

# INTRODUCTION

Growing up, I ate a steady diet for breakfast—of Pop Tarts. As a direct result, I still vividly remember how hungry I was just one hour later and how lunchtime could never come quickly enough. So as soon as my own children became school-aged, I started to obsess about their having a good breakfast.

For years, I woke up extra early every single school morning to make the three of them a fresh breakfast of scrambled eggs and fresh fruit. They did not appreciate my martyrlike efforts, and we all grew tired of the whole charade. Ever since then, I've been on a mission to develop an arsenal of make-ahead breakfast ideas that will keep them going all morning long.

Here are my criteria for a school day breakfast. It must have protein and fat, for fuel and satisfaction, and be relatively low in sugar or at least have plenty of whole grains to prevent that sugar crash. It also must taste good enough that they'll want to eat it. Not rocket science, but not as easy as it sounds.

This collection of breakfast recipes is a culmination of years of developing recipes for my blog and my cookbooks, and my decade-long crusade to ensure that my children have no excuse but to do their personal best in school.

Each of my 3 children, with each of their different tastes and preferences, will eat and enjoy every single one of these 20 gluten free breakfast goodies.

Each recipe in this book also tastes great fresh out of the oven, for those weekend days when you're feeling extra generous. I wish you hungry, generous eaters and your family's eternal gratitude!

—NICOLE HUNN





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# ALL PURPOSE GLUTEN FREE FLOUR BLENDS

Rice is one of the most basic staples in a standard gluten free diet. All of my all purpose gluten free flour blends are rice flour-based blends. It's incredibly important to use a very finely-milled rice flour, or your baked goods will be gritty and the flours will not blend into the other ingredients properly. My favorite brand of superfine rice flour is Authentic Foods, but Vitacost also has a "superfine rice flour" that is nearly as good.

Choosing an all purpose gluten free flour recipe blend can seem pretty intimidating, but I promise it doesn't have to be. I'll keep things simple with two recommended blends you can buy ready-made, and two homemade blends that you can create yourself. Any of these blends is appropriate in any recipe in this collection that calls for an "all purpose gluten free flour."

If you decide make your own blend, all you need is a simple digital food scale, and the simplest calculator you can find. The recipes are expressed in percentages, and you cannot make these blends accurately with volume (cups, tablespoons, teaspoons) measurements. Measuring by volume is incredibly imprecise and each flour has a different weight/volume.

## PACKAGED ALL PURPOSE GLUTEN FREE FLOUR BLENDS

### Better Batter Gluten Free Flour

Use Better Batter gluten free flour everywhere my recipes call for an "all purpose gluten free flour." You can purchase it on their website ([betterbatter.org](http://betterbatter.org)), and you'll get the best price (by far) when you buy in bulk.

## Cup4Cup Gluten Free Flour

The other packaged blend I recommend is Cup4Cup gluten free flour blend, which you can find in Williams Sonoma stores and at an increasing number of grocery stores. You can also order it online. This blend tends to be quite expensive, and is relatively high in starch, but it will still work anywhere my recipes call for an all purpose gluten free flour.

## Other blends

I'm afraid that I don't care for Jules Gluten Free (it's made with a very, very high percentage of Expandex modified tapioca starch, so it's very starchy and also rather gummy), Tom Sawyer blend (too starchy), Namaste (unbalanced), Krusteaz (unbalanced), Bob's Red Mill (their bean flour blend is simply unpleasant; their 1:1 rice flour blend is unbalanced and very grainy), Pillsbury (grainy) Betty Crocker Rice Flour Blend (grainy), or Trader Joe's Blend (grainy and too starchy).

## HOMEMADE ALL PURPOSE GLUTEN FREE FLOUR BLENDS

If my recommended packaged brands of all purpose gluten free flour are unavailable to you, or you'd simply prefer to make your own, these are the two blends that I recommend. Each is at least as good as Better Batter gluten free flour, and better than commercially prepared Cup4Cup, as my "Better Than Cup4Cup" blend corrects what I see as an imbalance in that product.

Each homemade flour blend can be multiplied by as many factors as you like. I typically make at least 10 cups at a time by just multiplying every ingredient by 10. The ingredients listed below are specific and cannot readily be substituted for one another. I have included approximate corresponding volume measurements for each ingredient, but you really cannot build a reliably useful flour blend without a very simple digital kitchen scale. The brand Escali makes a simple scale that should cost around \$15, and it will pay for itself rather quickly in improved baking results.





### 1 Cup (140 g) Mock Better Batter Gluten Free Flour

- \* 42 grams (about 1/4 cup) superfine white rice flour (30% of the blend)
- \* 42 grams (about 1/4 cup) superfine brown rice flour (30% of the blend)
- \* 21 grams (about 2 tablespoons + 1 teaspoon) tapioca starch flour (15% of the blend)
- \* 21 grams (about 2 tablespoons + 1 teaspoon) potato starch (15% of the blend)
- \* 7 grams (about 1 3/4 teaspoons) potato flour (5% of the blend)
- \* 4 grams (about 2 teaspoons) xanthan gum (3% of the blend)
- \* 3 grams (about 1 1/2 teaspoons) pure powdered fruit pectin (2% of the blend) (I use Pomona brand pectin, and discard the calcium packet)

### 1 Cup (140 g) Better Than Cup4Cup Gluten Free Flour

- \* 43 grams (about 1/4 cup) superfine white rice flour (31% of the blend)
- \* 25 grams (about 8 1/4 teaspoons) cornstarch (18% of the blend)
- \* 24 grams (about 2 1/2 tablespoons) superfine brown rice flour (17% of the blend)
- \* 21 grams (about 2 tablespoons + 1 teaspoon) tapioca starch/flour (15% of the blend)
- \* 20 grams (about 3 1/3 tablespoons) nonfat dry milk (14% of the blend)
- \* 4 grams (about 1 teaspoon) potato starch (3% of the blend)
- \* 3 grams (about 1 1/2 teaspoons) xanthan gum (2% of the blend)

### ABOUT XANTHAN GUM

You'll notice that there is xanthan gum listed as ingredient in each of

the homemade all purpose gluten free flour blends above—and it is an ingredient in the two packaged blends I recommend as well (Better Batter and Cup4Cup). It's a necessary ingredient in each recipe that calls for an all purpose gluten free flour blend.

You'll find that some recipes call for a "gum-free blend," which is a simple 3-ingredient flour blend that has no packaged equivalent, unfortunately. It's called for in recipes that perform best either without xanthan gum as an ingredient at all, or with a smaller amount of xanthan gum than is present in each of the all purpose blends.

### **1 Cup (140 g) Basic Gum Free Blend**

- \* 92 grams (about 8 3/4 tablespoons) superfine white rice flour (66% of the blend)
- \* 31 grams (about 3 1/4 tablespoons) potato starch (22% of the blend)
- \* 17 grams (about 5 teaspoons) tapioca starch/flour (12 % of the blend)





# INGREDIENT NOTES

## **FINELY GROUND, BLANCHED ALMOND FLOUR**

There are a few recipes that call for a finely ground, blanched almond flour. Blanched almond flour is made from almonds that have been blanched, or have had their skins removed before being ground into a flour. There is quite a difference between a finely ground almond flour and almond meal, which is coarsely ground and made with almonds that have their skins intact. Recipes that call for a finely ground, blanched almond flour will not perform with anything else.

My favorite finely ground, blanched almond flour brands are those from Honeyville (which is available readily online in the U.S.), and that available from nuts.com online. Bob's Red Mill products will not work properly in these recipes, unfortunately. If you can't have almonds, you can usually replace finely ground, blanched almond flour with either cashew flour or hazelnut flour.

## **OATS AND OAT FLOUR**

There are quite a few recipes in this collection that call for certified gluten free oats and oat flour. In the U.S., certified gluten free oats that are grown and processed to avoid cross-contamination are considered safe on a gluten free diet. If you are still looking to avoid oats, I've found appropriate substitutes for each form of oats and have listed each of those substitutions in the headnote to each recipe, as appropriate. For a complete discussion of the subject of replacing oats in gluten free baking, please see this page on the Gluten Free on a Shoestring blog: <https://glutenfreeonashoestring.com/gluten-free-oat-substitute/>



## EGG REPLACEMENT

If you're avoiding eggs, the general rule of thumb is that you can replace up to 2 eggs in a recipe successfully with a "flax egg" or a "chia egg." Making flax eggs that don't add any taste to baked goods is a more involved process and takes some research. For a "chia egg," simply dissolve 1 tablespoon ground white chia seeds in 1 tablespoon lukewarm water, and allow the mixture to sit until it begins to gel.

## DAIRY REPLACEMENT

If you're avoiding dairy, please see the headnote of each individual recipe for advice on how best to attempt to replace the dairy.

## CORNSTARCH

Cornstarch is not only an important component of the Better Than Cup4Cup gluten free flour blend above, but it is sometimes an additional ingredient in a recipe. It helps to lighten the recipe for a softer, more tender baked good.

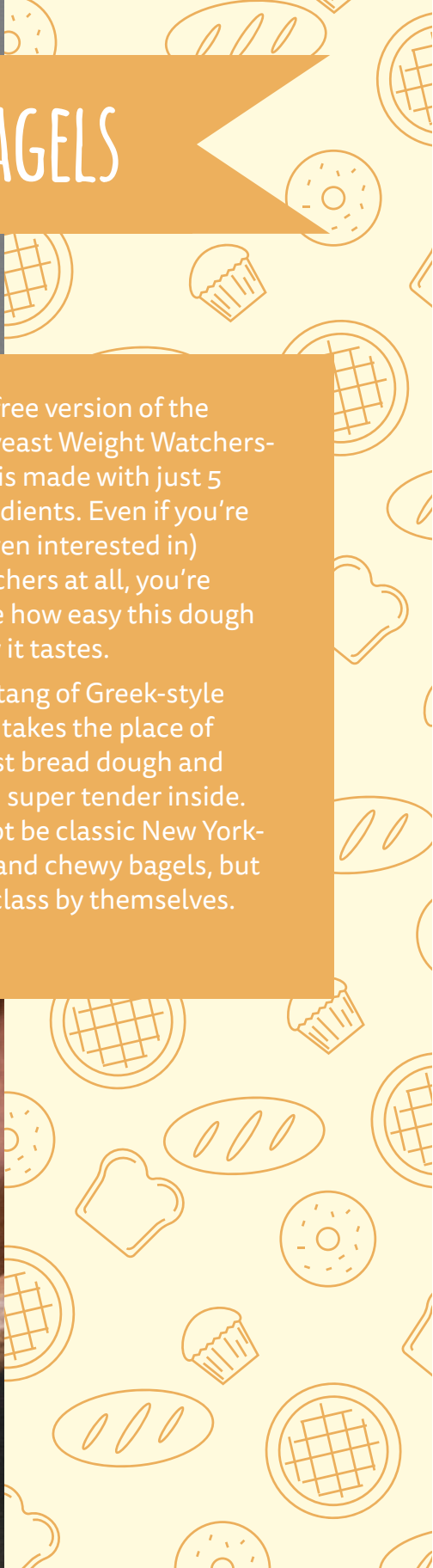
If you can't have corn or cornstarch, you can try replacing it with arrowroot powder or even potato starch.



# GF WEIGHT WATCHERS-STYLE BAGELS

This gluten free version of the famous no-yeast Weight Watchers-style dough is made with just 5 simple ingredients. Even if you're not on (or even interested in) Weight Watchers at all, you're going to love how easy this dough is—and how it tastes.

The perfect tang of Greek-style plain yogurt takes the place of an aged yeast bread dough and makes them super tender inside. They may not be classic New York-style dense and chewy bagels, but they're in a class by themselves.



## INGREDIENTS

Yields: 6 bagels

- \* 1 cup (140 g) all purpose gluten free flour, plus about 1 tablespoon more (9 g) for sprinkling
- \* 1/2 teaspoon xanthan gum (omit if your blend already contains it)
- \* 2 teaspoons baking powder
- \* 1/2 teaspoon kosher salt
- \* 1 cup (245 g) nonfat Greek-style plain yogurt, chilled
- \* 1 egg white (25 g), chilled
- \* Egg wash (1 egg + 1 tablespoon lukewarm water, beaten) (optional)
- \* Toppings (optional) like sesame seeds, poppy seeds or Everything But the Bagel seasoning from Trader Joe's

## DIRECTIONS

Preheat your oven to 400°F. Line a large rimmed baking sheet with unbleached parchment paper and set it aside.

In a large bowl, place the flour blend, xanthan gum, baking powder, and salt, and whisk to combine. Add the yogurt, and mix until combined. Depending upon the moisture content in your yogurt, the dough may still not hold together fully. If necessary to bring the dough together, add the egg white (or a bit more yogurt) by the teaspoonful. Mix to combine until the dough holds together well.

Turn the dough out onto a very lightly floured surface and knead it with clean hands until it's a bit smoother. Divide the dough into 6 equal portions (each a bit more than 2 ounces in weight) and roll each into a ball between your cupped palms and/or by rolling on the lightly floured surface. Add a bit more flour as necessary to keep the dough from sticking. Even when shaped, the dough will seem somewhat uneven. Press each round of dough into a disk about 1/2-inch tall and, with a floured forefinger, create a hole in the center and rotate the dough to increase the size to about 1-inch. Reshape the dough around the hole if necessary. Place the shaped pieces of dough about 2 inches apart on the prepared baking sheet. Brush generously with the optional egg wash and top with the optional toppings.

Place the baking sheet in the center of the preheated oven and bake, rotating once during baking, until the bagels are puffed and golden brown all over, about 22 minutes. Allow to cool briefly on the baking sheet before slicing and serving. Leftovers can be sliced and stored in a sealed container at room temperature for up to 2 days (to maintain moisture, add a moistened paper towel to the bag) or sealed in a freezer-safe container for longer.

# FLUFFY GLUTEN FREE WAFFLES



These are the perfect fluffy gluten free waffles made with yogurt and just a touch of sugar, with a lightly crisp outside.

The main difference between waffles and pancakes is in the method. When making waffles, the eggs are separated and the whites are beaten separately before being folded into the rest of the batter.

Although egg yolks combine best at room temperature, it's easiest to separate eggs that are still cold. Just let the yolks sit out for a bit if possible.

Even dense waffles will have those lovely syrup pockets, but they won't be crisp on the outside, soft and fluffy inside. If you're breaking out the waffle iron, let's go all the way.

There aren't too many ingredients in this recipe, but the plain yogurt is really important. Oh, and in my experience waffles work best with oil instead of butter, as oil is nearly pure fat and butter has a fair amount of water in it. It makes for much neater waffle-iron-cooking.

For dairy-free waffles, try using your favorite plain nondairy yogurt in place of whole milk yogurt and unsweetened almond milk in place of regular milk.

## INGREDIENTS

**Yields: About 8 waffles**

2 cups (280 g) gum-free  
gluten free flour blend  
1/4 teaspoon xanthan gum  
2 tablespoons (24 g) sugar  
1 1/2 teaspoons baking  
powder  
1/2 teaspoon baking soda  
1/2 teaspoon kosher salt  
2 eggs (100 g, out of shell) at  
room temperature, separated  
3 tablespoons (42 g) virgin  
coconut oil, melted and  
cooled (or a neutral liquid oil,  
like vegetable or canola)  
1 cup (227 grams) plain whole  
milk yogurt  
6 fluid ounces milk, at room  
temperature

## DIRECTIONS

Preheat and prepare your waffle iron according to the manufacturer's directions.

In a large bowl, place the flour blend, xanthan gum, sugar, baking powder, baking soda and salt, and whisk to combine well. In a separate bowl, whip the egg whites with a hand mixer (or in a stand mixer fitted with the whisk attachment) until stiff (but not dry) peaks form. Place the egg yolks and oil in a separate large bowl and blend with a hand mixer (or in a stand mixer fitted with the paddle attachment) until creamy. Add the yogurt and milk, and blend until well combined. Add the dry ingredients, and blend again. The mixture will be smooth and thickly pourable. Fold the beaten egg whites gently into the large bowl of batter until only a few white streaks remain.

Pour or scoop about 3/4 to 1 cup of batter into your prepared waffle iron (more or less depending upon the size and shape of your iron), and spread the batter into an even layer. Close the lid and cook until steam stops escaping from the waffle iron, between 4 and 5 minutes, depending again upon the capacity of your waffle iron. Remove the waffle from the iron and serve immediately. Repeat with the remaining batter.

If you do not serve each waffle as soon as it is made, refresh the waffles by placing them in a toaster oven at 400°F for about 3 minutes. Waffles can also be cooled completely, wrapped tightly and frozen, then defrosted and refreshed in a similar manner before serving.

# BANANA OATMEAL COOKIES



These whole grain banana oatmeal cookies are soft and chewy, sweetened only with bananas, honey, and a few chocolate chips.

This recipe is meant to be enjoyed with a hot cup of morning coffee—or on the run if that's how your day is working out. It's made without any all purpose flour of any kind (gluten free or not). The structure is created by oats in two forms (rolled oats and oat flour).

I never buy oat flour already ground. It's super simple (and more economical) to grind certified gluten free old fashioned rolled oats a little bit to make quick oats, and completely to make oat flour.

In place of the rolled oats, you can try using beaten rice, which is rice that has been rolled like oats. In place of the oat flour, try quinoa flakes. The butter can be replaced with Earth Balance Buttery Sticks for a dairy-free version of these cookies. Just reduce the salt to 1/4 teaspoon.

## INGREDIENTS

**Yields: 12 cookies**

- \* 1 1/4 cups (125 g) certified gluten free old-fashioned rolled oats
- \* 1 1/2 cups (180 g) certified gluten free oat flour
- \* 1/2 teaspoon baking soda
- \* 1/2 teaspoon kosher salt
- \* 4 tablespoons (56 g) unsalted butter, melted and cooled
- \* 2 medium ripe bananas (200 g), peeled and mashed
- \* 1 egg (50 g, weighed out of shell) at room temp, beaten
- \* 1/4 cup (84 g) honey
- \* 3 ounces semi-sweet chocolate chips

## DIRECTIONS

Preheat your oven to 350°F. Line a large rimmed baking sheet with unbleached parchment paper and set it aside.

In a large bowl, place the oats, oat flour, baking soda and salt, and whisk to combine well. Create a well in the center of the dry ingredients, and add the butter, bananas, egg and honey, and mix to combine well. The dough will be very soft. Add the chips, and mix until evenly distributed throughout the dough. Place the bowl in the refrigerator and chill until firm (about 10 minutes). That will help the cookies hold their shape when scooped onto the baking sheet, rather than weeping and sliding.

Scoop the dough with a medium-size ice cream scoop (about 2 1/2 tablespoons in volume), and drop about 2 inches apart from one another on the prepared baking sheet. With wet fingers, press down on top of each piece of dough to spread into a disk about 3/4-inch thick.

Place the baking sheet in the center of the preheated oven and bake until golden brown around edges and set in center (about 18 minutes). Cool on the baking sheet until firm, then serve immediately. Leftovers can be frozen in a single layer on a lined baking sheet, then piled into a zip-top freezer bag until ready to eat. Defrost at room temperature or in the microwave before serving.

# YEAST FREE - GLUTEN FREE CINNAMON BUNS



These warm, comforting cinnamon buns are made without yeast so there's no rising time. Ready in less than an hour from start to finish, this is how you get your quick cinnamon-sugar fix.

The dough is smooth and even silky. With no more than a sprinkling here and there of flour as you work, it's truly a pleasure to roll out.

You can slice the roll of dough into individual pieces with a sharp knife, or even a piece of unflavored, unwaxed dental floss. It's a great way to get razor-sharp edges without crushing the roll at all.

For a dairy-free version, try replacing the butter with Earth Balance Buttery Sticks and the milk with unsweetened almond milk.



## INGREDIENTS

Yields: **12 cinnamon buns**

### For the dough

- \* 3 1/2 to 4 cups (490 to 560 g) all purpose gluten free flour
- \* 2 teaspoons xanthan gum (omit if your blend already contains it)
- \* 2 1/2 teaspoons baking powder
- \* 1/4 teaspoon kosher salt
- \* 1/2 cup (100 g) granulated sugar
- \* 6 tablespoons (84 g) unsalted butter, at room temperature
- \* 2 eggs (100 g, weighed out of shell), at room temperature, lightly beaten
- \* 1 cup (8 fluid ounces) milk, at room temperature

### For the filling

- \* 1 cup (218 g) packed light brown sugar
- \* 2 tablespoons ground cinnamon
- \* 1/8 teaspoon kosher salt
- \* 4 tablespoons (56 g) unsalted butter, melted and cooled

### For the glaze

- \* 1 cup (115 g) confectioners' sugar
- \* 1 tablespoon milk (any kind), plus more by the 1/4 teaspoonful if necessary

## DIRECTIONS

Preheat your oven to 350°F. Grease the wells of a standard twelve-cup muffin tin and set it aside.

In a large bowl, place 3 1/2 cups (490 g) of the flour, the xanthan gum, baking powder, salt, and the granulated sugar, and whisk well. Add 6 tablespoons of the butter, the eggs, and the milk, and mix until the dough comes together. If the dough seems sticky, add more flour by the tablespoon and knead it in with well-floured hands until smooth. Turn the dough out onto a lightly floured surface and sprinkle it lightly with extra flour. Roll it into a 12-inch by 15-inch rectangle, about 1/4 inch thick.

Make the filling. In a medium-size bowl, place all of the filling ingredients and mix to combine well. With a small offset spatula or large spoon, spread the filling in an even layer over the top of the rectangle of dough, leaving about 1/4 inch clean around the perimeter. Starting at a short side, roll the dough away from you into a tight roll. Slice the roll in cross-section into twelve equal pieces, each about 1 inch thick. Place each roll in a well of the prepared muffin tin.

Place the tin in the center of the preheated oven, and bake for about 25 minutes, or until the rolls begin to turn golden brown and the filling starts to bubble out of them. Remove from the oven and allow to cool just until the rolls are firm enough to handle (about 10 minutes), then transfer to a wire rack to finish cooling. Remove the rolls before they're completely cool so they don't stick.

Make the icing. In a small bowl, place the confectioners' sugar and 1 tablespoon of milk. Mix well until a thick paste forms. Add more milk by the 1/4-teaspoon, mixing to combine well, until the glaze falls off the spoon slowly, in a thick but pourable glaze. Drizzle or spread the icing on the cooled rolls before serving.

# PEANUT BUTTER PROTEIN COOKIES

This recipe is so simple and the cookie dough transforms so magically in the oven that you'll be amazed. The cookie dough is made in one bowl, with high-quality protein powder, a little starch, smooth peanut butter, an egg plus an egg yolk, and just a touch of honey.

Instead of cornstarch, you can use arrowroot powder or even potato starch. The starch and the extra egg yolk prevent the cookies from becoming dry, as protein powder has the tendency to dry out baked goods. In place of peanut butter, you can try using smooth, no-stir almond butter.

Each cookie has more than 8 grams of protein, and a whole lot less sugar than the typical energy bar. They're just a great way to fuel up your morning.



## INGREDIENTS

Yields: **8 cookies**

- \* 1 scoop (30 g) protein powder like collagen peptides or whey protein isolate powder
- \* 2 tablespoons (18 g) cornstarch
- \* 1/2 teaspoon baking soda
- \* 1/2 cup (128 g) smooth, no stir peanut butter
- \* 2 tablespoons (42 g) honey
- \* 1 egg (50 g, weighed out of shell) + 1 egg yolk (25 g), at room temperature, beaten
- \* 1 teaspoon pure vanilla extract (optional)
- \* 2 tablespoons (30 g) miniature dairy-free semi-sweet chocolate chips (optional)

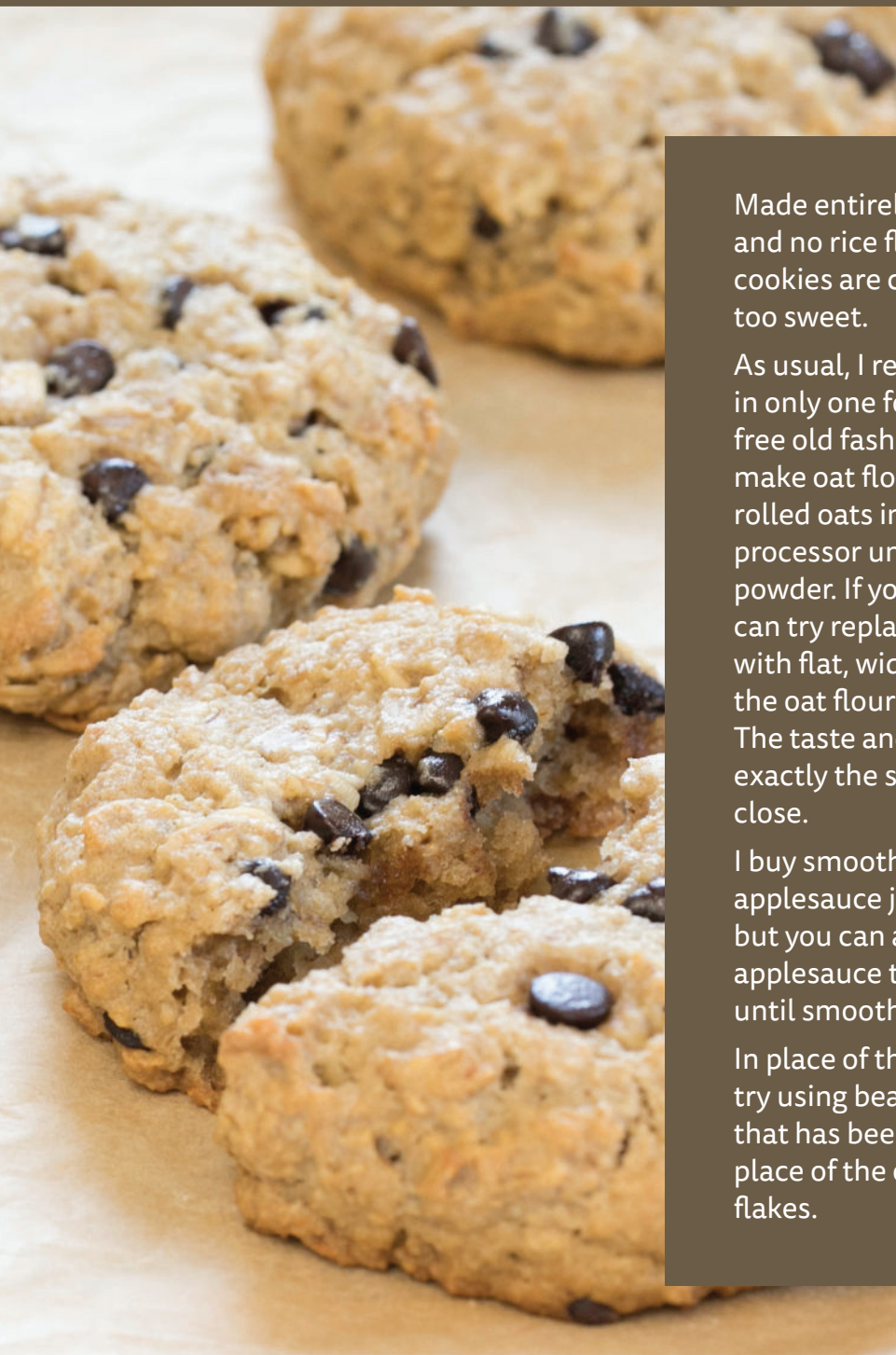
## DIRECTIONS

Preheat your oven to 325°F. Line a rimmed baking sheet with unbleached parchment paper and set it aside.

In a large bowl, place the protein powder, cornstarch, and baking soda, and whisk to combine. Add the peanut butter, honey, egg and egg yolk, and optional vanilla, and mix just until combined. Add the miniature chocolate chips, and mix until they're evenly distributed throughout the cookie dough. The mixture will be thick but very soft, and if you continue to mix after it's combined, it tends to become oily. Using a large spring-loaded ice cream scoop (mine is equivalent to a #24 and holds 3 tablespoons in volume), divide the dough into 8 roughly equal portions. Place the portions about 1 1/2-inches apart from one another on the prepared baking sheet. Using wet fingers, pat into a disk about 1/2-inch thick.

Place the baking sheet in the center of the preheated oven and bake for about 12 minutes, or until lightly golden brown all over, darker toward the edges and set in the center. When the cookies are set in the center, the dough will no longer glisten. Remove from the oven and allow to cool briefly before serving. Once cool, the cookies can be piled into a freezer-safe bag and frozen. Defrost briefly before serving.

# OATMEAL BREAKFAST COOKIES



Made entirely with whole grains, and no rice flour, these tender cookies are chewy and soft, and not too sweet.

As usual, I recommend buying oats in only one form: certified gluten free old fashioned rolled oats. To make oat flour, I simply grind those rolled oats in a blender or food processor until they turn into a powder. If you can't have oats, you can try replacing the rolled oats with flat, wide coconut chips and the oat flour with quinoa flakes. The taste and texture won't be exactly the same, but it should be close.

I buy smooth, jarred, unsweetened applesauce just for recipes like this, but you can also use homemade applesauce that's been blended until smooth.

In place of the rolled oats, you can try using beaten rice, which is rice that has been rolled like oats. In place of the oat flour, try quinoa flakes.

## INGREDIENTS

Yields: **10 cookies**

- \* 1 1/4 cups (125 g) certified gluten free old-fashioned rolled oats
- \* 1 1/2 cups (180 g) certified gluten free oat flour
- \* 1/2 teaspoon baking soda
- \* 1/2 teaspoon kosher salt
- \* 5 tablespoons (70 g) virgin coconut oil, melted and cooled
- \* 5 tablespoons (105 g) honey
- \* 1/2 cup (122 g) smooth applesauce, at room temperature
- \* 2 eggs (100 g, weighed out of shell) at room temp, beaten
- \* 3 ounces miniature chocolate chips or raisins

## DIRECTIONS

Preheat your oven to 350°F. Line a rimmed baking sheet with unbleached parchment paper and set aside.

In a large bowl, place the oats, oat flour, baking soda and salt, and whisk to combine well. Create a well in the center of the dry ingredients, and add the oil, honey, applesauce, and eggs, and mix to combine well. The dough will be very soft. Add the chips or raisins, and mix until evenly distributed throughout the dough. Place the bowl in the refrigerator and chill until firm (about 10 minutes).

Divide the dough into 10 equal portions on the prepared baking sheet, about 1 1/2 inches apart from one another. I used a medium ice cream scoop. With wet fingers, press down on top of each piece of dough to spread into a disk. If the dough has gotten very soft, chill again until firm. This keeps the cookies from spreading too much during baking.

Place the baking sheet in the center of the preheated oven and bake until golden brown around edges and set in center (about 16 minutes). Cool on the baking sheet until firm. Serve immediately, or wrap in waxed paper and store in the freezer. Defrost at room temperature before enjoying.

# EASY HOMEMADE CEREAL BARS

It's really easy to customize these cereal bars. To ensure that they taste great, and actually hold together instead of crumbling into a weepy mess in your hands, though, be sure to follow these few rules.

First, be sure to use raw, unsalted nuts. If you add a lot of really processed nuts, you'll pay more for the nuts and you'll be stuck with that flavor profile.

Softer nuts like pecans, cashews, and peanuts are better than almonds, unless the almonds are slivered or sliced very thinly. Large chunks of very crunchy nuts don't incorporate quite as well.

You definitely need to use a thick, sticky sugar. You can reduce the honey to 1/2 cup, but less than that and the bars just won't hold together.



## INGREDIENTS

Yields: **14 bars**

- \* 3 cups (350 g) raw unsalted nuts (I recommend a combination of cashews, pecans, peanuts and slivered almonds)
- \* 3 ounces unsweetened chocolate, chopped
- \* 2 cups (60 g) (unsweetened) gluten free crisp rice cereal
- \* 1/2 teaspoon kosher salt
- \* 3 tablespoons (42 g) virgin coconut oil, melted and cooled
- \* 1/2 cup to 3/4 cup (168 g to 252 g) honey
- \* 2 ounces dark chocolate, chopped and melted (optional)

## DIRECTIONS

Preheat your oven to 300°F. Line a quarter sheet pan (a shallow rimmed 9 x 13-inch baking sheet) with unbleached parchment paper and set it aside.

In a large bowl, place the raw nuts, chopped chocolate, rice cereal, and salt, and mix to combine. Break up any large pieces of nuts or chocolate. Add the oil, and the honey, and mix to combine well. The mixture will be very thick and sticky. Transfer it to the prepared pan, and spread out on the bottom of the pan. Cover with another sheet of unbleached parchment paper, and press firmly to compress the mixture into one single, even layer.

Remove the top sheet of parchment, and place the pan in the center of the preheated oven. Bake until the mixture is lightly browned and bubbling, about 20 minutes. Remove the pan from the oven and allow to cool for about 10 minutes. Without removing the bars from the baking sheet and using a bench scraper or butter knife, slice into bars by cutting down the length in the center, and then across into two rows of 7 bars each. Place the bars in the refrigerator for about 30 minutes, or in the freezer for about 5 minutes, until completely chilled.

Remove the bars from the refrigerator or freezer, and separate them along the scored lines. Drizzle with the optional melted dark chocolate and allow to set. Serve or store the bars in the refrigerator or freezer.

# BANANA OATMEAL MUFFINS



This recipe has a similar flavor profile to the Oatmeal Breakfast Cookies on page 23, but the texture is quite different. The oats are blended into the batter, and create a texture that's quite a lot like a traditional muffin. Be careful not to overblend the muffin batter, or the muffins will be tough.

If you don't have or don't want to use a blender or food processor, you can use  $1\frac{7}{8}$  cup (225 g) oat flour in place of rolled oats, mix the bananas and sugar together well by hand, and then add all of the remaining ingredients. If you grind your own oat flour, be sure to grind it as finely as possible or the muffins may be a bit grainy (which is not really a problem, to be honest).

In place of oat flour, you can try making this recipe with quinoa flakes. For a dairy-free version, try using non dairy sour cream or plain non dairy yogurt, strained to a similar consistency.



## INGREDIENTS

Yields: **12 muffins**

- \* 2 1/2 medium ripe bananas (250 g), roughly chopped
- \* 1/2 cup (114 g) sour cream or plain Greek yogurt, at room temperature
- \* 2 eggs (100 g, weighed out of shell) at room temperature, beaten
- \* 1 teaspoon pure vanilla extract
- \* 1/2 cup (80 g) coconut palm sugar (or light brown sugar)
- \* 2 1/4 cups (225 g) certified gluten free old fashioned rolled oats
- \* 1 1/2 teaspoons baking powder
- \* 1/2 teaspoon baking soda
- \* 1/4 teaspoon kosher salt
- \* 4 ounces semi-sweet chocolate chips

## DIRECTIONS

Preheat your oven to 350°F. Grease or line the wells of a standard 12-cup muffin tin and set it aside.

In a blender or food processor, place the first 9 ingredients (all of the ingredients except the chips) in the order listed and pulse on high speed until well-blended. Add about 3/4 of the chocolate chips to the batter, and mix by hand until evenly distributed throughout. Divide the batter evenly among the prepared wells of the muffin tin, shake back and forth into an even layer in each well, and sprinkle the tops evenly with the remaining chips.

Place the muffin tin in the center of the preheated oven and bake for 18 minutes, or until a toothpick inserted in the center of a muffin comes out with a few moist crumbs attached. Remove from the oven and allow to cool in the baking sheet for 10 minutes before transferring to a wire rack to cool completely. Serve immediately or wrap tightly in freezer-safe wrap and freeze. Defrost at room temperature or in the microwave before serving.

# OATMEAL BARS

Brown sugar and cinnamon make these gluten free oatmeal bars like the very best oatmeal in a neat little to-go package.

I developed this recipe to satisfy my craving for these bars called "Oatmeal To Go" that Quaker Oats used to make years ago, way back before I was even sure what gluten was.

Like other recipes in this collection that are made with oats, I grind my own oat flour from certified gluten free rolled oats. If you can't have oats, try replacing the oat flour with quinoa flakes and the rolled oats with dried coconut flakes.

You can also use unsalted butter in place of coconut oil, if you prefer.

## INGREDIENTS

Yields: **9 to 12 bars**

- \* 2 cups (280 g) all purpose gluten free flour
- \* 1 teaspoon xanthan gum (omit if your blend already contains it)
- \* 1 cup + 2 tablespoons (135 g) certified gluten free oat flour
- \* 1/4 teaspoon baking soda
- \* 1/2 teaspoon baking powder
- \* 1/2 teaspoon kosher salt
- \* 1 teaspoon ground cinnamon
- \* 3/4 cup (75 g) certified gluten free old-fashioned rolled oats
- \* 3/4 cup (164 g) packed light brown sugar
- \* 2 eggs (100 g, weighed out of shell), beaten
- \* 6 tablespoons (84 g) virgin coconut oil, melted
- \* 2 teaspoons pure vanilla extract
- \* 1 to 2 tablespoons (1/2 to 1 fluid ounce) milk

### For the optional glaze

- \* 1 cup (115 g) confectioners' sugar
- \* 1/8 teaspoon kosher salt
- \* 1 to 2 tablespoons (1/2 to 1 fluid ounce) milk
- \* 1 tablespoon (14 g) unsalted butter, at room temperature

## DIRECTIONS

Preheat your oven to 325°F. Line a rimmed baking sheet with unbleached parchment paper and set it aside.

In a large bowl, place the flour, oat flour, baking soda, baking powder, salt, cinnamon, rolled oats, and brown sugar, and whisk to combine, working out any lumps. In a separate small bowl, beat the eggs, coconut oil, vanilla, and 1 tablespoon of milk until well-combined. Create a well in the center of the dry ingredients, and add the wet ingredients. Mix until the dough comes together. It will be very thick. Add more milk by the teaspoonful as necessary to bring it together.

Transfer the dough to a sheet of unbleached parchment paper and press and pat into a square about 1 inch thick. Cover with another sheet of parchment and roll out until about 8 inches square, and 3/4-inch thick. Remove the top sheet of parchment and, with a sharp knife, slice into 9 or 12 squares. Place them about 1 inch apart on the prepared baking sheet, and chill in the refrigerator until firm (about 10 minutes).

Remove the pan from the refrigerator, place it in the center of the preheated oven, and bake until the bars are mostly firm to the touch and just beginning to brown on top, 12 to 14 minutes. Remove from the oven and allow the bars to cool completely on the pan.

While the bars are cooling, prepare the optional glaze. In a medium-size bowl, place the confectioners' sugar and salt, and whisk to combine well. Add 1 tablespoon of the milk, butter and the vanilla, and mix until a thick, smooth paste forms. If it's too thick to pipe or drizzle, add more milk by the half-teaspoonful until you reach the proper consistency. Once the squares have cooled completely, pipe or drizzle a zigzag pattern of glaze on top of each. Allow to set at room temperature. These bars can also be frozen, unglazed.

A close-up photograph of a bowl of maple almond granola. The granola consists of golden-brown clusters of oats, almonds, and seeds, with dark raisins scattered throughout. The background is a light beige color with a repeating pattern of simple line-art icons for various baked goods like bread, donuts, and cupcakes.

# MAPLE ALMOND GLUTEN FREE GRANOLA

This is my go-to homemade granola recipe. It's made with plenty of good olive oil, raw almonds, pumpkin and hemp seeds, coconut, maple syrup and oats. Make it your own, with your favorite nuts and seeds.

You can easily replace the agave nectar with honey. I prefer agave in this recipe because it has a more neutral flavor so it doesn't compete with the rich flavor of the maple syrup.

If you are avoiding oats, you can try replacing them with equal amounts of chopped almonds, seeds, and coconut chips, and even gluten free crisp rice cereal. The oats provide a chewy base and help to form those gorgeous, glistening clumps that are everyone's favorite part of homemade granola. But, in a pinch, rice cereal helps bulk up the nuts, seeds, and coconut flakes.

## INGREDIENTS

Yields: **About 8 cups granola**

- \* 1 1/4 cups (140 g) raw almonds, roughly chopped
- \* 1 cup (112 g) raw seeds (like pumpkin, hemp, chia)
- \* 1 cup (80 g) unsweetened coconut chips
- \* 3 cups (300 g) certified gluten free old fashioned rolled oats
- \* 3/4 teaspoon kosher salt
- \* 1/2 cup (109 g) packed light brown sugar
- \* 1/4 cup (84 g) agave nectar
- \* 1/2 cup (168 g) pure maple syrup
- \* 1/2 cup (112 g) extra virgin olive oil
- \* 1 1/2 cups dried fruit (raisins, dried blueberries, chopped dried apricots, etc.)

## DIRECTIONS

Preheat your oven to 300°F. Line a large rimmed baking sheet with unbleached parchment paper and set it aside.

In a large bowl, place chopped almonds, seeds, coconut chips, oats, salt and light brown sugar and mix to combine (working out any lumps in the brown sugar). Add the agave nectar, maple syrup, and olive oil, and mix to combine well, coating all of the dry ingredients with the wet. Scrape the granola onto the prepared baking sheet, and spread into a single layer, but a bit thinner toward the center as the center bakes last.

Place in the center of the preheated oven and bake for 10 minutes. Remove from the oven and stir to turn over and rearrange everything. Return the granola to the oven and bake for another 10 minutes. Stir once more out of the oven. Return to the oven once again and bake for another 10 minutes. Remove and stir once more. Return to the oven and bake until the granola is browned all over and the sugars have begun to caramelize, 5 to 10 minutes more. Remove the pan from the oven. While the granola is still on the baking sheet, add the dried fruit, and stir to combine. Allow the granola to cool on the sheet pan for at least 10 minutes before breaking it into chunks and smaller pieces and transferring it to a glass container with a lid. That will keep it crunchy until you are ready to serve it. Store at room temperature.

# FLOURLESS PALEO MUFFINS

Baking with nut butter is a revolutionary method of flourless baking. This recipe specifies cashew butter, since it has the most neutral flavor of any nut, and is creamy smooth. That way, whatever chips, fruit, or nuts you mix in to these muffins really shine. My favorite mix-in is fresh blueberries.

I generally prefer to bake with no-stir nut butter, where the oil doesn't separate from the rest of the nut butter in the jar. But this recipe can even be made with truly natural cashew butter, made with just cashews and a bit of salt. Homemade cashew butter should even work just fine.



## INGREDIENTS

Yields: **9 muffins**

- \* 1 cup (256 g) smooth cashew butter
- \* 2/3 cup (163 g) smooth applesauce, at room temperature
- \* 2 eggs (100 g, weighed out of shell), at room temperature
- \* 1/4 cup (84 g) honey
- \* 1/2 teaspoon baking soda
- \* 1/4 teaspoon kosher salt
- \* 1/4 cup mix-ins of your choice (fresh blueberries, chocolate chips, chopped nuts) (optional)

## DIRECTIONS

Preheat your oven to 325°F. Line 9 wells of a standard 12-cup muffin tin and set the tin aside.

Place all of the ingredients, in the order listed, in a blender or food processor and blend or process until smooth. The batter will be relatively thin. Fill the prepared wells of the muffin tin about 3/4 of the way full with the batter, and scatter a few of your chosen mix-ins in each well. Press the mix-ins down a bit into the batter. Place in the center of the preheated oven and bake until the top springs back when pressed gently and the muffins are very lightly golden brown, about 20 minutes.

Remove from the oven and allow the muffins to cool in the baking tin for 10 minutes before transferring to a wire rack to cool completely before serving. The muffin liners will peel off easily once the muffins are cool. Store in a sealed container at room temperature, or seal tightly and freeze for longer storage.

# PALEO BREAKFAST COOKIES



My favorite thing about Paleo recipes is that, by definition, they're all gluten free. These breakfast cookies are, indeed, Paleo. But to me, Paleo is just shorthand for no gluten, no grains, no dairy, and no refined sugars.

The rules of what is considered Paleo "legal" and what isn't seem to have changed over time. I've always been focused on recipes like these breakfast cookies for the taste, health, and nutrition, not for the purism of Paleo.

As always in my recipes that call for almond flour, be sure to finely ground, blanched almond flour. Honeyville is a great brand, and so is the finely ground blanched almond flour from nuts.com.

The coconut flour lends some much-needed structure, but you can try replacing it with twice the amount of tapioca starch/flour (6 tablespoons (54 grams)).



## INGREDIENTS

Yields: **12 cookies**

- \* 1 1/4 cups (150 g) raw nuts and seeds (I used a combination of cashews, sliced almonds and raw pumpkin seeds), roughly chopped
- \* 1 cup (80 g) unsweetened coconut flakes
- \* 1 1/2 cups (168 g) finely ground, blanched almond flour
- \* 3 tablespoons (24 g) coconut flour
- \* 3/4 teaspoon baking soda
- \* 1/2 teaspoon kosher salt
- \* 2 tablespoons (24 g) coconut palm sugar (can substitute an equal amount granulated sugar)
- \* 4 tablespoons (48 g) virgin coconut oil, melted and cooled
- \* 2 eggs (100 g, weighed out of shell) at room temperature, beaten
- \* 4 tablespoons (84 g) honey
- \* 2 teaspoons pure vanilla extract
- \* 2 to 3 ounces dairy-free chocolate chips (optional)

## DIRECTIONS

Preheat your oven to 300°F. Line a rimmed baking sheet with unbleached parchment paper and set it aside. Place the raw nuts and coconut flakes on a separate rimmed baking sheet in a single layer and place in the preheated oven. Bake until lightly toasted, about 10 minutes. Remove from the oven and set aside to cool briefly.

In a large bowl, place the almond flour, coconut flour, baking soda, salt and coconut palm sugar, and whisk to combine well. Add the melted coconut oil, eggs, honey and vanilla, and mix to combine well. The dough will be very soft. Add the toasted nuts and coconut flakes, and mix until they are evenly distributed throughout the dough. Allow the dough to sit until it begins to firm up so it will be easier to handle (about 5 minutes).

Divide the dough into 12 equal portions, each about 4 tablespoons in volume, about 2 inches apart from one another. With wet hands, shape each portion into a ball, return to the baking sheet and then press into a disk about 1/2 inch thick. Scatter 5 or 6 of the optional chocolate chips on top of each disk and press gently to help them adhere.

Place the baking sheet in the center of the preheated oven and bake until the cookies are puffed, pale golden all over and brown around the edges, about 12 minutes. Remove the cookies from the oven and allow to cool on the baking sheet until firm (about 10 minutes) before transferring to a wire rack to cool completely.

# ONE BOWL GLUTEN FREE PEANUT BUTTER QUICK BREAD

This bread is rich in peanut butter flavor, and is moist and tender without any additional fat from butter or oil. Instead of peanut butter, you can use smooth, no-stir almond butter or cashew butter for a more neutral flavor.

In place of cornstarch, you can use arrowroot or potato starch. Non-dairy milk works just fine in this recipe.

I regularly make this bread on the weekend, let it cool, and slice it thickly. I freeze the slices in a single layer on a rimmed baking sheet, and then wrap each piece tightly in freeze-safe wrap once they're frozen. Defrost at room temperature or in the microwave or toaster oven.



## INGREDIENTS

Yields: **1 loaf quick bread**

- \* 1 cup (257 g) smooth no-stir peanut butter
- \* 1 1/4 cups (10 fluid ounces) milk, at room temperature
- \* 2 eggs (100 g, weighed out of shell) at room temperature, beaten
- \* 2/3 cup (133 g) granulated sugar
- \* 1 teaspoon kosher salt
- \* 2 teaspoons baking powder
- \* 1/2 teaspoon baking soda
- \* 1 1/2 cups (210 g) all purpose gluten free flour
- \* 3/4 teaspoon xanthan gum (omit if your blend already contains it)
- \* 2 tablespoons (18 g) cornstarch
- \* 1 1/2 to 2 ounces semi-sweet chocolate chips (optional)

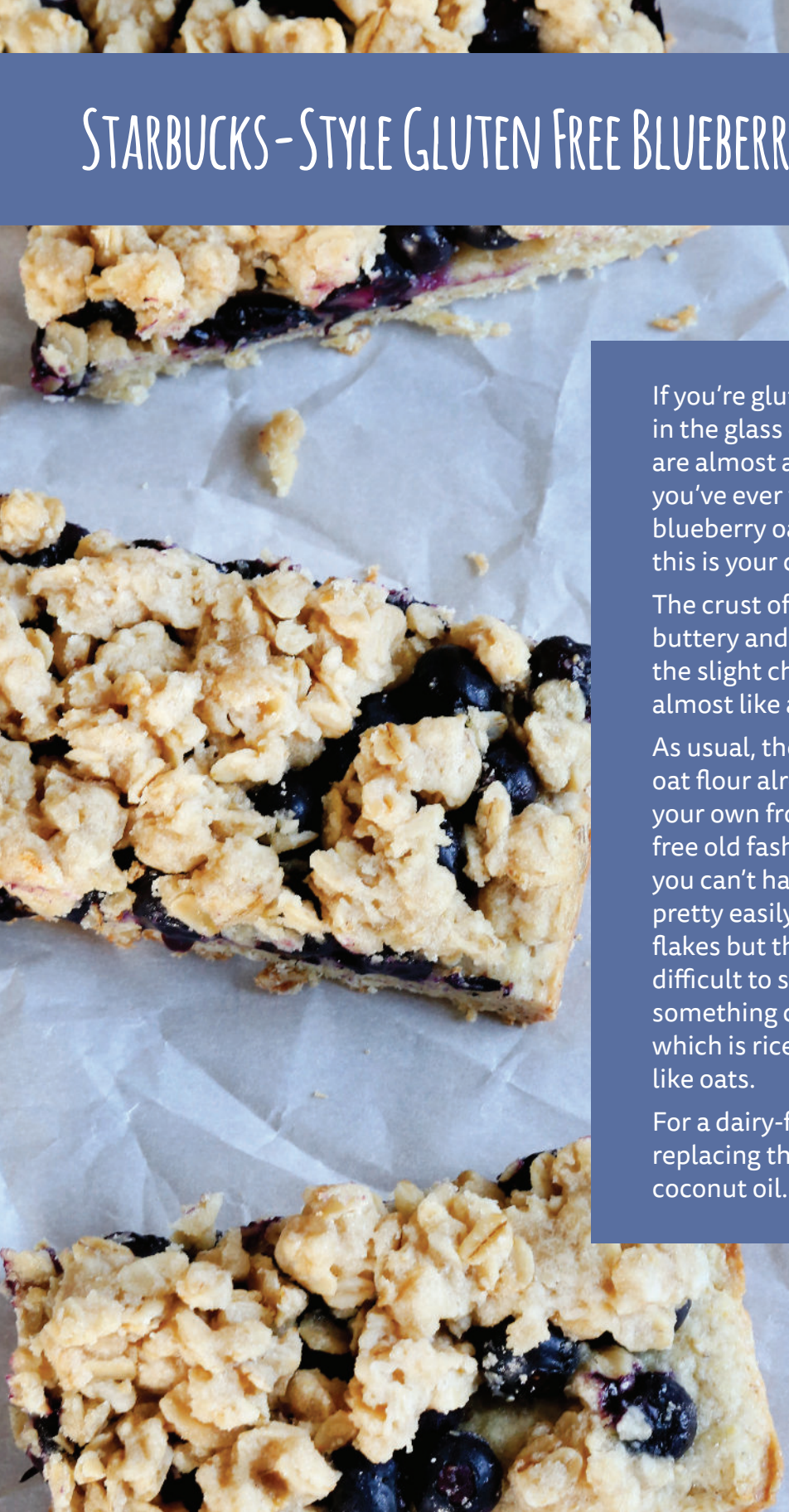
## DIRECTIONS

Preheat your oven to 325°F. Grease or line a standard 9-inch x 5-inch loaf pan and set it aside.

In a large, heat-safe bowl, place the peanut butter. Microwave for 30-seconds on high power just to loosen up the peanut butter and make it easier to stir. Remove it from the microwave and whisk the peanut butter until smooth. Add the milk, eggs, sugar, salt, baking powder and baking soda, whisking to combine well after each addition. The batter will be thin. Switch to a large spoon or spatula, and add the flour, xanthan gum, and cornstarch, mixing to combine after each addition. The batter will be relatively thick. Scrape the batter into the prepared loaf pan, and smooth the top with a wet spatula. Using a very sharp knife, score the center of the loaf along the length from one end to the other in one swift motion. Scatter the (optional) chocolate chips over the top of the batter, and press the chips gently into the batter to adhere.

Place the pan in the center of the preheated oven and bake until a toothpick inserted in the center comes out with a few moist crumbs attached (about 1 hour), rotating once during baking. Remove from the oven and allow to cool in the loaf pan for 15 minutes before turning out onto a wire rack to cool completely. Slice thickly and serve with jam, jelly or preserves.

# STARBUCKS-STYLE GLUTEN FREE BLUEBERRY OAT BARS

The image shows three rectangular blueberry oat bars arranged vertically on a white parchment paper background. Each bar has a thick, golden-brown, crumbly oat crust on top, with fresh blueberries and a hint of purple jam or filling visible underneath. The bars are cut into three equal pieces.

If you're gluten free, the items in the glass case at Starbucks are almost always off limits. If you've ever wondered what their blueberry oat bars might taste like, this is your chance.

The crust of these tender bars is buttery and kind of crumbly, with the slight chew of oats mixed in—almost like an oat-shortbread.

As usual, there's no reason to buy oat flour already ground. Just grind your own from certified gluten free old fashioned rolled oats. If you can't have oats, the oat flour is pretty easily replaced with quinoa flakes but the rolled oats are more difficult to substitute. You can try something called "beaten rice," which is rice that has been rolled like oats.

For a dairy-free version, try replacing the butter with virgin coconut oil.

## INGREDIENTS

Yields: **8 to 12 bars**

### For the crumble topping

- \* 8 tablespoons (112 g) unsalted butter, melted
- \* 1/2 cup (70 g) all purpose gluten free flour
- \* 1 cup (100 g) certified gluten-free old fashioned rolled oats
- \* 1/4 cup (50 g) granulated sugar
- \* 1/3 cup (73 g) packed light brown sugar
- \* 1/8 teaspoon kosher salt

### For the crust

- \* 1 cup (140 g) all purpose gluten free flour
- \* 1 cup (120 g) certified gluten free oat flour
- \* 1/8 teaspoon kosher salt
- \* 1/4 teaspoon baking powder
- \* 1/2 cup (100 g) granulated sugar
- \* 6 tablespoons (84 g) unsalted butter, melted
- \* 1 egg (50 g, weighed out of shell), beaten
- \* 1 to 2 tablespoons water

### For the fruit

- \* 2 cups (300 g) fresh blueberries, rinsed and patted dry

## DIRECTIONS

Preheat your oven to 325°F. Grease a 9-inch square baking pan and line with unbleached parchment paper, making sure the paper overhangs the sides of the pan on all four sides.

Make the crumble topping. Combine all of the topping ingredients (8 tablespoons butter, 1/2 cup all purpose flour, rolled oats, granulated and brown sugars, and salt), and blend with a fork until well-combined. Place in the refrigerator to chill until ready to use.

Make the crust. In a large bowl, place the all purpose flour, oat flour, salt, baking powder, and granulated sugar, and whisk to combine well. Create a well in the center of the dry ingredients, and add the butter, egg, and 1 tablespoon water, and mix to combine. Knead the dough with your hands to bring it together, adding more water if necessary. Transfer the dough to the prepared baking pan, and press firmly into an even layer on the bottom. Place the pan in the center of the preheated oven and bake for 5 minutes.

After the crust is done parbaking, remove the pan from the oven and spread the blueberries out on top of the crust in a single, even layer. Remove the crumble topping from the refrigerator and use the tines of a fork to break it up into irregular pieces. Sprinkle the crumble topping in an even layer on top of the blueberries, and press down gently to help them adhere. Return the pan to the oven, and bake until the crust is beginning to brown around the edges, a toothpick inserted into it comes out clean and the crumb topping is very lightly golden brown (about 17 minutes).

Remove the pan from the oven and allow to cool completely in the baking pan before lifting the bars out of the pan. Slice into 8 to 12 equal pieces, depending upon how large you'd like the bars.

# GLUTEN FREE VANILLA BEAN RICOTTA PANCAKES



Pancakes are breakfast classic, so no breakfast collection would be complete without at least one pancake recipe. Although standard pancakes are lovely, these ricotta pancakes are light and fluffy, and also have tons of flavor and are even a bit tangy.

This is one recipe that I don't believe can be made dairy-free, I'm afraid, since I've never seen a good quality nondairy substitute for ricotta cheese.

## INGREDIENTS

Yields: **About 12 pancakes**

- \* 2/3 cup (93 g) basic gum-free gluten free flour blend
- \* 1/4 cup (50 g) granulated sugar
- \* 1 teaspoon baking powder
- \* 2 eggs (100 g, weighed out of shell) at room temperature, beaten
- \* Seeds from 1/2 vanilla bean
- \* 1 cup (250 g) low-moisture ricotta cheese (part-skim or whole milk), at room temperature
- \* 1/2 cup (4 fluid ounces) milk, at room temperature
- \* 2 teaspoons pure vanilla extract

## DIRECTIONS

In a large bowl, place the flour blend, sugar and baking powder, and whisk to combine. In a separate small bowl, place the eggs, vanilla seeds, ricotta cheese, milk and vanilla extract, and beat to combine well. Create a well in the center of the dry ingredients and add wet ingredients, and beat until smooth. The batter should be pourable.

Heat a griddle or lightly greased nonstick or cast iron skillet over medium heat. Grease it lightly, and pour as many portions of about 1/4 cup of batter onto the hot griddle as can fit comfortably, without touching. Allow to cook until large bubbles begin to break through the top of the batter in each pancake and the edges are set (about 1 1/2 minutes). With a wide, flat spatula, carefully flip over each pancake, and continue to cook until set (about another 2 minutes). Remove from the skillet, and repeat with the remaining batter.

# EASY GLUTEN FREE MUFFINS RECIPE

If you only ever have one muffin recipe, this should be it. It's very adaptable, and can even be made into something like miniature coffee cakes by adding a crumble topping.

Chocolate chips, raisins, and chopped nuts all make great mix-ins for this basic muffin recipe. Fresh or frozen fruit is not appropriate as a mix-in for this recipe, as it contains too much moisture.

In place of buttermilk, you can use half (3 fluid ounces) of milk and half (3 fluid ounces) plain unsweetened yogurt. Both the milk and the yogurt can also be dairy-free. In place of butter, try using Earth Balance buttery sticks for the muffins, and Spectrum brand nonhydrogenated vegetable shortening in the crumble.





## INGREDIENTS

Yields: **12 muffins**

### For the muffins

- \* 3 eggs (150 g, weighed out of shell) at room temperature, beaten
- \* 3/4 cup (6 fluid ounces) buttermilk, at room temperature
- \* 8 tablespoons (112 g) unsalted butter, melted and cooled
- \* 1 teaspoon pure vanilla extract
- \* 2 cups (280 g) all purpose gluten free flour
- \* 1 teaspoon xanthan gum (omit if your blend already contains it)
- \* 1 teaspoon baking powder
- \* 1/2 teaspoon baking soda
- \* 1/2 teaspoon kosher salt
- \* 1/2 cup (100 g) granulated sugar
- \* 1/4 cup (55 g) packed light brown sugar
- \* Up to 1 cup of mix-in pieces or crumble topping (below)

### For the (optional) crumble

- \* 4 tablespoons (56 g) unsalted butter, melted
- \* 1/2 cup (109 g) packed light brown sugar
- \* 1/2 cup (70 g) all purpose gluten free flour
- \* 1/8 teaspoon kosher salt

## DIRECTIONS

Preheat your oven to 350°F. Grease or line the wells of a standard 12-cup muffin tin and set it aside.

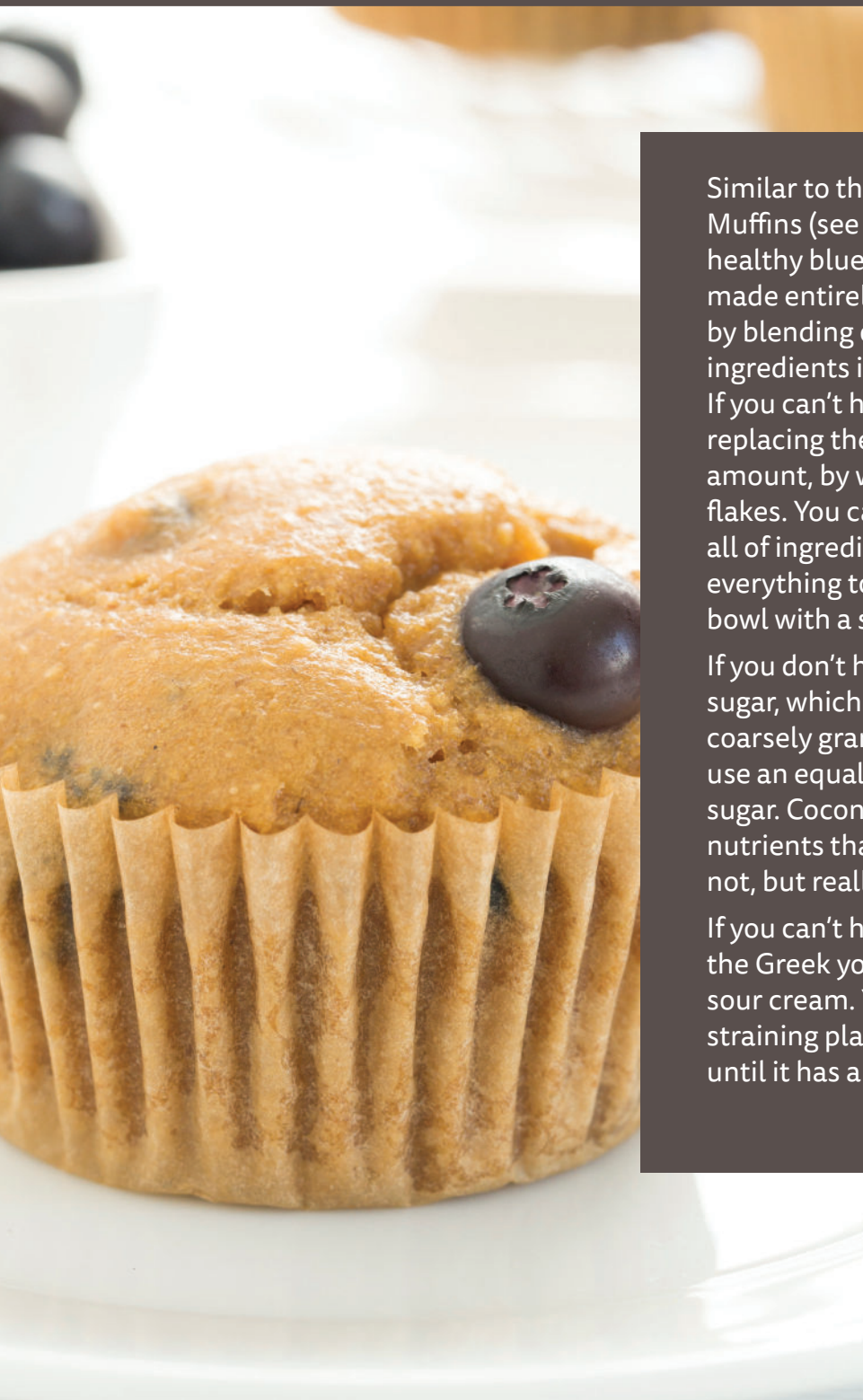
If you'd like to add the crumble to the tops of your muffins, make it now. Place all of the crumble ingredients in a small bowl and mix to combine fully, then chill in the refrigerator while you make the muffin batter.

To make the muffins, in a medium-size bowl, place the eggs, buttermilk, butter and vanilla, and mix until well-combined. In a large bowl, place the flour, xanthan gum, baking powder, baking soda, salt, granulated sugar, and brown sugar. Whisk to combine and break up any lumps in the brown sugar. Create a well in the center of the dry ingredients and add the egg and buttermilk mixture. Stir the wet ingredients into the dry ingredients until just combined. Don't overmix. If adding any simple mix-ins like chocolate chips, add them to the batter now and mix just until evenly distributed throughout the batter.

Divide the batter evenly among the prepared wells of the muffin tin, smooth the tops with wet fingers. If you're adding the crumble, remove the bowl from the refrigerator and break up the crumble into irregular pieces with the tines of a fork. Sprinkle the crumble generously on the top of the muffin batter in the wells, and press to adhere the mixture to the muffin batter.

Place the pan in the center of the preheated oven and bake until the top of the center muffin springs back when pressed gently in the center, about 20 minutes. If you've added the crumble, those muffin may take another minute or so to bake fully. Remove from the oven and allow the muffins to cool in the pan for 10 minutes before transferring to a wire rack to cool completely.

# HEALTHY BLUEBERRY MUFFINS



Similar to the Banana Oatmeal Muffins (see page 22), these healthy blueberry muffins are made entirely with whole grains by blending oats with the other ingredients into a smooth batter. If you can't have oats, you can try replacing the oats with an equal amount, by weight, of quinoa flakes. You can then either blend all of ingredients together or mix everything together vigorously in a bowl with a spoon.

If you don't have coconut palm sugar, which is an unrefined, coarsely granulated sugar, you can use an equal amount of light brown sugar. Coconut sugar has some nutrients that brown sugar does not, but really? Sugar is sugar.

If you can't have dairy, try replacing the Greek yogurt with nondairy sour cream. You can also try straining plain nondairy yogurt until it has a thicker consistency.

## INGREDIENTS

Yields: **12 muffins**

- \* 1 cup (240 g) smooth applesauce, at room temperature
- \* 1/2 cup (114 g) plain Greek yogurt, at room temperature
- \* 2 eggs (100 g, weighed out of shell) at room temperature
- \* 1 teaspoon pure vanilla extract
- \* 1/2 cup (80 g) granulated coconut palm sugar
- \* 2 1/4 cups (225 g) certified gluten free old fashioned rolled oats
- \* 1 1/2 teaspoons baking powder
- \* 1/2 teaspoon baking soda
- \* 1/4 teaspoon kosher salt
- \* 5 ounces fresh (or frozen) blueberries
- \* 2 teaspoons (6 g) cornstarch

## DIRECTIONS

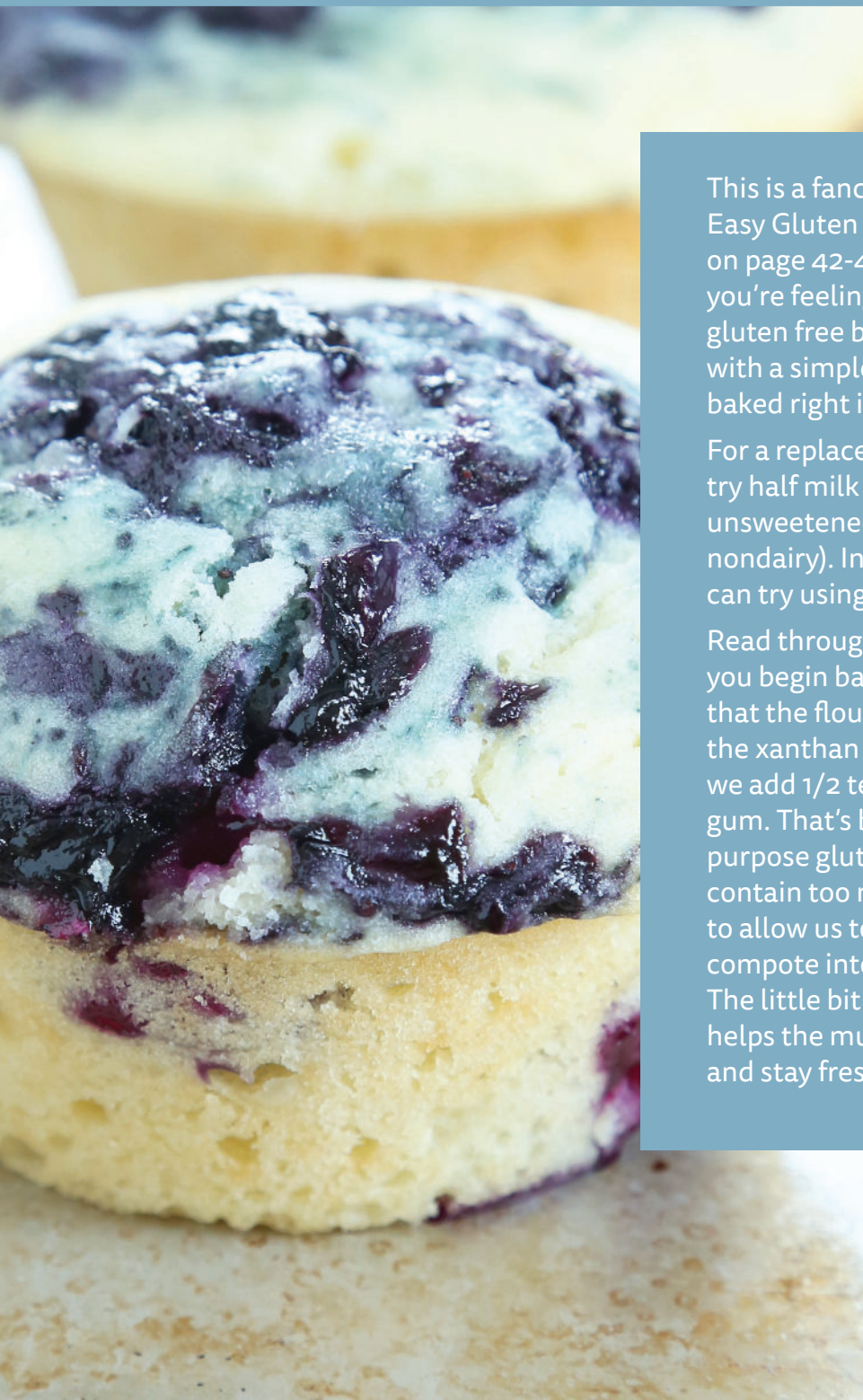
Preheat your oven to 325°F. Grease or line the wells of a standard 12-cup muffin tin, and set it aside.

In a blender (or food processor fitted with the steel blade), place the applesauce, yogurt, eggs, vanilla, sugar, oats, baking powder, baking soda and salt, in that order, and blend or process until smooth. Toss 4 ounces of the blueberries with the cornstarch to coat, and carefully fold the blueberries into the batter.

Divide the batter evenly among the prepared wells of the muffin tin. Scatter the tops of the batter in each well evenly with the remaining 1 ounce of blueberries, and press the berries gently into the batter so they adhere.

Place the tin in the center of the preheated oven and bake until the tops of the muffins are nicely domed and they spring back when pressed gently with a finger, about 18 minutes. Remove from the oven and allow to cool for about 10 minutes in the tin before transferring to a wire rack to cool completely.

# GLUTEN FREE BLUEBERRY SWIRL MUFFINS



This is a fancier muffin than the Easy Gluten Free Muffins recipe on page 42-43, no doubt, for when you're feeling it. Moist and tender gluten free blueberry swirl muffins, with a simple blueberry compote baked right into the top.

For a replacement for buttermilk, try half milk and half plain unsweetened yogurt (both can be nondairy). In place of butter, you can try using virgin coconut oil.

Read through the recipe before you begin baking, and you'll notice that the flour blend called for is the xanthan gum-free blend, but we add 1/2 teaspoon of xanthan gum. That's because our regular all purpose gluten free flour blends contain too much xanthan gum to allow us to mix the blueberry compote into the muffin batter. The little bit of added xanthan gum helps the muffins hold together and stay fresh longer after baking.

## INGREDIENTS

Yields: **12 muffins**

- \* 2 cups (300 g) fresh or frozen blueberries
- \* 3/4 cup (150 g) granulated sugar
- \* 2 tablespoons (1 fluid ounce) lukewarm water
- \* 1 3/4 cups (245 g) basic gum-free gluten free flour blend
- \* 1/2 teaspoon xanthan gum
- \* 1/4 cup (36 g) cornstarch
- \* 1 teaspoon baking powder
- \* 1/4 teaspoon baking soda
- \* 1/2 teaspoon kosher salt
- \* 8 tablespoons (112 g) unsalted butter, at room temperature
- \* 2 eggs (100 g, weighed out of shell) at room temperature, beaten
- \* 1 teaspoon pure vanilla extract
- \* 1 cup (8 fluid ounces) buttermilk, at room temperature

## DIRECTIONS

In a small, heavy-bottom saucepan, place 1 cup (150 g) blueberries, 1 tablespoon of the granulated sugar and the water, and cook over medium heat, stirring frequently to break up the berries, until thickened and reduced (about 5 minutes). Set the compote aside.

Preheat your oven to 350°F. Grease or line the wells of a standard 12-cup muffin tin, and set it aside.


In a medium-size bowl, place the flour blend, xanthan gum, cornstarch, baking powder, baking soda and salt, and whisk to combine well. In a separate, large bowl, place the butter and remaining granulated sugar, and using a handheld mixer, beat until light and fluffy. Add the eggs and vanilla, and beat until well-combined.

Toss the remaining 1 cup blueberries in about 1 teaspoon of the dry ingredients, and set aside. To the butter mixture, add the remaining dry ingredients in 4 batches and the buttermilk in 3 batches, alternating between the two and beginning and ending with the dry ingredients, mixing until just combined after each addition. The batter should be thick but soft. Fold the blueberries and reserved dry ingredients into the batter until they're evenly distributed throughout, taking care not to break the berries.

Divide the batter evenly among the prepared wells of the muffin tin. The wells will be almost completely full. Divide the cooled blueberry compote evenly among the tops of the batter in the wells and swirl it into the top of the batter with a toothpick. Shake the pan back and forth to distribute the batter evenly in the wells.

Place in the center of the preheated oven and bake until the muffins are puffed and very, very pale golden, firm to the touch and a toothpick inserted in the center comes out with no more than a few moist crumbs attached (about 20 minutes). Remove from the oven and allow to cool in the tin for 5 minutes before transferring to a wire rack to cool completely before serving.

# CLASSIC GLUTEN FREE BANANA MUFFINS



These are your classic moist and tender banana muffins, made with plenty of mashed ripe bananas and buttermilk for the perfect texture.

The best bananas for baking are bananas you would never want to eat. Think black banana skins, and completely caramelized flesh. I rarely have the patience to wait until they get to that point, but the flavor is really without equal.

Once more, for a buttermilk replacement, try half milk and half plain unsweetened yogurt (both can be nondairy). And in place of butter, you can try using virgin coconut oil.

## INGREDIENTS

Yields: **16 muffins**

- \* 2 1/3 cups (327 g) all purpose gluten free flour
- \* 1 teaspoon xanthan gum (omit if your blend already contains it)
- \* 1/3 cup (48 g) cornstarch
- \* 1 1/4 teaspoons baking powder
- \* 1/2 teaspoon baking soda
- \* 1/2 teaspoon kosher salt
- \* 3/4 cup (150 g) granulated sugar
- \* 8 tablespoons (112 g) unsalted butter, melted and cooled
- \* 3 eggs (150 g, weighed out of shell) at room temperature
- \* 1 cup (8 fluid ounces) buttermilk, at room temperature
- \* 1 teaspoon pure vanilla extract
- \* 2 cups (400 g) mashed ripe bananas (from about 4 medium to large bananas)

## DIRECTIONS

Preheat your oven to 350°F. Grease or line a standard 12-cup muffin tin and set it aside.

In a large bowl, place the flour, xanthan gum, cornstarch, baking powder, baking soda, salt and sugar, and whisk to combine well. Create a well in the center of the dry ingredients, and add the butter, eggs, buttermilk, vanilla and mashed bananas, and mix until just combined. The mixture be lumpy because of the bananas, and thick but soft.

Fill each of the wells of the muffin tin, and shake back and forth to evenly distribute the batter in each well. Place the muffin tin in the center of the preheated oven and bake until the muffins spring back when pressed gently in the center, 20 to 22 minutes. They'll brown nicely around the edges, but not much on top. Allow the muffins to cool in the tin for 5 minutes before transferring to a wire rack to cool completely. Repeat with the remaining muffin batter. Serve immediately or store covered at room temperature for 2 days or wrap tightly and freeze for longer storage.

# BAKERY-STYLE ALMOND FLOUR MUFFINS



These almond flour muffins are just like the very best bakery muffins: crisp on the outside, soft and tender inside. The combination of  $\frac{2}{3}$  almond flour and  $\frac{1}{3}$  tapioca starch/flour creates the perfect texture. You'd never guess they weren't "regular" muffins. They're even technically "Paleo," but those labels don't mean a whole lot to me.

Be sure to use finely-ground, blanched almond flour. Tapioca starch and tapioca flour are the same thing, and the terms are used interchangeably. Be sure to use a good quality tapioca starch/flour, too. Nuts.com has a reliable product, as does Authentic Foods brand.

You can use any sort of mix-ins you like, but miniature chocolate chips are my favorite. And just a few go a long, long way.



## INGREDIENTS

Yields: **12 muffins**

- \* 2 cups (240 g) finely-ground blanched almond flour
- \* 1 cup (144 g) tapioca starch/flour
- \* 3/4 teaspoon baking soda
- \* 1/2 teaspoon kosher salt
- \* 5 tablespoons (105 g) pure maple syrup
- \* 1/4 cup (60 g) smooth applesauce, at room temperature
- \* 4 tablespoons (56 g) virgin coconut oil, melted and cooled
- \* 3 eggs (150 g, weighed out of shell) at room temperature, beaten
- \* 3 ounces miniature dairy-free chocolate chips

## DIRECTIONS

Preheat your oven to 325°F. Grease or line a standard 12-cup muffin tin, and set it aside.

In a large bowl, place the almond flour, tapioca starch/flour, baking soda and salt, and whisk to combine. Create a well in the center of the dry ingredients and add the maple syrup, applesauce, coconut oil, and eggs, and mix until well-combined. The batter will be thick but smooth. Add the miniature chocolate chips, and mix until evenly distributed throughout the batter.

Divide the batter evenly among the prepared wells of the muffin tin, and shake back and forth until the batter is evenly distributed in each cup. Place in the center of the preheated oven and bake until a toothpick inserted in the center comes out clean (about 17 minutes). Do not overbake, and be sure that your oven temperature is accurate or the muffins will burn as almond flour has that tendency. Allow to cool very briefly before transferring the muffins to a wire rack to cool completely. Serve immediately or store covered at room temperature for 2 days or wrap tightly and freeze for longer storage.