

## **Recipe of the Week**

### **Breakfast: Gluten Free Waffles**

#### Ingredients:

- 1 1/2 cups (195 grams) Oat Flour
- 1/4 cup (35 grams) Coconut Flour
- 1/2 teaspoon fine Salt
- 1 tablespoon (13 grams) Baking Powder
- 1 1/2 cups Milk
- 2 large Eggs, lightly beaten
- 1 tablespoon pure Maple Syrup
- 1/2 cup (100 grams) Sour Cream
- 2 tablespoons Butter, melted
- Cooking Spray

#### Method:

- Spray a waffle maker with cooking spray and pre-heat.
- In a bowl whisk together dry ingredients. In another bowl combine wet ingredients.
- Combine wet & dry thoroughly. Spoon waffle batter into your waffle maker.
- Cook a few minutes on each side until they are golden brown & release easily from the hot plates.

### **Lunch: Quinoa Stuffing with Apple, Sweet Potato & Hazelnuts**

#### Ingredients:

- 1 cup (212 g) dry Quinoa, cook according to package directions
- 2 (265 g) Sweet Potatoes, cut into small wedges
- 2 large Apples, cut into 1/2" pieces (I like Granny Smith)
- 1 tablespoon Lemon Juice
- 1/2 cup (100 ml) pure Maple Syrup, divided portion in 1/2
- fine Sea Salt
- 2 tablespoons melted [Coconut Oil](#)
- a few pinches ground Cinnamon
- a few pinches ground Ginger
- 1 tablespoon fresh Thyme leaves
- 1 cup Hazelnuts, chopped
- Fresh or Dried Cranberries for garnish

### Method:

- Rinse quinoa. Combine with 2 cups water and a pinch of salt. Bring to a boil and then reduce to a simmer for about 20 minutes until all of the water is absorbed. Fluff with a fork and remove from the heat.
- Preheat oven to 400 F with the rack in the middle. Be sure to coat apples with lemon juice so they don't turn brown. Toss sweet potatoes & apples with 1/4 cup of the Maple Syrup, coconut oil and a few pinches cinnamon, ginger and salt. Roast for about 35-40 minutes until tender and fragrant.
- Combine the quinoa with the roasted mixture and the remainder of the maple syrup (1/4 cup) in a large bowl. Fold in thyme and hazelnuts. Season to taste with more salt and spices.

### **Dinner- Chicken and Veggie Sizzle Rice**

#### Ingredients

- 2 grilled, baked or pan seared Chicken Breasts, chop into bite sized pieces
- 1 cup cooked Brown Rice, Jasmine or Basmati (we love fragrant rice in this)
- 1/2 cup chopped shredded Carrots
- 1/2 cup shelled Edamame
- a few pinches minced dried Onion or Onion Powder
- a splash of Soy Sauce or Tamari
- a few Stevia drops or powder to taste or your favorite natural sweetener. Honey is good too.

#### Method:

- Grill, pan sear or bake chicken breasts until cooked through. Cook rice according to package directions. Heat a large sauté pan with one quarter cup of water over medium high heat. Heat carrots and edamame for 3-4 minutes until softened.
- Add the rest of the ingredients, including the chopped chicken. Heat everything in the pan for another 3-4 minutes until sizzling hot. If you want a touch of sweetness add the stevia or honey last, to taste.

## **Dessert- Pumpkin Peanut Butter Cookies**

### **Ingredients:**

- 3/4 cups (127 g) gluten free Quinoa flour
- 1 3/4 cups (265 g) gluten free Oat Flour
- 1 teaspoon fine Sea Salt
- 1 1/2 teaspoon Pumpkin Pie Spice
- 1 teaspoon Baking Soda
- 15 ounces unsweetened Pumpkin Purée
- 1/2 cup (113 g) all natural Peanut Butter (crunchy or smooth)
- 1 teaspoon pure Vanilla Extract

### **Method:**

- Pre heat the oven to 350 degrees F with the rack in the middle. Prepare a cookie sheet with parchment paper or a silicone liner. Whisk together all dry ingredients. In a separate bowl combine all of the wet ingredients. Add wet and dry ingredients to a stand mixer bowl. With a paddle attachment mix on low speed until well combined. Scrap down the sides of the mixer bowl and the push batter off the paddle when necessary.
- Take a ball of batter and press into a 1/4 inch pancake shape. Place onto cookie sheet with a little bit of room in between each cookie. Press in any toppings if desired. Bake cookies for about 10-12 minutes until the bottoms are slightly browned.