

Gluten-Free Recipe Options for the book

Apples, Bean Dip, and Carrot Cake: Kids Teach Yourself to Cook

Gluten is found in wheat, barley, and rye. Many people are allergic. Items can be contaminated during processing so look for gluten-free (GF) distinction; oats commonly pick up gluten.

Level One is gluten-free just the way it is.

Level Two

Bean Dip - Use specified GF refried beans, salsa and prepared mustard. Grain vinegars used in these, if derived from glutinous grains and NOT distilled, may contain gluten.

Mashed Banana on Rice Cakes - Substitute ground golden flax seeds for the wheat germ.

Cereal with Fruit - Use a GF cereal and make sure the soymilk is GF. Malt syrup or flavoring is one of the things that makes some soymilks not GF.

Almond Butter and Cherry Sandwich - Use a GF bread.

Tofegg Sandwich - Use a GF bread and make sure that mustard and soy mayonnaise are GF.

Cucumber Sandwich - Use a GF bread and make sure that mustard and soy mayonnaise are GF.

Apple Muesli - Use GF oats or substitute soaked chia seeds for the quick oats. Use 1/4 cup chia seeds soaked in 1/2 cup water for 30 minutes or in fridge overnight. Seeds will get larger and pudding-like.

Level Three

Oatmeal - Use GF oats.

Pita Pizzas - Use a GF English muffin, carefully split it in half with a fork. Place outer surfaces on baking sheet. Two muffin halves equal one pita. Make sure pasta sauce is GF.

Sushi - Use wheat-free tamari for the soy sauce.

Baked Tofu Sandwich - Use GF versions of: soy sauce, bread, salsa, ketchup and mustard.

Gingerbread Cookies - For wheat flours substitute 1 cup sorghum flour + 1/2 cup rice flour + 3 Tablespoons arrowroot powder + 2 teaspoons ground golden flax seed + 1 teaspoon xanthan gum.

Green Bean Casserole - Make sure Mushroom Soup is GF.

Family Chili - Instead of TVP use 1 pound of chopped button mushrooms + 1 teaspoon tamari (wheat-free soy sauce). Wash and chop mushrooms (after step 2) and set aside. After step 4, add mushrooms and tamari to translucent fried onion. Stir. Cover and reduce heat to simmer another 5 minutes, stirring occasionally. In step 7, do not use the vegetable stock or water. You may need to raise the temperature slightly to keep a simmer after adding frozen corn. After the chili has finished cooking, add 1 Tablespoon cornstarch in one of two methods: Place a strainer over the pot and shake strainer while adding starch to distribute it without lumps OR dissolve starch in 1/4 cup cold water before adding to chili. Mix.

Chocomint Pudding - Make sure cocoa powder is GF.

Chocolate Chip Cookies - Instead of the wheat flour, use 3/4 cup sorghum flour + 3 Tablespoons rice flour + 2 teaspoons ground golden flax seed + 1 teaspoon xanthan gum.

Whole Wheat Pie Crust - Pre-oil the pan or use a non-stick pan as the GF crusts tend to stick more than the wheat. The GF versions will need to bake longer too (10 minutes instead of 7).

Almond option: Instead of 1 cup pastry flour, use almond meal (almond flour) until you get dough consistency. Expect to use 1 1/2 to 2 1/2 cups almond meal –varies with the weather and brand of almond meal. The almond crust will be thicker, deliciously different, and often preferred to wheat crust.

Oat option: Instead of 1 cup pastry flour, use 1 1/4 cups GF oat flour for a crust more similar to wheat.

Pumpkin Pie - Make sure soy milk is GF.

Carrot Cake - Instead of the wheat flours use: 2 cups sorghum flour and 1 1/2 teaspoons xanthan gum. Increase the cornstarch to 1/3 cup and the baking soda to 1 1/2 teaspoons.

Spinach Tofu Lasagna - Use rice lasagna noodles and make sure mayo is GF.

Veggie Wraps - Use rice tortillas which will need to be steamed prior to using. Place a steamer rack in a large low pot with water under the rack. Bring water to boil. Put tortilla on rack for 30 seconds. If rack has a center spike, put 2 tortillas on the rack, leaning half of each against the spike, not on top. Remove with tongs; place on plate. Wrap while warm.

Flavored Mushrooms - Use wheat-free tamari instead of soy sauce.

Level Four

Mushroom Soup - Use a GF broth. Substitute for the bread either 1 cooked small white potato (See Rustic Mashed Potatoes for potato preparation.) OR 2 Tablespoons cornstarch. If using starch, reheat to thicken. Stir while heating, scraping the bottom of pot.

Chocorange Cupcakes - Substitute for the wheat flour: 3/4 cup of sorghum flour + 1/2 cup rice flour + 1 Tablespoon ground flax seed + 1 1/2 teaspoons xanthan gum.

Thank you to JoAnn Farb for her gluten-free conversion suggestions.

To learn more about living Gluten-Free, check out her website

<http://getoffgluten.blogspot.com/> and purchase her book *Get Off Gluten!*