

Whole Grain Meal Plan

from

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Healthy Gluten Free Recipes One Bite at a Time!



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BREAKFAST

Gluten Free Grain Breakfast Bowl

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Yield: 4-5

DESCRIPTION

How to cook Millet + Gluten Free Grain Breakfast Bowl. This delicious millet gluten free grain breakfast bowl is like a warm porridge. Top it with milk a little sweetener, and your favorite fruit for a wholesome, comforting breakfast.

INGREDIENTS

FOR MILLET

- 1 cup hulled millet
- 1 3/4 cups – 3 1/2 cups water (amount varies depending on cooking method)
- 1/2 tsp kosher salt

FOR BREAKFAST BOWL

- 3/4 cup cooked millet
 - milk of your choice
 - cinnamon
 - honey or maple syrup
 - fruit (peaches, plums, pears, apples, etc.) diced or fresh berries
 - Optional 1 tbsp chopped nuts or seeds.
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INSTRUCTIONS

FOR STOVE TOP

1. Bring 2 cups water to a rolling boil in a small pot. Stir in 1 cup millet and 1/2 teaspoon of salt.
2. Return contents to a boil, then reduce heat to a simmer, cover and cook until tender, about 20 minutes.
3. Drain off any remaining water, then serve it as is, or use it to make some of these [millet recipes](#).

FOR PRESSURE COOKER (INSTANT POT)

1. Place millet, 1 3/4 cups water and salt in the pot of a pressure cooker. Set the valve to sealing.
2. Using manual setting, set on high pressure for 10 minutes.

3. When cook time is finished, naturally release the pressure for 10 minutes, then serve.

FOR SLOW COOKER

1. Place millet, 3 1/2 cups water and salt into a slow cooker.
2. Cover and cook on low for 4 to 5 hours, or high for 1 1/2 to 2 1/2 hours.

To make a breakfast grain bowl with millet: 1 serving

1. Place 2/3 to 3/4 cup cooked millet in a bowl. Cover with non-dairy milk or creamer (1/3 c to 2/3 cup; warmed if desired).
2. Mix in 1/2 tsp cinnamon and 1 tbsp + honey or maple syrup.
3. Top with fresh fruit, nuts, berries, extra cinnamon and maple syrup top top.

NOTES

1 cup uncooked millet yields about 3 1/2 cups cooked millet.
1 serving = 1/4 cup uncooked or about 3/4 cup cooked.

Gluten Free Breakfast Power Bowls

Prep Time: 30 minutes up to 24 hours *Total Time:* 30 minutes up to 24 hours *Yield:* 2

DESCRIPTION

Gluten Free Breakfast Power Bowls, vegan friendly!

INGREDIENTS

- 2/3 to 1 cup cooked quinoa
 - 1/4 cup to 1/3 c or less gluten free rolled oats (you can also use this as a topping versus mix in, if you prefer).
 - 2 –3 tbsp chia seed
 - 8 oz coconut milk or almond milk (save extra for topping before serving)
 - 1 –3 tbsp maple syrup or or honey (to taste)
 - splash of lemon juice
 - 1/4 tsp cinnamon
 - 3 tbsp slivered or chopped nuts or seeds
 - 1 tbsp cocoa nibs or dark chocolate chips
 - Fruit of choice – berries, banana, kiwi fruit, etc. 1 cup or less.
 - Toss fruit in a dash of lemon juice to keep fruit from browning. This is if preparing the power bowls a day ahead, for meal prep.
 - Optional toppings or mix in – 1 tbsp creamy nut butter or plain yogurt to top.
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INSTRUCTIONS

1. First cook your quinoa according to package instructions. Or use leftover cooked quinoa. Brown rice or millet may be substituted.
2. In a large bowl, mix together 2/3 cup to 1 cup of cooked quinoa, optional oats, and chia seed. Pour the milk on top to cover the grain/seed mix. Stir in sweetener (maple syrup or honey) and pinch of cinnamon.
3. Let this mix sit in the fridge for 30 minutes up to overnight. This mixture will thicken into a chia pudding like texture.

4. Once the grain/seed mix has thickened to your liking or you're ready to eat, remove from fridge and layer with toppings: nuts, chocolate, oats, fruit, etc. Pour a splash more of non-dairy milk or honey on top, if desired.
 5. Keeps well in fridge for up to 5 days. Makes for the perfect overnight (make ahead) breakfast bowl! You can also spoon portions into mason jars for breakfast on the go!
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NOTES

1. Keeps well in fridge for up to 5 days. Makes for the perfect overnight (make ahead) breakfast bowl! You can also spoon portions into mason jars for breakfast on the go!
2. Nutrition below based on using almond milk (unsweetened).

Creamy Caramel Pear Oatmeal Crisp Smoothie {Gluten Free}

Prep Time: 5 minutes Cook Time: 5 minutes Total Time: 10 minutes Yield: 2

DESCRIPTION

Gluten Free Caramel Pear Oatmeal Crisp Smoothie! A healthy dessert style smoothie you can enjoy for breakfast, post workout, snacking, or anytime the craving hits! Super creamy, packed full of fiber and protein, delicious, and made with wholesome real ingredients.

INGREDIENTS

- Caramel Sauce –
 - 1 tbsp coconut butter (melted)
 - 1/2 tbsp coconut sugar or brown sugar
 - 1 tsp vanilla
 - 1 tsp honey or maple syrup
 - You can also use my [\[url\] Vegan Dulce De Leche Sauce on top](https://www.cottercrunch.com/homemade-vegan-dulce-de-leche-sauce/)
∞[https://www.cottercrunch.com/homemade-vegan-dulce-de-leche-sauce/\[/url\]](https://www.cottercrunch.com/homemade-vegan-dulce-de-leche-sauce/)
 - FOR SMOOTHIE:
 - 1 medium pear
 - 1/2 cup creamy full-fat Greek yogurt or kefir yogurt
 - 1/2 cup ice
 - 1/4 cup raw gluten free oats (we use love grown super oats)
 - Dash of cinnamon
 - 8 oz almond milk or coconut milk
 - 1/2 banana (optional for more thickness)
-

INSTRUCTIONS

1. First make your caramel sauce.
2. Mix together melted coconut butter, coconut sugar, extract, and honey. Mix until smooth.
3. Next, place your remaining ingredients in blender and blend until mixed.
4. Add your caramel sauce and blend until smooth and creamy.
5. Pour into 1 large cup or 2 smaller cups.

6. For overnight oat smoothie, keep cups in fridge for 6-8hrs.
7. Stir in the morning and enjoy!

NOTES

[Lovegrown foods](#) gluten free vegan super oats has chia as well, so when you place smoothie in cup overnight, it thickens even more with the chia! So good!

Savory Slow Cooker Oatmeal with Crispy Bacon

Prep Time: 5 minutes Cook Time: 180 minutes Total Time: 185 minutes Yield: 4 servings

DESCRIPTION

Savory oatmeal made in a slow cooker with the addition butternut squash, garlic, herbs, parmesan cheese, crispy bacon and avocado. An easy to make well-rounded healthy meal for any time of day. Gluten free with a dairy free option

INGREDIENTS

For the Slow Cooker Oatmeal:

- 1.25 cups gluten free rolled oats
- 1 cup diced peeled squash or sweet potato
- 1 tbsp Butter or olive oil
- Optional flaxseed 2 tbsp
- 1 tsp minced garlic
- 1 tsp Sea Salt
- Pinch of black pepper
- 1/2 c sliced cherry tomatoes
- 1/4c Parmesan or nutritional yeast
- 1 tsp red pepper flakes
- 3/4 c broth
- 2 cup plain almond milk or coconut milk unsweetened
- 1/2 c to 1 c water (if oatmeal gets too thick, use as needed)

For the Crispy Bacon:

- 1.5 ounces uncured nitrate free bacon strips
- 1/4 c sliced red onion

For the Savory Oatmeal Bowl Toppings:

- Sliced Avocado
- Steamed spinach
- Microgreens

- Red pepper flakes
 - Parmesan shavings
 - cooked crispy bacon and onion
 - pinch of Pepper
 - Optional fried or poached egg
-

INSTRUCTIONS

1. Place the gluten free oats, diced peeled squash, tomato, butter or oil, flaxseed, garlic, seasoning, milk, broth, and parmesan in the crock pot or slow cooker. Mix all together and set on high 3 hrs or low for 5. Could be more or less depending on your slow cooker.
 2. Stir and scrape the sides of the slow cooker every hour if you are using real cheese. The flaxseed with help bind everything together and thicken it up like steel cut oats.
 3. Add a 1/4 c more milk or water if you want to thin out the oats (to create more of a porridge) the last hour of cooking.
 4. When the slow cooker oats are about ready, preheat oven to 350F and Line a baking tray with foil.
Place [bacon](#) strips and sliced onion on the tray on top of foil. Bake for 15 minutes or until crispy. Reserve 1/2 to 1 tbsp of the bacon grease.
 5. Stir the extra bacon grease into the oats before serving.
 6. Spoon savory oatmeal into bowls. Add your toppings of choice (listed) and crispy bacon with onions to garnish.
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NOTES

You can cook this overnight if you have an automatic [slow cooker](#) that shifts to warm after 5 hrs. If so, I recommend adding the cheese in morning. Or use a slow cooker liner so the cheese doesn't burn the sides.

Fig Yogurt Breakfast Parfait Cups

Prep Time: 10 minutes *Cook Time:* 6 minutes *Total Time:* 16 minutes *Yield:* 2 parfaits

DESCRIPTION

Creamy Fig Yogurt Breakfast Parfait Cups – A healthy gluten-free breakfast with a fiber boost! A blended Yogurt Cup with dried California Mission Figs, chia seeds, a drizzle of molasses, and a cinnamon toasted buckwheat topping!

INGREDIENTS

- 1/2 cup dried figs. Stems removed.
 - 1 cup almond or coconut milk
 - 1/2 cup plain greek yogurt
 - 1 frozen small to medium banana
 - 1 tbsp honey (divided)
 - 1 tbsp creamy almond butter
 - 1/2 cup buckwheat groats (cinnamon toasted) *see notes for other toasted grain options*
 - 1 tsp coconut oil
 - 1/2 tsp cinnamon
 - 1 tsp coconut sugar.
 - dash of cinnamon
 - 1 tbsp chia seed
 - drizzle of molasses on top
 - Optional protein boost -> 1 scoop vanilla protein.
-

INSTRUCTIONS

1. Remove stems from figs, slice in half, place in bowl and cover with water and a drizzle of honey. Soak for 10 minutes or so. This is optional but it makes the figs more soft, flexible, and sticky sweet for the parfait cups. Like a fig newton filling!
2. Preheat oven to 350F. While oven preheats, make your creamy yogurt blend.
3. In a blender, blend together yogurt, almond milk, banana, honey, almond butter. Set aside.

4. Toss together 1/2 cup buckwheat groats coconut oil, cinnamon, and sugar. See notes of other grains to toast.
 5. Toast on baking pan at 350F for 5-6 minutes. Remove and let cool.
 6. Place 3 slices of figs (each) into two cups, pour your creamy yogurt blend on top. Layer with more figs on top. Add toasted cinnamon buckwheat on top, then a pinch of cinnamon, molasses, and chia seeds.
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NOTES

- Feel free to try this with regular oats, steel cut oats, and quinoa, but take a little longer to toast. Around 10 minutes or so. Check at frequently so you don't overcook.
- For vegan option, use coconut yogurt or non-dairy yogurt of choice.

LUNCH

Moroccan Salad with Quinoa and Chickpeas

Prep Time: 10 minutes Cook Time: 15 minutes Total Time: 25 minutes Yield: 3-4

DESCRIPTION

Healthy Moroccan Salad recipe with Chickpea and Quinoa. Plant based and rich in protein. Great for meal prep too!

INGREDIENTS

- 1 1/2 cup to 2 cups cooked quinoa
- 2/3 cup chickpeas (canned/drained chickpeas or pre roasted if you can find them)
 - toss fresh chickpeas in a pinch of ground turmeric, pepper, sea salt, and ginger (optional, but delicious.)
- 1/3 cup chopped onion (red onion or green work best)
- 4–6 cups leafy greens
- 2/3 cup diced tomatoes
- 1/2 cup crumbled or cubed feta cheese (about 1 ounce)
- 4 figs (dried or fresh) or pitted dated (sliced or diced)
- 1 cup diced carrot or zucchini
- 1/2 to 1 ounce pistachios

Dressing and garnishes:

- 1/4 c extra virgin olive oil
 - 2 tbsp balsamic vinegar or red wine vinegar
 - Lemon + splash of juice
 - 2 tsp honey
 - 1/4 tsp each ground paprika and cumin,
 - sea salt and pepper to taste
 - 1/4 c chopped parsley leaves (fresh)
 - 2 tbsp chopped mint (or 3 mint leaves)
-

INSTRUCTIONS

1. First, prepare your quinoa according to package. Fluff with fork and set aside.
2. Rinse your chickpeas (if using canned) and then toss them with pinch of turmeric, ginger, and pepper. Mix together with cooked quinoa.
3. Next, layer your salad. Greens, grains, vegetables, figs, feta, chickpeas, onion, pistachio and so on.
4. Whisk together honey, 1/3 cup olive oil, 2 tbsp of balsamic vinegar, and remaining dressing spices.
5. Pour over salad and toss. Mix in your chopped parsley.
6. Add a splash of lemon and lemon slices to garnish.
7. Fresh Mint on top to garnish (chopped or whole)
8. Serve immediately or cover and place in fridge for up to 2 days. For **longer** storage or meal prep, keep the dressing separate until ready to serve.

NOTES

Optional protein to toss in or layer on top of salad – grilled chicken, prosciutto, salmon, seared lamb, etc.

Smashed Mexican Beans Avocado Toast Recipe

Prep Time: 10 minutes Cook Time: 10 minutes Total Time: 20 minutes Yield: 6 servings

DESCRIPTION

Smashed Mexican Beans Avocado Toast Recipe. A Gluten Free, Vegan Friendly Avocado Toast Recipe loaded with simple, yet spicy, ingredients. Make for a main meal or even a healthy appetizer!

INGREDIENTS

- 2 cups cooked pinto beans (I used my Mexican Beans [∞https://www.cottercrunch.com/mexican-style-one-pot-beans-vegetarian-option/](https://www.cottercrunch.com/mexican-style-one-pot-beans-vegetarian-option/) recipe. Or see notes for Organic Canned Beans)
 - 2 garlic cloves
 - 1 red chili pepper or jalapeno,
 - 1/2 tsp Salt and pepper each (divided)
 - 1/2 cup chopped onion
 - 1 tsp smoked paprika or regular paprika
 - 6 slices Gluten Free bread
 - 1 tsp oil (if toasting bread in oven)
 - 1 avocado
 - 1 tomatillo – sliced thin
 - 1/3 cup cherry tomatoes (small handful cut into quarters)
 - Olive Oil to drizzle
 - Cilantro
 - Any additional spices to sprinkle on top -optional. Example: chili powder, red pepper flakes, onion powder, or Mexican seasoning, etc.
-

INSTRUCTIONS

1. First Blend together the first 6 ingredients (beans, 2 garlic cloves, chili pepper/jalapeno, 1/4 salt/pepper, onion, and paprika. Best to use a blender or food processor. You will want to Pulse in processor until mixture is “smashed” or mashed like. See pictures.

2. Once blended, taste to see if needs to more salt/pepper and adjust. Set aside in small bowl or container.
 3. Toast your bread in a toaster, toaster oven or conventional oven. I found it tasted best in oven on a sheet pan. Just preheat oven to 350F. Add 1 tsp oil to each slice, place on sheet pan, then toast for 10 minutes on each side.
 4. Once you have your bread toasted, remove and layer to make your avocado toast recipe.
 5. Add 1-2 tbsp mashed avocado on toast.
 6. Next spread 2-3 tbsp of your mashed Mexican bean mix on top..
 7. Place a few slices of tomatillo on top of each bread along with and cherry tomatoes.
 8. Cilantro to garnish.
 9. Additional [Mexican seasoning](#) of choice, Salt, cracked pepper, and then drizzle olive oil on top of each avocado toast.
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NOTES

- There will be extra Smashed Mexican bean spread. Store in air tight container in fridge until you are ready to eat again. It makes a great dip too!
- For breakfast avocado toast, just add an egg on top! For quick beans, you can use [Organic Canned Pinto Beans](#)

Vegan Mushroom Bacon Breakfast Toast (Gluten Free)

Prep Time: 5 minutes Cook Time: 30 minutes Total Time: 35 minutes Yield: 5

DESCRIPTION

Mushroom Bacon Breakfast Toast with hummus! A plant-based, gluten free breakfast recipe that will transform the way you think of toast!

INGREDIENTS

For the Smoky Vegan Bacon (Mushroom Bacon)

- 1 1/4 cup or 6 ounces finely diced or chopped mushrooms (shiitake or oyster mushrooms work best). For quick crispier mushroom bacon, use dried mushrooms.
- Olive oil to drizzle
- kosher salt and pepper to taste
- 1/2 tsp smoked paprika and/or 1 tsp liquid smoke
- 1/8 tsp onion powder or garlic powder (or pinch of both!)
- 1 tsp coconut sugar or maple syrup

For the breakfast toast –

- 4–5 pieces Gluten free whole grain bread –
- 1/2 c + plain hummus or garlic hummus ([Sabra](#))
- Grape or cherry tomatoes
- Chopped Herbs (fresh parsley or basil to top)
- kosher salt and pepper
- Olive oil to drizzle

Other Optional toppings –

- - Nutritional yeast “for Cheesy” taste
 - Large sea salt flakes or smoked sea salt flakes
 - Crushed red pepper flakes
 - Cracked black pepper or peppercorns
-

INSTRUCTIONS

FIRST: See instructions for making toast to save time on meal prep in the oven!

For the smoky mushroom vegan bacon:

- Preheat oven to 375 F. Line a baking sheet with parchment paper, or well oiled the sheet pan.
- Finely chop the mushrooms into smaller pieces and place on sheet in a single layer. Drizzle 1 tsp olive oil on top of mushrooms and season with kosher salt and optional pepper.
- Place mushroom in the oven and bake for 12- 15 minutes. After 12- 15 minutes, remove from the oven and toss or carefully flip mushrooms over. Return mushrooms to the oven and continue cooking until browned and crispy, about 12-15 minutes.
- Remove from the oven. Place mushrooms in a bowl or plate and blot the oil off. Then toss with coconut sugar or maple syrup, garlic and/or onion powder, smoked paprika, and optional liquid smoke. Return mushroom back to the pan and in the oven to ***caramelize***. about 5 minutes longer.
- Remove and set aside for breakfast toast topping.

Make your breakfast toast –

- Before returning the mushrooms to the oven the second time, prep the a sheet pan with your toast and tomatoes. Oil the pan and place toast on top and tomatoes in a foil pack or on another pan. The toast and the tomatoes pan will be placed on top or bottom rack. All can cook in the oven at the same time I like to place the toast and tomatoes in a separate pan and bake with the last 10 minutes. The tomatoes will blister and soften. The toast will brown.
- After the toast and mushrooms are ready, layer your ingredients.
- Spread 2 tablespoons of hummus on each piece of toast, then add a few blistered tomatoes, followed by vegan mushroom bacon bits, herbs, and cracked pepper, sea salt.
- Repeat for each piece of toast.

NOTES

- I used whole grain [gluten free vegan bread](#) (larger sandwich slices around 80 – 100 calories each)
- Mushroom Bacon recipe adapted from [serious eats](#).

Crock Pot Autumn Quinoa Pilaf {Gluten Free, Vegetarian}

Prep Time: 10 minutes *Cook Time:* 3 hours *Total Time:* 3 hours 10 minutes *Yield:* 8 servings

DESCRIPTION

This slow cooker quinoa pilaf with wild rice makes for a delicious gluten free, vegetarian meal or side dish! A healthy dinner recipe for the holidays!

INGREDIENTS

FOR THE CROCK POT/SLOW COOKER:

- 2 golden beets (chopped, sliced) if you don't have golden beets, then regular beets or squash work too
- 1 shallot or red onion (1/3 cup chopped)
- 1 cup fresh cranberries
- 1 cup chopped broccoli (to be added last)
- 3/4 cup wild rice (see notes for substitutes)
- 1 1/4 cup quinoa ([\[url\] Better Body Foods Quinoa](https://www.betterbodyfoods.com/product/organic-quinoa/)
↻[https://www.betterbodyfoods.com/product/organic-quinoa/\[/url\]](https://www.betterbodyfoods.com/product/organic-quinoa/))
- 2 1/4 to 3 cups broth
- 1/2 to 1 tsp sea salt and pepper (adjust to your taste and sodium content needed)
- 1/2 to 1 tsp dry herb season mix of choice. (I used a [\[url\] Mediterranean Spice Blend](http://amzn.to/2esZbOU)
↻[http://amzn.to/2esZbOU\[/url\]](http://amzn.to/2esZbOU))
- 3 tbsp orange juice

INGREDIENTS TO ADD AFTER THE QUINOA PILAF IS COOKED:

- 1 cup feta crumbles (5oz)
 - 1/2 cup pumpkin or sunflower seeds (roasted or raw)
 - 1 tbsp olive oil or avocado oil
 - salt/pepper to taste
 - extra dried cranberries to mix in if desired.
 - 1/2 cup or so of fresh basil or parsley
-

INSTRUCTIONS

1. Clean, chop, and prep your vegetables. Place vegetables (minus the broccoli), quinoa, wild rice, broth, fresh cranberries, and seasoning in crock pot. Pour your broth and orange juice on top and mix thoroughly.
2. **Important Note:** each slow cooker works differently. If you don't want your broccoli overcooked, please add it the last half hour of cooking versus at the beginning. If you want it more cooked add the broccoli with the rest of the vegetables at the beginning.
3. Place on high for 2 to 2 1/2 hours or low for 5 hours. Check half way and mix ingredients in pot with spoon. see notes for if pilaf is too dry or too wet halfway through cooking
4. Quinoa should be fluffy once done. The wild rice will still be a little al dente.
5. Remove and place all contents in a large bowl.
6. Mix in the remaining pilaf ingredients: Seeds, feta, dried cranberries, and any extra fresh raw vegetables you might want to use up.
7. Add salt, pepper, and any other spices desired and mix again.
8. Top with fresh herbs.
9. Serve immediately or store in fridge (covered) until ready to serve.

NOTES

- If there is too much liquid half way through cooking, drain a few tbsp and cook a little longer. If quinoa is soaking up liquid too fast, then add a 1/4 to 3/4 cup more broth.
- If you don't have cranberries, you can use any other berry. Just don't slow cook them. Add them fresh afterwards.
- If you don't have wild rice, brown rice should work. It won't be the same texture as wild rice though.
- * crockpot cooking times may vary* so keep a close check halfway through suggested cooking time

DINNER

Creamy Tomato Gluten Free Pasta {Dairy Free}

Prep Time: 10 minutes Cook Time: 12 minutes Total Time: 22 minutes Yield: 5 servings

DESCRIPTION

Creamy Tomato Gluten Free Penne Pasta {Dairy Free}

INGREDIENTS

- 10 oz gluten free pasta {See notes for the kinds that work best}
- 8 oz canned Italian stewed tomatoes (drained)
- 1/3 cup diced white onion
- 1/4 cup paleo mayo
- 1 egg
- 1 egg yolk
- 3 tbsp olive oil
- 1/2 tsp minced garlic
- 1/4 tsp each sea salt and crushed black pepper
- 1/2 tsp chili pepper flakes
- Fresh basil

OPTIONAL ADD-INS

- diced chicken or chicken sausage.
 - 1/4 cup diced bell pepper
 - Toppings – nutritional yeast or [url] vegan parmesan ∞[http://amzn.to/2gardyc\[url\]](http://amzn.to/2gardyc[url]), garlic salt/powder
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INSTRUCTIONS

1. Sauté onions and peppers in 1 tbsp olive oil with garlic. Once they are almost cooked, set aside. Then cook your gluten free pasta according to directions.
2. Drain, and add pasta back into pot. Keep on low heat.
3. Add the rest of the olive oil and mix well. Crack an egg into the pasta and mix gently.
4. Add in tomatoes, seasonings, and the rest of your onion/pepper/garlic mix.

5. In another small bowl, combine paleo mayo and egg yolk.
 6. Add egg yolk/mayo mixture to the pasta. Stir gently over low to medium low heat until creamy. Just enough for the egg yolk to cook but not all the way through.
 7. If using a cooked protein, add it in here.
 8. Serve pasta and add fresh basil to each bowl. Or feel free to mix a little in with the big pot.
 9. If desired, top with crushed pepper or red pepper flakes, garlic powder/salt, and [vegan parmesan](#).
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NOTES

GLUTEN FREE PASTA OPTIONS

- Buckwheat Pasta options – [penne](#) or [spirals](#)
- For lentil penne pasta, check out [chickapea pasta](#)

VEGAN RECIPE OPTION

- If you are looking to make this vegan, just replace 1/4 cup mayo with my [vegan cashew cream sauce](#) and add 1 tbsp nutritional yeast. YUM!

Mexican Quinoa Skillet Dinner

Prep Time: 10 minutes *Cook Time:* 20 minutes *Total Time:* 30 minutes *Yield:* 5-6 servings

DESCRIPTION

This Mexican quinoa skillet is a vegetarian, gluten free one pan recipe that utilizes leftovers! Makes a quick dinner or appetizer for football season.

INGREDIENTS

- 2 tsp oil (naturally refined coconut oil, avocado oil, or olive oil)
 - 2/3 cup peeled and chopped onion
 - 1 tsp minced garlic
 - 2 cups cooked or previously frozen corn
 - 1 bell pepper, chopped
 - 4 – 5 cups cooked quinoa (about 2 cups uncooked if preparing from scratch)
 - 2 – 3 tbsp vegetable broth or stock
 - Sea Salt and pepper to taste
 - 1/2 tsp ground cumin
 - 1/2 cup salsa or taco sauce
 - Optional – 1 cup shredded mexican cheese or vegan cheese sauce (recipe in notes) or use my [vegan queso!](#)
 - Chopped fresh cilantro to garnish
 - For serving – Optional jalapenos (sliced), tortilla chips, avocado and/or sour cream
-

INSTRUCTIONS

***Tips for cooking quinoa and making vegan cheese sauce in notes.**

1. Heat a large oven safe skillet on medium to medium high. Add 1 tbsp oil and Sauté the onion in olive oil in a skillet on medium high heat until translucent, 4 to 5 minutes. Add minced garlic during the final minute of cook time.
2. Next, stir in the corn and bell peppers and continue to sauté for another 5 minutes, or until veggies are softened.
3. Add the cooked quinoa, broth, salt, pepper and cumin. Mix together. Stir in the taco sauce, then cook for 8 to 10 minutes or until spices and sauces are absorbed and veggies are cooked.

4. Lastly, add your optional shredded cheese (or non dairy “cheese” sauce) and mix together. Cook on medium low heat until melted, stirring occasionally.
 5. For extra crispy cheesy, add more cheese on top and place under broiler in oven for 1 minute.
 6. Top with cilantro to garnish. Serve with jalapeños and **optional** tortilla chips and avocado or sour cream if desired.
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NOTES

EASY VEGAN CHEESE SAUCE

1 CUP HUMMUS, 1/4 TO 1/3 CUP OIL, GARLIC AND SPICES OF CHOICE (RED PEPPER, TACO SEASONING, ETC.)

- *Combine in pan on the stove over medium high heat or in microwave until melted and combined.*

Tips for cooking quinoa!

- *Rinse the quinoa in a fine mesh sieve until the water runs clear. This removes the coating that is naturally on the quinoa. Boxed quinoa is generally pre-rinsed.*
- *For every cup of quinoa you cook, you will need two cups of water. For this recipe, if you want to prepare four cups of quinoa, boil eight cups of salted water.*
- *Once it reaches a boil, reduce the heat to medium, cover and allow the quinoa to simmer for 15 to 20 minutes or until the water is absorbed. Quinoa will look like it has popped open when it is fully cooked. Set it aside for five minutes. Fluff with a fork.*

Southwestern Black Beans Polenta Casserole {Vegetarian, Gluten Free}

Prep Time: 10 minutes Cook Time: 35 minutes Total Time: 45 minutes Yield: 6

DESCRIPTION

Southwest black beans polenta casserole is a gluten-free, vegetarian casserole made with black beans, polenta, peppers, cheese, and more. An easy, healthy, freezer friendly dinner recipe!

INGREDIENTS

- 3 1/2 cups cooked non-gmo polenta (see notes for cooking instructions if needed) – water to cook polenta
 - 1 tbsp butter or olive oil
 - 6 oz shredded natural cheese (Monterey jack, etc) – Divided. See notes for dairy free.
 - 1 tsp minced garlic (1 clove)
 - 1/4 to 1/3 cup chopped onion
 - 1/2 tsp sea salt – divided
 - 1/2 tsp chili powder
 - 2–3 tbsp coconut flour or other gluten-free flour of choice
 - 2–3 eggs (Use 3 if you prefer more egg like casserole. 2 eggs if you want the polenta to be denser) *See notes for **EGG FREE VERSION**)
 - [10 ounces chili ready diced tomatoes with green chili](#) added. Or you can add 4 ounces canned green chiles to regular diced tomatoes (canned 10 ounces). See notes.
 - 13– 15 oz (around 3 cups) organic cooked black beans, drained and rinsed (canned works if not soaking or making from scratch)
 - 1/2 tsp cumin
 - 1/2 tsp garlic powder
 - 1/4 tsp cayenne
 - 1/2 tsp black pepper
 - Fresh Cilantro to garnish – chopped
 - Optional topping when plating – red pepper flakes, avocado slices, sour cream, jalapeño (if desired)
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INSTRUCTIONS

1. Preheat oven to 350F. Oil a 9×13 casserole dish and set aside.
2. In another large pot, cook you polenta according to package instructions. See notes.
3. When polenta is almost done cooking, add in butter or oil, and 4 ounces of shredded cheese. Stir until creamy.
4. Next mix in your, garlic, onion, salt, chili powder, 2 eggs, and coconut flour. Mix thoroughly.
5. Pour polenta/cheese/egg mix at the bottom of the casserole dish and pack it evenly into the sides. It should make a nice bottom layer for the casserole. If your polenta is too runny or moist, I suggest baking it first at 350F for 15-20 minutes, then removing and add the rest of your layers to bake again.
6. After the polenta has been set first int the casserole dish, layer your tomatoes/chiles peppers (drained if using canned) on top of your polenta. Spread it out evenly.
7. Next, drain and rinse your black beans.
8. Place in a bowl. Add your cumin, garlic, the other 1/4 tsp salt, pepper, cayenne, and onion. Toss all together.
9. Layer the black beans on top of the tomatoes/green chiles peppers mix
10. Finally, add your remaining shredded cheese evenly on top of beans. Feel free to add more than 2 oz if desired.
11. Place casserole dish in oven middle row for 30 to 35 minutes until edges start to brown.
12. Remove and Cover with foil then bake an additional 5 -10 minutes or until center of casserole in baked through and edges are golden.
13. Broil last minute if you want crispy edges and cheese. Remove from oven and let cool 5 minutes before slicing.
14. Add any additional seasoning if desired. Salt, pepper, red pepper flakes and garnish with cilantro (1/2 cup or more).
15. **Optional topping** when plating – avocado slices, sour cream, jalapeño (if desired).

NOTES

Notes On polenta – I prefer to cook polenta with less water/broth to make it thicker. This was great for the base of the casserole

- For cooking polenta, bring 3 1/2 c to 4 cups broth to a boil. Slowly add in 1 1/4 cup polenta, whisking while adding it to pot so it doesn't clump. Reduce and cover for 20 minutes until liquid is absorbed. Add salt/pepper to taste. Stir in butter/olive oil if desired.

- **notes on texture** – When using this in the casserole, you want it more thick, not creamy. Almost like steel cut oats texture.
- **Notes for polenta** – I prefer to cook polenta with less water/broth to make it thicker. This was great for the base of the casserole.
- **Tips** for different ways to cook [polenta](#). You can also buy the precooked polenta at stores and slice into circles, then layer in casserole.

DAIRY FREE and/or EGG FREE OPTION – Omit cheese and use nutritional yeast to mix with polenta. Or you can use dairy free meltable cheese like DAIYA. Polenta should thicken by itself without the eggs. You can omit the eggs if needed, but if you're polenta seems to be too runny, then I would mix in an egg replacer or flaxseed to help thicken it. I added the eggs to the cooked polenta because it helps to form a thicker base for the casserole.

Everything but the Kitchen Sink Soup (Instant Pot or Stove Top Recipe)

Prep Time: 5 minutes *Cook Time:* Cook Time on Instant pot: 14 to 16 minutes Cook time on stove top: 35- 40 minutes *Total Time:* Instant Pot: 14 to 16 minutes; Stove Top: 35-40 minutes *Yield:* 5 servings

DESCRIPTION

Everything but the Kitchen Sink Soup is a HEALTHY soup recipe using holiday leftovers. This easy soup recipe has instructions for cooking in an Instant Pot or on a stove top. Gluten free, Dairy-free option.

INGREDIENTS

- 1 tsp olive oil
- 1 cup chopped onion
- 4 ounces pancetta or chopped uncured bacon
- 2/3 cup chopped celery (about 2 large celery ribs)
- 1 cup chopped or 1/2 inch sliced carrots
- 2 cups peeled cube cut squash (370 grams or close to 3/4 lb)
- 1/2 tsp garlic powder or 1 tsp minced garlic
- 1/2 tsp cumin
- pinch of paprika – close to 1/4 tsp
- 1 1/4 cup green beans (chopped, ends removed)
- 1 cup a blend of uncooked rice (wild rice and long grain white rice work great)
- 1/2 tsp kosher salt
- black pepper to taste
- 6 – 6 1/2 cups veggie broth or chicken broth
- 2 cups loosely packed spinach or other leafy green
- Optional Parmesan to garnish
- Red pepper flakes to garnish
- Pinch of Sea Salt for plating
- Herbs to garnish (cilantro) – optional
- Optional additional Add-ins: 4-5 ounces Roasted turkey, smoked ham, chickpeas, etc.
- See notes for Vegetarian option

INSTRUCTIONS

FOR INSTANT POT:

1. First make sure all your vegetables and meats/bacon are chopped or sliced according to measurements in ingredient list.
2. Place instant pot on saute setting. Add your olive oil, onion, pancetta, carrots and celery. *Sauté* for 2-4 minutes until onions are transparent and fragrant. Add your diced squash and *sauté* again for another 2 minutes.
3. Turn off *sauté* setting.
4. Stir in your garlic, paprika, and cumin. Mix together.
5. Finally, add in your rice, broth, green beans, kosher salt, and pepper.
6. Place Instant pot setting to manual pressure cook, sealed, for 12-14 minutes. If you are using wild rice, cook for 14-16 minutes. ***See notes if using pre-cooked rice***
7. After 12-14 minutes, use Quick release option to stop cooking. Then add in your spinach, stir, and seal it back up.
8. Place on warm for 10 minutes until spinach is steamed.
9. Once spinach is steamed, uncover and add sea salt.
10. Serve and garnish with shredded Parmesan, cilantro, and crushed red pepper flakes.
11. Feel free to add in ham, roast chicken or turkey with the spinach while warming.
12. **See notes for stove top version and vegetarian version.**

NOTES

For **STOVE TOP** Version:

1. Make sure all your ingredients are prepped/chopped.
2. In a large stock pot, add your olive oil, onion, pancetta, carrots and celery. *Sauté* for 4-5 minutes until onions are transparent and fragrant. Add your diced squash, garlic, and the rest of your spices and *sauté* again for another 2-3 minute.
3. Add the broth, bring to a boil, then add your rice and reduce heat.
4. Place on low covered for about 20- 25 minutes or until rice is cooked. If you are using wild rice it will take a little longer.
5. Mix in your spinach and any other add-ins of choice.
6. Cover and simmer for another 5-8 minutes or until spinach is wilted.
7. Once cooked, add a pinch of sea salt.

8. Serve and garnish with Parmesan, cilantro, and red pepper flakes.

***To speed up both Stove top and instant pot version**, you can use **precooked rice**. For Instant pot cook 10 minutes then place on warm with spinach. For Stove top, just cook 10 minutes after bringing to a boil, versus 25 minutes.

For Vegetarian Version:

Do not add the bacon, instead add in a few teaspoons of tamari sauce, an extra pinch of paprika or smoked paprika, and 1 1/2 cups cooked (or canned, drained) chickpeas with your rice and vegetables.

Creamy Mushroom Risotto with Millet

Prep Time: 5 minutes *Cook Time:* 30 minutes *Total Time:* 35-40 *Yield:* 4 to 5 servings

DESCRIPTION

Millet mushroom risotto is a creamy and comforting plant-based main or side dish. It's easy to make on a stove top or in a slow cooker, and it's more wholesome than traditional rice risotto.

INGREDIENTS

- 1 tbsp olive oil
 - 1–2 tbsp butter or vegan butter
 - 1 shallot, or 1/2 small white onion, diced
 - 2 garlic cloves, minced (about 1 tsp)
 - 1 1/4 cups button mushrooms, thinly sliced
 - 1 cup [hulled millet](#) (arborio rice or quinoa can be subbed)
 - 2–3 cups vegetable stock
 - 1/4 cup white wine, optional* see notes for subs
 - 1/4 cup shredded Parmesan (or 1/4 cup nutritional yeast flakes for vegan option)
 - 1 cup or more loose leaf spinach
 - Fresh parsley, to serve
 - Sea salt and black pepper, to taste
-

INSTRUCTIONS

STOVE TOP DIRECTIONS

1. Add oil to a large skillet or frying pan and bring to medium high heat; add shallots and garlic and cook until translucent, about 3 minutes. Add millet and mushrooms and stir to coat with oil.
2. Increase heat to high, add white wine. Let millet and mushrooms absorb the white wine while it cooks off, 2 to 3 minutes. Reduce heat to medium high and add in 1 cup stock. Stir all together.
3. The millet will start to absorb the stock after 10 minutes. Once it does, add another 1 cup of stock into the pot.
4. Continue cooking, stirring every couple of minutes, until the millet is almost all the way cooked through, around 17-20 min).

5. When millet is cooked, reduce heat to low. Add butter and stir, then stir in the parmesan (reserving some for topping) and spinach. Cover and let spinach wilt for 2 minutes. Stir again.
6. Garnish with parsley and sea salt/pepper to taste

SLOW COOKER DIRECTIONS

1. Using a skillet, saute the olive oil, shallots, garlic, and mushrooms over medium high heat. Add 1/4 cup of dry white wine. If you don't have white wine, you may skip or just add a touch (1 tbsp) of white wine vinegar. Cook for 5 minutes or until mushrooms have slightly softened. Do not overcook. Add in millet (or rice), stirring to coat for 2 minutes
2. Line the slow cooker or oil the sides. Add millet risotto mixture
3. Pour in stock and season with salt and pepper to taste
4. Stir to combine again. Place lid on slow cooker and cook on high for 1 hour 30 minutes or low for 2-3 hours, or until millet is tender and liquid is absorbed. If you can, check halfway through cooking and stir.
5. Once it's cooked, stir in spinach, nutritional yeast or Parmesan cheese and mix all together until creamy. Top with fresh parsley.

NOTES

- **To substitute white wine**, use 1/4 cup vegetable stock plus a splash of lime or 1 tbsp white wine vinegar.

SNACKS & DESSERTS

Flourless Banana Bread Bars (Dairy Free Option)

Prep Time: 10 minutes *Cook Time:* 25 minutes *Total Time:* 35 minutes *Yield:* 8-9

DESCRIPTION

Healthy and Easy to make Flourless Banana Bread Bars (Dairy Free Option)

INGREDIENTS

Flourless Banana Bread Bars

- [1/2 cup gluten free rolled oats](#) to grind into a flour **Or** [Gluten free oat flour](#) for quick option
- 1 egg
- 1/2 cup liquid egg whites
- 4 oz plain greek yogurt (see notes for dairy free option)
- 2 medium ripe bananas (one for batter – mashed) and 1 small banana to slice on top
- 1/2 cup almond flour or [almond meal](#) (finely ground almonds with skin). **NOTE** – Almond flour will bake faster. Almond meal will make the bars a little more moist so it will take longer to bake. Both delicious!
- 1 tsp baking powder
- OPTIONAL sweeteners- 1/2 c coconut sugar or honey/maple syrup
- 1 tsp cinnamon
- 1/4 cup creamy natural almond butter (or other nut butter of choice)- no stir works best or almond butter that's slightly melted for a smooth consistency.

Optional Cinnamon streusel – if using prepare first:

- 1/2 to 2/3 cup almond meal or almond flour
 - 1/4 cup coconut sugar
 - 1/2 tsp cinnamon
 - 1/8 tsp sea salt
 - 2 tbsp naturally refined coconut oil, solid and chilled (butter may be substituted)
 - Extra sliced/chopped banana to mix in if desired
-

INSTRUCTIONS

Optional Cinnamon streusel – if using prepare first:

1. In a medium bowl, use a pastry blender or fork to combine the chilled coconut oil) with the almond flour, sugar, cinnamon, and sea salt. Mix until a crumbly mixture forms, toss with extra banana slices (if desired) then spread on top of the batter before baking.

Directions to prepare Bars:

1. Preheat oven to 350 degrees. Grease or line an 8 x 8 cake pan, set aside.
2. Place Gluten Free rolled oats in a food processor or blender and grind until fine flour is formed. Texture is important. Make sure you grind oats into a powder like flour. **Alternatively**, you made use gluten free oat flour.
3. Beat the egg and egg whites together. In another bowl, mash/blend your banana and yogurt together. You can do this in a blender, bowl with hand mixer, or a stand mixer. In a separate bowl, Mix your flour, almond meal or almond flour, baking powder, and optional sugar.
4. Combine your yogurt and banana mixture with your flour mixture and stir until well combined. Gently stir in the creamy no stir nut butter and cinnamon and then fold in your egg mix last. Do not over mix.
5. Pour batter into brownie or cake pan 8x8, add streusel topping here (if using) or skip to baking if you'd like no topping.
6. Bake for about 25-30 minutes, or until a knife inserted into the center comes out clean. If using almond meal, you will need to bake an additional 10 -15 minutes. Check progress at 30 minutes.
7. Remove from oven and let cool before slicing/serving. Slice and serve.
8. **Storage** – Freezer friendly (in foil or storage container) for up to 5 months. Store in refrigerator in closed container for up to 1 week.

NOTES

- **NOTE** – Almond flour will bake faster. Almond meal will make the bars a little more moist so it will take longer to bake. Both delicious!
- For **dairy free option**, replace yogurt with non-dairy yogurt OR 4 oz. non-dairy milk and 2 tbsp gluten free oat flour.

Maple Sesame Quinoa Bars

Prep Time: 10 minutes *Cook Time:* 5 minutes *Total Time:* 15 minutes *Yield:* 14 squares

DESCRIPTION

Maple Sesame Quinoa Bars are a delicious vegan breakfast or energy bar. Maple syrup, sesame, sunflower seed butter, & quinoa make for a sweet nutty flavor. Vegan, gluten free, and a nut-free option.

INGREDIENTS

- 1/4 cup sesame seeds (toasted)
- 1/3 cup pumpkin seeds
- 1 cup gluten free rolled oats
- 3 cups cooked quinoa (see notes)
- 1 tsp cinnamon
- 1/3 cup unsweetened shredded coconut
- 7 tbsp coconut oil (solid), butter, or vegan butter (chopped)
- 1/3 cup maple syrup
- 1/3 to 1/2 cup sunflower seed butter for nut free option (or creamy peanut butter or almond butter)
- 1/3 cup coconut sugar
- 1 tsp vanilla

For the shell topping:

- 1/2 c sunflower seed butter or nut butter of choice.
 - 1/4 c coconut oil
 - pinch of cinnamon
-

INSTRUCTIONS

1. Preheat oven to 350°F. Line an 8×11 pan with parchment paper. (see notes for pan size options)
2. Place sesame seeds on baking sheet and toast in oven for about 5 minutes or until toasted lightly.

3. Next combine your dry ingredients. Place cooked quinoa, [gluten free oats](#), sesame seeds, pumpkin seeds, cinnamon, coconut, cooked quinoa, and in a large bowl. Mix all together. Set aside.
4. Place butter (or coconut oil), maple syrup, sunflower seed butter or nut butter of choice, coconut sugar, and vanilla in a small saucepan and cook over medium heat until butter and nut butter are melted. Then turn heat to a quick boil for 1 minute. Reduce and simmer for 5 minutes until mix is thickened, stirring often.
5. Pour nut/seed sugar mixture into dry ingredients. Mix all together and then press firmly into pan; Place in refrigerator to set, covered.
6. While bars are setting, make your [sunflower seed butter](#) (or almond butter) shell. You don't have to use all of the shell coating if you prefer to make these bars less dense.
7. In a small sauce pan, mix together the 1/2 c sunflower seed butter (or nut butter), coconut oil, and 1 tsp cinnamon on medium heat until melted.
8. Pour this mix over your pan of bars and place back in refrigerator or freezer until set. Once set, slice bars and wrap each one in foil or wax paper to hold.
9. Store in fridge or freezer.

NOTES

- **Pan size:** If you want thicker bars, use a 9×9 or 8×8 square pan.
- If you don't need the nut free option, you can use any creamy nut butter of choice for the batter and shell coating.
- Be sure to have cooked quinoa that's fluffy and dried out a little before using. If quinoa is too moist it will not set.
- **For the coating:** You don't have to use all of the shell coating if you prefer to make these bars less dense.

Easy Homemade Vegan Bread (Gluten-Free and Soy-Free)

Prep Time: 2 hours Cook Time: 35 minutes Total Time: 2 hours 35 minutes Yield: 8-10

DESCRIPTION

This yeast bread recipe is vegan, gluten-free, and soy-free, too. Similar to a rustic Italian or French bread loaf in taste and appearance but you can make a simple sandwich bread loaf as well. Very versatile!

INGREDIENTS

- 1/4 cup warm water 95-105F or almond milk for proofing
 - 1 tsp raw sugar or honey
 - 1 TBSP [dry active yeast](#)
 - 1 cup non dairy milk at room temp
 - 2 cup gluten free all-purpose flour (see notes for tips with all purpose GF flour)
 - 1 1/2 c oat flour (see notes for substitutes)
 - 1 TBSP baking powder
 - 1 TBSP xanthan gum (if your all purpose flour has xanthan gum included, you may reduce the amount 2 tsp or so)
 - 1 1/2 tsp kosher salt
 - 1 TBSP apple cider vinegar or Lemon Juice
 - 1 Tbsp plus 1 Tsp olive oil or grapeseed oil
 - 1/3 cup to 1/2 cup of room temperature water as needed
 - **Optional mix in and/or sweeteners** – 1/4 c maple syrup or honey, poppy seeds, caraway seed, dried fruit, herbs, garlic, or even pineapple juice to make it hawaiian style, etc.
-

INSTRUCTIONS

Before you begin – Important notes. *If your All purpose gluten free flour does not have xanthan gum be sure to add in at least one tablespoon. It will really help with giving the bread texture and softness. You may use 3 1/2 cup of gluten free all purpose flour but the texture will be a tad different and a bit more dense.*

1. Proof yeast. Place 1 tbsp active dry yeast in 1/4 cup water (95-105 F) and mix with 1 tsp sugar. Let it sit for 5 minutes. If it bubbles, it's active. Set aside until ready to use.

2. Place the yeast mixture together with remaining ingredients in a bowl of your food processor or mixer. Mix well until you get soft sticky dough, similar to pizza dough. If the dough seems too dry (depending on the kind of flour you're using), add a 1/3 c to 1/2 c bit more of room temperature milk or water. If it is too soft, add just a little bit of flour.
 3. Knead the dough for 5 minutes in the stand mixer with a dough hook (you may also do this by hands with floured hands to prevent from sticking). Then cover the dough and refrigerated for 30 minutes.
 4. Next, lightly flour a clean well-floured surface and knead the dough a little more, shaping into a loaf or ball. Once done kneading, form dough into a ball and place in a large bowl coated with about 1 tablespoon oil, turning the dough over to coat with oil. Cover with cotton towel and place in oven with light on (oven is off) and allow the dough to rise for 70 minutes to 90 minutes or until doubled in size. See notes for tips!
 5. After dough has risen, roll the dough a couple times on a floured surface, shaping it into a loaf or divided into two 8 inch logs and twist together. (This is optional but I what I did)
 6. Place dough in a parchment lined bread pan – 8×4 or 9×5 .Score the top with serrated knife, dust with flour, then place bake in 350° preheated oven for 35 minutes, brushing with 1 TBSP melted vegan butter 10 minutes before done.
 7. Let bread cool on counter for 10 minutes to 15 minutes before slicing into it. This bread is freezer friendly!
-

NOTES

Tips for vegan gluten free yeast bread and baking!

- **For helping dough rise** → preheat the oven at 400 for **ONE minute and turn it off**. Place rising dough bowl in and raise till doubled. Then follow from there directions to raise again and bake..
- **Tip for handling sticky dough** (Thanks Sarena) – Chilling dough for a bit and then using wet hands makes handling it a bit easier for kneading and saves hassle of kneading sticky dough.
- **If your All purpose gluten free flour does not have xanthan gum** be sure to add in at least one tablespoon. It will really help with giving the bread texture and softness.
- **If you don't have Oat flour**, you make use 3 1/2 cup of all purpose flour but the texture will be a tad different and a bit more dense. Adjust baking time if needed.

Gluten Free Banana Bread Made from Quinoa

Prep Time: 10 minutes *Cook Time:* 50 minutes *Total Time:* 1 hour *Yield:* 8

DESCRIPTION

Gluten Free Banana Bread made from Quinoa

INGREDIENTS

- 2 cups quinoa (cooked)
 - 2 small ripe bananas
 - 1/3 to 1/2 cup coconut sugar (depending on how sweet you want it)
 - 2 tbsp nut butter of choice
 - 2 eggs
 - 1/4 cup egg whites
 - 1/2 cup rice flour or potato starch works too
 - 1 tsp baking soda
 - 1 tsp vanilla
 - 1 tsp cinnamon
 - 1/4 tsp sea salt
 - 3–4 tbsp coconut or regular cream when you cook the quinoa
 - Optional add ins – 1/3 cup dried fruit, coconut, or chocolate chips
-

INSTRUCTIONS

1. Preheat your oven to 350F.
2. Rinse your quinoa then cook in rice cooker or stove according to instructions.
3. Once cooked and fluffy, add in about 3-4 tbsp of cream to make it more like a porridge.
4. Place quinoa, banana, nut butter, and eggs in a blender and blend until smooth.
5. Batter will look like pancake batter.
6. Pour into bowl and add the rest of your extracts, flour, spices, and sugar.
7. Add any optional ingredients. I added in dried cranberries.
8. Pour into a 9×5 bread pan

9. Place in over for 50-55 minutes or until bread is browned and cooked through.

NOTES

To make it more sweet, add in 1/4 cup more sugar or chocolate chips if desired. It's very moist and good by itself with honey on top.

Blackberry Quinoa Cakes {Gluten Free, Dairy Free}

Prep Time: 10 minutes *Cook Time:* 45 minutes *Total Time:* 55 minutes *Yield:* 9

DESCRIPTION

Blackberry Quinoa Cakes are made with a blender recipe! These gluten-free cakes are made with simple fresh ingredients. Dairy free, no refined sugar, and delicious! No oil or butter needed. Great for breakfast, snacks, or desserts.

INGREDIENTS

- 3 cups cooked quinoa (about 1 cup uncooked if you are making from scratch. See notes)
 - 4 eggs
 - 1/3 c to 1/2 cup honey or maple syrup (See notes for sweetness variations)
 - 1/4 tsp salt
 - 1 tsp vanilla
 - 2 –3 tbsp organic blackberry jam
 - 1 tsp baking powder
 - 2 tbsp chia seed (a superfood addition. optional)
 - 1/4 cup almond milk or coconut milk for nut free option
 - 6 –8oz fresh blackberries
 - 1/4 cup coconut flour
 - optional topping 1 tbsp each cinnamon and coconut sugar
-

INSTRUCTIONS

1. First make sure your quinoa is cooked according to instructions. 1 cup quinoa to 2 cups water equals about 3 cups. You can also use leftover quinoa.
2. Preheat oven to 375F.
3. Add your first 8 ingredients into the blender. Blend on low then add in your milk, coconut flour, and chia and blend until batter is formed. Throw in handful or less of fresh blackberries to make these more purple in color. This is optional.
4. Pour batter in to greased 8x8 pan or lined muffin cups. Set aside.
5. Next place your blackberries in a large bowl and smash them up with fork or spoons. I would wear an apron for this! haha.

6. Pour your smashed berries on top of your batter and spread it out evenly.
 7. Place in oven for 45-50 minutes or until center is done. Be sure to check at 35 minutes just in case your oven cooks faster.
 8. Remove from oven and sprinkle on optional topping. Cinnamon and coconut or palm sugar on top. Let it cool then slice into cakes.
 9. Keep in fridge if you are not serving right away. Or freeze for up to 6-8 weeks in ziplock bag.
-

NOTES

- If you want these cakes to be more like a pudding/cake, just use 3 eggs and use the chia seeds.

ADJUSTING SWEETNESS

- These cakes are naturally sweetened with fruit. Feel free to add more honey if you want them sweeter like cake/dessert. Keep the recommended amount of honey if you want them more like fruit/egg breakfast cakes.