



Lentil Soup

(serves 4)

Ingredients:

2	Garlic Cloves
1	Medium onion
2	Large carrots (sliced)
2	Celery stalks (chopped)
1 ½ cups	Red &/or green lentils (well rinsed)
2 liters	Broth
Pinch	Thyme or other herbs

Directions:

Combine first 6 ingredients and bring to boil. Add seasonings. Reduce heat to medium-low and simmer, partially covered, until lentils are soft. Green lentils need about 45 minutes to 1 hour, while red lentils only need 20-30 minutes. Puree half of the soup in the blender for a creamy consistency. Salt & pepper to taste.

Split Pea Soup

(serves 6)

Ingredients:

3 cups	Dry split peas (rinsed)
1 L	water
1 tsp.	salt
1	Bay leaf
½ tsp.	Dry mustard
2	Onions
4	Garlic cloves (minced)
3	Celery stalks (chopped)
2	Medium carrots (sliced)
3 Tbsp.	Apple-cider vinegar or Rice vinegar

Directions:

Combine peas, water, salt, bay leaf, and mustard in 6-quart pot. Bring to boil, reduce heat and simmer, partially covered for about 20 minutes. Add vegetables and simmer for another 40 minutes, stirring occasionally. Add more water as needed. Add salt, pepper, and vinegar to taste.



Quinoa Salad

(serves 8-10)

Ingredients:

1 ½ cup	Quinoa
3 cups	Water/Chicken Broth/Vegetable Broth
1 cup	Peas (fresh or frozen)
1 cup	Vegetables of choice (raw or steamed)
½	Red onion (chopped)
½ cup	Black olives (chopped)
2 Tbsp.	Balsamic Vinegar or Lemon Juice
2	Garlic cloves (crushed)
2-4 Tbsp.	Fresh dill (chopped)
2 Tbsp.	Parsley (chopped)
1/3 cup	Olive oil

Directions:

Bring water/broth to a boil, add well rinsed quinoa. Simmer uncovered for 15 minutes until liquid absorbed. Transfer to large bowl with a small amount of olive oil to prevent sticking, and allow to cool. Meantime, mix together remaining oil, vinegar or lemon juice, parsley, and garlic in a small bowl. Add veggies and toss well with dressing mixture. dill, salt and pepper. Chill before serving.

Oven Roasted Vegetables

(serving size variable)

Ingredients:

Use any combination of the following vegetables, unpeeled, washed, and cut into bite-sized pieces:
eggplant, small red potatoes, red onion, yellow or green summer squash, mushrooms, asparagus

Directions:

Toss with crushed garlic cloves, olive oil and sprinkle with rosemary, oregano, tarragon, and basil to taste. Spread in roasting pan in single layers and roast approximately 20-40 minutes at 400°F until veggies are tender and slightly brown, stir occasionally. The amount of time needed depends on amount of veggies. Salt and pepper to taste.

Serve while warm, or use cold leftovers in salad.



Vinaigrette Dressing

(serves 6)

Ingredients:

¼ cup	Extra-virgin olive oil
¼ cup	Flax oil
3 Tbsp.	Balsamic vinegar
2-3 Tbsp.	Water
1 tsp.	Dry mustard
1 -3 clove	Garlic (whole or crushed)

Directions:

Place vinegar, water and mustard in a tightly capped jar, and shake well to thoroughly dissolve mustard. Add oil and remaining ingredients and shake well again. Store refrigerated and shake well before using. Dressing will harden when cold; allow 5-10 minutes to re-liquefy.

Salt and pepper to taste.

Crispy Rice Squares

(Yields 2 dozen)

Ingredients:

1 tsp.	cold pressed canola oil
½ cup	brown rice syrup
2 Tbsp.	sesame tahini, or almond butter
3 tsp.	vanilla extract
2 cups	crispy brown rice cereal
2 cups	puffed rice
2 cups	puffed millet or Perky's Nutty Rice
½ cup	pumpkin or sunflower seeds
½ cup	currants, chopped dried apple or dates

Directions:

Heat oil in a large pot; add rice syrup and tahini or almond butter. Stir until bubbly. Remove from heat and stir in vanilla. Add remaining ingredients and mix well with a wooden spoon. Press into an ungreased 13" x 9" pan and press mixture flat. Let mixture set at room temperature or refrigerate. Cut into squares. Store in an airtight container.

Apple Sauce Bread

(Yields 14 slices)

Ingredients:

1 cup	teff flour
1 cup	oat or rice flour
1 tsp.	baking soda
½ tsp.	cinnamon
¼ tsp.	salt
¼ tsp.	nutmeg
1 cup	unsweetened applesauce
1 Tbsp.	safflower or sesame oil
½ cup	brown rice syrup or fruit juice concentrate
Egg Replacer to equal 1 egg	(See below under <i>Miscellaneous Recipes</i>)
3-4	Tbsp. Apple butter
1 tsp.	pure vanilla extract

Directions:

Combine the dry ingredients in a large bowl. Combine the wet ingredients in a small bowl and mix into the dry ingredients. Pour into oiled 9" square pan. Bake at 350 degrees for 30 minutes.

Banana Bread

(Yields 14 slices)

Ingredients:

¼ cup	walnuts, ground finely in blender
1¾ cups	brown rice flour
½ cup	arrowroot
2 tsp.	baking soda
¼ tsp.	salt
½ cup	chopped walnuts
1½ cups	ripe mashed banana
¼ cup	safflower or sesame oil
6 Tbsp.	apple juice concentrate
Egg Replacer to equal 2 eggs	(See below under <i>Miscellaneous Recipes</i>)
1 tsp	vanilla extract

Directions:

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

Cabbage Salad

(serves 4-6)

Ingredients:

1 small to medium	head red cabbage, thinly sliced (or use half red and half green cabbage)
8 sliced	radishes, or 1 grated carrot
3 green	apples, diced
1 stalk	celery, chopped
½ cup	chopped walnuts or pecans
dash	garlic powder
2 Tbsp.	olive oil
2 tsp.	vinegar
1 tsp.	lemon juice

Directions:

Mix all ingredients in a bowl and allow to sit for an hour, stirring once or twice. Serve cold or at room temperature.

Nutri-Ola (Basic Recipe)

Adapted with permission from Allergy Recipes by Sally Rockwell
(serves 10)

Ingredients:

2 cups	arrowroot or millet flour or finely ground filberts, pecans, almonds, walnuts or sesame seeds
1 cup	filberts or walnuts, coarsely ground
1 cup	whole sesame seeds or sunflower seeds (or a combination)
1 cup	(combined) finely chopped dried apples, papaya, apricots, currants
½ cup	fruit puree or frozen fruit concentrate
½ cup	sesame, or walnut or sunflower oil
2 tsp.	pure vanilla or almond extract

Directions:

Preheat oven to 275 degrees. Use a blender or food processor to grind nuts, grains or seeds to desired consistency. Mix the nuts, seeds and/or grains in a large bowl. Mix with fruit and sweetener, oil and vanilla. Pour over the dry mixture and stir lightly. Spread mixture into a lightly oiled 15" x 10" baking pan. Bake for 1 hour, stirring every 15 minutes. Cool. Break into small pieces for cereal or large chunks for snacks.

Breakfast Bars

Add Egg Replacer to equal 2 eggs (*See below under Miscellaneous Recipes*) to Nutri-Ola - Basic Recipe (above). Slowly add additional water to make a stiff batter. Follow above directions, but spread into an 8 or 9" square pan (ungreased) and bake at 350° about 30 minutes. Cut into squares when done.

Guacamole

Used with permission from *The Allergy Self-Help Cookbook* by Marjorie Hurt Jones

(Yields 1 ½ - 2 cups)

Ingredients:

2-3	ripe avocados
¼ cup	chopped onions
¼ tsp.	vitamin C crystals
1 Tbsp.	water
1 small	clove garlic, chopped

Directions:

Cut the avocados in half, remove the pits, then scoop the flesh into a blender or food processor. Add the onions, vitamin C crystals, water, and garlic. Process until smooth. Transfer to a small bowl. Cover and chill. Use within 2-3 days. To prevent darkening, coat top with a thin layer of oil. For a chunky version, mash the avocado with a fork and finely chop onions and garlic.

Baking Powder Biscuits

(Yields one dozen)

Ingredients:

1½ cups	brown rice flour
½ cup	tapioca flour
4 tsp.	baking powder
1/8 tsp.	salt
3 Tbsp.	Safflower or sesame oil
1 cup	applesauce, unsweetened

Directions:

Preheat oven to 425 degrees. In a medium-large mixing bowl, stir together dry ingredients. Sprinkle oil on top and mix well with a pastry blender or fork, until consistency is crumbly. Mix in applesauce and stir until blended. Spoon heaping tablespoons onto ungreased cookie sheet. With spoon, lightly shape into biscuit. Bake 15-18 minutes until slightly browned. Serve warm for best flavor, but may be lightly reheated in a microwave.



Basic Kasha

(serves 4-5)

Ingredients:

1 cup	buckwheat groats
2 cups	water, chicken or vegetable broth

Directions:

Roast the dry buckwheat groats over medium heat in a dry skillet, stirring until the grains begin to smell toasty, about 2 minutes. Add the water or broth, cover and simmer for 20-30 minutes, until kasha is tender but not mushy. Pour off any excess liquid. Optional: add onion, garlic and herbs to the dish.

Sweet Potato Delight

Adapted and used with permission from The Allergy Self-Help Cookbook by Marjorie Hurt Jones
(Serves 1-2)

Ingredients:

2-4 Tbsp.	chopped nuts
1 ripe	banana
1 medium	sweet potato, cooked
1 tsp.	oil
1 Tbsp.	fruit sweetener, molasses or brown rice syrup (optional)

Directions:

In a large frying pan, dry-roast the nuts over medium heat for a few minutes. Shake the pan often. Cut the banana in half lengthwise. Cut the cooked sweet potato into ½" pieces. Add the oil to the pan. Push the nuts to the outer edges. Place the banana pieces, flat sides down, in the pan. Add the sweet potatoes. Cover and cook for 2 minutes. Uncover, and cook for 5 minutes, until everything is heated through and browned on one side. Add the sweetener before serving.



Ginger Bread

Adapted with permission from *Gluten-Free, Sugar-Free Cooking* by Susan O'Brien
(Yields 9 squares)

Ingredients:

½ cup	pecans or walnuts, finely chopped
½ cup	agave nectar or fruit sweetener
¼ cup	canola oil
Egg Replacer to equal 2 eggs*	(See below under <i>Miscellaneous Recipes</i>)
1 tsp	vanilla
1½ cups	brown rice flour
½ tsp	salt
1 tsp	baking powder
1 tsp	baking soda
2 tsp	ginger
1½ tsp	cinnamon
¼ tsp	nutmeg
1/8 tsp	cloves
½ tsp	orange rind
1 cup	unsweetened applesauce

Directions:

In a large mixing bowl, combine the agave nectar and oil. Beat on high speed until thoroughly blended. Agave nectar is preferred. Add in the eggs, one at a time. Be sure to beat well between eggs. Add in the orange rind and vanilla and continue to blend together. Set aside. Meanwhile, preheat the oven to 350 degrees and spray a 9 x 9 inch square pan with a non-stick spray. Sift together the dry ingredients and add the nuts. Add some of the dry ingredients to the wet ingredients, a little at a time, blending well. Add in ¼ cup of the applesauce, blend, then add in more flour. Continue this process until you have added all of the ingredients.

Pour the batter into the prepared pan and bake for 20-25 minutes, or until the gingerbread is done. Check for doneness by inserting a toothpick, or touching lightly on the center. Freezes well.



Mochi Rice Waffles

(serves 4)

Ingredients:

1 package of cinnamon-apple Mochi and defrost

Directions:

Purchase 1 package of cinnamon-apple Mochi and defrost. Cut into quarters. Slice each quarter across to form 2 thinner squares. Place one square into preheated waffle iron and cook until done. Top with your choice of fruit or Sautéed Apples (*below*).

Sautéed Apples

(serves 2)

Ingredients:

2 apples,	washed
½ Tbsp.	safflower oil or canola oil
2 tsp.	cinnamon
2-3 Tbsp.	apple juice

Directions:

Thinly slice apples and sauté in oil until softened. Add cinnamon and apple juice and simmer, stirring, uncovered for a few more minutes.

Beans and Greens Soup

(serves 4-5)

Ingredients:

2 cups	cooked white beans
2 Tbsp.	olive oil
2	medium cloves garlic, crushed
1	large onion, chopped
1	bay leaf
1	stalk celery, diced
2	medium carrots, diced
1 tsp.	salt
fresh black pepper	
6 cups	water, vegetable, or chicken broth
½ lb	fresh chopped escarole, spinach, chard, or collards (or a combination)

Directions:

In a 4-6 quart soup pot, sauté the onions and garlic in olive oil over low heat. When onions are soft, add bay leaf, celery, carrot, salt and pepper. Stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and your choice of greens. Cover and continue to simmer, over very low heat, another 15-20 minutes. Serve immediately or refrigerate and reheat.

Pear Honey

*Used with permission from The Allergy Self-Help Cookbook by Marjorie Hurt Jones
(Yields 3 pints)*

Ingredients:

15	very ripe pears
½ cup	water
½ cup	brown rice syrup or fruit juice sweetener

Directions:

Peel, quarter and core the 15 pears. Place 12 of the pears in a stainless steel or enamel Dutch oven or 3 quart saucepan. Coarsely chop the remaining 3 pears. Place them and the water in a blender. Process until pureed. Pour into the pan with the pear quarters. Bring to a boil, then reduce the heat to a simmer. Stir in the sweetener. Cook until pears are tender, about 30 minutes. Puree the cooked fruit in batches using a blender or food processor. The puree should be about the consistency of honey. If too thin, return it to the pan and boil it down a bit. If too thick, dilute with a little juice. Pour into jars, and store in the refrigerator for up to 1 month.



Mock Pesto

Used with permission from *The Allergy Self-Help Cookbook* by Marjorie Hurt Jones
(Yields 1 cup)

Ingredients:

1 large	ripe avocado
1 cup	basil leaves
¼ tsp.	lemon juice
1	garlic clove, minced <u>or</u> 1/8 tsp. garlic powder
¼ cup	pine nuts
½ tsp.	olive or flax oil

Directions:

Cut the avocado in half and remove the pit. Scoop out the flesh and place it in a bowl of a food processor. Add the basil, vitamin C crystals, garlic and pine nuts. Process for about 2 minutes – scrape the bowl as necessary. Transfer it to a small bowl and coat the surface with oil to prevent browning. Chill.

Breakfast Rice Pudding

(serves 4)

Ingredients:

1 cup	uncooked short grain brown rice
1¼ cups	coconut milk
1¼ cups	water
½ tsp.	salt
1 Tbsp.	brown rice syrup
1 tsp.	cinnamon

Directions:

Chopped almonds or sunflower seeds or other nuts of choice (optional)
Combine water and coconut milk in heavy pot; bring to boil, adding rice and salt. Simmer, covered (do NOT stir) for about 45 minutes or more, until liquid is mostly absorbed and rice is soft. Remove from heat and allow to cool for 15 minutes. Stir in brown rice syrup and cinnamon and top with nuts or seeds as desired.

Meal in a Muffin

*Adapted with permission from Wheat-free Sugar-Free Gourmet Cooking by Susan O'Brien
(Yields 1 dozen)*

Ingredients:

1	medium carrot, grated
1	large apple, grated
¼ cup	canola oil
¼ cup	unsweetened applesauce
Egg Replacer to equal 2 eggs	<i>(See below under Miscellaneous Recipes)</i>
1/3 cup	Mystic Lake Dairy sweetener
2 tsp.	vanilla
¼ cup	garbanzo bean flour
½ cup	brown rice flour
¼ tsp.	cinnamon
½ tsp.	baking powder
¼ tsp.	ginger
1/8 tsp.	nutmeg
¼ cup	shredded unsweetened coconut
½ cup	dates

Directions:

Preheat oven to 375 degrees. Mix together all wet ingredients and set aside. In a separate bowl, mix dry ingredients then mix both together. Lightly coat muffin tins with oil spray. Fill 3/4 full and bake 15-20 minutes or until toothpick comes out clean. Allow to cool on a rack.

Spiced Lentil Casserole

(serves 4)

Ingredients:

1 ½ cups	lentils, rinsed well
2 Tbsp.	sesame oil
3 cloves	garlic, crushed
1	stalk celery, chopped
1	large onion, chopped
½ tsp.	salt
1 cup	shredded, unsweetened coconut
½ tsp.	cinnamon
½ tsp.	powdered ginger
½ tsp.	turmeric
2	large green apples, washed and diced

Directions:

Simmer lentils, covered, in 2½ cups water for 30-40 minutes, until tender. While they are cooking, in a wok or heavy skillet, sauté remaining ingredients, except apples, in oil until tender. Add water as necessary. Add apples and cook 10 more minutes covered. Combine with cooked lentils in a casserole dish.



Brown Rice and Peas

(serves 4)

Ingredients:

1 cup of green peas

Directions:

(either fresh and lightly steamed or frozen and just defrosted baby peas) to 2 cups of cooked brown rice. Top with your favourite herbs and flax oil to taste.

Baked Apple

(serves 6)

Ingredients:

1/3 cup	golden raisins
2 Tbsp.	apple juice
6	cooking apples, cored
1½ cups	water
¼ cup	frozen unsweetened apple juice concentrate
2 tsp.	pure vanilla extract
1 tsp.	cinnamon
1 tsp.	arrowroot

Directions:

Remove peel from top third of each apple and arrange in a small baking dish. In a medium saucepan, combine other ingredients and bring to a boil, stirring frequently. Reduce heat and simmer 2-3 minutes, until slightly thickened. Distribute raisins, filling centers of each apple. Pour sauce over apples and bake, uncovered, at 350 degrees for 1 to 1 1/2 hours. Baste occasionally and remove from oven when apples are pierced easily with a fork. Spoon juice over apples and serve warm.

Rice Pancakes

(Yields approximately 14 (4-inch) pancakes)

Ingredients:

1 1/3 cups	rice flour
1/2 cup	oat or millet flour
2 tsp.	baking powder
1/2 tsp.	baking soda
1/4 tsp.	salt
1 Tbsp.	apple butter
1 Tbsp.	Safflower or sesame oil
Egg Replacer to equal 2 eggs	<i>(See below under Miscellaneous Recipes)</i>
1 1/2 cups	almond, oat, or rice milk
1 1/2 Tbsp.	white vinegar

Directions:

Mix the almond or rice milk with the vinegar and allow them to stand for 5 minutes until curdles form. Mix dry ingredients together and set aside. In large mixing bowl, beat apple butter, oil, egg, and milk. Add dry mixture and stir gently. Be careful not to overmix. Serve with Sautéed Apples (*refer to recipe on page 21*).

Nutty Mayo

(Yields 1 1/4 cups)

Ingredients:

1/2 cup	cashews or other nuts
3/4 cup	water
3 Tbsp.	vinegar
2 Tbsp.	oil
1 Tbsp.	arrowroot
1 Tbsp.	brown rice syrup
1 Tbsp.	minced parsley
1 Tbsp.	snipped chives
1 1/2 tsp.	dry mustard

Directions:

Grind the nuts to a fine powder in a blender. Add the water, blend 1 minute to make sure the nuts are fully ground. Add the vinegar, oil, arrowroot, sweetener, and seasonings. Blend until very smooth. Pour into a saucepan and cook a few minutes, until thick. Allow to cool, transfer to a glass jar. Store in the refrigerator; keeps well for 3 weeks.



Rice Pasta Primavera

(serves 4)

Ingredients:

2 cups	uncooked rice pasta (noodles, spaghetti, elbows)
1	large whole chicken breast, cut into thin strips (optional) Broccoli florets, chopped carrot, and/or other favorite veggie, lightly steamed
3-4	scallions, chopped
2	cloves garlic, minced
1 Tbsp.	olive oil (more if needed)
¼ cup	fresh basil, finely chopped
¼ - ½ cup	coconut milk

Directions:

Cook rice pasta according to package directions. While pasta is cooking, heat oil in wok or heavy frying pan, and stir fry chicken strips or tofu chunks, garlic, scallions, and basil for about 5 minutes; add remaining vegetables and coconut milk and continue to cook until veggies are soft and glisten. Add more coconut milk as needed. Remove from heat and spoon over drained rice pasta and garnish with black olives and extra olive oil, if desired.

Pickled Beets

Adapted with permission from The Allergy Self-Help Cookbook by Marjorie Hurt Jones
(serves 4-6)

Ingredients:

4 beets,	cooked and skinned
¼ cup	water
1 tbsp.	brown rice syrup or fruit sweetener
¼ cup	rice vinegar
¼ tsp.	ground cinnamon

Directions:

Pinch each of cloves and allspice. Combine the water, sweetener, vinegar, cinnamon, cloves and allspice in a medium saucepan. Simmer for 2 minutes. Stir in the beets, and heat through. Serve hot or warm.



Egg Replacer

(equivalent to one egg)

Ingredients:

1/3 cup	water
1 tbsp.	whole or ground flaxseed

Directions:

Place the water and flaxseed together and allow to gel for about 5 minutes. This mixture will bind patties, meat loaves, cookies and cakes as well as eggs do, but it will not leaven like eggs for soufflés or sponge cakes. Increase amounts accordingly for additional egg replacement.

Corn-Free Baking Powder

(makes small batches)

Ingredients:

2 tsp.	cream of tartar
2 tsp.	arrowroot
1 tsp.	baking soda

Directions:

Sift together to mix well. Store in an airtight container. Make small batches.



Nutty Green Rice

(serves 4)

Ingredients:

1 cup	brown basmati rice
2 cups	water
¼ tsp	sea salt
½ cup	almonds
1 bunch	parsley
1 clove	garlic
1 ½ tbsp	lemon juice
1 ½ tbsp	olive oil
½	cucumber (diced)

Directions:

Bring water to a boil, add rice and salt, stir once and simmer, covered, for 45 minutes. Remove from heat and let sit for another 10 minutes; then remove cover allowing to cool.

While rice is cooking, blend almonds, parsley, garlic, and oil in a food processor.

Once rice is cool, stir with nut mixture and add pepper to taste. Garnish with cucumber if desired. Salt & pepper to taste.

Fruity Spinach Salad

(serves 6-8)

Ingredients:

1 lb.	fresh spinach
2 cups	fresh organic strawberries or raspberries (washed)
½ cup	walnuts (chopped or sliced)

Dressing Ingredients:

2 Tbsp	sesame seeds
1 tbsp	poppy seeds
2	scallions (chopped)
¼ cup	flax seed oil
¼ cup	safflower oil
¼ cup	balsamic vinegar

Directions:

Cut berries in half and arrange over spinach in serving bowl. Combine dressing ingredients in blender or food processor and process until smooth. Pour desired amount of dressing over salad and toss just before serving. Garnish with nuts.