

Quick and Easy



Favorite Recipes

Contents

Drinks and Cocktails

Fizzy Cranberry Ginger Cocktail	3
White Sangria	4

Breakfast

French Crepes with Lemon Curd	5-6
Summertime Savory Pie	6-7

Appetizers

Roasted Carrot Hummus	8
Curry Swiss Chard Chips	9

Salads

Lentil Kale Salad	10
Spanish Chorizo Salad	11

Dinner

Asparagus Minestrone Soup	12
Black Bean Garden Burgers with Guacamole	13
Chicken Enchiladas	13-14

Desserts

Double Chocolate Brownies with Chocolate Mint Frosting	15
Creamy Dreamy Cheesecake	17-18



Drinks and Cocktails

Fizzy Cranberry Ginger Cocktail

SERVES 4

Refreshing and tangy, this cocktail is a fun way to toast.

- 1 lime, cut into quarters
- Sugar, for rims
- 4 ounces Cranberry Ginger Simple Syrup
- 3 ounces vodka
- 4 ounces club soda, more to taste

1. Wet the rims of 4 glasses by running a cut lime wedge around the rims. Pour sugar into a flat-bottomed bowl and dip the rims into the sugar.

2. Prepare cocktail by mixing Cranberry Ginger Simple Syrup, vodka and club soda. Pour into sugared glasses and serve.

Each serving contains 102 calories, 0g

total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 7mg sodium, 11g carbohydrate, 1g fiber, 9g sugars, 0g protein, 4 Est GL.

TIP For a festive touch, shake the sugar in a plastic bag with a few drops of red food coloring.

Simple Syrup

MAKES 3 CUPS

When you add a simple syrup (especially when it's infused, as in Cranberry Ginger Simple Syrup), to a mixed drink, that beverage doesn't seem so simple anymore. Simple syrups come in handy during holiday celebrations, so make enough to last the season. They keep in the refrigerator 2 to 3 months.

- 2 cups granulated cane sugar
- 3 cups water

1. Combine sugar and water in a small saucepan over medium heat. Bring to a boil, stirring occasionally to dissolve sugar. Once mixture boils, reduce heat to a simmer and continue cooking 10 minutes. Remove from heat and let cool.

2. Once syrup is completely cooled, pour it into a sealable glass jar or bottle and refrigerate until used.

Each ounce contains 64 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 17g carbohydrate, 0g fiber, 17g sugars, 0g protein, 12 Est GL.

Cranberry Ginger Simple Syrup

MAKES 1½ CUPS

Splash this syrup into your favorite mixed drink for a festive beverage worth celebrating.

- 1 cup prepared Simple Syrup
- 1 cup fresh or frozen cranberries
- ½ tablespoon diced fresh ginger root or candied ginger

1. Pour prepared Simple Syrup into a small saucepan. Add cranberries and ginger and bring to a boil. Reduce heat to low and simmer 5 minutes.

2. Pour mixture through a sieve into a bowl to separate out cooked berries and ginger.

3. Once cooled, pour strained syrup into a sealable glass jar or bottle and refrigerate until serving.

Each ounce contains 70 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 18g carbohydrate, 1g fiber, 17g sugars, 0g protein, 8 Est GL.

Winter White Sangria

SERVES 4

This beautiful, light drink takes only 15



minutes to prepare. It tastes even better the next day, so assemble it in advance to enjoy later with friends and family.

- 2 green apples, diced (such as Granny Smith)
- 1 cup frozen cranberries
- ¼ cup sugar
- ½ cup white grape juice
- 1 (750ml) bottle white wine (such as Chardonnay, Pinot Grigio, Gruner)
- 1 (16-ounce) bottle sparkling water
- 4 sprigs fresh rosemary, for garnish
- Granulated sugar, for garnish

1. Toss apples and cranberries into a large pitcher. Add sugar, grape juice and wine, stirring to combine. Cover and refrigerate.

2. Dip rosemary sprigs in water and roll wet sprigs in granulated sugar.

3. Add sparkling water to the wine mixture just before serving, stirring to combine ingredients. Garnish each glass with a sprig of sugar-covered rosemary.

Each serving contains 287 calories, 0g



total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 12mg sodium, 39g carbohydrate, 3g fiber, 31g sugars, 1g protein, 14 Est GL.

Breakfast

French Crepes with Lemon Curd

MAKES EIGHT 8-INCH CREPES

Versatile crepes can be used with a variety of sweet or savory fillings. You can layer them with filling and stack them to create a crepe “cake.” Fill these crepes with dairy-free Lemon Curd for a special dessert. The crepes can be made egg-free; see instructions below.

- 1/2 cup All-Purpose Light Flour Blend (below) or gluten-free all-purpose blend of choice
- 1/2 cup milk of choice
- 1/4 cup warm water
- 1 1/2 tablespoons honey or sugar
- 2 large eggs
- 2 tablespoons sunflower oil or melted coconut oil, more for pan
- Pinch of sea salt

1. Combine all ingredients in a blend-

er or food processor and blend until smooth. Pour batter into a pitcher, cover and refrigerate 15 minutes to 3 hours. Batter will be thin.

2. Using a paper towel, wipe the inside of an 8-inch cast iron pan, nonstick skillet or crepe pan with a small amount of oil. Place pan over medium heat.

3. Stir the batter. Pour 3 to 4 tablespoons into preheated pan, tilting to coat the bottom of the pan. Batter should form a very thin layer. Cook just until the top is set and edges are slightly browned. Turn the crepe over and cook the other side until lightly browned. Continue cooking remaining crepes, stirring the batter occasionally. If batter becomes too thick, add additional water.

4. Stack finished crepes until ready to serve or refrigerate or freeze for later use. Reheat crepes wrapped in parchment paper in a preheated 325°F oven for 10 minutes.

Each crepe contains 101 calories, 5g total fat, 1g saturated fat, 0g trans fat, 54mg cholesterol, 36mg sodium, 12g carbohydrate, 0g fiber, 4g sugars, 2g protein, 8 Est GL.

For **Egg-Free French Crepes**, omit 2 eggs. Add 1/2 teaspoon baking powder to dry

ingredients. Combine 1 tablespoon flax meal with 3 tablespoons hot water. Let cool. Mix 1 tablespoon cornstarch with 1 tablespoon cold water. Combine flax mixture with cornstarch mixture to replace 2 eggs.

Lemon Curd

MAKES 2 CUPS

This dairy-free curd is sweetened without refined sugar. Fill French Crepes for dessert, spread it on your favorite gluten-free toast or use it as a cake or pie filling. Store in the refrigerator 1 week until used. This recipe can be made without eggs; see instructions below.

- 1/2 cup fresh lemon juice
- 1 tablespoon + 1 teaspoon kudzu starch, arrowroot powder or cornstarch
- 3 large eggs
- 1/3 cup honey, more to taste
- 3 tablespoons melted coconut oil, ghee or butter
- 🍋 Grated zest of 1 lemon

1. In a medium stainless steel or enamel saucepan, combine lemon juice and kudzu starch until kudzu dissolves and lemon juice is milky. Whisk in eggs and honey.

2. Cook mixture over medium-low heat, whisking continually until it thickens, about 5 minutes.

3. Add coconut oil, whisking to combine.

4. Remove from heat and stir in lemon zest.

5. Refrigerate several hours to thicken.

Each tablespoon contains 32 calories, 2g total fat, 1g saturated fat, 0g trans fat,

20mg cholesterol, 7mg sodium, 4g carbohydrate, 0g fiber, 3g sugars, 1g protein, 2 Est GL.

For Egg-Free Lemon Curd, omit 3 eggs.

Combine 3 tablespoons cornstarch with 3 to 4 tablespoons cold water. Use this mixture to replace 3 eggs in step 1. Reduce oil to 1 tablespoon in step 3.

Summertime Savory Pie

MAKES ONE 9-INCH PIE

Richly seasoned with a touch of mint and lemon, this tasty quiche is inspired by Middle Eastern cuisine. Packed with vegetables, it's high in fiber (good for blood sugar control) and low in carbs. It makes a satisfying dinner served with fish or chicken. You can make this pie open-faced (use 1 crust) or top it with a second crust. It can be made with egg replacement; see instructions on page 75.

- 2 tablespoons oil
- 1 large yellow onion, diced
- 1 pound Swiss chard (separate stems and leaves and finely chop) or spinach
- 1 cup thinly sliced celery
- 3 cups arugula
- 4 green onions, chopped
- 1/4 cup chopped fresh parsley



PHOTOGRAPHY BY ANNA SOBASKI

- 1 tablespoon chopped fresh mint
- 2 teaspoons chopped fresh dill
- ½ cup ricotta or dairy-free alternative
- ½ cup shredded aged cheddar or Gouda or dairy-free alternative
- ¼ cup feta cheese or dairy-free alternative
- 3 large eggs
- Zest of 1 lemon
- 1/3 teaspoon salt
- ½ teaspoon black pepper
- 1 or 2 (9-inch) gluten-free pie shells, unbaked
- 1 egg yolk, beaten with 1 tablespoon water, optional

1. Preheat oven to 375°F.

2. In a large skillet, heat oil. Once oil is hot but not smoking, add onion and sauté until translucent. Add chopped Swiss chard stems and thinly sliced celery and sauté for about 5 minutes. Add Swiss chard leaves (or spinach) and sauté until leaves are wilted, about 2 to 3 minutes. Add arugula, green onions, parsley, mint and dill and sauté another 2 minutes.

If you notice liquid, put vegetables in a colander to drain. Set aside.

3. Combine ricotta, cheddar and feta cheese, eggs and lemon zest. Mix by hand until well combined. Add cooked chard mixture and fold gently until well combined. Season with salt and pepper. Pour mixture into a pie shell.

4. If using a top crust, gently place second crust over the filling and press edges of both crusts together to seal. For a crisp, golden top, brush beaten egg wash evenly on top.

5. Place in preheated oven and bake 45 to 50 minutes or until a knife inserted in the middle of the quiche comes out clean.

Each serving contains 323 calories, 20g total fat, 9g saturated fat, 0g trans fat, 98mg cholesterol, 656mg sodium, 26g carbohydrate, 3g fiber, 8g sugars, 12g protein, 14 Est GL.

For Egg-Free Savory Pie, omit 3 eggs. Combine 1½ teaspoons Ener-G egg replacer with 2 tablespoons water. Crumble 7 to 8 ounces of firm tofu and add to egg replacer and water, mixing well. Add this mixture in step 3 to replace 3 eggs.



Appetizers

Roasted Carrot Hummus with Tortilla Chips

MAKES 8 SERVINGS

Roasted carrots lend a slightly sweet touch to this healthy hummus, served with crunchy homemade tortilla chips. This recipe makes enough to feed a hungry gathering. Use extra hummus as a delicious sandwich spread or freeze it for future use.

Hummus

- 1 pound carrots, peeled and chopped into 1-inch pieces
- 2 teaspoons grapeseed oil or canola oil
- 1 (14-ounce) can chickpeas, rinsed

and drained

- 1/4 cup tahini (sesame paste)
- Juice of 1/2 lemon
- 1 clove garlic, minced
- 2 tablespoons extra virgin olive oil
- 1 teaspoon grated orange zest
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt



Chips

- 4 gluten-free tortillas
- 1 tablespoon grapeseed oil or canola oil
- 1 teaspoon ground thyme
- 1 teaspoon garlic powder
- 1/2 teaspoon salt

1. Preheat oven to 400°F.
2. Toss carrots with oil and place them on a baking sheet. Roast in preheated oven until tender and beginning to darken, about 20 minutes. Remove from oven and let cool.
3. Place roasted carrots, chickpeas, tahini, lemon juice, garlic, olive oil, orange zest, cumin and salt in a food processor container and blend into a smooth hummus.
4. To make chips, stack tortillas on a flat work surface and slice in half. Stack again and slice in half. Then slice each large triangle in half to make smaller triangles. Arrange triangles on 2 baking sheets and brush them with oil.
5. In a small bowl, stir together thyme, garlic powder and salt. Sprinkle over tortilla triangles, place in preheated 400°F oven and bake until golden and crispy, about 6 minutes.
6. Serve tortilla chips with hummus.

Each tablespoon contains 52 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 122mg sodium, 6g carbohydrate, 1g fiber, 1g sugars, 1g protein, 2 Est GL.

Curry Swiss Chard Chips

MAKES 4 SERVINGS

Move over kale chips. Chard chips are ready to take over as the new healthy snack. It's hard to believe that eating greens can be so addicting. For a fiery kick, season chips with cayenne pepper. These are best eaten within 2 days of preparation.

- 1 large bunch Swiss chard
- 1 tablespoon grapeseed oil or canola oil
- 1 tablespoon curry powder
- 1/4 teaspoon salt

1. Preheat oven to 350°F. Line 2 baking sheets with parchment paper or silicon.
2. Rinse Swiss chard leaves and slice off stems and center ribs. Slice the leaves into fairly large pieces of equal size (2- to 3-inch squares) and dry with a paper towel or a salad spinner.
3. Toss chard with oil until all the leaves are coated. Season with curry powder and salt, tossing to coat.
4. Arrange chard pieces in a single layer on prepared baking sheets.
5. Place in preheated oven and cook until dry, darkened and crispy, about 10 minutes. Turn leaves over halfway through cooking. Watch chard toward the end of cooking time to make sure it doesn't burn.

Each serving contains 56 calories, 4g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 385mg sodium, 5g carbohydrate, 2g fiber, 1g sugars, 2g protein, 3 Est GL.



Salads

Lentil Kale Salad

SERVES 8 TO 10

When I needed an easy and fast salad back in the BC days (before celiac), it was always pasta. Today, there are wonderful gluten-free pastas but using lentils in place of pasta makes for a nutrient-dense meal that's delicious and healthy. Protein-packed, high-fiber lentils combined with antioxidant-rich vegetables deliver a perfect main-course salad, free of common allergens and full of flavor. Vary the vegetables to suit your palate.

- 1 pound green or brown lentils
- 1 (12-16 ounce) jar roasted peppers, preferably organic, drained and chopped
- 1 bunch kale (ribs removed), mustard greens, spinach or other greens,

sliced into thin ribbons

- ½ cup thinly sliced sweet onion
- 2 cups raw vegetables of choice (shredded carrots, corn, Jerusalem artichokes, diced small zucchini or yellow squash, thinly sliced fennel, jicama or celery)
- 1 pint cherry tomatoes, cut in half
- Sea salt, to taste
- Freshly ground pepper, to taste
- ½ bunch cilantro, chopped, for garnish

Dressing

- 3 tablespoons Dijon mustard
- 3 tablespoons white wine vinegar, rice vinegar or white balsamic vinegar
- ¼ cup olive oil

1. Rinse lentils and place in a large pot of salted water. Bring water to boil, reduce heat to simmer and cook, uncovered, until lentils are cooked through but not

mushy, 10 to 15 minutes. (Taste a lentil to check for desired doneness.) Remove from heat, drain and run cold water over lentils to stop the cooking. Place cooked, well-drained lentils in a large bowl.

2. Make dressing by whisking together mustard and vinegar in a medium bowl. Drizzle olive oil into mixture while continuing to whisk. This is a thick mustardy dressing.

3. Add roasted peppers, kale or other greens, onion, other veggies and tomatoes. Pour dressing over salad and mix gently. Taste and adjust seasoning.

4. Top with cilantro. Serve cold or at room temperature.

Each serving contains 255 calories, 7g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 133mg sodium, 37g carbohydrate, 16g fiber, 5g sugars, 13g protein, 10 Est GL.

Spanish Chorizo Salad

SERVES 6



Chorizo is a smoky and flavorful Spanish or Portuguese sausage that's available fresh, dried and smoked. Paprika is the predominant spice, giving chorizo its characteristic flavor and distinguishing it from other types of sausage. Fresh chorizo pairs nicely with strong greens like arugula, spinach or romaine lettuce. Crunchy radishes add flavor, color and texture. Serve this salad with gluten-free tortillas.

- 1 pound fresh chorizo sausage
- 1 (15-ounce) can black beans, rinsed and drained
- 6 cups mixed hardy greens (romaine, arugula and/or spinach), roughly chopped
- 1 pint cherry tomatoes, cut in half
- 1 bunch radishes, sliced
- ½ cup chopped fresh cilantro
- 1 ripe avocado, diced
- ½ cup prepared gluten-free salsa

1. Sauté chorizo in a large skillet over medium heat, breaking it into small pieces and cooking until no longer pink. Drain and discard accumulated oil. Stir in drained black beans and set aside to cool.

2. To assemble the salad, divide greens evenly among 6 plates. Top each with an equal amount of chorizo/bean mixture, tomatoes, radishes, cilantro and avocado. Place a dollop of salsa over each salad. Serve chilled or at room temperature.

Each serving contains 511 calories, 34g total fat, 12g saturated fat, 0g trans fat, 66mg cholesterol, 1076mg sodium, 26g carbohydrate, 10g fiber, 3g sugars, 26g protein, 8 Est GL.



Dinner

Asparagus Minestrone Soup

SERVES 6

In Italian, minestrone means “big soup.” That’s exactly what this recipe is—a chunky spring vegetable-and-bean soup that delivers big-time flavor. This fuss-free soup is even better when garnished with grated Parmesan cheese or a dairy-free replacement, available from GO Veggie!

- 1 tablespoon grapeseed oil or olive oil
- 1 leek, thinly sliced
- 1 yellow bell pepper, finely chopped
- 2 garlic cloves, minced
- ½ teaspoon salt
- ¼ teaspoon red chili flakes
- ¼ teaspoon black pepper
- 1 cup cherry tomatoes, halved
- 1 tablespoon tomato paste
- 1 (14-ounce) can cannellini beans or navy beans, rinsed and drained
- 5 cups gluten-free broth (vegetable

or chicken)

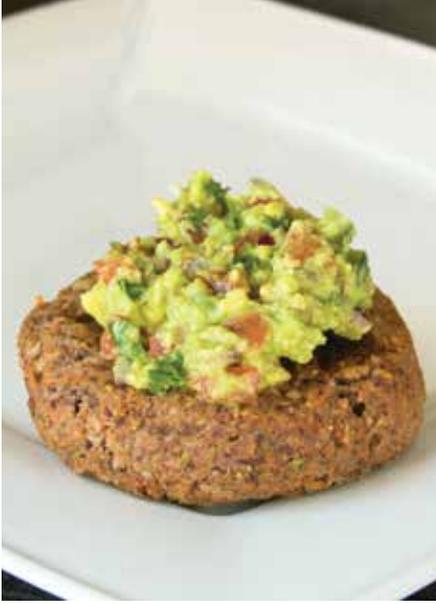
- 1 cup water
- ¾ pound asparagus, cut into 1-inch pieces
- 1 cup fresh or frozen peas
- ¼ cup finely chopped chives
- Juice of ½ lemon

1. Heat oil in a large saucepan over medium heat. Add leeks and yellow peppers and cook until softened, about 5 minutes. Stir in garlic, salt, chili flakes and pepper. Heat 30 seconds. Add cherry tomatoes and tomato paste and heat 1 minute.

2. Add beans, broth and 1 cup water to the saucepan. Bring to a boil, cover and simmer over medium-low heat 10 minutes.

3. Add asparagus and peas to the saucepan and simmer 10 more minutes or until asparagus is tender. Stir in chives and lemon juice.

Each serving contains 144 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 514mg sodium, 25g carbohydrate, 8g fiber, 5g sugars, 7g protein, 8 Est GL.



Black Bean Garden Burgers with Guacamole

SERVES 4

Chia and flax powder (also called flax meal) work well as a replacement for bread crumbs in veggie burgers to help soak up some of the moisture. Be sure to squeeze out the excess water from the shredded zucchini. You can prepare these patties on the grill. Chilling them first helps them keep their shape while they cook.

- 2 cups cooked or canned black beans, drained and rinsed
- 1 cup cooked brown rice
- 1 medium carrot, shredded
- 1 small zucchini, shredded
- ¼ cup chia powder or flax powder
- 2 tablespoons tomato paste
- 1 garlic clove, chopped
- 2 teaspoons Dijon mustard
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Oil for pan

Guacamole

- 1 large ripe avocado
- 2 plum (Roma) tomatoes, seeded and chopped
- ½ cup finely chopped red onion
- 2 tablespoons finely chopped cilantro
- Juice of ½ lime
- ¼ teaspoon chili powder
- ¼ teaspoon salt

1. Place black beans in the container of a food processor and blend until slightly chunky. Add rice, carrots, zucchini, chia or flax powder, tomato paste, garlic, mustard, cumin, salt and black pepper. Pulse until well combined. Form mixture into 4 or 5 equal patties.

2. Heat oil in a skillet over medium heat. Cook patties 5 minutes per side or until they develop a crispy crust.

3. To make guacamole, mash avocado with a fork in a small bowl. Stir in tomatoes, red onion, cilantro, lime juice, chili powder and salt.

4. Serve black bean burgers topped with guacamole.

Each serving contains 320 calories, 10g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 439mg sodium, 48g carbohydrate, 13g fiber, 5g sugars, 13g protein, 18 Est GL.

Chicken Enchiladas

MAKES 4 SERVINGS

For many in the Southwest, enchiladas are a weekly mainstay in one form or another. They are highly versatile, lending themselves to a wide variety of fillings



beyond chicken. Use store-bought gluten-free red enchilada sauce and leftover cooked chicken to save precious time. Refrigerate leftovers, tightly covered, for up to 3 days.

- 2 cups grated reduced-fat cheddar cheese or dairy-free alternative + 2 tablespoons for sprinkling
- 2 cups cooked shredded chicken*
- 2 tablespoons olive oil
- 8 gluten-free corn tortillas
- 2½ cups store-bought gluten-free enchilada sauce
- ½ cup sour cream or dairy-free alternative
- ½ cup chopped green onions

1. Place a rack in the middle of the oven. Preheat oven to 350°F. Coat a 7x11-inch

baking dish with cooking spray.

2. In a medium bowl, combine 2 cups cheddar cheese with chicken. Set aside.

3. In a small skillet, heat oil over medium heat. Using tongs, dip tortillas into hot oil, one at a time, to soften them, and then drain on paper towels.

4. Place enchilada sauce in a wide, shallow bowl. Dip a tortilla in the sauce and lay it on a plate. Fill with ¼ cup chicken filling and 3 tablespoons enchilada sauce and roll up.

5. Place the enchilada seam side down in the baking dish. Repeat with remaining tortillas. Top enchiladas with remaining sauce and sprinkle with remaining 2 tablespoons cheddar cheese.

6. Place in preheated oven and bake 20 to 25 minutes or until sauce is bubbly and cheese melts. Top with sour cream and green onions and serve immediately.

Each enchilada contains 319 calories, 17g total fat, 6g saturated fat, 0g trans fat, 54mg cholesterol, 845mg sodium, 23g carbohydrate, 5g fiber, 4g sugars, 22g protein, 8 Est GL.

TIP Chicken is easier to shred when it's hot. Right after cooking, let it stand for 15 minutes, wrapped in aluminum foil, to reabsorb its juices. Then unwrap it and place it on a cutting board. Holding a fork in each hand, place the first fork into the meat aligned with the grain and hold it steady. Then place the second fork into the meat and pull it away from the first fork. Repeat this process until all of the meat is shredded into small pieces.



Desserts

Double Chocolate Brownies with Chocolate-Mint Frosting

MAKES 20 TO 25 BROWNIES

These fudgy treats feature a mint frosting for festive flair. When baking them, aim for a slightly under-baked result. As the brownies cool, they tend to dry out a bit. What seems too moist when warm is perfectly fudgy when cooled. Garnish with fresh mint leaves for a pretty color contrast.

Brownies

- 2 medium unpeeled ripe pears, cored and cut into chunks (about 10 ounces)
- 1¼ cups coconut sugar
- 1 tablespoon pure vanilla extract
- ½ cup coconut oil, softened
- ¼ cup smooth natural sunflower seed butter or sesame tahini
- 2 tablespoons ground flax seed
- 1 tablespoon whole psyllium seed husks or ¾ teaspoon guar or xanthan gum

- ½ cup chocolate or vanilla rice milk
- 1¼ cups Ricki's All-Purpose Flour Blend (recipe next page)
- ¾ cup unsweetened cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon fine sea salt
- ½ cup dairy-free chocolate chips or unsweetened carob chips

Frosting

- 2/3 cup coconut butter, gently melted (not coconut oil)
- 2 tablespoons sesame tahini or smooth natural sunflower butter
- 2½ tablespoons unsweetened cocoa powder
- 1/4 cup light agave nectar or pure maple syrup
- 10-15 drops plain or vanilla liquid stevia, optional
- 1/4-1/2 teaspoon pure peppermint extract, to taste
- 1 teaspoon pure vanilla extract
- 6 tablespoons chocolate rice milk, more as needed

- ❖ Shredded coconut, for garnish, optional
- ❖ Fresh mint leaves, for garnish, optional

1. Preheat oven to 350°F. Grease an 8- or 9-inch square pan or line it with parchment paper.

2. In the bowl of a food processor, process pears, sugar, vanilla, oil, sunflower seed butter, ground flax seed, psyllium and rice milk until smooth and no traces of pear remain visible. Add remaining brownie ingredients, except chocolate chips. Pulse a few times to mix and then process until combined. Scrape the sides of the processor, if necessary, to incorporate all dry ingredients.

3. Remove blade and add chocolate chips. Do not process again.

4. Turn batter into prepared pan and smooth the top.

5. Place in preheated oven and bake 35 to 40 minutes, rotating pan about halfway through baking. Brownies are done when a toothpick inserted in the center comes out just barely clean. (Do not over-bake or brownies will be more cake-like.) Cool completely in the pan before frosting.

6. To make frosting, place all frosting ingredients in a food processor and blend until smooth and creamy. If frosting is too thick, add more milk, 1 tablespoon at a time, and blend again. (Frosting will firm up when refrigerated.)

7. Spread frosting over cooled brownies, swirling the top. Sprinkle with shredded unsweetened coconut and garnish with

fresh mint leaves, if desired. Refrigerate. About 15 minutes before serving, remove from the refrigerator and cut into 20 to 25 squares.

Each frosted brownie contains 195 calories, 10g total fat, 7g saturated fat, 0g trans fat, 0mg cholesterol, 50mg sodium, 27g carbohydrate, 4g fiber, 14g sugars, 3g protein, 15Est GL.

TIP For perfectly sliced brownies, refrigerate frosted brownies in the pan. When firm, invert the entire pan to empty brownies onto a cutting board and flip right-side up. Slice into squares.

Canadian Ricki Heller is a holistic nutritionist and author of Naturally Sweet and Gluten-Free: 100 Allergy Friendly Desserts.

Ricki's All-Purpose Flour Blend

MAKES 4 CUPS

- 2 cups millet flour
- 2/3 cup garfava flour
- 2/3 cup potato starch (not potato flour)
- 2/3 cup arrowroot starch

1. Mix ingredients until well combined. Refrigerate in a tightly covered container until used.

Each cup contains 500 calories, 4g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 28mg sodium, 104g carbohydrate, 11g fiber, 0g sugars, 12g protein, 58Est GL.



Creamy Dreamy Cheesecake

a cool slice of decadence with a gluten-free, dairy-free twist

Cheesecake, voted the No. 1 dessert choice of restaurant diners across America, is off limits to many of us on special diets. There's gluten in the graham cracker crust and dairy and eggs in the filling, not to mention the wheat flour often added as thickener. But here's the good news. We've created delicious cheesecake recipes that are gluten free and some can be made dairy free and egg free, as well.

The idea of a cheese-based cake came to America with the early immigrants. Traditional New York-style cheesecake—the slightly dense, moist, sweet dessert made with cream cheese—appeared in the 1870s. It was around this time that William Lawrence, a dairyman in upstate New York, developed modern cream cheese. His cream cheese was originally

sold under the name Empire Cheese Company, later known as Philadelphia Brand Cream Cheese. Today, cream cheese is the essence of this classic dessert.

Cool, smooth and creamy-rich, a slice of cheesecake is an ideal way to end a summertime meal. And these recipes prove there's no longer any reason not to indulge.

Basic Gluten-Free Cheesecake

SERVES 12

Modify this versatile recipe using different crusts and toppings to suit your needs. It's fun to create different desserts using one basic no-fail cheesecake.

- 2 (8-ounce) packages cream cheese or dairy-free cream cheese, room temperature
- 1½ cups sugar
- 5 eggs, room temperature
- 2 cups Greek yogurt, sour cream or dairy-free sour cream
- 2 tablespoons cornstarch or arrowroot
- 1 teaspoon pure vanilla extract
- 1 gluten-free crust of choice, pre-baked
- 🍌 Topping of choice

1. Preheat oven to 250 degrees.
2. Beat the cream cheese until fluffy. Add the sugar and continue beating for a few minutes. Add the eggs one at a time, beating to combine. Then beat in remaining ingredients.
3. Pour the filling into a springform pan that contains a cooled prebaked crust.

4. Bake in preheated oven on the middle rack for 2 hours or until the top is golden and feels firm yet soft like a baked custard. Begin checking after 90 minutes. Internal temperature should be 150 degrees.

5. Turn the oven off and leave the cheesecake inside for about an hour. Five minutes after shutting off the oven, run a sharp knife around the edge of the pan to help prevent cheesecake from cracking as

it cools and settles.

6. Remove cheesecake from the oven and cool completely before chilling in the refrigerator. Cover with toppings of your choice. Slice and serve.

Each slice with graham cracker crust contains 581 calories, 44g total fat, 24g saturated fat, 0g trans fat, 205mg cholesterol, 373mg sodium, 42g carbohydrate, 1g fiber, 11g protein.

