

Cookbook Corner

Cutting gluten and grains from your diet doesn't have to mean omitting taste. In fact, the gluten-free, grain-free dishes on the following pages will have everyone asking for the recipes. Bowl them over when you divulge what is *not* included.

JULIA SUDNITSKYA/SHUTTERSTOCK



Everyday Grain-Free Baking

By Kelly Smith

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With more than 100 irresistible recipes, *Everyday Grain-Free Baking* features a delicious assortment of grain-free, dairy-free baked goods the whole family will love whether they're living grain-free or not! From breads, biscuits and muffins to savory snacks and decadent desserts, you'll find step-by-step instructions, beautiful color photographs and helpful tips & tidbits to make all of your grain-free baking adventures a delicious success!

Southern-Style Shortcake Biscuits

MAKES 6 BISCUITS

Fill these delightful shortcake biscuits with some fresh, ripe strawberries and a dollop of whipped coconut cream for a wholesome sweet treat that's sure to bring a smile to everyone's face!

Ingredients

- 2½ cups finely ground blanched almond flour
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- ¼ cup coconut oil (or butter), melted
- 1 tablespoon pure honey
- 2 large eggs
- ¼ teaspoon pure vanilla extract

Directions

Preheat oven to 350° F. Line a baking sheet with parchment paper; set aside. In a small bowl, combine almond flour, baking soda and salt. In a medium bowl, whisk together the melted coconut oil, honey, eggs and vanilla until well combined.

Using a spoon, stir the dry mixture into the wet mixture until thoroughly combined. Place dough in fridge to cool, about 10 minutes. Then scoop a large spoonful of batter into your hands and roll into a ball about the size of an apricot; repeat until you have made six.

Place the dough balls on the parchment-lined baking sheet and gently flatten. Bake about 15 minutes, until golden brown on top and a toothpick inserted into center comes out clean.

Split biscuits in half and top with sliced fresh strawberries and a dollop of whipped coconut cream, if desired. A delightful treat for breakfast or dessert!

PHOTOGRAPHY: KELLY SMITH

