

Junk-Free Ingredient Week Recipe Swaps

from

cotter CRUNCH

Healthy Gluten Free Recipes One Bite at a Time!



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X Instead of buying CHIPS, you can try these:

bbq baked rutabaga chips

Prep Time: 10 minutes *Cook Time:* 30 minutes *Total Time:* 40 minutes *Yield:* 4 servings

DESCRIPTION

Easy BBQ Baked Rutabaga Chips. Healthy, paleo/vegan friendly.

INGREDIENTS

- 2 large rutabagas or 3 small to medium (about the size of a fist)
 - 1–1.5 tbsp olive oil or avocado oil. For crispier chips, use a coconut oil or avocado cooking spray
 - 1 tbsp BBQ Spice Seasoning of choice (check ingredients for hidden sugars/gluten)
 - Dash of sea salt and black pepper
 - Optional 1/8 ot 1/4 tsp garlic or onion powder
 - Fresh cilantro and lemon/lime wedges to serve
 - optional toppings – Red pepper flakes. Grated hard cheese (omit for paleo/vegan)
 - Dipping sauce options: Paleo ranch dressing, tomato sauce, spicy ketchup, aoli
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INSTRUCTIONS

1. Preheat oven to 450F. Wash and Cut rutabagas into fine slices. A mandolin slices works best to cut into about 1/4 to 1/2 in thick or slices. The thinner the slices, the faster they will bake.
2. In a small bowl or ziplock bag, place all your spices and oils.
3. Carefully coat your rutabaga chips in the bowl with oil and spices or in the bag.
4. Lay them flat on a cookie sheet and spread evenly. Place in oven.
5. If your chips are very thin, be sure to check on them often so they don't burn. Bake for 25 minutes, turning them half way.
6. After 25 minutes, reduce to 350F and cook for an additional 5-10 minutes until crispy. Cover if they start to burn on edges.
7. Bake longer or shorter for texture to be more or less crispy.

8. Remove from oven and let cool.
 9. Transfer to bowl or plate. Season with extra red pepper flakes or smoked sea salt if desired.
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NOTES

Sodium level depends on what type/brand of seasoning used

stone baked tortilla chips with avocado cranberry salsa

Prep Time: 10 minutes *Cook Time:* 15 minutes *Total Time:* 25 minutes *Yield:* 8 to 10 servings

DESCRIPTION

Avocado cranberry salsa is a delicious snack on its own, but it's best served with stone baked tortilla chips! These gluten free, vegan friendly holiday appetizers or snacks are SO easy to make!

INGREDIENTS

HOMEMADE STONE BAKED TORTILLA CHIPS

- 12–14 street taco size tacos (gluten free or grain free tortillas) (check ingredients for unhealthy additives) See notes for substitutes.
- 1 tbsp Avocado or olive oil
- Lime (juice)
- Sea salt
- Optional pinch of cumin

CRANBERRY AVOCADO FRUIT SALSA

- 2 small avocados or 1.5 cups diced
- 2 tbsp lime juice
- 2 cups clementines or tangerines, peeled and diced or quartered
- 2/3 cup fresh cranberries (other berries may be used)
- 1 green onion, stem removed
- 1 small bunch cilantro or 1/2 cup chopped, stems removed
- Pinch of paprika or chili powder
- Kosher salt and black pepper
- 1–2 tbsp agave or honey (adjust to your taste)

- 1 jalapeño or Serrano pepper, seeded and sliced (adjust to spice level you desire)
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INSTRUCTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut each tortilla into 4 chip-sized wedges. I do this using a pizza slicer. If you are using larger than 4-inch tortillas, slice into 8 chip-size wedges. Arrange the wedges in a single layer on the baking stone.
3. Coat the chips with coconut or olive oil cooking spray. Brush a little bit of lime juice on top. Sprinkle with sea salt and paprika.
4. Bake at 350 for 7 to 8 minutes. Turn wedges over and sprinkle extra salt/seasoning evenly over wedges. Bake an additional 7 to 8 minutes, or until lightly browned. Cool completely.
5. To prepare salsa, combine avocado and juice in a medium bowl; toss gently to coat. Add clementine sections and remaining 6 ingredients into KitchenAid 7 Cup Food Processor. Select and push pulse button until finely diced mixture is made and herbs/onion are diced.
6. Place into a bowl with avocado and lime and toss gently to combine. Serve salsa with chips.
Yield: 8-10 servings (serving size: 8 chips and 1/4 cup salsa)
- 7.

NOTES

Don't have tangerine or cranberry? Don't worry, any orange or berry will work!

12-14 street tacos are equivalents to 6-8 regular tortillas.

multiseed homemade healthy crackers

Prep Time: 15 minutes *Cook Time:* 40 minutes *Total Time:* 55 minutes *Yield:* 15 large or 30 small crackers

DESCRIPTION

These healthy crackers will become your new favorite snack! With no flour or dairy products, this recipe makes a wholesome delicious snack that's Paleo, grain free, and vegan!

INGREDIENTS

- 1/3 cup Flax seeds whole, raw + 2 tbsp flax meal
 - 1/2 cup Chia seeds whole
 - 1/2 cup Sunflower seeds raw
 - 1/2 cup Pumpkin seeds raw
 - Optional sesame seeds to garnish
 - 1 teaspoon sea salt
 - 1 tsp dried herbs
 - Additional seasonings of choice. such as black pepper, chili, onion powder or garlic powder
 - 2 *tbsp* Nutritional yeast for cheese flavor (*Optional*)
 - 1 cup water
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INSTRUCTIONS

1. Preheat the oven to 350°F. Line a sheet pan with parchment paper and set aside.
2. In a large bowl, mix all the ingredients together plus seasonings. Mix together. Pour the water over the seed/seasoning mixture. Let sit 10 minutes to allow the flax meal and chia seeds to thicken, like a gel.
3. Once the seeds have thickened, use a rubber spatula or spoon to spread the mixture in an even layer onto the pan. Around 1/4 inch thick or less.

4. Bake for 25-30 minutes. Remove from oven and slice into squares with knife or pizza wheel.
5. Flip the crackers over and put them back in the oven for an additional 15-20 minutes, or until golden brown and crispy. Oven times may vary based on your oven.
6. Let cool then enjoy or store in an airtight container or ziplock bag for 7-10 days.

X Instead of buying store-bought DRESSING, try:

vegan green goddess dressing recipe

Prep Time: 5 minutes

Total Time: 5 minutes

Yield: 3/4 cup to 1 cup total

DESCRIPTION

Vegan Green Goddess Dressing Recipe {Paleo Friendly}

INGREDIENTS

- 1/3 cup tahini (or creamy almond butter)
 - 1 to 2 tbsp chopped parsley
 - 1/2 + cup chopped green onion (or 1/2 c chopped red onion)
 - 1 tbsp sesame seed
 - 2 tbsp tamari sauce (Use Coconut aminos for Whole 30 compliant)
 - 2 tbsp apple cider vinegar
 - 2 tbsp lemon juice (1/2 a lemon squeezed)
 - 1/4 to 1/2 tsp sea salt and black pepper each (to taste)
 - 1 tsp minced garlic or 2 garlic cloves
 - 1/3 cup coconut milk or almond milk (see notes for this)
 - 1/4 cup olive oil or avocado oil
 - **Thinner consistency option** – to make thinner dressing add in 2 tbsp water or a bit more oil.
 - **Thicker option** – For EXTRA thick add in 1/3 of ripe avocado.
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INSTRUCTIONS

1. Be sure to chop all your veggies first. Measure them out.
2. Place everything but the oil in a food processor. Pulse or thin out. Then keep the food processor running and add in your oil slowly. Add more onion or salt at the end if desired.
3. notes for dressing it's best to use a coconut drinking milk or almond milk so it doesn't thicken to much in the fridge. But if you use coconut milk from a can, it still tastes great, just thickens in the fridge.
4. You would need to mix it up or add water or oil to thin it out. Thicker option -> For EXTRA thick add in 1/3 of ripe avocado.
5. This makes anywhere from 2/3 to 1 cup.

NOTES

Nutrition Notes

Calories per 2 tbsp are around 115 calories if you use almond milk.

Notes for dressing it's best to use a coconut drinking milk or almond milk so it doesn't thicken to much in the fridge. But if you use coconut milk from a can, it still tastes great, just thickens in the fridge. You would need to mix it up or add water or oil to thin it out.

homemade vegan ranch dressing & snack platter

Prep Time: 5 minutes

Total Time: 10 minutes

Yield: 11

DESCRIPTION

Quick Homemade Vegan ranch dressing (aka “Rancher’s Dressing”) is a tasty dressing that can be slathered on salad, served as a veggie dip, or dunked in your favorite spicy foods. Vegan and paleo, this creamy dairy-free ranch dressing is made from blended cashews, nut milk, herbs, and oil.

Adapted from Eat Dairy Free Cookbook

INGREDIENTS

- 1/3 cup cashews (raw or dry roasted)
- ¾ cup unsweetened plain dairy-free milk beverage, plus additional as needed (I used almond milk)
- ½ cup olive oil, avocado oil, or grapeseed oil
- 4 teaspoons lemon juice
- 2 teaspoons apple cider vinegar
- Optional 1 teaspoon maple syrup or honey if not vegan (can substitute agave nectar) – **Omit for Whole 30 option**
- 1 teaspoon sea salt
- ½ teaspoon ground mustard
- ½ teaspoon onion powder
- ¼ to ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 2 teaspoons dried parsley or 1/4 cup chopped fresh parsley (I used fresh)

For the platter:

- Vegetables of choice, sliced. Ex: Carrots, celery, broccoli, grape tomatoes, etc.
 - Herbs and lemon slices to garnish
 - Optional gluten free or paleo friendly crackers
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INSTRUCTIONS

1. Put the cashews in your spice grinder or small food processor and whiz until powdered, about 30 to 60 seconds.
2. Put the cashew powder, milk beverage, oil, lemon juice, vinegar, honey or maple syrup, salt, mustard, onion powder, garlic powder, and pepper in your blender and blend for 2 minutes. It should emulsify and thicken slightly. Stir in the parsley.
3. Pour the dressing into an airtight bottle or container, cover, and refrigerator for at least 30 minutes to thicken and let the flavors develop.
4. Store in the refrigerator for up to 1 week. Shake or whisk the dressing before each use. Makes 1 1/2 cups.

Arrange your snack platter:

Place 1/2 cup to 2/3 cup of vegan ranch in a small bowl. Place on large serving plate and then add fresh vegetables and/or crackers around it.

Garnish with lemon slices and herbs. Cracked pepper on top of ranch if desired.

See notes for Nut Free option.

NOTES

Nut-Free Option:

Substitute sunflower seeds for the cashews. The seeds have a more pronounced flavor and produce a thinner result but still make for a delightful dressing.

X Instead of CORN SYRUP or REFINED SUGAR, try:

how to make date paste

Prep Time: 2 hours 5 minutes *Cook Time:* 0 minutes *Total Time:* 2 hours 5 minutes

Yield: 1.5 to 2 cups (about 28-32 tbsp)

DESCRIPTION

Date paste is a delicious, all-natural sweetener made from nature's candy – DATES. It's whole30 approved, vegan and a paleo-friendly sugar substitute.

INGREDIENTS

- 12 ounces (12–16 Medjool dates), pitted
 - 1–2 cups purified water (enough to cover dates)
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INSTRUCTIONS

1. Place dates in large bowl and cover completely with purified water. Soak dates for 2 hours or up to 2 days in fridge. **For a quicker version you can use 1 cup boiling hot water.**
 2. Once dates are softened, place dates and soaking water into high powered blender or food processor. **NOTE** – If you'd like the paste thicker, discard a few tbsp of the water.
 3. Process until very smooth, scraping down the sides as needed. The thinner the paste, the less sweet it is. To use it as a sugar substitute. I recommend smoothing it out similar to the texture of applesauce so it substitutes well in baking and in marinades. That being said, you can keep the date paste thick for sticky marinades and sauces.
 4. Store the date paste in an airtight container in the fridge for up to 4 weeks or freeze for up to a year. I store mine in glass container and use it when needed.
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NOTES

- See blog post for recipe tips and substitutions!
- 2/3 c date paste is about equal to 1/2 maple syrup or honey

X Instead of store-bought BREAD, you can make these:
cinnamon almond flour bread {paleo}

Prep Time: 10 minutes

Cook Time: 30 minutes *Total Time:* 40 minutes *Yield:* 8

DESCRIPTION

This delicious cinnamon almond flour bread is a versatile low carb, gluten free and paleo bread recipe the whole family loves! Simple ingredients, nourishing, soft and delicious.

INGREDIENTS

- 2 cups fine blanched almond flour
(I use Bob's Red Mill)
 - 2 tbsp coconut flour
 - 1/2 tsp sea salt
 - 1 tsp baking soda
 - 1/4 cup Flax seed meal or chia meal
(ground chia or flaxseed, see notes for how to make your own)
 - 5 Eggs and 1 egg white whisked

together
 - 1.5 tsp Apple cider vinegar or lemon juice
 - 2 tbsp maple syrup or honey
 - 2–3 tbsp of clarified butter (melted) or Coconut oil; divided.
 - 1 tbsp cinnamon plus extra for topping
 - Optional chia seed to sprinkle of top before baking
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INSTRUCTIONS

1. Preheat oven to 350F. Line an 8×4 bread pan with parchment paper at the bottom and grease the sides.
2. In a large bowl, mix together your almond flour, coconut flour, salt, baking soda, flaxseed meal or chia meal, and 1/2 tablespoon of cinnamon.
3. In another small bowl, whisk together your eggs and egg white. Then add in your maple syrup (or honey), apple cider vinegar, and melted butter (1.5 to 2 tbsp).

4. Mix wet ingredients into dry. Be sure to remove any clumps that might have occurred from the almond flour or coconut flour.
 5. Pour batter into a your greased loaf pan.
 6. Bake at 350° for 30-35 minutes, until a toothpick inserted into center of loaf comes out clean. Mine too around 35 minutes but I am at altitude. Remove from and oven.
 7. Next, whisk together the other 1 to 2 tbsp of melted butter (or oil) and mix it with 1/2 tbsp of cinnamon. Brush this on top of your cinnamon almond flour bread.
 8. Cool and serve or store for later.
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NOTES

- For storage, it's best to keep wrapped in foil or ziplock in fridge. The bread freezes well for meal prep.
- If you you use a larger pan, the loaf slices will be less fluffy but equally delicious.
- To make the flaxseed or chia meal, simply place the the flaxseeds or chia seeds in a coffee grinder and grind until a fine meal is formed.
- Recipe adapted from one of my favorite blogs – [Elana's Pantry](#)

easy homemade vegan bread (gluten-free and soy-free)

Prep Time: 2 hours

Cook Time: 40 minutes

Total Time: 2 hours 40 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

****Updated 5/3/2020 – See notes for previous versions***

- 2/3 cup warm water 95-105F for proofing
 - 3 tsp sugar or honey
 - 3 tsp dry active yeast
 - 3 cups Bob's Redmill gluten free all-purpose flour (does not contain xanthan gum or other gums) ** see notes for tips*
 - 1 TBSP baking powder (make sure it's not expired)
 - 3 tsp xanthan gum
 - 1 1/2 tsp fine kosher salt
 - 2 Tbsp olive oil
 - 1 TBSP apple cider vinegar
 - 1/2 c to 2/3 cup warm water (extra as needed) ***Note*** Adjust water usage depending on flour. You want the consistency to be somewhat sticky but not runny. The more water you, the softer the bread.
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INSTRUCTIONS

Before you begin – Important notes.

1. Proof yeast. Place active dry yeast in 2/3 c warm water (95-105 F) and mix with sugar. Let it sit for 5 minutes. If it bubbles, it's active. Set aside until ready to use.

2. In a large mixing bowl or stand mixer bowl, whisk/sift together your dry ingredients. Add the yeast mixture together with dry ingredients, then add the oil and vinegar. Mix well, then add 1/2 c of warm water 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), mix in any extra water **only as needed** (2 tbsp – 1/3 c should be enough).
 3. Knead the dough for 5 minutes in the stand mixer with a dough hook.
 4. **If your dough is sticky, that's ok! Place the** dough straight into a parchment lined bread pan – 8×4 or 9×5 pan. Spread dough in pan with wet hands.
 5. Cover pan with cotton towel and place in a warm place until doubled in size. The dough usually takes 70 minutes to 90 minutes to rise. Longer if your environment is cold or too dry. See notes for tips!
 6. After dough has risen, gently score the top with serrated knife, dust with flour, then bake in a preheated oven at 350° for 35 to 55 minutes (internal temperature needs to reach 210-212). Brushing with 1 TBSP melted vegan butter 10 minutes before done (optional).
 7. Let bread cool on counter for 10 minutes to 15 minutes before slicing into it. This bread is freezer friendly!
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NOTES

TIPS FOR VEGAN GLUTEN FREE YEAST BREAD AND BAKING!

- I used a stand mixer to whisk and mix all the ingredients.
- **GLUTEN FREE FLOUR RECOMMENDATION-** *It's best to use an all purpose gluten free flour without any thickeners (i.e xanthan gum or guar gum) because you will adding that in.*
- **Take into mind** that each brand of AP gluten free flour will bake different. Play with ingredients! **Note – the 1:1 gluten free flours do not work**
- **To Braid Bread** – Let the dough rise in a bowl, then once it has risen, lightly flour a clean well-floured surface and divide dough into two logs, then twist together to braid. Place this into lined pan and bake. Note, this is optional and texture will vary once baked.
- For those looking for the original vegan bread with oat flour, [here is PDF to print if off](#)

X Instead of store-bought NUT BUTTER with extra sugar and palm oil, try:

homemade cashew butter {raw, vegan}

Prep Time: 1 minute

Cook Time: 15 minutes

Total Time: 16 minutes

Yield: 1 cup

DESCRIPTION

Easy Small Batch Homemade Cashew Butter {Raw, Vegan}

INGREDIENTS

- 2 cup raw cashew halves (roasted will work – see notes)
 - Dash of sea salt
 - 2 to 3 tsp any other flavoring or sweetener of choice – Cinnamon, vanilla, chili pepper for savory version, coconut sugar, maple syrup, etc)
 - Optional for creaminess – 1 tbsp coconut oil
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INSTRUCTIONS

1. To make it more creamy, first grind your cashews in a blender then transfer to food processor. This is not necessary but I find that the cashew blend better that way.
 2. Add you seasonings then blend in food processor. 5 minutes at a time for about 15-20 minutes.
 3. After blending for 5 minutes, scrape the sides of the processor and mix, let the processor cool then begin blending again for another 5 minutes
 4. It usually takes about 15-20 minutes unless you have a high powered food process. If you'd like a creamier texture, just add a tbsp of oil during the last 5 minutes of processing.
 5. Once smooth, spoon into a glass jar to store or just eat right away! haha.
 6. Makes 1 + cup.
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NOTES

- If using Roasted cashews, no need to add extra oil.
- Oil is optional

X Instead of store-bought INSTANT NOODLES or INSTANT SOUP, try:
make ahead instant soup jars with protein

Prep Time: 10 minutes Cook Time: 3 minutes Total Time: 13 minutes Yield: 2 servings per

DESCRIPTION

These 3 recipes for Make Ahead Instant Soup Jars are made with protein-packed bone broth collagen and other REAL FOOD ingredients. A healthy meal prep idea!

INGREDIENTS

FOR ANY OF THE INSTANT SOUP RECIPES YOU WILL NEED ACCESS TO 24 OUNCES HOT WATER AND 25 GRAMS BONE BROTH COLLAGEN. SEE NOTES.

LASAGNA NOODLE SOUP

- 2/3 c crushed canned tomatoes with Italian spices or plain
- 1 medium zucchini – spiraled or julienne cut into large noodles
- handful of spinach leaves and herb of choice
- 2 –3 tbsp crumbled cheese (mozzarella and/or parmesan. Use or nutritional yeast for dairy free paleo option)
- 1/4 tsp each – garlic powder, salt, Italian seasoning, black pepper, and optional red pepper flakes. Optional onion powder .
- 20–25 grams chicken or beef bone broth collagen (2 stick packs)

THAI CURRY “RICE” SOUP

- 1 cup cauliflower rice
- 1–2 handfuls shredded carrots
- 1 green onion, chopped
- 1 lime, juiced. Add a few slices to top, for garnish
- 1 /2 cup torn cilantro
- Thai peppers (sliced) on top for extra spice.
- optional 2 tsp sugar or honey
- 1/4 tsp ground ginger
- 1/4 tsp garlic powder

- 1/2 to 1 tsp red curry paste or curry powder (the more you use, the spicier)
- optional add in – diced cooked chicken
- 20–25 grams chicken bone broth (2 stick packs)

SOUTHWEST BLACK BEAN SOUP

- 1/2 cup cooked corn kernels (if using canned, use non-GMO and drain first)
- 1/2 to 2/3 cup cooked black beans (if using canned, drain and rinse first)
- 1/2 cup sliced cherry tomatoes
- 1/4 to 1/3 cup sliced onion
- handful of celery ribs
- handful of bell pepper slices
- 1/4 tsp each garlic powder, chili powder, cumin, salt and pepper.
- Jalapeño slices and fresh cilantro for garnish.
- **Optional:** 2-3 tbsp crumbled bacon on top
- 20–25 grams chicken bone broth or beef bone broth collagen (or 2 to go packs)

INSTRUCTIONS

FOR ANY OF THE INSTANT SOUP RECIPES:

1. Layer all ingredients into a 20-24 oz mason jar.
2. When ready to eat, fill jar with hot water to desired level (usually 2 to 2 1/2 cups to make it full, depending on mason jar used).
3. Mix thoroughly and let the spices and vegetables sit for 1-2 minutes. Enjoy or save for later!
4. Don't have bone broth collagen? See notes.

NOTES

1. If you are using smaller, 12-16 ounce mason jars, you may only need 12-16 grams of bone broth. Divide the ingredients into 4-6 smaller jars, fill jar with hot water 3/4 full before serving.

2. ***Don't have bone broth collagen?*** Try using regular veggie or chicken broth versus water. You could also or add in a scoop of regular dissolvable collagen powder for protein.