



Gluten-Free Recipes and Tips for Gluten-Free Cooking and Baking

If you have celiac disease or gluten sensitivity, you will probably need to do a lot more cooking from scratch. Investing in one or more good gluten-free cookbooks will be helpful. Here are some gluten-free recipes you might enjoy.

Buckwheat Banana Pancakes

Serves 4 (serving size: 2 pancakes)

Ingredients:

½ cup buckwheat flour	¼ teaspoon salt
¼ cup brown rice flour	1 egg
¼ cup finely ground almond flour or meal	½ cup plain nonfat yogurt
2 tablespoons cornstarch	½ cup skim milk
1 tablespoon finely ground flaxseed	2 tablespoons honey
2 teaspoons baking powder	2 tablespoons vegetable oil
½ teaspoon baking soda	1 ripe banana, mashed
1 teaspoon cinnamon	2 teaspoons vegetable oil (to coat griddle or skillet)
¼ teaspoon allspice	



Directions:

In a large bowl, combine the dry ingredients, from the buckwheat flour through the salt. In a medium bowl, mix the egg, yogurt, milk, honey, oil and banana; add wet ingredients to dry ingredients and stir until just moistened.

Coat a hot griddle or skillet with vegetable oil. Pour the batter by ¼ cupfuls onto the griddle. When bubbles form on top of each pancake and it is browned on the bottom, flip it over. Cook until the other side is also brown.

Serve with warm syrup, fruit butter or fruit topping.

Tip: To save time, premix the dry ingredients and store them in an airtight container in the refrigerator. This recipe takes 1¼ cups of premixed dry ingredients.

Nutrition Information Per Serving:

320 calories	8 g protein	51 g carbohydrate	10 g fat	54 mg cholesterol
560 mg sodium	4 g fiber			

Spiced Quinoa Cereal

Serves 4 (Serving size: ½ cup dry cereal or ¾ cup cooked cereal)

Ingredients:

2 cups quinoa flakes	¼ teaspoon salt
2 tablespoons brown sugar	⅛ teaspoon nutmeg
½ teaspoon cinnamon	⅛ teaspoon allspice



Directions:

Mix all ingredients together and store the cereal in an airtight container.

When you're ready to eat the cereal for breakfast, mix ½ cup of the dry mix with 1 cup of water (or milk) in a deep dish.

Microwave for 2-3 minutes.

Tip: Add fruit such as blueberries or banana slices and nuts for a crunchy texture.

Nutrition Information Per Serving:

194 calories	4.6 g protein	39 g carbohydrate	2 g fat	0 mg cholesterol
111 mg sodium	3.5 g fiber			

Land O'Lakes Gluten-Free Flour Blend

This gluten-free flour was highly recommended by users of this web site:

<http://www.landolakes.com/recipe/1471/gluten-free-flour-blend>

Ingredients:

2 cups rice flour	⅓ cup tapioca
⅔ cup potato starch	1 teaspoon xanthum gum

Directions:

Combine all ingredients in bowl; stir.

Use mixture in baking recipes. Store mixture in container with tight-fitting lid; stir before using.

Nutrition Information Per ⅓ Cup Serving:

140 calories	2 g protein	33 g carbohydrate	0 g fat	0 mg cholesterol
0 mg sodium	1 g dietary fiber			

Here are some tips that might be helpful to you when cooking and baking gluten-free.

Tips for Gluten-Free Cooking•

- **Pancakes, crêpes or cookies** – Use your normal recipe, but substitute sorghum flour or brown rice flour for the wheat flour.
- **Breaded fish or chicken** – Coat fish or chicken with brown rice crackers that have been ground •or with cornmeal.
- **Pasta or noodles** – Choose brown rice pasta, quinoa pasta or corn pasta, or enjoy your favorite veggies and sauce on a bed of polenta or spaghetti squash.
- **Tortillas** – Skip the wheat tortillas, and enjoy corn masa tortillas.
- **Pan gravy** – Thicken pan drippings with cornstarch or arrowroot.

Tips for Gluten-Free Baking

- Pick recipes that include yogurt, applesauce or puréed fruit to boost moistness, as gluten-free baked goods tend to be dry. Banana bread and carrot cake, for example, can be delicious.
- Substitute brown sugar for white sugar to add flavor and moistness.
- Double the vanilla. Use good vanilla, and up the amount to smooth out the flavor of unfamiliar gluten-free flours.
- Bring all ingredients to room temperature for best results.
- Remove baked goods from their tins and pans as soon as possible. Gluten-free foods can get soggy more easily than wheat-based baked goods if you let them sit.

References

- Thompson, T., and M. Brown. (2010). *Easy Gluten-Free*. American Dietetic Association. John Wiley and Sons, Inc.
- <http://www.landolakes.com/recipe/1471/gluten-free-flour-blend>

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