

# 2008 Celiac State Conference Dessert Recipes

Thanks to all who made this a delicious success!!

## Hershey Brownies

Cream Together:

- 1 c sugar
- 1 stick butter

Add:

- 4 eggs
- 1 c GF flour blend
- Walnuts optional

Mix well and add nuts if desired. Bake 30 minutes at 350 degrees F.

Frosting:

- 6 tbsp butter
  - 6 tbsp milk
  - 1 1/2 c sugar
- Boil all ingredients for 1 minute.

Add:

- 1/2 c chocolate chips. Beat with hand mixer until glossy appearance disappears.

## The Best Chocolate Chip Cookies

Cream together:

- 1 c oleo
- 3/4 c sugar
- 3/4 c brown sugar

Mix in:

- 2 eggs
- 1 tsp baking soda

(For diabetics I use 4 chocolate chips per small cookie.)

Do not over bake these cookies. Bake at 350 degrees 7-8 minutes. Cookie sheet bars 15-18 minutes.

- 1 tsp salt
- 1 tsp baking powder
- 2 1/2 tsp xanthan gum
- 1 tsp vanilla
- 2 1/2 c sweet rice flour
- 1 1/2 c chocolate chips

## Chunky Blonde Brownies

Jeanette Raveling – Spirit Lake, IA

- 1/2 c margarine, softened
- 3/4 c sugar
- 3/4 c packed brown sugar
- 2 eggs
- 2 tsp vanilla
- 1 1/2 c Grandma Ferdon's flour

- 1 tsp baking powder
- 2 tsp xanthan gum
- 1/2 tsp salt
- 1 c vanilla chips
- 1 c semi-sweet chocolate chunks
- 1/2 c nuts, chopped and divided (used almonds)

Cream margarine and sugars. Add eggs and vanilla. Mix well. Combine flour, baking powder, xanthan gum and salt. Add to creamed mixture and mix well. Stir in chips, chunks and 1/2 the nuts. Place in 9x13 pan. Sprinkle with remaining nuts. Bake at 350 degrees for 25 to 30 minutes. Cool and enjoy.

## Banana Pineapple Cake

Ellen Duffy – Waterloo, IA

Beat well:

- 1 c oleo
- 2 c sugar
- 5 egg yolks

Add:

- 1 c buttermilk
- 2 c GF flour
- 2 c coconut
- 1 tsp baking soda

- 2 bananas, mashed
- 1/2 c pineapple (tidbit or crushed)

Fold in:

- 5 beaten egg whites
  - 1 tsp vanilla
- Frosting:
- 1 box powdered sugar
  - 1 stick oleo
  - 1/4 c pineapple juice

## Apple Bundt Coffee Cake

Willy Kroeze – Cedar Rapids, IA

1/3 c shortening	1/2 tsp xanthan gum
1 tsp sugar	2 tsp baking powder
3 eggs	1/2 tsp baking soda
1/2 tsp vanilla	1/2 tsp salt
1 c sour cream	1 can pie filling, any flavor
1 1/2 c GF flour mix	

Cream sugar and shortening until light. Beat in eggs and vanilla then sour cream. Stir in flour, xanthan gum, baking powder, baking soda and salt. Pour half the batter into bottom of a well greased Bundt pan. Top with any flavor pie filling. (about 1/2 can) Top with rest of batter. Bake in preheated oven at 350 degrees for 40 minutes.

## One Bowl Brownies

Ellen Duffy – Waterloo, IA

Cream together:

2 c sugar  
4 eggs

Add:

6 tbsp cocoa powder  
1 1/2 c white rice flour (or GF flour mix)  
1 c melted oleo

Nuts (optional)

Mix all ingredients. Pour into floured 9x13 or brownie pan. Bake at 350 degrees for 20 minutes.

Frosting:

2 c powdered sugar  
1/4 c oleo  
Milk, as needed for consistency

## Old Fashioned Raisin Cookie

Bev Lieven – Adapted from an original Ralston-Purina Rice Chex recipe-1970.

Note: By nature, recipes are mixed to limit the binding ability of gluten and other ingredients. Changing the order in which ingredients are mixed enhances their natural binding so extra gums aren't necessary... Bev

1 egg	1/4 tsp salt
1/3 c granulated sugar	1/3 c vegetable oil
1/3 c brown sugar	3/4 – 1 c raisins
1 tsp vanilla (opt.)	1/2 c coconut (opt)
1 c GF flour	3 c GF Rice chex – crushed to 1 1/2 c
1/2 tsp baking soda	

Beat egg until very thick. Add sugars and vanilla; mix well. Add dry ingredients gradually, using mixer as long as possible. Finally add vegetable oil and mix well to incorporate. Stir in raisins and Chex crumbs. Use a small scoop and spoon to place on an ungreased baking sheet. Flatten slightly with the bottom of a sugared glass. Bake at 350 degrees for 10-12 minutes. Makes 2 1/2 dz.

## Mrs. Mallory's Peanut Butter Cookies

Bev Boesen – Waterloo, IA

1 1/3 c GF flour	1/4 c firmly packed brown sugar
1/2 tsp baking powder	1/4 c white sugar
1/3 tsp baking soda	1 large egg
1 stick unsalted butter	1 tsp vanilla extract
1/2 c chunky or plain peanut butter	Chocolate Kisses

Preheat oven to 350 degrees. Sift flour, baking powder and baking soda together and set aside. Cream the butter, peanut butter and sugars together, then add egg and vanilla mixture. Beat well, add the flour mixture, and beat again. Shape into balls and place on an ungreased cookie sheet, leaving 2 inches between the cookies. Cook for 8 minutes, push the chocolate kisses in and cook for 2 minutes more. Cool on racks. Makes 4 dozen. Optional: You may also use Hershey's Chocolate Hugs.

## Pear Crumble Pie

Mary Groy

Combine:	1/2 lemon juice and zest
1/2 c sugar	Add:
2 tbsp GF flour mix	2 1/2 c pears, thinly sliced
1/2 tsp salt	Crumbly Mixture:
1/4 tsp nutmeg	1/3 c sugar
Combine and mix into dry ingredients:	2/3 c GF flour mix
2 eggs beaten	1/4 c butter
1 c sour cream	

Pour in pie shell. Sprinkle cinnamon or nutmeg on top. (optional) Bake at 425 degrees for 15 minutes. Reduce oven to 350 degrees and bake 20 minutes or until firm. Sprinkle Crumb mixture on top and bake 10 – 20 minutes to golden brown. Chill, serve with whipped cream.

## Cream Cheese Pie Crust

Used for Pear Crumble Pie

1 c GF flour	1 tbsp brown sugar
1- 1/2 oz softened cream cheese	1 tbsp corn starch
1/2 c softened butter	

Mix cream cheese and butter together. Add brown sugar, flour and corn starch. Mix with fork or pastry blender until crumbly. Press and spread evenly into an 8" pie pan.

## Scotcheroos

1 c sugar  
1 c light syrup

Stir and heat until boils. Take off when reaches rolling boil. Add 1 cup peanut butter after taking off heat. Pour mixture over 6 cups GF Rice Krispies. Stir until coated. Put in greased 9x13 pan.

Frosting:

Melt together 6 oz. butterscotch chips and 6 oz. semi-sweet chocolate chips. Spread over top.

## Frog Eye Tapioca Salad

Betty Bast

- 1 pkg pearl tapioca
- 3 c water

Soak overnight or several hours. Cook until tapioca is clear.

Add:

- 1/2 cup sugar
- 1/2 tsp salt
- 1 pkg jello (peach or strawberry)
- Pineapple juice or other canned fruit, diced

Chill, fold into cool-whip.

## Fruity Cinnamon Crisp

Theresa Brandon – Cedar Rapids, IA

No soy, dairy eggs

- |                                    |   |
|------------------------------------|---|
| 2 crust pie recipe of your choice  | 1/2 tsp vinegar                             |
| 2 c. Heartlands Finest flour blend | Salt (optional)                             |
| 2/3 c shortening                   | Fruit Filling of your choice (Used Apricot) |
| 7 tbspc ice water                  | Cinnamon/Sugar mixture                      |

Roll pie crust dough. Cut into rounds. Fill with fruit. Crimp to close. Dip into Cinnamon/sugar mixture. Bake at 325 degrees for 25 minutes.

Option: Bake without cinnamon/sugar. After baking, dip into powdered sugar and water to coat. Let cool on cooling rack.

## Chocolate Chip Cookies

Ellen Duffy – Waterloo, IA

- |                       |  |
|-----------------------|--|
| 1 c brown sugar       | 2 tsp baking soda                      |
| 1 c white sugar       | 4 tsp cream of tarter                  |
| 1 c corn oil          | 4 – 4 1/2 c GF flour (used white rice) |
| 1 c Crisco shortening | 1 tsp salt                             |
| 2 large eggs          | 1 – 12 oz. pkg chocolate chips         |
| 2 tsp vanilla         | 1 c nuts (optional)                    |

Mix all ingredients. Make into balls or drop by cookie scoop on ungreased cookie sheet. Bake at 350 degrees for 10-12 minutes.

## GF Pumpernickel Bread

- |                       |                         |
|-----------------------|-------------------------|
| 2 c brown rice flour  | 3 tbspc sugar           |
| 1/3 c tapioca flour   | 1 1/2 c water           |
| 2/3 c potato starch   | 3 eggs                  |
| 2 1/2 tsp xanthan gum | 2 tbspc oil             |
| 3 tsp caraway seeds   | 1 tsp vinegar           |
| 1 1/2 tsp salt        | 3 tbspc molasses        |
| 1/3 c dry milk        | 2 pkg (4 1/2 tsp) yeast |
| 1 tbspc cocoa         |                         |

Mix and bake according to bread machine instructions.

## Pecan Brownie Cupcakes

Alvin Hamilton

From Bette Hagman's "The Gluten-Free Gourmet"

3 oz baking chocolate	3 large eggs
3/4 c margarine	1 tsp vanilla
1 c brown sugar	3/4 c GF flour
1/2 c white sugar	1 c chopped nuts

In a 2-3 qt. saucepan, combine chocolate and margarine. Place over low heat and stir until melted. Remove from heat and stir in brown and white sugars. Beat in eggs, one at a time. Add vanilla. Beat in flour. Stir in nuts. Spoon batter into paper-lined 2 1/2" muffin cups. Fill about 2/3 full. Bake at 350 degrees for 22-25 minutes. Tops should look crackly but interior should still be slightly moist. Let cool in pan for 15 minutes then remove and let cool on rack. Makes 16 to 18 cupcakes. Freezes well. Can put chocolate frosting on if you like.

## Carmel Pecan Brownies

1 pkg Bob's Red Mill GF Brownie Mix	3/4 c warm water
1 egg	1 pkg Kraft carmel bits
3/4 melted butter	1/3 cheavy whipping cream
2 tsp GF vanilla	2 c pecans

Mix brownies according to directions on package. Line 13x9 pan with foil – extending as handles over the ends. Grease foil. Spread half of batter on foil. Bake 20 minutes until top is firm to touch. While baking, microwave carmel bits and cream on high for 2 minutes, stirring every 30 seconds. Add 1 c chopped pecans. Mix well. Spread over partially baked brownies, top with remaining browning batter. Sprinkle with remaining pecans. Bake an additional 25 minutes or until top is firm to touch. Cool completely. Lift out by foil handles before cutting. Serves 32

## Apple Sauce Muffins

3/4 – 1 c sugar	1 tsp xanthan gum
1 1/2 c GF flour mix	1 tsp cinnamon
1/2 tsp baking powder	1 egg
1/2 tsp baking soda	1/2 c canola oil
1/2 tsp salt	1 c apple sauce

Mix ingredients together. Divide mixture into 12 muffin tins. Bake at 375 degrees for 15 – 20 minutes.

Sweet Dream Bars

Marcia Jordan

### Base:

1 c Bob's Red Mill All Purpose GF baking flour	1/4 c butter
1/4 c sugar	

Combine until crumbly, use pastry blender. Press into bottom of 9x13 pan. Bake at 350 degrees for 10 minutes. Cool 10 minutes.

### Filling:

1 c Kinnikinnick Style graham cracker crumbs	1 can sweetened condensed milk
1/2 c chocolate chips	1/2 c chopped nuts (optional)
1 tsp baking powder	1/4 tsp salt

Mix all together and spread over base. Return to oven and bak 15-20 minutes until golden brown. Cool completely.

**Frosting:**

2 c powdered sugar	1 tsp vanilla
1 tbsp soft butter	1 – 3 oz cream cheese softened

Blend all ingredients until smooth and creamy. Frost cooled bars. Cut

**Non-dairy Prune Cake****Cake**

1 c cooked dried prunes	1/2 tsp salt
2 1/2 c GF flour	1 c vegetable oil
2 c sugar	4 eggs
1 1/2 tsp xanthan gum	1 c rice milk, mixed with 1 tbsp cider vinegar
1 tsp cinnamon	2 scant tsp baking soda
1 tsp nutmeg	1 c chopped walnuts (pecans)

Preheat oven to 350 degrees. Grease a Bundt pan well and dust with rice flour. Cook the prunes, drain and cool. (remove pits) Chop slightly. In mixing bowl blend flour, sugar, xanthan gum, spices and salt. Make a hole in the center and add the oil. Mix well. Add the eggs, one at a time, eating after each addition. Add the buttermilk and baking soda. Beat until smooth. Stir in prunes and nuts. Spoon the batter into the pan and cook for 1 hour (or until the tester comes out clean). Reverse immediately onto a cake plate.

**Glaze:**

1 c margarine	1/2 c rice milk
1 c sugar	1/2 tsp baking soda

Melt the butter in a sauce pan. Add sugar, rice milk and baking soda. Bring to a boil, boil for 1 minute. Brush immediately onto warm cake, letting the glaze soak in over the whole surface.

**Peanut Butter Cookies II**

Shelbia Ward – Mendon, IL

1/3 c smooth peanut butter	1/4 c commercially prepared oil substitute, applesauce or plain yogurt
1/4 c sugar	1 egg, lightly beaten
1/2 c brown sugar	1 1/2 c Nearly Normal Gluten-Free Flour Mix
3 tbsp shortening, softened	1/2 tsp salt

Preheat oven to 350 degrees F. Mix all ingredients in the order listed. Add only as much water as needed to hold the dough together without being crumbly. On an ungreased cookie sheet, place rounded teaspoonfuls of dough. Dip a fork in the sugar and press into the tops of each cookie in a criss- cross pattern. Bake for 10 minutes, or until the bottoms of the cookies are slightly browned.

## Chocolate Sugar Drops

Shelbia Ward – Mendon, IL

1/2 c butter	1/2 tsp baking soda
1/2 c vegetable oil	1/2 tsp cream of tartar
1/2 c powdered sugar	1/4 tsp salt
1 egg	1 tsp vanilla
2 1/2 c GF flour mix	Granulated sugar
1/4 c unsweetened cocoa	

Cream butter, oil, powdered sugar, 1/2 c granulated sugar and the egg in large bowl until light and fluffy. Combine the flour, cocoa, baking soda, cream of tartar and salt in small bowl. Add to creamed mixture with vanilla, stirring until dough is smooth. Cover; refrigerate 30 minutes or overnight, if desired.

Preheat oven to 350 degrees F. Lightly grease cookie sheets or line with parchment paper. Shape dough into balls the size of marbles. Place 2 inches apart on prepared cookie sheets. Flatten each cookie to about 1/3-inch thickness with bottom of glass dipped into granulated sugar. Bake 10 minutes or until firm. Do not over bake. Remove to wire racks to cool.

## Lemon Bars

2 c Tom Sawyer GF flour	1/2 c powdered sugar
1 c butter, softened	

Mix and press into bottom of 13x9 pan. Bake 25 minutes at 350 degrees.

Wisk:

4 eggs

Add:

2 c sugar or splenda	1/2 tsp baking powder
1/4 c GF flour	6 tbsp real lemon

Pour over baked crust and bake for 25 minutes or until firm. Sprinkle with powdered sugar. Cut and serve.

## Toffee Bars

Ellen Collins

### 1<sup>st</sup> Layer:

1/4 c shortening	1 tsp baking powder
1/3 c plus 1 tbsp brown sugar	1/4 tsp salt
1/4 c potato starch	3/4 tsp xanthan gum
1/3 c cornstarch	2 tbsp milk

### 2<sup>nd</sup> Layer:

3/4 c semisweet chocolate chips

### For topping:

1/2 c finely chopped pecans

Preheat oven to 375 degrees. In medium bowl, combine all 1<sup>st</sup> layer ingredients. Mix until mixture becomes a soft dough and all lumps are removed. Press into bottom of greased 8x8 or 9x9 pan. Bake 12-15 minutes, until dough is thoroughly set. Immediately place chocolate chips on top of hot cookie bar layer. Cover pan with oil until chips are melted. Spread once chocolate softens. Sprinkle chopped pecans on top of melted chocolate. Cool.

## Apple Cake

Donna Renneke

1 c granulated sugar	1 tsp xanthan gum
1/2 c brown sugar	1 tsp baking soda
1/2 c vegetable oil	1 tsp salt
3 eggs	1 tsp cinnamon
2 tsp vanilla	4 c finely diced apples, used tart apples, grated in food processor
2 c GF flour mix	
Cinnamon/sugar mix for sprinkling on top before baking (optional)	

In mixing bowl combine sugars with oil, beat with a mixer on medium speed for 2 minutes. Add eggs and vanilla and beat for one minute. Add dry ingredients in thirds, alternately with the finely grated apples; beat on medium speed for two minutes. Pour batter into 9x13 inch pan. Bake at 350 degrees F for one hour or until a wooden toothpick inserted near the center comes out clean. Mini muffins, makes 48, bake 25-30 minutes.

## Brownies

Cream Together:

1 cup Sugar  
1 stick Butter

Add:

4 Eggs  
1 can Hershey's Syrup  
1 C Gluten Free flour

Mix well and add nuts if desired. Bake 30 minutes at 350\* F.

FROSTING

6 Tbsp Butter  
6 Tbsp Milk  
1 ½ C Sugar

Boil all ingredients 1 minute.

Add:

½ cup Chocolate chips. Beat with hand mixer until glossy appearance disappears.

## **Zucchini Muffins**

<b>2/3 C. sugar</b>	<b>2C. (GON) flour</b>
<b>1T. margarine</b>	<b>¼ C. GF oatmeal</b>
<b>3 Eggs</b>	<b>¼ t. salt</b>
<b>2T. sour cream</b>	<b>2t. baking powder</b>
<b>½ c. buttermilk</b>	<b>1t. xanthan gum</b>
<b>½ t. vanilla</b>	<b>½ t. cinnamon</b>
<b>2c. zucchini (grated)</b>	<b>¼ t. nutmeg</b>

**Mix all ingredients except zucchini. Fold in zucchini. Fill muffin papers ¾ full and bake @ 350\* for 20 min or until done.**

## **Scones**

<b>¼ C. brown sugar</b>	<b>2 C. (GON) flour</b>
<b>1 stick margarine</b>	<b>1 ½ t. baking powder</b>
<b>1 egg</b>	<b>½ t. soda</b>
<b>½ t. vanilla</b>	<b>2 t. apple cider vinegar</b>
<b>½ C. heavy whipping cream</b>	<b>nuts</b>

**Cream sugar and butter, add egg and vanilla. Dissolve soda in cream and vinegar and add to first mixture. Mix flour and baking powder. Add to wet mixture. Stir in nuts. Roll onto floured surface and cut into triangles. Bake at 375\* until done.**

## **Belgian Waffles**

**Whip up your favorite pancake batter and pour into Belgian waffle maker. Add favorite toppings when done.**

## **Vanilla Biscotti**

**1 ½ C. Sugar**                    **2 t. vanilla**  
**3 T. margarine**                **1 t. baking powder**  
**2 eggs**                            **1 c. oriental rice flour**  
**¼ t. salt**                        **1 t. xanthan gum**  
**1 c. GON flour**

- 1. Mix dry ingredients together**
- 2. Mix wet ingredients**
- 3. Blend wet and dry**
- 4. Shape into loaf and bake 20 minutes. Cool 10 minutes. Cut and then bake 10 more minutes.**

## **Chocolate Pecan Biscotti**

**2 C. GON Flour**                    **1 C. sugar**  
**¾ C. cocoa**                        **4 T. margarine (melted)**  
**1 t. baking soda**                **4 eggs**  
**¼ t. salt**                            **2 t. vanilla**  
**¾ C. chopped pecans**        **1/3 C. milk**

- 1, Mix dry ingredients together**
- 2. mix wet ingredients**
- 3. Blend wet and dry together**
- 4. Blend in nuts**
- 5. Shape into 2 loaves 4 inches wide-8inches long and 1 inch thick and lay on parchment covered cookie sheet.**
- 6. Bake 20 minutes @ 350\***
- 7. Cool 10 minutes**
- 8. Slice and return to oven 10 more minutes.**