

Baking can still be fun once you know what your intolerances are! You just need to know how to substitute based upon what you can eat. For example, if the recipe calls for flour, consult the resource list to see which flours are ok for you. The same with sugar, eggs, dairy, etc. I will list some basic substitutions, but I have found once I make something, I usually make my own minor adjustments based on my preferences. I often will google a recipe I am craving, and substitute. It can be a lot of fun and you still can EAT!

DAIRY SUBSTITUTIONS:

Butter: substitute coconut oil or safflower oil (or any oil you prefer).

Milk/Cream: use rice milk, almond milk, coconut milk (the canned coconut milk is thicker and better for cream), or water.

EGG SUBSTITUTIONS:

1 Egg =

- ½ tsp baking soda and 1 tbsp. vinegar
- 1 tbsp. ground flax seeds (or psyllium seed husks) and 2 tbsp. water
- 1 tbsp. liquid soy lecithin
- 1 tbsp. cornstarch and 1 tbsp. water
- 2 tbsp. arrowroot powder or flour

*Note: I find that I will sometimes add 1-2 tbsp. of vinegar to recipes to get something to “rise” better. You need to have baking soda in it and the vinegar is always the last ingredient added.

SUGAR SUBSTITUTIONS:

1 cup sugar = 1 cup coconut sugar or maple sugar, I find this is an equal exchange.

To substitute with a liquid sweetener, such as honey, maple syrup, agave nectar, molasses, or corn syrup, if the recipe calls for 1 cup sugar, use ¾ cup of honey (or other liquid sweetener) and decrease the other liquids the recipe calls for by ½. Generally when you substitute a liquid sweetener such as honey you bake at a slightly lower temperature for a little longer.

Other substitutions such as flour, the type of oil to use are based on what foods are compatible for you. Consult with the resource list.

Recipes:

Lemon Cake with Raspberries and Pistachios

1 $\frac{3}{4}$ cup Flour
1 $\frac{1}{2}$ tsp. baking powder
1 tsp. baking soda
 $\frac{1}{2}$ tsp. sea salt
4 large eggs or 3 tbsp. ground flax mixed with 6 tbsp. water
1 $\frac{1}{4}$ cup sugar (or coconut sugar/ maple sugar)
2 tsp. vanilla extract
2 tbsp. finely grated lemon zest
1 tbsp. plus $\frac{1}{4}$ cup fresh lemon juice
 $\frac{3}{4}$ cup olive oil (or safflower oil)
1 cup fresh raspberries
3 tbsp. chopped raw pistachios
2 tbsp. rice or apple cider vinegar

Preheat oven to 350°. Coat a 9 inch diameter cake pan with safflower oil (ok to spray). Whisk flour, baking powder, baking soda, and salt in a small bowl.

Use electric mixer and beat eggs (or flaxseed mixture) and 1 cup of sugar for about 5 minutes. With mixer running, add vanilla, 1 tbsp of lemon juice, and 2-3 tbsp of rice vinegar. Then gradually add oil mixing until just combined. Fold in lemon zest and dry ingredients.

Scrape batter into prepared pan and smooth the top. Scatter berries over the cake, then pistachios, and about 2 tbsp of sugar. Bake cake until a tester inserted comes out clean, 45-55 minutes.

Meanwhile, bring remaining $\frac{1}{4}$ cup of sugar and remaining $\frac{1}{4}$ cup of lemon juice to a boil in medium sauce pan, stirring to dissolve sugar, let lemon syrup cool.

Transfer hot cake (still in a pan) to wire rack and immediately drizzle or brush with all of the lemon syrup. Let cake cool completely in pan. I will

put this in my refrigerator after it is cool, but can be left at room temperature. It can be made ahead 2 days ahead of time. This is a wonderful summer dessert and can be served like it is, or you can top with whip cream.

Simple Gluten-free Vegan Peanut Butter Cookies

1 cup sugar/coconut sugar/maple sugar
1 cup peanutbutter
3 tbsp ground flaxseed
2 tsp vanilla extract
1 tsp baking soda
½ tsp sea salt
2-3 tbsp cocoa powder (if you want to make chocolate cookies)

Preheat oven to 350°.

In a small bowl combine flaxseed and 3 tbsp of water. Mix until smooth.

Combine sugar and peanut butter in a bowl. Mix with stand or electric mixer. Beat on medium until well combined. Add vanilla, baking soda, salt and if you choose the cocoa powder. Beat on medium until well combined.

You may add water, 1-2 tbsp. if needed. I usually skip this step.

Scoop dough on prepared cookie sheet with a tbsp. scoop. I usually roll about a tbsp. amount in my hands then flatten on cookie sheet. Bake for 8-11 minutes. Allow to cool for 3-5 minutes and then transfer to wire rack.

Granola

2 cups uncooked rolled oats
½ cup chopped nuts (peanuts, pecans, almonds, etc)
1/3 – ½ cup nut butter
2/3 cup honey
¼ cup raisins (optional for non-fruit people)
¼ cup sesame seeds
2 tbsp. oil

Preheat oven to 300°. Combine all ingredients and mix well.
Spread over the bottom of a greased pan. Bake for 20-25 minutes.

Vanilla Birthday Cake

2 ¼ cups of flour
1 ½ cups sugar (coconut or maple ok)
¾ tsp. baking soda
¾ tsp. salt
1 ½ cups cold water
¾ cup safflower or coconut oil
1 tbsp. vanilla extract
3 tbsp. lemon juice or 1 ½ tbsp. apple cider or rice vinegar

Preheat oven to 350°. Grease and flour two 8 inch or 9 inch round cake pans.

In a large bowl sift flour, sugar, baking soda, and salt; whisk for even distribution.

In a medium bowl whisk together water, oil, vanilla, and lemon juice (I use an electric mixer).

Add wet ingredients to the dry and combine. Do not over mix.

Quickly pour into prepared pans and place in the oven. Bake for 30-35 minutes or when an inserted toothpick comes out clean.

Chocolate or Vanilla Frosting

2 cups organic powdered sugar or make your own out of coconut or maple sugar. Simply use a coffee grinder to make it powdered.
¼ cup softened coconut oil
¼ cup plain unsweetened almond/rice/or regular milk
¾ cup unsweetened cocoa powder
½ tsp. vanilla extract

In a medium-large mixing bowl, using a hand electric mixer, cream the powdered sugar with the coconut oil until the mixture is thick but well

combined. Add the almond milk, cocoa powder, and vanilla, and continue to mix until smooth.

Lemon Sugar Cookies

2 ½ cups flour
¼ tsp. salt
½ tsp. baking soda
2/3 cup sugar + ¼ cup
1 cup coconut oil softened
1/3 cup lemon zest
2 tbsp. ground flaxseeds or 1 egg
2 tbsp. water
3 tbsp. fresh lemon juice

Preheat the oven to 400°.

Add the flaxseeds and water together in a small bowl and mix together. Set aside.

Sift together the flour, baking soda, and salt in a medium size bowl.

In a separate large bowl, beat together the sugar, coconut oil, and lemon zest until smooth and fluffy. Add the flaxseed mixture (or egg) and lemon juice, and whip until well mixed. Then add flour, baking soda, and salt. Mix until well combined.

Form dough into 1 inch balls, and roll into the ¼ cup sugar until well coated. Flatten slightly and bake for 8-10 minutes until lightly golden brown.

Oatmeal Raisin Cookies

¾ cup oil
1 ½ cup sugar (coconut/fructose/maple)
1 egg or 1 tbsp. soy lecithin or mix 2tbsp. ground flaxseeds to 2 tbsp. water
¼ cup water
½ cup raisins
1 tsp. vanilla
1 cup flour

1 tsp. salt
½ tsp. baking soda
3 cups oats

Preheat oven to 350°.

Beat oil, sugar, egg, water, and vanilla for 2 minutes.

In separate bowl sift flour, salt, and baking soda. Add to mixture and mix well.

Add oats and raisins. Mix with spoon.

Roll into 1 inch balls and bake for 12 minutes on a greased cookie sheet.

Easy Homemade Chocolate

½ cup unsweetened cocoa powder
½ cup coconut oil
½ cup honey
1 tsp vanilla
¼ cup of chopped pecans

Mix cocoa powder, coconut oil, honey, and vanilla in double boiler on medium heat. Place pecans in bottom of glass dish. Pour chocolate over pecans. Allow to cool, then place in the fridge. This basic recipe can be used to make raspberry, strawberry, or blueberry chocolate (pour chocolate over fruit), peanut butter chocolate (drizzle over chocolate), and many more! Use it for anything you want to pour chocolate on.

Date and Nut Truffels

2 cups of pitted dates
2 cups of nuts (pecans, almonds, cashews, peanuts, etc)
1-2 tsp. vanilla extract
1 tbsp. maple syrup
2 tbsp. cocoa powder (if you want to make chocolate truffels)
optional: ½ cup unsweetened shredded coconut mixed with ½ cup coconut sugar or maple sugar

In a food processor blend nuts until paste starts. Add dates, vanilla, and maple syrup. Continue to blend until well mixed.

Mix shredded coconut and sugar in a medium bowl. Roll into small balls and then roll in sugar/coconut mix. Place on tray. You may refrigerate or freeze.

Berry Pie Filling

3 cups fresh or frozen berries (raspberries, blueberries, cherries)

½ cup water

¼- ½ cup maple syrup/honey/coconut sugar

1 tbsp. vanilla extract

1-2 tbsp. cornstarch

optional: 1 tsp. cinnamon

Place all ingredients in a medium sauce pan except for cornstarch. Heat on medium high for 5-10 minutes, developing a low boil (longer if frozen). Then in small bowl or cup, add cornstarch and 1/3 cup of sauce. Whisk together and add back in. Mix and turn off heat, allowing to cool.

Pie Crust

2 ¾ Cup Flour

1 Cup earth balance shortening OR butter OR coconut oil OR lard

1 tsp. salt

11 tbsp. cold water

Preheat oven to 425°.

Put flour in a large bowl. Add salt and mix evenly. Cut up shortening (or butter, coconut oil, lard) and mix/mash together with pie cutter. Add water, continue to mix/mash. When it becomes more solid use hands to knead dough together. Use ½ the dough. Roll into a ball and on floured surface roll out with rolling pin. Place crust in greased pie dish. Add filling. Roll out the other ½ of dough on floured surface. If you want a lattice top, use butter knife to cut strips and place on top in lattice fashion. If you want entire pie covered, place the rolled out dough on top of filling. Use butter knife to poke holes. Take the remainder of the liquid from filling and brush over top. Sprinkle sugar over top (brown, coconut, maple) and bake at 425° for 15 minutes. Then reduce heat to 350° and bake for 30 minutes.

