



## Healthy Recipes

### *Fruit Smoothie* (dairy- & wheat-free)

6 oz. rice, soy or almond milk in blender with:  
½ banana or melon cubes or frozen berries  
or any combination of the above; or pineapple-coconut juice & sliced pineapple.  
Ice cubes as desired.

### *French Toast* (can be dairy & wheat-free)

Mix 1 cup of allowable milk with 1 egg & ½ tsp. cinnamon.  
Dip in stale allowable bread & cook on preheated griddle. Serve with suggestions below.

### *Whole Grain Pancakes or Waffles* (can be dairy- & wheat-free)

- 2 cups any flour combination (whole wheat or spelt, whole oats or oat flour & corn works well)
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 2 eggs (or substitute)
- 2 cups liquid of your choice: buttermilk, plain or vanilla soy yogurt, fruit juice, milk (soy, almond, rice, goat or cow's milk soured with 2 tsp. lemon juice -- mixture will curdle)
- 1-2 Tbsp. canola oil (3-4 Tbsp. for waffles)

Mix dry ingredients in a medium bowl. If using milk, mix with lemon juice & allow to sit for 5 minutes; mix with remaining liquids. Combine both mixtures, stirring. Mixture will be a bit lumpy. Cook on preheated griddle or waffle iron. Serve with sautéed apples & cinnamon (recipe follows), or unsweetened applesauce, or all- fruit syrup or pure maple syrup (in very small amounts).

*Serves - 4*

## ***Rice Pancakes***



1 1/3 cups rice flour  
 1 Tbsp. apple butter  
 1/2 cup soy flour  
 Egg Replacer to equal 2 eggs  
 1 Tbsp. canola oil  
 2 tsp. baking powder  
 1/2 tsp. baking soda  
 1/4 tsp. salt  
 1 1/2 cups soy or rice milk, mixed with 1 1/2 Tbsp. lemon juice (allow to sit 5 minutes until curdles form)

Mix dry ingredients together and set aside. In large mixing bowl, beat apple butter, oil, egg, and milk. Add dry mixture and stir gently. Be careful not to overmix.  
*Makes approximately 14 (4-inch) pancakes.*

## ***Sautéed Apples***

topping for pancakes or French toast

Thinly slice 2 washed apples & sauté in ½ Tbsp. oil or ghee (clarified butter) & 2 tsp. cinnamon until softened. Add 2-3 Tbsp. apple juice & simmer uncovered for a few more minutes, stirring.

## ***Granola*** (can be dairy & wheat free)

Combine:

4 cups rolled oats, or rolled barley (or combine both)  
 ½ - 1 cup soy grits  
 1-2 cups sunflower seeds & chopped nuts  
 1 cup chopped dried fruit & chopped coconut (sugarless)  
 any flavoring such as cinnamon

In a separate bowl, combine:

½ cup fruit concentrate or brown rice maple syrup  
 1 tsp. vanilla  
 1/3 cup sesame oil

Stir both mixtures together. Bake at 325 degrees, stirring occasionally, until crunchy (about 2 ½ hours).



### ***Blueberry Banana Muffins*** (dairy & wheat free)

2/3 cup mashed ripe banana  
 1 egg or equivalent Egg Replacer  
 ½ cup soy or rice milk, or apple juice  
 1/3 cup canola oil (cold pressed)  
 2 cup spelt flour  
 1 tsp. baking soda  
 1 tsp. baking powder  
 1 cup fresh or frozen blueberries  
 1/4 tsp. salt

Preheat oven to 350 degrees. Beat together mashed banana and egg until creamy. Mix in milk and oil, and beat well. Combine dry ingredients and add, stirring just until moistened. Gently mix in blueberries. Spoon batter into oiled and floured muffin pan, filling 2/3 full. Bake 15 minutes or until lightly browned.

*Yield -- 12 muffins.*

### ***Banana Breakfast Cake*** (dairy, egg & wheat-free)

3 very ripe bananas, mashed  
 2 Tbsp. lemon juice  
 1/4 cup apple juice  
 1/3 cup canola oil  
 1 1/2 cup spelt flour  
 1/4 tsp. salt  
 1/2 tsp. baking powder  
 1/2 tsp. baking soda  
 1/2 cup wheat *or* oat bran  
 3/4 cup raisins or currants

Preheat oven to 350 degrees. Mix mashed bananas and lemon juice until smooth. Stir in juice & oil. In a separate bowl, mix flour, salt, baking powder & soda; mix in bran & add to bananas. Mix well & stir in raisins. Batter will be stiff. Spoon into oiled 8x8 square pan. Bake 35-40 minutes. Cool on rack. Cut into squares. Freezes well in individual baggies for lunchbox treats.

*Yield -- 9 squares.*

### ***Carrot Muffins*** (gluten-, egg-, and dairy-free)

1 cup brown rice flour  
1/4 cup apple butter  
1/3 cup potato starch flour  
Egg Replacer to equal 2 eggs  
3 Tbsp. tapioca flour  
2 Tbsp. canola oil  
1/2 cup rice bran  
1 tsp. cinnamon  
3/4 tsp. baking soda  
1/4 tsp. salt  
2 tsp. baking powder  
1/4 tsp. nutmeg  
1 cup shredded carrots  
1/2 to 3/4 cup apple juice concentrate  
1/3 cup currants

Preheat oven to 425 degrees.

In a large bowl, combine flours, bran, cinnamon, baking powder, soda and salt, and nutmeg. Mix well and set aside. In a separate bowl, combine remaining ingredients and add to dry mixture until dry ingredients are moistened. Do not overmix. Fill greased muffin cups about 2/3 full. Allow to sit for 5 minutes. Bake for 20 minutes.

*Yield: 10 – 12 muffins.*

### ***Banana Bread***

1 3/4 cup sifted brown rice flour  
1/4 cup walnuts, ground finely in blender  
1/2 cup chopped walnuts  
1/2 cup arrowroot  
2 tsp. baking soda  
1/4 tsp. salt  
1 1/2 cups ripe mashed banana  
1/4 cup canola oil  
1/4 cup apple juice concentrate  
Egg Replacer to equal 2 eggs

2 Tbsp. lemon juice  
1 tsp. vanilla extract

Preheat oven to 350 degrees. Mix finely ground walnuts with flour, arrowroot, baking soda and salt in a large bowl. Stir in the chopped walnuts. In a separate bowl, mix together the banana, oil, apple juice, eggs, lemon and vanilla. Add to the flour mixture and stir until just moistened. Do not over-mix. Pour into a greased 9x5 inch loaf pan and bake for 55-60 minutes or until cake tester inserted in middle comes out clean. Allow to sit in pan for 10 minutes then remove from pan and cool on wire rack. *Makes 1 loaf.*

### ***Fresh Dairy-free Cheese***

*A nutritious way to make dairy free cheese without casein and fun for kids to watch or help.*

1 quart of milk -- goat or soy -- at room temperature – and ½-1 cup lemon juice

Gradually add lemon juice to milk & stir continuously until curds form. Allow to sit for about 4 hours. Stir well. Allow to drain overnight in refrigerator in several layers of cheesecloth in a strainer, over a bowl. In the morning cheese is left in the cheesecloth and the liquid (whey) that is left in the bottom can be added to soup.

### ***Berry Cream Cheese***

In a blender, blend 1 cup homemade cheese with 1 cup washed strawberries or raspberries until smooth.

### ***Muesli***

*Use for breakfast or lunchbox snack or use in cookies below*

3 cup puffed rice cereal

1 cup crispy brown rice or Perky's Nutty Rice®

2 cup oat flakes

1 cup sliced almonds or soy nuts

1 cup sunflower seeds

1 cup currants or dates

1 cup dried apples or apricots

Toss all ingredients together in a large bowl. Store airtight at room temperature. *Yield - about 10 cups*

### ***Gluten-Free Muesli***

3 cups puffed rice  
 2 cups crispy brown rice cereal  
 2 cups puffed millet  
 1 cup roasted soy nuts or sliced almonds  
 1 cup sunflower seeds  
 1 1/2 cups of any combination of the following dried fruit bits: currants, dates, cherries, apples, peaches or apricots

Combine all ingredients and store in airtight container.

*Yield - 10 cups*

*Note: Muesli can be used as a breakfast cereal or makes a very portable snack*

### ***Muesli Cookies***

2 cups muesli  
 1/3 cup brown rice syrup  
 2 Tbsp. canola oil (cold pressed)  
 1/2 cup ripe banana, mashed

Preheat oven to 350 degrees.

Mix ingredients well and place (using a tablespoon) on a greased cookie sheet 1 inch apart. Bake for 30-35 minutes.

### ***Rice Cereal Crispies*** (wheat & dairy free)

*Kid-friendly, makes a great lunch box treat*

1 tsp. canola oil  
 1/2 cup brown rice syrup  
 2 Tbs. sesame tahini (or other nut butter)  
 1 Tbsp. vanilla extract  
 2 cups crispy brown rice  
 1 cup each puffed rice and puffed millet  
 2 cups Perky's nutty rice  
 1/2 cup sunflower seeds  
 1/2 cup currants, chopped dried apple or dates

In large pot, over low heat, stir oil, rice syrup & tahini until bubbly; remove from heat & stir in vanilla. Add remaining ingredients & mix until well acquainted with a wooden spoon.

Press into a 13x9 inch pan. It will set in 30 minutes at room temperature. Cut into squares & store in an airtight container, not refrigerated.

*Yield -- 2 dozen squares*

### ***Banana Custard Pie*** (wheat- and dairy-free)

*Kid-friendly -- a wonderful sugar-free birthday pie*

1/2 cup hot water  
 1 Tbsp. gelatin powder (1 envelope)

Combine in blender until gelatin is completely dissolved. With the blender running, then add:

- ½ cup pineapple juice
- 1 egg or equivalent egg substitute
- ¼ cup canola oil
- ½ tsp. vanilla
- 3 bananas, cut into pieces

Slice another banana into a pie dish or other glass dish. Sprinkle with 2 Tbsp. unsweetened coconut. Pour blender mixture over banana slices & garnish with more coconut.

*Yield - 6 servings (works well with birthday candles)*

### **Berry Freeze (wheat-free)**

- 1 pound frozen organic strawberries (or 1 pint fresh, slightly frozen)
- ¾ - 1 cup light ricotta
- 3-4 Tbsp. all-fruit strawberry jam

Blend slightly thawed strawberries in food processor. Slowly add ricotta then jam, while blending. Serve immediately.

*Serves 4*

### **Milk Chocolate Almond Bars**

*Kid-friendly. Not quite "healthy," but refined sugar-free and a good alternative for those holiday times when you are in need of dessert. Spelt works fine so these can be wheat-free as well as egg-free)*

Preheat oven to 350 degrees.

Beat with mixer until creamy:

- 1/2 cup softened butter
- 1/2 cup Fruit Source (powdered alternative for sugar)

Beat in:

- 1 1/4 cups spelt or whole wheat flour (white flour only if you must!)
- 1/4 tsp. salt

Press into 13x9 inch baking pan; batter will be thin. Bake for 20 minutes. While hot, sprinkle 1 cup Sunspire chocolate chips (barley malt-sweetened) over top & let sit for a few minutes to melt; then spread evenly. Sprinkle with 1/2 cup finely chopped almonds or walnuts or other desirable nuts. Allow to cool 15 minutes, then cut into squares & allow to cool completely. Store airtight at room temperature or in refrigerator. Freezes very well.

*Yield -- approx. 3 dozen*



### ***Thumbprint Cookies***

*another yummy, "not quite healthy," alternative that can be wheat-free and uses a healthier sweetener.*

1 cup plus 2 Tbsp. spelt or whole wheat flour  
 1/3 cup Fruit Source (powdered)  
 1/2 cup softened butter  
 1 egg yolk  
 1/2 tsp. vanilla extract  
 All-fruit raspberry jam (any flavor is fine)

Preheat oven to 350 degrees

In medium bowl, mix flour & fruit source; add butter & mix with a pastry blender or fork until coarse crumbs are formed. Add egg yolk & vanilla & mix with fingers or fork until dough holds together. Form into a ball & let chill for about 10 or 15 minutes. Using a measuring tsp. for size, shape dough into small balls (children are great at this) & place 1 inch apart on (un-greased) cookie sheet. Make a small indentation in center of each cookie with pinkie (also great for kids to do). Fill each small hole with all-fruit jam.

Bake for 15-20 minutes until just golden. Remove from oven & loosen cookies with spatula but allow to cool on pan. Store airtight at room temperature. Freezes very well.

*Yield -- 3 dozen.*

### ***Sweet Potato Squash Delight***

*a wonderful addition to a thanksgiving meal*

Steam until tender:

1 medium butternut squash, cut into chunks

2-3 medium sweet potatoes, cut into chunks

When cool enough to handle, peel and puree in food processor.

Add:

1/4 to 1/2 tsp. ginger

1/2 tsp. cinnamon and a dash nutmeg

1/4 to 1/2 cup soy or rice milk (add enough to make creamy)

Preheat oven to 350 degrees

Put in 1 1/2 qt. casserole & sprinkle with sliced or slivered almonds. Bake about 15 minutes.

*Serves 10*

*Note: if preparing ahead, do not bake until just before serving*



### ***Red Potato and String Bean Salad Vinaigrette***

- 1 1/2 pounds small red potatoes
- 1/2 to 3/4 pound fresh green beans
- 2-4 Tbsp. tarragon vinegar
- 2-4 Tbsp. olive oil
- 1/2-1 Tbsp. grainy mustard
- 1 or 2 cloves garlic, chopped
- 1/8 tsp. fresh ground pepper
- 1 Tbsp. each chopped fresh basil and oregano (or 1/2 tsp. dried)

Scrub potatoes and place in deep pot; cover with water; bring to boil over high heat and boil until tender, about 10 to 12 minutes, depending on size. Drain, and when cool enough to handle, slice into 1/4 inch slices or small cubes. While potatoes are cooking, wash beans, break off ends and cut into thirds. Steam until tender but still crunchy.

Whisk together the remaining ingredients. Toss with the warm potatoes and green beans and let marinate for at least 2 hours at room temperature, or overnight in the refrigerator. Toss gently from time to time. Serve at room temperature or chilled.  
*Serves 6-8.*

### ***Rice Pasta Primavera with Chicken***

- 2 cups uncooked rice pasta (noodles, spaghetti, elbows)
- 1 large whole chicken breast, cut into strips
- 1 each: red, yellow, green bell pepper, cut in thin strips
- 3-4 scallions, chopped
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1/4 cup fresh basil, finely chopped
- 1 tsp. paprika
- 3 Tbsp. balsamic vinegar
- 1/2 cup black olives, halved

ok rice pasta according to package directions. While pasta is cooking, in wok or heavy frying pan, stir fry chicken strips, garlic, scallions, basil and paprika in oil for about 5 minutes; add peppers and continue to cook until peppers are soft and glisten. Remove from heat and

add vinegar. Spoon over drained rice pasta and garnish with olives and extra olive oil as needed.

*Serves 4.*

### ***Quinoa Salad***

1 1/2 cups quinoa, well rinsed  
3 cups water -- can use part or all chicken or vegetable broth or powdered bouillon  
1/4-1/2 cup olive oil (1/2 flax oil is recommended)  
2 Tbsp. balsamic vinegar  
1-2 red bell peppers, diced  
1/4-1/2 cup diced red onion  
1 cup frozen baby peas, thawed  
1/4 cup fresh dill, chopped or 1 tsp. dried dill  
*(add any leftover veggies you might have on hand)*

Bring broth (or broth and water) to a boil. (If using powdered bouillon, add here). Add rinsed quinoa, stir and bring back to boil. Reduce to simmer; cover and cook 15 minutes or until liquid is absorbed. Allow to sit for a few minutes; remove to a serving bowl and toss with some of the oil. Allow to cool slightly before adding the remaining ingredients, tossing well with fork. Adjust seasonings, adding salt and pepper as needed, and chill.

*Serves 12.*

### ***Spinach-Tofu Risotto*** (wheat- free)

8 oz. tofu, drained  
1/2 cup chopped onion  
1 clove garlic, minced  
1 Tbsp. oil  
14 oz. can Italian tomatoes  
2 tsp. dried basil, & 1 tsp. oregano  
2 cup cooked brown rice  
10 oz frozen chopped spinach, thawed & drained  
1/4 cup shredded soy cheese or mozzarella

Place tofu in food processor & blend until smooth. In large saucepan cook onion & garlic in oil until tender. Add undrained tomato and seasonings. Bring to boiling; then reduce heat. Simmer uncovered 3 minutes. Stir in tofu, spinach & cheese. Put into 1 1/2 quart casserole & bake uncovered for 30 minutes. Garnish with sesame seeds if desired.

*Serves 4.*

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