

## Table of Contents

### Breakfast Foods

Lemon Blueberry Muffins.....	4
Breakfast Skillet.....	4
Milk-Free Pancake Recipe.....	5

### Main Dishes

Chicken Nuggets.....	5
Green Bean Mushroom Casserole.....	6
Turkey Burgers.....	6
Turkey Casserole.....	7
Chicken Chili Soup.....	7
Mexican Casserole.....	8
Southwestern Casserole.....	8
Honey-baked Chicken Strips.....	9
Beef Stir-fry.....	9
Easy Grilled Southwestern Pork.....	10

### Side Dishes / Sauces

Grilled Chicken Rub.....	10
Sweet and Sour Sauce.....	10
Easy Gravy.....	11
Oven Fries.....	11

### Desserts

Chocolate Bite Cookies.....	12
Seth's Ice Cream.....	12

Chocolate-Vanilla Swirls.....	13
Marshmallow Shamrocks.....	14
Holiday Cutout Cookies.....	15
Cookie Frosting.....	15
Brown Sugar Shortbread Cookies.....	15
Chewy Apricot-Raisin Jumbles.....	16
Lime-Flavored Italian Ice.....	16
Vanilla Cream Filling.....	16
Halloween Graveyard Cake.....	17
Creepy Crawly Cupcakes.....	18
Creamy Chocolate Frosting.....	18
Creamy Maple Frosting.....	19
Apple Cranberry Pie.....	19
No Roll Ginger Cookie Pie Crust.....	19
Carrot Snacking Cake.....	20
Cake Glaze.....	20
Baseball Cupcakes.....	21
White Frosting.....	21
Chewy Chocolate Bliss Cookies.....	22
Valentine Brownies.....	22
Valentine Pretzel Rods.....	22
Raspberry Icing.....	23
Vanilla Pudding.....	23
Halloween Party Mix.....	24

Scarecrow Cake.....	24
Frosting.....	24
Caramel Corn.....	25
Fortune Cookies.....	25
Charoet.....	26
Chocolate Banana Loaf.....	26
Three Berry Cobbler.....	26
Chocolate Syrup.....	27
Strawberry-Orange Fruit Sorbet.....	27
Strawberry-Peach Fruit Dip.....	27
Be A PAL Cookie.....	28
Chocolatey Chocolate Cake.....	29
Birthday Blondie Cake.....	29
Vanilla Silk Frosting.....	29
Wheat-Free Chocolate Cupcakes.....	30
Raspberry Frosting.....	30

## **Beverages**

Easter Punch.....	30
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## **Miscellaneous**

Wheat-Free Play-Dough.....	31
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## Breakfast Foods

M=Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

### Lemony Blueberry Muffins

M, E, P, S, N

1 Tbsp. plus ½ cup sugar, divided	1 ½ cups flour
½ cup yellow cornmeal	1 ½ tsp. baking powder
½ tsp. baking soda	¼ tsp. salt
1 cup frozen blueberries	1 cup apple juice
3 Tbsp. milk-free, soy-free margarine, melted	1 Tbsp. lemon zest
1 ½ Tbsp. water; 1 ½ Tbsp. oil, 1 tsp. baking powder, mixed together	

Preheat oven to 400 degrees. Coat muffin tin with cooking spray and sprinkle with 1 TBSP sugar. Set aside. In medium bowl, combine flour, cornmeal, ½ cup sugar, baking powder, baking soda and salt. Stir in blueberries. Set aside. In small bowl, whisk together apple juice, margarine lemon zest, and water, oil, and baking powder mixture. Stir into flour mixture until dry ingredients are moistened. Spoon batter into muffin cups, 2/3 full. Bake 20 minutes or until toothpick inserted into center comes out clean. Remove from tins and place on wire rack to cool.

### Breakfast Skillet

M, E, W, P, S, N

½ lb. Bacon	6 cups packaged frozen cubed potatoes*
1 green bell pepper, seeded and chopped	1 red bell pepper, seeded and chopped
½ cup onion, chopped	Salt and pepper

In large, deep skillet, cook bacon over medium high heat until evenly browned. Remove from heat. Discard grease. Transfer bacon to a plate, pat dry with paper towels, and crumble. Set aside.

Reduce heat to medium. Cook potatoes according to package directions, stirring and flipping frequently. Drain. Stir in peppers and onion. Cook until vegetables are tender. Stir in crumbled bacon. Season with salt and pepper.

\*Read the ingredient label carefully. Instead of using frozen potatoes, can peel and cube a pound of potatoes and boil for 15 minutes or microwave 5 to 7 minutes. Add to the recipe as directed.

### **Milk-Free Pancake Recipe**

M, P, N (may be soy and egg free with substitutions)

1 cup flour	1 Tbsp. sugar
2 tsp. baking powder	½ tsp. baking soda
½ tsp. Salt	1 cup enriched soy beverage
1 Tbsp. vinegar or lemon juice	1 egg (or egg-replacement)
1 Tbsp. oil	

Add vinegar or lemon juice to milk and set aside. Combine dry ingredients in medium mixing bowl and set aside. In a small bowl, blend milk mixture with egg. Add milk and egg mixture to bowl of dry ingredients. Mix well. Stir in oil. Pour pancake batter onto lightly greased or non-stick frying pan. Flip as needed until both sides are golden brown.

### **Main Dishes**

M=Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

### **Chicken Nuggets**

M, E, P, S, N

4-6 boneless, skinless chicken breast halves	½ cup milk-free, soy-free margarine, melted
1 cup flour	1 tsp. salt
1 tsp. white pepper	2 tsp. poultry seasoning

Preheat oven to 400 degrees. Spray oven-proof dish with cooking spray. Set aside. Cut chicken into 3-inch pieces. Set aside. Place melted margarine in wide cup. Set aside. In medium bowl, combine flour, salt, pepper, and poultry seasoning. Set aside. Dip chicken in margarine. Roll in flour mixture until well coated. Place in prepared dish. Bake 25 minutes, or until light brown, turning once. Serve plain or with a dipping sauce, such as sweet and sour sauce.

### **Green Bean Mushroom Casserole**

M, E, W, P, S, N

1 lb. green beans	1 (6.5 oz) can mushrooms
Rice beverage	1 Tbsp. cornstarch
1 ½ tsp. onion powder	½ tsp. garlic powder
¼ tsp. salt	1 Tbsp. dried onion
1 cup flaked corn cereal, crushed	

Preheat oven to 350 degrees. Clean green beans, place in large saucepan, fill with about 1 inch of water. Bring water to boil; boil 10 minutes or until green beans are tender. Drain and set aside. Open mushrooms, drain liquid into measuring cup. Add rice beverage to mushroom liquid to make 1 cup. Mix in cornstarch. Pour into medium saucepan. Add onion powder, garlic powder and salt. Cook over medium heat, stirring constantly until thickened, about 10 minutes. Stir in mushrooms. Pour over green beans. Stir in dried onion. Spoon into casserole dish. Top with flaked corn cereal. Bake uncovered about 20 minutes until hot throughout. Cover, let stand 5 minutes.

### **Turkey Burgers**

M, E, W, P, S, N

¼ cup brown mustard	2 Tbsp. honey
1 lb. ground turkey	½ tsp. salt
¼ tsp. coarse black pepper	2 Tbsp. oil

In small bowl, combine mustard and honey until well blended. Set aside. In medium bowl, combine turkey, salt and pepper. Add 3 Tbsp. mustard mixture. Mix well. Form mixture into four small patties about ¾-inch thick. Brush both sides of burgers lightly with oil. Grill 6 minutes on each side or until center is no longer pink. Brush with remaining honey mustard while grilling. Serve with or without a hamburger bun.

### **Turkey Casserole**

M, E, P, N

2 cups soy beverage	1 cup mushrooms, canned or fresh
2 cups uncooked elbow macaroni	2 cups cooked turkey, diced
1 cup peas	¼ cup onion, chopped
Salt and pepper to taste	½ cup breadcrumbs
2 Tbsp. milk-free margarine, softened	

Preheat oven to 350 degrees. Grease 2-quart casserole dish; set aside. In blender, combine soy beverage and mushrooms. Puree and set aside. Add macaroni, turkey, peas, onion, and salt and pepper to prepared casserole dish. Stir in soy beverage mixture, mixing well. Cover and bake 50 minutes; remove casserole from oven. In small bowl, combine breadcrumbs and margarine, and sprinkle mixture over top of casserole. Return casserole to oven uncovered and cook 10 minutes more.

Note: To make this dish wheat-free, substitute 1 cup uncooked rice for elbow macaroni, and omit the breadcrumb topping.

### **Chicken Chili Soup**

M, E, W, P, S, N

2 Tbsp. olive oil	1 medium onion, diced
2 clove garlic, minced	½ cup fresh cilantro, chopped
12 green peppers, seeded, diced	6 cups chicken broth
1 (15-oz) can cannellini beans, rinsed and drained	Salt
1 Tbsp. ground cumin	Pepper
2 cups cooked chicken breast, shredded	

In large pot, heat olive oil over medium heat. Add onion and garlic and cook about 3 minutes until soft. Add cilantro and green pepper, cook about one minute. Add chicken broth, cannellini beans, cumin and salt and pepper to taste. Bring to a boil. Reduce heat, then simmer 10 minutes.

Transfer about one third of soup to a blender and puree. Return to pot. Add chicken; cook about five minutes, then serve.

Note: This soup is great served with tortilla chips.

### **Mexican Casserole**

M, E, W, P, S, N

- |   |                         |
|---|-------------------------|
| 1 pound ground turkey                                 | ½ cup mild chunky salsa |
| 1 (8-oz.) can tomato sauce                            | ½ tsp. salt             |
| 1 tsp. chili powder                                   | 6 corn tortillas        |
| 2 (25- to 260z) cans kidney beans, rinsed and drained |                         |

Preheat oven to 375 degrees. Brown turkey in skillet over medium heat, stirring frequently to separate; drain. Stir in beans, tomato sauce, salsa, chili powder and salt. Line bottom of 8-inch square casserole dish with 3 tortillas. Cut one of the tortillas into pieces to fill in empty areas. Cover with 1/3 of meat mixture (approximately 2 cups). Repeat layers twice. Cover with aluminum foil and bake 45 minutes. Let cool 5 minutes before serving

### **Southwestern Casserole**

M, E, W, P, S, N

- |  |   |
|--|---|
| 1/4 cup water                                  | 1 Tbsp. oil                                   |
| 12 Tbsp. sugar                                 | 1 (15-oz) can black beans, drained and rinsed |
| 1 cup cornmeal                                 | 1 lb. ground beef                             |
| 2 cups onion, thinly sliced                    | 2 ½ cups zucchini, thinly sliced              |
| 2 cups red bell pepper, cut into ¼-inch strips | 2 garlic cloves                               |
| ½ cup frozen corn kernels, thawed              | 1 tsp ground cumin                            |
| ¼ tsp ground red pepper                        | 1 cup taco sauce*                             |

Preheat oven to 3540 degrees. Grease 9x13-inch pan. Set aside. Process water, oil, sugar and beans in a food processor until smooth. Stir in cornmeal until well blended. Brown ground beef. Set aside. Coat large skillet with cooking spray. Heat on medium until hot. Add onion, zucchini, bell pepper and garlic. Cook 10 minutes. Add corn, cumin and ground red pepper; cook 2 minutes. Add beef and set aside. Spread bean mixture onto bottom of prepared pan. Add beef mixture. Top with taco sauce. Bake 35 minutes.

Suggestion: Substitute ground turkey for beef.

\*Read the ingredient label carefully.



## Honey-baked Chicken Strips

M, E, W, P, S, N

4 boneless chicken breasts (or chicken tenders)	1 cup honey
½ cup milk-free, soy-free margarine, melted	1 ½ tsp. curry powder
½ tsp. mustard powder	

Preheat oven to 350 degrees. Cut chicken breasts into long strips. Place in baking pan. Mix remaining ingredients in a bowl and pour over chicken. Bake 1 hour, basting every 15 minutes.

Suggestion: Serve over noodles or rice. For extra sauce to flavor noodles or rice, double the amount of sauce ingredients.

Note: For a crowd-pleasing appetizer, cut chicken strips into bite-size pieces after cooking and serve warm with toothpicks.

## Beef Stir-fry

M, E, W, P, S, N

½ cup water	2 Tbsp. oil
1 Tbsp. vinegar	1 lb. snow peas, frozen
¼ cup orange-mango juice frozen concentrate	3 green onions, cut into ¼-inch
12 oz. top round steak (or sirloin steak), cut into thin strips.	1 tsp. garlic, minced
4 small carrots, thinly sliced	Dash salt
1 small red pepper, julienned pieces	1 (5-oz.) can water chestnuts, cut in halves

In small bowl, combine the concentrate, water and vinegar. Set aside. In large skillet over medium-high heat, heat oil. Add steak, and cook 4 to 5 minutes or until browned. Add juice mixture and carrots; cook 2 minutes. Add remaining ingredients and cook 2 minutes, stirring frequently. Reduce heat to low, cook 2 more minutes. Serve over rice or rice noodles.

Suggestion: Plain frozen orange juice concentrate may be used in place of the orange-mango.

Note: To avoid overcooking vegetables, have all ingredients ready to add as soon as oil gets hot.

### Easy Grilled Southwestern Pork

M, E, W, P, A, N

1 Tbsp. chili powder	½ tsp. dried oregano leaves
½ tsp. dried marjoram	½ tsp. ground cumin
½ tsp. salt	2 cloves garlic, minced
¼ tsp. pepper	1 Tbsp. vegetable oil
1 ½ lbs pork tenderloin, cut in half lengthwise	

In small bowl, mix all ingredients except pork and vegetable oil. Place tenderloin in shallow pan. Rub spice mixture over meat to coat completely. Cover and refrigerate 2 hours or overnight. Preheat grill. Grill tenderloin 30 minutes or until thermometer inserted in center reads 155-160 degrees.

Editor's Note: This dish also may be prepared in an oven by baking 30 minutes at 425 degrees.

### Side Dishes/Sauces

M=Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

#### Grilled Chicken Rub

M, E, W, P, S, N

1 clove garlic, minced	3 Tbsp. paprika
1 Tbsp. coarse black pepper	2 tsp. chili powder
1 Tbsp. dried onion	1 tsp. salt

In small bowl, combine all ingredients, mixing well to blend. Sprinkle and rub into boneless, skinless chicken breasts before grilling.

#### Sweet and Sour Sauce

M, E, W, P, S, N

½ cup apricot juice	3 Tbsp. oil
4 Tbsp. brown sugar	2 Tbsp. apple cider vinegar
1 Tbsp. cornstarch	

In small saucepan, mix all ingredients. Cook over medium heat, stirring constantly until thickened

### Easy Gravy

M, E, P, S, N

1 ½ cups plus 2 Tbsp. chicken broth

¼ cup flour

¼ tsp. salt

2 ½ Tbsp. milk-free, soy-free margarine

¼ tsp. coarse black pepper

1 tsp. parsley

In small saucepan, warm chicken broth. Set aside. In separate small saucepan, melt margarine over medium-low heat. Add flour, whisk 1 minute. Slowly whisk 1 ½ cups broth into flour mixture. Cook over medium heat 2 minutes, stirring frequently. Add 2 Tbsp. broth and remaining ingredients. Stir well. Reduce heat to low. Cook until gravy thickens, stirring occasionally. Serve hot.

\*Read the ingredient label carefully.

### Oven Fries

M, E, W, P, N, S

2 large potatoes, unpeeled

½ tsp. Salt

¼ tsp. coarse black pepper

2 Tbsp. olive oil

¼ tsp. onion powder

¼ tsp. garlic powder

Place oven rack on upper level and preheat oven to 450 degrees. Coat baking sheet with cooking spray; set aside. Cut potatoes in half lengthwise, and again widthwise. Cut quarters into wedges, and place in a large bowl; set aside. In small bowl, combine remaining ingredients. Drizzle over potato wedges, tossing to coat. Spread wedges onto prepared baking sheet and bake 20 minutes. Remove from oven. Loosen and flip wedges. Return to oven and bake 10 to 15 minutes longer, or until golden brown.

## Desserts

M=Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

### Chocolate Bite Cookies

M, E, P, S, N

1 cup flour	2 Tbsp. unsweetened cocoa powder
1 tsp. baking powder	1/8 tsp. salt
1/2 cup sugar	1/2 tsp. vanilla extract

Preheat oven to 375 degrees. In medium bowl, mix together flour, cocoa powder, baking powder and salt. Set aside. In large bowl, beat margarine and sugar with electric mixer at high speed until creamy. Add vanilla extract; stir gently. Add dry ingredients; stir until well blended. Drop 2 inches apart onto ungreased cookie sheets. Bake 15-18 minutes, or until firm. Allow to cool slightly before gently moving to wire racks to cool completely.

### Seth's Ice Cream

M, E, W, P, S, N

3 cups rice milk	2/3 cup sugar
2 tsp. vanilla extract	1 envelope plain gelatin

In large bowl, combine ingredients. Mix well, cover, and freeze.

Note: For soft ice cream, make in an ice cream maker. Experiment and add cocoa powder or fruit pieces.

## Chocolate-Vanilla Swirls

M, E, P, S, N

1 2/3 cups flour	1 tsp. baking powder
1/8 tsp. Salt	1/2 cup milk-free, soy-free margarine, cut up
1 1/2 cup Tbsp. oil & 1 1/2 Tbsp. water & 1 tsp. baking powder; mixed together	
3/4 cup sugar	1 tsp. vanilla extract
4 Tbsp. unsweetened cocoa powder	1 Tbsp. water

In large bowl, combine flour, baking powder, and salt. Add margarine; mix until it looks like fine crumbs. Set aside. In medium bowl, combine oil, water, and baking powder mixture; sugar and vanilla extract. Divide dough in half. Set aside.

Mix cocoa powder and water in small bowl. Knead cocoa mixture into one half of the dough. Shape remaining dough into 12-inch log. Brush with cold water. Roll out cocoa dough into 12x16-inch rectangle. Place plain dough in center of cocoa rectangle and roll so that plain dough is in the middle. Wrap in plastic wrap and refrigerate 30 minutes.

Preheat oven to 375 degrees. Line cookie sheets with parchment paper. Slice dough into 1/4-inch thick pieces and place 2 inches apart on prepared sheets. Bake 8-10 minutes, or until lightly browned. Allow to cool completely before removing from cookie sheets.

## Marshmallow Shamrocks

M, E, W, P, S, N

2 packages unflavored gelatin	1/3 cup water
1/3 cup cranberry juice	1 ¼ cup sugar
1/3 cup light corn syrup	2 tsp orange extract
Confectioners' sugar	Green coarse colored sugar

Mix gelatin in water. Let stand until dissolved. Set aside. In small covered saucepan over medium-high heat, bring cranberry juice and sugar to a boil, stirring occasionally. Uncover and boil 5 more minutes, stirring occasionally. Pour into large bowl. Stir in corn syrup and gelatin mixture. Using standing mixer, beat on medium speed, 15 to 20 minutes or until stiff peaks form. Beat in orange extract. Using small pieces of tape, secure wax paper to countertop. Sift confectioners' sugar over wax paper. Spoon marshmallow onto wax paper and spread into a rectangle, 1 inch thick. Sift confectioners' sugar over the top. Let stand until firm. Use a small shamrock-shaped cookie cutter or a small knife to cut out shapes, rinsing between each cut. Remove cutouts and sprinkle with colored sugar.

Note: Keep this recipe on hand if you are planning Easter recipes – use bunny- and chick-shaped cookie cutters and roll in coarse pastel-colored sugar.

Suggestion: To make plain marshmallows, substitute water for the cranberry juice and vanilla extract for the orange extract. Cut into squares of desired size and omit coarse colored sugar.

### **Holiday Cutout Cookies**

M, E, P, S, N

1 ½ cups confectioners' sugar	2 ½ cups flour
1 cup milk-free, soy-free margarine, softened	1 tsp. baking soda
1 tsp. vanilla	1 tsp. cream of tartar
½ tsp. lemon extract	
1 ½ Tbsp. water, 1 ½ Tbsp. oil, 1 tsp. baking powder, mixed together	

In large bowl, beat confectioners' sugar and margarine with an electric mixer until well blended. Stir in remaining ingredients. Mix well. Wrap in plastic and refrigerate 2 hours or until firm. Preheat oven to 375 degrees. Lightly dust countertop and rolling pin with flour. Working with half of the dough at a time, roll out 1/8-inch thick. Use desired cookie cutters to cut out shapes. Transfer to cookie sheet. Bake 7 to 8 minutes. Cool on pan 10 minutes. Transfer to cool, flat surface to cool completely. Frost with Cookie Frosting and decorate as desired.

Suggestion: Instead of frosting these cookies, sprinkle tops with sugar before baking.

### **Cookie Frosting**

M, E, W, P, S, N

3 cups confectioners' sugar	½ cup milk-free, soy-free margarine, softened
2 Tbsp. water	1 tsp. vanilla extract

In medium bowl, beat all ingredients together with electric mixer until smooth and creamy.

### **Brown Sugar Shortbread Cookies**

M, E, P, S, N

2 ¼ cups flour	½ cup milk-free, soy-free margarine, softened
½ cup shortening	½ cup light brown sugar, firmly packed
¼ cup sugar	1 tsp. salt
1/8 tsp. vanilla extract	

Preheat oven to 300 degrees. In large bowl, beat all ingredients until mixture resembles coarse crumbs. Using your hands, knead dough to completely mix all ingredients. Line countertop with plastic wrap. Roll out ¼-inch thick. Gently remove top layer of plastic. Cut out dough using a 2-inch round cookie cutter. Bake 20 to 25 minutes or until set.

### **Chewy Apricot-Raisin Jumbles**

M, E, P, S, N

¾ cup light brown sugar, firmly packed	½ cup milk-free, soy-free margarine, softened
1/3 cup apple juice	2 Tbsp. applesauce
2 cups flour	½ tsp. ground nutmeg
½ tsp. ground cinnamon	2 tsp. baking powder
1/8 tsp. ground cloves	1 cup dried apricots, diced
½ cup raisins	

Preheat oven to 350 degrees. In large bowl, beat brown sugar, margarine, apple juice and applesauce with an electric mixer on medium speed until combined. Stir in flour, baking powder, cinnamon, nutmeg and cloves. Mix well. Stir in apricots and raisins. Drop by teaspoonfuls onto cookie sheet. Bake 11 to 2 minutes or until lightly browned. Cool on pan 10 minutes. Transfer to cool, flat surface to cool completely.

### **Lime-Flavored Italian Ice**

M, E, W, P, S, N

5 cups water	1 cup sugar
½ tsp. ground ginger	1 tsp. grated lime rind
½ cup lime juice	

In large saucepan over high heat, combine water, sugar, ginger and lime rind and bring to a boil. Reduce heat to low and cook 10 minutes, stirring occasionally. Strain mixture and discard lime rind. Cool completely. Add lime juice, stirring well to blend. Pour mixture into freezer-safe container. Cover tightly and allow freezing overnight.

### **Vanilla Cream Filling**

M, E, W, P, S, N

4 Tbsp. milk-free, soy-free margarine, softened	¼ cup vegetable shortening
2 cups confectioners' sugar	2 tsp. vanilla extract

In medium bowl beat margarine and shortening at low speed with electric mixer, gradually adding confectioners' sugar and vanilla extract. Beat on high for 2 minutes until light and fluffy.



## Halloween Graveyard Cake

M, E, P, S, N

1 2/3 cups flour	1 1/2 cups sugar
1/2 cup unsweetened cocoa powder	1/1/2 tsp. baking soda
1 tsp. salt	1/2 tsp. baking powder
3 Tbsp. water & 3 Tbsp. oil & 2 tsp. baking powder, mixed together	
1 1/2 cups water	1/2 cup shortening
1/2 tsp. orange extract	

Preheat oven to 350 degrees. Grease and lightly flour 9x13x2-inch pan. Set aside. In large bowl, combine flour, sugar, cocoa powder, baking soda, salt and baking powder. Add water, oil and baking powder mixture; water, shortening and orange extract. Beat well on high speed. Pour batter into prepared pan. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Move to wire rack and cool completely before frosting.

Suggestion: Crush chocolate cookies or tint shredded coconut green and sprinkle on frosted cake. Using frosting, write or draw on "safe" cookies; position them on top of cake to resemble tombstones.

### **Creepy Crawly Cupcakes**

M, E, P, S, N

1 ¼ cups flour	¾ tsp baking powder
½ tsp. baking soda	¼ tsp salt
¾ tsp. ground cinnamon	1/8 tsp. ground cloves
1/8 tsp. ground nutmeg	1/8 tsp. ground allspice
½ cup water	2 Tbsp. molasses
¼ cup milk-free, soy-free margarine, softened	¼ cup sugar
¼ cup light brown sugar, firmly packed	½ tsp. vanilla extract
3 Tbsp. water & 3 Tbsp. oil & 2 tsp. baking powder, mixed together	

Preheat oven to 350 degrees. Line muffin tin with paper liners. Set aside. In medium bowl, combine flour, baking powder, baking soda, salt, cinnamon, cloves, nutmeg and allspice. Set aside. In small bowl, blend water and molasses, set aside. In large bowl, beat margarine until creamy. Beat in sugars until light and fluffy. Add water, oil and baking powder mixture, and vanilla extract. Blend well. Add flour and molasses mixtures to margarine mixture; beat well. Spoon batter into prepared muffin cups, about ½ full. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Move to wire racks and cool completely before frosting.

Suggestion: Place a black plastic spider or place your own “creepy crawlies” using allowed candy on top of frosting.

### **Creamy Chocolate Frosting**

M, E, W, P, S, N

6 Tbsp. milk-free, soy-free margarine, softened	2 2/3 cups confectioners' sugar
½ cup unsweetened cocoa powder	4 to 6 Tbsp. water
½ tsp. orange extract	

In medium bowl, beat margarine, confectioners' sugar, cocoa powder and water. Beat until mixture is proper spreading consistency, adding more water if needed. Stir in orange extract.

### **Creamy Maple Frosting**

M, E, W, P, S, N

2 Tbsp. milk-free, soy-free margarine, softened	1 Tbsp. water
2 Tbsp. maple syrup	1 ½ cups confectioners' sugar

In medium bowl, beat margarine, water and maple syrup until well blended. Beat in confectioners' sugar until smooth.

### **Apple Cranberry Pie**

M, E, W, P, S, N

No Roll Ginger Cookie Pie Crust (see below)	1 cup dried cranberries
2 Granny Smith apples, peeled and chopped.	¼ tsp. vanilla extract
5 Tbsp. dark brown sugar	1 tsp. sugar
¼ tsp. ground cinnamon	

Preheat oven to 375 degrees. Press pie crust into a 9-inch pie plate. Set aside. In medium bowl, combine all ingredients, mixing well. Spoon filling into pie crust. Bake 35 minutes or until apples are tender.

Note: For wheat-free pie crust recipes, see the Food Allergy News Cookbook.

### **No Roll Ginger Cookie Pie Crust**

M, E, P, S, N

1 ½ cups flour	1 ½ tsp. ground ginger
1 tsp. ground cinnamon	½ tsp. ground allspice
¼ cup honey	1 Tbsp. molasses
½ cup oil	

In large bowl, combine dry ingredients. Drizzle in honey and molasses. Cut in oil with a knife until the flour mixture is moistened. Dough will be soft. Form into ball and chill 2 hours. Gently press into a pie plate.

### **Carrot Snacking Cake**

M, E, P, S, N

3 cups flour	1 ½ tsp. baking powder
2 tsp. ground cinnamon	½ tsp. ground nutmeg
½ tsp. salt	2/3 cup vegetable oil
¾ cup light brown sugar, firmly packed	2 tsp. orange zest
1 ¼ cups white grape juice	3 tsp. vanilla extract
1 ½ cups peeled, grated carrots	

Preheat oven to 350 degrees. Grease fluted tube pan. In small bowl, combine flour, baking powder, cinnamon, nutmeg and salt. Set aside. In large bowl, mix oil, brown sugar, and orange zest until smooth. Stir in white grape juice and vanilla extract. With an electric mixer on medium speed, beat in flour mixture until smooth. Batter will be thick. Stir in carrots. Spoon batter evenly into prepared pan. Bake 30 minutes or until a toothpick inserted into the center comes out clean. Cool in pan 10 minutes. Loosen edges with a knife. Invert onto serving plate and allow cooling completely.

Suggestion: Stir in 1 cup golden raisins along with the carrots.

### **Cake Glaze**

M, S, W, E, N

2 cups confectioners sugar	3 Tbsp. water
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In small bowl, make glaze out of confectioners sugar and water, adding more water 1 TBSP at a time, if necessary, to achieve desired drizzle consistency. Drizzle generously over cooled cake.

### **Baseball Cupcakes**

M, E, P, S, N

2 ¼ cups flour	1 1/3 cups sugar
3 tsp. baking powder	½ tsp. salt
½ cup shortening	1 cup rice milk
1 tsp. vanilla extract	
3 Tbsp. water & 3 Tbsp. oil & 2 tsp baking powder, mixed together	
Red decorating gel or licorice lace*	

Preheat oven to 350 degrees. Line cupcake tins with paper liners. In large bowl, combine flour, sugar, baking powder and salt. Add shortening, rice milk and vanilla extract. With an electric mixer on medium speed, beat 1 minute. Add water, oil and baking powder mixture; beat until well mixed. Spoon batter into cupcake liners until half to two-thirds full. Bake 20-25 minutes or until toothpick inserted in center comes out clean. Cool in pans 5 minutes; transfer to wire racks to cool completely. Frost with white frosting recipe, then use red decorating gel or licorice lace to make baseball stitching.

\*Read the ingredient label carefully.

### **White Frosting**

M, S, W, E, N

1 ¾ cups confectioners sugar	6 Tbsp. shortening
3 tsp. water	3 tsp. vanilla extract

In large bowl with electric mixer on low speed, cream confectioners sugar and margarine, adjusting speed to high once confectioners sugar is incorporated into margarine. Beat until creamy. Add water and vanilla extract and continue to beat on high speed until frosting reaches desired consistency.

### **Chewy Chocolate Bliss Cookies**

M, E, P, N

1 ¼ cups flour	½ cup unsweetened cocoa powder
½ tsp. baking soda	½ tsp. salt
½ cup milk-free margarine, softened	1 cup sugar
1 ½ Tbsp. water & 1 ½ Tbsp. oil & 1 tsp. baking powder, mixed together	
¼ cup water	1 tsp. vanilla extract

Preheat oven to 350 degrees. Grease cookie sheets. Set aside. In medium bowl, sift together flour, cocoa powder, baking soda and salt; set aside. In large bowl with an electric mixer on medium speed, beat together the margarine and sugar until light and fluffy. Beat in water, oil and baking powder mixture. Stir in water and vanilla extract. Gradually beat in dry ingredients until well blended. Drop by rounded spoonfuls onto prepared cookie sheets. Bake 8 to 10 minutes, or until set. Transfer to wire racks and cool completely.

### **Valentine Brownies**

M, E, P, S, N

½ cup shortening	1 cup sugar
2 ¼ cup flour	¾ cup unsweetened cocoa powder
2 ½ tsp. baking powder	½ tsp. salt
1 cup water	1 tsp. vanilla extract

Preheat oven to 375 degrees. Grease 13x9-inch pan. Cream shortening and sugar until light and fluffy, about 4 minutes. Mix in dry ingredients. Add water and vanilla extract. Beat well. Bake 40 to 45 minutes. Cool completely. Spread or drizzle Raspberry Icing on top.

### **Valentine Pretzel Rods**

M, E, P, N

Raspberry Icing (see recipe below)	Pretzel rods*
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Prepare Raspberry Icing and microwave for about 20 to 30 seconds until melted. Dip pretzel rods to coat half of rod, then roll in red, white or Valentine-themed sprinkles. Place on wax paper to dry.

Note: If the first coat of icing is too thin, let dry 5 minutes, dip again and then roll rods in sprinkles as directed.

\*Read the ingredient label carefully.

### **Raspberry Icing**

M, E, P, N

4 Tbsp. milk-free margarine, softened	2 Tbsp. shortening
2 cups confectioners sugar	2 Tbsp. water
1 tsp. vanilla extract	1 tsp. raspberry extract
4 to 6 drops red food coloring	

With an electric mixer on medium speed, cream the margarine and shortening until blended. Beat in confectioners sugar, water and vanilla and raspberry extracts until smooth. Beat in food coloring.

### **Vanilla Pudding**

M, E, W, P, N

$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup cornstarch
$\frac{1}{4}$ tsp. salt	1 $\frac{1}{2}$ cups vanilla soy beverage
2 Tbsp. water	2 Tbsp. milk-free margarine, softened
1 $\frac{1}{2}$ tsp. vanilla extract	

In medium saucepan, stir together sugar, cornstarch, salt, vanilla soy beverage and water. Cook over medium to medium-high heat until thickened, stirring frequently. Remove from heat. Stir in margarine and vanilla extract until margarine melts. Transfer to serving dishes and refrigerate until set.

Suggestion: Make parfaits by layering crumbled Valentine Brownies and Vanilla Pudding in a pretty stemmed glass.

### **Halloween Party Mix**

M, E, W, P, N

4 cups popped popcorn	2 cups crispy rice square cereal
1 cup crispy corn cereal	¼ cup raisins
½ cup dried apples	6 Tbsp. milk-free margarine
5 tsp. honey	2 tsp pumpkin pie spice

Preheat oven to 350 degrees. In 9x13-inch pan, stir together popcorn, cereals, raisins and dried apples. Set aside. In small saucepan over low heat, combine margarine, honey, and pumpkin pie spice. Stir occasionally until margarine is melted. Drizzle over popcorn mixture. Stir to coat. Bake 7 minutes. Remove from oven, stir, and return to oven to bake 6 more minutes. Cool in pan. Store in airtight container.

### **Scarecrow Cake**

M, E, P, S, N

4 ½ cups flour	2 cups light brown sugar, firmly packed
1 cup sugar	3 tsp. baking soda
2 tsp. ground cinnamon	1 tsp. ground cloves
1 tsp. ground nutmeg	½ tsp. salt
3 cups water	1 cup oil
Allowed candies or colored icing	Shredded wheat cereal, crumbled

Preheat oven to 350 degrees. Grease and flour two 8-inch round pans. Set aside. In large bowl, combine dry ingredients. With an electric mixer on medium speed, beat in water and oil. Pour into prepared pans.

Bake 35 to 40 minutes, or until toothpick inserted in center comes out clean. Frost and decorate as a scarecrow's face using allowed candies or colored icing. Sprinkle cereal around edges to resemble straw.

### **Frosting**

M, E, W, P, N

4 cups confectioners sugar	¼ cup milk-free margarine, softened
¼ cup water	1 tsp. vanilla extract

In large bowl, beat all ingredients with an electric mixer on medium speed until smooth and creamy.



### **Caramel Corn**

M, E, W, P, N

1 cup milk-free margarine  
1 cup brown sugar  
 $\frac{1}{2}$  cup corn syrup\*  
1 tsp baking soda  
2 tsp white vinegar  
20 cups popped corn (best to use air popped corn rather than microwaved popcorn)

Preheat oven to 250 degrees. Place popcorn in a large roasting pan. Set aside. Melt margarine, sugar and syrup in small pan. Let mixture boil 5 minutes, stirring constantly. Add baking soda and vinegar, and stir until it bubbles (almost instantly). Pour mixture over popcorn. Stir until coated. Bake for 1 hour, stirring every 15 minutes. Remove from oven and stir until the coating hardens.

\*We used Karo Syrup.

### **Fortune Cookies**

M, E, P, S, N

3 Tbsp. oil & 3 Tbsp. water & 2 tsp. baking powder, mixed together  
2 Tbsp. melted milk-free, soy-free margarine, melted and cooled  
 $\frac{1}{4}$  cup sugar  
Dash of salt  
 $\frac{2}{3}$  cup flour  
 $\frac{1}{4}$  tsp lemon extract  
 $\frac{1}{2}$  tsp vanilla extract  
2-inch strips of paper with printed messages

Preheat oven to 350 degrees. Grease cookie sheet. Set aside, in large bowl, whisk together oil, water, baking powder mixture, sugar and margarine until well blended. Stir in flour, salt and extracts. Mix well. Drop batter by teaspoonfuls onto prepared cookie sheet, spreading batter until thin 2 1/2-inch circles. Bake 8 minutes or until the edges are light golden in color. Remove from oven and place a message in the center of the cookie. Fold cookie in half, bending slightly to form a crescent. Drag the crease across the rim of a small measuring cup with the ends facing down. Cool completely.

Note: Work quickly to shape baked cookies. Cooled cookies will be difficult to fold and shape, therefore bake only 3 or 4 at a time.

Suggestion: This makes a fun party activity for children. Invite children to create their own messages to be sealed inside the cookies.

### **Charoset**

M, E, W, P, S, N

2 apples, peeled, cored and shredded	2 ½ Tbsp. honey
2 Tbsp. kosher red wine*	½ tsp. ground cinnamon
¼ tsp. lemon juice	¼ cup raisins
Dash ground ginger	

In serving dish, combine all ingredients together, tossing and stirring gently to coat apples.

\*Water or apple juice may be used instead of red wine.

### **Chocolate Banana Loaf**

M, E, P, S, N

2 cups cake flour	2 Tbsp. unsweetened cocoa powder
1 tsp. baking soda	½ tsp. salt
1 large ripe banana	¾ cup water
2/3 cup light brown sugar, firmly packed	¼ cup dark corn syrup
3 Tbsp. oil	1 Tbsp. vanilla extract

Preheat oven to 400 degrees. Grease loaf pan. Set aside. In large bowl, combine flour, unsweetened cocoa powder, baking soda, and salt. Set aside. In medium bowl, mash banana. Whisk in remaining ingredients. Add to flour mixture, stirring until dry ingredients are moistened. Pour batter into prepared loaf pan. Bake 20 minutes, or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove and cool completely.

### **Three Berry Cobbler**

M, E, P, S, N

1 cup strawberries, slices	1 cup raspberries
½ cup blueberries	2/3 cup flour
3 Tbsp. light brown sugar	1 tsp. baking powder
Dash of salt	4 Tbsp. milk-free, soy-free margarine, softened
2 ½ Tbsp. water	½ Tbsp. lemon juice

Preheat oven to 375 degrees. Sprinkle berries into a shallow, 1-quart casserole dish. Set aside. In medium bowl, combine flour, brown sugar, baking powder and salt. Using 2 forks, cut in margarine until the mixture resembles small peas. Stir in water and lemon juice until dough forms. Drop dough by rounded tablespoonfuls on top of berry mixture. Bake 30 minutes.

Suggestion: Drizzle chocolate syrup on the top of the cobbler before serving.

### **Chocolate Syrup**

M, E, W, P, S, N

1 cup light brown sugar, firmly packed	½ cup unsweetened cocoa powder
1 Tbsp. light corn syrup	1 cup sugar
1 cup water, divided	1 tsp. vanilla extract

In saucepan, combine brown sugar, unsweetened cocoa powder, corn syrup and sugar. Stir in ½ cup water, mixing well. Stir in remaining water. Bring to boil. Continue boiling 5 minutes. Stir in vanilla. Cool.

### **Strawberry-Orange fruit Sorbet**

M, E, W, P, S, N

1 lb (3 cups) strawberries	1 ½ cups orange juice, divided
½ cup lemon juice, divided	2 cups sugar, divided

Wash strawberries, remove tops and cut in half. Place half the strawberries, ¾ cup orange juice, ¼ cup lemon juice, and 1 cup sugar in blender; blend at high speed until smooth. Pour mixture into 9x9-inch pan. Set aside. Repeat with remaining ingredients. Cover pan with aluminum foil or plastic wrap and place in freezer until partially frozen, about 4 hours. Spoon mixture into large bowl and, using hand mixer at medium speed, blend until smooth but still frozen. Return mixture to pan. Cover and freeze until firm. To serve, let mixture stand at room temperature 10 minutes for easy scooping. Store in freezer.

### **Strawberry-Peach Fruit Dip**

M, E, W, P, S, N

1 (16 oz.) package frozen sliced peaches, thawed	½ Tbsp. sugar
1 ) 1 (10 oz) package frozen strawberries, thawed	¾ Tbsp. lemon juice
¼ tsp. vanilla extract	¼ tsp. lemon extract

Add all ingredients to a food processor or blender, Cover and process until smooth. Serve with fruits such as cantaloupe and pineapple chunks, banana slices, strawberries, or grapes for dipping.

### **Be A PAL Cookie**

M, E, P, S, N

¾ cup shortening	1 ¼ cups light brown sugar, firmly packed
2 Tbsp. water	1 tsp. vanilla extract
1 ½ Tbsp. water & 1 ½ Tbsp. oil & 1 tsp. baking powder, mixed together	
1 ¾ cups flour	1 tsp. salt
¾ tsp. baking soda	1/8 tsp. xanthan gum
1 cup allowed chocolate chips, carob chips or raisins	

Preheat oven to 375 degrees. Line large baking pan with parchment paper. Grease and set aside. In large bowl, combine shortening, brown sugar, water and vanilla extract. Beat at medium speed with an electric mixer until well blended. Add water, oil and baking powder mixture. Set aside. In medium bowl, combine flour, salt, baking soda and xanthan gum. Stir into creamed mixture until just blended. Stir in allowed chips or raisins. Press dough into 9-inch circle, keeping it at least 1-inch away from sides of pan. Bake 20 minutes. Center will be soft. Cool completely. Use tinted frosting to decorate cookie with the Be A PAL: Protect A Life from Food Allergies logo (see image above).

Note: This large cookie is perfect for an end-of-the-year “thank you” for classmates who have helped your child with food allergies throughout the school year.

### **Chocolatey Chocolate Cake**

M, E, P, N

1 1/2 cups water, divided	1 tsp. baking soda
2 cups flour	2 cups sugar
1/4 tsp. Salt	1/2 cup milk-free margarine
1/4 cup unsweetened cocoa powder	
3 Tbsp. water, 3 Tbsp. oil, 2 tsp. baking powder, mixed together	

Preheat oven to 350 °. Grease and flour two 8x8-inch pans. Set aside. In small bowl, combine 1/2 cup water and baking soda. Set aside. In large bowl, combine flour, sugar, and salt. Set aside. In small saucepan, combine margarine, 1 cup water, and cocoa powder; bring to a boil. Pour over flour mixture and mix well; allow to cool. Add water, oil, and baking powder mixture; stir. Add water and baking soda mixture. Stir well. Pour into prepared pans. Bake 25 to 30 minutes, or until toothpick inserted in center comes out clean. Cool in pans 10 minutes, remove, and complete cooling on wire racks. Frost with Silky Chocolate Frosting.

### **Birthday Blondie Cake**

M, E, N, S, P

1½ cups flour

1 ¼ tsp. baking powder

½ tsp. Salt

1 cup dark brown sugar, firmly packed

½ cup sugar

½ cup milk-free, soy-free margarine, softened

3 Tbsp. water & 3 Tbsp. oil & 2 tsp. baking powder, mixed together

1 tsp. vanilla extract

Preheat oven to 350 degrees. Grease springform pan. Set aside. In medium bowl, combine flour, baking powder, and salt. Mix well. Set aside. In large bowl, mix brown sugar, sugar, and margarine. Beat until well combined. Add water, oil, and baking powder mixture; and vanilla extract. Beat until light and creamy. Add flour mixture and beat until well blended. Pour batter into pan. Bake 30 minutes, or until light golden brown in color and toothpick inserted in center comes out clean. Cool completely. Frost with Vanilla Silk Frosting.

### **Vanilla Silk Frosting**

M, E, W, S, N, P

3 cups confectioners sugar

½ cup milk-free, soy-free margarine, softened

3 Tbsp. water

1 tsp. vanilla extract

In large bowl, combine all ingredients. Mix until smooth.

### **Wheat-Free Chocolate Cupcakes**

M, E, W, N, S, P

¾ cup sugar	¼ cup oil
1 Tbsp. water & 1 Tbsp. oil & 1 tsp. baking powder, mixed together	
1 tsp. vanilla extract	¼ tsp. salt
1 tsp. baking soda	2/3 cup apple juice
1 Tbsp. lemon juice	1/3 cup unsweetened cocoa powder
1 cup oat flour	¼ cup white rice flour
1 tsp. xanthan gum	

Preheat oven to 350 degrees. Line muffin tins with paper liners. Set aside. With electric mixer, beat first 3 ingredients (sugar, water, baking powder) until smooth. Add vanilla extract, salt, baking soda, and juices. Beat well. Beat in cocoa powder, flours, and xanthan gum. Beat 3 minutes. Spoon into prepared muffin tins, 2/3 full. Bake 25 minutes or until toothpick inserted in center comes out clean. Cool completely. Frost with Raspberry Frosting.

### **Raspberry Frosting**

M, E, W, P, S, N

1½ cups confectioners sugar	½ cup seedless raspberry jam
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In a small bowl, whisk ingredients together until smooth.

## **Beverages**

M= Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

### **Easter Punch**

M, E, W, P, S, N

1 (2-liter) bottle ginger ale, chilled Ice, if desired.	1 can frozen pink lemonade concentrate
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In large punch bowl, add ginger ale and pink lemonade concentrate, stirring until combined. Serve immediately. Ice may be added, if desired.

## Miscellaneous

M= Milk-free; E=Egg-free; W=Wheat-free; P=Peanut-free; S=Soy-free; N=Nut-free

### Wheat-Free Play-Dough

M, E, W, P, S, N

2 cups water

Food coloring

1 Tbsp. oil

4 tsp. cream of tartar

2½ cups oat flour

1 cup salt

Put water in pan on stove. Add food coloring to desired color. Add oil, then dry ingredients. Cook over medium heat for approximately 5 minutes, or until mixture pulls away from sides of pan. Place on counter and knead until smooth. Store in a zip-lock bag.

For more recipes, visit [www.foodallergy.org](http://www.foodallergy.org)