

The Super Allergy Girl™ Allergy & Celiac Cookbook

By Lisa A. Lundy

www.TheSuperAllergyCookbook.com

All Recipes are free of gluten, dairy, eggs, peanuts and tree nuts and other allergens

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GORP or TRAIL MIX

I really am excited to share this gluten-free, dairy-free, tree-nut free and peanut-free recipe with you because it is a great snack food for busy people. It appeals to both children and adults although some children will snub their noses at it. When I was young we used to eat what we called trail mix or gorp. I think gorp was the name that the hikers used. It was easy to make, portable, a quick snack food, and I could make it without nuts. Most trail mixes (or gorp back then) contained tree-nuts and I've been allergic to tree-nuts since my childhood. You can substitute any ingredients you can have for anything you don't like or do not tolerate!! I made several batches of this for a gathering in March while I was in Los Angeles and it was devoured!

- 2 cups raw sunflower seeds (unsalted or salted)***
- 1 cup roasted, hulled pumpkin seeds (raw, unsalted or roasted)***
- 1 cup raisins**
- 1 cup dried cranberries**
- 1/2 cup to 2/3 cup GF CF chocolate chips**
- 1 cup GF CF pretzel pieces, broken into bite-sized pieces**

For the sunflower seeds and pumpkin seeds, you can use raw, unsalted or roasted and salted. We like this recipe made both ways (salted and unsalted), although we use the raw and unsalted seeds more often. Mix all ingredients together gently. Store in an airtight container. This recipe makes about 6-6-1/2 cups. You can divide it in half to make just 3 cups.

A Word about Party and Snack Mixes

If you have never made a party or snack mix, I need to say just a few things here. These are the most flexible and easy to make foods on the planet. They keep for relatively long periods in airtight containers, and they are a ready to go snack food. They are especially nice to take to parties and other gatherings. But be sure to take your own stash of your party mix because people will scarf these mixes right up!

The following party and snack mixes as well as granola recipes will take well to substitutions, so feel free to change them to meet your food needs and allergies.

All Purpose Party Mix

Preheat oven to 250°.

- 7 tablespoons acceptable margarine or oil**
- 3 tablespoons GF/CF Worcestershire sauce**
- ¾ teaspoon onion powder**
- ¾ teaspoon garlic salt**
- 5 cups acceptable gluten-free cereal**
- 3 cups acceptable gluten-free cereal**
- 1¾ cups pretzels (1 small bag of gluten & dairy-free pretzels)**
- ½ package (3½ ounces) brown rice snaps - broken into pieces (about 1 cup or so)**

Bake for 1 hour, stirring every 15 minutes!! This mix can be made to be “stronger” in flavor by increasing the spices and Worcestershire sauce. The fat can also be decreased or increased depending upon dietary needs (our kids need more fat). Also, for a spicy version, you can add chili powder to the mix (starting with about ½ teaspoon and adding more if desired).

Good Morning Granola

I'll be perfectly frank with you; I invented this recipe to use up expired cereal! What started as a lark, turned out very well! The use of sunflower seeds and flax meal add nutrition and fiber. We've used a variety of dried fruits in this granola. This recipe fits with our fourth rotation day completely since we use dried strawberries and raspberries.

Preheat oven to 225°.

- 1 cup sunflower seeds or other seed**
- 6 cups Health Valley™ Corn Crunch-Ems cereal or other acceptable dry cereal**
- 2 cups Perky's™ Nutty Flax cereal or other acceptable dry cereal**
- ½ cup flax meal**
- ⅛ teaspoon ground cinnamon**
- ½ cup sunflower or other acceptable oil**
- ½ cup maple syrup or other liquid sweetener**
- 2 cups dried fruit of your choice, bite size pieces**

Grease a 9” x 13” baking pan. Measure the sunflower seeds, and cereals into a very large mixing bowl. On top of the dry ingredients place the flax meal. Do not mix. Place oil and maple syrup in a small saucepan and bring to a boil until it is nice and foamy. Boil for 2 minutes and remove from heat. Pour over cereal and flax mixture. Stir well to coat. Add cinnamon to taste. Pour into your greased baking pan and bake for 1½ to 2 hours, stirring every 30 minutes or so. Once the mixture has cooled completely, add 2 cups of dried fruit of your choice. There are now a wide variety of dried fruits commercially available that lend themselves well to dry granola recipes like this one.

Dijon Style Party Mix

Snack mixes or party mixes are something that you can really have fun with. This uses honey and Dijon mustard for flavoring.

Preheat oven to 250°.

3 tablespoons Dijon mustard

½ cup oil

2 tablespoons honey

8 cups dry cereal

1 cup roasted sunflower seeds or other cereal or seeds

1½ cups gluten-free pretzels or other snack (like corn chips broken up)

Place cereal in a greased 9" x 13" baking pan and set aside. In a small pan, cook oil, honey and mustard over medium heat until foamy. Pour over cereal in baking pan and stir well to coat. Bake 1 hour, stirring every 15 minutes. After baking, allow cereal to cool. Then add 1 cup of roasted sunflower seeds or other acceptable seeds or cereal, and 1½ cups pretzels or other snack item like broken up corn chips.

Rice Party Mix

This recipe uses all rice based cereal and crackers, so it works for one of our rotation diet days. You can substitute other cereals or crackers as you diet allows.

Preheat oven to 250°.

½ cup safflower oil or other acceptable oil

3 tablespoons GFCF Worcestershire sauce

¾ teaspoon onion powder

¾ teaspoon garlic salt

8 cups gluten-free cereal

1¾ cups pretzels (1 small bag of gluten & dairy-free pretzels)

½ package (3½ ounces) brown rice snaps - broken into pieces (about 1 cup or so)

Bake for 1 hour, stirring every 15 minutes!! This mix can be made to be "stronger" in flavor by increasing the spices and Worcestershire sauce. The fat can also be decreased or increased depending upon dietary needs (our kids need more fat). Also, for a spicy version, you can add chili powder to the mix (starting with about ½ teaspoon and adding more if desired).

Sweet Treat Snacks

This is a sweet treat that is a snack food. This sweet snack is great for parties, but be sure to make a double batch because it will go fast!

- 1 cup gluten-free/dairy-free chocolate chips**
- ¼ cup ground sunflower butter or other substitute for peanut butter**
- ½ cup sunflower seeds or other crunchy cereal**
- 6 cups gluten-free cereal**
- 1 cup confectioners' sugar**

Measure the confectioners' sugar and place in a one-gallon zip lock bag. Set aside. Measure out the cereal and place in a large mixing bowl and set aside. Place the chocolate chips in a glass container and microwave for 45 seconds. Remove and stir the chocolate chips. They may not look like they're melted, but they will be melted. If the chocolate chips are not melted, return to microwave for another 15 to 20 seconds. When melted, add the Sunbutter™ and sunflower seeds to the melted chocolate and stir well. Add the melted chocolate mixture to the dry cereal and gently stir to coat the cereal. Then take all of the coated cereal and add it to the zip lock bag containing the powdered sugar. Gently shake the sealed bag until all of the cereal is coated with the powdered sugar.

Honeyed Snack Mix

Preheat oven to 250°.

- 6 cups acceptable cereal**
- 2 cups gluten-free pretzels**
- 1 cup sunflower seeds OR 1 cup other crunchy cereal or seed**
- ⅓ cup oil**
- ⅓ cup honey**
- 1 teaspoon garlic powder**
- ½ teaspoon onion powder**
- ¼ teaspoon dried ginger**
- 2 tablespoons Bragg™ Liquid Aminos (or soy sauce), if tolerated**

Place the oil, honey and all of the spices and Bragg™ Liquid Aminos into a saucepan over medium heat. Grease a 9" x 13" baking pan. Place the cereal, pretzels and sunflower seeds in the baking pan. Bring the honey and oil mixture to a light boil. The mixture will get all light and foamy. Remove from heat and pour over the cereal mixture in the baking pan. Stir well to coat all of the ingredients. Bake for 1 hour and 30 minutes, stirring every 15 minutes. If I was making this for adults only I would kick up the spices a bit by adding more ginger, onion and garlic.

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