

# Top 12 Gluten-Free, Dairy-Free Recipes

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“The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.”

- Dr. Ann Wigmore



## RECIPES:

- Cauliflower Pizza Crust
- Chocolate Avocado Pudding
- Coconut Flour Bread
- Coconut-Milk Vanilla Ice Cream
- Egg-Free Banana Muffins
- Gluten-Free Baguette
- Grain-Free Chai and Apple Pancakes
- Gluten-Free, Dairy-Free, Soy-Free, Egg-Free German Chocolate Cake
- Paleo Pie Crust
- Quinoa and Kale Patties
- Rosemary Crackers
- Savory Millet Polenta Two Ways

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“Let your food be your medicine and your medicine be your food.”

- Hippocrates

## Eating Well Can Be Delicious!

Cooking feeds your body, mind, and soul. It allows you to control the food you put into your body, connect with your family and friends over a home cooked meal, and save the money you might otherwise spend in restaurants or on processed, prepackaged foods.

Believe it or not, making simple and satisfying meals from scratch doesn't have to be hard. Here are some of my favorite easy, healthy recipes. In addition to all of them being gluten-free and dairy-free, you'll find that many of them are also GAPS, SCD and Paleo-legal. You'll find that eating well can also be delicious!

more on **2**



Here's a great way to get more veggies into your diet! This gluten-free pizza crust is GAPS, SCD and Paleo legal.

## Cauliflower Pizza Crust

### Overview

Serves 4

Prep time 15 minutes

Cook time 30 minutes

Total time 45 minutes

Allergy [EGG](#)

Dietary [DAIRY-FREE](#), [GAPS/SCD](#),  
[GLUTEN-FREE](#), [PALEO](#),  
[VEGETARIAN](#)

Meal type [APPETIZERS](#), [OTHER](#)  
[VEGETABLES](#), [SIDE DISHES](#)

Misc [CHILD FRIENDLY](#), [SERVE HOT](#)

Website [Food Loves Writing](#)

### Ingredients

- 2 cups cauliflower crumbles (about one small cauliflower or half of a really big one)
- 1/4 large onion (chopped)
- 3 cloves garlic (minced)
- 1 cup almond flour
- 2 large pasture-raised eggs
- Sea salt (to taste)
- Freshly ground black pepper (to taste)

### Directions

#### Step 1

Preheat oven to 450 degrees F.

#### Step 2

Combine cauliflower with onion and garlic in a food processor\* and pulse until crumbly, being careful not to over-mix. Then stir together with garlic, almond meal, and eggs, and a couple good cracks of salt and pepper. If it seems too dry, you can add a little water; if it seems too wet, add more almond meal (between another 1/4 and 1/2 cup).

#### Step 3

Form into pizza crusts and bake them alone for 20 minutes.

#### Step 4

Top with desired toppings and bake for another 10 minutes.

Creamy  
chocolate  
pudding -  
without the  
cream!



## Chocolate Avocado Pudding

### Overview

Serves 4

Prep time 5 minutes

Dietary [DAIRY-FREE](#), [EGG-FREE](#),  
[GLUTEN-FREE](#), [VEGAN](#),  
[VEGETARIAN](#)

Meal type [DESSERTS](#)

Misc [CHILD FRIENDLY](#), [SERVE COLD](#)

Website [TreeHugger](#)

### Ingredients

- 2 large ripe avocados
- 2 tablespoons coconut oil
- 1/3 cup raw, local honey
- 3 large dates (soaked in warm water for 15 minutes, chopped)
- 1/2 cup cacao powder
- 2 teaspoons vanilla extract
- 1/2-1 cup non-dairy milk

### Directions

#### Step 1

Add ingredients to a food processor or blender in the following order: oil, dates, honey, vanilla, half the non-dairy milk, avocados, cacao powder.

#### Step 2

Blend until smooth, 2-3 minutes. Add additional non-dairy milk until the pudding is the consistency you want. A little on the thin side is best since it will thicken in the refrigerator. Refrigerate.

#### Step 3

Top with your favorite toppings: nuts, raspberries, mint leaves, sliced banana, shredded coconut.



This Paleo sandwich bread is denser and doesn't rise as much as a typical bread.



## Coconut Flour Bread

### Overview

Serves 12  
Prep time 10 minutes  
Cook time 40 minutes  
Total time 50 minutes

Allergy [EGG](#)

Dietary [DAIRY-FREE](#), [GAPS/SCD](#),  
[GLUTEN-FREE](#), [VEGETARIAN](#)

Meal type [BREADY FOODS](#), [SNACKS](#)

Misc [CHILD FRIENDLY](#), [FREEZABLE](#),  
[PRE-PREPARABLE](#), [SERVE COLD](#), [SERVE HOT](#)

By author [Annamarie Cantrell](#)

### Ingredients

- 6 pasture-raised eggs
- 1 tablespoon raw, local honey
- 1/2 cup ghee, pastured butter or coconut oil (if you want a dairy-free version, use either ghee or coconut oil)
- 1/2 teaspoon sea salt
- 3/4 cups sifted coconut flour (sift first, then measure)
- 1 teaspoon baking soda (aluminum-free)

### Directions

#### Step 1

Preheat the oven to 350F. Grease a small (9"x5"x3") loaf pan.

#### Step 2

Blend together eggs, ghee, honey and salt. Combine coconut flour with baking soda and mix with liquid ingredients until there are no lumps.

#### Step 3

Pour into greased loaf pan and bake for 40 minutes.

#### Step 4

Remove from pan and cool on rack. Serve with ghee, nut butter, or use in sandwiches.

Store-bought ice cream often has unwanted ingredients, like "evaporated cane juice" (read: sugar) and carrageenan (a potential carcinogen).



## Coconut-Milk Vanilla Ice Cream

### Overview

Serves 4  
Prep time 2 hours  
Cook time 8 minutes  
Total time 2 hours, 8 minutes

Allergy [EGG](#)

Dietary [DAIRY-FREE](#), [GAPS/SCD](#),  
[GLUTEN-FREE](#), [PALEO](#),  
[VEGETARIAN](#)

Meal type [DESSERTS](#)

Misc [CHILD FRIENDLY](#),  
[FREEZABLE](#), [PRE-  
PREPARABLE](#), [SERVE COLD](#)

Website [The Mommypotamus](#)

### Ingredients

- 1-1/2 cup homemade coconut milk (see recipe)
- 3 large pasture-raised egg yolks (save the whites for macaroons)
- 1-3 tablespoon raw, local honey (depending on how sweet you like it)
- 1/4 teaspoon sea salt
- 1 tablespoon vanilla extract

### Homemade Coconut Milk

#### Ingredients

- 1 cup unsweetened, shredded coconut
- 1 cup hot, boiling, filtered water

#### Directions

Pour water over coconut; let sit for 15 minutes. Blend in a blender. Strain through a cheesecloth.

### Directions

#### Step 1

In a medium pot whisk egg yolks, honey, and salt together. Add coconut milk and whisk again until well combined.

#### Step 2

Place pot on stove over medium heat, stirring constantly, for 8 minutes. Be sure not to let the mixture boil. Remove pot from the heat and stir in vanilla.

#### Step 3

Transfer contents of pot to a bowl and chill until cold. Process mixture in an ice cream maker according to manufacturer's instructions then transfer to a container with a lid and freeze until firm (1-2 hours).



These SCD/GAPS-legal muffins are gluten-free, dairy-free, egg-free and delicious!

## Egg-Free Banana Muffins

### Overview

Serves 12

Prep time 15 minutes

Cook time 20 minutes

Total time 35 minutes

Allergy [TREE NUTS](#)

Dietary [DAIRY-FREE](#), [EGG-FREE](#), [GAPS/SCD](#), [GLUTEN-FREE](#)

### Ingredients

- 2 ripe bananas
- 2 cups raw cashews or any other nuts
- 4 teaspoons raw, local honey
- 4 teaspoons gelatin powder or crystals (I use Great Lakes gelatin)
- 4-8 tablespoons ghee, pastured butter or coconut oil (if you want a dairy-free version, use either ghee or coconut oil)

### Directions

#### Step 1

Preheat oven to 350F.

#### Step 2

Grind the nuts into a flour.

#### Step 3

Mash the bananas.

#### Step 4

Dissolve gelatin in half a cup of hot, filtered water.

#### Step 5

Mix all ingredients together. Spoon batter into muffin tin. Bake until lightly brown, 15-20 minutes.

# Gluten-Free Baguette

## Overview

Serves 2-3 baguettes

Prep time 30 minutes

Cook time 30 minutes

Total time 1 hour

Allergy [EGG](#)

Dietary [DAIRY-FREE](#), [GLUTEN-FREE](#), [VEGETARIAN](#)

Meal type [BREADY FOODS](#)

Misc [CHILD FRIENDLY](#), [FREEZABLE](#), [PRE-PREPARABLE](#), [SERVE COLD](#), [SERVE HOT](#)

From book [Gluten-Free Baking](#)

## Ingredients

- 3 cups Gluten-Free Bread Flour ((see recipe))
- 1 tablespoon xanthan gum
- 1 teaspoon sea salt
- 2 packets instant yeast
- 1-1/2 cup warm, filtered water
- 1 teaspoon raw apple cider vinegar
- 3 large pasture-raised egg whites
- 1 tablespoon maple syrup
- 3 tablespoons ghee, pastured butter or coconut oil

## Gluten-Free Bread Flour

### Ingredients

- 1 cup super-fine brown rice flour
- 1 cup sorghum flour
- 1 cup millet flour
- 1 cup tapioca flour
- 1 cup potato starch
- 1/4 cup potato flour

### Directions

Blend together and store in an airtight container in the refrigerator or freezer. It's a good idea to label it.

## Directions

### Step 1

Preheat oven to 375F. Lightly grease baguette forms, line with foil, spray and sprinkle with cornmeal.

### Step 2

Mix the dry ingredients together in a mixing bowl.

### Step 3

Whisk together the water, vinegar, egg whites, honey and oil. Begin mixing with a mixer, slowly, using the beater, not the whisk, until well blended, then turn up the speed and mix for 5 more minutes on high.

### Step 4

Put the dry ingredients into the bowl of the mixer. Mix together.



### Step 5

Use the beater, not the whisk. Begin on slow speed. Add the liquids to the dry. As soon as all the liquids have been added, raise the speed to medium. Beat until the dough begins to "slap" the sides of the bowl, about 4-5 minutes.

### Step 6

Shape into 2 or 3 baguettes. Put them in the prepared baguette pan. Cover with more oil and plastic wrap. Let rise in a warm place for 20-30 minutes.

### Step 7

Spritz with water. Bake the breads for 30 minutes or until done. Bread is done when the internal temperature is 190-200F.

Use the beater, not the whisk. Begin on slow speed. Add the liquids to the dry. As soon as all the liquids have been added, raise the speed to medium. Beat until the dough begins to "slap" the sides of the bowl, about 4-5 minutes.



Here's a tasty breakfast recipe from Culinary Farmacy with Elisa Haggarty. I love the use of chai spice in a breakfast food - so creative! These pancakes are GAPS, SCD and Paleo-legal.

## Grain-Free Chai and Apple Pancakes

### Overview

Serves 2

Prep time 10 minutes

Cook time 10 minutes

Total time 20 minutes

Allergy [EGG](#)

Dietary [DAIRY-FREE](#), [DIABETIC](#), [GAPS/SCD](#), [GLUTEN-FREE](#), [PALEO](#), [VEGETARIAN](#)

Meal type [BREAKFASTS](#)

Misc [CHILD FRIENDLY](#), [FREEZABLE](#), [PRE-PREPARABLE](#), [SERVE HOT](#)

Website [Culinary Farmacy](#)

### Ingredients

- 1/2 cup coconut flour
- 1 teaspoon baking soda (aluminum-free)
- 1 teaspoon ground cinnamon (I prefer Ceylon cinnamon)
- 1/4 teaspoon sea salt
- 1 cup almond milk, coconut milk or hemp milk
- 4 large pasture-raised eggs
- 1 pinch dried stevia
- 1 teaspoon ground flax
- 1-2 chai tea bags
- 1/2 large apple (grated)

### Directions

#### Step 1

Steep the tea bags in the one cup of milk over low-medium temperature until simmering. (5-10 minutes).

#### Step 2

Add all dry ingredients together and mix well. Then combine eggs, stevia, milk/tea mixture and mix well.

#### Step 3

Combine wet and dry mixture and add coconut oil to coat the bottom and apply medium heat. Add in the pancake batter one dollop at a time.

#### Step 4

Drizzle with a homemade coconut butter/stevia/cinnamon glaze or a honey/coconut butter.



# Gluten-Free, Dairy-Free, Soy-Free, Egg-Free German Chocolate Cake



## Ingredients

### Frosting

- 14oz coconut milk
- 2 teaspoons agar powder
- 2 pinches sea salt
- 1/2 cup maple syrup
- 1 tablespoon vanilla extract
- 1/2 cup unsweetened, shredded coconut
- 2 tablespoons cashew butter

### Cake

- 3/4 cups sorghum flour
- 3/4 cups tapioca starch
- 1/2 cup cocoa powder (sifted)
- 1 cup coconut sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda (aluminum-free)
- 1 teaspoon xanthan gum
- 1/2 teaspoon sea salt
- 1-1/2 cup almond milk
- 1/2 teaspoon raw apple cider vinegar
- 1/4 cup flax eggs (1 Tablespoon ground flax seeds mixed with 3 Tablespoons water)
- 1/4 cup coconut oil (melted + more for greasing pan)
- 1 tablespoon vanilla extract

## Directions

### Step 1

Prepare the frosting first: Combine the coconut milk and agar in a small saucepan. Allow to sit for 10 minutes. Place on stove over medium-high heat, whisk continuously until agar is completely dissolved, about 15 minutes.

You may have to lower the heat if mixture gets too "bloopy" (big bubbles). Once dissolved, whisk in salt, maple syrup, vanilla and shredded coconut and season to taste. Place in freezer for 20 minutes. Once firm, break into pieces and process with cashew butter until smooth. Refrigerate until needed.

### Step 2

Grease 8" cake pan with coconut oil. Preheat oven to 350F.

### Step 3

Place the sorghum flour, tapioca starch, cocoa powder, coconut sugar, baking powder, baking soda, xanthan gum and sea salt in a medium bowl. Whisk well to combine.

### Step 4

Mix the almond milk, cider vinegar, flax eggs, melted coconut oil and vanilla extract in a separate, smaller bowl.

### Step 5

Add the wet ingredients to the dry ingredients. Whisk together all ingredients until thoroughly combined and the batter is smooth and thick.

### Step 6

Pour batter into cake pan and bake for 25-30 minutes or until an inserted toothpick comes out clean. Let cool in pan for 10 minutes, then remove to a wire rack to finish cooling. Frost the cake, serve and enjoy!

### Step 7

Spritz with water. Bake the breads for 30 minutes or until done. Bread is done when the internal temperature is 190-200F.

## Overview

Serves 16

Prep time 45 minutes

Cook time 30 minutes

Total time 1 hours, 15 minutes

Allergy [TREE NUTS](#)

Dietary [DAIRY-FREE](#), [EGG-FREE](#), [GLUTEN-FREE](#), [VEGAN](#), [VEGETARIAN](#)

Meal type [DESSERTS](#)

Misc [CHILD FRIENDLY](#)

Occasion [CASUAL PARTY](#)

Who says you can't have pie if you're Paleo or GAPS/SCD? You can!



## Paleo Pie Crust

### Overview

Serves 8

Prep time 5 minutes

Cook time 10 minutes

Total time 15 minutes

Allergy [EGG](#), [TREE NUTS](#)

Dietary [DAIRY-FREE](#), [DIABETIC](#),  
[GAPS/SCD](#), [GLUTEN-FREE](#),  
[PALEO](#), [VEGETARIAN](#)

### Ingredients

- 2 cups blanched almond flour
- 1/4 teaspoon sea salt
- 2 tablespoons coconut oil (melted)
- 1 large pasture-raised egg

### Directions

#### Step 1

Preheat oven to 350F.

#### Step 2

Place flour and salt in a food processor and pulse briefly.

#### Step 3

Add coconut oil and egg and pulse until mixture forms a ball.

#### Step 4

Press dough into a 9-inch pie plate.

#### Step 5

Bake for 8-12 minutes.



Lemon,  
parsley,  
avocado  
and/or  
salsa  
make  
tasty  
garnishes.



## Quinoa and Kale Patties

### Overview

|            |            |
|------------|------------|
| Serves     | 8          |
| Prep time  | 10 minutes |
| Cook time  | 15 minutes |
| Total time | 25 minutes |

Allergy [DAIRY](#), [EGG](#)

Dietary [DIABETIC](#), [GLUTEN-FREE](#),  
[VEGETARIAN](#)

### Ingredients

- 1 cup quinoa
- 2 cups filtered water
- 4 large pasture-raised eggs (whisked)
- 1/3 cup Parmesan cheese (shredded)
- 3 large scallions (sliced thin)
- 3 cloves garlic (minced)
- 1/2 teaspoon sea salt
- 1 cup steamed swiss chard or kale (chopped)
- 1 cup gluten-free breadcrumbs
- 1 tablespoon extra-virgin olive oil

### Step 1

Rinse 1 cup of quinoa thoroughly and place the grains in a medium sauce pan with 2 cups of water. Allow quinoa to soak for 15 minutes. Then, with the lid on the pan, bring the water to a boil and reduce to a simmer. Cook until quinoa is tender and has absorbed the liquid - about 15-20 minutes. Let cool to room temperature.

### Step 2

In a large bowl, mix together cooked quinoa, eggs, Parmesan cheese, scallions, garlic, salt, steamed chard or kale, and breadcrumbs. Let everything sit for a few minutes to absorb the liquid. Form patties.

### Step 3

Heat olive oil in a large skillet over medium-low heat. Cook up to 6 patties at a time (don't overcrowd the pan). Cover the pan and let the patties cook for 7-10 minutes until they are a deep rich brown. Flip and cook the other side for another 7-10 minutes until both sides are nice and brown. Let patties rest on a cooling rack while you finish the next batch.

Be sure to make double or triple batches of these - they will disappear!



## Rosemary Crackers

### Overview

Serves 6  
Prep time 10 minutes  
Cook time 15 minutes  
Total time 25 minutes

Allergy [EGG](#)

Dietary [DAIRY-FREE](#), [DIABETIC](#),  
[GAPS/SCD](#), [GLUTEN-FREE](#),  
[PALEO](#), [VEGAN](#), [VEGETARIAN](#)

### Ingredients

- 1-3/4 cup almond flour
- 1/2 teaspoon sea salt
- 2 tablespoons fresh rosemary (minced)
- 1 tablespoon ghee, pastured butter or coconut oil (if you want a dairy-free version, use either ghee or coconut oil)
- 1 pasture-raised eggs

### Directions

#### Step 1

Preheat oven to 350 degrees.

#### Step 2

Whisk dry ingredients together in a large bowl. Mix wet ingredients together in a separate bowl. Combine.

#### Step 3

Roll the dough into a ball and press between 2 sheets of parchment paper to 1/8" thickness. Remove top piece of parchment paper, and transfer rolled-out dough onto a baking sheet.

#### Step 4

Cut dough into 2-inch squares. Bake for 12-15 minutes, until lightly golden. Let crackers cool for 30 minutes, then serve.

## Savory Millet Polenta Two Ways



### Overview

Serves 6

Prep time 10 minutes

Cook time 1 hours, 20 minutes

Total time 1 hours, 30 minutes

Dietary [DAIRY-FREE](#), [DIABETIC](#),  
[GLUTEN-FREE](#), [VEGAN](#),  
[VEGETARIAN](#)

Meal type [GRAINS](#), [SIDE DISHES](#)

Misc [CHILD FRIENDLY](#),  
[FREEZABLE](#), [PRE-  
PREPARABLE](#), [SERVE HOT](#)

Occasion [CASUAL PARTY](#)

Website [Natural Gourmet Institute](#)

### Ingredients

- 1 cup sweet potato (peeled and chopped, 1/4)
- 2 tablespoons ghee, pastured butter or coconut oil (if you want a dairy-free version, use either ghee or coconut oil)
- 1 small onion (finely chopped)
- 4 cloves garlic (minced)
- 2 sprigs fresh thyme (stems removed)
- 1 bay leaf
- 4 cups water or homemade stock
- 1 cup millet (soaked overnight, drained and rinsed)
- 1 teaspoon sea salt
- 1/2 cup arrowroot (for pan-frying only)
- fresh flat-leaf parsley (minced)

### Directions

#### Step 1

In a heavy 2- to 3-quart saucepan, melt ghee or oil over medium heat. Add sweet potato and onion, and saute' for 5 minutes, stirring frequently with a wooden spoon to prevent browning. Add garlic, thyme and bay leaf, and saute' for 3-4 more minutes.

#### Step 2

Add water or stock, millet and salt, and bring to a boil. Reduce heat to low, cover and cook for 45-50 minutes. Stir vigorously several times during the course of cooking to help release soft starch in millet and to prevent sticking. Remove millet from heat when it turns soft and creamy. Set aside to rest, covered, for 5 minutes. Discard bay leaf.

#### Step 3

Lightly oil a 6- to 8-cup capacity baking dish. Pour polenta into baking dish, smooth top with a moistened spatula. Set polenta aside to cool to room temperature, then refrigerate, uncovered, until fully set, about 30 minutes.

#### Step 4

Cut into shapes (triangles, squares, etc.) for further cooking.

#### Step 5

##### PAN-FRIED

Heat oil at a depth of 1/4" in a wide heavy saute' pan over medium heat. Dredge polenta in arrowroot; tap well to remove excess coating. When oil shimmers, add sliced polenta and fry until golden and crisp. Flip to crisp other side. Drain on paper and serve hot.

##### BAKED

Heat the oven to 350F. Brush a cookie sheet with oil and place polenta on top. Allow some space between pieces and brush lightly with oil. Bake 30 minutes or until golden brown.

This is my favorite way to eat millet. It tastes very much like corn without the high levels of inflammatory omega-6's.

### About Me

As a Certified Holistic Health Counselor trained at the [Institute for Integrative Nutrition](#), I create a supportive environment that will enable you to achieve all of your health goals.

I have studied all the major dietary theories and use practical lifestyle coaching methods to guide you in discovering which approach works best for you.

I am a Board Member, Media Director and blogger for [Epidemic Answers](#), a 501(c)(3) non-profit whose goal is to help parents recover their children from chronic illnesses like autism, ADHD, SPD (sensory processing disorder), allergies, asthma, acid reflux, chronic ear infections, OCD, etc.

I am also the Media Director for Epidemic Answers' [Canary Kids Film Project](#), in which we will be documenting the potential recovery of 7 children with autism, ADHD, allergies and asthma as they work with biomedical doctors, functional-medicine doctors, naturopaths, health coaches and other integrative health practitioners for a period of 18 months.

I have recovered my two sons from SPD, asthma, allergies and acid reflux with food, occupational therapies and a biomedical approach.

The roots of my sons' and my illnesses and of most childrens' and adults' chronic illnesses are:

- [Gut dysbiosis](#)
- [Nutritional deficiencies](#)
- [Immune dysregulation](#)
- Toxicity from [heavy metals](#), [endocrine disruptors](#) and [other toxins](#)
- Chronic [inflammation](#)

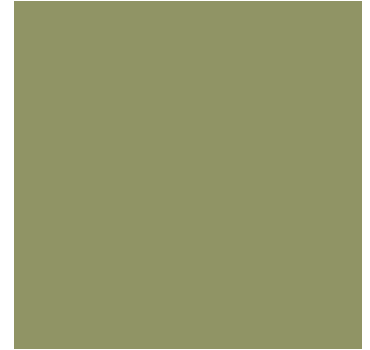
I can show you how to reverse symptoms of these conditions with food, supplement and lifestyle choices.

I specialize in health coaching/cooking that helps recover your family's health from symptoms of:

- Autoimmune disorders
  - Allergies
  - Asthma
  - Fibromyalgia
  - Rheumatoid arthritis
  - Lupus
  - Scleroderma

"I know what it takes to recover from symptoms of chronic illnesses."

- Maria Rickert Hong



- Neurological disorders
  - Autism
  - PDD-NOS
  - ADHD
  - Sensory Processing Disorder
  - OCD
  - Learning disabilities
  - Parkinson's
  - Alzheimer's
  - Multiple sclerosis
  - Lyme
  - Schizophrenia
  - Bipolar disorder
  - Mood disorders
  - Depression
  - Anxiety
- Digestive disorders
  - Acid reflux
  - Crohn's
  - Celiac
  - IBS
  - Colitis
- Chronic fatigue

I have recovered my health as well as my sons' health mainly through my choices of food. I can show you how to do the same.

Could one conversation change your life?  
Schedule an [initial consultation](#) with me today!