



This Cookbook is dedicated to the beautiful Wisnia men who daily make me want to do everything better...including cook.

# Gluten Free Cooking

*with*



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My cooking philosophy is simple: Food is about more than sustenance. Mixing together, making a mess, scheming to concoct the perfect formula...these are the moments that make life delicious. Things should be scrumptious and fresh but also easy and perhaps even FUN to make. If you are a major foodie or master chef looking to hone your culinary craft, this is probably NOT the book for you. If—like most folks I know—you are just trying to make it through the day but you still want to make something you can be proud to serve your family...if you further happen to be someone or love someone who is gluten intolerant, this may turn out to be a valuable resource.

Within these pages are the recipes that our family has found to be satisfying, scrumptious, and simple. Sometimes even the kiddos get in on the action and—for 5 or 10 glorious minutes—they stop asking questions like “How soon dinner will be ready?,” “When’s Dad gonna be home?,” “Can we have ice cream?” and just squeeze some dough through their fingers. There’s something very calming about fingers in dough. From our house to yours: Bon appétit!



## Buttermilk Biscuits

For bread lovers, this is a great, quick gluten free option for satisfying fresh-baked bread cravings.

### *Ingredients*

10 oz. all-purpose gluten free flour  
¾ tsp. salt  
1 Tbsp. sugar  
2 tsp. baking powder  
3½ oz. cold unsalted butter (cut 1 in. cubes)  
6 ½ oz. buttermilk



### *Instructions*

1. Preheat oven to 415° F.
2. Sift together flour, salt, baking powder, and sugar.
3. Add cold butter.
4. Stir in buttermilk to form a lumpy batter.
5. Knead gently about 10 times.
6. Gently roll dough about 1 in. thick and cut dough into 1½ inch biscuits.
7. Place biscuits on a parchment-lined cookie sheet separated (for crispy edges) or touching (for soft edges). Bake for about 15 min. until golden brown on top.

Tips: Serve warm with butter and jam or top with gluten free gravy for a delicious southern twist!

## Flat Bread

This bread is great for sandwiches, burgers, or as a replacement for nan when you're craving Indian food.

### *Ingredients*

4 egg whites  
2 - 4 egg yolks  
1 tsp. melted butter (or coconut oil for dairy-free/casein-free version)  
1 tsp. agave nectar or honey  
1/2 C almond flour  
dash salt



### *Instructions*

1. Preheat oven to 350° F. Line a cookie sheet with parchment paper.
2. Separate egg yolks and whites. Beat egg whites until soft peaks form.
3. Beat yolks with melted butter (or coconut oil) dash of salt and agave/honey.
4. Sprinkle almond flour over the egg whites and fold in gently along with egg yolk mixture.
5. Spread the batter onto the parchment paper into a 12 in. by 14 in. square. Bake at for approximately 12 min., or until bread is turning golden brown.

Tip: Use cookie cutters to cut bread into fun shapes for the ones you love. This makes a great surprise for a kiddo's lunch.



### Balsamic Kale with Strawberries and Almonds

Kale is sometimes a tough sale for the gluten free kiddos in the crowd but the adults will cheer for this recipe. Perhaps the kids will at least eat the strawberries.

#### Ingredients

1 bunch of kale  
chopped into 2 in.  
pieces  
2 Tbsp. olive oil  
1 shallot diced  
3-4 tsp. balsamic  
vinegar  
12 strawberries  
quartered  
¼ cup slivered almonds  
Feta for garnish (optional)



#### Instructions

1. Heat olive oil in a large skillet over medium heat. Add shallot and cook, stirring constantly for 1 minute.
2. Add kale and stir to coat with oil. Cook until kale turns bright green and a fork can be inserted easily.
3. Remove from skillet, and place in a bowl. Add the balsamic and toss.
4. Add the strawberries and almonds and toss again.
5. Garnish with feta as desired.

Tip: This is a nice side dish for chicken or mild fish such as cod or tilapia.

### Warm Brussel Sprouts with Feta and Fruit

If they're made right, even kids might be convinced to try brussel sprouts.

#### Ingredients

15-20 brussel sprouts halved  
3-4 Tbsp. olive oil  
Fresh ground salt and pepper to  
taste  
¼ cup feta  
¼ cup fresh fruit (e.g., oranges,  
apples, lemon)  
Fresh squeezed citrus juice  
(optional)



#### Instructions

1. Preheat oven to 375° F.
2. Toss/coat brussel sprouts in olive oil and season with salt and pepper.
3. Spread brussel sprouts on a cookie sheet and bake until brussel sprouts start to brown and a fork can be inserted easily (about 15 min.).
4. Pour warm brussel sprouts into a bowl and toss with remaining ingredients. Enjoy!

Tips: For a more savory/filling dish, garnish with a few applewood smoked bacon pieces and/or toasted almonds/pecans/pine nuts. If you're pressed for time or don't have many ingredients in your fridge, you can also just coat brussel sprouts with a little olive oil, fresh ground salt and pepper. They're delicious even without all the extras!

## Lemon Baked Cod

If your kids are reluctant to try fish, cod is a good place to start because of its mild flavor. Plus, many kids know about “Cod Fish” from watching *Jake and the Neverland Pirates*.

### Ingredients

1 lb. cod fish fillet  
¼ cup butter, melted  
2 Tbsp. lemon juice  
¼ cup all-purpose gluten free flour  
½ tsp. salt  
1/8 tsp. pepper  
paprika

### Instructions

1. Preheat oven to 350° F.
2. Cut fish into serving size portions.
3. Mix butter and lemon juice.
4. In a separate bowl, mix flour, salt, and pepper.
5. Dip fish into butter mixture, coat fish with flour mixture.
6. Place fish in an ungreased square baking dish.
7. Pour remaining butter mixture over fish and sprinkle with paprika.
8. Bake until fish flakes easily with a fork (about 25-30 min.).

Tip: If they’re squeamish about paprika, you can scoop off the breading before serving. The fish is still plenty flavorful without it!



## Classic Chocolate Chip Cookies

Life just isn’t complete without the occasional fresh-baked chocolate chip cookie.

### Ingredients

9 oz. butter  
6 oz. brown sugar  
6 oz. granulated sugar  
2 eggs  
1 tsp. vanilla  
13 oz. all-purpose gluten free flour  
1 tsp. baking soda  
1 tsp. salt  
12 oz. chocolate chips



### Instructions

1. Preheat oven to 375° F.
2. Mix together butter, sugars, eggs, and vanilla.
3. Sift together flour, baking soda, and salt.
4. Combine wet and dry ingredients and add chocolate chips.
5. Scoop ping pong ball-sized portions of dough 2 in. apart on a cookie sheet. Bake about 10 min. until cookies are cooked in the middle and golden brown on the edges. Remove from cookie sheet promptly! The more they cool, the more the stick.

Tip: You can use these to make great ice cream sandwiches!



## Giant Chewy Ginger Cookies

I'm a big fan of ginger. For me, these strike just the right balance of sugar, spice, and everything nice.

### Ingredients

2½ cups all-purpose gluten free flour  
2 tsp. baking soda  
¼ tsp. salt  
1 tsp. cinnamon  
1 tsp. ginger  
1 tsp. cloves  
¾ cup unsalted room temp butter  
1 cup packed brown sugar  
1 large egg  
¼ cup molasses  
¼ cup sugar



### Instructions

1. Preheat oven to 350° F.
2. Sift together flour, baking soda, salt, and spices.
3. Using an electric mixer, beat butter and brown sugar on medium speed until smooth (about 1 min.).
4. Add the egg and molasses and mix until blended and an even light brown color (about 1 min.).
5. On low speed, add the dry ingredients.
6. Spread sugar on a large non-stick surface. Roll ¼ cup-sized balls of dough in the sugar and place about 2 inches apart on a cookie sheet. Bake until the top feels firm and starts to crack but the center is still soft (about 14 min.).

Tip: You can make these mini sized for a delightful tea-dipping treat.

## Lentil Apple Curry

This savory, middle-eastern inspired dish can be made in less than 30 min. for a satisfying vegetarian, gluten free meal!

### Ingredients

3-4 cups cooked lentils (I use a package of Trader Joe's lentils)  
One 16 oz. can chickpeas, rinsed  
1 small red onion, diced  
1 clove garlic, minced  
1½ Tbsp. olive oil  
1 Tbsp. curry powder  
1 tsp. minced fresh ginger root  
4 tsp. gluten free soy sauce  
1/3 cups golden raisins or dried blueberries  
1 cup water  
1 apple cored and chopped  
2 Tbsp. chopped fresh cilantro leaves  
4 cups cooked brown rice



### Instructions

1. Combine chickpeas and lentils and set aside.
2. In a large saucepan, cook the onion and garlic in the oil, stirring, over medium-high heat for 3 min..
3. Add the curry and ginger and cook 1 minute.
4. Add the lentil-chickpea mixture and cook, stirring, 1 minute more.
5. Stir in soy sauce, raisins, and water and cook 15 min., stirring often.
6. Add the apple during the last 3 min. of cooking.
7. Serve over rice and garnish with cilantro.

Tip: A side dish of plain yogurt compliments this nicely!

## Chicken Noodle Soup

### Ingredients

2 Tbsp. olive oil (with a little butter for flavor-optional)  
½ yellow onion finely diced  
2 cloves of garlic minced  
1 bay leaf  
About ½ lb. Basic Chicken (see page 4) cut into ½ inch pieces  
2 quarts chicken stock  
2-3 large carrots cut into rounds  
2 celery stalks, chopped  
16 oz. box of soup-size gluten free noodles, partially cooked and drained

### Instructions

1. Preheat a large skillet on medium high heat. Add olive oil (and a little butter for flavor if you wish), onions, bay leaf, and garlic. Sauté 1-2 min.. Add carrots and celery and cook for an additional 2 min. until veggies start to soften.
2. In a separate large stock pot or crock pot, place chicken stock, noodles, and chicken. Add the sautéed vegetables from the skillet. Cook on medium-low heat for 45 min. to an hour, stirring occasionally/reducing heat as needed.

Tip: Serve with a simple salad and warm gluten free baguette (our family prefers Schar baguettes) with butter!



## Gingerbread

Each year, we invite neighbors and friends to decorate gingerbread at the start of the holiday season. It's a fun way to connect.

### Ingredients

2 cups all-purpose gluten free flour  
½ tsp. baking soda  
½ tsp. cinnamon  
½ tsp. nutmeg  
½ tsp. cloves  
½ tsp. ginger  
½ cup molasses  
¼ cup sugar  
3 Tbsp. unsalted butter  
1 Tbsp. milk



### Instructions

1. Preheat oven to 350° F.
2. Sift together flour, baking soda, and spices.
3. Heat molasses to the boiling point. Add sugar and butter. Mix until smooth
4. Combine all ingredients and mix until dough forms. Add a few drops of water if dough is too dry.
5. Roll out dough on a well-floured surface. Cut into shapes. Bake about 5 min.. Remove from the cookie sheet promptly and cool.



Tips: Use pie crust cutters to create gingerbread nibblers OR line a spring form pan with gingerbread dough to create a delicious crust for a holiday cheesecake!



## Lemon Sugar Cookies with Cream Cheese Frosting

No holiday is complete without the classic cutout cookie! Kids love to decorate these cookies as a special project and they freeze well.

### Cookie Ingredients

3 cups all-purpose gluten free flour  
1/8 tsp. salt  
1 tsp. baking soda  
1 tsp. cream of tartar  
1 cup vegetable shortening  
1 cup plus 2 Tbsp. sugar  
3 eggs  
1 tsp. lemon extract  
1 tsp. vanilla extract

### Cookie Instructions

1. Preheat oven to 385° F.
2. Sift together flour, salt, baking soda, and cream of tartar.
3. Cream together shortening and sugar. Add eggs and extracts.
4. Combine all ingredients and mix until smooth.
5. Roll out dough on a well-floured surface. Cut into shapes.
6. Bake on a cookie sheet approximately 5 min.



*For Frosting: Combine one cube (8 oz.) cream cheese, 16 oz. powdered sugar, and 1 tsp. vanilla. Mix until smooth.*

Tip: Use toothpicks to create fun details on your cookies!

## Pizza Dough

For ease and efficiency, I keep plenty of frozen Udi's pizza crusts on hand. Every once in a while, it's nice to do it right.

### Ingredients

1½ tsp. active dry yeast  
6 Tbsp. warm water  
6 Tbsp milk  
2 tsp. extra virgin olive oil  
1 tsp. fine cornmeal  
½ tsp salt  
1 Tbsp. almond meal  
About 1¼ cups brown rice flour  
½ tsp. xanthium gum



### Instructions

1. Dissolve the yeast in the warm water and set aside in a warm place for 3-4 min..
2. Combine the milk, oil, and cornmeal in a 1-quart bowl.
3. Add the yeast mixture, then the almond meal, then the rice flour and xanthium gum.
4. Mix well then turn onto a floured surface and knead with floured hands to incorporate all ingredients.
5. Place into a bowl coated with olive oil and turn once. Place a towel over the bowl and set in a warm place to rise for 35-40 min..
6. Preheat a pizza stone to 450° F.
7. Roll out dough onto a floured surface with a floured rolling pin. VERY CAREFULLY place dough onto the heated pizza stone, pinching dough back together as needed. (remember, this dough doesn't have any gluten to hold it together so it may be a little fussy)
8. Top with your favorite toppings and bake until crust is cooked and toppings look yummy.

Tip: Sometimes it's easiest to cut rolled out dough into portions (like a jigsaw).



## Easy Baked Macaroni and Cheese

Most kids (and adults!) love mac and cheese and gobble up this easy, cheesy comfort foodie entrée.

### Ingredients

12 oz. gluten free noodles (I use Trader Joe's brown rice noodles)  
1 egg  
2 cups milk  
2 Tbsp. butter melted  
2½ cups shredded cheddar cheese  
salt and pepper to taste



### Instructions

1. Preheat oven to 350° F and lightly grease a 2 quart baking dish.
2. In a large pot of salted water, lightly boil the noodles for about 5 min. until half-cooked.
3. Whisk the egg and milk together in a large cup. Add the butter and cheese. Stir well.
4. Place the lightly-cooked noodles in the prepared baking dish. Pour the egg/milk/cheese/butter mixture over the top of the noodles. Sprinkle with salt and pepper and stir well.
5. Bake uncovered for 30-45 min., or until top is bubbly and brown.

Tip: If you're feeling decadent, replace some or all of the milk with cream. Also, feel free to add extra cheese or a different type of cheese. This is a fun recipe to play with!

## Oatmeal Butterscotch Cookies

These are a good option when you're in the mood for some toffee, nutty goodness.

### Ingredients

1¼ cups all-purpose gluten free flour  
½ tsp. baking soda  
½ tsp. salt  
  
1 tsp. cinnamon  
1 egg lightly beaten  
1 cup raw sugar  
½ cup melted shortening  
½ cup melted butter  
1 Tbsp. molasses  
¼ cup milk  
1¾ cups uncooked oatmeal  
12 oz. butterscotch morsels  
½ cup chopped pecans



*Oatmeal butterscotch cookies are pictured in the center here between gingerbreads and classic chocolate chip cookies.*

### Instructions

1. Preheat oven to 350° F.
2. Sift together flour, baking soda, salt, and cinnamon.
3. Mix together egg, sugar, shortening, butter, molasses, and milk.
4. Combine wet and dry mixtures then add oatmeal.
5. Mix in the butterscotch and pecans.
6. Scoop ping-pong-ball-sized portions of dough 2 in. apart on a cookie sheet and bake until outer edges of cookies start to turn golden brown (about 10 min.). Remove from the cookie sheet promptly. The more cookies cool, the more they stick!

Tip: You can also use chocolate chips and/or raisins if you're craving oatmeal chocolate chip or oatmeal raisin cookies.

## Flourless Chocolate Cake with Chocolate Glaze

Even the gluten addicts in your life will ask for more of this decadent dessert and they'll gasp when you reveal that its gluten free.

### *Ingredients*

#### Cake

8 oz. semi-sweet chocolate chips  
¾ cup plus 2 Tbsp. unsalted butter  
2 oz. unsweetened chocolate  
1 cup sugar  
5 eggs, separated  
3 Tbsp. almond meal/ground almonds

#### Glaze

½ cup cream  
3 Tbsp. butter  
8 oz. chocolate chips



### *Instructions*

#### Cake

1. Preheat oven to 350°F. Grease the bottom and sides of a spring form pan.
2. Melt the chocolate chips, butter, and unsweetened chocolate in a saucepan until smooth. Pour into a large bowl and cool slightly.
3. Add sugar, yolks, and almonds and whisk until smooth.
4. Using an electric mixer, beat whites until stiff peaks form. Gently fold whites into the chocolate batter.
5. Pour batter into pan and bake for about 40 min. until the top begins to crack.
6. Transfer to a rack and cool 15 min.. Press down gently on top to even edges and cool completely before glazing.

#### Glaze

1. Bring cream and butter to simmer in saucepan.
2. Reduce heat, add chocolate and stir until smooth. Let stand for about 1 hour.
3. Invert cake onto a serving platter and pour glaze over the top, using a spatula to spread as needed. Garnish/decorate as desired and refrigerate for 2 hours before serving.



Tip: If you want to make this cake extra special, decorate it with a little gold leaf. It's edible and beautiful against the chocolate background.

## Baked Chicken Nuggets

I have yet to meet a kid that didn't love a chicken nugget. These are a healthy, easy-to-make gluten free alternative to the typically processed frozen version.

### *Ingredients:*

1¼ cups gluten free bread crumbs or finely crushed gluten free crackers  
½ tsp. freshly ground salt  
½ tsp. freshly ground black pepper  
2 large eggs  
1 pound boneless, skinless chicken cut into 1½ -in. strips



### *Instructions:*

1. Heat the oven to 450°F and arrange a rack in the middle. Set a wire rack on a baking sheet and set aside.
2. Combine bread or cracker crumbs, salt, and pepper in a shallow dish and stir until incorporated. Beat eggs in a separate shallow dish until smooth. Dip chicken pieces in the egg wash, allowing any excess to drip off then dip in the cracker mixture, patting to adhere. Place on the prepared rack.
3. Bake until the chicken is opaque throughout and registers 170°F to 175°F on an instant-read thermometer, about 15 min.. Serve with ranch dressing, ketchup, or your favorite dip.

Tip: For a delicious, crispier (but less healthy) option, you can also fry these nuggets in a skillet with a little oil.

## Carrot, Sage, and Scallion Pasta

This is the perfect combination of flavors and is very quick to whip up. It makes a nice entrée and can also be served as a side.

### Ingredients

8 oz. uncooked gluten free noodles  
1 tsp. extra virgin olive oil  
2-3 Tbsp. unsalted butter  
3 medium carrots, julienned  
9 scallions (green and white parts)  
cut into 1½ in. pieces  
40 fresh sage leaves, stems removed  
Freshly ground salt and pepper to taste  
Juice from ½ lemon  
2 Tbsp. grated jack and/or parmesan cheese



### Instructions

1. Prepare pasta according to package directions. Drain and set aside.
2. Heat a large skillet over medium-high heat. Add oil and 1½ tsp. butter
3. When butter and oil are sizzling, add carrots. Cook stirring often until soft and golden (about 7 min.).
4. Add the scallions and sage leaves and cook, stirring, until sage begins to crisp and the scallions are brown (about 7 min.).
5. Lower the heat and add salt and pepper to taste. Cover to keep warm.
6. Return the pasta to the cooking pot and add the remaining butter. Toss lightly.
7. Add the vegetable mixture to the noodles. Garnish with cheese.

Tip: This is a nice side dish for mild fish such as cod or tilapia!

## Vanilla Cake

There are lots of boxed gluten free cake mixes out there. If you prefer to make from scratch, this is a good way to go.

### Ingredients

#### Cake

2 cups all-purpose gluten free flour  
¼ cup almond meal  
1¾ cups sugar  
2 tsp. baking powder  
¾ tsp. baking soda  
1 tsp. kosher salt  
16 Tbsp. (2 sticks) unsalted butter, melted  
1 cup sour cream  
4 eggs  
1 Tbsp. vanilla

#### Glaze

¼ cup water  
¼ cup plus 1 Tbsp. sugar  
2 tsp. vanilla



### Instructions

#### Cake

1. Preheat oven to 375° F. Grease and flour pan(s).
2. Sift together flour, sugar, baking powder, baking soda, and salt.
3. Whisk together butter, sour cream, eggs, and vanilla.
4. Combine all ingredients and beat with an electric mixer on the low speed for 20 seconds. Scrape down sides and beat for 30 seconds on medium speed.
5. Bake until a toothpick inserted comes out clean (20-30 min.)

#### Glaze

1. Combine water and sugar in a small saucepan and heat, stirring until sugar dissolves.
2. Remove from heat and stir in vanilla.
3. Brush over cooled cake.

Tip: When making cakes in kooky shapes, cover the cake with marzipan or fondant to help keep the cake's shape and cover mistakes.



## Nutty Chocolate Chunk Brownies

No cooking repertoire is complete without a good, basic brownie recipe.

### Ingredients

¾ cup all-purpose gluten free flour  
Pinch of salt  
¼ tsp. baking soda  
1/3 cup unsalted butter  
¾ cup sugar  
2 Tbsp. water  
12 oz. chocolate chips  
2 eggs  
1 tsp. vanilla  
½ cup chopped pecans



### Instructions

1. Grease a 9" square baking dish and preheat oven to 375° F.
2. Sift together flour, salt, and baking soda.
3. In a saucepan, stirring frequently, bring butter, sugar, and water to a boil. Remove from heat and add 8 oz. of the chocolate chips. Stir until smooth.
4. Transfer chocolate mixture to a bowl and cool slightly. Add eggs one at a time, stirring until smooth after each addition. Add the vanilla.
5. Combine wet and dry ingredients then fold in the remaining chocolate chips and pecans.
6. Spread mixture in the prepared baking pan and bake 35-45 min., until a toothpick inserted comes out clean.

Tip: A fun variation is to add white chocolate or butterscotch chips and/or almonds. Crushed candy canes and white chocolate can be substituted for nuts to create a delicious holiday treat.

## Buttermilk Pancakes

A staple in our house most Saturday mornings is made-from-scratch buttermilk pancakes. These are easy to make and delicious! They are also great to make and freeze so that the gluten-free types in your house can have something satisfying to heat and take when breakfasting at a restaurant that doesn't have gluten free options. Here's the recipe:

### Ingredients

1 cup room temperature buttermilk  
1 tbsp. melted butter  
1 egg  
¾ cup all purpose gluten free flour  
1 tsp. baking soda  
½ tsp. salt



### Instructions

1. Preheat an electric skillet to 375° F or a large skillet to medium high.
2. Sift together flour, baking soda, and salt.
3. Whisk together buttermilk, butter, and egg.
4. Combine all ingredients and mix until smooth.
5. Pour round circles onto the preheated skillet and flip when bubbles appear.



Tip: We usually double or triple the recipe for our family. Our boys are GROWING!

## Buttermilk Waffles

Whenever I make these, folks often comment that they can't believe these are gluten free! These waffles freeze nicely so they're great to bring along when dining at a restaurant without gluten-free options.

### Ingredients

3 eggs, separated  
2 cups buttermilk  
8 Tbsp. (1 stick) unsalted butter, melted  
½ tsp. vanilla  
1½ cups all-purpose gluten free flour  
1½ tsp. baking powder  
1 tsp. baking soda  
¼ tsp. salt  
3 Tbsp. sugar



### Instructions

1. Preheat a waffle iron and coat as needed (spray) to prevent sticking.
2. Combine buttermilk, egg yolks, butter, and vanilla.
3. Sift together flour, salt, baking powder, baking soda, and sugar.
4. Whip egg whites with a mixer until stiff peaks form.
5. Combine wet and dry ingredients, then fold in egg whites.
6. Ladle batter onto the hot waffle iron and cook until golden brown.

Tips: For best reheating results, use a waffle iron. For a fun dessert, serve waffle squares/wedges with ice cream and your favorite toppings.

## Lemon Bars

Lemon bars are my mom's favorite. These are a staple at our annual Mother's Day tea and at other family gatherings throughout the year.

### Ingredients

#### crust

1 cup (2 sticks) butter, softened  
½ cup white sugar  
2 cups all-purpose gluten free flour

#### filling

4 eggs  
1½ cups white sugar  
¼ cup all-purpose gluten free flour  
3 lemons, juiced



### Instructions

1. Preheat oven to 350° F and grease the bottom and sides of a  
i. 9 in. x 13 in. baking dish.
2. Combine crust ingredients and mix until a dough forms.
3. Press dough into the bottom of the baking dish and bake for 20-30 min. until crust is cooked enough to remain intact/support filling.
4. Whisk together filling ingredients and pour over the baked crust and bake for an additional 20-25 min. until filling is no longer liquid.
5. Cool completely and dust with powdered sugar just before serving.



Tip: For best presentation, allow bars to cool completely and dust with powdered sugar just before serving.

## Easy Chocolate Custard

This recipe is SO EASY and DELICIOUS. Plus, it looks fancy and special even though it's not labor intensive. This is one of my favorites when preparing for a tea.

### Ingredients

- 2/3 cup whole milk
- 1 egg
- 2 tablespoons sugar
- Pinch of salt
- 1 cup semisweet chocolate chips
- 2 tablespoons flavored liqueur (e.g., Baileys, orange, hazelnut) or dark rum
- 1 cup whipping cream
- Garnish (e.g., mint sprigs, orange slices, diced hazelnuts)- optional



### Instructions

1. Heat milk in a small pan over moderate heat until it comes to a boil.
2. In blender or food processor combine egg, sugar, a pinch of salt, chocolate chips and liqueur. Run processor or turn on blender to low setting.
3. Pour in boiling milk in a slow stream. The hot milk will cook the egg and melt the chocolate. Process or blend 1 minute, until smooth. Spoon chocolate cups and chill for approximately 1 hour until custard sets.
4. Just before serving, beat cream until soft peaks form. Add a little sugar and beat to combine.
5. Top the chocolate cups with a dollop of cream and garnish each cup as desired. Place cups on saucers and serve with demitasse spoons.

Tip: If you're making custard for kiddos, you can substitute the liqueur with a little flavored extract. For a fun and whimsical presentation, I like to use espresso cups and fancy tea spoons.

## Cream Scones

This is an easy and delicious way to start the day. Just add your favorite mix-ins to the base recipe and enjoy a delicious breakfast treat!

### Ingredients

- ½ cup all-purpose gluten free flour
- ½ cup almond flour
- ¼ tsp. salt
- 2½ tsp. baking powder
- ¼ cup sugar
- ½ cup of mix-ins (fruit, nuts, chocolate, butterscotch, etc.)
- ¾ cup cream
- cream and sugar for glaze



### Instructions

1. Preheat oven to 415° F.
2. Sift together flour, salt, baking powder, sugar, and dry mix-ins.
3. Add cream and stir gently until everything is just combined.
4. Turn the mixture onto a floured surface and use floured hands to form dough into a (approx.)10 in. circle that is about 1 in. thick.
5. Spread a thin layer of cream on top of the circle and sprinkle sugar over the cream.
6. Cut the circle into about 12 wedges (1 wedge=1 scone), place wedges on a cookie sheet about 1 in. apart and bake about 10 min.

Tips: For efficiency, measure and mix dry ingredients in advance (e.g., the night before). You may wish to play with the flour/almond meal amounts to achieve a taste that best suits your pallet. Cream will need to be adjusted accordingly since almond meal has much more moisture than flour. Scones spread in the oven so you may need to use a spatula to separate/lift them when done.