

**Jack's Taco Salad (Jack)**

- 1 Large Can (30oz) La Preferida vegetarian refried beans
- 1/4 cup red enchilada sauce
- 2 cups (approx.) Fage Greek Fat Free Yogurt (I use three or four large ladle servings)
- Romaine Lettuce (1 head), finely chopped
- 1 Pound Mexican blend cheese (cheddar + Monterey Jack)
- 3 Plum tomatoes, diced
- Fritos (1, 9 oz. bag) of Fritos or GF corn chip

**Directions**

1. Combine enchilada sauce and refried beans over moderate heat. Add 1/4 cup of cheese. Heat for 3 to 5 minutes.
2. Place bean mixture at bottom of glass bowl or a deep casserole. Allow to cool.
3. Spread yogurt over beans.
4. Spread lettuce over yogurt.
5. Spread thin layer of cheese over lettuce.
6. Spread tomatoes over cheese
7. Spread remaining cheese over tomatoes
8. Spread 3/4s bag of the corn chips over top just prior to serving.
9. Serve with yogurt, corn chips, and salsa on the side

Additional items: Green chilies, onion, black olives, green/red salsa, avocados, guacamole may all be added on top, or in the layers. For presentation, I use a deep, wide-bottomed glass bowl.

***Session Tested!***

### **Jack's Cheese Enchiladas (Jack)**

Makes 24

- 24 El Milagro brand (White Package) Corn Tortillas (do not use Aztec or “American” type tortillas)
- 28 oz. can Red Enchilada sauce
- 1 to 2 cups vegetable oil
- 1 yellow or sweet onion, finely diced
- Diced chilies (optional), diced
- 1 pound Mexican combo cheese (cheddar + Monterey Jack) or an authentic Mexican style melting cheese
- Black Olives (optional), diced

#### **Directions**

1. Lightly grease two 9x13 pans. Place 1/2 cup of enchilada sauce in round cake pan.
2. Heat approx. 1 cup oil over moderate heat in small skillet pan (9” diameter or so). Heat the oil to almost frying temp.
3. Place several thicknesses (sheets) of paper towel on counter.
4. One at a time, cook a tortilla in the oil for approx. 10-15 seconds. Do not fry to the point of being crisp; they need to be soft to roll. With tongs, remove the tortilla and drain loose oil into pan.
5. Place the tortilla on the paper towels and repeat. (You may need to add more oil after the first dozen tortillas.)
6. Meanwhile, after you have “heated or cooked” several tortillas, place one at a time (one side only) in the cake pan to lightly cover tortilla with sauce.
7. Place tortilla (flat) in baking pan. Place a small amount of cheese, onion, and chilies to one side of the tortilla, and wrap tightly. Place rolled tortilla in baking pan, seam side down. Repeat. Note: do not overfill enchilada; a little mixture goes a long way.
8. When finished, sprinkle remaining sauce over the enchiladas, but do not soak, just a light covering. Then sprinkle with cheese, lightly. The idea is not saturate the enchiladas in sauce and cheese. Then, if using sprinkle with diced olives.
9. Cover pans with aluminum foil and bake at 350F until bubbly, about 20 minutes.
10. Serve with plain Greek yogurt or sour cream on the side.

This sounds laborious, but it actually goes very quickly.

***Session Tested!***

**Baking Gluten Free (GF Flours and Starches)**

The following are gluten-free flours and starches. Purchase from a company that is certified gluten-free.

Whole-Grain Flours (40%)

- Brown rice flour
- Corn flour
- Mesquite flour
- Millet flour
- Oat flour (make certain it is certified gluten-free flour)
- Sorghum flour
- Teff flour

White Flours/Starches (60%)

- Arrowroot flour
- Cornstarch
- Potato flour
- Potato starch
- Sweet rice flour
- Tapioca flour
- White rice flour

**Gluten Free All-Purpose Flour Mix - Professional Baking Web Site (Jack)**

- 400 grams millet flour
- 300 grams sweet rice flour
- 300 grams potato starch

**Directions**

Pour all the flours into a large container. (Restaurant supply stores sell large plastic containers that fit this purpose well. You could also use a large glass jar.) Shake and shake and shake harder until all the flours have become one color.

Whenever you want to bake, measure out the grams you will need for your recipe. You can also use this flour mix for any of your favorite recipes that use all-purpose bleached white wheat flour. Simply use 140 grams of this mix for every 1 cup of all-purpose flour.

This mix is a template for the flour mix you can make in your own home. You can make your own flour mix — based on the ratio of 40 percent whole-grain flours to 60 percent white starches — with the flours you can afford and can eat.

You can also use this flour mix for any of your favorite recipes that use all-purpose bleached white wheat flour. Simply use 140 grams of this mix for every 1 cup of all-purpose bleached white wheat flour called for.

**American Test Kitchen (ATK) Gluten-Free Flour Blend (Debbie)**

Yields 9 cups

- 24 ounces (4-1/2 cups plus 1/3 cup) white rice flour
- 7-1/2 ounces (1-2/3 cups) brown rice flour
- 7 ounces (1-1/3 cups) potato starch
- 3 ounces (3/4 cup) tapioca starch
- 3/4 ounce (3 Tbsp.) nonfat milk powder

Directions

Whisk all ingredients together in large bowl until well combined. Transfer to airtight container and refrigerate for up to 3 months.

Credit: The Basics of Gluten-Free Cooking, American Test Kitchen

***Session Tested!***

### **GF Chocolate Chip Cookies – American Test Kitchen (Debbie)**

Makes 24

- 8 ounces(1-3/4) cups American Test Kitchen Gluten-Free Flour Blend
- 1 tsp baking soda
- 3/4 tsp xanthan gum
- 1/2 tsp sat
- 8 Tbsp. unsalted butter, melted
- 5-1/4 ounces (3/4 cups packed) light brown sugar
- 2-1/3 ounces (1/3 cup) granulated white sugar
- 1 large egg
- 2 Tbsp. Milk
- 1 Tbsp. vanilla extract
- 7-1/2 ounces (1-1/4 cups) chocolate chips

#### **Directions**

1. Whisk flour blend, baking soda, xanthan gum, and salt together in medium bowl; set aside. Whisk melted butter, brown sugar, and granulated sugar together in large bowl until well combined and smooth. Whisk in egg, milk, and vanilla and continue to whisk until smooth. Stir in flour mixture with rubber spatula and mix until soft, homogeneous dough forms. Fold in chocolate chips. Cover bowl with plastic wrap and let dough rest for 30 minutes. (Dough will be sticky and soft.)
2. Adjust oven rack to middle position and heat oven to 350 degrees. Line 2 baking sheets with parchment paper. Using 2 soup spoons and working with about 1 1/2 tablespoons of dough at a time, portion dough and space 2 inches apart on prepared sheets. Bake cookies, 1 sheet at a time, until golden brown and edges have begun to set but centers are still soft, 11 to 13 minutes, rotating sheet halfway through baking.
3. Let cookies cool on sheet for 5 minutes, then transfer to wire rack. Serve warm or at room temperature. (Cookies are best eaten on day they are baked, but they can be cooled and placed immediately in airtight container and stored at room temperature for up to 1 day.)

#### ***Session Tested!***

#### **Gluten-Free Flour Substitution**

- King Arthur Gluten-Free Multi-Purpose Flour: 8 ounces = 3/4 cup plus 2/3 cup
- Bob's Red Mill All-Purpose GF Baking Flour: 8 ounces = 1 1/2 cups plus 2 tablespoons

Note that cookies made with King Arthur will spread more and be more delicate, while cookies made with Bob's Red Mill will spread more and have a distinct bean flavor.

### **GF Belgian Waffles – American Test Kitchen**

Makes five 7-inch Belgian waffles

- 12 ounces (2 2/3 cups) ATK Gluten-Free Flour Blend
- 2 Tbsp. sugar
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1 3/4 cups buttermilk (or mix 1/2 cup milk with 1 1/4 cups plain yogurt)
- 3 large eggs
- 4 Tbsp. unsalted butter, melted and cooled

#### **Directions**

1. Heat waffle iron according to manufacturer's instructions.
2. Whisk flour blend, sugar, salt, and baking soda together in medium bowl. In separate bowl, whisk buttermilk, eggs, and melted butter until combined. Whisk buttermilk mixture into flour mixture thoroughly until batter has thickened and no lumps remain, about 1 minute (batter will be thick).
3. Bake waffles according to manufacturer's instructions (use about 1/3 cup batter for 7-inch round iron and generous 3/4 cup for Belgian waffle iron). Repeat with remaining batter. Serve immediately.

#### **Gluten-Free Flour Substitution**

- King Arthur Gluten-Free Multi-Purpose Flour: 12 ounces = 1 2/3 cups plus 1/2 cup
- Bob's Red Mill GF All-Purpose Baking Flour: 12 ounces = 2 1/4 cups plus 2 tablespoons

Note that waffles made with Bob's Red Mill will be somewhat darker and have a slight bean flavor.

For additional ATK GF recipes check out: <http://howcanitbeglutenfree.com/gluten-free-recipes>

### **Gluten Free Bread (Jack)**

Whisk together the dry ingredients and set aside:

- 1 1/2 cups sorghum flour
- 1 cup tapioca starch or potato starch (not potato flour!)
- 1/2 cup GF millet flour or GF oat flour
- 2 teaspoons xanthan gum
- 1/ 1/4 teaspoons fine sea salt
- 1 packet rapid dry yeast (2 1/4 teaspoons)

Place liquid ingredients in mixing bowl:

- 1-1/4 cups warm water (at 110 to 115°F)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon honey- or raw agave nectar to keep it vegan
- 1/2 teaspoon mild rice vinegar or lemon juice
- 2 eggs, beaten or 1 tablespoon Ener-G Egg Replacer whisked with 4 tablespoons warm water till frothy

#### **Directions**

1. Pour the mixed dry ingredients on top of the liquid.
2. Mix and knead. Check the dough after a few minutes of kneading- it should be closer to a muffin batter than bread dough, soft, but not cake batter wet. Adjust dry to wet ratio with a tablespoon of flour or warm liquid, as needed. Humidity influences the dough. As does temperature (your bread will rise higher on a hot day).
3. Place in greased bread pan and allow to rise.
4. Bake at 350F for 45 minutes until light brown and sounds hollow when thumped.

Note: If using normal active dry (not instant) yeast, proof the yeast in 1 cup warm water (110 to 115°F) and a teaspoon of honey or sugar (add the yeast to the water and honey stir). Wait until it gets foamy. Add the proofed yeast to the dry ingredients; add the olive oil, remaining honey/agave, cider vinegar and mixed egg replacer (or eggs); beat until a smooth batter forms. Gluten-free bread dough is more like smooth sticky muffin batter than wheat based bread dough, but not thin as cake batter. Add up to 1/4 cup more water if needed.



### **Gluten Free Bread (Jack)**

Whisk together the dry ingredients and set aside:

- 3 cups all-purpose GF flour
- 1/ 1/4 teaspoons fine sea salt
- 1 packet rapid dry yeast (2 1/4 teaspoons)

Place liquid ingredients in mixing bowl:

- 1-1/4 cups warm water (at 110 to 115°F)
- 3 tablespoons extra virgin olive oil
- 1 tablespoon honey- or raw agave nectar to keep it vegan
- 1/2 teaspoon mild rice vinegar or lemon juice
- 2 eggs, beaten or 1 tablespoon Ener-G Egg Replacer whisked with 4 tablespoons warm water till frothy

#### **Directions**

5. Pour the mixed dry ingredients on top of the liquid.
6. Mix and knead. Check the dough after a few minutes of kneading- it should be closer to a muffin batter than bread dough, soft, but not cake batter wet. Adjust dry to wet ratio with a tablespoon of flour or warm liquid, as needed. Humidity influences the dough. As does temperature (your bread will rise higher on a hot day).
7. Place in greased bread pan and allow to rise.
8. Bake at 350F for 45 minutes until light brown and sounds hollow when thumped.

Note: If using normal active dry (not instant) yeast, proof the yeast in 1 cup warm water (110 to 115°F) and a teaspoon of honey or sugar (add the yeast to the water and honey stir). Wait until it gets foamy. Add the proofed yeast to the dry ingredients; add the olive oil, remaining honey/agave, cider vinegar and mixed egg replacer (or eggs); beat until a smooth batter forms. Gluten-free bread dough is more like smooth sticky muffin batter than wheat based bread dough, but not thin as cake batter. Add up to 1/4 cup more water if needed.

**Blueberry White Streusel Coffee Cake – Krusteaz Recipe (Jack)**

Coffee Cake:

- 1 package Krusteaz Gluten Free Blueberry Muffin Mix
- 1/2 cup water
- 1/3 cup oil
- 3 eggs
- 1 can blueberries, drained and rinsed (enclosed)
- 1/2 cup fresh blueberries

Topping:

- 3/4 cup white sugar
- 3/4 cup all-purpose gluten free flour
- 3/4 cup butter, softened
- 1 teaspoon vanilla

Directions

Preheat oven to 350°F.

For Coffee Cake: In medium bowl, blend together muffin mix, water, oil, and eggs. Fold in blueberries. Spoon batter into lightly greased 13x9x2-inch baking dish.

For Topping: In small bowl, mix together sugar and gluten free flour. Cut in butter and vanilla with fork or pastry blender until mixture resembles size of small peas. Sprinkle topping over batter. Bake 35-40 minutes or until tooth pick inserted in center comes out clean.

**Gluten Free Breakfast Berry Cobbler – Krusteaz Recipe (Jack)**

- 1 package Krusteaz Gluten Free Blueberry Muffin Mix
- 1 can blueberries (enclosed), drained and rinsed
- 5 cups mixed berries, frozen or fresh
- 1 cup butter, melted
- 1 cup gluten free oatmeal
- 1 cup sliced almonds

**Instructions**

Preheat oven to 350°F. Lightly grease 13x9x2-inch pan.

Place drained blueberries and mixed berries into prepared pan. In medium bowl, stir together muffin mix, oatmeal and almonds. Sprinkle oatmeal mixture over fruit; pour melted butter evenly over the top. Bake 55-60 minutes or until golden brown. Serve warm with vanilla yogurt, if desired.

**Morning Yogurt Cakes – Krusteaz Recipe (Jack)**

- 1 package Krusteaz Gluten Free Blueberry Muffin Mix
- 1/4 cup water
- 1/3 cup sour cream or vanilla yogurt
- 3 eggs
- 1 can blueberries (enclosed), drained and rinsed
- 2 tablespoons finely grated lemon zest

**Glaze:**

- 1 cup sour cream or vanilla yogurt
- 1/3 cup powdered sugar
- 2 tablespoons finely grated lemon zest

**Instructions**

Preheat oven to 350°F. Thoroughly grease a 6-section mini fluted tube pan.

For Cake: In medium bowl, combine muffin mix, water, sour cream or yogurt, and eggs; stir until well blended. Fold in blueberries and lemon zest. Divide batter evenly into each section of prepared pan. Bake 25-30 minutes or until toothpick inserted in center of cake comes out clean. Let cakes cool 10 minutes before removing from pan. Cool cakes thoroughly.

For Glaze: Place all glaze ingredients in small bowl. Whisk until smooth. Spoon glaze over cooled cakes.



**Gluten Free Chocolate Chunk Cookies – Krusteaz Recipe (Jack)**

- 1/4 cup butter, softened
- 1/4 cup shortening
- 1/2 cup sugar
- 1/4 cup packed brown sugar
- 1 tsp vanilla
- 1 egg
- 1-1/4 cups Krusteaz gluten free all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup chocolate chips

**Directions**

1. Preheat oven to 350F.
2. In mixing bowl, mix butter, sugar, shortening, brown sugar, and vanilla until light and creamy.
3. While mixing, in second bowl, sift flour, baking soda, and salt.
4. Add egg to mixing bowl butter mixture and blend.
5. Combine dry ingredients to butter/sugar mixture.
6. Add chocolate chips.
7. Drop by rounded tablespoons onto cookie sheet.
8. Bake 10 – 14 minutes until light brown.
9. Cool on pan for 3-5 minutes.

Makes 12.

Notes: I (Jack) use this recipe to make various cookies, substituting chips for cranberries, white chocolate, or just plain sugar cookies. See the following white chocolate cranberry cookie recipe.

***Session Tested!***

**White Chocolate Cranberry Cookies (Jack)**

- 1/2 cup unsalted butter, softened
- 1/2 cup packed light brown sugar
- 1/2 cup granulated sugar
- 1 tablespoon vanilla extract
- 1 large egg
- 1 1/2 cups gluten free all-purpose flour
- 1 1/2 teaspoons baking soda
- 1 cup dried cranberries, chopped
- 3/4 cup white chocolate chips
- 3/4 cup macadamia nuts, chopped

**Directions**

1. Preheat the oven to 350F. Line 2 baking sheet with parchment paper.
2. With an electric mixer, cream the butter and both sugars together until smooth. Add the vanilla and egg, mixing well.
3. Sift together the flour and baking soda. Spoon the flour mixture gradually into the creamed sugar mixture. Stir in the cranberries, white chocolate chips and macadamia nuts.
4. Drop by heaping spoonfuls, about 2 tablespoons, onto the prepared baking sheets, 2 inches apart.
5. Bake one sheet at a time until lightly golden on top and the edges are set, 12 to 15 minutes.
6. Cool on the sheet for 5 minutes, and then transfer to a wire rack to cool completely.

***Session Tested!***

**Gluten Free Blueberry Muffins – Krusteaz Recipe (Jack)**

- 5 Tbsp. butter, softened
- 1/2 cup sugar
- 1 egg
- 1-1/2 cups Krusteaz gluten free all-purpose flour
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 3/4 cup plain yogurt
- 2 tsp lemon zest, finely grated
- 1 cup blueberries
- 3 Tbsp. raw sugar

**Directions**

1. Preheat oven to 375F. Line muffin pan with paper liners.
2. In medium bowl, combine butter, sugar, and egg. Add flour, baking powder, baking soda, salt, yogurt, and lemon zest; stir until well blended.
3. Gently fold in blueberries. Batter will be thick.
4. Fill muffin cups 2/3 full. Sprinkle tops with raw sugar.
5. Bake 20 to 25 minutes or until light brown.

Makes 10.

***Session Tested!***

### **GF Flax Seed Apple Muffins (Jack)**

Yields 12.

- 1/2 cup Milled Flax Seed (Hodson Mill brand)
- 1-1/4 cup Krusteaz Gluten-Free All-Purpose flour
- 1/2 cup brown sugar (white is fine)
- 1 tsp. Cinnamon
- 1/2 tsp. Nutmeg
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 egg, beaten
- 3 Tbsp. vegetable oil (or fat free yogurt or unsweetened applesauce)
- 1/2 cup milk (or non-fat milk, reconstituted: 1/2 cup powder + 1/2 cup warm water)
- 2 Tbsp. Honey
- 1-1/2 cups finely diced apple



#### **Directions**

1. Preheat oven to 375F. Line muffin pan cups with paper liners. Spray liners with PAM.
2. In large bowl, combine all dry ingredients.
3. In second bowl, combine egg, oil, milk, and honey.
4. Add liquid mixture to dry ingredient mixture. Stir until blended.
5. Fold in apples and nuts. Batter will be thick.
6. Bake for 16-18 minutes, until light brown or until top springs back to light touch.

***Session Tested!***



### **Mocha Macaroons (Alina)**

- 2 egg whites
- 2 cups shredded unsweetened coconut
- 1 cup all-purpose baking mix (see next page)
- Sweetener equivalent to 1 cup sugar (Alina uses 3/4 cup Xylitol)
- 1/4 cup + 2 tablespoons unsweetened cocoa powder
- 2 teaspoons instant coffee granules
- 1/4 teaspoon sea salt
- 1/2 cup canned coconut milk

#### **Directions**

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. In large bowl, with an electric mixer on high speed, beat the egg whites until stiff peaks form.
3. Fold in coconut, baking mix, sweetener, cocoa, coffee granules, and salt. Stir in the coconut milk until evenly distributed.
4. Use a cookie scoop or tablespoon to scoop mixture into mounds on the baking sheet. Bake for 15 minutes or until slightly firm to the touch.

### ***Session Tested! (2014)***

#### **Chia Gel as an Egg Substitute**

If you have an egg allergy, are vegan, or simply don't want to use egg whites...chia gel is an ideal substitute for eggs. To replace one large egg, combine one tablespoon of chia seeds with three tablespoons of water. Whisk and let sit until the gel forms, about fifteen minutes. Jack's note: I use Ener-G egg replacer for similar recipes. It is well known and easy to use egg substitute for baking.



#### **All-Purpose Baking Mix (Alina)**

Makes 5 cups

- 4 cups almond meal/flour
- 1 cup ground golden flaxseed
- 1/2 cup coconut flour
- 2 teaspoons baking soda
- 1 teaspoon ground psyllium seed (optional)

#### **Directions**

In a large bowl, whisk together the almond meal/flour, flaxseed, coconut flour, baking soda, and psyllium seed. Store the mixture in an airtight container, in refrigerator.

**Gluten Free (GF) Flour Mixes For Pie Crust – Art of the Pie (Jack)**

Art of the Pie: Kate's Gluten Free Flour Mix #1 (Makes about 6 cups)

- 2 -1/4 cups brown rice flour
- 1 cup gluten-free oat flour
- 1 cup millet flour
- 3/4 cup Mochiko sweet mochi rice flour
- 2/3 cup tapioca flour
- 1/3 cup cornstarch
- 1/4 cup potato starch

Art of the Pie: Kate's Gluten Free Flour Mix #2 (Makes 7 cups)

Kate uses this GF mix the most!

- 2 cups tapioca starch
- 2 cups cornstarch
- 1 cup potato starch flour
- 2 cups Mochiko sweet mochi rice flour or Bob's Red Mill sweet white rice flour

**Directions**

Measure all flours and starches into a bowl, mix well, and store in a jar or a plastic bag. It makes about 7 cups which is enough for about just about 3 pies. You can double or triple it in order to have some on hand. Once made, store it in my freezer in a dated bag that I clearly mark as GF.

## GF Pie Crust

- 2-1/2 cups Gluten Free Flour Mix #2
- ½ teaspoon salt
- 1 tablespoon sugar
- 8 tablespoons butter (Kate uses Kerrygold Irish butter) cut into tablespoon size pieces
- 8 tablespoons leaf lard (Jack uses Crisco Vegetable Shortening, or all butter; see notes below)
- 1 fork beaten egg
- 1 tablespoon apple cider vinegar (Bragg's or another artisan apple cider vinegar)
- ¼ cup ice water + a few tablespoons more if needed

## Procedure

1. Put flour, salt, sugar, butter and lard in the work bowl of a food processor and pulse to break up the pieces of fat incompletely.
2. Add the egg, vinegar and ¼ cup ice water and pulse again until it starts to look like cheese curds. If it needs more water, add it now and pulse again until the dough just starts to come together without forming a complete ball. The dough will feel kind of squishy...sort of like a well-known "Dough Boy"!
3. Remove from work bowl, place on a sheet of plastic wrap, and with another sheet of plastic wrap between you and the dough, divide the ball of dough in half to form two chubby disks roughly the size of hockey pucks.
4. Wrap each disk separately in plastic and place them in the fridge to chill the fats back up.
5. When chilled, unwrap one disk out and place on a large sheet of plastic wrap that has been dusted with sweet white rice flour. Sprinkle another teaspoon of sweet white rice flour on the top of the dough and cover it with another sheet of plastic wrap.
6. Begin to roll with a light touch until the dough is about 9-10 inches in diameter and ¼ inch thick.
7. With plastic on BOTH sides, drape the dough over the rolling pin and carefully peel off the outer layer closest to you. There will be one layer touching the pin (see photo).
8. Carefully place the dough in the middle of the pie pan.
9. With your hands on the cut edge of the sheet of plastic, lift the plastic and help to carry the folded top half of the dough to meet the open edge of the pie pan keeping the plastic on.
10. With the plastic still on, use your hands to smooth out and piece and places that need adjustment. With the plastic STILL on, place the pie pan with dough into the fridge for a few minutes if the dough and fats have started to warm up.
11. When cool, and with the plastic wrap STILL on the dough, pinch off the extra dough around the edge.
12. Carefully peel the plastic off.
13. Fill pie pan with already prepared filling.
14. Roll out top crust, place on top of filling. With plastic still in place, use your fingers to adjust any spots that need it, pinch off extra dough, make fluted edge and then carefully remove plastic wrap.
15. OR Dust the edges with a bit of sweet rice flour and crimp edges with a fork.
16. Cut some vents.
17. Chill if needed.

18. Just before baking, "paint" the pie with some egg white wash (1 egg white + 1-2 tablespoons water fork beaten) and sprinkle with sugar.
19. Bake as usual.

#### Notes

- This recipe will make one double-crust pie or two single-crust pies for 9" pie pans.
- If you prefer an all-butter crust, use about 14 Tablespoons of Kerrygold or other salted or unsalted butter for your total fat. It will take about 5-7 minutes to put the dough together. Chill time for 20 minutes but 1-2 hours is fine and you can chill this dough overnight and rolled out with good results. Roll with a very light touch, between layers of plastic wrap. In fact, try not to touch the dough directly, but always with a layer of plastic between you and your dough.

<http://artofthepie.com/best-gluten-free-pie-dough/>

## Juicing Notes

Adults need 1 pound of vegetables and fruits per 50 pounds of weight each and every day. Juicing and smoothies are one way to consume a portion of that requirement. But we still need to eat them as well to get the fiber, maintain digestive enzymes, etc. So, we recommend a combination of juicing and eating!!!!

Also, make sure you cycle through the week; for example, spinach one day and kale another. Try to cycle through at least three types of greens, fruits, and vegetables each week. Squash, cauliflower, broccoli, peppers, celery, cucumbers, greens of all types, tomatoes, potatoes, green beans, etc., should be part of our weekly meal plan...The more color and the more variety the better!

Ginger and turmeric are key additives to juices. You can always substitute turmeric for ginger, and vice versa. Start with a small slice and taste the juice.

You can also substitute one fruit for another. Use the fruit you have in home (pears, apples, pineapple, oranges, etc.).

Fruit is great for you but all fruit contains sugar. So, try to follow the 3 to 1 rule, 3 vegetables to 1 fruit by weight. We use fruit mostly to make the juice palatable.

We use a lot of limes because they cut the bitterness of the leafy vegetables and broccoli, they are packed with vitamin C, and they are low sugar. We use a lot of apples because they are inexpensive and are fantastic for health. To reduce sugar content, consider green apples since they contain less sugar than red. Luzimar recommends Granny Smith (Green) and Fuji (Red). But of course, any apple will work.

We do not recommend juicing soft fruits like bananas. We do not recommend juicing berries, just eat them! Berries work great in smoothies, but juicing is not the most cost-effective way to consume them!

**Luzimar Juice 1 (Purple)**

- 1 large beet or 2 small beets (we purchase fresh “bulk” beets)
- Purple Cabbage (1/4 to 1/2 of the head of cabbage)
- 1 small cucumber or 1/2 large cucumber
- 1 small slice of ginger root (do not use powder)
- 1 small limes (we remove skin)
- 2 small apples or 1 large apple (green apples like Granny Smith have less sugar, Luzimar recommends Fuji for liquid and sugar balance), cut into quarters, no stem or seeds

Directions

1. Try to stick with the 3 vegetables to 1 fruit ratio (weight). The less the sugar the better!
2. Process through machine in any order.

Optional: Broccoli stems, pear instead of apple, etc.

***Session Tested!***

**Luzimar Juice 2 (Green)**

- 4 to 8 cups Greens (spinach, kale, Swiss chard, romaine lettuce, etc.)
- Broccoli stems (1 or 2 stems)
- 1 small cucumber (1/2 large)
- 2 to 4 stalks of celery
- 2 small Limes
- 1 to 2 cups Pineapple (no skin!)
- 1 Apple (in quarters, no seed, no stem)
- Ginger root, 1 slice (no powder!)

**Directions**

1. Try to stick with the 3 vegetables to 1 fruit ratio (weight). The less the sugar the better!
2. To maximize juice quantify and potency:
  - a. Process greens between harder items like cucumber and apple to ensure the greens are processed efficiently.
  - b. Process large leaf greens whole, but rolled tightly.
  - c. Compress spinach leaves together in hand and process between apple quarters, etc.

***Session Tested!***

**Luzimar Juice 3 (Orange)**

- 4 to 6 Carrots, lightly skinned
- Turmeric root, small slice (not powder!)
- 1 Apple, quartered
- 1 Orange, peeled, no seeds
- 1 Cucumber
- 2 to 4 stalks Celery

Directions

1. Try to stick with the 3 vegetables to 1 fruit ratio (weight). The less the sugar the better!
2. Process through machine in any order.
3. You may add greens as well.

Notes: You may substitute pineapple for apple.

***Session Tested!***



# The crazysexy Green Juice Formula

Base



Green leafies



Fruit



Other optional goodies



CELERY, CUCUMBER



CHOICE OF ONE OR MORE OF THE FOLLOWING:  
ROMAINE, SPINACH, KALE, COLLARDS, CABBAGE, DANDELION



CHOICE OF ONE OR MORE OF THE FOLLOWING:  
GREEN APPLE, GREEN PEAR, LEMON, LIME, GRAPEFRUIT



BROCCOLI STEMS, SPROUTS, GINGER ROOT,  
CAYENNE PEPPER, WHEATGRASS SHOT, E3 LIVE



## How-to make Crazy Sexy Green Juice:

Grab your favorite juicer and ingredients: cucumber and celery, 1-2 leafies, 1-2 fruits and other goodies (if desired). Wash, juice and serve! And remember, choose organic vegetables and fruits whenever possible.

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

