

Texas Camp 2019 Menus

Thursday Dinner

Roasted Turkey with gravy

Southern cornbread dressing (made with Vegetable broth) veg.

Veg entrée: Roasted Squash and Tofu with soy, honey, chili and ginger

Green Bean Casserole – DF, GF (HEB has canned French fried gluten free onions)

Zucchini and yellow squash – sautéed

Cheesy Cheddar Broccoli Casserole

Cranberry Sauce

Rolls, butter or other spread

Salad bar GFC special

Iced Tea

Pumpkin pie, Pecan Pie, apple Pie,

GF crustless Pumpkin pie

Thursday Party

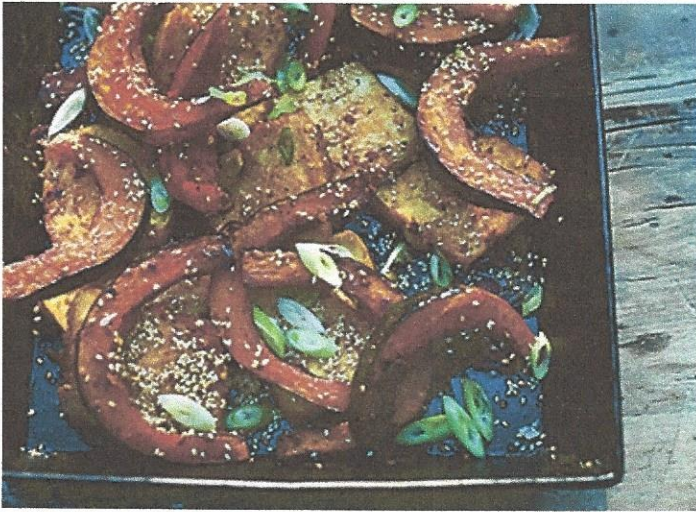
Traditional Hummus with pita triangles

Vegetable tray—carrots, celery, broccoli bites, cauliflower bites,

With ranch dip and spinach artichoke dip

Fruit tray

Pies left from dinner



ROASTED SQUASH AND TOFU WITH SOY, HONEY, CHILI AND GINGER

October 16, 2019 Diana Henry/From the Oven to the Table 6 servings 1 hr

Ingredients

1 pound extra-firm tofu
 2 pounds winter squash (such as kabocha or acorn)
 3 tablespoons honey
 ½ cup soy sauce
 2 teaspoons crushed red pepper flakes
 One ¼-inch piece fresh ginger, peeled and finely grated
 8 tablespoons peanut oil, divided
 Sea salt and freshly ground black pepper
 6 garlic cloves, very thinly sliced
 3 teaspoons toasted sesame seeds
 2 scallions, trimmed and sliced on the diagonal
 Juice of ½ lime

Directions

1. Preheat the oven to 400°F. Drain the tofu and cut it into ½-inch-thick slices. Put a double layer of paper towels on a cutting board, add the tofu, then put another double layer of paper towels on top. Place another cutting board (or heavy pan) on top of this to weight it. Leave for 20 minutes to press out excess moisture.
2. Halve and seed the squash and cut it into wedges about ½- to ¾-inch thick. In a small bowl, mix together the honey, soy sauce, crushed red pepper flakes, ginger and 5 tablespoons of the oil.
3. Divide the squash between 2 roasting pans—you can line them with parchment paper if you want, because it makes the dishes easier to clean—and spoon two-thirds of the soy sauce mixture over it. Turn the squash slices over with your hands to coat.
4. Cut the tofu pieces in half and put them in a smaller roasting pan. Spoon the remaining soy sauce mixture over the tofu, turning the pieces in it to coat. Season the squash and tofu with salt and pepper and roast in the oven for 15 minutes.
5. Using a metal spatula, turn the squash and tofu chunks over. In a small bowl, mix the remaining oil with the garlic and spoon over the squash, then return everything to the oven and roast until the tofu is dark and the squash is burnished and completely tender, 10 to 15 minutes. To serve, arrange the squash and tofu on a warmed serving plate, scatter with the sesame seeds and scallions, and squeeze over the lime juice.

Dairy-Free Gluten-Free Green Bean Casserole

Posted By *Jules Shepard* On November 26, 2018 @ 12:00 am In Appetizers,Casein-Free/Dairy Free,Celiac/Gluten Free,Cooking,Meals,Recipes | [5 Comments](#)

Prep time: 40 mins

Cook time: 40 mins

Calories: 120

2

This recipe was originally published in 2017.

Jules Shepard

Enjoy favorite Thanksgiving casseroles like this gluten- and dairy-free green bean casserole with just a few substitutions. No one will suspect this delicious classic green bean casserole is gluten- and dairy-free. This gluten-free Thanksgiving dish travels well; garnish with gluten free "fried onions" just before serving.

Jules Shepard

1. To make gluten free fried onions, preheat oven to 475 degrees. Lightly grease a baking sheet and set aside. Combine onion slices, 1/2 cup gluten free flour blend and salt in a large bowl, tossing until onions are evenly coated. Pour out onto prepared baking sheet, separating onion rings. Bake in preheated oven for 15 to 20 minutes until golden brown, tossing one or two times. Remove from oven and set aside while you prepare the casserole.

Jules Shepard

2. To make the dairy-free, gluten-free casserole, turn oven temperature down to 400 degrees.

Jules Shepard

3. If using fresh green beans, boil them in lightly salted water for 5 minutes. Rinse with cold water and drain. If using canned beans, rinse, drain and set aside.

Jules Shepard

4. In a large saucepan, melt the butter. Toss in sliced mushrooms and pepper and stir over medium heat for 5 minutes.

5. Add spices and gluten-free flour, stirring to coat. Cook an additional minute and add sour cream and soup. Reduce heat to medium-low and cook while mixture thickens, about 5 to 8 minutes more.

Jules Shepard

6. Remove from heat and stir in half the gluten free "fried" onions and the drained beans.

Jules Shepard

7. Pour mixture into a large casserole dish and cook in preheated oven for 10 minutes or until bubbly. Sprinkle remaining prepared onions on top and bake an additional 5 minutes. Serve warm.

***TIP:** Pressed for time? Top casserole with gluten-free Funyuns Onion-Flavored Rings, fritolay.com.

Jules Shepard is author of Free for All Cooking (Da Capo Press) and other books. She is creator of GFJules flour blends and mixes.

Yields 10 servings

Ingredients

1 medium onion, sliced into thin rings

1/3 cup [gluten-free All-Purpose Flour Blend](#)

1/4 teaspoon xanthan gum

1/4 teaspoon sea salt

Cooking spray

1 pound green beans, canned or fresh, rinsed, trimmed and halved

2 tablespoons unsalted butter or dairy-free substitute

2 large Portobello mushrooms, sliced

1/2 teaspoon freshly ground black pepper

1/2 teaspoon garlic powder

1/4 teaspoon ground nutmeg

2 tablespoons gluten-free All-Purpose Flour Blend

1/3 cup sour cream or dairy-free sour cream

2 cups dairy-free [cream of mushroom soup](#)

Directions

1To make gluten free fried onions, preheat oven to 475 degrees. Lightly grease a baking sheet and set aside. Combine onion slices, 1/2 cup gluten free flour blend and salt in a large bowl, tossing until onions are evenly coated. Pour out onto prepared baking sheet, separating onion rings. Bake in

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3If using fresh green beans, boil them in lightly salted water for 5 minutes. Rinse with cold water and drain. If using canned beans, rinse, drain and set aside.

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5Add spices and gluten-free flour, stirring to coat. Cook an additional minute and add sour cream and soup. Reduce heat to medium-low and cook while mixture thickens, about 5 to 8 minutes more.

6Remove from heat and stir in half the gluten free "fried" onions and the drained beans.

7Pour mixture into a large casserole dish and cook in preheated oven for 10 minutes or until bubbly. Sprinkle remaining prepared onions on top and bake an additional 5 minutes. Serve warm.

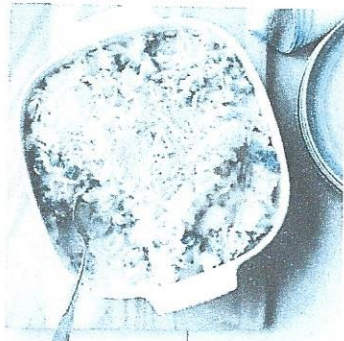
1 serving contains 120 calories, 7g total fat, 3g saturated fat, 0g trans fat, 10mg cholesterol, 383mg sodium, 13g carbohydrates, 2g fiber, sugars, 3g protein.

Article printed from Gluten Free & More: <https://www.glutenfreeandmore.com>

URL to article: <https://www.glutenfreeandmore.com/recipe/dairy-free-gluten-free-green-bean-casserole/>

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Taste of Home



Cheesy Cheddar Broccoli Casserole

★★★★☆

People who don't even like broccoli casseroles beg me to make this comforting broccoli cheese casserole recipe. It's similar to a classic green bean casserole, but the melted cheese just puts it over the top. —Elaine Hubbard, Pocono Lake, Pennsylvania

TOTAL TIME: Prep: 15 min. Bake: 35 min.

YIELD: 8 servings.

Ingredients

- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 cup sour cream
- 1-1/2 cups shredded sharp cheddar cheese, divided
- 1 can (6 ounces) french-fried onions, divided
- 2 packages (16 ounces each) frozen broccoli florets, thawed

Directions

1. Preheat oven to 325°. In a large saucepan, combine soup, sour cream, 1 cup cheese and 1-1/4 cups onions; heat through over medium heat, stirring until blended, 4-5 minutes. Stir in broccoli. Transfer to a greased 2-qt. baking dish.
2. Bake, uncovered, until bubbly, 25-30 minutes. Sprinkle with the remaining cheese and onions. Bake until cheese is melted, 10-15 minutes.

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- **Gluten Free & More** - <https://www.glutenfreeandmore.com> -

Gluten-Free Turkey Gravy Recipe

Posted By *Anna Sobaski* On October 1, 2009 @ 12:00 am In Additional Allergies,Celiac/Gluten Free,Cooking,Family,Ingredients,Meals,Recipes | [No Comments](#)

Prep time: 5 mins

Cook time: 8 mins

A secret to successful gluten-free turkey gravy is thoroughly stirring the thickener into cold water until all lumps disappear (before adding to hot meat juices). Store leftover gluten free, dairy free gravy in the refrigerator for up to three days. Thin with gluten free chicken stock and reheat.

Anna Sobaski

Anna Sobaski

Anna Sobaski

Anna Sobaski

Yields 8 servings

Ingredients

3 tablespoons cornstarch or arrow-root

½ cup cold water

3 cups gluten free chicken stock + turkey drippings and giblet stock, if available

Salt and pepper, to taste

Directions

1Combine cornstarch or arrowroot with ½ cup cold water and blend until smooth.

2Over medium heat, add cornstarch mixture to 3 cups gluten free chicken stock and turkey drippings and giblet stock, if using. Whisk constantly for about 5 minutes. Mixture will thicken. When it begins to bubble, cook it at low simmer for 3 additional minutes until gravy reaches desired consistency.

3Add chopped giblets, if using. Season with salt and pepper, to taste.

Each serving contains calories, total fat, saturated fat, trans fat, cholesterol, sodium, carbohydrates, fiber, sugars, protein.

Article printed from Gluten Free & More: <https://www.glutenfreeandmore.com>

URL to article: <https://www.glutenfreeandmore.com/recipe/gluten-free-turkey-gravy-recipe/>

Texas Camp 2019 Menus

Friday Breakfast

Scrambled eggs,

Turkey Sausage

Gravy

Biscuits, butter, jelly, single serve peanut butter

Oatmeal, cereal

Melon pieces, other fruit pieces, bananas, apples, berries, yogurt

Orange juice. Water

Friday Lunch- Cajun

Tacos- beef/turkey with GF seasoning mix. Vegan crumbles with GF seasoning mix. Taco shell.

With lettuce, tomato, cheese, sour cream

Pinto beans

Pico de Gallo, Salsa

Steamed rice

Salad bar, GFC special-

Cookies: oatmeal, peanut butter, chocolate chip (Otis Spunkmeier is fine) and Udi's for GF.

Friday Dinner-Cajun

Chicken Fajitas, Beef Fajitas with Sauteed onions

Vegan entrée: Stuffed Bell Peppers

Spanish Rice

Black Beans

Cheese, sour cream, salsa etc.

Salad Bar - add Avocado, chopped (this meal only)

Cake: chocolate, white, spice (can be sheet cakes from mixes)

(Pillsbury has as Gluten Free White cake mix)

Friday Party

Healthy Texas Caviar, 100% corn chips

Veggie tray with dips

Left over cake, pie, cookies

Vegan

Friday dinner



Date: Tuesday, October 16, 2012 9:50 PM
From: Chris Broad <guy9bro@yahoo.com>
To: georgiahorn@windstream.net <georgiahorn@windstream.net>
Subject: recipe for Toltoot paprika, stuffed green peppers

to serve 6:

12 green peppers, seeded & cored
1 & 1/2 pounds tofu, cubed & sauted
1 small onion, finely chopped
1/2 c brown rice (raw measure), cooked
1 t salt
black pepper
1 t paprika
1 T flax seed, ground & mixed with 3 T water; let sit for 10 minutes before adding
1 & 1/2 c water
3 T oil
2 T flour
1/2 c water
16-oz can tomato sauce
1 t sugar

Combine the tofu, onion, rice, salt, pepper, and paprika; ~~stir in the egg~~. Stuff this mixture into the peppers.

Bring 1 & 1/2 c water to a boil in a flat pan. Stand the peppers upright in the pan, cover, and simmer for 15 minutes. Lift the peppers out of the water with a slotted spoon and set aside.

Discard the water and heat the oil in the same pan. Stir in the flour, and then the remaining 1/2 c of cold water, a little at a time. Add the tomato sauce and sugar. Replace the peppers in the pan and simmer for another 15 minutes. Serve each pepper with some of the sauce, accompanied by boiled potatoes or noodles.

Italian peppers are longer and thinner than bell peppers, but if they are not available, bell peppers can be used.

from The Paprikas Weiss Hungarian Cookbook, by Edward Weiss with Ruth Buchan

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Taco Seasoning

author: linda etherton

Ingredients

- 2 Tablespoons chili powder
- 1 Tablespoon cumin
- 1 Tablespoon oregano
- 1 Tablespoon salt
- 1/4 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika

Instructions

1. Combine all ingredients and store in an air tight container.
2. To use, add 1 Tablespoon (or more if you like) per one pound of cooked and drained ground beef or shredded chicken along with about 1/4 cup of water. Simmer for 5 minutes.

courses: other

Recipe by Gluten-Free Homemaker at <https://glutenfreehomemaker.com/homemade-taco-seasoning/>



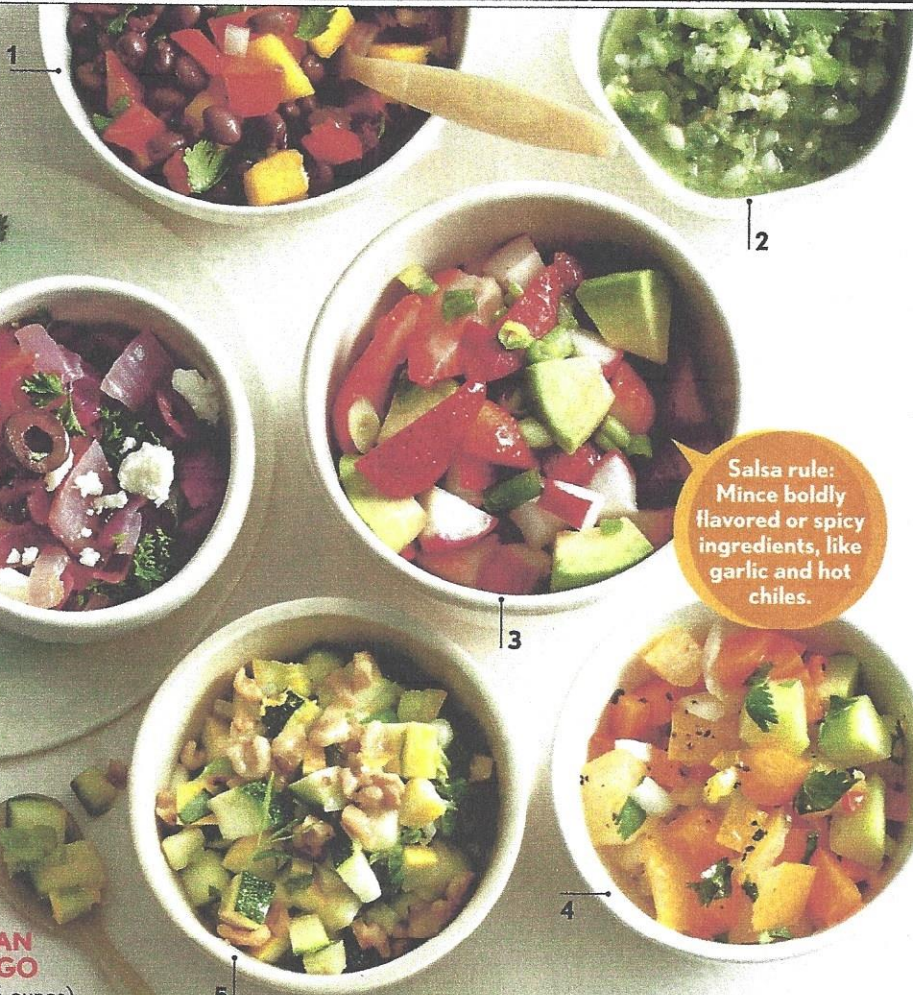
TEST KITCHEN
CONFIDENTIAL

quick
tricks

Your choice

6 Snazzy Salsas

Not just for chips, these salsas dress up fish or chicken and give rice and grains pizzazz.



Salsa rule: Mince boldly flavored or spicy ingredients, like garlic and hot chiles.

1
SMOKY BLACK BEAN AND MANGO

Combine 1 (15-ounce) can unsalted black beans, rinsed and drained; $\frac{3}{4}$ cup chopped mango; $\frac{1}{2}$ cup chopped seeded tomato; $\frac{1}{4}$ cup chopped red bell pepper; $\frac{1}{4}$ cup finely chopped red onion; 3 tablespoons chopped cilantro; 2 tablespoons lime juice; 1 tablespoon olive oil; 1 teaspoon minced chipotle chile in adobo sauce; 1 teaspoon adobo sauce; and $\frac{1}{4}$ teaspoon kosher salt.

SERVES 10 (serving size: $\frac{1}{4}$ cup)
CALORIES 45; FAT 1.5g
(sat 0.2g); **SODIUM 63mg**

2
SALSA VERDE

Combine $2\frac{1}{2}$ cups chopped tomatillos, $\frac{1}{3}$ cup chopped white onion, $\frac{1}{4}$ cup chopped cilantro, 2 tablespoons lime juice, 1 tablespoon olive oil, $\frac{1}{4}$ teaspoon kosher salt, 2 garlic cloves, and 1 chopped seeded serrano chile in a food processor; pulse to finely chop.

SERVES 8 (serving size: $\frac{1}{4}$ cup)
CALORIES 75; FAT 3.5g
(sat 0.5g); **SODIUM 62mg**

3
CHUNKY STRAWBERRY-AVOCADO

Combine $1\frac{1}{2}$ cups quartered ripe strawberries, $\frac{2}{3}$ cup chopped radish, $\frac{1}{2}$ cup chopped green onions, 1 tablespoon white balsamic vinegar, $\frac{1}{4}$ teaspoon kosher salt, and 1 diced ripe avocado.

SERVES 12 (serving size: $\frac{1}{4}$ cup)
CALORIES 37; FAT 2.5g
(sat 0.4g); **SODIUM 44mg**

4
GOLDEN PICO DE GALLO

Combine 2 cups chopped seeded yellow tomato, 1 cup chopped orange bell pepper, $\frac{3}{4}$ cup chopped peeled cucumber, $\frac{1}{2}$ cup minced onion, 3 tablespoons chopped hot pickled banana pepper, 2 tablespoons chopped cilantro, $\frac{1}{4}$ teaspoon kosher salt, $\frac{1}{4}$ teaspoon black pepper, and juice of $\frac{1}{2}$ lime.

SERVES 12 (serving size: $\frac{1}{4}$ cup)
CALORIES 14; FAT 0.1g (sat 0g);
SODIUM 129mg

5
SUMMER SQUASH AND ZUCCHINI

Sauté $1\frac{1}{2}$ cups diced zucchini, $1\frac{1}{2}$ cups diced yellow squash, 2 tablespoons minced shallots, and 1 tablespoon olive oil in a skillet over medium-high heat 2 minutes. Combine squash mixture, $\frac{1}{2}$ cup chopped green onions, $\frac{1}{4}$ cup chopped walnuts, 1 teaspoon grated lemon rind, 2 tablespoons lemon juice, 1 teaspoon chopped tarragon, and $\frac{1}{4}$ teaspoon kosher salt. Cool slightly.

SERVES 12 (serving size: $\frac{1}{4}$ cup)
CALORIES 38; FAT 2.8g
(sat 0.3g); **SODIUM 44mg**

6
RED ONION, OLIVE & FETA

Preheat broiler. Cut 2 large red onions crosswise into $\frac{1}{4}$ -inch-thick slices; arrange in a single layer on a baking sheet coated with cooking spray. Coat onions lightly with cooking spray. Broil 4 minutes on each side or until onions begin to brown; cool to room temperature. Chop onions; combine with $\frac{1}{4}$ cup chopped parsley, $\frac{1}{4}$ cup sliced pitted kalamata olives, 2 tablespoons red wine vinegar, 1 teaspoon chopped fresh oregano, and $\frac{1}{4}$ teaspoon kosher salt. Stir in $\frac{1}{4}$ cup crumbled feta cheese.

SERVES 6 (serving size: $\frac{1}{4}$ cup)
CALORIES 45; FAT 2.1g (sat 1g);
SODIUM 234mg

—Recipes by
Cheryl Slocum

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

Healthy Texas Caviar

A super healthy recipe that you will love!

Ingredients

- 2 cups [black beans](#)
- 2 cups [black eyed peas](#)
- 1 cup diced red pepper
- 1 cup diced green pepper
- 1/2 cup diced red onion
- 2 green onions chopped
- 1 cup corn
- 1 1/4 cup cherry tomatoes (cut in quarters)
- 1 1/2 T lime juice
- 1 T [olive oil](#)
- 1 T [apple cider vinegar](#)
- [sea salt](#) to taste

Put all the ingredients in a [bowl](#) and mix well.

- I think the flavors get better as the salad sits in the fridge overnight.
- This should last about a week in the fridge. Enjoy!

Normally, jalapeno is added to Texas caviar. Feel free to add some in if you like!

Read more at <http://mywholefoodlife.com/2014/08/11/texas-caviar/#Ciej3i01W1GT0rO7.99>

Texas Camp 2019 Menus

Saturday Breakfast

Scrambled eggs,
Turkey bacon
Pancakes, butter, syrup
Oatmeal, butter, brown sugar, raisins, nut butter
Fruit and yogurt
Orange juice, water.

Saturday Lunch-Soup and Sandwiches

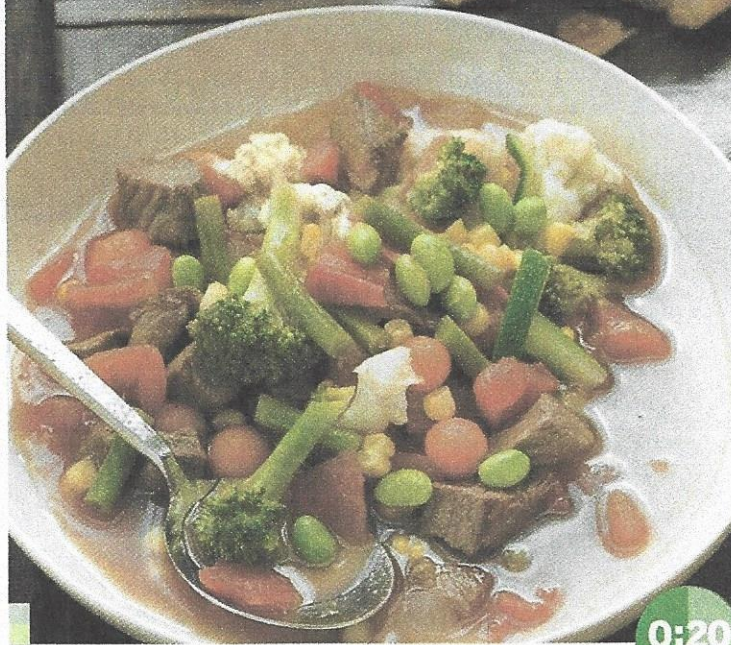
Soups: Vegan Minestrone: Beef Vegetable Soup
Assortment of breads for Sandwiches, including GF Bread
Chicken Salad, Tuna Salad, Egg Salad
Assorted Cheese slices for sandwiches
Lettuce, Tomato, Pickle, Onion slices, Mayo, Mustard
Other Salad Bar items not already listed
Cookies as previous or a different mix.

Saturday Dinner-

Roasted Chicken
Vegan Entrée: Mshosh (Armenian Lentil Dish)
Oven-Roasted Vegetables
Creamed spinach
Salad Bar
Rolls, butter,
Brownies, Blondies,
GF Brownies (Betty Crocker mix)

Saturday Party

Ice Cream with toppings—chocolate sauce, caramel sauce, strawberries, pineapple sauce, whipped cream
Brownies, Blondies from dinner and any other dessert you have left.



0:20
minutes

■ Hearty Beef-Vegetable Soup

PREP TIME 5 minutes

COOKING TIME 15 minutes

- 1/2 med onion, chopped
- 1 Tbsp vegetable oil
- 1 c canned low-sodium diced tomatoes
- 1 c frozen mixed vegetables
- 4 oz cooked beef, cubed or thinly sliced
- 3/4 tsp low-sodium beef base
- 4 c water

■ In medium saucepan, sauté onion in oil over medium-high heat 3 minutes. Add tomatoes, frozen vegetables, beef, beef base, and water. Simmer until vegetables are tender, about 12 minutes. Season to taste with salt and black pepper. Makes 4 servings

NUTRITION INFO PER SERVING 180 cal, 8 g pro, 7 g carb, 13 g fat, 4 g sat fat, 25 mg chol, 2 g fiber, 130 mg sodium

—Bryan Miller

YIELD: 4 SERVINGS (AS A MAIN DISH)

Mshosh (Armenian Lentil Dish)

Mshosh is a simple Armenian lentil salad made with dried apricots and walnuts. This budget-friendly recipe is easy to make, flavorful and very filling.

PREP TIME

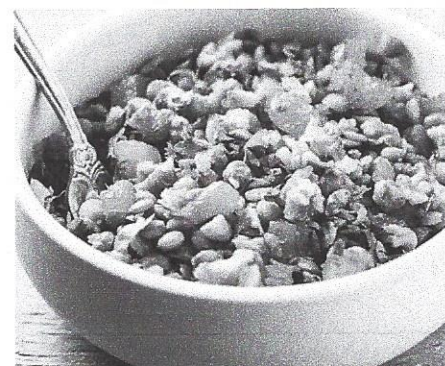
5 minutes

COOK TIME

30 minutes

TOTAL TIME

35 minutes



Ingredients

- 1 cup dried lentils (green, brown, or red)
- Salt, to taste
- 2 Tbsp olive oil
- 1 medium yellow onion, thinly sliced
- 1/2 cup chopped walnuts
- 15-17 unsweetened dried apricots, chopped (should yield 1/2 cup chopped)
- Handful of parsley, chopped (for serving)
- Black pepper, to taste (for serving)

Instructions

1. Rinse the lentils. Place them into a pot and add water. (If using green lentils, add 3 cups of water, otherwise use the amount of water listed on the packaging.) Cook according to the package instructions. Season with salt to taste.
2. While the lentils are cooking, heat the olive oil in a skillet over medium heat. Add the onion and cook, stirring occasionally, until golden (about 5 minutes).
3. Add the chopped walnuts and chopped apricots to the onions. Stir, making sure all pieces are covered in oil and cook for about 2 to 3 minutes, until the apricots start to caramelize and the mixture becomes fragrant. Turn off the heat and set aside until the lentils finish cooking.
4. When the lentils are done, take them off of the heat. (There should be little to no water remaining.)
5. Transfer the onion and apricot mixture to the pot with the lentils. Stir everything together, cover and let stand, off of the heat, for about 5 minutes to allow the flavors to blend.
6. Garnish with black pepper and parsley before serving.

Nutrition Information: **YIELD:** 4 **SERVING SIZE:** 1/4 of recipe

Amount Per Serving: CALORIES: 393

© Maria Ushakova

CUISINE: Armenian / **CATEGORY:** Vegetarian Recipes

<https://www.curiouscuisiniere.com/mshosh-armenian-lentil-salad/>

Exclusive Member of Mediavine Food

Oven-Roasted Vegetables

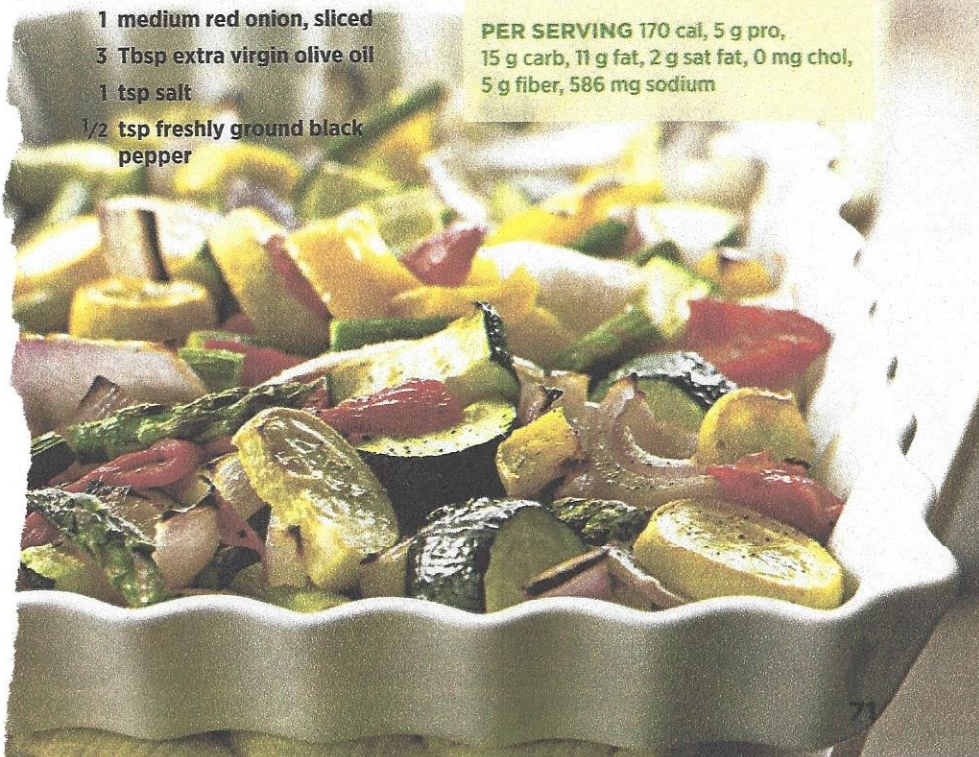
- 1 medium zucchini, cut into bite-size pieces
- 1 medium summer squash, cut into bite-size pieces
- 1 medium red bell pepper, cut into bite-size pieces
- 1 medium yellow bell pepper, cut into bite-size pieces
- 1 lb fresh asparagus, cut into bite-size pieces
- 1 medium red onion, sliced
- 3 Tbsp extra virgin olive oil
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

1 Preheat oven to 450°F. Place zucchini, summer squash, bell peppers, asparagus, and onion in large roasting pan. Toss with oil, salt, and pepper to mix and coat.

2 Spread in single layer in pan. Roast 30 minutes, stirring occasionally, until vegetables are lightly browned and tender.

Servings: 4

PER SERVING 170 cal, 5 g pro, 15 g carb, 11 g fat, 2 g sat fat, 0 mg chol, 5 g fiber, 586 mg sodium



Texas Camp 2019 Menus

Sunday Breakfast

Southwest Scrambled eggs
Tortillas, salsa, sausage bites.
Fruit, Berries, Yogurt

Sunday Lunch

Chef's Special

- **Gluten Free & More** - <https://www.glutenfreeandmore.com> -

Gluten-Free Harvest Muffins

Posted By *Jules Shepard* On July 9, 2015 @ 12:00 am In Bread,Breakfast,Casein-Free/Dairy Free,Celiac/Gluten Free | [No Comments](#)

A cross between apple muffin and carrot cake, this moist gluten-free muffin is a crowd-pleaser as a lunch or dinner bread. The optional streusel topping makes it a hit for breakfast, too. This recipe can be made with egg replacement; see instructions below.

Muffins

½ cup raisins
2 cups peeled, cored, diced apples
1 cup grated carrots, packed
½ cup unsweetened applesauce
⅓ cup vegetable oil of choice
2 large eggs
2 tablespoons orange juice or apple juice
1 teaspoon pure vanilla extract
1 cup brown sugar or coconut palm sugar, loosely packed
2 cups Jules' Homemade All-Purpose Flour Blend
2 teaspoons baking powder
2 teaspoons ground cinnamon
½ teaspoon baking soda
½ teaspoon ground ginger
¼ teaspoon sea salt

Streusel Topping

½ cup [Jules' Homemade All-Purpose Flour Blend](#)
¼ cup granulated sugar
1 teaspoon ground cinnamon
4 tablespoons butter, Earth Balance buttery sticks or dairy-free butter replacement of choice

1. Preheat oven to 375°F. Lightly grease a large 12-cup muffin tin or line cups with muffin papers.
2. Place raisins in a bowl. Cover with hot water and set aside. Prepare apples and carrots and set aside.
3. Combine applesauce, oil, eggs, juice and vanilla in a large mixing bowl.
4. In a separate bowl, whisk together brown sugar, 2 cups flour blend, baking powder, cinnamon, baking soda, ginger and salt. Add this dry mixture to wet mixture, beating until smooth.

5. Fold in apples and carrots to combine. Thoroughly drain raisins and add to batter.
6. Spoon batter into prepared muffin tin.
7. To make streusel topping, combine ½ cup flour blend, ¼ cup sugar and 1 teaspoon cinnamon in a small bowl. Cut in 4 tablespoons butter with a knife or fork to disperse. Alternatively, combine all topping ingredients in a food processor and pulse a few times until ingredients are combined and mixture is crumbly. Crumble topping onto each muffin evenly.
8. Place in preheated oven and bake 25 to 30 minutes or until a toothpick inserted in the center of the muffins comes out dry with only a few crumbs attached.
9. Remove from oven and let muffins cool in the pan 5 minutes. Remove and finish cooling on a wire rack.

Each muffin without topping contains 263 calories, 7g total fat, 1g saturated fat, 0g trans fat, 35mg cholesterol, 184mg sodium, 49g carbohydrate, 2g fiber, 25g sugars, 2g protein, 29 Est GL.

Each muffin with topping contains 335 calories, 11g total fat, 3g saturated fat, 0g trans fat, 45mg cholesterol, 185mg sodium, 59g carbohydrate, 2g fiber, 30g sugars, 2g protein, 33 Est GL.

For **Egg-Free Harvest Muffins**, omit 2 eggs. Combine 1 tablespoon Ener-G replacement with the orange juice in the recipe. Stir well. Use this mixture to replace the 2 eggs in step 3. Test after baking 30 minutes and bake in increments of 5 minutes until done.

Ingredients

Directions

1

Each serving contains calories, total fat, saturated fat, trans fat, cholesterol, sodium, carbohydrates, fiber, sugars, protein.

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URL to article: <https://www.glutenfreeandmore.com/recipe/gluten-free-harvest-muffins/>

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