

# The Companion Guide to everyday grain-free baking



**Master the art of grain-free baking in seven simple steps  
with more than a dozen delicious recipes!**

**Kelly Smith**

*Author of Everyday Grain-Free Baking*

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### ***The Companion Guide to Everyday Grain-Free Baking***

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## About The Companion Guide to Everyday Grain-Free Baking

Thank you for purchasing my published cookbook, [Everyday Grain-Free Baking](#). I created this special Companion Guide eBook not only as a free bonus gift to say “thank you” for your support, but also to provide you with even more tips and strategies for grain-free baking success!

**It’s important to note – this helpful Companion Guide eBook was specifically designed to be used side-by-side with my published cookbook** and provides a dozen complementary recipes, as well as step-by-step instructions and special tips.

## Rediscover the Joy of Baking!

Living gluten-free or grain-free doesn’t mean you have to sacrifice your favorite baked goods – and it doesn’t mean you have to settle for GF baked goods that taste anything less than the best!

My heart in writing this eBook and my popular published cookbook, [Everyday Grain-Free Baking](#), is to help inspire families to rediscover the joy of baking and sharing classic comfort foods with their family and friends. That’s why I’m excited to share a few of my best secrets for creating a wide variety of delicious grain-free baked goods that taste remarkably similar to traditional gluten-based favorites.

In fact, with a little know-how in the form of the tips and strategies shared here and in my published cookbook – *and of course, a little practice in putting your new skills to work* – you’ll soon be whipping-up baked goods so flavorful and satisfying, your family and friends will be surprised to learn that what you’re serving is grain-free!

## Ingredients & Icons

Just like my published cookbook, this easy-to-use eBook is compatible with the most common grain-free diets, since it’s filled with delicious

recipes that are **grain-free, starch-free, and free of refined sugar**. The vast majority are also **dairy-free, or contain dairy-free recommendations** so they can easily be converted as such.

To help you more easily identify which recipes are suitable for your dietary preferences, you’ll find the following icons next to each recipe on the table of contents page:

- Dairy Free (DF)
- Dairy-Free Option provided (DFO)
- Egg Free (EF)

Of course, it’s not necessary to be gluten-free, grain-free, or anything-free, to enjoy these scrumptious grain-free baked goods. That’s because I’ve intentionally developed a method for creating delightful GF treats that appeal to everyone – whether they’re GF or not.

So I invite you to join me in learning all of my secrets to deliciously easy grain-free baking!





## Maximize Your Success with my Top Six Strategies for Success

Whether you want to learn to bake grain-free breads & biscuits, scrumptious snacks, or decadent treats, there are some **VERY IMPORTANT BASICS** you should know before you begin.

To help, I've included my top six strategies for ensuring that all of your grain-free baking adventures are a delicious success – **be sure to read pages 16-18 in the [Everyday Grain-Free Baking Cookbook](#)**. By following these important tips, you'll find your grain-free baking adventures to not only be much easier, but much more successful and enjoyable too!

### First Things, First ...

Before we get started learning a few baking tips and tricks, it's important to first talk about the grain-free pantry essentials and helpful baking tools you'll need to create delicious grain-free baked goods.

### Grain-Free Pantry Essentials

By stocking your pantry with these 12 simple grain-free baking essentials, you'll be ready to make every recipe in this eBook, as well as the recipes in my published cookbook and at The Nourishing Home:

- Blanched Almond Flour
- Coconut Flour
- Coconut Oil
- Butter or Palm Shortening
- Yogurt (*whole milk or coconut milk*)
- Chocolate (*ChocoChips & Cocoa Powder*)
- Raw cashew butter
- Coconut Milk
- Honey
- Apple Cider Vinegar
- Baking Soda
- Unflavored Gelatin

For information on where to find these grain-free baking staples and more, as well as the brands I personally use and recommend, please visit my online store by clicking on “shop” at [The Nourishing Home](#).

### Helpful Baking Tools

Having the right tools for the job is an important part of achieving baking success! The baking essentials listed on page 15 in the [Everyday Grain-Free Baking Cookbook](#) are my personal favorites for creating delicious grain-free baked goods.

## A Special Thank You ...

If you appreciate the delicious recipes and photos that I enjoy sharing with you via my cookbooks and at The Nourishing Home website, may I ask a simple favor? **Would you join me in saying a quick “thank you” to our amazing sponsors** by visiting their Facebook pages, and/or popping over to their websites to say “hello.”

I call them *our* sponsors because we all benefit from their kind partnership and generosity. These are The Nourishing Home's key partners who generously provide their amazing products, which help me to produce all of the beautiful and delicious recipes you enjoy via my cookbooks and at The Nourishing Home website.

**To my long-time sponsor Honeyville:** Thank you for supplying every ounce of grain-free flour used to develop and perfect each of the recipes in my cookbooks and at The Nourishing Home.

**Say Hello!** Visit [Honeyville on Facebook](#) or check out the delicious recipes available at their blog, [In the Kitchen with Honeyville](#).

**To my generous partner KitchenAid:** Thank you for providing quality appliances that I use daily to develop and perfect each of the recipes in my cookbooks and at The Nourishing Home.

**Say Hello!** Visit [KitchenAid on Facebook](#) or check out the delicious recipes available at their blog, [The Kitchenthusiast](#).

**To my newest partner, Hen House Linens:** Your beautiful linens make gathering around the table feel like a special occasion no matter what's being served. Thank you for providing the beautiful linens found throughout my cookbooks and at The Nourishing Home.

**Say Hello!** Visit [Hen House Linens on Facebook](#) or check out their gorgeous website, [HenHouseLinens.com](#), full of beautiful decorating tips and inspiration.

# 1. grain-free baking basics

## Almond Flour 101

Blanched almond flour is my personal favorite for making grain-free baked goods that taste like the real deal. That's why you'll find a large majority of my grain-free baking recipes call for this nutrient-dense flour.

## What is Blanched Almond Flour?

Blanched almond flour is made from skinless almonds that are finely ground into flour. The result is a protein-rich, gluten-free, grain-free flour with a mild, slightly sweet flavor that is perfect for creating delicious, wholesome baked goods.

**It's important to note that blanched almond flour is not the same as almond meal.** Almond meal is ground almonds with their skins left intact. Almond meal is a dense flour with a heavy, gritty texture. This is the key reason that blanched almond flour is the preferred choice among grain-free bakers.

**Also important to note:** Not all brands of blanched almond flour are equal! When it comes to almond flour, the finer the grind, the better the baked good. After testing various brands, I only use and recommend [Honeyville blanched almond flour](#) because its extremely fine grind results in lighter, fluffy and tastier the baked goods.

## How to Bake with Blanched Almond Flour

There's a reason why blanched almond flour is a favorite among grain-free bakers – it's light, slightly sweet, mild flavor and texture make it ideal for producing grain-free baked goods that taste so similar to traditional white flour baked goods that many people simply cannot tell the difference.

Blanched almond flour is quite easy to work with once you've taken some time to practice baking with it. To help you, here are some key success tips for baking with blanched almond flour.

- If you're new to grain-free baking, **start out by using reliable recipes from experienced grain-free bakers**, such as the recipes found in my cookbooks and at [The Nourishing Home website](#). By following good

recipes, you'll quickly learn the basics and be able transfer these skills into

creating your own delicious recipe variations.

- When it comes to blanched almond flour **it cannot be substituted at a one-to-one ratio in wheat-based recipes** without other adjustments being made to the recipe. That's because almond flour's higher fat and moisture content, lack of gluten and heavier weight requires that the other ingredients in the recipe also be adjusted in order to achieve the proper taste and texture.

- With that said, if you do wish to experiment with converting a recipe that uses white wheat flour, **a general rule to follow is to reduce the fat called for in the recipe by half and increase the flour by half.** But again, depending upon the recipe, further adjustments may be required.

- Likewise, **it's NOT possible to use almond flour and coconut flour interchangeably.** The two flours are very different from one another – each requiring differing amounts of liquids and eggs to create the proper rise, texture and taste. I've intentionally provided some coconut flour only recipes in this book so you can see how different the measurements are compared to blanched almond flour recipes.

- Keep in mind that for the most part, **grain-free batters tend to be thicker than their wheat-based equivalents**, so resist the urge to thin them out with additional liquids. Too much liquid will result in an overly moist baked good that sinks in the middle. In fact, as you begin experimenting with creating your own almond flour recipes, you may find it necessary to add a teaspoon or two of coconut flour to your batter to help thicken it, if its too thin. You will find this a common practice in my recipes since coconut flour not only helps to thicken almond flour recipes, but also serves as an excellent starch-free binder.

- Speaking of which, if you live in a humid region, you may find that your almond flour can become too moist, if this is the case **adding a teaspoon or two of coconut flour to your batter can help** to correct the issue. Also, be sure to follow the storage guidelines on page 8.

- And last, but not least, **it's important to avoid over-baking almond flour recipes**, since they may appear undercooked due to their light color. Using a toothpick inserted into the middle of the baked good will help you to not over-bake. If the toothpick comes out clean, remove

your baked good from the oven and allow it to rest for at least five minutes before transferring it to a wire rack to finish cooling. **Allowing almond flour baked goods to cool completely before serving or slicing will result in a far less crumbly texture.**

In a nutshell, blanched almond flour is a nutritious grain-free flour that's easy to use and produces delicious baked goods that taste remarkably similar to their gluten-based counterparts. Just remember to start out by using [reliable recipes](#) first, since creating new recipes requires practice, patience, and a bit of experience to master.

## Coconut Flour 101

You'll notice that I use coconut flour in nearly every almond flour recipe in this book and at my website. That's because **it's an excellent way to absorb excess moisture and further lighten the texture of almond flour baked goods.** And although I tend to prefer the taste and texture of almond flour baked goods, there are several recipes in which I prefer to use coconut flour exclusively due to its delicious results. The wonderful benefit of baking grain-free is that with practice and experience, you can begin to create a wide variety of delicious and nutritious recipes based on your own personal taste preferences.

## What is Coconut Flour?

Coconut flour is made from finely ground dried coconut meat, making it another terrific grain-free option. It's high in fiber and therefore requires a much higher liquid-to-flour ratio. Because coconut is technically not a nut, coconut flour is generally a good option for those with nut sensitivities. Of course, it's important to confer with your allergist.

## How to Bake with Coconut Flour

Coconut flour can be a bit more challenging to work with than almond flour, although once you've taken some time to practice baking with it, you may find it to be your favorite grain-free flour. To help you, I've provided a brief overview of some key success tips for baking with coconut flour:

- **Coconut flour is highly absorbent** and can produce a dry baked good unless the proper ratio of eggs, liquid and fat are used. You can also add mashed or pureed fruits or veggies, such as applesauce, banana or pumpkin to help increase the moisture of coconut flour baked goods.

- Again, if you're new to grain-free baking, it's important to **start out by using reliable recipes from experienced grain-free bakers**, such as the recipes found in my cookbooks and at [The Nourishing Home website](#). By following good recipes, you'll quickly learn the basics and be able to transfer these skills into creating your own delicious recipe variations.

- To produce light and moist baked goods, **coconut flour must be thoroughly incorporated into the batter.** Since coconut flour tends to clump, if using more than a tablespoon or two in a recipe, be sure to **sift the coconut flour** into the wet ingredients. Then, whisk thoroughly to combine.

- In addition, it's very important to **allow coconut flour batters to rest a bit before baking.** This will allow time for the coconut flour to more fully absorb the liquid ingredients in the batter, which will contribute to a much better outcome.

- Just like almond flour, **coconut flour cannot be substituted at a one-to-one ratio in wheat-based recipes** without significant adjustments being made to the recipe. As mentioned, coconut flour is highly absorbent, and therefore requires more eggs and liquids than wheat flour recipes.

- With that said, if you do wish to experiment with converting a recipe that uses white wheat flour, **a general rule to follow is to substitute 1/4 cup to 1/3 cup of coconut flour for every one cup of wheat flour.** Plus, you'll also need to **increase the eggs and liquids and add fat**, depending on the recipe. Since there are many variables to consider, it's best to use established coconut flour recipes as a guideline. I've intentionally provided some coconut flour only recipes in this book so you can see how the measurements compare to traditional wheat flour recipes.

- And last, but not least, it's important to **avoid over-baking coconut flour recipes**, since they may appear undercooked due to their light color. Using a toothpick inserted into the middle of the baked good will help you to more accurately determine doneness. If the toothpick comes out clean, remove your baked good from the oven and allow it to rest for at least five minutes before transferring it to a wire rack to finish cooling. It's best to allow the baked good to cool completely before serving or slicing as **coconut flour baked goods firm up as they cool.**

In a nutshell, coconut flour is a nutritious grain-free flour that produces delicious baked goods. Just remember to start out by using reliable recipes first, since creating new recipes requires practice, patience, and a bit of experience to master.

## Where to Purchase Grain-Free Flour

For best results, **fresh flour is essential**. That's why, grain-free flour should be purchased in sealed packages from a quality provider, since lengthy exposure to air can greatly impact freshness and moisture levels. After testing various brands, I personally use and recommend [Honeyville blanched almond flour](#) and [coconut flour](#) because their freshness and fine grind results in much lighter, fluffier, and tastier baked goods.

In addition, Honeyville's products are competitively priced, particularly when purchased in bulk. And they have frequent sales, which is why I recommend signing up for their updates. That way, you'll receive sales alerts and be able to save even more on their high quality products.

## How to Store Grain-Free Flour

Once you open a package of grain-free flour, consider storing a **one- to two-week supply** in an airtight container in your pantry for convenience. Then store the remaining flour in an airtight container in the freezer to maintain long-term freshness. In general, grain-free flour can be stored in the freezer for up to six months.

**Note:** Be sure to bring flour to room temperature before measuring it out in a recipe, since cold flour is quite clumpy and can lead to improper measuring, which will negatively impact the outcome of a recipe.

## Tips for Storing Grain-Free Baked Goods

You've just baked a scrumptious batch of grain-free muffins and somehow managed to end up with leftovers. Now what? Do you freeze, refrigerate, or just cover and leave them at room temperature? Below, you'll find some tips on how to store your grain-free creations:

- **Breads:** Preslice the bread, then wrap the loaf tightly with plastic wrap. Place in a large ziplock-style baggie, or in an airtight container and place in the fridge or freezer. If frozen, thaw individual slices of bread in a toaster oven at 250 degrees until warmed through. Then toast, if desired.
- **Biscuits:** Cut the biscuits in half and wrap each biscuit in plastic wrap. Place in a large ziplock-style baggie, or in an airtight container and place in the fridge or freezer. If frozen, reheat the biscuits in a toaster oven at 250 degrees until warmed through. Then toast, if desired.

- **Scones:** Wrap each scone in plastic wrap. Place in a large ziplock-style baggie, or in an airtight container and place in the fridge or freezer. If frozen, reheat the scones in a toaster oven at 250 degrees until warmed through.
- **Pies & Tarts:** Due to their moist fillings, grain-free pies are best eaten the day they are baked since almond flour tends to absorb moisture as it sits, leading to a soggy crust. However, custard pies or quiches are often fine when refrigerated for less than 24 hours.
- **Cookies:** Because almond flour gets soft the longer it sits, grain-free cookies are best when enjoyed within a few hours of baking. However, you can freeze them and enjoy them frozen. Or reheat frozen cookies in a toaster oven at 250 degrees until warmed through. Allow them to cool a bit, then enjoy.
- **Crackers:** Similar to cookies, grain-free crackers will get soft the longer they sit. So I recommend freezing them and enjoying them frozen. Or you can re-crisp them in a toaster oven at 250 degrees until completely warmed through. Allow them to cool a bit, then enjoy.
- **Muffins, Donuts & Brownies:** In general, these grain-free treats will keep well at room temperature for up to 24 hours (be sure to cover them). Or simply cover and refrigerate for up to a week.
- **Cakes and Cupcakes:** Leftover cake and cupcakes should be covered and kept in the fridge. In general, you can freeze grain-free cupcakes (without the frosting) and then thaw them in the fridge overnight. Once thawed, frost and serve.

## Put Your Skills to Work

Now that we've covered the basics of baking with almond flour and coconut flour, let's put your skills to work. These two simple muffin recipes from the [Everyday Grain-Free Baking Cookbook](#) will provide you with the opportunity to discover the subtle differences in taste and texture between these two popular grain-free flours:

- Almond Flour Favorite Fruit Muffins, see page 62 in [Everyday Grain-Free Baking](#)
- Coconut Flour Lemonberry Muffins, see page 69 in [Everyday Grain-Free Baking](#)

You may find that you prefer one more than the other, although most people find that both flours provide a delightful taste and texture similar to gluten-based baked goods. Happy baking!



## 2. baking quick breads

### Quick Bread Basics

One of the comfort foods that people miss most when going grain-free is bread. And if you fall into that camp, I have some great news ... you can bake grain-free breads that taste great. In fact, with the right combination of ingredients, grain-free breads can come very close to traditional favorites.

When making sandwich-style breads, to make up for the lack of gluten, I like to use creamy raw cashew butter along with a combination of whole eggs and egg whites. You'll also notice I use very little flour – less than a cup – in order to keep the bread light, not heavy. I find this method produces an airy texture remarkably similar to gluten-based white breads.

To transform classic sweet quick breads into delightful grain-free favorites, I like to use more flour and less eggs than is used in my sandwich-style bread recipes. This combination along with the addition of mashed or pureed fruits or veggies – such as banana, applesauce or pumpkin – creates a moist, satisfying loaf that is so delicious, no one will know that it's gluten-free and grain-free.

No matter which bread you choose to make, I highly recommend investing in a 8.25x4.25-inch loaf pan. (*It's available at most kitchen stores or you can find it at my online store, just click on "shop" at [The Nourishing Home](#).*) This smaller size pan is perfect for making breads that bake evenly and have a nice height to them, since grain-free baked goods do not rise as much as their gluten-based counterparts.

You'll also want to be sure to generously grease your loaf pan – my preference is to use palm shortening since it's flavorless and creates a terrific non-stick surface. In addition, be sure to line your loaf pan with parchment. This will not only keep your loaf from over browning, but will also make it much easier to remove the bread from the pan.

### Put Your Skills to Work

Now that we've covered a few basics for baking quick breads, let's put your skills to work.

These two delicious bread recipes will provide you with the opportunity to discover the taste and texture of a sandwich-style grain-free bread, as well as a classic sweet-style quick bread:

- Multi-Seed Sandwich Bread, page 9 in this eBook
- Cinnamon Swirl French Toast Bake, page 10 in this eBook

#### How to line a loaf pan:

As shown in the photos, a quick-n-easy way to line a loaf pan is to first tightly roll a sheet of parchment paper and use the bottom of your loaf pan to determine proper length to cut. Then grease the pan well and add the trimmed parchment so it overlaps on the long sides of the loaf pan. This will not only protect your bread from over-browning, but will also make it easy to lift the bread from the pan once it's cooled.





# Multi-seed sandwich Bread

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## Ingredients

- 1 1/4 cups blanched almond flour
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1 cup unsalted creamy raw cashew butter
- 2 large eggs, plus 3 egg whites
- 1 teaspoon honey
- 1 tablespoon coconut flour
- 1 tablespoon water
- 1 tablespoon apple cider vinegar
- 1 teaspoon seeds of your choice (I use 1/2 tsp sesame, 1/4 tsp poppy, 1/4 tsp caraway)

*A bit heartier than my Easy Everyday Bread, this loaf features the delicious addition of flavorful seeds and a bit more almond flour to create a tasty sandwich bread perfect for your favorite fillings.*

## Directions

1. Preheat oven to 315°F. Grease an 8.25x4.25-inch loaf pan and line bottom only with parchment paper, slightly greasing the parchment as well. (Note: A standard 9x5-inch loaf pan will result in a longer, shorter loaf. But it will still taste great!)
2. In a small bowl, combine the almond flour, baking soda and salt; set aside.
3. In a large mixing bowl, add the cashew butter, eggs, egg whites, honey and coconut flour. Using a stand mixer or electric hand mixer, blend together until smooth and creamy, making sure to scrape down the bowl as needed.
4. Add the water and apple cider vinegar to the nut butter mixture and mix until well blended.
5. Add the dry ingredients to the wet and mix until batter is smooth and creamy, making sure to scrape down the bowl as needed.
6. Pour batter into the prepared loaf pan using a rubber spatula to scrape all the batter from the bowl. Sprinkle top of loaf with seeds of your choice.
7. Bake for approximately 40 minutes, until golden brown and toothpick inserted into center comes out clean.
8. Allow bread to rest on stovetop about 10 minutes. Then, run a knife along the edges and invert onto a cutting board to finish cooling. Once bread has completely cooled, use a serrated bread knife to slice and serve. Makes one loaf.

**Storage Tip:** Bread can be wrapped and stored in an airtight container in fridge for about 5-7 days, or frozen for several months.

# Cinnamon swirl French toast

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## Ingredients

- 1 loaf of “Cinnamon Swirl Bread” (see recipe instructions)
- 1 1/2 cups unsweetened almond milk
- 6 large eggs
- 1 tablespoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 cup pure maple syrup

*Special occasions call for a special breakfast like this absolutely scrumptious grain-free version of the classic breakfast favorite! By using my Cinnamon Swirl Bread, this easy French toast bake provides delicious cinnamon sweetness in every bite!*

## Directions

1. Bake one loaf of “Cinnamon Swirl Bread” according to recipe instructions on page 22 of the [Everyday Grain-Free Baking Cookbook](#). Allow to cool completely. *(Bread can be made up to three days ahead of time and stored in fridge.)*
2. Lightly oil bottom and sides of a 9x9-inch baking dish. Slice Cinnamon Swirl Bread into 12 slices. Place bread in baking dish by overlapping the slices.
3. Place all remaining ingredients *(milk, eggs, vanilla, cinnamon and maple syrup)* into a blender. Blend on low until well combined.
4. Pour the milk mixture over the bread slices. Cover and place in fridge for 1-2 hours to allow bread to absorb most of the milk mixture. *(Or see note below.)*
5. When ready to bake, preheat oven to 350°F. Bake covered for 30 minutes. Then, uncover and bake for an additional 25-30 minutes until golden brown and center is set. Allow to cool on stovetop for five minutes before serving.
6. Serve with a drizzle of maple syrup and fresh seasonal berries. Makes 12 slices.

**Time-Saving Tip:** Prepare steps 1-4 and refrigerate for up to 12 hours. Then remove from fridge and bake as directed in step 5 above.

# 3. biscuits & scones

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## Biscuit & Scone Basics

Being a Southern girl at heart, I can't imagine life without a good biscuit every now and then. And apparently many people agree, since my Southern-Style Biscuit recipe consistently ranks as one of the top viewed posts at [The Nourishing Home](#).

Although eggs are not used in traditional biscuit recipes, when making grain-free versions, they're necessary for proper binding and texture. Another way my biscuit recipe differs from traditional gluten-based recipes, is that I prefer to use melted butter (*or coconut oil*) rather than cutting cold butter into the flour. The reason is, melted butter produces a more tender, lighter biscuit.

Another trick of the trade is to use apple cider vinegar combined with pure coconut milk to replicate the acidity of buttermilk without the use of dairy. You'll notice that apple cider vinegar is used in a lot of my recipes, since an acid medium used in conjunction with baking soda creates tiny bubbles that contribute to a better rise.



shown in the photo above, you want to pulse the butter (*or shortening*) into the flour until it's slightly smaller than the size of peas.

When it comes to creating classic Southern-style scones, I follow the standard approach of cutting butter (*or shortening*) into the flour before adding the wet ingredients. This results in a moist, light scone that is absolutely delicious! An easy way to do this is to use a food processor. As

When it comes to baking biscuits, scones and cookies, I highly recommend lining your baking sheet with parchment paper. This will not only keep your bake good bottoms from sticking, or over browning, but will also make clean-up a snap.

## A note about recipe variations:

There are lots of delicious variations you can tinker with to recreate your favorite

sweet or savory biscuits and scones. A few tips to keep in mind:

- If adding fresh fruit, reduce the liquid (*i.e. coconut milk*) in the recipe by 1 tablespoon, since fresh fruits tend to lose moisture during baking. (*It's not necessary to alter the liquids if using dried fruits.*)
- If adding cheese, reduce the butter or oil in the recipe just a bit, since cheese contains fat and too much will make the biscuits overly moist.
- Fresh herbs make a delicious addition to scones or biscuits. Adding one to two teaspoons is generally a good place to start, depending on the strength of the herb.

## Put Your Skills to Work

Now that we've covered a few basics for baking biscuits and scones, let's put your skills to work. These two delicious recipes will provide you with the opportunity to discover even more options for enjoying grain-free biscuits and scones:

- Cherry Almond Scones, page 12 in this eBook
- Easy Chicken Pot Pie, page 13 in this eBook



# cherry almond scones

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## Ingredients

- 2 3/4 cup blanched almond flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 tablespoons cold unsalted butter (*or palm shortening*)
- 2 large eggs
- 2 tablespoons coconut milk
- 2 teaspoons honey
- 1/2 teaspoon pure almond extract
- 1/3 cup dried cherries
- Optional: Coconut sugar or maple sugar for sprinkling on top

*With just a hint of almond flavor, these delightful cherry scones are the perfect treat at tea time or any time!*

## Directions

1. In a food processor, combine the almond flour, baking soda and salt. Pulse in the butter (*or palm shortening*), until it's well incorporated. If you don't have a food processor, use a pastry cutter (*or two knives*) to cut the butter (*or shortening*) into the flour.
2. In a large bowl, whisk together the eggs, milk, honey and almond extract, until well combined.
3. Using a spoon, stir the dry mixture into the wet mixture, until thoroughly combined. Then, fold in the dried cherries. Place dough in fridge to cool about 10-15 minutes.
4. Preheat oven to 350°F while dough is chilling. Line a baking sheet with parchment paper; set aside. Sprinkle your work surface with a handful blanched almond flour. Melt a teaspoon of butter or coconut oil for brushing the tops of the scones.
5. Once dough is chilled, gather it together in a ball and place it on the floured surface. Shape the dough into a square about six-inches in diameter and one inch thick, then cut it in half twice to form four small squares. Next, cut each of the four small squares in half diagonally to form eight small triangles. (*See photo on page 11.*)
6. Brush the tops of the scones with a little melted butter or coconut oil. Sprinkle tops with a little coconut sugar or maple sugar, if desired.
7. Using a spatula, gently place each scone onto the prepared baking sheet. Bake about 15-18 minutes, until scones are lightly golden brown along the edges. Serve warm with your favorite herbal or green tea. Makes 8 scones.



# Easy Chicken Pot Pie

13



## Ingredients

- 1 batch of “Southern-Style Biscuits”  
(see recipe instructions)
- 3 tablespoons butter, plus 2 tablespoons olive oil
- 2 cups sliced carrots (about 5-6 small carrots)
- 2 cups peeled and cubed potatoes  
(about 3 medium potatoes)
- 1 1/2 cups sliced celery (about 3-4 stalks)
- 1 cup chopped yellow onion
- 2 1/2 cups homemade chicken stock
- 1 1/2 teaspoons minced fresh sage
- 1 1/2 teaspoons minced fresh thyme (leaves only)
- 1 tablespoon sea salt
- 1/2 teaspoon fresh ground black pepper
- 1 cup plain milk of your choice
- 1 cup frozen peas
- 3 cups precooked, shredded chicken (white & dark meat)

*This easy, tasty dish is a real family favorite! Technically, this dish isn't a pot pie, but the flavor of the fluffy biscuit combined with the rich chicken and veggie-laden creamy filling will remind you of that classic favorite without all the fuss!*

## Directions

1. Prepare one batch of “Southern-Style Biscuits” according to the recipe on page 36 of the [Everyday Grain-Free Baking Cookbook](#). Set aside.
2. Heat a very large sauté pan over medium-high heat. Add butter and olive oil to the pan, along with the carrots, potatoes, celery and onion. Sauté veggies for about 3-4 minutes, until onion becomes soft and translucent.
3. Then add chicken stock and seasonings. Cover and simmer for about 8-10 minutes, until veggies reach desired consistency. Then turn off the heat.
4. For a thicker, creamier sauce, add the milk and two ladle-fulls of the simmered veggies into your blender. Blend until completely puréed. Return the purée back to the pan with the veggie mixture, add the frozen peas and the precooked, shredded chicken. Combine well. Turn the burner on medium and reheat, if necessary.
5. Place a ladle or two of the pot pie filling into a bowl for each person you're serving. Then top with a biscuit and enjoy the easiest and tastiest pot-pie ever! Makes 6 servings.

## Muffin Basics

Whether I'm using blanched almond flour or coconut flour to create scrumptious muffins, you'll notice a key ingredient in each of my muffins recipes is whole milk yogurt or pure coconut milk yogurt. That's why you can find recipes for making these yourself on pages 178-179 in the [Everyday Grain-Free Baking Cookbook](#).

### Why yogurt?

Yogurt's acidity and thick texture results in improved rise and adds the perfect balance of moisture to baked goods like muffins and cakes without making them soggy. In addition, by using whole milk yogurt, or pure coconut milk yogurt, rather than low-fat varieties, a good dose of healthy fat is provided to the recipe which also contributes to a rich, moist texture and flavor. The fat in the yogurt allows you to omit other types of fat (such as coconut oil or butter) in blanched almond flour recipes, and it significantly reduces the amount of added fat necessary in coconut flour recipes. The benefit is a better balance of moisture that results in a grain-free baked good that is perfectly light, fluffy, moist and flavorful.

### Can I use Coconut Milk instead?

A common question I'm asked is whether coconut milk can be substituted for the yogurt called for in my muffin and cake recipes. The answer is yes. But please note, it does impact the rise, texture and flavor of the recipe. It will still be good, but not as good as when yogurt is used. Also note, for all recipes calling for coconut milk, you should only use pure canned coconut milk, not coconut milk beverages.

## No-Stick Trick

No matter which grain-free muffin recipe you opt to make, I highly recommend using parchment muffin cup liners. Unlike typical paper

muffin cup liners that result in half of your muffin getting stuck to them, parchment muffin cup liners barely leave a crumb behind. The brand I use is called "If You Care" You can [visit the company here](#). I purchase this product via Whole Foods and they're also available at Amazon and other online stores.

## Put Your Skills to Work

Now that we've covered a few basics for baking muffins, let's put your skills to work. These easy and delicious recipes will provide you with the opportunity to bake-up tasty muffins with the Wow-factor:

- Pineapple Upside Down Muffins, page 15 in this eBook
- Chocolate Covered Banana Muffins, page 56 in [Everyday Grain-Free Baking](#)
- Cranberry Pecan Streusel Muffins, page 60 in [Everyday Grain-Free Baking](#)

And just a reminder, that if you're new to baking with grain-free flours, be sure to discover the subtle differences in taste and texture between almond flour and coconut flour by giving these two muffin recipes a try:

- Almond Flour Favorite Fruit Muffins, see page 62 in [Everyday Grain-Free Baking](#)
- Coconut Flour Lemonberry Muffins, see page 69 in [Everyday Grain-Free Baking](#)

Again, you may find that you prefer one grain-free flour more than another, although most people find that both flours provide a delightful taste and texture similar to gluten-based baked goods.

# Pineapple upside down muffins

15



## Ingredients

### Pineapple Layer

- 1 heaping cup of fine-diced fresh pineapple
- 2 tablespoons butter, melted (*or coconut oil*)
- 2 tablespoons coconut sugar
- 1/4 teaspoon vanilla extract

### Muffins

- 2 cups blanched almond flour
- 1 teaspoon coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 large eggs
- 3 tablespoons plain whole milk or coconut milk yogurt
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 teaspoon pure vanilla extract

*If you're a fan of Pineapple Upside Down Cake, you are going to absolutely adore these scrumptious muffins that taste just like their namesake! Hands down, these slightly sweet, rich pineapple-flavored treats are my personal favorite muffins.*

## Directions

1. Preheat oven to 350F. Place 10 parchment muffin liners into a 12-cup muffin tin; set aside.
2. **For the Pineapple Layer:** Measure one heaping cup of fine diced pineapple. Use a small lid placed over the measuring cup to press the pineapple down in the cup in order to squeeze the pineapple and extract the juices. Pour out the juice (*or reserve for another use*). Set pressed pineapple aside.
3. In a medium bowl, whisk together the melted butter (*or coconut oil*), coconut sugar and vanilla until well combined. Add the pineapple and stir well to combine.
4. Evenly divide the pineapple mixture along the bottom of the 10 muffin cups. Set muffin tin aside.
5. **For the Muffins:** In a small bowl, combine the almond flour, coconut flour, baking soda and salt. In a large bowl, whisk together the eggs, yogurt, honey, lemon juice and vanilla until well blended. Using a spoon, stir the dry ingredients into the wet and mix until well blended.
6. Spoon the muffin batter over the top of the pineapple layer, making sure to evenly divide the batter among each of the 10 muffin cups.
7. Bake for approximately 15-20 minutes, until a toothpick inserted into the center comes out clean. Allow muffins to cool in the tin for five minutes. Then transfer to a wire rack to finish cooling.
8. Then, gently remove the paper liners from each muffin and place on a serving plate with the pineapple layer facing up. Makes 10 muffins.

**Recipe Note:** Making homemade yogurt is so easy! Recipes for both whole milk and coconut milk yogurt can be found on pages 178-179 in the [Everyday Grain-Free Baking Cookbook](#).

# 5. perfect pies & tarts

## Piecrust Basics

Piecrusts are often the cause of much trepidation in the world of baking. But have no fear, I've got a piecrust for you that's amazingly flaky and tender, despite the fact that it's grain-free.

Because I prefer to avoid using starch-based flours and fillers – *due to the impact they can have on certain health conditions, and the fact that they contribute empty calories* – there's a special trick I've learned for creating a more pliable and resilient grain-free crust without the use of any starches. My secret? Unflavored gelatin!

Unflavored gelatin makes a great binder in grain-free crusts, because it helps keep the dough from becoming too crumbly and also helps it to better hold its structure once baked. You can use any unflavored gelatin you'd like, but I prefer grass-fed gelatin since it comes from grass-fed cows. (If you're unfamiliar with grass-fed gelatin, simply visit my online store by clicking "shop" at [The Nourishing Home](#).)

But gelatin isn't the only trick I have up my sleeve. **Here are a few more important tips to keep in mind:**

- Almond flour browns easily. To prevent this, trim thin sheets of foil that you can fit over the crust. Or even easier, use a pie shield.
- I recommend using a glass or ceramic pie dish, since they heat evenly and result in less over-browning of the crust.
- When cutting in the butter or palm shortening, do not over-blend. You want to see little bits of butter in the dough about the size of small peas (see photo on page 11 of this eBook). These bits of butter will help give the crust a delicious flaky texture.
- Cold is key! It's important to use cold butter (or palm shortening) in order to achieve those little bits of butter in the dough. Also, chilling the crust before baking is not optional. It's an important step in making sure the piecrust bakes evenly.
- Due to their moist fillings, grain-free pies are best eaten the day they are baked since almond flour tends to absorb moisture as it sits, leading to a soggy crust. However, custard pies or quiches are often fine when refrigerated for less than 24 hours.

## How to shape the perfect piecrust:

A super quick-n-easy way to form a piecrust that can hold up to thick, heavy fillings is to take 2/3 of the dough and shape it into an even "dough rope" that you place along the sides of the pie dish as shown in the first photo. Then press the dough up the sides of the pie dish and along the bottom a bit to form a thick crust.



Use the remaining 1/3 of the dough to form the bottom of the crust, working your way from the center to the sides of the pie dish.



To create a pretty crimped crust, simply pinch the dough between your index fingers and thumbs as shown in the photo. Remember, a cold pie crust is key to easy shaping and even baking.

## Put Your Skills to Work

Now that we've covered a few basics for baking a perfect piecrust, let's put your skills to work. These two delicious options will provide you with new ways to use my Basic Pie Crust and Honey Graham Crust recipes:

- BLT Quiche Tartlets, page 17 in this eBook
- Key Lime Pie Tart, page 18 in this eBook



# BLT quiche tartlets



## Ingredients

### Quiche Tartlets

- 1 “Basic Pie Crust” dough, chilled (*see recipe instructions*)
- 5 large eggs
- 3 tablespoons pure coconut milk
- 1/2 teaspoon sea salt
- 1/4 teaspoon fresh ground black pepper
- 1/4 teaspoon dried basil

### Toppings

- 3-4 slices cooked bacon, fine chopped
- 2 green onions, sliced thin
- 4-5 small cremini mushrooms, fine diced
- 1 small plum tomato, sliced thin
- Optional: 1/4 cup shredded sharp cheddar

*Whether it's breakfast in bed, Sunday morning brunch, or just a light dinner, these tasty mini-quiches are so easy and versatile. That's because you can use virtually any veggies and meats you have on hand, making them a delicious way to use up leftovers!*

## Directions

1. Prepare the “Basic Pie Crust” dough according to the recipe, except OMIT the honey called for in the recipe and replace it with one additional tablespoon of palm shortening instead. (*See page 101 in the [Everyday Grain-Free Baking Cookbook](#).*)
2. Preheat oven to 325°F. Divide the chilled pie crust dough into four dough balls of even size. Place each dough ball into a 4-inch mini-tartlet pan. (*If you'd like to make one large quiche in a 9-inch tart pan, see recipe note below.*)
3. Press the dough evenly up the sides and along the bottom of the mini-tart pans. Poke bottom of crust with a fork. Place the tartlet pans on a baking sheet and carefully transfer to preheated oven. Bake for five minutes, just until the crust begins to puff up a bit. Remove from oven and allow to cool a bit on the stovetop. (*Do not remove the tartlets from the baking sheet.*)
4. Meanwhile, chop the bacon and veggies. Place the bacon, green onion and mushrooms into a small bowl, tossing well to combine. Evenly divide the veggie mixture among the four mini-tartlet crusts.
5. Place the eggs, milk and seasonings into a blender. Blend on low until well combined. Evenly divide the filling among the four mini-tartlet crusts, making sure to not overfill. (*Depending on the depth of the pans, you may have extra egg mixture leftover.*)
6. Top with a sprinkle of shredded cheddar, if using, and a slice of tomato. Carefully place the tartlets back into the oven to bake at 325°F for 20-25 minutes until center is set.
7. Remove from oven and allow tartlets to cool about 3-5 minutes, until pans are cool enough to touch. Remove tartlets from the pans and place on a bed of salad greens tossed with a just a touch of salad dressing of your choice. Makes four 4-inch mini-quiches.

**Recipe Variation:** To make one large quiche, use a 9-inch tart pan. Increase eggs to 6 total and increase coconut milk to 1/4 cup total. Following remaining recipe instructions, making sure to add all of the veggies first, before pouring in the egg mixture. Be sure not to overfill. Place tart pan on a baking sheet to bake at 325°F, increasing bake time to 25-35 minutes, until center of filling is set.

# Key lime pie tart

18



## Ingredients

- 1 “Honey Graham Crust” (*see recipe instructions*)
- 1/4 cup pure coconut milk
- 1/4 teaspoon unflavored gelatin
- 7 egg yolks
- 3/4 cup honey
- 1/2 cup fresh-squeezed key lime juice
- 3 teaspoons key lime zest
- 2 tablespoons butter
- 1/2 batch of Whipped Coconut Cream (*see recipe instructions*)

*A delicious, healthy twist on classic key lime pie, this grain-free version uses my Honey Graham Crust filled with a sweet and tangy key lime custard with whipped coconut cream. It's so light and refreshing, it's hard not to indulge in a second slice!*

## Directions

1. Bake “Honey Graham Crust” in a 9-inch tart pan, according to recipe instructions on page 104 of the [Everyday Grain-Free Baking Cookbook](#). Set aside to cool completely.
2. In a small prep bowl, add the coconut milk and sprinkle the gelatin on top. Allow the gelatin to bloom (soften) about five minutes.
3. Meanwhile, place the egg yolks, honey, lime juice and zest into a small saucepan. Whisk well to combine.
4. Heat over medium heat, whisking constantly until mixture is hot. Then add the butter and whisk until incorporated. Add the milk-gelatin mixture and whisk well to combine.
5. Continue cooking and whisking the mixture until it thickens (about 5-8 minutes). You will know it's ready when you feel resistance as you stir and the mixture become very smooth and creamy.
6. Remove from heat. Place a fine mesh strainer over a medium bowl and pour the lime curd through the strainer to catch the zest and any cooked egg bits. Allow the lime curd to cool completely. Then place in the fridge to chill at least 2-3 hours, or overnight.
7. Prepare 1/2 batch of Whipped Coconut Cream according to recipe instructions on page 170 of the [Everyday Grain-Free Baking Cookbook](#). Place in fridge.
8. Once lime curd is cold and set, gently whisk in one cup whipped coconut cream, reserve remaining whipped cream for topping tart.
9. Pour the key lime pie filling into the prepared 9-inch tart crust and use an offset spatula to smooth the top. Refrigerate at least 2-3 hours or up to 24 hours.
10. Slice the tart and serve with a dollop of the reserved whipped coconut cream. Makes 8 servings.

## Cake Baking Basics

If you've tried many of the grain-free cake recipes out there and have been disappointed, you will be especially delighted to discover that there is a way to create a light and moist – *truly cakelike* – treat.

### The secret to grain-free cake heaven is two-fold:

- First, it's all in the blending! Thoroughly blending all of the ingredients together in a food processor – until the batter is ultra smooth and creamy – is my secret for achieving a truly cakelike texture.
- Second, the combination of whole eggs with egg whites provides the necessary binding, structure and rise, without making the cake too heavy. And back to that blending point ... Adding the eggs and egg whites at the end of the blending process – *and blending them just enough to incorporate them into the batter* – ensures that the proteins in the eggs don't break down, which also keeps the batter light and airy.

### Even more cake baking tips:

- When making layer cakes, lining the bottom of pans with parchment not only helps keep the cake from over browning, but also makes it much easier to remove it from the pan. A simple method for lining a cake pan is to trace the bottom of the pan on a sheet of parchment paper, then trim it out. Lightly grease the pan with palm shortening or coconut oil, then fit the parchment cut-out in place and rub with a little oil to hold it in place. Then add your batter and bake as directed.
- Tired of muffins and cupcakes sticking to paper liners? Parchment muffin cup liners are the best tool for baking muffins and cupcakes that don't stick to the liners. That way, you can enjoy the whole treat, without waste! You can find parchment muffin cup liners at most health markets or online.

## Put Your Skills to Work

Now that we've covered a few basics for baking scrumptious cakes and cupcakes, let's put your skills to work. If you're just starting out, I always recommend baking cupcakes, since they're so easy to make.

These two classic cupcake-lover favorites from the *Everyday Grain-Free Baking Cookbook* are a great way to get started:

- Chocolate-Lovers' Cupcakes, page 107 in [\*Everyday Grain-Free Baking\*](#)
- Very Vanilla Cupcakes, page 120 in [\*Everyday Grain-Free Baking\*](#)



*Very Vanilla Cupcakes, page 120 in  
Everyday Grain-Free Baking*



*Lemonade Sunshine Cake, page 110 in  
Everyday Grain-Free Baking*



## Cookie Basics

It's the simple pleasures in life that can bring the most joy. Like baking cookies with your kids that taste just like the ones you grew up baking with your mom and grandma. That's why I took the time in my



published cookbook, [\*Everyday Grain-Free Baking\*](#), to recreate the top cookie classics. And in this book, I'm sharing two of those recipes with you, along with some of my tips for grain-free cooking baking success.

After baking hundreds of grain-free cookies through the years, one trick I've discovered for achieving a crisper cookie – *without the use of starchy flours* – is to omit eggs from the recipe. Omitting eggs helps to create a firmer cookie with a slight crunch along the edge.

But do keep in mind, almond flour is a very soft flour, so even without eggs, the longer the cookies sit at room temperature, the softer they will become, especially if honey is used as the sweetener. (*See storage tips on page 7 for some great ideas for storing and reheating cookies.*)

### Here are a few more important tips to keep in mind:

- Lining your baking sheet with parchment is a must when making grain-free cookies, since almond flour can overbrown easily.
- To achieve cookies that are perfectly uniform in size and shape, I recommend using a cookie scoop. It will not only ensure your cookies bake evenly, but also makes the process quicker and less messy.
- Because almond flour cookies don't spread much during the baking process, it's important to flatten them out a bit before baking. You can do this using your fingers, palm, or the bottom of a glass or mason jar.

- If making cookie cut-outs, it's important for the dough to be thoroughly chilled before rolling it out. Once it's cold, place the dough on a sheet of parchment. Cover the dough with a second sheet of parchment and roll out to about a quarter-inch thickness. Then use your favorite cookie cutters to cut shapes into the dough. However, do not remove the cookie cut-outs. Instead slide the parchment onto another baking sheet and place in the freezer for a few minutes to harden. This will enable you to remove the cut-out dough without the cookies losing their shape or breaking. Place the cookie cut-outs on a parchment lined baking sheet and bake as directed.
- Because almond flour gets soft the longer it sits grain-free cookies are best when enjoyed within a few hours of baking. (*See storage tips on page 7 for some great ideas for storing and reheating cookies.*)

## Put Your Skills to Work

Now that we've covered a few basics for baking cookies, let's put your skills to work. These scrumptious recipes will provide you with the opportunity to enjoy three new cookie favorites:

- Chewy Molasses Spice Cookies, page 21 in this eBook
- Chocolate Macaroon Cookie Bars, page 22 in this eBook
- Fabulous Fruit Pizza Cookie, page 23 in this eBook

## Two Bonus Recipes – Let's Bake Donuts!

Although donuts have nothing to do with cookies, they are another sweet treat that many people miss when going grain-free. So, I've tossed in a couple of my family's favorite donut recipes at this end of this chapter just for fun!

- Apple Cider Donuts, page 24 in this eBook
- Chocolate Ganache Donuts, page 25 in this eBook



# Chewy molasses spice cookies

21



## Ingredients

- 1 1/2 cup blanched almond flour
- 1 teaspoon coconut flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 tablespoons butter, softened (or palm shortening)
- 2 tablespoons coconut oil
- 3 tablespoons honey
- 1 tablespoon unsulfured molasses
- 1/2 teaspoon vanilla extract
- 2 teaspoons ground ginger
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg

*Slightly crisp along the edges with a sweet-n-spicy chewy center, these holiday-inspired cookies are certain to become a family favorite!*

## Directions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper. Set aside.
2. In a small bowl, combine the almond flour, coconut flour, baking soda and salt.
3. Using a stand mixer or electric hand mixer, mix together the butter (or palm shortening), coconut oil, honey and vanilla until smooth and creamy.
4. Add the spices and continue mixing until well incorporated, making sure to scrape down the sides of the bowl as needed.
5. Add the dry ingredients to the wet and mix well to combine. (*Dough will be sticky.*)
6. Drop the dough by rounded tablespoonfuls at least two inches apart onto the parchment-lined baking sheet. Use your fingers to slightly flatten the cookies.
7. Bake for 8-10 minutes, until slightly golden brown along edges. Allow the cookies to cool on the cookie sheet at least 3-5 minutes, as they will be very soft and crumbly when hot. Then, use a spatula to transfer cookies to a wire rack to finish cooling. Makes 16 cookies.

# Chocolate macaroon cookie bars

22



## Ingredients

- 1 batch of “Chocolate Ohs” cookie dough (see recipe instructions)
- 3 tablespoon honey
- 1 tablespoon pure coconut milk
- 1/2 teaspoon vanilla extract
- 1 3/4 cups unsweetened shredded coconut
- 3 large egg whites
- 1/8 teaspoon sea salt

*These beautiful and scrumptious layered cookie bars were created especially for my awesome hubby who adores chocolate-covered macaroons. The combination of a rich chocolate cookie base with a chewy coconut cookie topping makes these bars a standout treat your family and friends will love!*

## Directions

1. Preheat oven to 350° F. Lightly oil an 8x8-inch baking dish; set aside.
2. Prepare the “Chocolate Ohs” cookie dough according to the recipe, except OMIT the two tablespoons of coconut oil called for in the recipe. (See page 134 in the [Everyday Grain-Free Baking Cookbook](#)).
3. Spread the chocolate cookie dough in the bottom of the prepared baking dish, using an offset spatula to even out the top. Set aside.
4. In a medium bowl, whisk together the honey, coconut milk and vanilla, until well combined. Add the shredded coconut. Using a fork, mix together until the coconut is well coated with the honey mixture. Set aside.
5. In the bowl of a stand mixer fitted with the whisk attachment (or use an electric mixer), add the egg whites and salt. Whip about two minutes until stiff peaks form. Gently fold the coconut mixture into the whipped egg whites, just until combined. (Do not overmix.)
6. Spoon the macaroon dough over the chocolate cookie dough and use an offset spatula to gently smooth out the top and very gently press the mixture into the cookie dough a bit. Then use your finger to gently scrape the surface to rough-up the top a bit.
7. Bake for 25-30 minutes, until coconut puffs up and is golden brown on top. Allow the cookie bar mixture to cool completely on the stovetop. Then transfer to the fridge to finish cooling. Once cold, cut into bars and serve. Makes 9 bars.



## Ingredients

- 1 batch of “Sugar Cookie Cut-Outs” dough, chilled (see recipe instructions)
- 8 oz. regular (or cultured) cream cheese, room temp
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- Assorted fresh organic fruits (such as summer berries, kiwi, bananas, etc.)

**Recipe Note:** Due to the moist ingredients, the crust will soften the longer it sits. So for best results, serve the fruit pizza within an hour or so of decorating it.

*What could be more fun than a fabulous fruit pizza – especially when the crust is made with honey-sweetened cookie dough. You can opt to make one large pizza pie as shown in the photo, or little mini-pizzas as described in the recipe variation below.*

## Directions

1. Preheat oven to 350 degrees. Cut a sheet of parchment paper to fit a 13” to 15” round pizza pan or small baking sheet.
2. Prepare “Sugar Cookie Cut-Outs” dough according to recipe instructions on page 144 of the [Everyday Grain-Free Baking Cookbook](#). Chill dough in fridge at least one hour.
3. Then, shape the cookie dough into a large ball and place it on the parchment cut-out. (The parchment cut-out should be on your countertop so you can more easily roll-out the dough.)
4. Cover dough with a second sheet of parchment paper and use a roller to roll out the dough between the two sheets of parchment to almost the same size as the bottom parchment cut-out.
5. Remove the top sheet of parchment. Then carefully slide the cookie dough onto the pizza pan (or baking sheet) by pulling it along by the parchment cut-out. (The cookie crust should remain on the parchment paper.)
6. Bake the cookie crust until firm to touch and slightly golden brown around the edges (about 12-18 minutes). Allow to cool completely.
7. While cookie crust is cooling, prepare the cream cheese frosting. In a medium bowl, using a stand mixer or an electric mixer, blend the cream cheese, honey and vanilla until smooth and creamy. Cover and leave on the counter (do not refrigerate).
8. Next, slice an assortment of your favorite seasonal fruit.
9. Then, spread the cooled cookie crust with the cream cheese mixture and decorate with sliced fruit arranged in a decorative pattern.
10. Place the fruit pizza in the fridge for about 30-45 minutes to chill. Then slice and enjoy!

**Recipe Variation:** It’s also fun to make mini-fruit pizzas, which allows each person to add their favorite fruit toppings of choice. Simply bake a batch of cookies using the “Sugar Cookie Cut Outs” recipe as mentioned above. Then, frost each cookie with the cream cheese topping. Use a variety of sliced fruits and berries to top your mini-fruit pizza cookies. Yum!

# Apple cider donuts

24



## Ingredients

- 1 3/4 cups blanched almond flour
- 3/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 1/8 teaspoon allspice
- 1/2 teaspoon baking soda
- 1/8 teaspoon sea salt
- 1 large egg, plus 1 egg white
- 1/4 cup pure coconut milk
- 1/4 cup unsweetened applesauce
- 1/4 cup pure maple syrup
- 1 Tbsp coconut oil, melted
- 1 tsp pure vanilla extract
- 1 Tbsp coconut flour
- Optional: Organic powdered sugar or powdered coconut for dusting (*see recipe note*)

*This tasty grain-free donut recipe calls for creating your own apple pie spice mix and blending it with applesauce and pure coconut milk. This simple combination ensures that these scrumptious donuts bake-up with a light cake-like texture, and taste just like their namesake.*

## Directions

1. Preheat oven to 350°F. Generously grease a 6-cavity donut pan with palm shortening or coconut oil; set aside.
2. In a small bowl, stir together the blanched almond flour, spices, baking soda and salt; set aside.
3. In a large mixing bowl, whisk together the egg, egg white, coconut milk, applesauce, maple syrup, melted coconut oil, vanilla and coconut flour until well combined.
4. Add the dry ingredients to the wet and use a spoon to thoroughly combine. Then, carefully spoon the donut batter into the prepared donut pan just shy of the fill line. Use your finger or back of spoon to even out the top of the batter.
5. Bake for 16-18 minutes, until donut springs back when touched.
6. Remove from oven and allow the donuts to cool in the pan for 1-2 minutes. Then turn them out onto a sheet of parchment paper.
7. Dust with a little powdered sugar or powdered coconut. Then, transfer to a wire rack to finish cooling – if you can wait that long! Makes 8-10 donuts.

**Recipe Note:** To make powdered coconut, simply pulse-blend together 1/4 cup of unsweetened shredded coconut with 1 teaspoon of coconut flour until fine, almost powder-like. Be sure to use the pulse function of your blender and pulse slowly, so you don't make coconut butter. Use the powdered coconut to add a pretty and tasty decorative effect to your baked goods.



# Chocolate ganache donuts

25



## Ingredients

- 1 batch of “Chocolate Ganache” icing  
(see recipe instructions)
- 2 cups blanched almond flour
- 1 tablespoon coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 3/4 cup mashed ripe banana (or see recipe note)
- 3 tablespoons honey
- 1/4 cup cocoa powder
- 2 large eggs
- 1 tablespoon pure coconut milk
- 2 teaspoons vanilla extract
- 1/2 teaspoon apple cider vinegar

*For the chocoholics out there, I’ve got two delicious versions of grain-free chocolate donuts you’re certain to adore. Our favorite is infused with a hint of rich banana flavor, which is why I’ve highlighted it here. However, for your chocolate donut purists, you’ll find a chocolate-only option in the recipe variation below.*

## Directions

1. Prepare “Chocolate Ganache” icing according to recipe instructions on page 172 of the [Everyday Grain-Free Baking Cookbook](#). Place in medium bowl; set aside.
2. Preheat oven to 350°F. Generously grease a 6-cavity donut pan with palm shortening or coconut oil; set aside.
3. In a small bowl, combine the almond flour, coconut flour, baking soda and salt.
4. In a large bowl, whisk together the mashed banana and honey until well blended. Then add the cocoa powder, eggs, milk, vanilla and apple cider vinegar. Whisk until cocoa powder is thoroughly blended into the mixture.
5. Add the dry ingredients to the wet and use a spoon to thoroughly combine. Then, carefully spoon the donut batter into the prepared donut pan just shy of the fill line. Use your finger or back of spoon to even out the top of the batter.
6. Bake for 16-20 minutes, until donuts spring back when touched. Remove from oven and allow the donuts to cool in the pan for 1-2 minutes. Then turn them out onto a sheet of parchment paper.
7. Once donuts are cool to touch, dip top of each donut into the chocolate ganache and turn in a circular motion to allow excess icing to run off. Then place on a wire rack to allow glaze to set – if you can wait that long! Makes 8-10 donuts.

**Recipe Variation:** For chocolate purists (*and for those who may not care for banana*), you can replace the 3/4 cup of mashed banana in this recipe with 1/2 cup of unsweetened applesauce instead. Follow rest of recipe instructions to create a chocolate lover’s donut.

## Healthy living resources and support!

My heartfelt passion is to help individuals and families live a more nourished life by providing a wealth of healthy living resources, as well as providing lots of encouragement and support!

Below are three easy ways to connect and tap into a whole host of healthy living resources to help you and your family live a more nourished life:

1. [Become a subscriber of The Nourishing Home](#) for delicious GF recipes, free weekly meal plans and more! (See note at right for details.)
2. [Join The Nourishing Home Community on Facebook](#) – a special private group where we encourage one another with our real food healthy living goals. It's a great place to ask questions and to give and receive encouragement and wisdom, as well as cultivate some wonderful friendships with other like-minded real foodies.
3. [Follow The Nourishing Home on Instagram](#) for lots of practical cooking tips, a glimpse at my crazy cooking adventures, fun flash giveaways and more!

## Free Grain-Free Recipes & Meal Plans

If you've enjoyed the grain-free recipes in this helpful eBook, then I'd like to invite you to take advantage of the wealth of free grain-free recipes, meal plans and healthy living resources that I provide to subscribers of The Nourishing Home.

By [opting to become a subscriber](#), every Friday morning you'll receive my exclusive email newsletter. Each issue includes my **free weekly grain-free meal plan kit** with links to each of the healthy & delicious recipes featured, as well as a weekly shopping list and prep day task recommendations that make putting the meals together a snap! [Click here to subscribe](#).

All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

*the nourishing home jan 11-17 whole food GF meal plan*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	Simple Chicken Pot Pie and Garden Salad	Broiled Fish Tacos w/ fresh salsa and guacamole and grain-free Cauli-Rice or gluten-free Baja-Style Rice	Sweet-n-Salty Crookpot Chicken, Basmati Rice or Cauliflower Cauli-Rice and Steamed Broccoli	Mini Meatloaf Muffins, Marinated Portobello and Lemon Garlic Green Beans	Breakfast Tostada with leftover salsa, sliced avocado and Honey-Lime Fresh Salsa	Lemon-Garlic Chicken, Leftover Mashed Potatoes and Steamed Broccoli	Hearty Minestrone Soup (if grain-free, use cauliflower in place of pasta) and Garden Salad topped with Leftover Shredded Lemon-Garlic Chicken
Daily Prep	Defrost fish fillets in fridge overnight	If grain-free, try these tortillas. Save leftover cauliflower for Tues' dinner		Make a double batch of mashed potatoes, save half for Friday	If grain-free, try these tortillas.	Shred and save any leftover chicken for topping salad on Saturday	

**DELICIOUS GRAIN-FREE BREAKFAST AND LUNCH IDEAS**

Below are some healthy grain-free options for breakfast and lunch. Remember, dinner leftovers are always a great option. And of course, making double the breakfast/lunch one day, so you have a quick meal for the next.

<b>Grain-Free Breakfast Ideas:</b> <ul style="list-style-type: none"> <li>• Avocado Muffins on the Go with sliced fruit</li> <li>• Veggie Fric Sauté with avocado slices</li> <li>• Cinnamon Apple Porridge with boiled eggs and bacon</li> <li>• Turkey Sausage Patties with eggs over easy and sliced fruit</li> </ul>	<b>Grain-Free Lunch Ideas:</b> <ul style="list-style-type: none"> <li>• Tuna Cakes with raw veggies and ranch dip</li> <li>• Waldorf Salad (replace buttermilk with coconut milk)</li> <li>• Avocado Egg Salad on a bed of mesclun greens</li> <li>• Chicken Salad Lettuce Wraps with sliced fruit</li> </ul>
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## About the Author

Kelly Smith recently released her first published cookbook, [Everyday Grain-Free Baking](#) and is the author of the popular grain-free lifestyle blog, [The Nourishing Home](#). After struggling with several autoimmune-related health issues, Kelly turned to an unprocessed, gluten-free, grain-free diet for relief from chronic pain and digestive issues. As a result, she discovered improved health and wellness, and is now on a mission to transform everyday familiar favorites into nourishing grain-free meals the whole family will love, whether they're living grain-free or not.