

A top-down view of a rustic wooden table. On the left, a white plate is partially visible. Below it, a silver fork and spoon are laid out. In the center, a dark wooden cutting board runs vertically. To the right of the board, there is a clear glass and a bunch of fresh green herbs. The text 'Summit Woods Women' is centered over the cutting board in a large, white, sans-serif font.

Summit Woods Women

Cooking Together Fellowship

Information and Recipes

Serving others with allergies and
dietary differences without fear

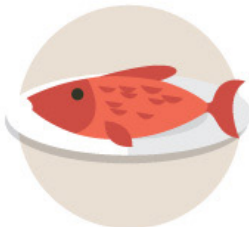
THE TOP 8

FOOD ALLERGIES

These 8 foods make up 90% of all food allergies in the U.S.



Eggs



Fish



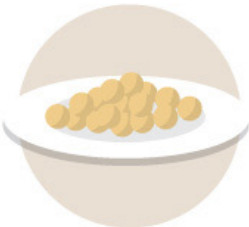
Milk



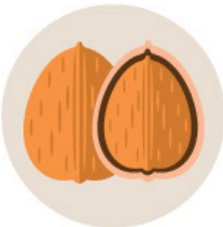
Peanuts



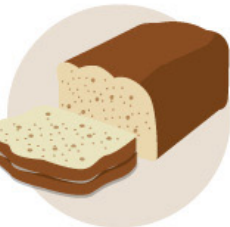
Shellfish



Soy



Tree nuts



Wheat

What is Gluten?

From www.celiac.org website (for more information)

Gluten is a general name for the proteins found in wheat (wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, KAMUT® khorasan wheat and einkorn), rye, barley and triticale – a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. Gluten can be found in many types of foods, even ones that would not be expected. The Big 3: Wheat, Barley, Rye



What Is Gluten-Free?

The most cost-effective and healthy way to follow the gluten-free diet is to seek out these naturally gluten-free food groups, which include:

- Fruits
- Vegetables
- Meat and poultry
- Fish and seafood
- Dairy
- Beans, legumes, and nuts

Pure wheat grass and barley grass are gluten-free, but there is gluten in the seeds. If they are not harvested or processed correctly, there is risk of gluten contamination.

Gluten-Containing Grains and Their Derivatives

- Wheat

Varieties and derivatives of wheat such as:

- wheatberries
- durum
- emmer
- semolina
- spelt
- farina
- farro
- graham
- KAMUT® khorasan wheat
- einkorn wheat
- Rye
- Barley
- Triticale
- Malt in various forms including: malted barley flour, malted milk or milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar
- Brewer's Yeast

Wheat Starch that has not been processed to remove the presence of gluten to below 20ppm and adhere to the FDA Labeling Law¹



Common Foods That Contain Gluten

- Pastas: raviolis, dumplings, couscous, and gnocchi
- Noodles: ramen, udon, soba (those made with only a percentage of buckwheat flour) chow mein, and egg noodles. (Note: rice noodles and mung bean noodles are gluten free)
- Breads and Pastries: croissants, pita, naan, bagels, flatbreads, cornbread, potato bread, muffins, donuts, rolls
- Crackers: pretzels, goldfish, graham crackers
- Baked Goods: cakes, cookies, pie crusts, brownies
- Cereal & Granola: corn flakes and rice puffs often contain malt extract/flavoring, granola often made with regular oats, not gluten-free oats
- Breakfast Foods: pancakes, waffles, french toast, crepes, and biscuits.
- Breading & Coating Mixes: panko breadcrumbs
- Croutons, stuffings, dressings
- Sauces & Gravies (many use wheat flour as a thickener)
- Traditional soy sauce
- Cream sauces made with a roux
- Flour tortillas
- Beer (unless explicitly gluten-free) and any malt beverages (see “Distilled Beverages and Vinegars” below for more information on alcoholic beverages)
- Brewer’s Yeast
- Anything else that uses “wheat flour” as an ingredient



Other Items That Must Be Verified By Reading The Label Or Checking With The Manufacturer

Lipstick, lipgloss, lip balm, or other cosmetic used near the mouth because they may be unintentionally ingested

Herbal or nutritional supplements

Drugs and over-the-counter medication



Vitamins and supplements

Oral care and dental products

Communion wafers

Play-dough: children may touch their mouths or eat after handling wheat-based play-dough. For a safer alternative, make homemade play-dough with gluten-free flour.



Foods That May Contain Gluten

These foods must be verified by reading the label or checking with the manufacturer/ kitchen staff.

Energy bars/granola bars – some bars may contain wheat as an ingredient, and most use oats that are not gluten-free

French fries – be careful of batter containing wheat flour or cross-contact from fryers

Potato chips – some potato chip seasonings may contain malt vinegar or wheat starch

Processed lunch meats

Candy and candy bars



Soup – pay special attention to cream-based soups, which have flour as a thickener. Many soups also contain barley

Multi-grain or “artisan” tortilla chips or tortillas that are not entirely corn-based may contain a wheat-based ingredient



Salad dressings and marinades – may contain malt vinegar, soy sauce, flour

Starch or dextrin if found on a meat or poultry product could be from any grain, including wheat

Brown rice syrup – may be made with barley enzymes

Meat substitutes made with seitan (wheat gluten) such as vegetarian burgers, vegetarian sausage, **imitation bacon**, **imitation seafood** (Note: tofu is gluten-free, but be cautious of soy sauce marinades and cross-contact when eating out, especially when the tofu is fried)

Soy sauce (though tamari made without wheat is gluten-free)

Self-basting poultry

Pre-seasoned meats

Cheesecake filling – some recipes include wheat flour

Eggs served at restaurants – some restaurants put pancake batter in their scrambled eggs and omelets, but on their own, eggs are naturally gluten-free

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- Fish and seafood
- Dairy
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Pure wheat grass and barley grass are gluten-free, but there is gluten in the seeds. If they are not harvested or processed correctly, there is risk of gluten contamination.

Cross-Contact

When preparing gluten-free foods, it is important to avoid cross-contact. Cross-contact occurs when foods or ingredients come into contact with gluten, generally through shared utensils or a shared cooking or storage environment. In order for food to be safe for someone with celiac disease, it must not come into contact with food containing gluten.

Places where cross-contact can occur:

- Toasters used for both gluten-free and regular bread
- Colanders
- Cutting boards
- Flour sifters
- Deep fried foods cooked in oil shared with breaded products
- Shared containers including improperly washed containers

- Condiments such as butter, peanut butter, jam, mustard, and mayonnaise may become contaminated when utensils used on gluten-containing food are double-dipped
- Wheat flour can stay airborne for many hours in a bakery (or at home) and contaminate exposed preparation surfaces and utensils or uncovered gluten-free products
- Oats – cross-contact can occur in the field when oats are grown side-by-side with wheat, select only oats specifically labeled gluten-free
- Pizza – pizzerias that offer gluten-free crusts sometimes do not control for cross-contact with their wheat-based doughs
- French fries (some restaurants coat fries in flour to make them golden or use the same fryers for breaded items)
- Non-certified baked goods e.g., “gluten-free” goods from otherwise gluten-containing bakeries
- Bulk bins at grocery stores or co-ops

Easily contaminated foods

- Oats – look for oats that are specifically labeled gluten-free
- Pizza – pizzerias that offer gluten-free crusts sometimes do not control for cross-contact with their wheat-based doughs
- French fries
- Non-certified baked goods – e.g., “gluten-free” goods from otherwise gluten-containing bakeries

If In Doubt, Go Without!

When unable to verify ingredients for a food item or if the ingredient list is unavailable do not eat it and do not buy it for someone else.

Easy meals to prepare for a friend

Tacos – Just mix up a gluten free taco seasoning mix (or purchase a packet in the store). You can offer corn tortillas and corn chips for the gluten free choice. The best way to make sure the cheese is GF is to purchase a block of cheese and shred it yourself. However, ALDI's bags of cheese are labeled GF. Other toppings: beans, salsa, lettuce, tomatoes, sour cream, avocado or guacamole.

Search for Sheet Pan Dinners and roast a meat/veggies using oil and salt/pepper or mix up your own seasonings. Stay AWAY from packets unless labeled GF. Chicken Fajitas is a great choice and then the sides are the same as listed above for the tacos.

Baked Potatoes with sides and a salad is a great option. Offer sour cream, shredded cheese, butter, bacon (cooked and crumbled), chopped broccoli.

Condiments such as Soy Sauce and many Asian varieties have gluten. You must look for Tamari Sauce, Coconut Aminos or a jar to be labeled gluten free.

There are plenty of pasta choices now – Brown Rice, Corn, Lentil, Chickpea

Ice Cream – most basic ice cream would be gluten free such as vanilla, strawberry, and chocolate. But you have to stay away from Cookie dough or Oreo flavor. Just read the labels and see if the ingredients contain "Wheat." Idea to purchase for a family is ice cream with fruit or Popsicles.

Search for "Flourless" recipes such as cookies, cakes or muffins. You'd be surprised at the alternatives.

If you purchase some gluten free flour mixes, nut flours or baking mixes to keep on hand – store them in the freezer – otherwise you can gift the extra to the family you are serving. Visit the health food sections at HyVee, Walmart, Price Chopper, etc to get more familiar with what options there are. Sadly many of the prepared GF items are pricey so when I can I try to make my own from scratch.

Costco Namaste Gluten Free flour - use in place of regular flour in recipes. Other grocery

stores sell smaller packages of different kinds of GF flour.

Casseroles - substitute GF Cream of Chicken (the Great Value one from Walmart is good), GF

Bread crumbs, GF tortillas, and GF pasta to make various casseroles you already cook.

Websites to check out if interested in recipes or reading testimonies

<https://glutenfreeonashoestring.com/>

<https://www.mamaknowsglutenfree.com/recipes/>

<https://deliciouslyorganic.net/>

<https://againstallgrain.com/>

<https://www.bobsredmill.com/recipes/for/making/gluten-free>

<https://www.kingarthurbaking.com/learn/guides/gluten-free>

<https://www.pamelasproducts.com/blogs/recipes>

Dairy Allergies

The words nondairy on a product label indicate it does not contain butter, cream, or milk. However, this does not necessarily indicate it does not have other milk-containing ingredients.

The Kosher food labeled pareve or parve almost always indicates food is free of milk and milk products. A D on a product label next to the circled K or U indicates the presence of milk protein. These products should be avoided.

Processed meats, including hot dogs, sausages, and luncheon meats, frequently contain milk or are processed on milk-containing lines. Carefully read all food labels.



How to identify ingredients that may contain dairy

Be sure to avoid foods that contain any of the following ingredients:

- Artificial butter flavor
- Butter, butter fat
- Buttermilk
- Casein
- Caseinates (ammonium, calcium, magnesium, potassium, sodium)
- Cheese, cottage cheese, curds
- Cream

- Custard, pudding
- Ghee
- Half and Half
- Hydrolysates (casein, milk protein, protein, whey, whey protein)
- Lactalbumin, lactalbumin phosphate
- Lactoglobulin
- Lactose
- Milk (derivative, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, nonfat, skim)
- Nougat
- Pudding
- Rennet casein
- Sour cream
- Sour cream solids
- Whey (delactosed, demineralized, protein concentrate)
- Yogurt
- Other possible sources of milk or milk products
- Brown sugar flavoring
- Caramel candies
- Caramel flavoring
- Chocolate
- High protein flour
- Luncheon meats, hot dogs, sausages
- Margarine
- Natural flavoring
- Simplese

Recommended Dairy Substitutes

The best approach for eliminating dairy foods is replacing them with superior non-dairy alternatives. Luckily, there are all sorts of superb non-dairy products on the market.

Milks

Soy, rice, almond, coconut, and even hemp seed milks are available at all natural food stores and most supermarkets. Vegan milks are sold in two types of packaging: conventional milk cartons stocked in the refrigerated dairy case, and aseptic juice

boxes sold at room temperature. Once opened, always store your aseptic packaged milk in the refrigerator.

Finally, note that “coconut milk” may refer to a pour-it-on-your-cereal milk alternative that’s similar to soy milk. But it may also refer to canned coconut milk—a much thicker and fattier product ideal for Thai curries. When cooking recipes, it’s important not to confuse the two!

Yogurt

Silk’s Peach & Mango soy yogurt delivers exceptional flavor and smoothness. Other brands of non-dairy yogurts include Kite Hill, So Delicious, Trader Joe’s and Nancy’s.

Cheese

You’ll have no problem finding excellent non-dairy cheeses with wonderful taste and texture. If the label does not say vegan, always check the ingredients for casein or sodium caseinate, which are proteins derived from milk.

Butter

Vegan butters have come a long way. Miyoko’s Cultured Vegan Butter uses organic ingredients, and compares favorably in flavor to butter made from cows’ milk. And most supermarkets carry Earth Balance, an excellent mass-market product.

Ice Cream

Ice cream giants Ben & Jerry’s and Häagen-Dazs both sell vegan pints, and two varieties of vegan chocolate covered bars on a stick. Turtle Mountain’s “Purely Decadent” pints are outstanding, and conventional ice cream producer Double Rainbow makes several excellent varieties from soy milk.

Cream Cheese

Several companies make sensational dairy-free cream cheese: Miyoko’s Creamery, Kite Hill, Follow Your Heart, Daiya, and Tofutti. These brands are available at most natural food stores and many supermarkets.

Sour Cream

Follow Your Heart, Kite Hill, and Tofutti make vegan sour cream.

Mayonnaise

There are also several vegan brands of mayonnaise, the most popular of which is Just Mayo, which is carried by Walmart, Costco, and natural food groceries. Follow Your Heart also makes “Vegenaise” in several varieties.

Coffee Creamer

There’s no need to put cream in your coffee: both So Delicious and Silk make vegan creamers that blend perfectly into coffee.

Is Vegan Dairy-Free?

Vegan foods never contain dairy, since veganism excludes all foods of animal origin. This in turns means that:

- All vegan cookbooks are dairy-free.
- Any restaurant menu offerings designated as vegan are likewise dairy-free.



What are latex cross-reactive foods?

Many foods have similar proteins to latex even if they don't contain actual latex. When a person with a latex allergy eats food with these proteins, they may have an allergic reaction. The foods are called latex cross-reactive foods.

Prevention is the key with cross-reactive foods. Once a food is identified as a latex cross-reactive food, the individual with latex allergy should avoid exposure to that food.

Some foods listed above may not produce reactions in latex-sensitive individuals.

However, knowing that some of these foods share major or minor allergens with latex can help patients and their families minimize exposure to possible sources of allergens. This knowledge can also help patients better understand the risks associated with including these foods in their diets.





What is latex-fruit syndrome?

The association between latex sensitivity and food allergy is often referred to as the latex-fruit syndrome. Many vegetables have also been identified as being cross-reactive with latex proteins.


<https://allergyasthmanetwork.org/allergies/latex-allergy/latex-allergy-foods/>

Foods that have the potential to cross-react with natural rubber latex

High latex proteins

			
avocado	banana	chestnut	kiwi

Moderate latex proteins

						
apple	carrot	celery	melons	papaya	potato	tomato

Low or undetermined latex proteins

apricot	chick peas	grapes	oregano	pineapple	soybean	walnut
buckwheat	citrus fruits	hazelnut	peach	plum	strawberry	wheat
castor beans	coconut	lychee	peanut	rye	sunflower	zucchini
cayenne pepper	dill	mango	pear	sage	seed	
cherry	fig	nectarine	persimmon	shellfish	sweet pepper	

Quick grab ideas when you are short on time

Rotisserie Chicken - these can be found at most grocery stores and are a “safe” option for most dietary restrictions

Spring mix box - If you aren't even at home and you have to be able to pick it up at the store, just pick up the box of spring mix (you could get a bit more fancy and grab some bell peppers, cherry tomatoes, and/or baby cucumbers, but it's not 100% necessary).

Salad dressing - This can seem tricky at times with a lot of sneaky, gluten-filled ingredients, and most often contains soy. But really all you need is a bottle of olive oil and balsamic vinaigrette and some salt and pepper!

If you aren't feeling up for the DIY salad dressing, Primal Kitchen salad dressings are gluten, sugar and soy free as well as dairy and egg free, depending on which dressing you choose.

Tessemae's is another similarly safe option. Both of these can be found at most grocery stores and even on Amazon if you prefer to shop from home.

Aldi carries a “Ready-to-Eat” Quinoa Meal that is gluten free and an easy pick-up and take for any single person, or even a couple in need of a meal. Pick up your salad and you're set!

If it is within your means, don't forget the power of take out! Yes, that is still an option and especially easy! Chipotle and BIBIBOP are both great options for gluten free. Just double check or ask about what your friend

can or cannot eat if their restrictions are more than just gluten. Maybe you already know your friend's order, but if not, don't be afraid to ask! If you use the Chipotle app, you can even send someone a link to add to your order and you'll know they are getting exactly what they want!

KISS List (Keep It Simple Sweetheart)

Frozen veggies - If you are short on time, a bag of frozen broccoli, cauliflower, or green beans can be a life saver! Personally, I like to keep bags of frozen veggies in my freezer to grab whenever I need a quick vegetable! These can be roasted, steamed, or sautéed!

Brown rice is an easy GF side to add and bulk up a meal or use as a bed for your chicken or fish.

Quinoa! The undervalued super grain! If you haven't tried it, I encourage you to give it a go;) You can simply start by using it instead of rice with your meal.

GF pasta isn't too difficult to find these days but if you're looking for a specific recommendation, LIVE GF pasta at Aldi and the Simply Nature Chickpea pasta, also at Aldi, are a couple favorites. Add some olive oil, meat of choice and a veggie and you've got yourself a meal!



Taco/Mexican bar, free-for-all

This is my favorite meal when we are having company with a variety of dietary needs. Chop everything up, lay it all out and each individual can choose what they want to add! The only thing to be wary of is your taco seasoning if you do not already make your own.

I have even done this successfully for a family member who was vegetarian. I still made normal ground beef taco meat, but also made some seasoned black beans for them. Easy Peasy!

Skillet Meals and sheet pan meals are another easy option. These typically consist of a protein and some veggies all mixed up and cooked together and you're set. Pinterest is full of some more great ideas.

Soups and chili, as long as you stay away from flour thickeners and canned creamed soups, can be a very simple and easy way to feed a few or a crowd!

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Seasoning Mixes

GF Chili Seasoning

(Makes about ½ cup)

GF Chili Seasoning from Everyday Gluten-Free Slow Cooking book

INGREDIENTS



- 2 Tablespoons paprika
- 2 Tablespoons ground cumin
- 1 Tablespoon plus 1 teaspoon garlic powder
- 1 Tablespoon dried oregano
- 2 ¼ teaspoons ground chipotle pepper
- 1 ½ teaspoons ground black pepper
- ½ teaspoon cayenne pepper, more or less to taste

INSTRUCTIONS

Make sure each individual spice does not have any gluten/wheat in it or processed in a facility with it. Combine all the ingredients in a jar. Cover and shake well. Spice mixture will keep for 3-6 months in a covered container in a cool, dried place.

Fajita Spice Mix

INGREDIENTS



- 1 tablespoon cornstarch
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon ground paprika
- 1 teaspoon white sugar
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper

INSTRUCTIONS

Stir cornstarch, chili powder, salt, paprika, sugar, onion powder, garlic powder, cumin, and cayenne pepper together in a small bowl.

Use immediately or store in an airtight container for later use.

To make fajitas, saute peppers and onion in a bit of oil, remove from pan. Saute chicken, pork, steak, or shrimp until done. Add the spice to 1/4 water and mix well. Pour it over the cooked hot meat and stir until thickened, add the veggies back in and serve.

Salad Dressings

Balsamic Vinaigrette

INGREDIENTS

1/2 cup olive oil

1/4 cup balsamic vinegar

1/8 cup lemon juice

1/8 cup apple cider vinegar

1 tsp. Salt

1 tsp Italian herb blend

1 tsp black pepper

1-2 cloves garlic, minced

INSTRUCTIONS

Add everything to a salad dressing mixer or glass jar and simply shake it up.

Honey Mustard Vinaigrette

INGREDIENTS

2 Tbs. Honey

1 Tbs Stone ground mustard

1/3 cup Apple cider vinegar

1 Tbs fresh garlic

1/2 cup olive oil

1 tsp salt

INSTRUCTIONS

Place all the ingredients in a jar and mix well.

Rhonda's Ranch Dressing (S)

This is a delicious homemade ranch dressing that can be whipped up in a jiffy. What a wonderful treat to be able to enjoy a homemade, fresh ranch dressing for all of your salads or dipping needs. To make it DF, just use your favorite unsweetened dairy free "yogurt".

Serving Size: Makes about 1 & 1/4 cups

INGREDIENTS

3/4 cup mayonnaise (homemade or store-bought)

1/2 cup plain 0% Greek yogurt

1 or 2 garlic cloves, minced (or, 1/2 to 3/4 teaspoon powdered garlic)

1 teaspoon dried parsley

1/2 teaspoon dried minced onion

1/2 teaspoon Mineral Salt

Dash of black pepper

INSTRUCTIONS

1. Place all the ingredients in a medium bowl and mix well.

2. Refrigerate at least 1-hour before serving.

The Rhonda's Ranch Dressing recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



Main Course

Sweet Chicken Thighs for Grill

INGREDIENTS



½ c coco amino

¼ c lemon juice

1 tsp oil

2 TB fresh garlic, crushed

1 TB brown sugar (loose pack)

Garlic salt to taste

2-3 lb boneless skinless Chicken

INSTRUCTIONS

Grill until done (internal temp 165°)

Let rest 5 minutes then slice and serve on salad or with side dishes. Goes great with rice.

Cilantro Lime Chicken

INGREDIENTS



Fresh Cilantro

Fresh Garlic

Lime Juice 5 squirts

1 Tb oil

Garlic salt

2-3 lb boneless skinless Chicken

INSTRUCTIONS

Mix all ingredients in a Ziploc bag or bowl.

Dump into skillet and let cook over medium high heat—do not stir or turn until most

of the liquid is evaporated and the meat is just starting to brown. Then stir and brown evenly—serve!

Lemon Basil Chicken

INGREDIENTS



Fresh Basil

Fresh Garlic

Lemon Juice 5 squirts

1 Tb oil

Garlic salt

2-3 lb boneless skinless Chicken

INSTRUCTIONS

Mix all ingredients in a Ziploc bag or bowl.

Dump into skillet and let cook over medium high heat—do not stir or turn until most of the liquid is evaporated and the meat is just starting to brown. Then stir and brown evenly—serve!

Side Dishes

Mediterranean Quinoa



INGREDIENTS

3 cups cooked quinoa
1 pint cherry tomatoes, quartered
1 cucumber, diced
20ish Kalamata olives, sliced in half
1/3 cup red onion, diced
Fresh basil, chopped optional
1/3 cup feta crumbles, optional, omit for dairy free

Dressing

2 Tbs. lemon juice, or 1 lemon
3 Tbs. olive oil
3 Tbs. cup balsamic vinegar
2 Tbs. Apple cider vinegar
1/2- 1 tsp. salt
1/2 tsp. black pepper
3-4 pressed garlic cloves.

INSTRUCTIONS

Mix it all up in a large bowl and eat!

Mexican Quinoa



INGREDIENTS

3 cups cooked quinoa
1 can black beans, rinsed and drained
1 bell pepper, finely chopped
1/3 cup red onion, chopped
1-2 cups tomatoes, diced
1/4 cups fresh cilantro

Dressing:

3 Tbs. olive oil
2 Tbs. lemon juice, or 1 lemon
2 Tbs. Apple cider vinegar
1 tsp. cumin
1/2 tsp. salt, or to taste
1/2 black pepper
1/4 tsp. cayenne pepper
3-4 pressed garlic cloves

INSTRUCTIONS

Mix it all up in a large bowl and eat!

Casseroles

Quinoa Egg Casserole

INGREDIENTS



8 eggs

1/2 ground sausage

1 teaspoon butter or coconut oil

1/2 cup uncooked quinoa

1 1/4 cup unsweetened almond milk

1 tsp granulated garlic

1/2 tsp thyme

1/2 fine sea salt

1/2 tsp ground black pepper

1 cups baby spinach, roughly chopped

INSTRUCTIONS

Preheat the oven to 350°F. Grease an 8x8-inch baking dish; set aside.

Put quinoa into a fine mesh strainer and rinse with cold running water, unless quinoa is pre-rinsed.

In a large bowl, whisk together eggs, milk, garlic, thyme, salt, pepper.

Stir in spinach.

Pour your quinoa into the greased pan to evenly coat the bottom and then pour egg mixture over the quinoa.

Cover tightly with foil and bake until just set, about 45-50 minutes.

*This dish can be made even more yummy by adding some breakfast sausage to the mix. Just cook it in a skillet and then add it in with everything else.

Dessert

Flourless Almond Butter Chocolate Chip Cookies

sallysbakingaddiction.com

Prep Time: 10 minutes Cook Time: 10 minutes Total Time: 30 minutes

Yield: 24 cookies

Almond butter chocolate chip cookies are simple, wholesome, satisfying, and made with only 5 ingredients! You won't miss the butter and flour in these naturally gluten free cookies.

INGREDIENTS



1 large egg

1 cup (250g) almond butter or peanut butter, at room temperature or cold (not warm)*

1/2 cup (90g) light or dark brown sugar, lightly packed*

1 teaspoon baking soda

1/2 teaspoon pure vanilla extract

1 cup (190g) semi-sweet or dark chocolate chips, peanuts, peanut butter chips, etc. (For dairy-free, be sure to use a dairy-free chocolate chip like Enjoy Life brand).

INSTRUCTIONS

Preheat oven to 350°F (177°C) and line two large baking sheets with parchment paper or silicone baking mats.

In a medium bowl, whisk the egg until beaten. Mix in the almond butter, then the brown sugar, baking soda, and vanilla (if using). Mix everything together very well.

Depending how thick and/or cold your almond butter is, you'll have to use some arm muscles. Fold in the chocolate chips until combined.

Scoop the dough, about 1.5 Tablespoons each, onto prepared baking sheet. Gently press down on the dough mounds with the back of a spoon. If you find the cookie dough balls are a little oily from your almond butter—mine usually are—blot each with a paper towel. If desired, press a couple chocolate chips onto the tops of each cookie dough mound.

Bake for 10 minutes. The cookies will look very soft— that's ok! For crispier cookies, bake up to 11-12 minutes. Sometimes I press a couple more chocolate chips into the tops of each cookie immediately after coming out of the oven. This is optional and only for looks.

Allow the cookies to cool for 10 minutes on the baking sheet before transferring to a wire rack to cool completely. Cover leftover cookies tightly and store at room temperature for up to 7 days.

Dark Chocolate Almond Butter Cookies

sallysbakingaddiction.com

Prep Time: 10 minutes Cook Time: 10 minutes Total Time: 30 minutes

Yield: 12-18 cookies

These 6 ingredient flour-less dark chocolate almond butter cookies are so good, you won't miss the butter and flour.

INGREDIENTS



1 large egg

1 cup (250g) almond butter, at room temperature or cold (not warm)*

1/2 cup (90g) lightly packed light or dark brown sugar

1 teaspoon baking soda

1/4 cup (21g) unsweetened cocoa powder (Dutch-process may be used)

1 cup (190g) chopped dark chocolate or chocolate chips (For dairy-free, be sure to use a dairy-free chocolate chip like Enjoy Life brand).

INSTRUCTIONS

Preheat oven to 350°F (177°C) and line two large baking sheets with parchment paper or silicone baking mats.

In a medium bowl, whisk the egg until beaten. Mix in the almond butter, then the brown sugar, baking soda, and cocoa powder. Mix everything together very well.

Depending how thick and/or cold your almond butter is, you'll have to use some arm muscles. Fold in the chocolate chunks until combined.

Scoop the dough, about 1.5 Tablespoons each, onto prepared baking sheet. Bake two batches – 6-7 cookies on each baking sheet each. Gently press down on the dough mounds with the back of a spoon. If you find the cookie dough balls are a little oily from your almond butter– mine usually are– blot each with a paper towel. If using the sunflower seeds, press several into the tops of each cookie dough mound before baking.

Bake for 9-10 minutes. The cookies will look very soft– that's ok! For crispier cookies, bake up to 11-12 minutes. Allow the cookies to cool for 10 minutes on the baking sheet before transferring to a wire rack to cool completely. Cover leftover cookies tightly and store at room temperature for up to 7 days.

*“Be hospitable to one another
without complaint. As each one
has received a special gift, employ
it in serving one another as good
stewards of the manifold grace of
God.” 1 Peter 4:9-10*

