



Grain Free Pumpkin Loaf

Great for breakfast or a holiday treat!

Ingredients:

- 4 large eggs or 6 small eggs
- 4 TBSP coconut oil or butter (melted)
- 1/2 cup pumpkin
- 1/2 cup rapadura sugar (use xylitol instead if on a sugar free diet)
- 1 tsp cinnamon
- 1/2 tsp pumpkin pie spice (or nutmeg)
- 1/8 tsp cloves, ground
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1 tsp vanilla
- 1/2 cup sifted coconut flour (must sift!)
- 1/2 to 1 cup shredded carrots (zucchini would work too!)
- 1/4 to 1/2 cup chopped walnuts or pecans (optional)

Preparation:

Blend all ingredients except the last three well. Mix in sifted flour with a whisk until there are no lumps. Fold in carrots and nuts. Pour batter into greased loaf pan. Bake at 400 degrees for 20-25 minutes (keep checking, oven times may vary).

Spiced Nuts

(adapted from Emeril Lagasse's 2003 recipe)

Ingredients:

- 2 tablespoons butter
- 1/4 cup organic sugar (can also use rapadura or succanat, have not tried xylitol yet)
- 2 tablespoons water
- 1/4 teaspoon ground cumin
- 1/4 teaspoon cayenne
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 cups mixed nuts, such as walnuts, pecans, hazelnuts and almonds

Preparation:

Mix spices and reserve.

Heat nuts in a dry skillet and cook, stirring frequently, until begin to toast, about 4 minutes. Transfer to a small bowl and set aside. Add the butter, sugar, water and spices to the hot skillet and cook, stirring, until a glaze forms, about 1 minute. Return the nuts to the skillet and toss to combine with the glaze. Cook for about 1 - 2 minutes, or until the nuts are glazed and golden brown.

Remove from the heat and transfer to a baking sheet lined with aluminum foil, separating with a fork. Let rest until cooled and the sugar has hardened, about 10 minutes. Store in an airtight container.



Chebe Dressing/\"/>

Serves: 6–8

Cooking Time: 35 minutes + dry overnight, then cut into crouton shapes and let set on cookie sheet 1-2 days. Croutons may then be stored in airtight containers until use.

Ingredients:

2 packets of Chebe Garlic Onion Breadstick Mix
1 1.2 tsp salt
1 tsp. thyme
1 cup chopped celery
1/3 cup chopped onion
6 tbs. melted butter
3/4 cup gluten-free chicken broth
Parsley, rosemary and sage to taste, preferably fresh pepper to taste

Preparation:

- 1) Mix the packets of Chebe Garlic-Onion Breadstick Mix* following the package directions. Pat dough into three to five flat rectangular shaped loaves, about ½ inch high.
- 2) Bake until golden brown on top, about 35 min. Remove from oven and let loaves dry overnight, uncovered. Slice into small cubes and spread across a cookie sheet. Let cubes dry, uncovered for 1-2 days to make croutons. Once dried, these croutons can be stored in an air-tight container until you are ready to make the dressing. Just finish it off with steps 3 and 4.
- 3) Place dried croutons in a large bowl. Combine with salt, thyme, chopped celery, chopped onion, and pepper to taste. Add parsley, rosemary and sage. Add melted butter. Toss mixture lightly with Gluten-Free chicken broth.
- 4) Place dressing in 2 qt. baking dish and cover. Bake at 400 for 25 minutes. Remove cover, mix dressing and bake 15 minutes longer until top is crispy.

You may use any of these Chebe mixes:

- Original
- All Purpose
- Pizza Crust
- Garlic-Onion Breadsticks
- Focaccia Flatbread