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10 Gluten-Free Recipes

After many years of puzzling symptoms, health care providers have begun to recognize the threat gluten is to our system. Gluten is found most notably in wheat, rye, and barley.

Our diet has steadily increased in gluten consumption over the years. Along with that, many health care problems have arisen which are related to gluten in some people.

And to help you on your gluten-free diet, here are 10 gluten-free recipes for you to try.

Perfect Gluten-Free Peanut Butter Cookies

Ingredients

1/2 cup gluten free, casein free margarine

1/2 cup salted natural peanut butter

1/2 teaspoon baking soda

1/2 cup brown sugar

1/2 cup white sugar

1/4 cup tapioca flour

1/4 cup potato flour

1 cup soy flour

1 egg

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C).
2. In a medium bowl, blend together the margarine, brown sugar, and white sugar until smooth. Mix in the egg and peanut butter.
3. Mix in the egg and peanut butter.
4. Combine the baking soda, soy flour, tapioca flour and potato flour.
5. Stir into the batter to form a dough.
6. Roll teaspoonful of dough into balls and place them 2 inches apart onto ungreased baking sheets.
7. Bake for 8 to 10 minutes in the preheated oven.
8. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Delicious Gluten-Free Pancakes

Ingredients

3 tablespoons tapioca flour
1/3 cup potato starch
4 tablespoons dry buttermilk powder
1 packet sugar substitute
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 cup rice flour
1/2 teaspoon salt
1/2 teaspoon xanthan gum
2 eggs
3 tablespoons canola oil
2 cups water

Instructions

1. In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar substitute, baking powder, baking soda, salt, and xanthan gum.
2. Stir in eggs, water, and oil until well blended and few lumps remain.
3. Heat a large, well-oiled skillet or griddle over medium-high heat.
4. Spoon the batter onto skillet and cook until bubbles begin to form.
5. Flip and continue cooking until golden brown on the bottom.
6. Serve immediately with condiments of your choice.

Amazing Gluten-free Layer Bars

Ingredients

- 7 ounces flaked coconut
- 1 cup butterscotch chips
- 6 ounces semisweet chocolate chips
- 8 ounces unsalted peanuts
- 1/2 cup sliced almonds
- 1 (14 oz) can sweetened condensed milk

Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Generously grease one 13×9 inch baking pan.
3. Spread 2/3 of the flaked coconut evenly on the bottom of the baking pan.
4. Sprinkle the butterscotch morsel, chocolate chips, and peanuts evenly over the coconut layer.
5. Pour condensed milk evenly over the whole pan.
6. Top with sliced almonds and remaining coconut.
7. Bake for 20 minutes in the preheated oven.
8. Cool completely before cutting into squares.

Gluten-Free Cashew and Peanut Butter

Ingredients

1/4 cup salted natural peanut butter
1/4 cup cashew butter
1/2 cup gluten free, casein free margarine
1/2 teaspoon baking soda
1/2 cup corn flour
1/2 cup tapioca flour
1/4 cup potato flour
1/2 cup brown sugar
1/2 cup white sugar
1 egg

Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl, mix together the margarine, brown sugar, white sugar and egg until smooth.
3. Stir in the peanut butter and cashew butter.
4. Combine the baking soda, corn flour, tapioca flour, and potato flour.
5. Stir into the batter to form a dough.
6. Roll the dough into teaspoon sized balls and place them 2 inches apart onto an ungreased cookie sheet.
7. Bake for 8 to 10 minutes in the preheated oven.
8. Let cool on baking sheets for a few minutes before removing to wire racks to cool completely.

Gluten Free Chocolate Cupcakes

Ingredients

1 1/2 cups white rice flour
3/4 cup millet flour
1/2 cup unsweetened cocoa powder
1 1/4 cups white sugar
2/3 cup sour cream
1 teaspoon baking soda
1 tablespoon baking powder
1 teaspoon xanthan gum
2 teaspoons vanilla extract
4 eggs
1 cup milk
1 teaspoon salt

Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Grease two 12 cup muffin pans or line with paper baking cups.
3. In a medium bowl, stir together the rice flour, millet flour, cocoa, salt, baking soda, baking powder and xanthan gum.
4. In a separate large bowl, beat the eggs, sugar, sour cream, milk, and vanilla.
5. Stir in the dry ingredients until smooth.
6. Spoon the batter into the prepared cups, dividing evenly.
7. Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes.
8. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter.

Gluten Free Garbanzo Bean Chocolate Cake

Ingredients

- 1 1/2 cups semisweet chocolate chips
- 1 (19 oz) can garbanzo beans, rinsed and drained
- 1 tablespoon confectioners' sugar for dusting
- 1/2 teaspoon baking powder
- 3/4 cup white sugar
- 4 eggs

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Grease and flour a 9 inch round cake pan.
3. Place the chocolate chips into a microwave-safe bowl.
4. Cook in the microwave for about 2 minutes, stirring every 20 seconds after the first minute until chocolate is melted and smooth.
5. If you have a powerful microwave, reduce the power to 50 percent.
6. Combine the beans and eggs in the bowl of a food processor. Process until smooth.
7. Add the sugar and the baking powder and pulse to blend.
8. Pour in the melted chocolate and blend until smooth, scraping down the corners to make sure the chocolate is completely mixed.
9. Transfer the batter to the prepared cake pan.
10. Bake for 40 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean.
11. Cool in the pan on a wire rack for 10 to 15 minutes before inverting onto a serving plate.
12. Dust with confectioners' sugar just before serving.

Dairy and Gluten-Free Buttermilk Pancakes

Ingredients

1 cup sweet rice flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon (optional)
1/2 teaspoon salt
2 eggs, beaten
1 1/4 cups soy yogurt
1/4 cup rice milk
2 tablespoons vegetable oil

Instructions

1. Sift the rice flour, baking powder, baking soda, cinnamon, and salt in a bowl.
2. In another bowl, whisk together the beaten eggs, soy yogurt, rice milk, and oil, and pour into the flour mixture. Stir briefly just to combine.
3. Heat a lightly oiled griddle or frying pan over medium-high heat.
4. Scoop about 1/4 cup of batter per pancake onto the heated griddle, and cook for 1 to 2 minutes, until bubbles appear on the surface.
5. Flip the pancake and cook 1 to 2 minutes more, until the pancake is golden brown on both sides.

Golly Gee Gluten-Free Pancakes

Ingredients

1 egg

1/4 cup apple juice

1 tablespoon unsalted butter, melted

1/4 cup amaranth flour

1/4 cup tapioca flour

3 tablespoons arrowroot flour

1/4 teaspoon ground cinnamon

1 pinch ground nutmeg

1/2 teaspoon wheat-free baking powder

1/4 teaspoon salt

Instructions

1. In a medium mixing bowl, beat the egg with the apple juice and melted butter.
2. Add the remaining ingredients and stir.
3. Heat a lightly oiled griddle or frying pan over medium-high heat.
4. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake.
5. Brown on both sides and serve hot.
6. This batter must be used right away and cannot sit and wait.

Gluten-Free Peanut Butter Cookies

Ingredients

2 cups peanut butter

2 cups white sugar

4 eggs, beaten

2 cups semi-sweet chocolate chips (optional)

1 1/2 cups chopped pecans (optional)

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheet.

2. Combine peanut butter, eggs, and sugar and mix until smooth.

3. Mix in chocolate chips and nuts, if desired. Spoon the dough by tablespoons onto a cookie sheet.

4. Bake for 10 to 12 minutes or until lightly browned.

5. Let the cookies cool on the cookie sheets for 5 to 10 minutes before removing.



Chocolate Chip Cookies (Gluten Free)

Ingredients

3/4 cup butter, softened
1 1/4 cups packed brown sugar
1/4 cup white sugar
1 teaspoon gluten-free vanilla extract
1/4 cup egg substitute
2 1/4 cups gluten-free baking mix
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
12 ounces semisweet chocolate chips

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Prepare a greased baking sheet.
2. In a medium bowl, cream butter and sugar.
3. Gradually add replacer eggs and vanilla while mixing.
4. Sift together gluten- free flour mix, baking soda, baking powder, and salt.
5. Stir into the butter mixture until blended. Finally, stir in the chocolate chips.
6. Using a teaspoon, drop cookies 2 inches apart on prepared baking sheet.
7. Bake in preheated oven for 6 to 8 minutes or until light brown.
8. Let cookies cool on baking sheet for 2 minutes before removing to wire racks.