

**GLUTEN AND CASEIN-FREE DIET**

***FOODS ALLOWED***

Each one of the foods restricted on this diet can be found in many products and has many derivatives. It is important that only foods listed as allowed are used during the trial period.

An initial trial of one to three months should allow enough time to assess whether the diet improves symptoms.

***Read all food labels carefully***

Type of Food	Foods Allowed
<p><b>MILK AND MILK PRODUCTS</b></p> <p><u><i>AVOID</i></u></p> <p>Any food product containing:</p> <p><i>Casein</i> <i>Milk solids</i></p>	<p><u>As beverages or on cereals</u></p> <p>Rice Dream (made from brown rice and safflower oil), enriched with calcium (in the <i>white carton</i>) Soy-based drinks without milk components (such as SoGood; SoNice;) <i>Some people do not tolerate soy-based drinks as beverages, but find that they tolerate them after cooking; in such cases, when using these products as a beverage, bring to the boil and cool</i> Non-dairy creamers such as Coffee Rich Darifree (based on potato starch)</p> <p><u>In recipes</u></p> <p>Substitute for milk: Pure fruit juices Pure vegetable juices Home made soup stock Water from cooking vegetables, especially potatoes</p> <p><u>Spreads</u></p> <p>Clarified light whipped butter (see <i>Recipes</i>) Margarines free from milk solids: Examples: Fleischmann® low sodium, no salt margarine; Some diet spreads such as Parkay® Diet Spread; Canoleo® margarine</p> <p><u>Sauces</u></p> <p>Use olive oil, vegetable oils, clarified butter, herbs and dressings made with allowed ingredients (see <i>Recipes</i>)</p>

Type of Food	Foods Allowed
<p><b>BREADS AND CEREALS</b></p> <p><u>AVOID</u></p> <p>Any food containing:</p> <ul style="list-style-type: none"> <li>Wheat</li> <li>Spelt</li> <li>Kamut</li> <li>Triticale</li> <li>Semolina</li> <li>Durum</li> <li>Cous cous</li> <li>Rye</li> <li>Oats</li> <li>Barley</li> </ul>	<p><i>GRAINS AND FLOURS:</i></p> <p>Grain, nut, seed, and legume flours such as:</p> <ul style="list-style-type: none"> <li>Pea and bean flours</li> <li>Rice and rice flour</li> <li>Wild rice and wild rice flour</li> <li>Arrowroot starch and flour</li> <li>Chick pea or garbanzo flour (Besan)</li> <li>Soy flour</li> <li>Lentil or pea flour</li> <li>Potato starch and flour</li> <li>Tapioca, and tapioca starch and flour</li> <li>Millet and millet flour (Bajri)</li> <li>Sago flour</li> <li>Amaranth and amaranth flour</li> <li>Quinoa and quinoa flour</li> <li>Buckwheat and buckwheat flour</li> <li>Nut and seed flours</li> <li>Corn, corn flour, corn starch</li> </ul> <p><i>BREADS AND BAKED GOODS:</i></p> <p>Baked goods and specialty baking mixes containing allowed ingredients</p> <ul style="list-style-type: none"> <li>Specialty breads such as Ener-G Rice</li> <li>Good N'Easy bread and pastry mixes</li> <li>Celimix Rice or Flaxmeal bread mixes</li> <li>Home made baked goods made with allowed flours (see Recipes)</li> </ul> <p><i>CRACKERS AND SNACKS</i></p> <ul style="list-style-type: none"> <li>Rice crackers</li> <li>Rice cakes</li> <li>Cakes and muffins without restricted ingredients</li> <li>Potato chips <i>if a low fat diet is not being followed</i></li> <li>Popcorn without artificial flavours and colors</li> </ul> <p><i>CEREALS</i></p> <ul style="list-style-type: none"> <li>Cream of rice</li> <li>Rice bran</li> <li>Puffed rice</li> <li>Puffed millet</li> <li>Puffed amaranth</li> <li>Corn flakes</li> <li>Any of the allowed grains, cooked</li> </ul> <p><i>PASTA</i></p> <ul style="list-style-type: none"> <li>Rice noodles and pasta</li> <li>Brown rice pasta</li> <li>Wild rice pasta</li> <li>Mung bean pasta</li> <li>Soya pasta</li> <li>Buckwheat pasta</li> <li>Corn pasta</li> <li>Pasta made from any allowed grain (for example, potato and quinoa pastas are available from specialty stores)</li> </ul>

Type of Food	Foods Allowed
<b>VEGETABLES</b>	<b>All tolerated</b> vegetables without prepared sauces Pure vegetable juices
<b>LEGUMES</b>	<p><b>All tolerated legumes</b>, including:  Peanuts  Fresh peas and beans  Examples:  Green peas  Sugar peas  Green beans  Yellow wax beans</p> <p>All cooked dried peas and beans:  Examples:  Lentils (brown; red; yellow; white)  Split peas (yellow; green)  Kidney beans  Navy beans  Pinto beans  Black-eyed peas  Soy beans</p> <p>“Processed” legumes such as:  Pure "smooth" peanut butter without sweeteners  Plain tofu  Soya bean flour  Chick pea flour  Black bean flour  Red bean flour</p>
<b>FRUIT</b>	<p><b>All tolerated fruits</b>, fresh or frozen  including:  Fruits canned in fruit juice or water</p> <p>All tolerated fruit juices, including:  Fresh-squeezed juices  Fruit juices in cans or tetrapacks  Pasteurised fruit juices</p> <p>Fruit conserves and jams made with allowed fruits and sweeteners</p>
<b>MEAT POULTRY FISH</b>	<p><b>All plain, cooked, fresh or frozen meat, poultry or fish</b>  May be marinated in oil, herbs, lemon (cooked)</p> <p>Fish canned in oil or water</p>
<b>EGG</b>	<p><b>All eggs if tolerated</b>  Egg dishes without restricted ingredients</p>
<b>NUTS AND SEEDS</b>	<p><b>All tolerated nuts and seeds</b>  Nut and seed butters such as:  Almond butter  Cashew butter  Sesame tahini</p>

Type of Food	Foods Allowed
	Sunflower seed butter Nut and seed flours Any nuts or seeds made into butters or milks in a blender (see recipes below)
<b>FATS AND OILS</b>	<b>All pure vegetable oils</b> including: Canola, olive, sunflower, safflower, flaxseed, soy Milk-free margarines such as: Fleischmann low sodium, no salt margarine Parkay diet spread Canoleo margarine Meat drippings and poultry fat Home made gravy made with allowed thickeners Lard
<b>HERBS AND SPICES</b>	<b>All fresh or dried spices and herbs</b> including: Basil                               Mint Bay leaf                               Marjoram Garlic powder                       Onion powder Oregano                               Poultry seasoning Parsley                               Rosemary Thyme                                 Sage Chervil                               Savory Coriander leaf                       Tarragon Dill weed                             Celery salt  <b>If tolerated:</b> cooked garlic and cooked ginger
<b>SWEETENERS</b>	Glucose; Dextrose Fructose (fruit sugar); Levulose Honey Lactose-free sugar substitutes such as: Sugar Twin ; Splenda [Avoid aspartame and sugar alcohols such as sorbitol, xylitol, mannitol, etc.]
<b>BEVERAGES</b>	Plain water and mineral water  Herbal teas without spices; allowed teas include: mint, peppermint, camomile, rosehip, blackcurrant, strawberry, raspberry. Cooked and cooled fruit juices, diluted with water if desired, and sweetened with allowed sweeteners (for example: lemonade; limeade; orangeade)  Pure fruit and vegetable juices (juices may be diluted with water to reduce sugar concentration)
<b>OTHER</b>	Baking soda, Baking powder Cream of tartar Salt Baker's yeast Guar gum  Plain gelatine

## GUIDELINES TO ENSURE COMPLETE BALANCED NUTRITION

### 1. Milk and Milk Products

No milk products are allowed, but a good variety of meats and alternatives are included, which supply the same proteins as milk.

Soy-based beverages and Rice Dream can be used as substitutes for milk in recipes, beverages and on cereals, but unless the nutrients are added artificially, these substitutes do not contain the calcium and vitamin D that is in milk. Since milk and milk products are the principal source of calcium in the Western diet, when these foods are eliminated, it is difficult to obtain adequate amounts of daily calcium from dietary sources alone. A calcium supplement will be necessary.

Vitamin D is required for uptake and utilisation of dietary calcium. Adequate amounts of vitamin D are usually obtained from the action of sunlight on the skin; one half hour per day of exposure to the sun will provide the daily vitamin D requirements of an individual. However, in situations where exposure to sunlight is limited, a supplementary source of vitamin D is recommended.

**Table 1 Dietary Reference Intake (DRI) Values for Calcium and Vitamin D**

Life Stage Group Male <sup>a</sup> and Female	Calcium AI (mg/day)	Vitamin D AI (mcg/day)
0 to 6 months	210	5
6 to 12 months	270	5
1 through 3 years	500	5
4 through 8 years	800	5
9 through 13 years	1,300	5
14 through 18 years	1,300	5
19 through 30 years	1,000	5
31 through 50 years	1,000	5
51 through 70 years	1,200	10
> 70 years	1,200	15
Pregnancy:		
<= 18 years	1,300	5
19 through 50 years	1,000	5
Lactation:		
<= 18 years	1,300	5
19 through 50 years	1,000	5

a. Female only for pregnancy and lactation values

b. As cholecalciferol {1 microgram (mcg) = 40 IU vitamin D}

c. In the absence of adequate exposure to sunlight

AI = adequate intake

Source of Data

Institute of Medicine, National Academy of Sciences, Office of News and Public Information, 2101 Constitution Avenue, NW, Washington, D.C. 20418 August 13 1997

## **Calcium supplements**

Calcium carbonate provides 625-750 mg elemental Ca per 2.5 mL (☞ teaspoon).

However, *calcium gluconate*, *calcium citrate*, and the *Krebs cycle derivatives* (*citrate*, *fumarate*, *malate*, *succinate*, *glutarate* [available as a chewable supplement Cal-Chews<sup>®</sup> (Jamieson)]) appear to be more efficiently utilised supplements than calcium carbonate. In addition, some research studies indicate that they may interfere less with the absorption of iron and other trace elements than calcium carbonate alone.

Supplements should contain allowed ingredients only.

Some calcium supplements contain magnesium; this mineral can act as a laxative. Avoid magnesium in the calcium supplement if diarrhea is a problem. Sufficient magnesium will be available from the multivitamin mineral supplement to supply your daily requirements.

## **2. Grains**

**Five** servings daily of the allowed grains are recommended

Whole grains such as brown rice, wild rice, buckwheat, quinoa, amaranth, and millet are allowed.

## **3. Vegetables**

The variety of vegetables is unlimited.

Using the cooking water of vegetables in other dishes can increase nutrients and with home made soups, meat and vegetable stews and stir fries, or added to tomato juice as a beverage.

## **4. Fruits**

All fruits if tolerated are allowed.

They can be eaten alone, cooked as “sauces” (apple sauce; pear sauce; mixed fruit sauce), poached in a little water (poached pears; poached peaches), baked (baked apple; baked banana) or pureed and served as sauces on cooked grains.

Raisins, berries, and other fruits can be added to baked goods such as muffins, pancakes, and "specialty breads". Purchased dried fruits, including raisins and currants, are allowed

## **5. Meat and high protein foods**

**Three** servings or more of meat and alternatives daily is recommended.

## **6. Vitamins and minerals**

Due to possible nutritional limitations of the diet, a daily multivitamin/mineral supplement should ensure complete micronutrient intake.

***Dietary supplements must be free from wheat, yeast, lactose, sugar, and all artificial additives such as colours, flavours and preservatives. The label will specify that the product is free from these ingredients. A few brands that make products that fulfil these specifications include: Quest, Jamieson, Nulife, Natural Factors, Sisu, and Nutricology.***

## GENERAL DIET GUIDELINES

Every meal and snack must contain at least one food from **each** of the following categories:

{Note: Because a number of basic foods are excluded, in order to supply an adequate balance of nutrients, the following categories contain foods which traditionally would not be included in that particular group}

### **PROTEIN {PRO}:**

- Meat
- Poultry
- Fish
- Shellfish
- Egg
- Nut butters
- Seed butters
- Tofu

### **GRAIN {GRA} or STARCH {ST}:**

- Any allowed whole grain
- Whole grain flour as allowed
- Lentils, split peas and other legumes
- Lentil, pea, or bean flour
- Root vegetables, such as:
  - Potato
  - Sweet potato and yam
  - Carrot
  - Parsnip
  - Turnip
- Starchy fruit, such as:
  - Banana

### **FRUITS AND VEGETABLES {FR/VEG}:**

- All vegetables as tolerated, such as:
  - Leafy vegetables, such as:
    - Spinach
    - Kale
    - Broccoli
    - Lettuce of all types
    - Cabbages
  - Cauliflower
  - Squashes of all types
  - Eggplant
  - Sweet peppers
- All fruits, including:
  - Fresh, frozen, canned and dried fruits
  - Fresh, frozen and canned pure fruit juices

## EXAMPLES OF BALANCED MEALS

### BREAKFAST

#### *Breakfast cereals*

**PRO:** Nuts or seeds and nut and seed butters  
Soya milk (if tolerated)

**GRA/ST:** Packaged allowed cereal, or cooked cereal grain (see below for cooking directions)

**FR/VEG:** Fruit, fresh or frozen, cooked or canned in fruit juice  
OR 100% fruit jam sweetened with honey  
OR Fruit juice

#### *Cooking Grains*

Cook amaranth, millet, quinoa and buckwheat grain like brown rice:

Combine a cup of grain with 2¼ or 2½ cups of water.

Bring to the boil, cover, lower heat and simmer for 45 - 60 minutes.

Insufficient cooking will leave the grain tasting a little bitter, and it will be irritating to the digestive tract.

The grains can be cooked in large batches (for example, four cups of grain), and frozen in one-cup quantities.

The cooked grain can be reheated in the microwave and provides the basis for an instant breakfast cereal.

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#### *Quick Blender Drink*

**PRO:** Tofu: nuts or seeds

**GRA/ST:** Rice bran

**FR/VEG:** Cooked fruit

In a blender combine:

Medium or soft tofu (from produce section of grocery store)

Any cooked fruit

2 - 4 tablespoons sesame tahini, seed or nut butter

1 tablespoon boiled lime juice

1 tablespoon of honey or to taste

2 tablespoons rice bran

Soy milk as desired if mixture is too thick

Blend until well combined

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#### *Vegetable Omelette:*

**PRO:** Egg

**GRA/ST:** Potato

**FR/VEG:** assorted vegetables; fruit juice

Sauté in an omelette pan in clarified butter, or a combination of clarified butter and olive oil:

Zucchini grated

Mushrooms, thinly sliced

Red and green peppers, chopped finely

Parsley, chopped



Carrots, grated  
Garlic, pressed, to taste

Whip together two or three eggs until foamy.

Add to the above cooked ingredients. Add salt and herbs to taste.

Cook until set on the bottom. Slide onto a plate, cooked side down.

Invert into the omelette pan, uncooked side down

Cook a further minute or two until set on the bottom.

Fold over into a half circle. Slide onto a heated plate.

Garnish with parsley. Serve with hash brown potatoes and heated and cooled fruit juice

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### *Enriched Scrambled Eggs*

**PRO:** Egg

**GRA/ST:** Potato; rice bread; rice/soy bread

**FR/VEG:** green onions; black olives; fruit juice

Sauté in clarified butter:

Green onions or chives, chopped small

Black olives

Garlic, pressed, to taste

Beat two or three eggs together with a fork. Add to the cooked vegetables.

Continue to cook and stir until cooked and firm.

Add salt to taste. Garnish with parsley.

» Serve with hash brown potatoes or toasted rice or rice/soy bread with cooked fruit juice

If eggs are not tolerated, substitute firm tofu, broken up with a fork

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### *Pancakes*

½	cup	rice flour	125 mL
½	cup	soy flour	125 mL
1	tbsp	allowed baking powder	15 mL
1	tbsp	honey or fructose	15 mL
½	tsp	salt	2.5 mL
¼	cup	allowed oil	50 mL
2		eggs	2
1	cup	Rice Dream or soy milk	250 mL

Sift dry ingredients three times and set aside.

Beat the eggs, oil and milk together until well blended.

Add to the flour and beat until batter is smooth.

Heat a non-stick pan. Pour 1-2 tbsp of batter for each pancake.

When air bubbles appear on the surface, flip to cook on the other side.

To freeze pancakes for later consumption:

Stack pancakes with a layer of wax paper inserted between each pancake

Store in an airtight freezer container

Place in a toaster to reheat

### *Pancakes as a complete meal*

**PRO:** Nut or seed butter

**GRA/ST:** Flours used in pancake batter (see recipe)

**FR/VEG:** Fruit included in pancake batter

Pureed cooked fruit as topping

Fruit juice

Make batter according to recipe above. Add frozen or fresh berries such as blueberries, strawberries, raspberries or any fruit allowed, chopped into small pieces

Cook individual pancakes on skillet (fruit will cook at the same time)

Spread two teaspoons of any nut or seed butter on each hot pancake

Top with any cooked fruit, sweetened with honey to taste

Serve with fruit juice

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### *Vegetable or Fruit Pancake Sandwiches*

**PRO:** Nut or seed butter

**GRA/ST:** Flours used in pancake batter

**FR/VEG:** Grated vegetables (Carrot; zucchini; red and green peppers, etc)

OR: Chopped fruit (apple; pear; peach; apricot; nectarine; pineapple)

OR: Berries (blueberry; strawberry; raspberry)

Make batter according to recipe. Add grated vegetables or chopped fruit or berries.

Cook individual pancakes on griddle. Cool on a cake rack.

» For lunch box sandwiches, spread with nut or seed butters and honey or 100% fruit jam without sugar, but add honey to taste if desired. Make square pancakes for variety.

» Include heated and cooled fruit juice and cooked fruit in a small container

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## IDEAS FOR SNACKS AND LUNCH BOXES

1. Brown rice cakes spread with nut or seed butter, 100% fruit jam, honey to taste  
{**PRO**: nut or seed butter; **GRA/ST**: brown rice; **FR/VEG**: 100% fruit jam}
  2. Rice crackers spread with nut or seed butter and vegetable butter (recipes below)  
{**PRO**: nut or seed butter; **GRA/ST**: rice cracker; **FR/VEG**: Vegetable butter}
  3. Rice cakes spread with meat butters (recipes below)  
{**PRO**: meat, poultry or fish; **GRA/ST**: Rice cake; **FR/VEG**: vegetables or fruits}
  4. Rice cakes or crackers spread with nut or seed and fruit butters (recipes below)  
{**PRO**: Nut or seed butters; **GRA/ST**: Rice cake or crackers; **FR/VEG**: fruits}
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## IDEAS FOR DINNERS OR SUPPERS

1. Stir-fried vegetables (**FR/VEG**), including bean sprouts,  
with chicken, tofu, fish or shellfish (**PRO**), served with rice (**GRA/ST**)
2. Rice pasta or any pasta made from suggested grains (**GRA/ST**), home-made meat (**PRO**)  
and tomato sauce with additional vegetables (**FR/VEG**)
3. Rice or alternative grain pasta (**GRA/ST**) with tuna (**PRO**) and black olive sauce (**FR/VEG**)
4. Bouillabaisse (fish and shellfish stew) (**PRO**) with a variety of vegetables (**FR/VEG**)  
served with toasted rice or alternate grain breads (**GRA/ST**)
5. Roast meat or poultry (**PRO**) with a variety of vegetables (**FR/VEG**),  
served with French fries or baked potato (**GRA/ST**)
6. Steamed, poached or broiled fish (**PRO**) with a variety of vegetables (**FR/VEG**)  
and rice (**GRA/ST**)
7. Broiled steak (**PRO**), French-fries (**GRA/ST**) and a variety of vegetables (**FR/VEG**)
8. Meat (**PRO**) and vegetable (**FR/VEG**) kebabs served with rice (**GRA/ST**)

## RECIPES

The following are a few recipes that provide alternative versions of dishes that traditionally contain milk, milk products, and gluten-containing grains

Whenever possible, use iron cookware as this will increase the iron content of any food cooked in it, especially if the food is acidic.

Most of the dishes freeze well. They can be made in large quantities and stored in the fridge or freezer for future use.

### **Alternatives to Butter**

#### ***Clarified butter***

Heat regular butter gently until it melts.

Milk solids will sink to the bottom, and also may rise to the top in a "foam".

Skim off the top foam and discard.

Allow the milk solids to fall to the bottom and pour off the clear oil.

Discard the bottom solids.

The **clear yellow oil** is clarified butter.

#### ***Light whipped butter***

Clarified butter is very hard and difficult to spread once it has solidified. Making a light whipped butter, with the addition of a polyunsaturated vegetable oil such as canola oil makes the product softer, and also reduces the saturated:unsaturated fat ratio, which is beneficial in cholesterol-lowering diets.

Add canola oil to the liquid clarified butter when it has cooled and just started to solidify, in the proportions:

Oil from 1 lb block of butter to ½ cup canola oil.

Place the liquid clarified butter in a blender and start the blender to whip

Slowly add the oil. As the liquid butter incorporates the oil it will become thicker. Continue to add the oil until all has been added. If the addition is too fast the two oils will separate on standing.

Pour into a plastic container and refrigerate.

#### ***Peanut, Nut and Seed Butters***

Shelled raw nuts or seeds

225 g (1 cup)

Canola, soy, or olive oil

Sufficient to make a spreading consistency

» Yield 8oz

The nuts and seeds can be ground either raw or roasted.

To roast: Spread nuts or seeds on a baking sheet. Roast gently at bottom of 350° C oven until the nuts under the skins are golden brown. Rub skins off using a soft cloth.

Grind nuts as finely as possible in a blender, food processor, or coffee grinder

Add sufficient oil to make a spreading consistency while processing.

Store in fridge.

Stir before use as oil separates out.

Note: Use fresh nuts or seeds. Check for mould. Store in a tin or in a dry place.  
Use quickly as oil rapidly becomes rancid.

» This recipe may be used to make butters from any nuts or seeds.

Try combinations such as melon seeds, pumpkin seeds, and sunflower seeds.

## Alternatives to Milk

### *Nut and Seed Milks*

2½ cups nuts or seeds, raw or roasted as above  
4 cups water

Blend or process until the mixture becomes a smooth liquid.  
For a thicker milk, reduce the quantity of water

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## BREADS AND BAKED GOODS

### *Substitutes for restricted flours in recipes:*

No single flour will replace wheat flour in recipes, but an acceptable bread or baked product can be made with a combination of flours

The gluten in wheat flour maintains the structure of a loaf of bread after the yeast has caused it to rise.

When gluten is not present, the loaf will drop after it cools.

In bread recipes a fibre such as guar gum will provide a certain amount of support to stop the bread from collapsing completely.

The following recipes take these factors into account.

### *Flour combinations*

Combining "light", "intermediate" and "heavy" flours in the ratio below will give a better baked product than using any single flour alone.

<i>Heavy flours</i>	<i>Intermediate flours</i>	<i>Light flours</i>
Soy	Potato	White rice
Buckwheat	T'ef	Tapioca
Millet (bajri)	Brown rice	Arrowroot
Amaranth		Sago
Chickpea		Corn starch
Channa (besan)		
Mung bean		
Any nut		
Quinoa		
Corn meal		

» Combine in a ratio:

⅔ cup heavy flour

¼ cup light flour

¼ cup intermediate flour

### *Commercial Bread and Pastry Mixes*

Alternatively, there are commercially prepared mixes for breads, cakes and other baked goods on the market.

Two that are readily available in Canada are:

Good N'Easy bread and pastry mixes (click here for source of mix <http://www.liv-n-well.com/catalog.php?category=14&subcategory=110&item=1004>)

Celimix {Nelson David of Canada} click here for source of mix [http://www.cdnf.com/cat121\\_1.htm](http://www.cdnf.com/cat121_1.htm)).

## ***Alternative Flour Bread:*      Bread Machine Recipe**

### *Ingredients*

2½ cups	flour mixture*	625 mL	
2 teaspoons	baking powder		10 mL
2 teaspoons	guar gum		10 mL
½ teaspoon	salt		2.5 mL
1 packet	fast rising yeast		15 mL
2 teaspoons	sugar		10 mL
1	egg		
¼ cup	warm water		275 mL
½ teaspoon	lemon juice		2.5 mL
2 tablespoons	canola oil		25 mL

### *\*Flour mixture*

¼ cup	soya bean flour	312 mL
¼ cup	brown rice flour	312 mL
1 cup	millet flour (bajri)	250 mL
¾ cup	tapioca starch	187 mL
¾ cup	potato flour	187 mL

Mix together and place in an airtight container.  
This mixture will make two loaves.

### *Method*

For one loaf:

Place 1 cup of warm water, 2 teaspoons sugar and 1 packet of yeast in the bread machine and leave for 30 minutes to allow the yeast to begin fermenting. The mixture will appear foamy after this time.

Meanwhile, in a mixing bowl combine 2½ cups of flour mixture, 2 teaspoons baking powder, ½ teaspoon salt, 2 teaspoons guar gum, and mix well.

Add to the ingredients in the bread machine after the 30 minutes of fermentation.

In a small bowl beat the egg until well mixed, add 2 tablespoons of warm water and ½ teaspoon of lemon juice.

Mix well and add on top of the flour mixture in the bread machine.

Process on 4-hour French Bread cycle.

### **Variations**

#### ***Bran and raisin bread:***

Substitute:      Rice bran for ¼ cup of rice flour in the flour mixture  
                    Grape juice instead of lemon juice

Add:             ½ cup raisins to the dry ingredients

#### ***Cranberry bread:***

Substitute:      Orange juice instead of lemon juice

Add:             ½ cup cranberries (fresh or frozen) to the dry ingredients

#### ***Blueberry bread:***

Substitute:      Lime juice instead of lemon juice

Add:             ½ cup blueberries (fresh or frozen) to the dry ingredients

#### ***Herb bread:***

Add:      2 tablespoons mixed herbs to the dry ingredients

OR:      Mixture of sweet basil, rosemary and parsley to make 2 tablespoons

OR:      Any preferred mixture of herbs (leaves and flowers of edible plants)

### ***Substitutes for restricted grains as a thickener:***

To replace 2 tbsp of wheat flour as a thickener in soups, sauces gravies and puddings, use **one** of the following:

- 1 tbsp (15 mL) potato starch or flour
    - OR rice flour
    - OR arrowroot starch or flour
    - OR gelatine
  - 2 tbsp (15 mL) quick cooking tapioca or tapioca flour
  - ¼ cup (50 mL) uncooked rice
  - 1 egg
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### ***Baked Products using alternative flours***

#### **Pizza**

2 cups	rice flour	500	mL	
2½ tsp	baking powder		12.5	mL
½ tsp	salt		2.5	mL
¾ cup	water		175	mL
3 tbsp	pure olive oil		45	mL

Sift together flour, baking powder and salt in a large bowl.

Add water and olive oil and mix well with a fork until combined.

Shape into a ball with wet hands, and add a little more water if necessary.

Turn dough onto rice-floured work surface and knead 2-3 minutes.

Roll out to desired thickness and place on oiled pizza pan.

Top with sautéed, drained meat and/or vegetables and cook at 450°F for 10 minutes or until crust is golden brown.

If cooked without toppings this crust can be served with herbed olive oil, allowed jam jelly or honey or cooked fruit or berries.

Makes 1 - 12" pizza.

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#### **Banana Muffins**

##### **Wet Ingredients**

- ½ cup clarified butter
- ½ to ¾ cup honey
- 2 eggs
- 1 cup ripe bananas (3 medium size)
- 2 Tbsp hot water
- 1 tsp baking soda
- 1 Tbsp vanilla

##### **Dry Ingredients**

- 1 cup rice flour
- ¼ cup soya flour
- 2 Tbsp amaranth flour
- 2 Tbsp tapioca or arrowroot flour
- 1 Tbsp carob powder (optional)
- 2-3 tsp baking powder

Cream margarine and sugar

Add eggs and bananas. Mix well

Dissolve soda in hot water and add to banana mixture. Stir in vanilla

Mix dry ingredients together and add to mixture

Fill greased muffin tins ¾ full

Bake at 350°F for approximately 20 minutes or until golden brown

Makes 24 medium muffins (16-18 large)

## *Orange and Date Muffins*

### Wet ingredients

1 orange, including rind  
½ cup orange juice  
½ cup chopped dates  
1 egg  
½ cup clarified butter  
½ cup honey

### Flour mix:

1 cup brown rice flour  
2 tablespoons arrowroot flour  
5 tablespoons tapioca flour  
1 tablespoon guar gum  
1 tablespoon baking powder  
1 tablespoon baking soda  
¼ teaspoon salt

Cut orange into pieces, grind in blender.  
Add orange juice, dates, egg, butter and honey.  
Blend until well mixed. Put into mixing bowl.  
Sift flour ingredients together.  
Add wet ingredients to flour mixture and mix well. Pour into muffin cups in a muffin tin.  
Bake at 400°F for 15 minutes.  
Makes about 15 medium size muffins

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## *Carob fudge brownies*

### Dry ingredients

1 cup amaranth flour  
½ cup carob powder  
⅓ cup arrowroot powder  
2 tsp cream of tartar  
1 tsp baking soda  
½ tsp salt

### Wet ingredients

¾ cup honey  
¼ cup water  
½ cup canola oil  
2 tsp real vanilla extract

Sift the dry ingredients together; beat the wet together separately.  
Slowly beat the dry into the wet ingredients  
Spoon the batter into a lightly oiled and floured 8" x 8" or 9" x 9" square baking pan (the pan can be floured with tapioca flour or arrowroot powder).  
Bake for 25 or 30 minutes at 350 F.  
The brownies should be moist and tender, do not over-bake  
Cool before cutting and removing from the pan  
Store in the fridge.

### Carob Fudge Topping:

⅔ cup almond milk  
⅓ cup honey  
¼ cup carob powder  
2 tsp arrowroot powder  
Dash of salt  
½ tsp real vanilla flavouring

Blend all the ingredients except the vanilla.  
Bring to a boil and simmer 5 minutes, stirring constantly until the mixture thickens.  
Add vanilla  
Remove from heat and spread over brownies.



## *Shortbread cookies*

Rice flour or tapioca flour	6 ounces	175 g
Clarified butter	4 ounces	125 g
Fructose (fruit sugar)	2 ounces	50 g
Almond butter	2 ounces	2 tablespoons

Beat all ingredients in a bowl or food processor to form a stiff dough.  
Roll out to ¼ inch thickness on a floured surface.  
Cut into 2 inch (5 cm) rounds or rectangles; prick with a fork  
Place on an oiled baking sheet  
Bake at 170°C (325°F) for about 25 minutes  
Sprinkle with fructose  
Cool and serve.

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## **Pasta**

### *Home-made noodles*

Chickpea flour	100 g	4 oz
Salt	to taste	
Herbs as preferred (optional)	5 mL	1 teaspoon
Water	to make dough	
Clarified butter, melted	30 mL	2 tablespoons

Mix flour and seasonings.  
Add sufficient water to make a stiff dough  
Roll out on a floured surface as thinly as possible  
Cut into long, narrow strips  
Cook in rapidly boiling salted water for 10 to 15 minutes  
Coat with melted clarified butter and sprinkle with herbs

» Serve with any pasta sauce made with allowed ingredients which includes a protein and vegetable.

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## **Battered and Fried Foods**

### *Chickpea Batter*

Chickpea flour	50 g	(2 oz)
Canola oil	5 mL	(1 teaspoon)
Baking powder	5 mL	(1 teaspoon)
Water	60 mL	(4 tablespoons)

Mix all ingredients together to make a thick smooth coating batter.

» Makes about 125 ml (¼ cup)

Use for coating fish, fruits, vegetables, and any other food that you wish to batter and fry.

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### *Vegetable fritters*

Select any fresh vegetables such as: zucchini; carrot; onion; green or red peppers; sliced potatoes; mushrooms; cauliflower or broccoli fleurets.

Peel or wash vegetables. Slice into ¼ inch thick rings or strips.

Dip into batter until well coated

Deep fry in canola oil at 375°F until crisp and brown (about 3-4 minutes)

Drain on paper towels

» Serve with a protein source (fish, poultry, tofu) to make a complete meal.

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## DESSERTS

### *Fruit kebabs*

Alternate a variety of fruits on a metal skewer, such as:

Whole strawberries

Melon (cantaloupe, watermelon, honeydew) balls

Pineapple chunks

Apple pieces

Pear cubes

Kiwi fruit (use a quarter or half fruit)

Grapes (seedless varieties)

Orange sections

Cook on a barbecue, or wrap in foil and bake in a 350°F oven until fruits are well cooked on the inside and crisp on the outside (about 20 minutes)

Brush with liquid honey and reheat

» This can be made into a complete meal, such as breakfast, by serving with tofu, whipped with honey and lime juice heated and cooled, and rice pudding made with fruit juice instead of milk

**PRO:** Tofu

**GRA/ST:** Rice

**FR/VEG:** A variety of tolerated fruits

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### *Stewed Fruit*

Chop a variety of fruits, such as apricots, peaches, nectarines, apples, pears, strawberries, into small pieces.

Place in a saucepan with 1-2 tablespoons of water.

Add honey to taste.

Bring to a boil. Immediately reduce heat and simmer for 5 minutes

» Serve hot or cold.

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## ***Baked Bananas***

Peel bananas and cut in half lengthways. Place cut side down in a baking or casserole dish  
Drizzle honey over slices.  
Bake in 350°F oven for 20 minutes  
» Serve hot with honey, peanut or other nut butters on top.

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## ***Banana Fritters***

Peel bananas, cut in half lengthways, and again in half to make 4 quarters  
Dip each section in chickpea batter (above) to coat well.  
Deep fry in canola, soy or another pure vegetable oil until batter is crisp and golden  
Drain on paper towels.  
Serve with honey or maple syrup, or top with rice-based or soy-based dessert

Fritters can be made with any other fresh fruit in place of the bananas.  
Fruits such as apples and pears should be peeled before coating. They can be battered after cutting in halves or quarters, or into slices.

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## ***Baked apples***

Core apples, but leave skin intact. Reserve stem with a small amount of skin and apple attached.  
Place cored apples in baking pan. Place honey inside hole left by removal of the core. Place reserved stem on top of hole to cover it.  
Bake in 350°F oven for 25 minutes, or until flesh feels soft and well-cooked when tested with a skewer.  
» Serve hot, with melted honey from the pan drippings spooned over the top.  
» The skin is usually not eaten.  
For variety, the hole can be filled with other fruit such as blueberries, raisins mixed with peanut or nut butter, or any chopped or pureed fruit, added before cooking.

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## ***Poached Pears***

Peel and core pears  
Cut into halves lengthways  
Place in a saucepan with sufficient water to cover fruit  
Bring to a boil. Cover with a lid. Reduce heat.  
Simmer for about ten minutes.  
Eat hot or cooled in fridge.  
» Drizzle melted honey over pears and serve with cooking water, which will be pear-flavoured.  
» Alternatively, the cooking water can be added to other dessert recipes requiring liquid as additional flavour and sweetener.

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## ***Popsicles***

Pour fruit juice into plastic popsicle makers  
Insert wooden or plastic sticks  
Freeze

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### ***Fruit Slush***

Place any fresh fruit into the freezer until partially frozen, or use frozen fruit  
Add liquid honey to fruit that may be a little tart  
Purée quickly in blender or food processor  
» Serve in bowls and eat with a spoon

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*A few sources of the products suggested in the above recipes:*

### ***Rice-based beverages***

#### **Rice Dream: Imagine Foods**

Website provides information on the products, where to buy, recipes, and much more.

<http://www.imaginefoods.com/pages/products/ricedream.php>

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### ***Soy Beverages; Nut and Grain Beverages:***

**Pacific Foods:** <http://www.pacificfoods.com/products-soy.php>

#### **Shop Natural:**

[http://www.shopnatural.com/Merchant2/merchant.mvc?Screen=CTGY&Category\\_Code=4073](http://www.shopnatural.com/Merchant2/merchant.mvc?Screen=CTGY&Category_Code=4073)

#### **Gaiam:**

[http://www.gaiam.com/retail/product.asp?product\\_id=WK103147+MSTR](http://www.gaiam.com/retail/product.asp?product_id=WK103147+MSTR)

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### ***Unusual Flours:***

#### ***Tef or T'ef flour***

#### **Bob's Red Mill:**

[http://www.bobsredmill.com/catalog/index.php?action=showdetails&product\\_ID=386](http://www.bobsredmill.com/catalog/index.php?action=showdetails&product_ID=386)

Bob's Red Mill carries a variety of gluten-free grains and flours and a number of bread and cake mixes for gluten-free baking. The site provides many recipes for gluten-free baking. Click here for access to their site: [http://www.bobsredmill.com/gluten\\_free\\_info.php](http://www.bobsredmill.com/gluten_free_info.php)