors. They do contain a low level of gluten-like proteins, so it is possible that not all celiacs will tolerate them. Oats are delicious and have a familiar flavor, but an occasional batch of oat flour may produce gummy baked goods.

NON-GRAINS

The non-grains are not botanically related to wheat. Many of them are the seeds of the plants that they grow on, so they are very nutritious and high in protein. In the recipes in this book, the seed flours are often used with small quantities of a starch to help them stick together. The non-grains include:

AMARANTH is in the same botanical order as quinoa, although it is not in the same food family. Because it is not a grain, it is a welcome dietary addition for those allergic to all grains. It makes very tasty baked goods. Purchase it at a store that refrigerates its flour and refrigerate or freeze it at home since it may develop an unpleasantly strong flavor if stored too long at room temperature. An occasional batch of amaranth flour will yield gummy pancakes or bread, but the recipes included in this book (crackers, muffins, cookies) rarely have this problem.

QUINOA boasts a high content of high-quality protein. It is one of the best protein sources, due to its amino acid balance, among plant foods. For this reason, it is very satisfying to eat; quinoa baked goods really "stick with you." Those allergic to all grains will find

quinoa a welcome dietary staple. It has a distinctive taste so goes well with other strongly flavored ingredients such as cinnamon, sesame seeds and carob. Quinoa flour is excellent in baked goods of all kinds and makes good yeast bread. Whole grain quinoa has a natural soapy coating on it, so before you cook it, put it in a strainer and rinse it under running water until the water is no longer sudsy. This coating protects the plant from insects. Quinoa is in the same food family as spinach, beets, and Swiss chard.

BUCKWHEAT is a very versatile non-grain flour. It is excellent in waffles and pancakes, and a chocolate-eating celiac friend raves about "Chocolate Brownies," page 65, made with buckwheat flour. In a few recipes (such crackers and muffins, which are not included in this book) it can have a strong flavor. It is in the same food family as rhubarb.

BEAN FLOURS such as **GARBANZO, GARFAVA,** and **FAVA FLOUR** are also high protein additions to the gluten-free diet. They do not stick together well and must be used with larger quantities of other flours or starches.

CAROB POWDER is also a bean flour since carob beans are in the legume family. However, it is usually used as a chocolate substitute rather than as the main ingredient of baked goods. Carob chips are a welcome addition to cookies for those who are allergic to chocolate.

NUT MEALS such as almond meal and hazelnut meal are great additions to baked goods. You can make delicious crunchy waffles from almond meal and a starch. See the recipe on page 26.

There are several white, highly refined starches that are commonly used in gluten-free cooking. They include **ARROWROOT, TAPIOCA FLOUR/STARCH, WATER CHESTNUT STARCH, CORNSTARCH,** and **BEAN STARCH.** These starches serve as binders in gluten-free baking and can also be used as thickeners for sauces and gravies. Arrowroot and tapioca starch can be substituted for each other in baking in equal quantities. Sauces thickened with tapioca tend to be a little more ropy than those thickened with arrowroot, and you made need slightly more tapioca than arrowroot.

POTATO FLOUR and **POTATO STARCH** (also called potato starch flour) may also be used in gluten-free cooking. They are not the same thing, however, and cannot be used interchangeably. Potato flour is made from whole potatoes and retains the nutritional value of potatoes including considerable protein. In baking, it must be used with eggs (usually it is folded into beaten egg whites) or the baked product may end up like mashed potatoes on the inside. Potato starch is a highly refined starch, much like the starches in the preceding paragraph, except that it attracts and holds moisture, or is hygroscopic. Both of these ingredients must be used in small amounts in most recipes or their hygroscopic nature may cause a gooey texture in the final product.

"Exotic" flours such as **CHESTNUT FLOUR, CASSAVA MEAL,** and **TUBER FLOURS** are useful for individuals sensitive to all grains. Cassava meal can be used for breading meat and fish and for crackers and is not too expensive. Chestnut flour and flours made from a variety of unusual tubers may be needed by those with extremely extensive food allergies but they are expensive. For recipes made with these flours, see *The Ultimate Food Allergy Cookbook and Survival Guide* which is described on the last pages of this book.

There is now a rice-free **BAKING MIXTURE** composed of several flours which is produced by Bob's Red Mill™. It contains garbanzo bean flour, potato starch, tapioca starch, white sorghum flour, and fava bean flour and is called Bob's Red Mill™ Gluten-Free All Purpose Baking Flour. Recipes using this mix are available on the Bob's Red Mill™ website.

LEAVENINGS AND BINDERS

Leavenings are the ingredients that make baked products rise. They include baking powder, baking soda combined with an acid ingredient, and yeast. Binders help the leavenings "work" by trapping the gas the leavenings produce. Binders are not needed when you bake with wheat because the gluten in wheat flour forms sheets that

trap the gas. They include eggs, starches (discussed on pages 15 and 16), and fibers such as guar gum and xanthum gum.

BAKING POWDER is a combination of acid and basic components that, when moistened, produces gas to make baked goods rise in baking. Some brands of baking powder contain aluminum, which should probably be avoided for best health. Bob's Red Mill™ produces a good aluminum-free baking powder which is sold in large economical bags. I store my Bob's™ baking powder in small jars to keep it "dry and potent" until I finish using the whole bag. Most commercial baking powder contains cornstarch. If you are sensitive to corn, use Featherweight™ baking powder which contains potato starch instead.

BAKING SODA is pure sodium bicarbonate and is almost universally tolerated by people with severe food allergies. For those on rotation diets, it is usually allowed every day of the rotation cycle. It must be used in conjunction with an acid ingredient to make baked goods rise. The acid ingredients commonly used include buttermilk, lemon juice or other fruit juices, and cream of tartar. For the very allergic, unbuffered vitamin C crystals are the best way to provide the acid component of the leavening process. Therefore, most of the recipes in *The Ultimate Food Allergy Cookbook and Survival Guide* and *Allergy Cooking with Ease* contain a built-in baking powder made of baking soda and unbuffered vitamin C crystals.

BAKER'S YEAST is what makes commercial bread rise and is available in many forms. Active dry yeast is yeast that has been freeze-dried to retain its activity. An expiration date is usually stamped on the package and the yeast should be good until that date if you store it in the refrigerator after opening it. Active dry yeast is available in ¼ ounce (2¼ teaspoon) packets or 4 ounce jars in most grocery stores. In addition, you can purchase it in 1 pound bags and store the yeast in your freezer. Do not thaw and refreeze this yeast; instead occasionally take out a small amount to use within a few weeks and keep it in a jar in the refrigerator. Leave the remainder of the yeast frozen. Red Star™ active dry yeast is free of gluten and preservatives and works well in bread machines as well as in the recipes in this book. Instant or quick-rise yeasts leaven bread more

rapidly than active dry yeast. They are useful for making bread more quickly. These "fast" types of yeast are not recommended for gluten-free breads because their structure is more fragile. If quick-rise yeasts are used, the bread may over-rise and then collapse during baking.

EGGS and **FRUIT PUREES** are binders that are also used in "normal" baking. These ingredients help your baked goods hold together while adding nutritional value and flavor.

GUAR GUM and **XANTHUM GUM** are two types of soluble fiber used as binders in gluten-free baking. They both can be fairly allergenic, so I use them only in yeast breads where they are actually essential. If you have problems with one of them, you can substitute the other in the same amount in recipes. Guar gum is made from a legume. Xanthum gum is derived from a type of bacteria, *Xanthomonas compestris*.

SWEETENERS

Most of the recipes in this book are sweetened with fruit sweeteners or honey rather than sugar. Fruit sweeteners contain fructose, a simple sugar which can be directly absorbed without any digestion and does not cause wide swings in blood sugar levels like refined sugar (sucrose) does. Although honey may contribute more to blood sugar problems, it is not highly refined and still contains many minerals and other nutrients.

LIQUID FRUIT SWEETENERS make delicious and healthy baked goods. The least concentrated of these are pureed fruits and fruit juice concentrates. Apple juice concentrate is used in many of the recipes in this book. I routinely keep a can of frozen concentrate in my refrigerator so I'm ready to bake at all times. More concentrated liquid fruit sweeteners include Fruit Sweet™ which is a blend of peach, pear, and pineapple juices, Pear Sweet™ and Grape Sweet™. Using these sweeteners, you can make desserts so similar to sugar-containing desserts that no one will know they do not contain sugar. They are used in only a few recipes in this book because most smaller health food stores do not carry them, but they can be ordered

easily and make such good desserts that they are very much worth ordering. See "Sources," page 83 for information about ordering these sweeteners from Wax Orchards.

DATE SUGAR is ground dried dates. It is a concentrated sweetener which is very useful in desserts where more sweetness is desired. It also helps keep your baked goods moist. It is the only dry sweetener used in this book aside from a few recipes for chocolate cookies and cakes sweetened with sugar.

HONEY and **MOLASSES** are less refined sweeteners that add moistness and flavor to baked goods. Honey is used in recipes in this book where more sweetness is desired than can be achieved with fruit juice concentrates. Molasses is used in the gingerbread recipe. Although they are potent sweeteners which may have more effect on blood sugar levels than fruit sweeteners, unlike white sugar, they have not been stripped of their content of minerals and other nutrients.

RICE SYRUP is another sweetener which may be allowed on gluten-free diets if it is made without barley or other grains. Because this book avoids rice, it is not used in these recipes. It is less sweet than fruit sweeteners. Baked products made with rice syrup do not brown as much as those made with other sweeteners.

SUGAR is an ingredient which I normally avoid using in cooking. It has been stripped of the nutrients naturally present in sugar cane or sugar beets and can have a profound effect on blood sugar levels and intestinal flora. However, it is used in a few chocolate-containing recipes in this book because it was not possible to make them taste "normal" any other way. Please save these sugar-containing recipes for special treats rather than for everyday use.

OTHER INGREDIENTS

The recipes in this book contain a wide variety of other common ingredients. Salt is essential in yeast bread recipes because it moderates the growth of the yeast but can be omitted from any of the other recipes if desired. Most of the recipes in this book are made with oil because it is the healthiest type of fat for us to consume. For further

information on fats and oils as well as the more common ingredients used in this book, see *Easy Cooking for Special Diets* as described on the last pages of this book.

The ingredient lists for the recipes in this book are, in most cases, shorter than in some gluten-free recipes books. This makes it take less time to make a recipe. In addition, when the ingredient list contains only those items which are absolutely necessary, those with food allergies are more likely to be able to use the recipe without leaving something out or making a substitution.

INGREDIENT SUBSTITIONS

When you bake for a gluten free diet, you will need to purchase many "new" ingredients. You may often wonder if you can substitute something else for that new ingredient you do not have on hand! Substitutions are tricky in gluten-free baking. The recipes in this book should work as written (although an unusual batch of flour from a health food store bulk bin can upset any recipe), but if you substitute, there are no guarantees.

People call me and say, "I've got your recipe made with quinoa flour and I want to make it with oat flour. How can I do this?" I usually can't give them a definite answer, although I try to make suggestions that may or may not work. In my experience, there is no "rule" or conversion factor for substitutions between any two types of flour that works predictably.

The "bottom line" on flour substitutions is this: be prepared to tweak a recipe made with a substitute flour several times before it is right or even to never have it work. If there is not a recipe for something you want in this book, see *The Ultimate Food Allergy Cookbook and Survival Guide* as described on the last pages of this book. Because that book is designed to be the "ultimate" help for people whose diets may be extremely limited, I attempted to make each type of flour (including rarely eaten foods such as tuber flours, chestnut flour, starch flours, and non-gluten grain flours) into as many types of recipes as possible and only omitted a certain recipe if it really was

not possible to make. For example, the only reason the book does not contain a recipe for sorghum yeast bread is because I was unable, after many tries, to make a loaf that did not collapse. However, it does have a sorghum non-yeast bread recipe made with eggs to help hold it together. (This is one of the very few egg-containing recipes in the book). There are also recipes for fruited sorghum non-yeast bread (where the fiber in the fruit keeps it together) and sorghum muffins, crackers, tortillas, pancakes, cake, and cookies. As mentioned earlier in this chapter, buckwheat can be bitter in crackers and muffins, so these recipes were not included in *Gluten-Free Without Rice*. However, since there are severely allergic people who can eat only one or two grain alternatives, the recipes for buckwheat crackers and muffins are in *The Ultimate Food Allergy Cookbook and Survival Guide*.

Unlike wheat flour, milk is an ingredient where substitutions in "normal" recipes usually work. In most recipes, you can replace the milk called for with an equal amount of water. Sometimes you can replace milk with fruit juice, but the acidity of the juice can affect the leavening process and result in a collapse of your baked product. Gluten-free yeast breads, in which the protein content contributed by the milk helps strengthen the structure of the bread, can be an exception to the "rule" that water can be substituted for milk.

In allergy baking, eggs can usually be replaced with an equal volume of water if the recipe is not depending on the egg for structure. However, in a recipe made with a gluten-free or low gluten flour, the egg sometimes is serving to replace part of the structure normally provided by gluten, and replacing the egg with water may lead to a collapse.

Home ground flour may also behave differently than commercially ground flour, and it can vary from batch to batch of grain. If you use either very finely milled flour or coarsely milled or blender-ground flour you will have to change the amount of liquid used in the recipe. Unless you are willing to experiment with each new batch of grain when you grind your own flour, it is best to purchase flour from a reliable commercial source.

Quinoa Almond Cookies

This cookie has several different "personalities" depending on what you use for the sweetener. Try all the varieties – they're delicious in different ways.

1½ cups quinoa flour
2¼ teaspoons baking powder
½ cup almond meal/flour
¼ cup sliced almonds (optional)
½ cup oil
½ teaspoon almond flavoring
½ cup honey (for crisp cookies) OR ½ cup honey plus ½ cup water (for soft cookies) OR 1 cup apple juice concentrate, thawed (for fruit-sweetened soft cookies)

Preheat your oven to 375°. Combine the flour, baking powder, almond meal, and almonds in a large bowl. Thoroughly mix the oil with the honey, honey and water, or juice in a small bowl, and then immediately pour it into the dry ingredients. Stir the dough until it is just mixed. Drop it by teaspoonfuls onto an ungreased baking sheet. For the crisp cookies, flatten the cookies with an oiled glass bottom or your fingers held together. Bake the cookies at 375°F for 7 to 10 minutes. Makes about 2 dozen crisp or 3 dozen soft cookies.

Very crisp and flaky variation: Make the "crisp cookie" variation of this recipe using ½ cup honey for the sweetener and also decrease the flour to 1 cup. You will not need to flatten the cookies with your fingers or a glass because the batter will be much thinner and will spread readily. Place the cookies at least 3 to 4 inches apart on the baking sheet. Bake as above.

Fig Bars

These cookies will remind you of Fig Newtons™.

Filling:

8 ounces dried figs
1 cup water
2 teaspoons natural vanilla flavoring (optional)

Dough:

3 cups amaranth flour
1 cup arrowroot
¾ cup oil
⅜ cup to ½ cup cold water

To make the filling, remove the stems from the figs. Combine the figs and water in a saucepan, bring them to a boil, reduce the heat, and simmer them on low heat for 30 minutes. Cool the figs, stir in the optional vanilla, and puree them in a blender or food processor until they are smooth. While the filling is cooking, make the dough.

Mix together the amaranth flour, arrowroot, and oil with a pastry cutter until the mixture is crumbly. Gradually add enough of the water to make a soft dough. Divide the dough in half and flatten each half unto a small square.

Preheat your oven to 400°F. Roll one half of the dough out into an 8 by 12 inch rectangle on an ungreased cookie sheet and spread it with the filling. Roll the other half of the dough out into an 8 by 12 inch rectangle on a well-floured pastry cloth or roll it out between two pieces of waxed or parchment paper and peel off the top piece. Invert the pastry cloth or waxed or parchment paper with the dough on it onto the top of the fig filling and dough on the baking sheet. Peel off the pasty cloth or paper from the dough. Bake for 25 to 30 minutes or until it begins to brown. Cool for 10 minutes, then carefully cut it into 1½ inch squares with a sharp knife. Makes about 3 dozen cookies.

Carob Wafers or Sandwich Cookies

You can put these sandwich cookies together with sugar-free jam or carob chips or eat them plain, as "Carob Wafers," for everyday use. For a special occasion, fill the sandwiches with white fondant and they will remind you of Oreos™.

1½ cups carob powder
1½ cups tapioca starch or arrowroot
3 teaspoons baking powder
1 cup apple juice concentrate
½ cup oil
About ⅔ cup all-fruit (sugarless) jam or jelly
OR 1 cup carob chips (optional)

Preheat your oven to 350°F. Combine the carob powder, tapioca starch, and baking powder in a large bowl. Mix together the juice and oil and stir them into the dry ingredients until they are thoroughly mixed in. Roll the dough into 1 inch balls and place them on an ungreased baking sheet. Flatten each ball to ⅛ to ¼ inch thickness with an oiled glass bottom or your fingers held together. Bake the cookies for 10 to 12 minutes or until they feel set when you touch them. Remove them from the baking sheet with a spatula and cool them completely. If you are using the carob chips, melt them in the top of a double boiler over water that is just below the boiling point, stirring them frequently. As soon as they are melted, remove the top of the double boiler from the pan. Or microwave the carob chips, stirring often, until melted. Put the cookies together in pairs, with their bottoms together, using the melted carob chips, jelly or jam. Makes about 2 dozen sandwich cookies or 4 dozen plain carob wafers.

"Oreos™" variation: See *Allergy Cooking with Ease* or a general purpose or candy cookbook for a white fondant recipe which can be used to put these cookies together in pairs to make sandwich cookies that will remind you of Oreos™.

Quinoa Carrot Cookies

These are as nutritious as they are delicious since they are made with quinoa flour (which is high in protein and calcium) and carrots (a great source of vitamin A).

2 cups quinoa flour
⅔ cup tapioca starch or arrowroot
2½ teaspoons baking powder
1 teaspoon cinnamon
⅞ cups apple juice concentrate, thawed
⅓ cup oil
1½ cups grated carrots
½ cup raisins (optional)

Preheat your oven to 350°F. Oil your baking sheets. Mix together the flours, baking powder, and cinnamon in a large bowl. Stir in the raisins. Combine the juice, oil, and carrots and stir them into the flour mixture until they are just mixed in. Drop the batter by heaping teaspoonfuls onto an ungreased cookie sheet and, if you like flat rather than round cookies, flatten the balls of dough with your fingers. Bake for 12 to 15 minutes or until the cookies begin to brown on the bottom. Makes 2 to 3 dozen cookies.

Teff Shortbread

These are my gluten-intolerant friend Joan Hinkemeyer's favorite cookies.

2 cups teff flour
1½ teaspoons baking powder
½ cup oil
¼ cup Fruit Sweet™
1 large egg plus enough water to bring its volume up to ¼ cup

Preheat your oven to 350°F. Stir together the flour and baking powder. Break the egg into a measuring cup and beat it slightly with a fork. Add water to the cup to bring the volume up to ¼ cup. Then stir the Fruit Sweet™ and oil into the egg mixture. Add the liquid ingredients to the dry ingredients, mixing with a spoon and your hands until the dough sticks together. If the dough is too dry to stick together, add 1 to 2 tablespoons of water. Turn the dough out onto a baking sheet. Using a rolling pin, roll the dough out to ¼ inch thickness. Cut the dough into 1 by 3 inch bars with a sharp knife. Bake the cookies for 15 to 20 minutes until they are set and beginning to brown. Cut the cookies again on the same lines after you remove them from the oven. Remove the cookies from the baking sheet with a spatula. Put them on paper towels to cool completely. Makes 2 to 3 dozen cookies.

Amaranth Shortbread

1¼ cups amaranth flour
1 cup arrowroot
½ teaspoon baking soda
⅜ cup oil
½ cup pineapple juice concentrate, thawed

Preheat your oven to 350°F. Combine the amaranth flour, arrowroot, and baking soda in a large bowl. Stir together the oil and juice and add them to the dry ingredients, mixing with a spoon and your hands until the dough sticks together. If necessary, add 1 to 2 tablespoons of water to help the dough come together. Roll the dough out to ¼ inch thickness on an ungreased baking sheet and cut it into 1 by 2 to 3 inch rectangular bars. Bake for about 15 to 20 minutes or until the cookies begin to brown. Cut the cookies again on the same lines, if necessary, after you remove them from the oven. Remove the cookies from the baking sheet with a spatula. Put them on paper towels to cool completely. Makes 2½ to 3 dozen bars.

Pizzelles

These traditional Italian Christmas cookies can be made with or without the anise flavoring. You can use them as ice cream cones if you leave out the flavoring and roll them into cone shapes as soon as you remove them from the iron.

1½ cups quinoa flour
½ cup tapioca flour
½ teaspoon baking soda
½ cup melted butter or coconut oil or other (liquid) oil
½ cup apple juice concentrate, thawed
1½ teaspoons anise flavoring (optional)

Begin heating the iron. Brush the plates with the oil you are using to make your pizzelles. Combine the flours and baking soda in a large electric mixer bowl. In a small bowl, stir together the oil, juice, and flavoring (if used), and pour them into the dry ingredients. Beat the dough on low speed until the flour is all moistened, then beat it on medium speed for one minute. If you are using a type of oil other than coconut oil or butter, brush both the top and the bottom of the iron with oil before cooking each cookie. Put one heaping tablespoon of dough in the iron. (You may need more – this is a starting point as you determine how much dough you should put in to fill the iron when you close it). Cook each cookie for 20 to 30 seconds, or until it is golden brown, and remove it from the iron using two forks. (You may have to experiment to determine what cooking time makes the cones easiest to remove). Lay them flat on paper towels to cool. Makes about 2 to 3 dozen 6-inch pizzelles or about 15 pizzelles which are 8-inch circles that break apart into quarter-circles.

Ice cream cones variation: Use a pizzelle iron that makes medium-sized cookies, or if you have a krumkake iron, that is ideal. Immediately after removing each cookie from the iron, roll it into a cone shape. If you wish to have perfectly shaped cones, roll them around metal cone-shaped forms and allow them to cool completely before removing the forms. Makes 1 to 1½ dozen cones.

Carob Pizzelles

We always had anise-flavored pizzelles when I was a young child, but in my teens, chocolate pizzelles became popular, so we had both for Christmas. This recipe is a take-off on chocolate pizzelles.

1 cup quinoa flour
½ cup carob powder
½ cup tapioca flour
½ teaspoon baking soda
½ cup melted butter or coconut oil or other (liquid) oil
1 cup apple juice concentrate, thawed

Begin heating the iron. Brush the plates with the oil you are using to make your pizzelles. Combine the flours, carob powder, and baking soda in a large electric mixer bowl. In a small bowl, stir together the oil and juice, and pour them into the dry ingredients. Beat the dough on low speed until the flour is all moistened, then beat it on medium speed for one minute. If you are using a type of oil other than coconut oil or butter, brush both the top and the bottom of the iron with oil before cooking each cookie. Put one heaping tablespoon of dough in the iron. (You may need more – this is a starting point as you determine how much dough you should put in to fill the iron when you close it). Cook each cookie for 20 to 30 seconds, or until it is beginning to brown, and remove it from the iron using two forks. (You may have to experiment to determine what cooking time makes the cones easiest to remove). Lay them flat on paper towels to cool. Makes about 3 dozen 6-inch pizzelles or about 18 pizzelles which are 8-inch circles that break apart into quarter-circles.

Carob ice cream cones variation: Use a pizzelle iron that makes medium-sized cookies, or if you have a krumkake iron, that is ideal. Immediately after removing each cookie from the iron, roll it into a cone shape. If you wish to have perfectly shaped cones, roll them around metal cone-shaped forms and allow them to cool completely before removing the forms. Makes about 1½ dozen cones.

Oatmeal Raisin Cookies

These cookies are fragile but delicious and are an excellent source of fiber. They are included in this book for those whose doctors allow oats on a gluten-free diet.

2 cups white raisins
2 cups white grape juice
½ cup oil
2 cups oat flour
2 cups oatmeal
1 teaspoon baking soda
1½ teaspoons cinnamon
1 cup brown raisins
½ cup chopped nuts (optional)

Soak the white raisins in the grape juice overnight. In the morning, puree them using a hand blender or in a blender or food processor. Add the oil and blend again briefly. Preheat your oven to 375°F. Combine the oat flour, oatmeal, baking soda, cinnamon, brown raisins, and nuts in a mixing bowl. Add the raisin puree and stir until it is just mixed into the flour mixture. Drop the batter by heaping teaspoonfuls onto an ungreased baking sheet and bake for 15 to 18 minutes, or until the cookies are lightly browned. Makes about 6 dozen cookies.

Quinoa Drop Cookies or Chocolate Chip Cookies

2 cups quinoa flour
⅔ cup tapioca starch
2½ teaspoons baking powder
⅞ cup Fruit Sweet™
⅓ cup oil
¾ to 1 cup chocolate or carob chips, raisins, or chopped nuts (optional)

Index to the Recipes by Grain Used

This index will help you find recipes in this book by the major grain or grain alternative that they contain. The recipes that do not contain a grain or grain alternative are not listed in this index but can be found in the "General Index" on page 89. Arrowroot and tapioca flour are used as binders in many recipes in this book. They are included in the listing below only when they are the main flour-type ingredient in a recipe.

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