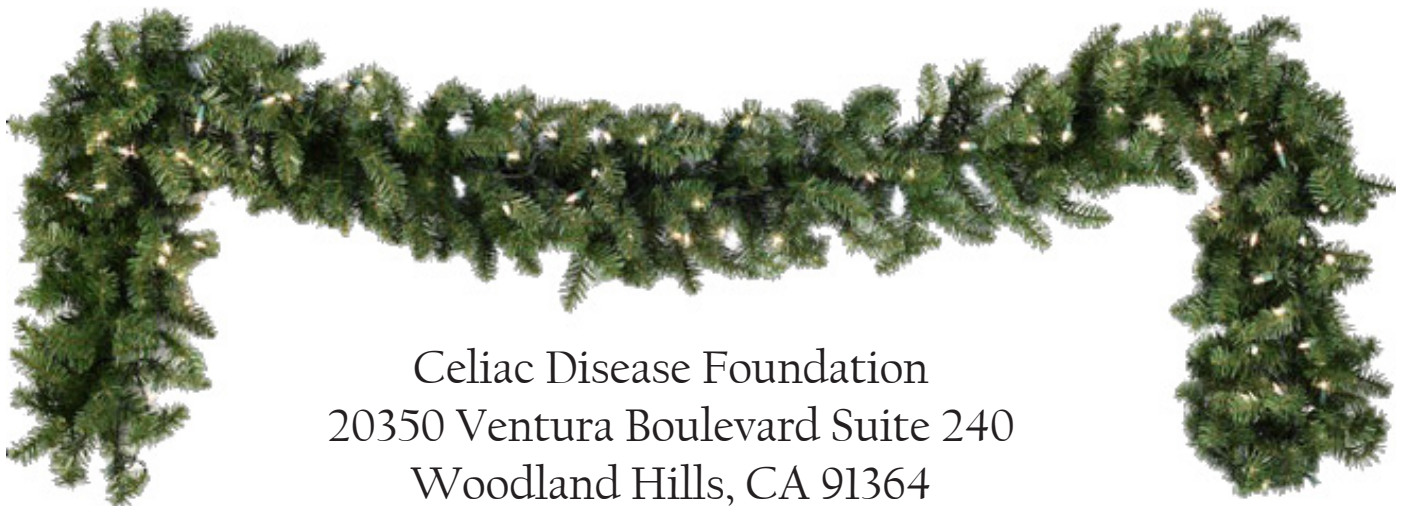




*Gluten-Free*

# Holiday Recipe Guide 2013

*From the Proud Sponsors of Celiac Disease Foundation*



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## Apple Spice Cupcakes with Maple Cream Cheese Frosting

From Betty Crocker® Gluten Free

Prep Time: 40 Mins Total Time: 1hr 35 mins Yeild: 16

1 box Betty Crocker® Gluten Free yellow cake mix  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
2/3 cup water  
1/2 cup butter, softened  
2 teaspoons gluten-free vanilla  
3 eggs  
1 cup chopped peeled apple  
1/2 cup unsalted butter, softened  
6oz gluten-free cream cheese, softened  
3 1/2 ablespoons pure maple syrup  
2 cups powdered sugar  
1/4 cup gluten-free glazed walnuts, chopped



Heat oven to 350°F. Place Reynolds Baking Cup in each of 16 regular-size muffin cups. In large bowl, beat cake mix, cinnamon, nutmeg, water, 1/2 cup butter, the vanilla and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in chopped apple. Divide batter evenly among muffin cups.

2 Bake 18 to 23 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.

3 In large bowl, beat 1/2 cup unsalted butter, cream cheese and maple syrup with electric mixer on medium speed until fluffy. Add powdered sugar; beat until smooth. Pipe frosting onto cooled cupcakes. Sprinkle with glazed walnuts. Store loosely covered in refrigerator.

## Spinach Mini Zuiches

From Pillsbury®

Gluten Free



Prep Time: 45 min Total Time: 60 min  
Yeild: 24

1/2 container Pillsbury® Gluten Free refrigerated pie and pastry dough

2 eggs

1/2 cup half-and-half

1/3 cup grated Parmesan cheese

1/2 teaspoon garlic salt

1/4 teaspoon pepper

1 box (9 oz) frozen chopped spinach, thawed, squeezed to drain

3 tablespoons chopped green onions (3 medium)

Heat oven to 425°F. Knead dough until softened and no longer crumbly. Press 1 rounded teaspoonful dough in bottom and up side of each of 24 ungreased mini muffin cups, extending dough 1/4 inch above edge of cup.

2 In medium bowl, beat eggs. Stir in half-and-half, cheese, garlic salt and pepper. Stir in drained spinach and green onions. Spoon about 1 tablespoonful mixture into each crust-lined cup.

3 Bake 16 to 18 minutes or until puffed and golden brown. Cool 5 minutes before carefully removing from pan to cooling rack. Serve warm or cool. Store covered in refrigerator.

## Chex® Caramel Brittle

From Chex® Gluten Free

Prep Time: 10 min Total Time: 45 min Yeild: 20 Servings



8 cups Rice Chex® cereal (gluten free)  
1 cup salted peanuts  
1 can (14 oz) sweetened condensed milk (not evaporated)  
1 teaspoon vanilla

1. Heat oven to 300°F. Spray two 15x10x1-inch pans with cooking spray.  
2. In large bowl, mix ingredients until evenly coated. Spread in pans in single layer.  
3. Bake 20 to 22 minutes or until light golden brown. Spread on waxed paper to cool, about 15 minutes. Break into pieces. Store in airtight container.



## Turkey Pot Pie

From Bob's Red Mill

Prep Time: 60 minutes Cook Time: 75 – 85 minutes

Yield: 9 – 12 servings

- |  |  |
|--|--|
| 1 package Bob's Red Mill Gluten Free Pie Crust Mix, prepared and chilled | 1 cup Carrots, peeled and sliced into coins (170g)                   |
| 1 Tbsp Butter  | 1 tsp Poultry Seasoning  |
| 1 cup diced Onion (150g)   | 1/2 tsp Sea Salt, or more to taste                                   |
| 3 cloves minced Garlic (15g)   | 1 tsp Black Pepper   |
| 4 cups Low Sodium Chicken Broth  | 2 1/2 cups roasted Turkey, cut into bite-size pieces (500g)          |
| 2 Tbsp Cornstarch  | 1 cup fresh or frozen Green Beans, chopped into 1-inch pieces (130g) |
| 2 cups Russet Potatoes, peeled and chopped into 3/4-inch cubes (440g)    | 2 tsp chopped fresh Thyme (3g)                                       |

1. In a deep skillet, melt butter over medium heat. Add onions and sauté until soft and slightly browned, about 5 – 10 minutes.

Stir in garlic and continue to cook until fragrant, approximately 30 seconds.

In a small bowl, dissolve cornstarch in remaining 1 cup of chicken broth. Slowly pour in the cornstarch slurry into the skillet, stirring constantly to prevent lumps from forming. Continue stirring until the cornstarch is incorporated, approximately 3 minutes.

While simmering add potatoes and carrots. Let simmer approximately 10 minutes.

Gently stir in poultry seasoning, salt and pepper.

Once potatoes are tender (about 5 more minutes), remove from heat. Stir in turkey, green beans and thyme. Let filling cool while the crust is assembled.

Remove dough from the refrigerator and let sit at room temperature until malleable. Roll 1/2 of chilled dough into a 12-inch circle between two pieces of heavy-duty plastic wrap. Remove top layer of plastic; invert and center dough over a 9-inch nonstick deep dish pie pan or into three 6-inch deep dish pie pans. Press crust into place, then remove remaining plastic wrap. Add filling and spread to fill evenly.

Roll the remaining 1/2 of chilled dough into a 10-inch circle between two pieces of heavy-duty plastic wrap. Remove top layer of plastic; invert and center dough over filling. Press dough into place, then trim, seal and flute the edges. Cut four vents in the top dough using a decorative pattern, if desired.

Transfer the pot pie(s) to the freezer and chill at least 30 minutes.

Meanwhile, preheat the oven to 400°F. Remove the pot pie(s) from the freezer and brush the top crust with egg wash, if desired.

Tent the crust with foil and bake until the crust is golden and the filling is beginning to bubble and has thickened, 1 hour 15 minutes – 1 hour 25 minutes. Let cool slightly before serving.

## Crusted Cranberry Brie

From Crunchmaster

- |                                   |   |
|-----------------------------------|---|
| 1 cup fresh or frozen cranberries | 1/2 cup finely ground Crunchmaster Multi-Seed Crackers Rosemary & Olive Oil |
| 1/2 cup sugar                     | 1 – 7 ounce round of brie   |
| 1/2 cup water                     | 2 tablespoons olive oil   |
| 2 tablespoons gluten-free flour   | 2 tablespoon unsalted butter  |
| 1 large egg, beaten               | Crunchmaster Multi-Seed Crackers  |



Combine cranberries, sugar and water in a small saucepan and bring to a boil over high heat. Reduce heat and boil gently for 10 minutes stirring occasionally and gently mashing the cranberries with the back of a spoon. Let cool.

Put the flour, egg and cracker crumbs on individual dinner plates. Coat the brie first in the flour, then the egg and finally the cracker crumbs, making sure it is completely coated. Heat the olive oil and butter in a medium skillet over medium heat. When the butter is melted and the oil is hot, add the brie and cook for about 2 minutes per side or until golden brown. Place the brie on a serving plate and top with the cranberries. Serve with crackers



## Artichoke Dip

### From Blue Diamond Nut Thins

Prep Time: 5 min Total Time: 15 min Yeild: 30 Servings

1 can of artichoke hearts (9 oz.)  
2 tablespoons olive oil  
1 large onion, chopped  
1 10oz. bag frozen spinach - bit size pieces  
1 cup dry white wine  
4 oz. softened gluten-free cream cheese  
2/3 cup shredded mozzarella  
Dash of pepper  
2 Boxes Blue Diamond Nut Thins or Artisan Nut Thins

Cut up artichokes after draining them. In large pot, sauté onions in olive oil until translucent. Add spinach and artichokes and cook about 5 minutes. Add wine, then cream cheese. Placed in 1 quart dish, top with mozzarella bake in preheated oven at 350° for 5 minutes until brown and bubble. Makes 30 servings. Serve with Blue Diamond Nut Thins.



## Rustic Dinner Rolls

### From Pamela's Products

Prep Time: 5 min Total Time: 15 min Yeild: 30 Servings

4 cups Pamela's Pizza Crust Mix plus more for rolling buns  
4-1/2 tsp yeast  
2-1/4 cups warm water- 110°  
1/4 cup olive oil  
4 tsp Italian herb seasoning (optional)

Pre-heat oven to 500° with rack in the top third of oven. If you have a pizza stone, preheat the stone on the rack. (The pizza stone helps with browning the bottoms of the rolls. You can also use an inverted rimmed sheet pan if you don't have a pizza stone.)

#### MIXING

Scoop and level pizza mix in dry measuring cup, don't pack. Using a stand mixer with paddle attachment or mixing by hand, combine dry mix, yeast, water and oil. Mix on medium for 15 to 30 seconds until dough is completely combined. Dough will look sticky.

#### FORMING

Divide dough into 12 equal pieces. Take one piece of dough and roll in extra dry pizza mix. Make a cylinder shape, 2 inches wide by 4 inches tall. Handle dough gently while you form a roll as tall as possible, like a small drum shape. Rolls will spread while rising and baking. Place on a sprayed sheet pan or in a sprayed small whoopie pie pan (the wells help to hold the bun shape). Cover and let rise for 15 minutes in a warm, draft-free place.

Place pan on pizza stone or on oven rack and bake for 23 to 28 minutes, until bottoms are lightly golden. Instant read thermometer: insert in the side of roll, cook to 205°. Let cool completely before slicing.



## Quick Seafood Soup

### From Gorton's Seafood

Prep Time: 5 min Total Time: 15 min Yeild: 4 Servings

1 package Gorton's Roasted Garlic Butter Grilled Tilapia (2 fillets)  
1 can Gluten Free Soup

Add 1 can (18.5oz) of Gluten Free Soup to a medium sized saucepan.

Add two Grilled Fillets. Simmer until fish breaks apart easily stirring frequently.

Heat until fish is fully cooked.





## *Baked Caramel Rice Custard* From Cream of Rice

3 cups fat-free milk  
 1/2 cup CREAM OF RICE Hot Cereal, uncooked  
 1 teaspoon vanilla  
 3 eggs  
 1 cup sugar, divide

BRING milk just to boil in medium saucepan. Gradually add cereal, stirring constantly.

COOK and stir on medium heat 1 minute. Remove from heat; cover. Let stand 4 minutes. Stir in vanilla.

MIX eggs and 1/3 cup of the sugar until well blended. Add to cereal mixture; mix well. Set aside.

COOK remaining 2/3 cup sugar in medium saucepan on medium heat until melted and golden brown, stirring occasionally. Immediately pour into 1-1/2-quart baking dish, tilting dish to evenly coat bottom and side of dish. Pour cereal mixture into prepared dish. Place in 13x9-inch baking pan; carefully add 2 cups hot water to baking pan.

BAKE at 325°F for 1 hour to 1 hour 10 minutes or until knife inserted in center comes out clean. Cool on wire rack. Unmold onto serving plate.

## *Pear, Walnut and Blue Cheese stuffing*

### From Rudi's Organic

Prep Time: 15 min Total Time: 1 hour Yield: 6-8 Servings

6 cups (1-12oz bag) of Rudi's GF Stuffing	1/4 tsp paprika
1/2 tbsp olive oil	1 tsp of minced rubbed rosemary
1/4 cup butter	1 tsp rubbed sage
2 cloves garlic, minced	1/2 cup walnuts, chopped and toasted
1/2 large onion, chopped	2 cups chicken or vegetable stock
1 large pear, chopped	1 egg, beaten
1/2 tsp sea salt	2/3 cup blue cheese, crumbled & divided
1/4 tsp black pepper	



1. Preheat the oven to 400°F and butter a 2-quart baking dish (13"x9"x2"). In a large skillet, heat the olive oil and then add the butter.

2. Once melted, add the onion and garlic, cook on medium heat for about 3 to 4 minutes.

3. Next add in the pear and cook until tender, for about 7 minutes. Add the salt, paprika, pepper rosemary and sage and stir to coat the mixture. Turn off the heat and set aside.

4. Add Rudi's Gluten-Free stuffing mix to a large mixing bowl. Add the onion-pear mixture and stir to incorporate. Stir in the toasted walnuts and add the chicken or vegetable stock one cup at a time until the stuffing reaches your desired consistency.

5. Stir in the egg.

6. Finally, stir in half of the blue cheese and transfer the stuffing to the baking dish, pressing it down gently. Sprinkle the remaining blue cheese onto the top of the stuffing and press the pieces into the top of the mixture.

7. Bake covered for about 30 minutes, remove the top and bake about 15 minutes more, or until the top is browned and crispy. Serve warm and enjoy your rudilicious gluten-free stuffing!



## Orange Walnut Cookies

From Hodgson Mill

Prep Time: 10 min Total Time: 30 min Yeild: 24 Cookies



1/2 cup butter, softened	2 Tbsp orange zest
3 Tbsp vegetable oil	1/2 tsp cinnamon
1 box Hodgson Mill Gluten Free Cookie Mix	1 1/2 Tbsp sugar
1 egg, large	1/2 tsp cinnamon
2 tsp vanilla	1/4 cup walnuts, chopped

Preheat oven to 350°F.

In a mixing bowl, cream together butter and shortening with a mixer until fluffy.

Add cookie mix and blend completely.

Add egg, vanilla, orange zest and cinnamon; beat until completely blended.

Drop rounded teaspoonfuls of dough onto a lightly greased (or parchment papered) baking sheet, about three inches apart.

Mix up cinnamon-sugar topping and sprinkle a pinch on each cookie. Flatten each cookie to 1/4 inch thick using a glass dipped in topping mixture.

If adding walnuts, sprinkle a few on each cookie and press with glass again to push the nuts into the cookie.

Bake at 350°F for 13-15 minutes or until the edges are lightly browned. (Mine took 13 minutes.)

Cool on rack or countertop. Keep in sealed container up to 1 week.

## Dairy Free Cheesecake

From Daiya

Prep Time: 15 min Total Time: 3.5 hours Yeild: 1 Cheesecake

2 containers Daiya Plain Cream Cheese Style Spread

3/4 cup coconut butter (a.k.a coconut manna)\*

4 tbsp. water

3 tbsp. lemon juice

3 tbsp. natural vanilla extract (clear or white is best but regular vanilla extract can also be used)

2/3 cup sugar

4 tbsp. coconut oil

In a blender or food processor, add the coconut butter, water, lemon juice, vanilla, and sugar. Blend until completely smooth (about 2 min.)

With an electric beater, whip the Daiya Plain Cream Cheese Style Spread until smooth. Add the smooth coconut butter paste and beat until fully incorporated.

Melt the coconut oil and pour into the cream cheese mixture. Beat until fully combined.

Spread onto prepared crust and let sit covered in the fridge for at least 3 hours.

Optional: Top the cheesecake with fresh berries, chocolate, or any other topping you desire!



## Cherry Almond Crumble

From Breads From Anna

Prep Time: 15 min Total Time: 1 hour 30 mins Yeild: 6 - 8 Serv-



2 cups fresh cranberries

3 medium sized apples, peeled, cored and med dice

1 teaspoon cinnamon (more to taste)

1 teaspoon vanilla

1 teaspoon almond extract

3 tablespoons maple syrup

1/2 cup slivered almonds

1 Pie Crust Mix from Anna, prepared per package instructions (use half of the dough to press into bottom of nine inch pan, extra dough can be frozen)

1. Preheat oven to 350.

2. Combine all ingredients and pour into pie shell.

3. Bake for one hour or until apples are tender.

Cool and serve with yogurt for breakfast or ice cream for a dessert treat.

# *Ginger Tangerine Tart*

## From Mary's Gone Crackers



### Crust

1. Preheat oven to 350 degrees Fahrenheit.
2. Blend Mary's Gone Crackers Ginger Snap crumbs with sugar, coconut flour and salt.
3. Once incorporated, drizzle melted coconut oil in and stir to combine.
4. Press into mini tart pans or muffin tins.
5. Freeze for ten minutes.
6. Bake for ten minutes and set aside.

### Curd

1. In a saucepan, whisk together water, sugar, tapioca starch, and salt until tapioca starch is dissolved.
2. Bring mixture to a boil over medium-high heat, stirring constantly.
3. When mixture thickens, reduce heat to low and cook for another minute, stirring constantly.
4. Pour mixture into a non-metallic bowl and add lemon juice and zest, mixing well.
5. Allow to cool and thicken at room temperature.

### Coconut Cream

1. Open the chilled can of coconut milk very carefully to not shake or disturb the cream on top.
2. Scoop the firmer cream from the top and leave the clear liquid. You can save this if you want to, but it is not used in this recipe.
3. Whip with a hand mixer until stiff peaks form.

### Final Preparation

1. Pop the tart shells out of their pan.
2. Add the curd filling the shell 2/3 full.
3. Top with the coconut cream.
4. Garnish with ginger snap crumbs, pomegranate seeds or raspberries.

### Crust

- 1 3/4 cups Mary's Gone Crackers Ginger Snap Cookies
- 1/4 cup coconut palm sugar
- 1 Tbsp. coconut flour
- 1/2 tsp. salt
- 4 Tbsp. coconut oil, melted

### Curd

- 1/4 cup cold water
- 1/2 cup sugar
- 3 Tbsp. tapioca starch
- 1/4 cup fresh tangerine juice
- 2 tsp. tangerine zest
- Pinch of salt

### Coconut Cream

- 1 chilled can of coconut milk (overnight in the fridge)
- 2-3 tsp. coconut palm sugar
- 1 vanilla bean, scraped

## *Coconut Banana Bread Pudding*

### From Silver Hills Bakery

Prep Time: 15 min Total Time: 45 min Yield: 6-8 Servings

- 8 slices Silver Hills Bakery Gluten-Free Omega Flax or Chia Chia bread, thawed, cut into small cubes
- 1 can coconut milk (not light), 14 oz
- 1 1/2 Tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/4 tsp ground cardamom
- 1 tsp cornstarch
- 2 Tbsp ground flax seed
- 1 banana, sliced



### Directions:

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mix together the coconut milk, maple syrup, vanilla, cinnamon, cardamom, cornstarch and flax seed. Stir in banana slices.
3. Add the bread cubes and let sit for 15 minutes or until the bread absorbs much of the liquid.
4. Mist 6 individual ramekins or 1 baking dish with cooking oil spray. Divide the bread mixture amongst the ramekins and lightly press down to fully cover the bread with liquid.
5. Bake in oven for 30 minutes or until pudding springs back when touched lightly. Best served warm from oven. Garnish with vegan ice cream, if desired.



## *Cranberry Glazed Meatballs*

### From Jones Dairy Farm

Prep Time: 30 min Total Time: 30 min Yield: 25 Meatballs

1 pound ground turkey	2 tablespoon fresh parsley, chopped
1 roll (12-ounce) Jones Dairy Farm All Natural Pork Sausage	1 tablespoon dried onion flakes
1 cup sweet potato, shredded	1/8 teaspoon pepper
1 cup apple, shredded	1/8 teaspoon salt
1 egg	4 cups cranberry juice cocktail
	1/3 cup sugar

Preheat oven to 375°F. Grease baking sheet and set aside.

In medium bowl, combine ground turkey, sausage, sweet potato, apple, egg, parsley, dried onion, salt and pepper. Form about 25 cocktail-sized meatballs and place on baking sheet. Bake meatballs for 18 minutes or until cooked through. While meatballs are baking, prepare sauce. In medium saucepan over high heat, combine cranberry juice cocktail and sugar. Bring to a boil, reduce heat and simmer until reduced to a syrupy consistency that will coat the back of a spoon. Pour sauce over cooked meatballs and stir, coating meatballs completely. Serve with toothpicks.

\*As for any recipe, always read labels to make sure each recipe ingredient is gluten free. Products and ingredient sources can change.

Living gluten-free doesn't have to be difficult during the holidays. Please use these recipes as an opportunity to share something delicious with friends and family, and to be an advocate for celiac disease education and the gluten-free lifestyle. Thank you to CDF Proud Sponsors for supporting those living with celiac disease and gluten-related disorders.

Wishing you the best this Holiday Season,

Celiac Disease Foundation

For more information, visit [celiac.org](http://celiac.org)



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