

HEALTHY RECIPES (Child-Friendly)

Low Allergy (no dairy, wheat, soy, refined sugar)

Fruit Smoothie

Mix until frothy in blender:

6 oz. rice, oat, or almond milk

½ banana, melon cubes, or frozen berries, or any combination of fruit
or pineapple-coconut juice & sliced pineapple.

Ice cubes as desired.

Mochi waffles

Purchase 1 package of cinnamon-apple Mochi. Cut into quarters and then thinly slice each quarter into 2 thin squares. Place 1 or 2 squares into preheated waffle iron and cook until done. Top with your choice of fruit, all-fruit jam, pure maple syrup, or sautéed apples (recipe below).

French Toast

Mix 1 cup of allowable milk with 1 egg & ½ tsp. cinnamon.

Dip stale rice bread into milk/egg mixture & cook on preheated griddle greased with your choice of acceptable oil. Serve with suggestions below.

Rice Pancakes - approximately 14 (4-inch) pancakes

1 1/3 cups rice flour

½ cup oat flour

2 tsp. baking powder

½ tsp. baking soda

¼ tsp. salt

2 eggs or Egg Replacer to equal 2 eggs

1 Tbsp. canola oil

1 Tbsp. apple butter

1 ½ cups oat, almond, or rice milk, mixed with 1 ½ Tbsp. lemon juice (allow to sit 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 over mix. Bake on pre-heated griddle.

Whole Grain Pancakes or Waffles (can be dairy- &/or wheat-free) Serves - 4

2 cups any flour combination (whole wheat or spelt, whole oats or oat flour & corn works well)

2 tsp. baking powder

½ tsp. baking soda

¼ tsp. salt

2 eggs (or substitute)

2 cups your choice: buttermilk, plain or vanilla soy yogurt, fruit juice, milk (soy, almond, rice, goat or any milk soured with 2 tsp. lemon juice -- mixture will curdle)

1-2 Tbsp. canola oil (3-4 Tbsp. for waffles)

Mix dry ingredients in a medium bowl. If using milk, mix with lemon juice & allow to sit for 5 minutes; mix with remaining liquids. Combine both mixtures, stirring. Mixture will be a bit lumpy. Cook on preheated griddle or waffle iron. Serve with sautéed apples & cinnamon (recipe follows), or unsweetened applesauce, or all- fruit syrup or pure maple syrup (in very small amounts).

Sautéed Apples (use as topping for pancakes, waffles, or French toast)

Thinly slice 2 washed apples & sauté in ½ Tbsp. canola oil or ghee (clarified butter) & 2 tsp. cinnamon until softened. Add 2-3 Tbsp. apple juice & simmer uncovered for a few more minutes, stirring.

Baked Apples with Cashew Topping - 4 servings

4 firm cooking apples

½ cup raisins or currants

½ cup raw cashew pieces

vanilla extract and cinnamon

Cut apples horizontally through peel around the middle to keep from splitting during baking. Core apples and fill centers with 2 Tbsp raisins each. Sprinkle with cinnamon. Bake at 350 degrees for 45 minutes or until tender. While apples are baking, blend

cashews in blender, adding water gradually until the consistency is smooth. Add a few drops of vanilla extract and cover each warm apple with cashew topping.

Granola

Combine:

4 cups rolled oats, or rolled barley (or combine both)
½ - 1 cup soy grits (optional – use only if soy is not a problem food)
1-2 cups sunflower seeds & chopped nuts
1 cup chopped dried fruit & chopped coconut (sugarless)
1 tsp. cinnamon

In a separate bowl, combine:

½ cup fruit concentrate (Mystic Lake Dairy™) brown rice syrup, or pure maple syrup
1 tsp. vanilla
1/3 cup sesame or safflower or canola oil

Stir both mixtures together. Bake at 325 degrees, stirring occasionally, until crunchy (about 2 ½ hours).

Blueberry Banana Muffins – (*contains spelt, a cousin to wheat*) 12 muffins.

2/3 cup mashed ripe banana
1 egg or equivalent Egg Replacer
½ cup oat, almond, or rice milk, or apple juice
1/3 cup canola oil (cold pressed)
2 cups spelt flour (only if you are sure there is no allergy to spelt)
1 tsp. baking soda
1 tsp. baking powder
1 cup fresh or frozen blueberries
¼ tsp. salt

Preheat oven to 350 degrees. Beat together mashed banana and egg until creamy. Mix in milk and oil, and beat well. Combine dry ingredients and add, stirring just until moistened. Gently mix in blueberries. Spoon batter into oiled and floured muffin pan, filling 2/3 full. Bake 15 minutes or until lightly browned.

Banana Breakfast Cake (*contains spelt, a cousin to wheat*) 9 squares.

3 very ripe bananas, mashed
2 Tbsp. lemon juice
1/4 cup apple juice
1/3 cup canola oil
1 1/2 cup spelt flour (only if you are sure there is no allergy to spelt)
1/4 tsp. salt
1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 cup oat bran
3/4 cup raisins or currants

Preheat oven to 350 degrees. Mix mashed bananas and lemon juice until smooth. Stir in juice & oil. In a separate bowl, mix flour, salt, baking powder & soda; mix in bran & add to bananas. Mix well & stir in raisins. Batter will be stiff. Spoon into oiled 8x8 square pan. Bake 35-40 minutes. Cool on rack. Cut into squares. Freezes well in individual baggies for lunchbox treats.

Gluten-Free Muesli 10 cups

3 cups puffed rice
2 cups crispy brown rice cereal or Perky's Nutty Rice®
2 cups puffed millet
1 cup sliced almonds
1 cup sunflower seeds
1 1/2 cups of any combination of the following dried fruit bits: currants, dates, cherries, apples, peaches or apricots

Combine all ingredients and store in airtight container.

Note: Muesli can be used as a breakfast cereal or makes a very portable snack. Use in cookies below.

Muesli Cookies

2 cups muesli
1/3 cup brown rice syrup
2 Tbsp. canola oil (cold pressed)
½ cup ripe banana, mashed

Preheat oven to 350 degrees.

Mix ingredients well and drop by rounded tablespoons on a greased cookie sheet 1 inch apart. Bake for 30-35 minutes.

Rice Cereal Crispies (makes a great lunch box treat) *2 dozen squares*

1 tsp. canola oil
½ cup brown rice syrup
2 Tbs. sesame tahini (or other nut butter)
1 Tbsp. vanilla extract
2 cups crispy brown rice cereal
1 cup each puffed rice and puffed millet
2 cups Perky's nutty rice
(OR use only 6 cups of crispy brown rice OR any combination of cereals)
½ cup sunflower seeds
½ cup currants, chopped dried apple or dates

In large pot, over low heat, stir oil, rice syrup & tahini until bubbly; remove from heat & stir in vanilla. Add remaining ingredients & mix until "well acquainted" with a wooden spoon. Press into ungreased 13x9 inch pan. It will set in 30 minutes at room temperature. Cut into squares & store in an airtight container, not refrigerated.

Banana Custard Pie (*a wonderful sugar-free birthday pie, just add birthday candles!*) *6 servings*

½ cup hot water
1 Tbsp. gelatin powder (1 envelope)
Combine in blender until gelatin is completely dissolved. With the blender running, then add:
½ cup pineapple juice
1 egg or extra 2 Tbsp oil
¼ cup canola oil
½ tsp. vanilla
3 bananas, cut into pieces

Slice another banana into a pie dish or other glass dish. Sprinkle with 2 Tbsp. unsweetened coconut. Pour blender mixture over banana slices & garnish with more coconut.

Sweet Potato Squash Delight (*a wonderful addition to a thanksgiving meal*) *Serves 10*

Steam until tender:
1 medium butternut squash, cut into chunks
2-3 medium sweet potatoes, cut into chunks
When cool enough to handle, peel and puree in food processor.
Add and continue to process:
½ tsp. ginger
1 tsp. cinnamon
dash nutmeg
¼ to ½ cup almond, oat, coconut, or rice milk (add enough to make creamy)

Preheat oven to 350 degrees. Put in 1 ½ qt. casserole & sprinkle with sliced or slivered almonds. Bake about 15 minutes.

Note: if preparing ahead, do not bake until just before serving

Oven Baked Fries

Spray a large cookie sheet with olive oil. Slice a combination of white and sweet potatoes into french fry slices and put on cookie sheet in a single layer. Spray top of potatoes with more olive oil. Bake at 400 degrees for about 30-45 minutes (time depends on the size of your slices). For a crispy taste, turn oven to broil and carefully broil potatoes for about 3-5 minutes.

Split Pea Soup - *6 servings.*

3 cups dry split peas, well rinsed
2 quarts water
1 bay leaf
1 large onion finely chopped
2 cloves garlic, minced

3 stalks celery, chopped
3 medium carrots, sliced
salt and black pepper to taste
2 Tbsp apple cider vinegar or rice vinegar

Place split peas, water, and bay leaf in Dutch Oven. Bring to boil and lower heat to simmer, partially covered for about 20 minutes. Add vegetables and simmer, partly covered for about 40 minutes, stirring occasionally. Add more water as needed. Add pepper, salt and vinegar to taste.

Rice Pasta Primavera with Chicken Serves 4.

2 cups uncooked rice pasta (noodles, spaghetti, elbows)
1 large whole chicken breast, cut into strips
1 each: red, yellow, green bell pepper, cut in thin strips
3-4 scallions, chopped
2 cloves garlic, minced
1 Tbsp. olive oil
1/4 cup fresh basil, finely chopped
1 tsp. paprika
3 Tbsp. balsamic vinegar
1/2 cup black olives, halved (optional)

Cook rice pasta according to package directions. While pasta is cooking, in wok or heavy frying pan, stir fry chicken strips, garlic, scallions, basil and paprika in oil for about 5 minutes; add peppers and continue to cook until peppers are soft and glisten. Remove from heat and add vinegar. Spoon over drained rice pasta and garnish with optional olives and extra olive oil as needed.

Quinoa Salad Serves 12.

1 1/2 cups quinoa, well rinsed
3 cups water -- can use part or all chicken or vegetable broth or powdered bouillon
1/4 - 1/2 cup olive oil and flax oil combined (or use all olive oil, if preferred)
2 Tbsp. balsamic vinegar
1 red bell pepper, diced
1/4 - 1/2 cup diced red onion
1 cup frozen baby peas, thawed
1/4 cup fresh dill, chopped or 1 tsp. dried dill
(add any leftover veggies you might have on hand)

Bring broth (or broth and water) to a boil. Add rinsed quinoa, stir and bring back to boil. Reduce to simmer; cover and cook 15 minutes or until liquid is absorbed. Allow to sit for a few minutes; remove to a serving bowl and toss with some of the oil. Allow to cool slightly before adding the remaining ingredients, tossing well with fork. Adjust seasonings, adding salt and pepper as needed, and chill.

Quinoa Vegetable Soup (serves 4-6)

4 cups water
1/4 cup quinoa (rinsed)
1/2 cup carrots, diced
1/4 cup celery, diced
2 Tbsp. onion, chopped
1/4 cup green pepper, diced
2 cloves garlic, chopped
1 Tbsp. olive oil
1/2 cup tomatoes, chopped
1/2 cup cabbage, chopped
1 tsp. salt
parsley, chopped

Sauté quinoa, carrots, celery, onions, green pepper and garlic in oil until golden brown. Add water, tomatoes and cabbage and bring to a boil. Simmer 20 to 30 minutes or until tender. Season to taste and garnish with parsley. This is a very basic recipe for quinoa vegetable soup. For variations, try adding some of your other favorite vegetables, chopped and sautéed. Quinoa can be a welcome addition to just about any type of soup.

Baked Turkey Stew (great use for leftovers!) serves 4

2 stalks celery, thinly sliced
1 medium red or green pepper, chopped
1 medium onion, chopped
1 clove garlic, minced
1 Tbsp. olive oil
4 tsp. any allowable flour
1 Tbsp. chili powder
¼ tsp. dried thyme, crushed
¼ tsp. dried rosemary, crushed
1/8 tsp. ground red pepper
1- 14 ½ ounce can stewed tomatoes
1- 12 ounce can V-8 juice
1 ½ cups chopped cooked turkey or chicken
2 cups hot brown rice

Sauté first 4 ingredients in olive oil until tender. Stir in next 5 ingredients. Add undrained tomatoes and V-8. Cook and stir until bubbly. Add turkey. Transfer to 1 1/2 quart casserole. Cover; bake in 375 oven for 20 minutes or until heated through. Season with salt and pepper.
Serve over rice.

Pasta & Beans serves 4

16-oz can white beans (pea, navy, Great Northern)
1-2 Tbsp olive oil
1 large onion, chopped
2 carrots, chopped
2 Tbsp dried basil OR ¼ cup chopped fresh basil
1 tsp dried oregano
16 oz can tomatoes or 4 tomatoes, peeled, seeded & chopped
½ cup bean liquid
1-2 tsp salt
½ lb rice elbow macaroni
1 Tbsp more olive oil

Drain beans, reserving liquid. Heat olive oil in a heavy casserole dish. Add onions, carrots, oregano and basil, and cook until vegetables are wilted. Add tomatoes, bean liquid, salt, and pepper. Cover and simmer for about 10 minutes, until the vegetables are tender. Add the drained beans and simmer for another 20 minutes. Meanwhile, cook and drain the macaroni. Toss with olive oil and then mix with the bean sauce.

Oven-Roasted Veggies

Use any combination of the following un-peeled, washed veggies: eggplant, sweet potato, small red potato, red onion, yellow or green summer squash, mushrooms, asparagus, all cut into bite-sized pieces. Toss with crushed garlic cloves, olive oil and sprinkle with any combination of herbs: rosemary, oregano, tarragon, and basil to taste. Spread in roasting pan in single layer and roast approximately 25 to 45 minutes (depending on size) at 400 degrees until veggies are tender and slightly brown, stirring occasionally. Salt and pepper to taste. Serve immediately while warm, or at room temperature. Delicious served leftover in mixed green salad.

Banana, Strawberry, Orange Cream 3 servings

1 cup strawberries
2 medium bananas
1 cup orange juice
1 medium apple
¼ cup raw cashew pieces
lemon juice (optional)

Wash and hull strawberries; peel and slice bananas. (Bananas may be tossed in lemon juice to preserve color.) Combine orange juice, cored apple and cashew pieces in a blender, blend and pour over strawberries and bananas.

Carrot Salad 4 servings

Mix together:

- 2 cups shredded carrot
- ½ cup diced celery
- ¼ cup sunflower seeds
- 3-4 Tbsp olive/flax oil
- 2 Tbsp pineapple juice

Chill for several hours before serving.

Baking Powder Biscuits - one dozen biscuits

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

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 tablespoonfuls 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.