



GLUTEN & DAIRY FREE COOKBOOK

TABLE OF CONTENTS

01 BREAKFAST

- Banana Pancakes
- Strawberry Oat Bars
- Strawberry Banana Smoothie
- Oatmeal Favorites

02 SEAFOOD

- Salmon Poke Bowl
- Shrimp Pad Thai
- Rosemary Almond Crusted Salmon
- Tuna Patties
- Tuna and Quinoa Salad

03 POULTRY

- Chicken Fried Rice
- BBQ Chicken Bowls
- Chicken Greek Bowls
- Turkey Taco Pasta

04 BEEF

- Sweet Potato Sloppy Joes
- Marinara Meatballs

05 PORK

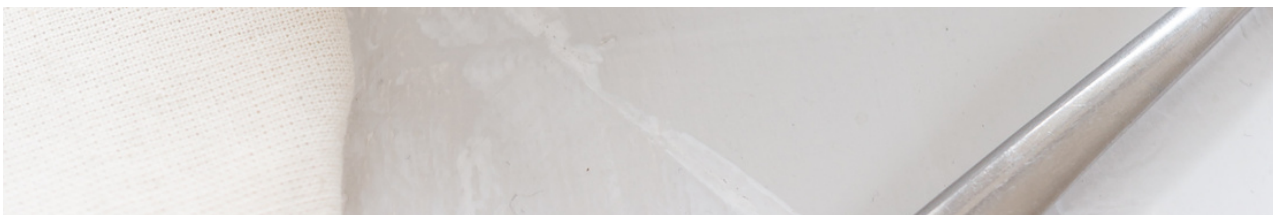
- Honey Mustard Pork Chops
- Carnitas Tacos

06 SNACKS

- Peanut Butter Energy Balls
- Trail Mix Favorites
- The Best Hummus
- Oatmeal Chocolate Chip Cookies



BREAKFAST





BANANA PANCAKES

Indulge in the delicious flavor of these banana pancakes. These pancakes are both simple to make and packed with flavor, despite the absence of gluten and dairy. Give them a try!

Ingredients

3 bananas

3 eggs

3/8 cup oat flour made with
certified gluten free oats

6 tsp nut butter

3 tsp syrup

6 tsp warm water

3 tbsp pumpkin seeds

Servings: 3



Directions

1. Combine bananas, oat flour, and eggs in a blender for the pancake batter.
2. Heat a nonstick skillet over medium heat and pour batter onto the skillet, flipping the pancakes when the edges are dry and the top is bubbling.
3. Whisk together peanut butter, maple syrup, and warm water to drizzle on top of the pancakes.
4. Top with pumpkin seeds for added crunch and serve!



STRAWBERRY OAT BARS

Set your taste buds on a wild ride with these sweet and tangy strawberry oat bars - perfect for breakfast or a snack!



Directions

1. To a small pot on medium heat, add diced strawberries, maple syrup, lemon juice, lemon zest and sea salt. Allow this to simmer for 5-10 minutes, or until the strawberries have released a lot of the liquid.
2. Stir in tapioca starch and let it simmer for 1 more minute. Now, remove from heat and set aside while you make the oatmeal layer.
3. Preheat your oven to 375° and line an 8x8 baking dish with parchment paper.
4. In a large mixing bowl combine rolled oats, almond flour, baking soda and sea salt. Once combined, add in maple syrup, coconut oil, lemon juice and combine. It may be easier to use your hands for this to break up any clumps.
5. Set aside 1/2 cup – 3/4 cup of oatmeal mixture and press the remaining mixture into your lined baking dish in an even layer.
6. Add the strawberry filling on top and spread this into an even layer. Now, use your hands to sprinkle the rest of the oatmeal mixture across the top of the strawberry filling.
7. Place in the oven and bake for 20-25 minutes or until the edges turn slightly golden in color.
8. After baking, allow bars to cool completely before slicing.

Ingredients

strawberry layer:

- 2 cups strawberries, diced
- 1/4 cup maple syrup
- 1 tbsp lemon juice
- 1-2 tbsp lemon zest
- pinch of salt
- 2 tbsp tapioca starch

Oatmeal layer:

- 1 1/2 cups certified gluten free rolled oats
- 1 1/2 cups almond flour
- 1/2 tsp baking soda
- 1/8 tsp sea salt
- 1/2 cup maple syrup
- 1/4 cup coconut oil, solid
- 1 tsp lemon juice

Servings: 12





STRAWBERRY BANANA SMOOTHIE

Kick off your day like a champ with a refreshing strawberry banana smoothie. Not only is it yummy, but it packs a punch of wholesome nutrients into one glass, making it the perfect on-the-go meal or snack.

Ingredients

1 cup frozen strawberries

1 frozen banana

1 cup milk of choice

Optional: chia seeds, leafy greens, protein powder, nut butter

Servings: 1



Directions

1. Add frozen strawberries, bananas, and milk to a blender (plus any additional ingredients you would like to add).
2. Blend until smooth and pour into a glass to serve.



OATMEAL FAVORITES

No more dull and dreary oatmeal breakfasts! Give your taste buds a wake-up call with these scrumptious oatmeal recipes.



Ingredients for oatmeal base

1/2 cup certified gluten free
rolled or quick oats
2/3 cup water or milk
1 tbsp chia seeds
1 tsp vanilla extract

Topping variations

fresh fruit
dried fruit
nuts
nut butter
jellies/jams
yogurt
Servings: 1



Tropical Oats

Get ready to have your taste buds transported to a tropical paradise with this tropical oatmeal. Start with a hearty oatmeal base, top it off with tangy coconut yogurt, fresh banana slices, a sprinkle of dried mango and coconut flakes, and crunchy macadamia nuts.

Cozy Autumn Oats

Get cozy with a warm bowl of autumn oatmeal. Start with the creamy oatmeal base and top with tender, cooked apples, pumpkin pie spice, and crunchy walnuts.

PB&J Oats

Get ready to wake up to a bowlful of joy with this peanut butter and jelly oatmeal recipe! A warm oatmeal base topped with dollops of peanut butter and grape jelly, with fresh strawberries to top it off.

SEAFOOD





SALMON POKE BOWL

Looking for a quick and tasty dinner option that will light up your taste buds? Give these spicy-sweet salmon bowls a go! With simple steps, you can whip up this meal with ease, making it a perfect choice for hectic weeknights that everyone in the family can enjoy.

Ingredients

4 4-6 oz salmon filets
3 tbsp gluten free soy sauce
2 tbsp honey
2 tbsp sriracha
2 tsp minced garlic
3 tbsp water
2 cup rice or quinoa
1 avocado
1 cucumber
1 cup edamame
2 carrot sticks
1/2 cup sriracha mayo

Servings: 4



Directions

1. Cut salmon into 1 inch cubes (skinless).
2. Whisk soy sauce, honey, sriracha, garlic, and water in a bowl to be used as a marinade.
3. Add the salmon to the marinade and let it set for 30-60 minutes in the refrigerator.
4. Heat a large skillet with olive oil and add the salmon, keeping the marinade for later.
5. Cook the pieces of salmon for about 2 minutes on each side, or until they crisp up.
6. Add the remaining marinade to the skillet and cook until it thickens.
7. Assemble your bowl with rice or quinoa as the base and top with sliced avocado, sliced cucumber, shredded carrots, edamame, and a drizzle of sriracha mayo.



SHRIMP PAD THAI

Get ready to be blown away by this Shrimp Pad Thai recipe, jam-packed with fresh veggies, tender shrimp, and a lip-smacking peanut sauce. And the best part? It's quick and easy!



Ingredients

8 oz rice noodles
2 tbsp sesame oil
1lb raw, deveined, tail-off shrimp
1 red bell pepper
1 cup matchstick carrots
2 green onions
1/2 cup chopped peanuts
1/4 cup chopped cilantro
1/4 cup gluten free soy sauce
1 tbsp lime juice
2 tbsp honey
1 tbsp sriracha
3 tbsp creamy peanut butter
1/2 tsp ground ginger

Servings: 6



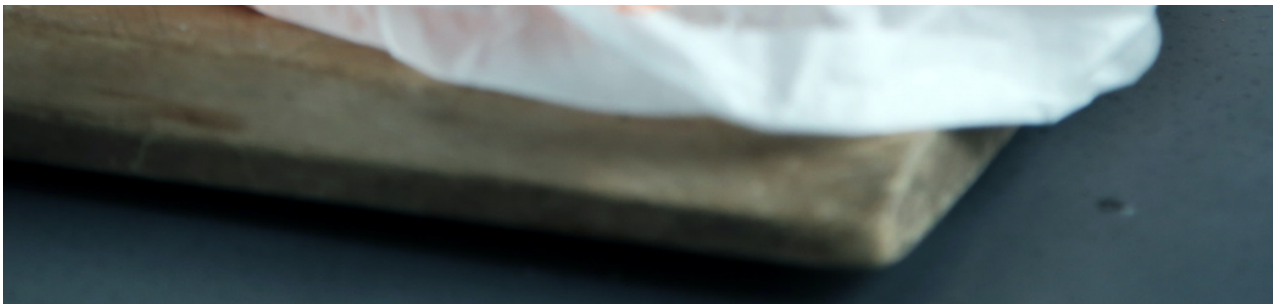
Directions

1. Cook the rice noodles according to the package.
2. While the noodles are cooking, whisk together the soy sauce, lime juice, honey, sriracha, peanut butter, and ginger until smooth and set aside.
3. When the noodles are done cooking, strain them and add in 1 tbsp of sesame oil.
4. Heat the remaining sesame oil in a large skillet or wok over medium heat. When the pan is hot, add the shrimp and cook until done.
5. Remove the shrimp from the pan and add the red pepper and carrots. Cook them until they are tender.
6. When the veggies are cooked and tender, add the shrimp, noodles, and sauce to the skillet and mix until everything is coated.
7. Finish by topping with green onion, cilantro, and peanuts!



ROSEMARY ALMOND CRUSTED SALMON

Prepare to be smitten with this delicious rosemary almond crusted salmon! This dish is a true culinary gem, adaptable to any sides that tickle your fancy.



Directions

1. Preheat oven to 450°.
2. Brush half of the olive oil over the salmon.
3. Combine the crushed almonds and rosemary in a shallow bowl or plate.
4. Press the salmon into the almond mixture, coating the filet all over.
5. Place the salmon on a greased or lined baking sheet and bake for 10-15 minutes, or until the salmon flakes easily.

Servings: 4

Ingredients

- 1/2 cup olive oil
- 8 oz salmon (skinless)
- 4 oz crushed almonds
- 4 pinches of rosemary





TUNA PATTIES

Feast your taste buds on these scrumptious tuna patties! An effortless dinner option that's a perfect match for any side dish.

Ingredients

- 2 5 oz cans of tuna
- 1/3 cup chopped celery
- 1/3 cup chopped red pepper
- 2 tbsp chopped chives
- 1 tbsp fresh dill
- 1 tbsp parsley
- 1/3 cup panko breadcrumbs
- 2 tsp dijon mustard
- 1/4 tsp salt
- 1/8 tsp black pepper
- 2 beaten eggs

Servings: 5



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Directions

1. Drain the cans of tuna.
2. In a large bowl, combine tuna with all of the ingredients, except for the eggs.
3. Add the beaten eggs to the mixture and combine.
4. Form this mixture into 5 patties.
5. In a skillet over medium heat, add oil and saute the patties.
6. Cook for about 3 minutes on each side, or until the patties are golden brown.
7. Serve the patties on a bun, over a bed of greens, or just as is!

TUNA AND QUINOA SALAD

Say hello to your new favorite dish: a scrumptious tuna and quinoa salad, with tuna on a fluffy bed of quinoa, fresh arugula, and juicy tomatoes.



Ingredients

6 cups arugula
3 cups cooked quinoa
1/2 cup dried cranberries
1/2 cup sunflower seeds
1 cup sliced cherry tomatoes
2 5oz cans of tuna
1 tbsp honey
1 clove of minced garlic
1 tbsp red wine vinegar
1 tsp dijon mustard
juice of 1 lemon
1/3 cup of oil of your choice
salt and pepper to taste

Servings: 4

Directions

1. Combine arugula, quinoa, cranberries, sunflower seeds, and sliced tomatoes in a large bowl.
2. Drain the cans of tuna and add them to the large bowl, tossing all of the ingredients together.
3. In a small bowl, combine honey, garlic, red wine vinegar, dijon mustard, lemon juice, oil, and salt and pepper with a whisk for the dressing.
4. Toss the arugula salad with the dressing and serve.





POULTRY



CHICKEN FRIED RICE

Get your chopsticks ready for the ultimate comfort food: chicken fried rice with a medley of veggies, succulent sesame chicken, and fluffy rice.



Ingredients

1/2 cup diced carrots
1 cup chopped bell peppers
4 tbsp olive oil
1 lb cut chicken breasts
4 whisked eggs
4 cups cooked brown rice
4 tbsp gluten free soy sauce
2 tbsp rice wine vinegar
1 tsp sesame oil
1/2 cup frozen peas
green onions

Servings: 5

Directions

1. In a large skillet or wok over medium heat, saute 2 tbsp of oil with the carrots and bell peppers.
2. Slide the vegetables to one side of skillet, drizzle 1 tbsp of oil in the skillet, and place the chicken in it.
3. When the chicken is cooked through, mix it in with the vegetables and push the ingredients to the border, leaving a hole in the middle of the skillet.
4. Drizzle 1-2 tbsp of oil in open hole and scramble the eggs in that spot until they are cooked.
5. Add cooked rice, soy sauce, rice vinegar, and sesame oil to the skillet and cook for 10 minutes.
6. Mix in the frozen peas and take off the heat when the peas are heated.
7. Top the fried rice with green onions and serve.





BBQ CHICKEN BOWLS

Get ready for a flavor explosion with this BBQ chicken bowl! Dig into a bed of grains, topped with juicy BBQ chicken, fresh cilantro, and a sweet and tangy pineapple salsa.



Directions

1. Combine diced pineapple, red bell pepper, red onion, and lime juice in a small bowl to prepare the salsa.
2. Chop the chicken and pat dry with a paper towel.
3. Add olive oil to a skillet over medium heat.
4. Add chopped chicken to the skillet and saute until it is golden brown.
5. In a small bowl, whisk together the pineapple juice and BBQ sauce.
6. Once the chicken is done cooking, add the BBQ sauce mixture to the skillet and stir until the chicken is fully coated.
7. Serve the chicken on a bed of rice and top it with the pineapple salsa and cilantro.

Servings: 4

Ingredients

- 2 cups fresh, diced pineapple
- 2 red bell peppers
- 1 small red onion
- juice of 1 lime
- 1 lb boneless skinless chicken breast
- 2 tbsp olive oil
- salt and pepper to taste
- 2 cups cooked brown rice
- 1/4 cup pineapple juice
- 1/2 cup BBQ sauce of your choice
- 1 bunch of cilantro





CHICKEN GREEK BOWLS

Indulge in some Greek goodness with savory chicken, fluffy rice, fresh tomato and cucumber salad, and creamy hummus all in one bowl.

Ingredients

2 lbs cubed boneless skinless chicken breast
1/4 cup olive oil
5 cloves of minced garlic
5 tbsp lemon juice
2 1/2 tsp cumin
1 tsp paprika
1/2 tsp cinnamon
1 tsp salt
1/2 tsp black pepper
1/2 tsp dried thyme
1 cup cooked brown rice or quinoa
3 tbsp chopped parsley
1/2 tsp cumin
2 cups diced cucumbers
2 cups diced tomato
hummus

Servings: 6



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Directions

1. In a large bowl, mix together 1/4 cup of olive oil, 3 cloves of minced garlic, 2 tbsp of lemon juice, cumin, paprika, cinnamon, salt, black pepper, and thyme.
2. Toss the chicken cubes into the mixture until the chicken is fully covered, and then let it marinate in the fridge for 30 minutes.
3. Heat 1 tbsp of olive oil in a large skillet over medium heat.
4. Add the chicken to the skillet and cook for 5 minutes on each side, until the chicken is cooked through.
5. Combine the cooked brown rice or quinoa with 2 tbsp of fresh parsley, 1 clove of the minced garlic, 1 tbsp of olive oil, 1 tsp of lemon juice, and 1/2 tsp of cumin in a medium-sized bowl.
6. Combine cucumber, tomato, 3 tbsp of lemon juice, 2 tbsp of fresh parsley, and salt and pepper to taste in a small bowl.
7. Serve the chicken on a bed of rice or quinoa, topped with cucumber salad and hummus.

TURKEY TACO PASTA

Get ready for a fiesta with this turkey taco pasta! Whole-grain noodles and zesty Mexican-style sauce combine for a flavor explosion.



Ingredients

3 cups brown rice pasta
2 tbsp olive oil
1 medium yellow onion
2 cloves of minced garlic
1 lb of ground turkey
1 package of taco seasoning
2 1/2 cups water
1 cup salsa of choice
1 cup black beans
1 cup canned corn
1 cup diced tomato
Optional toppings: cilantro,
lime juice, red onion, black
olives, avocado, jalapeno

Servings: 6

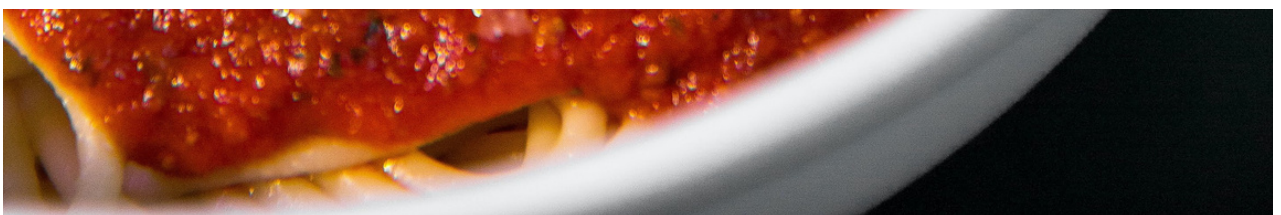
Directions

1. Drizzle the olive oil in a large pot over medium heat.
2. When the pot is nice and hot, add the onion and saute for 3 minutes until the onions are soft.
3. Add the minced garlic to the pot and saute until fragrant.
4. Add the ground turkey to the pot and cook through.
5. Sprinkle the packet of taco seasoning on top then pour in 1/2 cup of water, stirring well until combined.
6. Pour in the rest of the water and mild salsa into the pot and stir.
7. Bring the mixture to a boil over high heat and stir in the pasta, cooking it according to package instructions.
8. When the pasta is done, remove the pot from heat and stir in the black beans, corn, and tomatoes.
9. Top the pasta with toppings of your choice.





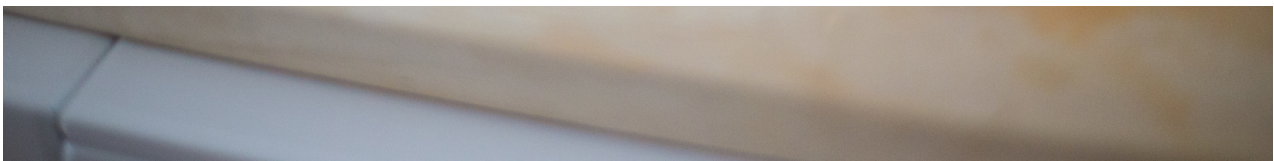
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SWEET POTATO SLOPPY JOES

Get ready for a flavor explosion with our sweet potato sloppy joes! Savor the sweet and savory combo of baked sweet potatoes, zesty sloppy joe filling, topped with a sprinkle of green onions.



Directions

1. Preheat oven to 425°.
2. Clean the sweet potatoes and poke them all over with a fork.
3. Place the sweet potatoes on a sheet pan lined with foil.
4. Bake the sweet potatoes for 45-50 minutes, or until they are tender.
5. To make the sloppy joe sauce, mix together mustard, coconut sugar, tomato paste, water, Worcestershire sauce, and crushed red pepper flakes until well combined, and set aside.
6. Heat olive oil in a large skillet over medium heat.
7. Add ground beef to the skillet and cook until brown.
8. Add the diced onion, garlic, and bell pepper to the skillet, adding salt and pepper to taste.
9. Once the veggies are cooked and tender, lower the heat and pour in the sauce, stirring until well combined. Then, let this simmer on low for about 10 minutes to allow the sauce to thicken.
10. To serve, slice the sweet potato in half lengthwise, fill it with the sloppy joe mixture, and top with chopped green onions.

Ingredients

- 4 sweet potatoes
- 2 tsp mustard
- 1/4 cup coconut sugar
- 6 oz can of tomato paste
- 1/2 cup water
- 2 tsp gluten free Worcestershire sauce
- 1/4 tsp crushed red pepper flakes
- 1 tsp olive oil
- 1 lb ground beef
- 1 small yellow onion
- 2 cloves of minced garlic
- 1 green bell pepper
- 1 bunch of chopped green onion
- salt and pepper to taste

Servings: 4





MARINARA MEATBALLS

Whip up these delectable, baked meatballs drenched in marinara sauce, that pair perfectly with any pasta!

Ingredients

- 1 lb ground beef
- 2 tsp garlic powder
- 1 tsp onion powder
- 2 tsp Italian seasoning
- 1/2 tsp black pepper
- 1 1/2 tsp salt
- 1 egg
- 3/4 cup GF breadcrumbs
- 3 tbsp olive oil
- 2 cloves of minced garlic
- 1/4 tsp crushed red pepper flakes
- 1 28 oz can of crushed tomatoes
- 1 tsp sugar

Servings: 7



Directions

1. Preheat oven to 425° and line a large baking sheet with foil or parchment paper.
2. In a large bowl, combine ground meat, garlic powder, onion powder, Italian seasoning, pepper, salt, egg, and breadcrumbs.
3. Using a large spoon, scoop about one tablespoon of meat and roll it into a ball with your hands.
4. Place the balls on a baking sheet in the oven and bake for 12 to 15 minutes.
5. While the meatballs are baking, heat oil in a deep skillet over medium heat.
6. Add in the garlic and saute until the garlic is fragrant.
7. Add the crushed red pepper flakes, crushed tomatoes, salt, and sugar to the skillet and let it simmer for 10 minutes, seasoning with salt and pepper to taste.
8. When the meatballs are done cooking, add them to the sauce, stir to coat them, and serve!

PORK





HONEY MUSTARD PORK CHOPS

Get a taste of these honey mustard pork chops, the perfect blend of sweet and savory. Pair it with your favorite side for a meal that's sure to satisfy.

Ingredients

4 pork chops
2 tbsp dairy free butter
2 tbsp olive oil
1 tbsp fresh lemon juice
1/4 cup honey
1/3 cup dijon mustard
1 tsp paprika
salt and pepper to taste
fresh, chopped parsley for garnish

Servings: 4



Directions

1. Season the pork chops with salt and pepper.
2. Heat 1 tbsp butter and 1 tbsp of olive oil in a large skillet over medium-high heat.
3. Add the seasoned pork chops to the skillet and cook for about 4 minutes on each side, or until they are cooked through.
4. While the pork chops are cooking, prepare the honey mustard sauce by whisking together lemon juice, honey, dijon mustard, and paprika in a small bowl.
5. When the pork chops are cooked through, pour the sauce over them. Allow the sauce to simmer for 2 minutes, or until it thickens.
6. Add fresh, chopped parsley on top for a garnish and serve!



CARNITAS TACOS

Get your taste buds ready for a mind-blowing fiesta with these carnitas tacos! Tender pulled pork topped with tangy cilantro and a splash of lime, wrapped up in a warm corn tortilla.



Ingredients

4 lbs skinless, boneless pork
(shoulder or butt)
4 cloves of minced garlic
2 tsp chili powder
1 tbsp oregano
1 tbsp cumin
1 yellow onion
1 cup orange juice
1 chopped jalapeno
1 tsp salt
1/2 tsp black pepper
1/2 cup fresh, chopped cilantro
6 corn tortillas
limes

Servings: 3-4

Directions

1. In a small bowl, mix together oregano, cumin, black pepper, and chili powder.
2. Rub the spices around the pork and place it in a slow cooker.
3. Add the chopped onion, minced garlic, chopped jalapeno, and orange juice on top of the pork.
4. Cover and cook on low for about 8 hours, or high for about 5 hours, or until the meat is tender and falling apart.
5. Remove the pork from the slow cooker and shred the meat using two forks.
6. Place the shredded pork back into the slow cooker and incorporate it into the liquid.
7. Serve the pork with corn tortillas and top with cilantro and fresh lime juice.



SNACKS





PEANUT BUTTER ENERGY BALLS

Get your snack game on point with these heavenly energy balls. Made with creamy peanut butter, oats, honey, and chocolate chips.

Ingredients

3 cups certified gluten free

quick oats

1 cup creamy peanut butter

1/2 cup dairy free chocolate chips

3 tbsp chia seeds

1/2 cup honey

1 tsp cinnamon

1 tps vanilla extract

Servings: 30



Directions

1. Combine all of the ingredients into a mixing bowl and stir until well combined.
2. Let the mixture sit in the fridge for about 20 minutes.
3. Roll the mixture into balls, using about 1 tablespoon of the mixture per ball.



TRAIL MIX FAVORITES

Wave goodbye to bland trail mix and say hello to these quick and tasty snack mixes!



Tropical Trail Mix

Take a walk on the tropical side with this scrumptious trail mix blend of buttery macadamias, crunchy cashews, tangy dried pineapple, sweet mango bits, and flaky coconut shreds.

Chocolate Covered Strawberry Trail Mix

Prepare yourself for a taste sensation! Enjoy a delicious blend of freeze-dried strawberries, crunchy almonds and cashews, and dairy-free chocolate chips.

Peanut Butter Banana Trail Mix

Whip up a nutty banana mix with peanuts, almonds, dried bananas, and raisins.

THE BEST HUMMUS



Ingredients

1 15.5 oz can of garbanzo
beans/chickpeas
3-4 tbsp reserved garbanzo
bean liquid from the can
2 tbsp olive oil
1 1/2 tbsp lemon juice
1 clove of garlic
1/4 tsp salt
1/2 tsp cumin
1/2 tsp paprika

Directions

1. Drain the can of garbanzo beans, reserving 4 tbsp of the liquid.
2. Add all of the ingredients, aside from the paprika, to a food processor and process until smooth.
3. Transfer the hummus to a serving dish.
4. Cover the serving dish and refrigerate overnight.
5. Sprinkle some paprika over the hummus.
6. Serve with chips, crackers, or raw veggies.





OATMEAL CHOCOLATE CHIP COOKIES

Indulge in these warm and gooey oatmeal cookies complete with dairy-free chocolate chips, perfect for when those sweet cravings hit!

Ingredients

1 cup certified gluten free oats

1 egg

1/4 cup dairy free chocolate chips

1/4 cup coconut sugar or brown sugar

1/3 cup coconut oil

1/2 tsp baking soda



Directions

1. Preheat oven to 350°.
2. Blend all of the ingredients in a blender or food processor until completely combined.
3. Shape the cookies with your hands using a spoon-full of batter and place on a parchment-lined cookie sheet, two inches apart.
4. Bake the cookies for 10-15 minutes.
5. Let them cool for 20 minutes and enjoy!