

GLUTEN-FREE RECIPES

COCONUT BALLS

<http://www.leefromamerica.com/blog/2017/3/14/coconut-fat-balls>

1 c coconut shreds	½ c almonds
½ c coconut oil, melted	2 tbsp cacao nibs
¼ c coconut butter	1 tsp cinnamon
¼ cup sunflower seeds	3 medjool dates (pitted)
¼ c pepitas (pumpkin seeds)	1/3 c almond milk
½ c cashews	

1. Blend everything in a food processor until dough is achieved. Dough will be wet; that's good!
2. Roll into bite sized balls and lay flat in an air-tight container and freeze. These last for months.
3. Remove from freezer and thaw for 5 minutes before eating to release flavor.

COCONUT FLOUR PANCAKES

3 eggs
2 tbsp coconut flour
Pinch of salt
Cook in coconut oil

CHIA JAM

Stew up mashed strawberries or other fruit of choice, and add chia seed to mixture on stove, cool to make a gel). Put on coconut pancakes or use on biscuits.

COCONUT BISCUITS

1/3 c coconut flour
5 tbsp coconut oil
4 eggs
2 tbsp honey (optional)
Dash of salt
½ tsp baking powder

Directions: Preheat oven to 400 degrees F. Put all ingredients into bowl and mix using hand. Form into nine small balls and mash each one down with a spoon. Bake for 12-15 minutes until starting to brown.

GLUTEN-FREE FLUFFY BISCUITS <https://minimalistbaker.com/easy-vegan-gluten-free-biscuits/>

Ingredients:

- 1 cup *potato starch* (NOT potato flour)
- 1 1/4 cup *almond flour*
- 1 Tbsp arrowroot
- 1 tsp sea salt
- 2 1/4 tsp baking powder
- 4 Tbsp vegan butter, butter or ghee (NOT coconut oil)
- 1/2 cup light coconut milk (canned, not carton)
- Options: 1 Tsp stevia, 2 tsp *nutritional yeast*

Instructions:

1. Preheat oven to 400 degrees F. To a large mixing bowl, add potato **starch (not flour)**, almond flour, cornstarch, sea salt, baking powder, stevia, and nutritional yeast. Whisk to combine.
2. Add butter and use a pastry cutter, whisk, or fork to "cut" the oil into the flour until small bits remain.
3. Add the light coconut milk to the dry mixture and gently stir with a spoon to combine into a semi-sticky dough. All of the coconut milk may not be used. If it looks too wet, compensate with 1-2 Tbsp at a time of almond flour *or* potato starch. Add more coconut milk if it is too crumbly.
4. Transfer dough onto a well GF-floured surface and dust the top with potato starch or almond flour. Handling as little as possible, form into a 1-inch-thick disc with your hands. These biscuits don't puff up as much as their gluten-containing cousins, so only push the dough down as much as you desire them to be thick.
5. Using a well-floured biscuit cutter, small cookie cutter, or narrow drinking glass, cut out biscuits and transfer carefully to a baking sheet with a spatula. Arrange the biscuits so they are close but not touching.
6. Makes 12-14 small biscuits or 6-8 medium biscuits. Brush the tops of the biscuits with melted vegan butter (optional).
7. Bake for 14-18 minutes or until they look dry and fluffy. Watch carefully so as not to burn. Remove from oven and let rest on pan for 10 minutes. Serve warm.