

# Healthy Home Cookin' Allergy Cook-booklet

*Wheat Free, Gluten Free, Sugar Free,  
Egg Free, Dairy Free, Yeast Free, Soy  
Free, and almost Oil Free!*

by Angela Poch, N.C.



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Free, Yeast Free, Soy Free, and almost Oil Free!**

**by Angela Poch, N.C.**

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## Introduction

Please follow your doctor or dietician's directions!!!

This book was designed for those with severe allergies and those coming off a cleanse, but it is also good for those with Celiac, Candida, and other limited diets. Please note: if you are on a Candida diet do not use breadcrumbs, but rather use a safe cracker, see pg. 25 or 26, or rice waffles pg. 5.

For those coming off a cleanse, be sure to start slowing. Choose very simple recipes and avoid chicken and beef flavor for the first couple days. See the directions for the cleanse you are doing.

I want to briefly talk about oats. Oats are same for those who can't have gluten, BUT you have to be careful of your source. Oats can be contaminated by the processing. You can get certified safe oats and mill the flour yourself or find a source that does not process or grow their oats with other crops. Companies like [www.onlyoats.com](http://www.onlyoats.com) or [www.creamhillestates.com](http://www.creamhillestates.com) (maker of Lara's Oat Products) offer purity guarantees.

If you can't tolerate oats: There are 13 recipes (out of 61) with oats, and many of those have "no oat" alternatives such as the waffles – there is a rice waffle recipe. Since the book is designed to help many different issues, so I included the alternatives. I have put \*on the recipe titles to let you know the recipe has oats. I hope this helps those with oat issues.

Angela Poch, N.C.

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# Breakfast:

## **Oatmeal\***

- 3 cups water
- 2 cups quick cooking oats
- 1 cup raisins, optional
- 1/2 tsp sea salt, optional

Bring water to a boil and stir in oatmeal. Reduce heat, add raisins, and simmer for 5 minutes. Remove from heat and let stand 5 to 10 minutes. Serve with rice/almond milk, chopped walnuts or pecans, fresh fruit, and ground flax seeds for your omega 3.

## **Buckwheat Grouts**

- 3 cups water
- 1 1/2 cups buckwheat grouts
- 1/2 tsp sea salt, optional

Bring water and buckwheat to a boil. Reduce heat and simmer for 15 minutes. Remove from heat and let stand 5 minutes. Serve with rice/almond milk, chopped walnuts or pecans, fresh fruit, and ground flax seeds for your omega 3.

## **Millet**

- 1/2 cup millet
- 2 cups hot water (or fruit juice)
- 1 cup fresh or thawed raspberries, blackberries, or strawberries

Bring millet and water to a boil, reduce heat and let simmer on very low for 40 minutes, until millet “bursts.” Stir in berries. Serve topped with fresh fruit and almond/rice milk. For variations, add favourite dried fruits or chopped nuts while hot.

## **Cornmeal Blueberry Mush**

- 1 1/2 cups water
- 1 1/2 cups rice/almond milk
- 3/4 cup cornmeal
- 1/4 tsp sea salt
- 2 cups fresh or frozen blueberries
- 3 Tbsp pure maple syrup, optional

In a 2 quart saucepan heat water and milk until boiling, slowly add cornmeal stirring constantly. Reduce heat and simmer until thick, about 35 to 40 minutes. Stir occasionally. Stir in syrup and blueberries and serve.

## **Crock-pot Breakfast**

Choose 3 of the following grains:

- 1 cup millet
- 1 cup buckwheat (goes very soft)
- 1 cup crack or whole rye
- 1 cup brown rice (or any other whole grain - NOT flour)

Add: 9 cups water

- 1 to 2 cups dates, pitted & chopped (or raisins)
- 1 tsp sea salt
- 1 Tbsp vanilla or maple flavor

Prepare the night before. Thoroughly wash all the grains and drain. Add all ingredients into crock-pot and stir to mix. Cook on low, about 6 to 8 hours. In the morning, stir in vanilla. Serve with milk.

## **Oat Cakes\***

Created by Grandma Helen Stafford in the 1940's.

- 3 cups rolled oats (not quick, can try buckwheat)
- 2 2/3 cups rice/almond milk
- 3 Tbsp vegetable oil
- 3 Tbsp honey (or alternative such as stevia to taste)
- 1/2 tsp sea salt
- 1/4 cup cashews or walnuts, optional
- 1/4 cup sesame seeds, optional

Combine all and place in oiled 9 x 9 pan. Sprinkle with cashews/walnuts and sesame seeds. Bake at 350°F for 40 minutes or until light brown. Serve with any favourite fruit sauce, maple syrup, apple sauce, or even a savory gravy and burger.

## **Apple Crisp**

2 cups quick oats (\*SEE below for oat free)

1/4 cup canola oil (adds omega 3)

2 to 3 Tbsp apple juice (or vegetable oil)

6 to 7 medium apples, sliced (or canned)

Frozen Fruit Cream

Place sliced apples in a 9 x 13 pan. Stir oil and apple juice into oats, add enough apple juice or oil to make a crumbly mixture, still quite dry, but will hold together a bit if squeezed. Crumble on top of apples and bake at 350°F for 30 to 40 minutes or until topping is golden brown. Top with Frozen Fruit Cream. \*For those with oat allergies you can use “Nutty Crust” on top of the fruit.

## **Granola\***

16 cups rolled oats (not quick)

1 cup sunflower seeds

1 cup walnuts, chopped (or other)

1/4 cup sesame seeds

1 cup dates, chopped

1 tsp sea salt

3 cups applesauce (or pear puree)

1 1/2 cups raisins

Combine all dry ingredients, except raisins, in a large bowl. Add applesauce and stir well. Divide into four portions. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 250°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard.

## **Pina Colada Granola\***

12 cups rolled oats (not quick)

2 cups coconut

1 1/2 cups almonds, chopped

1 cup dates, chopped

1 tsp sea salt

1/4 cup vegetable oil

1 cup crushed pineapple

1 cup pineapple juice concentrate

1/4 cup honey (or stevia to taste or omit)

1 1/2 cups raisins

Mix oil, pineapples, pineapple juice, and honey, heat if necessary to mix well. Combine all dry ingredients in a large bowl. Add wet ingredients and stir well. Divide into four. Place each portion on a cookie sheet (if you only have 2 cookie sheets, leave 1/2 in the bowl). Bake at 250°F for 20 minutes, stir well and bake an additional 20 minutes. Add raisins and let cool. Store in cupboard.

### **Easy Waffles\***

3 cups oats, quick

3 1/2 cups very HOT water

1 Tbsp honey (or maple syrup)

Place all ingredients in a blender and blend on high for 2 to 4 minutes. Let stand 5 minutes, and bake in HOT waffle irons. I have two waffle irons to make this process go a little faster. They take approx 12 minutes. Done when light brown or dark golden, light and crispy on the edges. (On my waffle irons this takes twice as long as regular waffles. Mine are not done until the done light comes on the second time.) We often make large batches ahead and freeze. Thaw (optional) and warm in the toaster, makes for a quick meal. (If I plan to re-heat waffles, I only cook until light golden brown, which on my waffle irons is the first time the done light comes on.) If too dark and/or comes apart, reduce the water. If too heavy, add more water. NOTE: 3 range fed organic eggs or Egg Replacer makes these extra light. Add 1 tsp of Ener-G Egg Replacer.

### **Simple Rice Waffles**

2 3/4 to 3 cups brown rice, cooked

2 cups water

1/2 cup brown rice flour (or organic corn flour or mix)

dash of salt, optional

1 Tbsp honey (or maple syrup)

Blend all ingredients until very smooth. Let stand 5 minutes. Bake in hot waffle irons, approx 15 minutes. (I leave in until the done light has come on twice on my waffle irons.) If they are sticking, leave to cook a bit longer. If still sticking, add more rice flour. You may have to try this a couple times in your waffle iron to get just right, but don't give up because these are light and crispy.

## **Blueberry Topping - Deluxe**

1/3 cup grape juice concentrate, undiluted

1/2 cup water

3 to 4 Tbsp cornstarch

4 cups fresh or thawed blueberries

In saucepan mix juice, cornstarch, and water. Cook over medium heat until thick. Stir in blueberries. (If using fresh berries, use 3 Tbsp of cornstarch. If using thawed or frozen berries, use 4 Tbsp of cornstarch.) Add 1 Tbsp more cornstarch if you would like a firmer topping. Use 1 Tbsp less for pancakes and waffles.

## **Easy Berry Topping or Jam**

3 to 5 cups thawed berries (Rasp, Black, or Strawberries)

4 to 8 dried pineapple rings

(The more pineapple the sweeter and thicker it gets.)

In a bowl break up pineapple into small pieces and mix with berries. Be sure to cover the pineapple with the juice of the berries. Let soak 6 to 8 hours or overnight and blend with a hand blender or food processor. Very good even for those who do not like pineapple.

## **Date Walnut Spread**

1 cup almond milk (or other or water)

1 cup dates, chopped or whole pitted

1 cup walnuts

Soften dates in rice/almond milk over medium low heat. Remove from heat and place in food processor. Add walnuts and process on high until smooth. Variation: Use 1/2 almonds and 1/2 walnuts.

## **Fresh Berry Topping**

3/4 cup apple juice concentrate (or white grape)

1/2 cup water

2 to 4 Tbsp cornstarch\*

1 to 3 Tbsp honey (or stevia to taste), to taste

2 cups fresh berries (blueberries, strawberries, or a mix)

Whisk cornstarch and raw sugar in water and cook over medium heat, stirring constantly, until thick. Stir in berries and cool 5 to 7 minutes. Pour onto cheezecake or use as waffle topping. \*Use 4 Tbsp for thick toppings for cheezcakes, etc.

# Soups

## **Lentil & Tomato Soup**

Thick and rich, full of nutrients.

- 1 large sautéed onion, optional
- 1 cup red lentils
- 1/2 cup brown lentils or more red lentils
- 4 to 5 large chopped tomatoes (or 1 can of diced)
- 4 cups water
- 2 tsp Italian Herbs
- 1 tsp sea salt (or Chicken Flavour)

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils are tender. Adjust water and salt to taste. Puree half in a food processor until smooth. Puree remaining half until small in texture. Serve warm.

## **Minestrone**

- 6 cups water
- 2 cups tomato juice (or V8)
- 1 can diced tomatoes (796ml/28oz)
- 1 cup chopped zucchini
- 1 can corn (398ml/14oz)
- 1 cup chopped turnip
- 2 med carrots, diced
- 1 med red bell pepper, diced
- 2 lrg onions, sautéed if desired
- 1 tsp parsley, basil, and sea salt
- 4 to 5 med bay leaves
- 3 to 4 cubes Beef Flavour (or salt to taste)

Combine all in large pot and bring to a boil. Reduce heat and let simmer 30 minutes, until carrots are tender. Adjust water and bouillon to taste.

## **Moroccan Lentil and Chickpea Soup**

- 2 quarts water
- 1 can chickpeas, drained (540ml/19oz)
- 3/4 cup lentils, rinsed
- 1 stalk chopped celery, optional
- 1 large onion, diced, optional

- 1/2 cup chopped fresh parsley (or cilantro)
- 1 can Italian plum tomatoes, chopped (796ml/28oz)
- 1 tsp sea salt, to taste
- 1/2 tsp turmeric
- 3 or 4 Tbsp Chicken Flavour (or salt to taste)
- 2 to 3 tsp lemon juice, to taste

Combine all ingredients and bring to a boil. Simmer, partially covered, for about 45 to 60 minutes (or until the lentils are cooked).

## Potato Stew

- 6 cups water
- 2 cups tomato juice
- 1/2 cup lentils, optional
- 4 medium potatoes, diced
- 1 cup diced carrots
- 2 lrg onions, optional
- 1 Tbsp lemon juice
- 2 med bay leaves
- 1 tsp sea salt, to taste
- 1 cube Beef Flavour (or salt to taste)

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils and potatoes are tender. Adjust water and salt to taste.

## Split Pea or Lentil Soup

- 1 lb green split peas or lentils
- 1 large onion, chopped, optional
- 10 cups water
- 1 1/2 cups carrots, diced (2 large)
- 3/4 cup celery, chopped, optional
- 2 Tbsp Chicken Flavour (or salt to taste)
- 1/2 tsp sea salt

Combine peas, water, Chicken Flavour (or salt to taste), celery, and onion in a large soup pot. Bring to a boil, reduce heat, cover, and simmer for 1 1/2 hours. Add potatoes and carrots, simmering another 15 to 30 minutes until vegetables are tender. If the soup is too thick, thin it with water. Season with sea salt to taste.

## **Vegetable Lentil Soup**

- 5 cups tomato juice (one large can)
- 4 cups water
- 1 cup lentils, washed
- 1 cup diced carrots
- 1 cup chopped celery (or spinach)
- 1/2 cup chopped onion
- 1 tsp sea salt (or 1 Tbsp Chicken Flavour)
- 1/2 med green pepper - optional
- 2 med bay leaves

Bring tomato juice and water to a boil. Add the rest of the ingredients.

Bring back to a boil; reduce heat and simmer

1 1/2 hours. Freezes well.

## **Hiking Crackers\***

- 1 1/2 cups oat flour (grind oats in blender)
- 1/4 cup ground almonds (or other nut)
- 1 cup buckwheat (grind in blender)
- 1 tsp sea salt
- 1/2 to 1 cup water, as needed
- 1/4 cup almond butter (or non-hydrogenated margarine)

Combine water and almond butter well. Mix all ingredients thoroughly.

Roll out until very thin (1/16") on a cookie sheet. Cut into squares and bake at 375°F for 8 to 12 min or until golden brown.

## **Spreads**

### **Sunflower Ranch Dressing**

- 1/4 cup sunflower seeds & 1/4 cup raw cashews
- 1/2 cup water
- 3 Tbsp lemon juice, fresh best
- 1 tsp raw sugar, optional
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/8 tsp paprika
- 1/2 tsp parsley
- 1 tsp Italian herbs

Combine all in blender and blend until smooth and creamy. Store in fridge up to 5 days.

## **Garbanzo Cheeze**

- 1 cup water
- 1/4 cup sunflower seeds
- 1 cup cooked & rinsed garbanzos (1/2 - 19 oz can)
- 2 Tbsp nutritional yeast flakes
- 1 tsp salt to taste
- 3 Tbsp lemon juice, fresh best
- 1/2 tsp dill weed or more to taste
- 1/2 tsp celery seed
- 1/4 tsp paprika, optional

Blend all ingredients together until very smooth. Pour into dish and chill until firm. Use as a spread.

## **Lentil Slice/Paté**

- 1 1/4 cups brown lentils, raw
- 4 cups boiling water
- 1 1/2 Tbsp onion powder
- 1 tsp garlic powder
- 2 to 3 cubes Beef Flavour (or salt to taste)

Bring water to a boil in a medium saucepan over medium heat. Grind lentils into a flour with blender or coffee grinder, add onion and garlic powder. Dissolve bouillon in boiling water and vigorously whisk in “lentil flour” (or add water to lentil flour and return to saucepan). Cook for 8 to 10 minutes, stirring frequently, until thick. Spray a plastic container with non-stick spray and pour mixture in. Chill until firm, about 6 to 8 hours, and slice or use immediately as a pâté.

## **Mariner Spread**

- 2 cups garbanzos or chickpeas (19 oz can)
- 1/2 cup Sunflower Ranch Dressing
- 2 to 3 Tbsp Sweet Relish
- 1/4 cup green onions, chopped (or chives)
- 1/2 tsp dulse (or kelp)
- 1 tsp kelp, to taste (if unavailable add a dash of salt)
- 1 tsp fresh lemon thyme (or 1/2 tsp dried), optional
- 1/4 tsp sea salt

Mash garbanzos and combine all ingredients. Chill or serve. Variations: Add 1/2 cup chopped celery, 1/4 cup chopped red or sweet white onion, and/or 1 Tbsp fresh parsley

## **Hummus**

- 2 cups garbanzos or chickpeas (19oz can)
- 1/2 cup Mayo or 109 (more or less to taste)
- 1/4 cup green onions, chopped (or chives)
- 2 to 4 cloves roasted or raw garlic
- 1/4 tsp sea salt

Mash garbanzos and combine all ingredients. Chill or serve. Variations:  
Add 1/2 cup roasted red bell peppers.

## **Stafford Nut Meat**

Thank you, Mrs. Ruth Stafford!

- 1 cup tomatoes, canned or fresh
- 3/4 cup water
- 1/2 cup lightly roasted cashews or almonds
- 1/2 cup walnuts
- 1/3 cup garbanzo flour
- 3 Tbsp nutritional yeast flakes
- 2 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 tsp sea salt
- 1/2 cup finely chopped peanuts

Place all ingredients, except peanuts, into a blender and whiz until smooth. Stir in peanuts and place in tin cans 3/4 full (14oz or so). Cover with foil and steam in water 2 to 3 hours until firm. Let cool and remove from tins. Slice and serve in sandwiches.

## **Desserts**

### **Frozen Fruit Cream**

- 2 to 3 medium bananas, peeled and frozen
- 1 cup peaches, frozen\*
- 1 tsp vanilla extract
- 1/4 cup almond/rice milk as needed

Whiz all ingredients in a food processor on high. Add a touch of milk as needed and process until creamy. Delicious on warm apple pie. Bananas or other fruit can be adjusted to suit your taste. Bananas make it sweet and creamy.

## **All Fruit Strawberry Cream**

3 medium bananas, peeled and frozen

2 cups strawberries, frozen

Alternate strawberries and frozen banana's in Champion Juicer. Comes out like soft-serve ice cream. OR whiz all ingredients in a food processor on high. Add a touch if rice/almond milk as needed and process until creamy. Bananas make it sweet and creamy.

## **Carob Pudding - Millet**

Takes a good blender to get this smooth, but it is yummy!

1/2 cup millet

2 cups water

3/4 cup water

1 cup dates

1 tsp vanilla extract

1/4 cup carob powder

3 Tbsp honey (or stevia to taste to taste)

1/2 tsp almond extract

1/4 tsp sea salt

In medium saucepan, bring millet and 2 cups of water to a boil; simmer 30 minutes and remove from heat. Cook the dates in 3/4 cup water until soft (5 to 10 min) over medium heat. Combine all into a blender and blend until smooth. This takes plenty of stopping the blender, and poking, stirring, etc. Try blending on high while scraping the sides (CAREFULLY!). When smooth, let cool or serve warm.

## **Orange Oat Cookies\***

3/4 cup honey

1/2 cup orange juice concentrate

1/2 tsp sea salt

1 cup quick oats

1/2 cup brown rice flour

1/4 cup tapioca starch

1 Tbsp zest from organic orange

Preheat oven to 350°F and prepare two cookie sheets. Put honey and orange juice in small pan over low heat for 8 minutes. Combine oats, flour, and zest in a large bowl. Stir in the honey mixture until well combined. Spoon onto cookie sheet and bake 10 to 12 minutes, until golden brown. Remove from cookie sheet and let cool.

## **Squirrels\***

- 1 cup honey
- 1 cup chopped dates
- 1/2 cup water
- 1/4 cup carob powder
- 2 tsp vanilla extract & 1/8 tsp almond extract
- 1 cup oats\*
- 1 cup coconut
- 3/4 cup chopped almonds

Bring dates & water to a full boil until soft. Add honey, carob powder, salt, vanilla. Boil for 10 minutes, stirring frequently. Remove from heat and add remaining ingredients. Drop onto an oiled cookie sheet and let cool. Place in airtight container and refrigerate. If too chewy, let warm to room temp before serving. \*Oats are healthier if toasted in a dry skillet until golden brown first, only takes 10 minutes or so.

## **Rich Nutty Crust**

Can be used raw or cooked.

- 1 cup pecans
- 1/2 cup almonds, ground
- 1/2 cup dates
- 1/4 tsp sea salt

Process all ingredients in food processor till crumbly. Press firmly into pie pan. Works best for creamy pies. Can lightly bake this at 350°F for 10 to 15 minutes.

## **Low Fat Oat Crust\***

- 1 1/2 cups quick oats
- 1/2 cup applesauce
- 1/4 tsp sea salt

Combine all gently. Press into prepared pan. Bake for 10 to 15 minutes at 350°F or according to recipe directions if using in another recipe.

## **Just Like Graham Crust - quickest\***

Very simple! Very quick!

- 1 1/2 cups granola (no raisins is best)
- 2 to 4 Tbsp water

Process granola in food processor briefly to get a course meal texture. Mix in water and press firmly into a 9" pie pan. Ready – NO BAKE!

## **Raspberry Millet Delight**

My husband's specialty while at AFCOE!

1/2 cup millet

2 cups hot water

1/2 cup raw cashews

1/4 to 1/3 cup honey

1/4 cup lemon juice, fresh best

1 tsp vanilla extract, optional

Crust

Raspberry Topping

Bring millet and water to a boil. Reduce heat and let simmer on very low for 40 minutes. Place into blender with remaining ingredients. (Except crust and raspberry topping.) Blend until smooth; stop, stir, blend, stop, stir, blend, etc. Pour into baked 9" crust, let cool 15 minutes, and top with raspberry topping. Chill until set.

## **Blueberry Pie**

VERY scrumptious and healthy too. Pictured on cover.

4 cups blueberries, fresh or frozen

1/3 cup grape juice concentrate

4 to 6 Tbsp tapioca starch or arrowroot powder

Crust

Stir all together (except crust of course). Pour into crust. Bake at 375°F for 30 to 40 minutes. Serve warm with Frozen Fruit Cream.

## **Carob Pie**

1 cup dates, pitted and chopped

3/4 cup water

1/3 cup cornstarch

1/4 cup carob powder

2 cups rice/almond milk, vanilla best!

1 to 3 Tbsp raw sugar (or honey or stevia to taste to taste)

1/2 tsp vanilla extract

Crust

In saucepan simmer dates and water over medium heat until soft (5 to 8 minutes). Combine all in blender and blend till smooth. Return to saucepan and cook until thick. Pour into pre-baked crust and chill 4 hours. Serve with whipped topping.

## **Apple Pie - No Sugar, No honey**

VERY appetizing and full of flavor.

5 to 7 lrg apples, peeled and sliced

1/2 can frozen apple juice concentrate

1/2 tsp cardamom (or cinnamon)

1/8 tsp sea salt

Crust

Simmer all until thick (except crust of course). Pour into crust and top with 'crisp' or granola. Bake at 375°F for 30 to 40 minutes.

## **Carob Crispies**

1/4 cup carob powder

3/4 cup date butter (3/4 c dates softened in 1/2 c water)

3/4 cup nut butter (almond or peanut)

1/2 tsp sea salt (if nut butter is unsalted)

3 to 5 Tbsp raw sugar

1/4 tsp almond extract

2 to 3 cups brown rice crispies

Prepare with non-stick spray a 9 x 13 pan. Combine carob powder, date butter, nut butter, and almond extract. Stir in rice crispies and pat into pan, chill and cut. Crispies go soggy next day.

## **Candy Bars\***

Quite high in sugars for candida, I don't recommend this one if you have candida. The oats help control the fat in this very sweet treat.

1/2 cup non-hydrogenated margarine

1/2 cup brown rice syrup (or corn syrup)

1/2 cup pure maple syrup

3 cups quick oats

1 tsp vanilla extract

1/2 cup almonds

1 1/4 to 1 3/4 cup carob chips

Preheat oven to 350°F and prepare a 9 x 13 pan with non-stick spray. Melt margarine, brown rice syrup, and maple syrup in a large saucepan over medium heat. Bring to a boil and let boil hard for 3 to 5 minutes. Remove from heat and stir in vanilla, oats and almonds. Combine thoroughly and place into pan. Bake for 15 minutes, reduce heat to 325°F for 10 to 15

minutes. Remove from oven and sprinkle carob chips on top. Let carob melt and spread evenly, then place in fridge to cool for 5 minutes, slice and cool completely. Yummy!!! These are very crunchy if cooked too long, albeit you may like it that way.

## **Omega Bars**

Full of omega 3's – 1.8grams per serving.

1/2 cup brown rice syrup (or honey, will be sweeter)

1/4 cup canola oil

1 cup almond butter (or chopped almonds)

1 cup chopped walnuts

1/2 cup pumpkin seeds

1/2 cup ground flax

1/4 cup sesame seeds, optional

3 cups brown rice crispies

Heat syrup and nut butters over medium heat until soft and smooth. Stir in nuts and seeds. Stir in rice cereal and press into a prepared 9 x 9 pan. Cut into 12 and chill.

## **Entrées & Starches**

### **Golden Garbanzo Burgers\***

2 cups cooked garbanzos (or chickpeas)

1 to 2 cups water, as needed

1 med onion, diced, optional

2 cups quick oats

1/2 cup ground pecans or walnuts

3 Tbsp Chicken Flavour (or salt to taste)

1 tsp garlic powder

2 to 4 Tbsp olive oil

Blend garbanzo beans and water in blender well, adding only enough water to blend. Pour into large bowl and add remaining ingredients. Add water as needed to form patties. Cook until golden brown in frying pan using olive oil.

## **Lovely Lentil Burger**

Lentils give this a nice flavor.

- 1 cup brown lentils
- 2 cups tomato juice (or veggie broth)
- 1 cube Beef Flavour (or salt to taste)
- 1 small onion, chopped
- 1/2 cup organic corn flour (or other gluten free flour)
- 1 clove garlic
- 1/2 cup ground walnuts (pecans or almonds)

Bring tomato juice to a boil and add lentils and bouillon. Bring back to a boil and reduce heat. Simmer 45 minutes. Mash well and add remaining ingredients. Shape into 8 burgers and fry in a non-stick skillet (use some oil if needed to brown evenly). These are good re-heated in gravy or tomato sauce.

## **Baked Oat Patties \***

- 4 cups boiling water
- 3 Tbsp Beef Flavour (or salt to taste)
- 4 cups quick oats (or rolled oats for more texture)
- 3/4 cup ground walnuts, optional
- 1 med onion, finely chopped
- 1/4 cup Bragg's Aminos & 1/4 cup nutritional yeast flakes
- 2 tsp garlic powder & 1 tsp Italian Herbs

Dissolve bouillon in water. Combine all ingredients well. Let stand 10 to 15 minutes. Spoon onto prepared baking sheet, like you would for cookies, flatten slightly. Bake at 350°F for 20 minutes, flip, press down, and bake 15 to 20 minutes more.

## **Bean 'n' Rice Burger**

- 1 can Romano Beans, rinsed (or Pinto - 540ml/19oz)
- 1/4 cup sesame seeds & 1/4 cup sunflower seeds
- 1 tsp garlic powder
- 2 tsp onion powder
- 1 tsp basil, 1 tsp sea salt & 1 tsp parsley
- 1 1/2 cups cooked rice

Mash Romano beans (I use a food processor) and stir in remaining ingredients. Form into patties and cook over medium heat on a non-stick skillet lightly sprayed with oil, until evenly browned. (To make into a casserole, double the rice and bake in a 9 x 13 pan at 350°F for 35 to 45 minutes or so.)

## **Donna's Millet Casserole**

- 1 1/2 cups millet, rinsed
- 2 lrg carrots, grated
- 1 med onion, sliced
- 2 to 4 Tbsp Chicken Flavour (or salt to taste)
- 5 cups water
- 1/2 tsp sea salt
- 2 to 3 cups "cheeze" - any will do

Combine all and bring to a boil over medium heat. Reduce to a simmer for 25 minutes. Place all into a prepared 9 x 13 pan and top with "cheeze." Bake at 350°F until heated through (about 20 minutes from the refrigerator).

## **Lemon Millet Squares**

From Donna's kitchen. A sweet delight.

- 1 cup millet
- 4 cups pineapple juice
- 1 cup water
- 1 can pineapple, tidbits, slices, or chunks
- 1/3 cup lemon juice, fresh best
- 1 tsp lemon zest, optional
- 1/2 tsp salt
- 1/3 cup dates (or raw sugar)
- 2 Crust recipes in a 9 x 13 pan

Cook millet in pineapple juice and water until done - about 40 minutes on medium-low heat. Combine remaining ingredients in blender then add millet mixture. Blend all together well and pour onto crust. Refrigerate to set. Top with fruit topping of your choice or serve with fresh fruit.

## **Savory Quinoa**

- 1 cup lentils
- 2 cups quinoa, well rinsed
- 1 large onion, diced
- 5 cups vegetable broth
- 1 teaspoon Italian Herbs
- 1/2 to 1 tsp sea salt

Combine all in casserole dish and bake at 350°F for 45 to 60 minutes.

## **Baked Potatoes**

Easy 'n' Simple. A wholesome way to eat potatoes.

6 med to large potatoes, bakers or any

Scrub potatoes well and slice in half. Fold back together and bake in oven at 375°F for 45 to 60 minutes. Check with fork for softness. Continue baking until soft inside. Open and serve with any topping listed below.

If you are going to delay the cooking, do NOT cut the potatoes in half as they will get black. Variation - Bake in Crock-pot: Scrub and clean 6 to 10 med potatoes for a large slow cooker. Place them into a crock-pot with 1/2 cup water. Cook on high for about 3 hours. Store in fridge until needed for potato salad or above recipe. Do not cut or poke with fork as they will go dark where they are exposed to air.

## **Potato Lentil Balls**

Nice with a brown gravy.

1 1/4 to 1 3/4 cups mashed potatoes

1/2 cup lentils, ground into flour (use blender)

1 cup gluten free bread crumbs or crackers, as needed

2 tsp garlic powder

2 Tbsp onion powder

2 Tbsp Beef Flavour (or 3/4 tsp sea salt)

Combine all, adjusting bread crumbs until a very soft dough forms. Drop onto well oiled cookie sheet with a ice-cream scoop or spoon.

## **Rice 'n' Almond Dish**

Rice 'n' almonds go so well together in a savory dish like this.

1 1/2 cups brown rice

1/2 cup boiling water

1 cube Chicken Flavour (or salt to taste)

1 1/2 cups water

1 cup rice/almond milk

3/4 cup almonds, sliced or chopped

Place ingredients in a 3 quart casserole dish and stir once. Cover and bake at 350°F for 1 hour. Remove from heat and let stand 15 minutes before serving.

## **Marinara Sauce**

A super savory sauce full of veggies. Pictured on cover.

- 1 lrg onion, diced
- 1 stalk celery, diced or sliced
- 1 med red pepper, chopped
- 2 med carrots, diced or sliced
- 1 quart crushed tomatoes
- 1 can tomato paste (6 oz)
- 1 Tbsp Italian Herbs

Sauté onions until golden and add remaining ingredients. Cook 15 to 20 min or until carrots are soft.

## **Savory Veggie Sauce**

Very nice on rice or baked potatoes.

- 1 lrg onion, diced
- 1/2 med red bell pepper, diced
- 1 med carrot, sliced
- 1 Tbsp olive oil
- 2 cups water
- 1 tsp Seasoning Salt to taste
- 3 Tbsp cornstarch
- 1 to 2 Tbsp Bragg's Aminos

Sauté onion in oil until brown, even a bit dark on the edges. Add the peppers and carrot and continue to "brown." Add remaining ingredients and cook till thick and carrots are soft.

## **Basic Biscuits/Crackers**

A basic recipe, a bit cake-like.

- 1 cup brown rice flour
- 1/2 cup organic corn flour
- 3/4 cup tapioca starch
- 1/4 cup sweet rice flour
- 1/2 tsp sea salt
- 1 1/2 Tbsp Ener-G Baking Powder
- 1/3 cup applesauce (or 1/4 cup oil)
- 1 cup rice milk or nut milk & 1/2 cup water

Combine dry ingredients. Mix wet ingredients and quickly stir into dry, just until mixed. Pour into 8 x 8 pan (9 x 13 pan for crackers) and bake at 350°F for 25 to 30 minutes.

## **Corn Crackers**

A very nice cracker, thin or thick.

1 1/2 cups organic corn flour

1/2 cup millet flour (or brown rice flour)

1/2 cup brown rice flour

1/4 cup vegetable oil (or 1/3 cup applesauce, not as good)

1/2 to 2/3 cup water, as needed

1/2 tsp salt to taste

Combine all (except salt) in food processor by hand. Should be a soft dough. Roll onto cookie sheet and sprinkle with salt. Slice into squares and bake at 350°F for 20 to 30 minutes turning once at 15 minutes (optional). Size of cookie sheet will determine thickness of crackers or roll on counter and place individual crackers on sheet to change thickness as desired. Under 1/8" will be thin and crispy.

## **Rice Muffins**

Quick gluten free alternative.

1 cup brown rice flour

1/3 cup tapioca starch (or corn flour)

1/2 cup corn flour (millet ground in blender)

1 1/2 Tbsp Ener-G Baking Powder

1/3 cup honey (or stevia to taste)

1 cup rice milk or nut milk

1/4 cup applesauce (or vegetable oil)

1 tsp vanilla extract

Preheat oven to 400°F. Combine dry ingredients in large bowl. Combine wet and stir into dry. Fill 12 muffin tins

## **Blueberry Muffins**

Add 1 cup blueberries to dry ingredients.

## **Cherry Almond Muffins**

Add 3/4 cup chopped cherries, 3/4 cup chopped almonds to dry ingredients. Add 1/2 tsp almond extract to wet ingredients.

## **Lemon Poppy Seed Muffins**

Add 2 Tbsp poppy seeds, 1 Tbsp tapioca starch, and 2 to 3 Tbsp raw sugar to dry ingredients. Add 1/4 cup lemon juice to wet.



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