

# Breakfast Beauties

25 Gluten-Free Breakfast & Brunch Recipes from the Baking Beauties

Jeanine Friesen



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25 Gluten-Free Breakfast & Brunch Recipes  
from The Baking Beauties Kitchen

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[TheBakingBeauties.com](http://TheBakingBeauties.com)

## *Breakfast Beauties*

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# preface

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Breakfast is the most important meal of the day. We've all heard this from our mothers, our health class teachers, and the national food guide. But it's true, breakfast is what kick starts your body after a 12 hour fast and gives you the energy to get going in the morning. Sometimes finding something quick for a busy morning on the go isn't that easy, or the results very appetizing. But having a delicious, nutritious breakfast doesn't have to be difficult.

I've created this ebook, *Breakfast Beauties: 25 Gluten-Free Breakfast and Brunch Recipes*, with that in mind. This ebook has a combination of quick weekday breakfasts, plus some great brunch recipes that make feeding a crowd easy. Whether you grab a container of Vietnamese Coffee Chia Pudding on your way out the door, or sit down to a table surrounded by loved ones to enjoy the Potato, Leek, and Mushroom Breakfast Bake, I hope that your day gets off to a great start!

# Gluten-free flour information

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Baking gluten-free can be very overwhelming. Instead of one all-purpose flour, a combination of flours and starches, plus a binder, are needed to replicate the taste and texture of wheat flour. Although you can purchase “all-purpose” gluten-free flour, I chose to not use them because the blend of flours and starches varies from brand to brand.

What do I stock in my pantry?

- \* White rice flour
- \* Brown rice flour
- \* Potato starch (not potato flour, that is completely different)
- \* Tapioca starch (sometimes called tapioca flour, they are the same)
- \* Millet flour
- \* Sorghum flour
- \* Gluten-free oat flour, oat bran, quick cook and old-fashioned oats
- \* Almond flour
- \* Xanthan gum
- \* Powdered psyllium husk
- \* Ground chia seeds

These items can all be purchased at your local health food store, or online through companies like Amazon.

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Banana Nut Waffles

# banana nut waffles

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Serves 5

*These waffles, with their wonderful nutty flavour, are perfect topped with sliced bananas and a drizzle of maple syrup.*

## Ingredients:

- \* 1/2 cup plus 1/3 cup millet flour
- \* 1/2 cup brown rice flour
- \* 1/2 cup potato starch
- \* 1/4 cup tapioca starch
- \* 1 tablespoon brown sugar
- \* 2 teaspoons baking powder
- \* 1 teaspoon xanthan gum
- \* 1 teaspoon baking soda
- \* 1/2 teaspoon salt
- \* 1 overripe banana, mashed
- \* PLUS enough buttermilk to make 2 cups
- \* 6 tablespoons oil
- \* 2 large eggs
- \* 2 teaspoons vanilla extract
- \* 1/2 cup finely chopped pecans

## Instructions:

1. In a large bowl, whisk together the millet flour, brown rice flour, potato starch, tapioca starch, brown sugar, baking powder, xanthan gum, baking soda, and salt.
2. In a separate bowl, whisk together the mashed banana plus enough buttermilk to make 2 cups, oil, eggs, and vanilla.
3. Pour the wet ingredients into the dry ingredients, and whisk to combine. Stir in the chopped pecans.
4. Lightly grease a preheated waffle iron and spoon about 1 1/2 cups of batter onto waffle iron (for a Belgian waffle). Close and cook until steam from the waffles dies away, about 6 minutes (depending on your iron).
5. Remove waffles and place on an ovenproof dish, cover, and keep warm in a low (250 degrees F) oven until ready to serve. Waffles are best served fresh, but if preparing in advance, let waffles cool, freeze, then warm uncovered in a 300 degree F oven for 20 minutes when ready to serve.
6. Top with banana slices, a dollop of whipped cream, and a drizzle of maple syrup.





Baked French Toast

# baked french toast

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Serves 4

*Crisp around the outside, but nice and soft – not mushy- in the middle. I let the bread soak for about 3 hours before baking, I'm sure the results would be the same if it soaked overnight too, if you wanted to prepare it the night before.*

## Ingredients:

- \* 1 tablespoon butter (to grease dish)
- \* 6 1-inch slices [Millet Sandwich Bread](#) (about 3/4 loaf)
- \* 4 large eggs
- \* 1/2 cup milk
- \* 1/2 cup heavy cream (half-and-half would work too)
- \* 1 teaspoon vanilla
- \* 1 apple, peeled and sliced
- \* 1/3 cup chopped pecans
- \* 1/4 cup maple syrup
- \* 1/4 cup brown sugar
- \* 2 tablespoons melted butter
- \* 1/2 teaspoon ground cinnamon

## Instructions:

1. Grease a 9×13-inch baking dish with the butter.
2. Place bread slices in the baking dish in a single layer.
3. Beat together the eggs, milk, cream, and vanilla until smooth. Pour the mixture evenly over the bread slices so that all the bread has been moistened. Cover and refrigerate for at least 2 hours.
4. Just before baking, mix together the apple, pecans, maple syrup, brown sugar, melted butter, and cinnamon. Dot the top of the bread with this mixture.
5. Bake French Toast uncovered in a 350 degree F oven for 40 minutes, or until the mixture is set and the bread is no longer wet.
6. Let French Bread sit for 5 minutes before serving. Serve with a drizzle of maple syrup and a side of fruit and cheese for a wonderful meal.





Earl Grey Pancakes  
with Lemon Syrup

# earl grey pancakes with lemon syrup

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Serves 4

You can make **the Lemon Syrup** ahead of time by whisking together 1 cup granulated sugar, 1 tablespoon cornstarch, and a pinch of salt. Add 1/2 cup water and bring to a gentle boil, whisking frequently. Stir in 1/2 cup lemon juice, and let cool. Give the syrup a stir or shake before serving if you refrigerated it.

## Ingredients:

- \* 1/2 cup brown rice flour
- \* 1/2 cup millet flour
- \* 1/3 cup potato starch
- \* 3 tablespoons tapioca starch
- \* 1 tablespoon granulated sugar
- \* Loose leaves from 1-2 Earl Grey teabags
- \* 1 1/2 teaspoons baking powder
- \* 1/2 teaspoon baking soda
- \* 1/2 teaspoon xanthan gum
- \* 1/2 teaspoon salt
- \* 1 1/2 cups buttermilk
- \* 2 large eggs
- \* 2 tablespoons oil
- \* 1 teaspoon vanilla extract

## Instructions:

1. In a large bowl, whisk together the rice flour, millet flour, potato and tapioca starch, sugar, tea leaves, baking powder, baking soda, xanthan gum, and salt.
2. In a separate bowl, whisk together the buttermilk, eggs, oil, and vanilla.
3. Pour the wet ingredients into the dry, and stir to combine.
4. Pour batter by 1/2 cupfuls onto a lightly greased frying pan or griddle over medium/high heat. Flip pancakes over once bubbles form on the top of the pancakes. Cook until second side is golden brown.
5. Serve with lemon syrup, fresh fruit and a hot cup of Earl Grey tea (optional).





Strawberry Blintzes



# cheese blintzes with strawberries

Serves 5

*Crepes wrapped around a warm creamy filling, topped with sweetened berries. These can be made ahead of time, covered and refrigerated, and cooked just before serving.*

## Ingredients:

### *Crepes:*

- \* 1/2 cup brown rice flour
- \* 1/2 cup millet flour
- \* 1/3 cup potato starch
- \* 3 tablespoons tapioca starch
- \* 1 tablespoon granulated sugar
- \* 1/2 teaspoon baking powder
- \* 1/2 teaspoon salt
- \* 1/2 teaspoon xanthan gum
- \* 2 cups milk
- \* 2 large eggs
- \* 2 tablespoons oil
- \* 1 teaspoon vanilla extract

### *Filling:*

- \* 1 1/2 cups cottage cheese (or ricotta)
- \* 1/2 cup cream cheese, softened
- \* 1/4 cup granulated sugar
- \* 1 egg yolk
- \* Zest of 1 lemon

### *Topping:*

- \* 2 cups strawberries, chopped
- \* 2 tablespoons granulated sugar
- \* 1 tablespoon balsamic vinegar
- \* 1 vanilla bean, scraped (or 1 teaspoon vanilla extract)

## Instructions:

1. Combine the topping ingredients, and set aside before cooking the crepes.
2. In a large bowl, whisk together the crepes dry ingredients. In a separate bowl, whisk together the wet ingredients.
3. Combine the wet & dry ingredients, whisking until nearly smooth (a few lumps are alright).
4. In a hot frying pan (about medium heat) pour approximately 3/4 cup of batter in the middle of the pan. Lift the pan & turn it to distribute the batter over the entire pan. You want your batter to cover the entire bottom of the frying pan when you are done.
5. Once there are little holes and air bubbles forming in the top of your pancake, using a spatula, carefully flip the crepe to brown the other side. They do not take long to cook, because they are so thin.
6. Combine the filling ingredients. Place 2-3 tablespoons on one crepe, and roll the crepe like a burrito, folding the ends in as you roll. Repeat until all the crepes have been used.
7. Add 1 teaspoon of oil to a hot frying pan, and fry the blintzes, seam side down, for 3-5 minutes per side, or until nicely browned.
8. Top with the strawberries before serving. Dust with confectioners' sugar (optional).



Chocolate Crepes with  
Strawberry Cream Cheese Filling

# chocolate crepes

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Serves 6

*Whether you want to classify these as brunch or dessert is up to you—they are perfect for either.*

## Ingredients:

- \* 1 cup brown rice flour
- \* 1/3 cup potato starch
- \* 1/4 cup cocoa powder
- \* 3 tablespoons tapioca starch
- \* 1 tablespoon granulated sugar
- \* 1/2 teaspoon baking powder
- \* 1/2 teaspoon xanthan gum
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon ground cinnamon
- \* 2 cups milk
- \* 2 large eggs
- \* 2 tablespoons oil

## Instructions:

1. In a large bowl, whisk together the crepes dry ingredients. In a separate bowl, whisk together the wet ingredients.
2. Combine the wet and dry ingredients, whisking until nearly smooth (a few lumps are alright).
3. In a hot frying pan (about medium heat) pour approximately 3/4 cup of batter in the middle of the pan. Lift the pan & turn it to distribute the batter over the entire pan. You want your batter to cover the entire bottom of the frying pan when you are done.
4. Once there are little holes and air bubbles forming in the top of your pancake, using a spatula, carefully flip the crepe to brown the other side. They do not take long to cook, because they are so thin.
5. To make the Strawberry Cream Cheese Filling; beat together 8 ounces of softened cream cheese and 1/2 cup strawberry jam. Spread on the Chocolate Crepes before serving.





Bananas Foster  
Upside Down Pancake

# bananas foster upside down pancake

Serves 6

*This upside down pancake is an easy way to serve pancakes to a crowd without having to stand at the stove and flip them.*

## Ingredients:

### *Topping:*

- \* 2 tablespoons butter
- \* 1/3 cup brown sugar
- \* 1/2 teaspoon ground cinnamon
- \* 2 large bananas, sliced

### *Batter:*

- \* 3/4 cup brown rice flour
- \* 1/4 cup potato starch
- \* 2 tablespoons tapioca starch
- \* 1/4 cup granulated sugar
- \* 1 1/2 teaspoons baking powder
- \* 1 teaspoon xanthan gum
- \* 1/2 teaspoon baking soda
- \* 1/2 teaspoon salt
- \* 1 cup buttermilk
- \* 2 large eggs
- \* 2 tablespoons oil
- \* 1 teaspoon vanilla extract

## Instructions:

1. Preheat the oven to 350 degrees F.
2. Grease the bottom and sides of a 9-inch round baking pan with the butter, leaving small bits in the bottom of the pan. Whisk together the brown sugar and cinnamon and sprinkle the mixture over the butter. Arrange the sliced bananas evenly over the bottom of the baking pan.
3. Whisk together the rice flour, potato starch, tapioca starch, sugar, baking powder, xanthan gum, baking soda, and salt.
4. In a separate bowl, whisk together the buttermilk, eggs, oil, and vanilla. Pour the wet ingredients over the dry ingredients, and stir to combine.
5. Pour the pancake batter over the bananas, making sure all the banana slices are covered with batter.
6. Bake in the preheated oven for 35 minutes, or until the top is golden brown, and bounces back when gently pressed.
7. Cut around the outside of the pan, making sure the cake is released from the edges. Place a plate on top of the baking pan and carefully flip the pan/plate over. Remove the pan. If any of the bananas stuck to the pan, remove them from the pan and place them on the pancake, no one will notice when you serve it.
8. Serve warm.





Pancake  
Muffins

# pancake muffins

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Serves 6

*These Pancake Muffins can be made in advance and reheated to serve. A great way to serve a crowd. They also freeze well.*

## Ingredients:

- \* 1 cup brown rice flour
- \* 1/3 cup potato starch
- \* 3 tablespoons tapioca starch/flour
- \* 1 tablespoon granulated sugar
- \* 1 1/2 teaspoon baking powder
- \* 1/2 teaspoon baking soda
- \* 1/2 teaspoon salt
- \* 1/2 teaspoon xanthan gum
- \* 1 1/2 cups buttermilk
- \* 2 large eggs
- \* 3 tablespoons canola oil
- \* 1 teaspoon vanilla extract
- \* 1/4 cup add-ins (chocolate chips, chopped fruit, nuts, etc)

## Instructions:

1. Preheat the oven to 350 degrees F. Lightly grease a 12 cup muffin tin.
2. In a large bowl, whisk together all the dry ingredients.
3. In a smaller bowl, whisk the wet ingredients together.
4. Pour the wet ingredients into the dry ingredients, and stir until just combined.
5. Fill each muffin cup to 2/3 full, and sprinkle the add-ins on top.
6. Bake in preheated oven for 18-20 minutes, or until the tops bounce back when gently pressed.
7. Let muffins stand for 5 minutes before removing to a wire cooling rack. Serve warm, or allow to cool completely before storing in an air-tight container. Pancake Muffins can be frozen for 2-3 weeks.





Espresso Scones

# espresso scones

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Serves 5

*Have your coffee and your scone all in one with these Espresso Scones. If you don't have a food processor, freeze your butter for at least 15 minutes and grate it into the dry ingredients before stirring in the wet ingredients.*

## Ingredients:

- \* 1 1/4 cup brown rice flour
- \* 1/4 cup tapioca starch
- \* 2 tablespoons granulated sugar
- \* 1 tablespoon espresso powder
- \* 2 teaspoons baking powder
- \* 2 teaspoon xanthan gum
- \* 1 teaspoon baking soda
- \* 1/2 teaspoon salt
- \* 1/2 cup cold butter, cut into cubes
- \* 1/2 cup buttermilk
- \* 2 large eggs
- \* 1 teaspoon vanilla extract
- \* 1/2 cup gluten-free dark chocolate chips

## Instructions:

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper. Dust the parchment paper with brown rice flour. Set aside.
2. In the bowl of a food processor, place all of the dry ingredients. Run the processor until the dry ingredients are well blended.
3. Add the cold butter, and pulse until butter is cut into pieces, about the size of a pea. Whisk together the buttermilk, eggs, and vanilla. Add to the dry ingredients. Run food processor just until dough comes together in a ball. Add the chocolate chips, and run the food processor just to evenly distribute the chocolate chips.
4. Turn the dough out onto the baking sheet. Dust your hands with brown rice flour, and quickly form the dough into a 10-inch circle, approximately 3/4" thick.
5. With a sharp knife, cut the dough into 8 wedges. Carefully move the wedges apart, leaving at least 1" between them so that they will not touch when baking.
6. Brush the tops of the scones with milk or egg white, and sprinkle with course sugar. Bake in preheated oven for 14-16 minutes, or until golden brown.
7. Remove from oven and allow to sit for 5 minutes before transferring to a cooling rack. Drizzle with Glaze (see recipe below) and serve.
8. Store scones in an air-tight container.

**Glaze:** Combine 3/4 cup confectioners' sugar, 1 tablespoon heavy cream, and 1/4 teaspoon ground cinnamon. Drizzle over the warm scones.





Buttermilk Biscuits



# buttermilk biscuits

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*Yields 9 biscuits*

*Whether you're serving these for brunch, or along-side a steaming bowl of soup, slather them in butter and enjoy! If you don't have a food processor, freeze your butter for at least 15 minutes and grate it into the dry ingredients before stirring in the wet ingredients.*

## Ingredients:

- \* 1 1/4 cups brown rice flour
- \* 1/4 cup tapioca starch
- \* 2 teaspoons xanthan gum
- \* 2 teaspoons baking powder
- \* 1 teaspoon baking soda
- \* 1/2 teaspoon salt
- \* 1 teaspoon granulated sugar
- \* 1/2 teaspoon garlic powder (optional)
- \* 1/2 cup cold butter, cut into chunks
- \* 2 large eggs
- \* 1/3 cup buttermilk
- \* milk for brushing the tops of biscuits before baking (optional)

## Instructions:

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper, and sprinkle with some brown rice flour. Set aside.
2. In the bowl of a food processor, combine all the dry ingredients. Pulse to combine. (If you don't have a food processor, combine all dry ingredients in a medium size mixing bowl.)
3. Add the butter and pulse until the butter is the size of a lentil/pea. (Or, use a pastry blender to cut the butter into the dry ingredients, being sure to work quickly, because you want your butter to stay cold).
4. Add the eggs and buttermilk, and run the food processor until the dough comes together in a ball. (Alternately, you can use a wooden spoon and stir until the dough comes together).
5. Turn dough out onto the parchment lined baking sheet, and flour your hands with more brown rice flour. Working quickly, pat the dough down into a square shape, approximately 10"x10", and 3/4-inch thick. Using a sharp knife, cut into 9 biscuits.
6. Gently rearrange the biscuits so they are not touching and have room to grow while they are baking. Gently brush the tops of the biscuits with milk, and sprinkle with coarse salt (optional).
7. Bake in preheated oven for 14-16 minutes, or until golden brown. Allow to cool for 5 minutes on a cooling rack before serving. Store remaining biscuits in an air-tight container.



Crescent Rolls

# crescent rolls

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Serves 12

*These yeast rolls are best served fresh from the oven. They are superb smothered with a pat of butter.*

## Ingredients:

- \* 1/4 cup warm water
- \* 1 tablespoon instant yeast
- \* 1 teaspoon granulated sugar
- \* 3/4 cup gluten-free oat flour
- \* 1/3 cup brown rice flour
- \* 1/2 cup potato starch
- \* 1/4 cup dry milk powder
- \* 2 tablespoons tapioca starch
- \* 2 tablespoons almond flour
- \* 2 tablespoons powdered psyllium husk
- \* 2 tablespoons granulated sugar
- \* 1 tablespoon ground chia seeds
- \* 1 teaspoon pectin
- \* 1/2 teaspoon salt
- \* 2 large eggs, room temperature
- \* 2 tablespoons sour cream
- \* 1 teaspoon apple cider vinegar
- \* 4 tablespoons butter, softened (divided)

## Instructions:

1. Whisk together the warm water, yeast, and 1 teaspoon sugar. Let sit while you mix the dry ingredients.
2. In the bowl of a stand mixer fitted with a paddle attachment, combine the oat flour, rice flour, potato starch, dry milk powder, tapioca starch, almond flour, powdered psyllium husk, 2 tablespoons sugar, ground chia seeds, pectin, and salt.
3. Whisk together the eggs, sour cream, and apple cider vinegar with the bubbly yeast mixture.
4. With the mixer running on low, add the wet ingredients to the dry ingredients. Once the dough is mixed, with the mixer still on low speed, add 2 tablespoons softened butter to the dough. Increase the speed to medium and let the mixer run for 5 minutes.
5. Line a baking sheet with parchment paper. Lightly dust the counter with additional rice flour.
6. Turn the dough out onto the floured counter, lightly flouring it to keep it from sticking. Roll the dough into a 12-inch circle. Brush the dough with 1 tablespoon of melted butter. Using a pizza cutter, cut the circle into quarters, then each quarter into 3rds (12 pieces total).
7. Starting at the wide edge, roll the dough up. Place the crescent roll, with the tip underneath it, on the prepared pan. Repeat with the remaining rolls, spacing them 1-inch apart on the baking pan.
8. Loosely cover and let rise in a warm, draft-free place until nearly double in size, 1 to 1 1/2 hours. Spray the rolls with water just prior to baking.
9. Bake in a preheated 350 degree F oven for 15 minutes. Immediately brush the hot rolls with 1 tablespoon melted butter. Serve hot.



Biscuit  
Cinnamon Rolls



# biscuit cinnamon rolls

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Serves 8

*These quick rolls are not only gluten-free, but they are also dairy free, egg free, nut free, soy free, yeast free, and can easily be made corn free by using a corn free baking powder and confectioners' sugar.*

*To make your own corn-free confectioners' sugar, place 1/2 cup granulated sugar and 1 tablespoon tapioca starch in a food processor or blender. Blend until it is a fine powder.*

## Ingredients:

- \* 1 1/2 cups brown rice flour
- \* 1/2 cup tapioca starch
- \* 1 tablespoon baking powder
- \* 1 tablespoon granulated sugar
- \* 2 teaspoons xanthan gum
- \* 1/2 teaspoon salt
- \* 1 1/4 cups canned coconut milk
- \* 2 tablespoons dairy-free butter, melted
- \* 1/4 cup brown sugar
- \* 2 teaspoons ground cinnamon
- \* 1/2 cup confectioners' sugar
- \* 1 tablespoon coconut milk, heated
- \* 1 teaspoon vanilla extract

## Instructions:

1. Preheat the oven to 400 degrees F. Line an 8x8-inch baking pan with parchment paper.
2. Whisk together the rice flour, tapioca starch, baking powder, granulated sugar, xanthan gum, and salt.
3. Stir in 1 1/4 cups coconut milk.
4. Place a sheet of plastic wrap on the counter. Put the dough on top of that, and using another sheet of plastic wrap on top, spread the dough into a rectangle, about 12-inches by 8-inches.
5. Mix together the melted butter, brown sugar, and cinnamon, and spread over the dough, leaving about 1-inch on one long edge free from filling.
6. Gently lift the plastic wrap, using it to help you roll the dough into a cylinder.
7. Use a piece of thread to cut the dough by placing it under the cylinder, crossing and pulling the threads on top of the cylinder. Cut the cylinder into 8 even pieces.
8. Place the rolls, cut side up, in the prepared pan. Place the sheet of plastic wrap over the top and gently press the rolls to an even thickness, about 1 1/4-inches.
9. Bake in preheated oven for 20-25 minutes.
10. Mix together the confectioners' sugar, liquid coconut milk, and vanilla extract. Once the rolls have cooled for 5 minutes, drizzle with the icing before serving.
11. Serve warm.



Pina Colada  
Baked Oatmeal

# pina colada baked oatmeal

---

Serves 9

*Baked oatmeal is not only perfect for feeding a crowd, but it's also great for weekdays. Just reheat for a few seconds in the microwave and you've got a hearty, quick breakfast.*

## Ingredients:

- \* 3/4 cup pureed pineapple
- \* 2/3 cup canned coconut milk
- \* 2 large eggs
- \* 1/4 cup granulated sugar
- \* 1 1/2 teaspoons baking powder
- \* 1 teaspoon vanilla extract
- \* 1/2 teaspoon salt
- \* 2 cups gluten-free old fashioned oats
- \* 1/2 cup slivered almonds (reserve some for topping)
- \* 1/2 cup unsweetened shredded coconut (reserve some for topping)

## Instructions:

1. Preheat the oven to 375 degrees F. Lightly grease an 8x8-inch baking sheet.
2. Whisk together the pureed pineapple, coconut milk, eggs, sugar, baking powder, vanilla, and salt.
3. Stir in the oats, almonds, and coconut.
4. Top with the reserved slivered almonds and shredded coconut.
5. Bake in preheated oven for 30-35 minutes.
6. Serve warm. Once it has completely cooled, cover and store in the refrigerator. Reheats well for quick weekday morning breakfasts.





Granola

# granola

---

*Making your own homemade granola is really quite easy. By changing up the combination of nuts & fruits that you use, the possible flavours are nearly endless. This 'recipe' is merely a template, as long as you have the same proportions of dry & wet ingredients, you are sure to have perfect granola every time.*

## Ingredients:

- \* 3 1/2 cups gluten-free old-fashioned oats
- \* 1/2 cup sorghum flour
- \* 1/2 cup gluten-free oat flour
- \* 2 tablespoons ground flax seed
- \* 2 tablespoons sesame seeds
- \* 2 tablespoons hemp hearts
- \* 1/2 cup coconut chips (large flakes)
- \* 1/2 teaspoon ground cinnamon
- \* 1/4 – 1/2 cup brown sugar, packed
- \* 1/4 teaspoon salt
- \* 3/4 cup unsalted nuts, such as sliced almonds or chopped pecans
- \* 1/4 cup raw sunflower seeds or pepitas
- \* 1/4 cup oil
- \* 1/4 cup honey
- \* 2 tablespoons vanilla extract
- \* 1/2 cup warm water
- \* 1 cup dried fruit, such as raisins, cranberries, mango, pineapple

## Instructions:

1. Preheat the oven to 275 degrees F. Line a large (13"x20") baking sheet with parchment paper, and set aside.
2. In a large bowl, stir together all the dry ingredients (minus the fruit) until evenly combined.
3. In a large measuring cup, whisk together all wet ingredients. Pour the wet ingredients over the dry, and stir until evenly moistened.
4. Spread in an even layer on the prepared baking sheet. Bake in preheated oven for 15 minutes. Remove from oven and stir well.
5. Return granola to the oven and continue to bake, stirring every 10 minutes, until the granola is golden and dry, about 50 minutes total baking time.
6. Remove granola from the oven and immediately sprinkle with the dried fruit. Stir. Allow to cool completely before storing in an air-tight container. The granola will keep for a month or more. Enjoy!





Yogurt Berry Blast  
Bran Muffins



# yogurt berry blast bran muffins

---

Serves 12

*Perfect for those mornings on the go, these moist bran muffins are studded with raspberries and blueberries.*

## Ingredients:

- \* 3/4 cup plain yogurt
- \* 1/4 cup milk
- \* 1/2 cup gluten-free oat bran
- \* 1/2 cup ground flax seed
- \* 1/3 cup oil
- \* 1 large egg
- \* 1/2 cup brown sugar
- \* 1 teaspoon vanilla extract
- \* 1/3 cup brown rice flour
- \* 1/3 cup sorghum flour
- \* 1/3 cup tapioca starch
- \* 1 1/2 teaspoons baking powder
- \* 1 teaspoon baking soda
- \* 1 teaspoon xanthan gum
- \* 1/2 teaspoon salt
- \* 1/2 cup blueberries
- \* 1/2 cup raspberries

## Instructions:

1. Preheat the oven to 400 degrees F. Lightly grease a 12-cup muffin tin.
2. In a small bowl, whisk together the yogurt and milk. Stir in the oat bran and ground flax seed and let it sit while you prepare the rest of the ingredients.
3. In a large bowl, whisk together the rice flour, sorghum flour, tapioca starch, baking powder, baking soda, xanthan gum, and salt. Gently stir in the blueberries and raspberries.
4. Add the oil, egg, brown sugar, and vanilla to the yogurt/bran mixture, and stir to combine.
5. Add the wet ingredients to the dry ingredients, and stir just to incorporate.
6. Divide the batter between the muffin cups.
7. Bake in the preheated oven for 20 minutes, or until a toothpick inserted into the middle comes out clean.
8. Let muffins cool for 3-5 minutes before carefully removing to a cooling rack. Allow to cool completely before storing in an airtight container. These muffins freeze well.

**TIP: Use frozen berries.** To use frozen blueberries and raspberries, place the berries in a colander and run cold water over them until the water runs clear. Allow the water to drain completely, shaking off any excess, before adding the berries to the flour mixture.



Healthy  
Breakfast Muffins

# healthy breakfast muffins

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Serves 12

*These muffins are loaded with oats, carrots, raisins, and walnuts—everything you need to get you going in the morning, or keep you going in the afternoon.*

## Ingredients:

- \* 1 cup sorghum flour
- \* 3/4 cup gluten-free quick cook oats
- \* 1/2 cup brown rice flour
- \* 1/4 cup tapioca starch
- \* 1/3 cup brown sugar
- \* 2 tablespoons ground flax seed
- \* 2 teaspoons baking powder
- \* 1 teaspoon baking soda
- \* 1 teaspoon ground cinnamon
- \* 1 teaspoon xanthan gum
- \* 1/2 teaspoon salt
- \* 2/3 cup milk
- \* 1/2 cup sour cream
- \* 1/2 cup grated carrot
- \* 1/3 cup oil
- \* 2 large eggs
- \* 1/4 cup molasses
- \* 1/2 cup rehydrated raisins
- \* 1/2 cup chopped walnuts

## Instructions:

1. Preheat the oven to 350 degrees F. Lightly oil a 12 cup muffin tin.
2. In a large bowl, whisk together the sorghum flour, quick cook oats, rice flour, tapioca starch, brown sugar, ground flax seed, baking powder, baking soda, cinnamon, xanthan gum, and salt.
3. In a separate bowl, whisk together the milk, sour cream, carrot, oil, eggs, and molasses.
4. Stir the raisins and walnuts into the flour mixture. Add the wet ingredients and stir just until combined.
5. Divide the batter between the muffin cups.
6. Bake in preheated oven for 18-20 minutes, or until the muffins spring back when gently pushed.
7. Let muffins cool for 3-5 minutes before carefully removing to a cooling rack. Allow to cool completely before storing in an airtight container. These muffins freeze well.

## TIPS:

1. To rehydrate raisins, or plump them up, soak them in hot water for 3-5 minutes. Drain the water completely before adding to the dry ingredients.
2. To make the muffins nut free, replace the walnuts with chopped pepitas.





Chai Tea  
Rice Pudding

# chai tea rice pudding

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Serves 4

*Rich, creamy rice pudding is great served warm or cold, and this one, with the subtle taste of chai tea, is perfect for breakfast, brunch, or an afternoon snack.*

## Ingredients:

- \* 2 1/2 cups milk
- \* 1 chai spice tea bag
- \* 1/3 cup rice
- \* 1 large egg
- \* 1/4 cup brown sugar
- \* 1 teaspoon vanilla extract

### NOTES:

- \* Always read the label on your tea bags. I used STASH™ Double Spice Chai tea.
- \* You can use any rice, as long as it cooks in about 20 minutes. I used a quick cooking brown rice.

## Instructions:

1. In a large sauce pan over medium heat, bring the milk and the tea bag to a simmer, just so the milk is beginning to steam. Let this simmer for 4-5 minutes, gently stirring occasionally.
2. Remove the tea bag, stir in the rice, and bring the mixture up to a boil, stirring frequently.
3. Reduce the heat, cover, and let cook for 20 minutes, continuing to stir frequently to prevent the milk from burning. Cook until the rice is no longer hard.
4. In a mixing bowl, whisk together the egg and brown sugar. Carefully spoon about 1/2 a cup of the hot rice mixture into the egg mixture, and quickly whisk. Add another spoonful of the hot rice mixture, and whisk again. Repeat two more times. This step will prevent your egg from becoming scrambled eggs.
5. Spoon the egg/rice mixture back into the sauce pan, and cook, stirring continuously, for another 10 minutes, or until the pudding has thickened.
6. Stir in the vanilla, and serve warm, or allow to cool, cover, and refrigerate. To serve, sprinkle with a light dusting of ground cinnamon (optional).



Vietnamese Coffee  
Chia Pudding



# vietnamese coffee chia pudding

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Serves 4

*High in omega-3, this pudding combines the popular cold Vietnamese coffee, drizzled with sweetened condensed milk, with the health benefits of chia seeds.*

## Ingredients:

- \* 3/4 cup strong, cold coffee
- \* 1/3 cup chia seeds
- \* 1/4 cup milk
- \* 1/2 teaspoon vanilla extract
- \* 4 tablespoons sweetened condensed milk

## Instructions:

1. Measure the cold coffee, chia seeds, milk, and vanilla into a jar with a tight-fitted lid. Shake the mixture until evenly mixed, and refrigerate for 3 hours, or overnight, giving it a shake occasionally.
2. To serve the pudding, spoon 1/4 of the mixture into a bowl and top with 1 tablespoon sweetened condensed milk.

Besides being high in omega-3, chia seeds are also high in fibre and help you to feel fuller longer.



Mojito Fruit  
Salad

# mojito fruit salad

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Serves 6

*Top your favourite fruit, in this case ripe strawberries, blackberries and kiwi, with the refreshing flavours of mint and lime.*

## Ingredients:

- \* 1 pound (454 grams) strawberries, diced
- \* 6 ounces (170 grams) blackberries
- \* 2 kiwi, peeled and sliced
- \* 3 tablespoons lime juice
- \* 1 tablespoon fresh chopped mint leaves
- \* 1 tablespoon granulated sugar (or more to taste)

## Instructions:

1. In a large bowl, stir together the strawberries, blackberries, and kiwi.
2. In a separate bowl, whisk together the lime juice, chopped mint, and sugar.
3. Pour over the fruit and stir to coat the fruit.
4. Cover and refrigerate for an hour before serving. Best served the same day it is made.





Spring Asparagus  
Omelette

# spring asparagus omelette

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Serves 1

*Although the ingredients list is enough for one, you can easily double, triple or quadruple the ingredients to make them for a small group.*

## Ingredients:

- \* 1 teaspoon oil
- \* 5 stalks asparagus, tough ends removed
- \* Salt, pepper
- \* 1 clove garlic, minced
- \* 1 teaspoon butter
- \* 2 tablespoons red pepper, chopped
- \* 1 tablespoon onion greens, chopped
- \* 2 large eggs
- \* 1 tablespoon water
- \* 2 tablespoons Feta cheese

## Instructions:

1. In a frying pan, heat oil over medium/high heat and sauté the asparagus for 4-5 minutes. You still want the asparagus to be slightly crisp. Add the salt, pepper, and minced garlic and stir to distribute evenly before removing the pan from the heat.
2. Heat the butter in a separate non-stick frying pan over medium heat.
3. Whisk together the eggs and water with a little salt and pepper. Set aside.
4. Once the pan is hot, sauté the red pepper and onion greens for 2-3 minutes, or until slightly tender.
5. Pour the egg mixture over the pepper and onions, being sure to quickly re-distribute the vegetables before the egg sets.
6. Cover with a lid or sheet of foil, and cook the omelette until the top is set, and no longer wet.
7. Position the asparagus on one half of the omelette, and sprinkle with the feta cheese.
8. Using a spatula, carefully fold the empty half of the omelette over the asparagus and cheese. Slide the omelette onto a plate and serve hot.



Broccoli Cheddar  
Quiche



# broccoli cheddar quiche

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Serves 8

*This quiche can be served hot or cold. It can be made the day before, covered with foil, and just reheated in a 300 degree F oven for 15 minutes. If you are not a fan of broccoli, feel free to use a well drained package of frozen, chopped spinach in its place.*

## Ingredients:

- \* 3 cups shredded potatoes sprinkled with 1 teaspoon of salt
- \* 1/4 cup shredded Parmesan cheese
- \* 1/2 teaspoon ground pepper
- \* 1/2 teaspoon salt
- \* 1 tablespoon butter, melted
- \* 1 tablespoon butter
- \* 1/2 small onion, diced
- \* 2 cloves of garlic, minced
- \* 2 cups of diced broccoli florets
- \* 1/2 large red bell pepper, diced
- \* 5 large eggs
- \* 1 cup milk
- \* 1 1/2 cups shredded cheddar cheese
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon ground pepper

## Instructions:

1. Preheat oven to 425 degrees F and grease a 10-inch pie plate. Set aside.
2. Let the shredded potatoes, sprinkled with salt, sit for 10 minutes before squeezing in a clean tea towel to remove all of the liquid (or, you can use frozen hash browns, defrost & squeeze all the water out). In a large bowl, stir together the dried potatoes, Parmesan cheese, salt, pepper and melted butter.
3. Press mixture into the bottom and up the sides of the greased pie plate. Try to make the layer of potatoes even, making sure there are no holes in the crust.
4. Bake in the preheated oven for 20 minutes, or until the potatoes begin to brown. Remove from oven and let sit for 5 minutes before adding the quiche mixture.
5. Turn oven temperature down to 350 degrees F.
6. In a large frying pan, over medium heat, sauté the onion, garlic, broccoli and pepper in the butter until the onion is transparent and the broccoli is bright green, about 5-8 minutes. Remove from heat.
7. In a large mixing bowl, whisk together the eggs, milk, cheese, salt and pepper.
8. Spread broccoli mixture over the potato crust, so there is an even layer of vegetables.
9. Pour the egg mixture over the broccoli mixture, being sure that everything is distributed evenly throughout the quiche.
10. Bake in 350 degree F oven for 30 minutes, or until golden brown on top and egg mixture is set. Allow to sit for 10 minutes before cutting.



Turkey Breakfast  
Sausage

# turkey breakfast sausage

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Serves 6

*Nothing beats homemade, and these turkey breakfast sausages are no exception. Filled with flavour, these sausages are perfect drizzled with a little maple syrup before serving.*

## Ingredients:

- \* 1 pound ground turkey
- \* 1 tablespoon brown sugar
- \* 1 teaspoon seasoning salt
- \* 1 teaspoon dried thyme
- \* 3/4 teaspoon ground black pepper
- \* 1/2 teaspoon dried sage
- \* 1/2 teaspoon fennel seeds
- \* 1/4 teaspoon garlic powder
- \* 1/8 teaspoon cayenne pepper (more if you want some heat)
- \* 1/8 teaspoon ground cloves
- \* 1/8 teaspoon ground nutmeg
- \* 1/8 teaspoon ground allspice
- \* 1 tablespoon oil (for frying)
- \* 2 tablespoons Maple syrup to brush before serving (optional)

## Instructions:

1. In a large bowl, mix ground turkey, sugar, egg, and all the seasonings until evenly combined.
2. Line a baking sheet with waxed paper.
3. Using wet hands, form the mixture into links or patties. Try to make them all the same size so they will cook in the same time.
4. Place formed sausages on the baking sheet. Once all the patties are formed, cover with plastic wrap and refrigerate for at least 4 hours, or overnight.
5. Heat 1 tablespoon oil in a frying pan over medium heat. Fry the sausages, turning once when the meat becomes nicely browned.
6. Fry until cooked throughout (4-5 minutes per side).
7. Brush with maple syrup, if using, and remove from heat. Serve immediately.

To make things easier, you can quadruple the spices—measuring them into a jar. When you want to make a batch of Turkey Breakfast Sausages, just add 4 1/2 teaspoons of the spice mixture to the ground turkey and brown sugar.





Breakfast Pizza

# breakfast pizza

Serves 6

*Pizza isn't just for Friday nights anymore! You'll love this breakfast pizza topped with an egg. Feel free to add your favourite toppings, like scramble fried breakfast sausage or bacon.*

## Ingredients:

### *Dough:*

- \* 1 2/3 cup brown rice flour
- \* 1/2 cup potato starch
- \* 1/3 cup tapioca starch
- \* 1/4 cup dry milk powder
- \* 1 tablespoon instant yeast
- \* 1 tablespoon xanthan gum
- \* 1 teaspoon granulated sugar
- \* 1 teaspoon salt
- \* 1 cup warm water
- \* 1 large egg
- \* 1 large egg white
- \* 2 tablespoons olive oil
- \* 1 teaspoon apple cider vinegar

### *Toppings:*

- \* Pizza Sauce or flavoured cream cheese
- \* Your favourite toppings like tomatoes, onions, peppers, scrambled fried breakfast sausage, fried bacon, etc.
- \* Your favourite cheese like mozzarella, cheddar, havarti, feta, goat, etc.
- \* 6 eggs, 1 per pizza

## Instructions:

1. Place the flour, starches, milk powder, yeast, xanthan gum, sugar, and salt in the bowl of a stand mixer fitted with a paddle attachment. Run the machine just to combine the dry ingredients.
2. In a small bowl, whisk together the water, egg, egg white, olive oil, and apple cider vinegar.
3. With the mixer running on low, slowly pour the wet ingredients into the dry ingredients. Turn the mixer up to medium speed and mix for 3 minutes, scraping down the bowl as necessary.
4. Line two baking sheets with parchment paper. With a rubber spatula, divide the dough into 6 small crusts. Dip your spatula in water and smooth the dough out into a 6-inch circle.
5. Place dough in a warm, draft free place and let rise for about 30 minutes, or until it is starting to look puffy. Poke the crust with the tines of a fork so that it will not puff up when baking.
6. Bake in preheated 425° oven for 10 minutes. Remove from oven and top with your desired toppings. Using the back of a spoon, make a well in the center of the toppings, and crack an egg into that well. Return to oven and continue baking another 10-15 minutes, or until your toppings are hot and bubbly and the egg is set, about 10 minutes. Top with fresh herbs.

OPTIONAL: It is difficult to cook the egg to your exact liking this way. I would suggest frying the egg on the stovetop and placing it on the cooked pizza just before serving.





Gougères  
(Cheese Puffs)



# mini gougères (cheese puffs)

Serves 6-8

*Similar to a cream puff, these savoury cheesy puffs can be eaten as is, or filled with meat for little bite size sandwiches.*

## Ingredients:

- \* 2/3 cup white rice flour
- \* 1/3 cup sweet rice flour
- \* 1 teaspoon baking powder
- \* 1/2 teaspoon dry mustard powder
- \* 1/2 teaspoon xanthan gum
- \* 1/4 teaspoon onion powder
- \* 1 cup water
- \* 1/2 cup unsalted butter
- \* 4 large eggs, room temperature
- \* 1 1/2 cups (6 ounces) shredded cheddar cheese (low fat cheese works fine)

## Instructions:

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper, and set aside.
2. In a mixing bowl, whisk together the white rice flour, sweet rice flour, baking powder, mustard powder, xanthan gum, and onion powder. Set aside.
3. In a medium sauce pan, bring the water and butter to a boil. Once they have reached a boil, pour all of the dry ingredients in at once, and stir with a wooden spoon until the dry ingredients are completely incorporated, and the mixture looks similar to play dough.
4. Place hot dough into a large mixing bowl or bowl of a stand mixer fitted with a paddle attachment. Beat on medium-high speed for a minute or two to cool the dough down a bit. With the mixer on medium speed, add one egg at a time. Beat dough until the egg is completely incorporated before adding the next one. Repeat until all 4 eggs have been added. Add the cheese, and continue mixing.
5. Mix on medium-high speed for 1 minute, until the dough is smooth.
6. Spoon the dough (about 1 tablespoon per gougère) onto prepared baking sheet, leaving about 2-inches between gougères.
7. Bake in preheated oven for 20 minutes.
8. Allow gougères to cool on a wire cooling rack for at least 10 minutes before serving. These can be served warm or cold, and are great to fill with chicken salad, tuna salad, etc. They are best served the same day, but can be stored in an air tight container. To crisp unfilled cream puffs again, place in a 400 degree F oven for 10 minutes.

The dough can be frozen to use later. Spoon the dough onto a wax paper lined baking sheet and place in the freezer. Once they are frozen, store in a zipper seal freezer bag. To bake, place frozen dough onto parchment lined baking pan, and let come to room temperature before baking (about 15 minutes). Bake the same way you would if you were baking immediately.



Salsa Baked  
Eggs

# salsa baked eggs

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Serves 1

*These salsa baked eggs are the ideal way to prepare eggs for a crowd. Each ramekin is one serving. The ingredients are per ramekin, so adjust according to the number of people you are serving.*

## Ingredients:

- \* 2 tablespoons salsa
- \* 1 large egg
- \* salt & pepper
- \* 1 tablespoon shredded cheddar cheese
- \* Cilantro or chopped onion greens to garnish.

## Instructions:

1. Preheat the oven to 350 degrees F. Place the ramekins on a baking sheet with sides.
2. Spoon the salsa into the bottom of the ramekin, spreading to cover the bottom.
3. Crack one egg per ramekin. Top with some salt and pepper.
4. Bake in preheated oven for 15-17 minutes, or until the whites have set.
5. Sprinkle with the cheddar cheese, and bake for 1 minute more to melt the cheese.
6. Garnish with chopped cilantro or onion greens before serving.

Ramekins are relatively inexpensive, and can be found at nearly every store. But, if you don't have any ramekins, you can use small heat proof jam jars or coffee cups. You can also use larger baking dishes, and bake a few eggs in one dish. Just remember, whatever dish you use, it has to be able to withstand a hot oven.





Potato,  
Leek and  
Mushroom  
Breakfast  
Bake

# Potato, Leek & Mushroom Breakfast Bake

Serves 6

*Filled with the flavours of spring, this breakfast casserole is a superb addition to your weekend brunch.*

## Ingredients:

- \* 2 tablespoons butter, divided
- \* 1 leek, sliced (whites only)
- \* 6 oz. (160 grams) mushrooms, sliced
- \* 3 cups frozen hash browns
- \* 2 tablespoons fresh dill, chopped
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon ground black pepper
- \* 6 large eggs
- \* 1/2 cup sour cream
- \* 1 cup cheddar cheese, shredded

## Instructions:

1. Preheat the oven to 375 degrees F. Grease a 9x9-inch baking pan with 1 tablespoon butter.
2. In a large frying pan, heat 1 tablespoon butter over medium-low heat. Cook the mushrooms and leeks, stirring frequently, to get them to sweat and become tender. About 5-10 minutes.
3. Add the hash browns, dill, salt, and pepper, and stir to combine. Pour into prepared baking sheet.
4. Whisk together the eggs and sour cream. Pour over the potato mixture.
5. Bake in preheated oven for 40-45 minutes, or until the eggs are set. Top with the cheddar cheese, and bake an additional 5 minutes, or until cheese is melted. Serve hot.

This recipe uses frozen hash browns for convenience sake only. You're welcome to use fresh potatoes cut into small cubes, but you may need to increase your baking time. Be sure to read the label on your frozen hash browns, as not all of them are gluten-free.