

# HEALTHY & GLUTEN FREE HOLIDAY BAKING

Jaconello Health Centre Open House

November 21st, 2010

**GLUTEN FREE** flours, starches & nuts:  
Almond, Coconut, Hazelnut (grain free)  
Rice, Buckwheat, Teff, Sorghum, Quinoa, etc.  
Potato, Corn, Arrowroot (starches)  
Bean flours: I prefer not to use these as they are not easily digestible.  
Bob's Red Mill offers many GF flours.  
**AVOID:**  
Rye, Wheat, Spelt, Barley, Kamut, Triticale, (oats)  
Note: Oats may have to be avoided by celiacs.

## **BASICS OF "HEALTHY" BAKING:**

**SUGAR:** baked goods should be low in refined sugars and low in total carbs. Use small amounts of Maple Syrup, dates, sucanat or stevia. I don't recommend honey for baking but it can be used for raw treats.

Brown sugar is refined white sugar with molasses!

**FATS:** use healthy, natural and un-processed fats that withstand higher temperatures like ghee, coconut oil or butter. Avoid processed vegetable oils, all margarines, hydrogenated fats.

**PROTEINS:** bake with good quality eggs. Organic eggs are good, eggs from pastured hens are best.

## **GUAR GUM & XANTHAM GUM**

Are used sometimes in GF baking to replace the gluten that helps bind. These may cause problems for people with sensitive digestion. I prefer to use more eggs instead.

## **TIPS FOR SUCCESSFUL GF BAKING:**

1. use one or two of these crumbly/grainy flours: amaranth, coconut, corn, rice millet.
2. Add a binding flour: buckwheat, arrowroot, tapioca, potato starch, potato flour
3. Use one or more of these binders: egg, guar gum, xantham gum, flax-seed
4. Add one or two of these for flavour & texture and lower carbs: ground sesame seeds, ground flax seeds, ground crispy nuts, ground almonds.
5. Be willing to experiment!

<http://www.westonaprice.org/food-features/493-going-gluten-free.html>

## **CRISPY NUTS:**

*Soaking nuts to start the sprouting process makes them more digestible and increases nutrient availability.*

4 cups almonds (or walnuts, pecans, etc)  
1 Tbs sea salt  
water to soak and cover by 1 – 2 inches

Place nuts in glass bowl and add filtered water to soak and cover by 1 – 2 inches. Soak for 8 – 12 hours.

Pre-heat oven to 150F (or 170F if that is the lowest it will go). Drain nuts and spread on one or two large cookie-sheets. Dehydrate for about 8 – 14 hours until totally dry. Let cool and store in glass jar or large ziplock bag in the fridge. Dehydrator may also be used.

## **ALMOND & DATE SPICE COOKIES**

*These are quick & easy to make if you have crispy almonds handy.*

1 cup crispy almonds  
¾ cup pitted dates (score them across to make sure pits aren't there!)  
¼ cup dehydrated coconut  
2 Tbs coconut flour (increase dehydrated coconut if you don't have any)  
½ tsp cinnamon  
½ tsp ginger  
¼ tsp cardamom  
2 Tbs coconut oil or ghee (at room temp.)  
1 egg

Pre-heat oven to 350F

Place almonds in food processor and grind until fine. Add dates and process until fine. Add all other ingredients and process until it forms a wet paste.

Shape into 1 inch round cookies and flatten slightly with fingers. Place on cookie sheet and bake for 12 – 15 minutes. Let cool on cookie rack and store in a sealed jar.

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## SPROUTED ALMOND BITES

*These are delicious and don't need baking!*

1 cup Raw Almonds  
1/4cup Cocoa or Carob Powder  
1/4 Cup Un-pasteurized Honey  
1/3 Cup Almond Butter  
1 Tbs. Ground Flax seeds  
Optional: 2 Tbs liqueur of your choice  
Topping: Shredded Coconut

Place nuts in a bowl and cover with filtered water. Soak nuts on counter overnight and next morning strain all water off and leave on counter for another 8 hrs, rinsing 1-2 times to keep them moist but not soaked. If you don't continue at this point, cover and refrigerate nuts.

Place the sprouted almonds (wet inside) in a food processor and process until ground fine. Blender will not work!  
Add cocoa or carob powder and pulse a few times.  
Add all other ingredients and process until blended.

Roll into balls and coat with coconut. Enjoy right now or freeze for later. Will defrost in no time or enjoy frozen.

## MACAROONS

*Makes 2 dozen*

4 egg whites  
pinch of sea salt  
2 Tbs arrowroot  
1/2 cup maple syrup  
1 Tbs vanilla extract  
2 cups dessicated coconut

Line a baking sheet with parchment paper. Beat egg whites with salt in a clean bowl until they form stiff peaks. Beat in the arrowroot and slowly beat in syrup and vanilla. Fold in the coconut. Drop by spoonfuls on parchment paper. Bake at 300F for half hour. Reduce oven to 200 F and bake another hour or so until they are completely dry and crisp. Let cool completely before removing from parchment paper. Store in airtight container.

## OMA'S APPLE & CURRANT CAKE

6 eggs, separated  
2 cups peeled and finely chopped apples (chop in pieces the size of raisins) don't peel if organic  
1 cup finely chopped walnuts  
3/4 cup organic sugar (Sucanat, raw cane sugar, etc)  
1 cup currants or raisins  
1 cup gluten free flour (i.e. rice + arrowroot)  
1 tsp cinnamon  
1 tsp baking powder  
1 pinch salt

2 cups organic whipping cream  
2 Tbs maple syrup  
1/2 OJ + 2 Tbs liqueur for moistening layers

Line bottom of 2 (9inch) springform pans with parchment or wax paper and lightly oil bottom and sides with butter or coconut oil. Preheat oven to 350F. Combine apples, walnuts, raisins/currants, cinnamon and half the flour, baking powder and salt. Beat egg whites until almost stiff. Slowly add half the sugar and continue beating. Add egg yolks one by one alternating with the other half of the sugar. Continue beating.

Incorporate the rest of the flour with a spatula (with light strokes being careful to not over-mix). Carefully add this batter to the apple raisin mixture. Another option is to divide the egg mixture and incorporate half the dry mixture and do this twice.

Pour half the batter in each pan. Bake for 30 minutes or until tester comes out clean. Let cool 5 minutes. Invert on cooling rack and remove paper. Let cool completely. Layers can be wrapped tightly and frozen for later.

Filling: whip cream until stiff and incorporate maple syrup at the end. Moisten layers with juice or liquor. Spread 1/3 of whipped cream on first layer. Cover with second layer, moisten and cover top and sides with the rest of the cream. Refrigerate for 2 hours before serving. Cover with plastic wrap (use toothpicks to avoid plastic from clinging) if you store for longer.

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## MINI CHOCOLATES

*These need to be eaten straight from the fridge and melt very quickly in your fingers but are oh! So delicious! Have napkins handy!*

½ cup crispy almonds  
1 ½ cup coconut oil  
5 Tbs cocoa powder  
2 Tbs honey

Grind almonds in food processor. Add remaining ingredients and process until well blended. Pour into ice cube trays and refrigerate.

## GINGER SNAPS

1 ½ cups crispy almonds  
½ cup butter or coconut oil  
1 cup arrowroot  
½ cup sucanat  
1 T water  
1 ½ tsp ground ginger  
1 tsp cinnamon  
¼ tsp nutmeg  
¼ tsp ground cloves  
½ tsp sea salt

Place almonds in food processor and process until finely ground. Add remaining ingredients and blend well. Form into walnut sized balls and place on un-buttered cookie sheets. Bake at 300F for about 20 minutes. Let cool completely before removing to an airtight container for storage. Store in refrigerator.

## RICE FLOUR CARROT MUFFINS

*Makes 6 muffins*

1 1/2 cups rice flour  
3/4 cup warm water  
2 Tbs whey, lemon juice or apple cider vinegar  
1/4 cup coconut oil (or ghee or olive oil)  
1/3 – ½ cup maple syrup  
2 eggs  
1 cup finely grated carrots

1/4 cup arrowroot flour  
1/2 tsp salt  
1/2 tsp baking soda  
1/2 tsp baking powder  
1/2 tsp cinnamon + ¼ tsp cloves  
1/3 cup raisins, dried cranberries or chopped crispy nuts

Mix the first three ingredients and soak 8 - 12 hours or overnight on the counter.

\* Preheat oven to 350F. Mix maple syrup and coconut oil in a bowl. Add eggs and grated carrots.

\* Mix salt, baking soda and baking powder, cinnamon and arrowroot flour.

\* Combine soaked rice and wet ingredients. Add arrowroot flour mix and combine well.

\* Bake in muffin tins oiled with coconut oil or lined with paper cups. Bake for 25 - 30 min or until toothpick comes out clean.