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Celiac Recipes & shopping lists

NOTE: This cookbook has not been created by our dietician and it's suggested you carefully consider that the ingredients in any meal you prepare from withing are suitable for your personal circumstances.

Cheesy Cauliflower Garlic 'Bread' Sticks

PREP TIME: 15 minutes
COOK TIME: 50 minutes
SERVES: 12
CALORIES PER SERVING: 237

INGREDIENTS

- ☐ 4 cups of riced cauliflower (explanation in directions)
- ☐ 1 egg, beaten
- ☐ 2 Tbs goat cheese (or cream cheese)
- ☐ 2 cups shredded Mozzarella cheese,divided
- ☐ 1 Tbs minced garlic
- ☐ 1 teaspoon dried oregano
- ☐ 1 teaspoon dried basil (but fresh would be amazing)
- ☐ 1/4 teaspoon salt
- ☐ 1/2 teaspoon Italian Seasoning

INSTRUCTIONS

1: Pre-heat oven to 200 degrees.

2: Rice the cauliflower (turn 1 head of cauliflower into rice sized pieces.) To do this, clean and cut the cauliflower (remove the core). There are a few ways to "rice" cauliflower. Pulse it in a food processor until it's a "ricey" consistency. I chose to grate mine with a box grater, worked perfectly. You could also use a knife to chop the cauliflower finely. An average head of cauliflower should yield about 4 cups of cauliflower rice. In a large saucepan, heat one inch of water until it boils. Add in the riced cauliflower, cover with a lid, and allow it to steam for 4-5 minutes.

3: Use a fine mesh strainer to drain. Allow it to cool for a few minutes, then place the riced cauliflower in a clean dish towel and squeeze as hard as you can to remove any excess water. This is the most important step. Your crust will not get crispy if it has any water in it. It will get mushy instead....gross.

4: Once the cauliflower rice is drained really well, transfer it into a large bowl. Add 1 cup mozzarella cheese, 2 tablespoons of goat cheese, 1 tablespoon of minced garlic, 1 egg slightly beaten, 1 teaspoon dried oregano, 1 teaspoon dried basil, and 1/4 teaspoon salt.
Stir well.

5: Line a baking sheet with baking paper (or a silpat) and drizzle a little olive oil about, just to be sure. Spoon the mixture onto the pan and use your hands to form it into a 1/3 inch thick rectangle.

6: Place in the oven for 35-40 minutes, or even longer until the crust is golden brown and firm.

7: Remove the crust from the oven and allow it to cool for about 10 minutes. Then top the crust with remaining 1 cup shredded mozzarella cheese, and 1/2 teaspoon Italian Seasoning.

8: Return the pan to the oven and bake for another 7-10 minutes, or until the cheese is melted.

9: Cut into "breadsticks" and serve with marinara sauce (if you have it) for dipping.

Spring Chick Pea Rotini & Veggies with Pasta

PREP TIME: 30 minutes
COOK TIME: 30 minutes
SERVES: 4

CALORIES PER SERVING: 691

INGREDIENTS

- ☐ 1 packet Chick Pea pasta, such as Barilla
- ☐ 1 cup Zucchini
- ☐ 1 eggplant
- ☐ 1 cup cherry tomatoes
- ☐ 1/2 cup IGP Olive Oil from Italy
- ☐ 3 Garlic cloves
- ☐ 3 tablespoons Butter
- ☐ 2 teaspoons Dried oregano
- ☐ 2 teaspoons Dried Italian Herbs
- ☐ 1 lemon for 1/2 to be juiced
- ☐ 1/2 cup Ricotta
- ☐ 4 tablespoons Pecorino
- ☐ 1 teaspoon Crushed chilli

INSTRUCTIONS

PREP: Thinly slice zucchini into rounds, peel and cut your eggplant into cubes, slice cherry tomatoes, finely mince garlic, cut lemon in half and juice half into a small bowl.

1: Bring a large pot of water with a dash of salt and olive oil to boil and boil chick pea pasta about 8 minutes, or according to package instructions. Drain and set aside.

2: In a large pan on a low flame/heat, gently sauté the garlic in the olive oil to release the flavor but not to brown.

3: When you can smell the garlic and it becomes translucent, add the veggies, lemon juice and spices, but not the butter yet.

4: Sautè the veggies in the pan with a lid for about 10 minutes so all the veggies are cooked and tender, but not overcooked.

5: After the veggies are ready, add the pasta and the butter to the pan and mix. Put the lid on and heat for about five minutes.

6: Serve the pasta on four individual plates, adding one tablespoon of ricotta and one teaspoon of pecorino on top as you serve.

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Gluten Free Blueberry Muffins

PREP TIME: 10 minutes
COOK TIME: 20 minutes
SERVES: 10

CALORIES PER SERVING: 237

INGREDIENTS

- ☐ 2 large eggs
- ☐ 1/4 cup Canola or Grapeseed Oil
- ☐ 1/2 cup Light Brown Sugar
- ☐ 1/4 cup Almond Milk
- ☐ 1 tsp. Vanilla extract
- ☐ 1/8 cup Ground Flaxseed
- ☐ 1 tsp. cinnamon
- ☐ 1.5 tsp. Baking Soda
- ☐ 1/2 tsp. salt
- ☐ 1 cup Oat Flour You can grind regular rolled oats in a food processor to make oat flour. Be sure they are certified gluten free.
- ☐ 1 -1/4 cup Almond Flour Make sure it's flour and not meal. Meal is courser.
- ☐ 1/2 cup blueberries Set aside a few to place on top the batter.

INSTRUCTIONS

1: Preheat oven to 180degrees.

1: In a large bowl whisk together the eggs, oil, brown sugar and almond milk.

2: Add in the vanilla extract, ground flax seed, cinnamon, baking soda and salt. Stir it together.

3: Add the flours in 1/4 cup a time. Fold in the blueberries. Set aside 2 blueberries per muffin to place on top the batter. This just makes them look nice. It's not required.

4: Bake at 180 degrees for 17-19 minutes or until a toothpick comes out clean. Keep in mind these are gluten free so they will not spring back the way gluten containing muffins will. Make sure you test with a cake tester or toothpick before eating.

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Fruit Bread for Celiacs

PREP TIME: 1hour
COOK TIME: 1hour 15 mins
SERVES: 1 loaf

CALORIES PER SERVING: 325

INGREDIENTS

- ☐ 4 1/2 cups gluten-free bread flour (plus extra for dusting)
- ☐ 2 tsps salt
- ☐ 2 tsps quick-rising active dry yeast
- ☐ 2 tbsps olive oil
- ☐ 1 3/4 cups warm water
- ☐ 2 cups dried figs (roughly chopped)

INSTRUCTIONS

1: Stir together the flour, salt and yeast in a mixing bowl.
2: Stir in the olive oil and enough warm water to form a soft dough.
3: Turn out onto a lightly floured surface and knead until smooth.
4: Put the dough in a lightly oiled, large bowl. Cover with oiled cling film and leave in a warm place for about 1 hour, until doubled in size.
5: Heat the oven to 200°C (180° fan)
6: Line a baking tray with non-stick baking paper.
7: Knead the figs into the dough and shape into an oval. Put onto the baking tray.
8: Slash the top of the loaf and sprinkle over a little flour. Leave to rise again, uncovered for 10-15 minutes, until slightly risen.
9: Bake for 40-45 minutes until it sounds hollow when tapped on the base. Place on a wire rack to cool.

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Blue Corn Muffins

PREP TIME: 15 minutes
COOK TIME: 25 mins
SERVINGS: 12

CALORIES PER SERVING: 268

INGREDIENTS

- ☐ 3 Eggs
- ☐ 1/2 cup Low fat Milk
- ☐ 1 cup Yogurt (any fat content but not Greek style)
- ☐ 1/2 cup Canola Oil
- ☐ Zest of 1 Citron (optional)
- ☐ 2 tablespoons Chia Seeds
- ☐ $2^{1/2}$ cups Blue Cornmeal
- ☐ 1/2 cup Coconut Flour
- ☐ 1/4 cup Splenda / Sugar substitute
- ☐ 1 teaspoon Kosher Salt
- ☐ 1 teaspoon Baking Soda
- ☐ 2 teaspoons Cream of Tartar or baking powder

INSTRUCTIONS

1: Preheat your oven to 180 degrees. Add the chia seeds to the milk and set aside to hydrate. Prepare a standard 12 muffin tin with brushed oil/baking spray and set aside.

2: In a large bowl or stand mixer beat the eggs then add the remaining wet ingredients including the chia/milk mix and the citrus zest. Mix well.

3: In a medium bowl, combine the dry ingredients and stir thoroughly with a whisk. Add the dry ingredients all at once to the wet ingredients and stir until just combined.

4: Distribute the batter, portioning out to the top of each muffin cavity. Bake for 20–23 minutes until lightly golden and the muffin tops spring back when touched.

5: Remove from the oven and place the tin on a wire rack to cool. Turn each muffin on it's side inside the tin and allow to cool 10–15 minutes before serving. Store in an airtight container at room temperature for up to a few days.

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