

Baked Crunchy Kale

from: Betsy Hicks

ingredients...

1 whole head of flat leaf Kale
60 ml olive oil
Salt

directions...

Preheat oven to 163 degrees C. Wash and dry kale so that the water is no longer on the surface leaves. Lay kale down on a cutting board. With a paring knife, cut out the stem, leaving only the dark green leaves. Dip hands in the olive oil and rub generously on the leaves.

Place leaves on a baking sheet. Generously salt. Place in hot oven. Cooking time will vary depending on the size and thickness of the leaves. When they are crunchy, the kale will turn dark green. (About 20–30 minutes).

Remove from oven after the kale breaks easily. If they are soft, turn them over and put back in the oven.

Serve cooled.

If your kitchen is humid, the chips will get soggy over the next few hours. You can pop them back in the oven to heat them up again in order to loose their moisture.

Dairy-Free Cream Pie

ingredients...

170 g sugar
75 g arrowroot
1.25 ml salt
3 egg yolks
240 ml coconut milk (cream)
470 ml cashew cream*
7.5 ml vanilla
1.25 ml nutmeg (omit for
chocolate pie)

Variations:

Coconut:
60 g shredded coconut to
sprinkle on top

Chocolate:

60 g Cocoa
Double sugar

Banana:

Add sliced banana to the
bottom of crust before filling

directions...

Combine sugar, arrowroot and salt in a heavy saucepan. (Add cocoa if making chocolate version)

Whisk together egg yolks, coconut milk, and cashew cream and add to saucepan.

Cook over medium heat stirring constantly until mixture has thickened and boils, about 10 minutes.

Remove from heat and add vanilla and nutmeg.

Let cool and pour into a pre-cooked pie crust.

Refrigerate 4-5 hours or overnight.

*To make cashew cream blend 2 cups of raw cashews with 3 cups of water. This makes 4 cups of cashew cream and will last in refrigerator for 3-4 days.

Gluten Free Flour Blend

ingredients...

225 g Brown rice flour
285 g White rice flour
60 g Potato starch
150 g Tapioca starch
170 g Sweet rice flour
75 g Arrowroot or corn
starch
10 ml xanthan gum

directions...

Blend flours together and store in airtight container. May freeze.

Granola

from: Betsy Hicks

ingredients...

453 g assorted raw nuts:
Brazil, hazelnut, walnut,
pecan, almond, hickory, or
pine nut and/or assorted
raw seeds: Pumpkin,
sesame, poppy, flax, or
hemp
(Recommend a variety of 4
or 5 nuts/seeds)

115 g Quinoa flakes
60 g unsweetened finely
shredded coconut flakes
(optional)
60 ml (more to taste) Rice
syrup, tapioca syrup, or
honey
115 g dried fruit, such as
raisins, cranberries, cherries,
blueberries
pinch of salt

directions...

Heat a dry heavy skillet and toast thickest nuts until they turn golden – remove and place in a large bowl. Add seeds and quinoa to hot pan and toast until they turn light golden. Add coconut and when coconut begins to lightly color remove from heat and add to bowl with other nuts.

Add syrup to hot pan to soften and liquefy. Double amount of syrup if making granola bars.

Pour warm rice syrup over combination of nuts and seeds and stir to coat all ingredients.

Sprinkle with a little salt and pat mixture onto waxed or parchment paper. Form into bars or crumble for cereal. Store in an airtight container. May freeze.

Apples: Vitamin C, Dietary fiber, Carotenoids, Flavonoids, Phytosterols
Antioxidants, lowers cholesterol, boosts the immune system, relieves
constipation
Store in refrigerator

Kale: Carotenoid, sulfur rich, nutrient rich, vitamin C, activates detoxifying
enzymes in the liver, antioxidants, nutrient rich, protects against cancer, s that
protect the eyes,

Celery: potassium, vitamin C Contains coumarins that support immune system, &
phtalides, which reduce blood pressure, contains flavonoids & oxalates
Dilates blood vessels, C, diuretic

Cucumber: Silica, reduce swelling, soothes irritated skin, hydrating, vitamin C,
dietary fiber promotes healthy digestion.

Beet: Antioxidant, supports liver, immune system, cell protective,

Carrot: carotenes (Vit A) vision, immune system, antioxidant, healthy lungs, fiber

Oranges: Vitamin C, anti-inflammatory, anti-tumor, fiber, bone building calcium,
energy producing B1

Spinach: antioxidant, Vit K, Iron, for healthy heart, vision health, (Vit A) minerals,

Almonds: Healthy fat, balance cholesterol, Vit E, dietary fiber, minerals, feel
good tryptophan, energy producing Bs.

Banana: Antioxidant, Vit C, heart health, blood pressure, protects stomach lining,
helps eliminate H. Pylori

Berries: Antioxidant, dietary fiber, resveratrol for healthy hearts, cancer
protective, brain function, improved motor skills

Pineapple: Antioxidant, protein digesting enzymes, anti-inflammatory, Vit C,
energy production

Walnuts: Omega-3 Fatty Acids, Manganese, Copper, Tryptophan

Lemons: Cleans lymph glands, Vitamin C, Carotenoids, Flavonoids

Parsley: Cleanses the kidneys, Vitamins K, C, A, Folate, Iron Carotenoids,
Flavonoids, Freshens breath

Vegetables & fruit

2 Medium Cabbages
4 large onions
12 carrots
8 zucchini
2 heads of flat leaf kale
bag of apples
2 beets
2 bunches of parsley
2 bananas

Spices

Sea salt
Pepper
Nutmeg
Vanilla

Nuts & Seeds

340 g shelled pumpkin seeds
300 g hazelnuts
300 g walnuts
300 g almonds
300 g sunflower seeds
300 g pine nuts
300 g finely ground almonds
1358 g raw cashew pieces

Meats and Eggs

3 dozen organic eggs
2 kg of ground beef
2 kg of ground turkey

Flours

675 g Brown rice flour
855 g white rice flour
180 g potato starch
950 g Tapioca starch
1110 g Sweet rice flour
675 g arrowroot starch

Oils

2 liter bottles extra virgin olive oil
2 liter bottle grapeseed oil

Pantry Items

2 bottles of natural ketchup
2 cartons of Almond, Hazelnut or Hemp Milk
3 boxes GF/CF bread crumbs
Baking soda
Baking Powder
8 cans coconut milk
2 boxes Quinoa flakes
180 g unsweetened finely shredded coconut flakes
180 ml rice syrup
300 g dried cherries or cranberries
100 g raisins
4 jars of jam (any flavor)
1300 g sugar
120 g cocoa

Equipment for Demo

2 large 15 liter wide mouth glass jar
2 Large stainless steel bowl
2 Medium stainless steel bowls
20 small bowls
Pounder (wood or metal)
Cupcake pans (various sizes)
Electric Skillet
Variety of wooden spoons
Variety of metal spoons
2 cookie sheets

Parchment paper
Cutting board
Really sharp chef knife
Cloth towels
Paper towels
2 Aprons
Blender (strong one)
6 pie pans
Large container to store GF flour mixture
Heavy saucepan
Sample plates & bowls
Sample Spoons and forks
Napkins for attendees

Meatloaf

servings: 6–8

from: Sueson Vess

ingredients...

5 ml olive oil
1 large onion
2 medium carrots, chopped
2 medium zucchini, chopped
60 g parsley, chopped
2.5 ml salt
2.5 ml pepper
80 ml Ketchup
60 ml DF milk
225 g GFCF bread crumbs
2 large eggs, lightly beaten
1 kg of ground meat (may use one meat or a combination of meats)

directions...

Preheat oven to 204 C. Lightly oil a loaf or cupcake pan.

Heat oil in a large skillet over moderate heat. Saute onions until softened, about 2 minutes; add carrot and zucchini and cook for an additional 7–10 minutes. Remove from heat and season with thyme, salt and pepper.

In a large bowl, combine ketchup, vinegar, DF milk, parsley, egg and GFCF breadcrumbs and let stand for 5 minutes. Add vegetable mixture and meat and mix well with your hands (mixture will be very moist).

Spoon into loaf or cupcake pan. Brush meat with additional ketchup if desired. Bake for 50–60 minutes for loaf and 20–30 minutes for cupcake size or until thermometer inserted in center registers 77 C. Let meatloaf stand for 5 minutes before slicing.

No Roll Pie Crust

ingredients...

285 g GF flour blend
(without xanthan gum or
guar gum)
60 g sweet rice flour
30 ml sugar
30 ml finely ground almonds
or other nut
2.5 ml salt
115 g oil

directions...

In a large bowl, combine gluten free flours, sugar, almonds and salt using a whisk.

Pour oil into bowl and blend until dough comes together.

Pat into shape or into pan. No rolling necessary. May place between two sheets of waxed or parchment paper for ease in transferring.

To pre-bake crust, bake at 190 C for 12 minutes.

“Pop-Tarts”

from: Betsy Hicks

ingredients...

1 Pie Crust Mix

Filling:
Jar of Organic Jam

directions...

Preheat oven to 177 C. Prepare cookie sheet with parchment paper.

Make pie crust dough per directions and divide in half.

Roll out one crust onto a cutting board between two pieces of wax paper into a square/rectangle.

Spread with filling of choice.

Roll out second half of crust, again between two pieces of wax paper into the same shape.

Place crust top in the freezer for 15–20 minutes. Once the crust top is chilled it will allow you to remove the wax paper easily and place over the filling.

Bake for 20–25 minutes or until lightly browned.

Cool and cut into pieces.

May be reheated in a toaster oven to serve or eat as cookies anytime.

Sauerkraut

Preparation time: 20 minutes

from: Betsy Hicks

ingredients...

1 Medium cabbage
15 MI Sea Salt

1 Large 15 liter wide mouth,
glass jar with rubber seal or
ceramic crock with lid

directions...

Core cabbage and shred. In a bowl, mix cabbage with sea salt. Pound with a wooden pounder for about 10 minutes to release juices.

Pack in jar or crock tightly with a pounder until juices come to the top of the cabbage and no air is left where the cabbage is.

The top of the cabbage should be at least 2.5 cm below the top of the jar. Cover tightly and keep at room temperature.

If you are using a crock, remove the scum off the top every three days.

After 3 days it is ready to eat, however it gets stronger and softer with time. About two weeks is perfect.

Once you have opened it, refrigerate.

Serving size fluctuates from a spoonful to about 1/8 of a liter

Vegetable Crackers

from: Betsy Hicks

ingredients...

225 g Tapioca Flour
1.25 ml Baking Soda
1.25 ml Baking Powder
120 ml Coconut Milk

approx. 140 g of ONE of the following:

finely chopped kale
finely chopped broccoli
cooked squash
pureed papaya

OR

85 g of the following:
chopped pumpkin seeds
ground beef or lamb

OR

50 g sesame or flax seeds

directions...

Preheat oven to 177 C. Grease a cooking sheet or prepare baking stone. Using parchment paper is also helpful.

Mix flour, baking soda, baking powder together. Add coconut milk and blend until smooth. The consistency should run a little but hold it's form on a cookie sheet. Add optional ingredients.

Drop spoonfuls of the mixture on to baking sheet.

Bake at 177 C for 30 minutes. Turn the crackers over and salt. Return to oven and bake another 15 minutes until the cracker is crispy all the way through. If the crackers are soft in the middle, it is either not done or the batter is too thick. Add a little warm water until batter softens.