



YOUR ALLERGY CHEFS
CELEBRATING FOODS ALLERGEN FREE & MORE

RECIPE eBOOK



Thank you for subscribing!

Thank you so much for signing up for our monthly blogs and other helpful tips and recipes! We're inspired to consistently bring you new and innovative ways to create your favorite recipes while being mindful of food allergies or intolerances.

As promised, here's a handy eBook filled with mouthwatering recipes you can try right in the comfort of your own home. We believe in using simple ingredients to create really explosive flavor!



Meet Joel & Mary

Meet Joel & Mary, the founders of Your Allergy Chefs. Your Allergy Chefs are devoted to providing tips, guidance, and resources if you, or someone you love, are coping with food allergies or intolerances.

Based on their extensive backgrounds in the culinary arts which include a number of years working for Walt Disney World, they've found solutions. Sound, satisfying and successful solutions that work! They are here to offer tips, support, and inspiration that can make a positive difference in your life.

10 of Our Favorites

Your Allergy Chefs has rounded up ten of their ultimate and favorite recipes that they're confident you'll love. There's a recipe that'll satisfy any craving at any time of day, from breakfast to dessert. Dive right in to enjoy the wonders of celebrating foods allergen-free & more!

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Granola Pancakes

Whip up a batch of Your Allergy Chefs light and fluffy granola pancakes for gluten-free and allergy-friendly deliciousness. Easily modifiable and easy to make, you couldn't do breakfast a better way.



Granola Pancakes

Yields: 12 Pancakes **Free of:** Gluten and Top 8 Allergens

INGREDIENTS

2 cups gluten-free all purpose flour blend

2 tbsp baking powder, sifted

2 tbsp granulated sugar

1/2 tsp xanthan gum (omit if using a flour blend with xanthan)

1/4 tsp salt

1-3/4 cups alternative milk, such as unsweetened hemp milk

2 tsp fresh lemon juice

1/2 cup unsweetened applesauce, room temperature

2 tbsp coconut oil or allergy-friendly margarine, melted and cooled to room temperature

3/4 cup granola

Maple syrup and additional granola for garnish

INSTRUCTIONS

1. In a large bowl, whisk together flour, baking powder, sugar, xanthan gum and salt. Set aside.
2. In a medium bowl, whisk together milk and lemon juice. Let sit for 10 minutes.
3. Preheat electric griddle or skillet to medium to medium-high.
4. Add applesauce and oil to milk, followed by dry ingredients. Whisk until just moistened. Don't worry about a few small lumps. Fold in granola. Let batter rest for 5 minutes.
5. Once griddle or skillet is hot, lightly grease and ladle 1/3 cup batter onto the griddle. Use the back of a spoon to spread batter into a round. Cook for approximately 2-3 minutes, until golden brown. You will see bubbles break the surface. Flip the pancake and cook until golden brown, another 2-3 minutes, depending on heat source.
6. You can keep pancakes warm in an oven preheated to 200-degrees F.
7. Garnish with granola and serve with maple syrup.



Ever heard of a food allergy coach?

Sweet Potato Cornbread

We have 3 delicious words for you... Sweet Potato Cornbread! Traditional cornbread is great, but if you want to switch things up try this allergy-friendly and gluten-free sweet potato version.



Sweet Potato Cornbread

Yields: one (8x8-inch) pan **Free of:** Gluten and Top 8 Allergens

INGREDIENTS

1 cup mashed sweet potato
(approximately 1 large potato)

2 tbsp flaxseed meal

6 tbsp lukewarm water

3/4 cup gluten-free flour blend

1-1/4 cups yellow cornmeal

1 tbsp baking powder, sifted

1/2 tsp baking soda, sifted

1 tsp salt

1/4 cup firmly packed brown sugar

1/2 tsp ground cinnamon

1/2 tsp ground nutmeg

4 tbsp dairy-free, soy-free margarine,
such as Earth Balance buttery sticks,
melted & cooled

1 cup alternative milk, such as
unsweetened hemp milk

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Lightly grease a (8x8-inch) pan. Set aside.
3. Wash and pierce sweet potato several times with tines of fork or tip of sharp knife. Loosely wrap sweet potato in foil and place on middle oven rack. Bake until tender, about 60 minutes. Baking time may vary depending on oven and size of potato. When cooked and cooled, cut sweet potato in half and scoop out flesh, mashing slightly with fork. Reserve 1 cup.
4. In a small bowl, whisk together flaxseed meal and water. Set aside for at least 5 minutes.
5. In a large bowl, whisk together flour blend, cornmeal, baking powder, baking soda, salt, sugar, cinnamon, and nutmeg.
6. Return to the flaxseed mixture and vigorously whisk.
7. In a medium bowl, combine flaxseed mixture, margarine and milk. Add reserved sweet potatoes and mix well.
8. Fold wet mixture into dry ingredients. Stir just until ingredients are combined.
9. Spread batter evenly in prepared pan and smooth top of batter.
10. Bake 25 - 30 minutes or until golden brown and done.
11. Let cool for at least 15 minutes before slicing.

NOTES

You can also bake in a cast iron skillet. If you have a 9-inch seasoned cast iron skillet, oil lightly and preheat skillet along with oven. Pour batter into hot skillet and bake at 400 degrees F for 15 - 25 minutes. Baking in skillet will take less baking time than in baking dish.



Approximately 32 million adults and children in the U.S have food allergies.

Lemongrass Pho

Considered the Vietnamese national soup, Pho is enjoyed at breakfast, lunch, and dinner. This lemongrass pho chay recipe is not only delicious, gluten-free and excludes the top 8 food allergens but it's also good for you!



Lemongrass Pho

Yields: 4 - 6 Servings

Free of: Gluten and Top 8 Allergens

INGREDIENTS

Broth

- 2 tbsp grapeseed oil
 - 2 cups chopped onion (8 ounces)
 - 1 cup chopped carrots (4 ounces)
 - 1 cup chopped celery (4 ounces)
 - 1-1/2 cups chopped leeks (4 ounces)
 - 1/2 cup chopped parsnips (2 ounces)
 - 4 cloves garlic
 - 2-1/2 quarts water
 - 1 large chopped Roma tomato (2 ounces)
 - 1 large lemongrass stalk, trimmed and chopped (see recipe notes)
 - 1-1/2 cups dried shiitake mushrooms (1 ounce)
 - 1/2 pound daikon, peeled and cut into 1-inch thick slices
 - 1 by 3/4-inch piece of fresh ginger, cut into slices
 - 3 whole star anise
 - 3 whole cloves
 - 1/2 tsp black peppercorns
 - 1 (3-inch) cinnamon stick
- ### Noodles
- 1 package Banh Pho flat rice noodles
- ### Vegetables
- 5 ounces sliced shiitake mushrooms, sautéed; or reserved shiitakes from broth, sliced
 - 4-6 heads baby bok choy, depending on size, blanched and chopped (see recipe notes)
 - 1-1/2 cups broccoli florets, steamed
 - 1 cup sliced carrots, steamed
- ### Garnishes
- 1 cup loosely packed cilantro
 - 1/2 cup loosely packed mint leaves
 - 1/2 cup loosely packed thai basil
 - 1 green onion, thinly sliced
 - 2 cups bean sprouts or mung bean sprouts
 - 1/2 jalapeno pepper, thinly sliced
 - 1 lime, cut into 6 wedges
 - Sriracha, optional

INSTRUCTIONS

1. For the broth, heat oil in a stockpot or a large saucepan over medium-low heat. Add onion, carrots, celery, leeks, parsnips and garlic and sweat for 10 minutes. To sweat is to cook over low heat with a small amount of fat. Stir so veggies don't brown.
2. Add water, tomato, lemongrass, shiitakes, daikon, ginger, star anise, cloves, peppercorns and cinnamon stick.
3. Cook on high heat until you begin to see bubbles break through the surface of the liquid. Turn down the heat to medium-low so that the broth maintains a low, gentle simmer. Simmer for 45 minutes, skimming any foam or scum that collects on the surface. Turn off heat and allow to cool for 15 minutes. Place a fine mesh strainer over a large pot or bowl. Pour the broth into the strainer, allowing the liquid to pour through. Set broth aside and reserve shiitakes.
4. For the noodles, cook amount needed according to package directions. Drain and rinse under cold water to stop the cooking process. Then rinse with hot water to prevent sticking. Set aside. Though not all pad Thai noodles will work great in this dish, we have used Annie Chun's Pad Thai Brown Rice Noodles from Whole Foods. They work great! Other pad Thai noodles have not worked out so well.
5. To assemble, bring broth to a full boil right before serving.
6. Fill large, heated soup bowls with noodles, followed by vegetables. Pour in piping hot broth and serve with garnishes on the side.

NOTES

Lemongrass: Look for stalks that are fragrant, tightly formed, and of a lemony-green color on the lower stalk. Avoid purchasing stalks that are loose and coming apart as well as stalks that are brown and crusty or crumbling. Lemongrass freezes well and is often sold in frozen packets. Remove about 2-inches from the root end, or lower bulb and discard. Cut off the upper end of the stalk, which is mostly green and woody, and reserve. Remove a few white outer layers from the bottom piece. Chop and make cuts through the bottom piece and reserve for broth. Take the upper stalk end and make several superficial cuts crosswise along the length of the stalk with a serrated knife. Gently bend the stalk several times to "bruise" it. This will release fragrance and flavor. This along with the chopped white portion will be used in the broth.

Baby Bok Choy: Trim off and discard end of each bulb. Separate the stalks and wash under running water. Place in boiling water to blanch just until tender and bok choy turns bright green, about 1-1/2 to 2 minutes.

Creamy Macaroni & Cheese

Loved for centuries by children and adults, mac 'n cheese is a family favorite and the ultimate comfort food. We hope you enjoy our gluten free, dairy free and allergy friendly version of this classic dish.



Creamy Macaroni & Cheese

Yields: 6 Servings

Free of: Gluten and Top 8 Allergens

INGREDIENTS

16 ounces elbow macaroni

5 cups rice milk beverage, such as Organic Rice Dream Rice Drink

1/4 of a medium yellow onion

1 whole clove

2 bay leaves

4 tbsp dairy-free, soy-free margarine or buttery sticks, such as Earth Balance

4 tbsp sweet white rice flour

2-1/2 tsp smoked paprika

Pinch cayenne

2-1/2 cups cheddar-style cheese shreds (10 ounces)

3/4 tsp sea salt

Pinch white pepper

INSTRUCTIONS

1. Cook pasta according to package directions. Drain, rinse with cold water and set aside.
2. In a medium saucepan, bring milk, onion, cloves and bay leaves to a boil. Reduce heat and simmer 10 minutes, stirring frequently. Strain and reserve liquid, discarding onion, cloves and bay leaves.
3. Make a roux. Using the same saucepan, melt margarine over low heat. Add flour, paprika and cayenne and cook for one minute, stirring constantly.
4. Increase heat to medium. Add half of the reserved rice milk and whisk until smooth. Add remaining rice milk. Increase heat to medium high. With a spoon, go around edges of pan to incorporate any roux. When the sauce comes to a simmer, reduce heat to low and simmer gently for 10 minutes. Add the cheddar shreds and cook another 5 minutes, whisking until the cheese is melted. Remove from heat and season with salt and pepper.
5. Preheat the oven to 350-degrees F.
6. In a large bowl, combine the pasta and cheese sauce.
7. Pour into a 2-quart casserole baking dish. Bake for about 30 minutes, until casserole is bubbling. Let stand for 10 minutes before serving.

NOTES

Sometimes, cooking directions for packaged specialty pastas are not accurate. This could have to do with how rapidly the water is boiling and also different stoves. To ensure your pasta does not overcook, check for doneness several minutes before package directions specify, and then every minute or so.



Feeling overwhelmed with managing your food allergies? We can help!

Sweet Potato, Kale, Artichoke & Mushroom Lasagna

Everyone loves a good lasagna! Even if you already have a go-to lasagna recipe we can promise this will be one of your new favorites. Join us in the kitchen to create this gluten-free and allergen friendly masterpiece.



Sweet Potato, Kale, Artichoke & Mushroom Lasagna

Yields: 8 Servings

Free of: Gluten and Top 8 Allergens

INGREDIENTS

16 ounces fresh button or cremini mushrooms, or a combination of both

5 cups firmly packed kale, ribs removed (about 3 ounces)

1 (15-ounce) can sweet potato puree (See Recipe Notes)

3/4 cup lite coconut milk

1/2 tsp kosher or sea salt

14 ounces allergen-free lasagna noodles, such as Tinkyada (See Recipe Notes)

2 (14.1 ounce) cans artichoke hearts, drained and roughly chopped (See Recipe Notes)

24 ounces marinara sauce, such as Rao's

3 cups mozzarella-style cheese shreds, such as Daiya

INSTRUCTIONS

1. Clean and slice mushrooms. Heat large saucepan over medium heat, then add mushrooms. To prevent sticking, add a tablespoon of water as needed at the beginning of the cooking process, until mushrooms release their juices. Cook, stirring occasionally, until soft and most of juices have evaporated, about 8 minutes. When mushrooms are cool, place in refrigerator until you are ready to assemble lasagna.
2. In a medium saucepan, bring about 2 inches water to a boil. Place kale in a steam basket and set in saucepan. Lower heat to a simmer, cover and steam for 4 minutes. Remove steam basket from saucepan and chop kale when cool. Place in refrigerator.
3. In a small bowl, whisk together the sweet potato puree, coconut milk and salt until smooth. Place in refrigerator.
4. Steps 1 - 3 can be prepared ahead of time.
5. When you are ready to assemble the lasagna, lightly coat a large baking sheet with olive oil. Set aside.
6. Cook noodles according to package directions. Tinkyada noodles will take approximately 10 minutes. The noodles should be slightly undercooked since they will be cooked again in the oven. Drain and rinse under cold water. Lay out noodles on prepared baking sheet to prevent from sticking and tearing during assembly.
7. Preheat oven to 350 degrees F.
8. To assemble, spread 1 cup sweet potato puree on the bottom of a (13x9x2-inch) casserole or lasagna dish. Arrange a layer of noodles lengthwise over puree, overlapping by about 1/2-inch.
9. Spread 1-1/2 cups marinara sauce over the noodles. Top with half of the mushrooms, half of the kale and 1 cup artichokes. Sprinkle with 1 cup cheese alternative shreds.
10. Arrange a second layer of noodles in opposite direction to first layer, trimming with shears to fit. Spread with remaining sweet potato puree. Top with remaining mushrooms, kale and artichokes. Sprinkle on 1 cup cheese alternative shreds.
11. Arrange third layer of noodles lengthwise. Spread remaining 1-1/2 cups marinara sauce over them. Top with 1 cup mozzarella cheese alternative.
12. Cover lasagna with parchment paper to prevent cheese from sticking. Then, wrap tightly with foil and bake 40 minutes. Uncover and bake an additional 15 minutes, or until sides are bubbling and lasagna is done.

NOTES

Tinkyada noodles come in a 10-ounce package. There are 13 noodles to a pack. For this dish, we used 17 noodles.

You can use canned artichoke hearts or bottoms. If using frozen, you will need 2 (8.5 ounce) packages, thawed. The amount of chopped artichokes should measure 2 cups.



We can help you with simple culinary practices that will help you be successful in the kitchen.

Cheezy Grilled Cheese

Want to know how to make your grilled cheese into a culinary masterpiece, a healthier version that is free from gluten and the top 8 allergens? Follow along to create an unbeatable cheezy sandwich everyone will love.



Cheesy Grilled Cheese

Yields: 8-10 sandwiches **Free of:** Gluten and Top 8 Allergens

INGREDIENTS

1 pound baked sweet potatoes

1/4 cup low-sodium vegetable broth

8 ounces cheddar-style cheeze shreds, such as Daiya (approximately 2 cups)

5 tbsp allergy-friendly mayonnaise (see recipe note)

16 - 20 slices allergy-friendly bread

INSTRUCTIONS

1. Cut cooled sweet potatoes in half. Scoop out flesh, mash and measure 1-1/2 cups and place in food processor or blender. Add broth and cheeze shreds and blend for 30 seconds to 1 minute. Scrape down as needed. There will still be small pieces of cheeze in the filling. Set aside.
2. Preheat cast iron, nonstick skillet or electric griddle over medium-low heat.
3. Line up bread on your work surface, reserving top slices. Evenly spread a heaping 1/4 cup filling on each slice. Top each with a slice of the remaining bread. Generously spread top with allergy-friendly mayo or margarine, such as Earth Balance soy-free buttery sticks.
4. Gently place sandwich, mayo-side-down onto hot skillet bottom and press slightly. Grill until golden brown, approximately 3 - 4 minutes. Spread top side with mayo and flip over; continue grilling until cheeze is melted and bread is crisp and golden, approximately 3 - 4 minutes. Repeat with remaining sandwiches.

NOTES

Follow Your Heart makes a Soy-Free Vegenaise free from the top 8 allergens. If you have trouble sourcing it, Just Mayo is also an allergy-friendly mayo.

The filling can be made in advance and refrigerated.



Does your special diet require an expert food allergy coach?

Chicken Paprikash

With just a fistful of ingredients, Chicken Paprikash is a comforting Hungarian stew. We've managed to make this recipe gluten-free and allergy friendly without sacrificing flavor nor comfort. It's so good it was a winning recipe at the FARE Teen Conference!



Chicken Paprikash

Yields: 6 Servings **Free of: Gluten and Top 8 Allergens**

INGREDIENTS

8 tbsp dairy-free, soy-free margarine or buttery sticks, such as Earth Balance

2 tbsp smoked paprika

1/2 cup sweet white rice flour

4 cups rice milk

2 cups veggie or chicken broth

1/2 tsp sea salt

1/4 tsp white pepper

1 tbsp olive oil

2 cups sliced onions

1/8 tsp salt

12 ounces button mushrooms, cleaned, trimmed and sliced (about 4 cups)

1 pound boneless, skinless chicken thighs, cut into strips (see recipe notes)

24 ounces tater tots or tater puffs, baked according to package instructions (see recipe notes)

INSTRUCTIONS

1. For the sauce, in a medium saucepan, melt margarine over low heat. Increase heat to medium. Whisk in the paprika until incorporated and cook for 1 minute. Then stir in the flour and cook for another minute, stirring constantly.
2. Gradually pour in the rice milk, whisking constantly until smooth. Turn the heat to high. Add the broth and stir until the sauce comes to a boil. Reduce heat and simmer for 40 minutes, stirring occasionally. This will cook away the raw taste of the flour and paprika. Season with salt and pepper. This will yield about 1 quart of sauce.
3. For the chicken, heat oil in a large saucepan over medium heat. Add onions and salt and cook for 5 minutes, stirring occasionally.
4. Increase heat to medium-high and add mushrooms. Cook for 5 minutes, stirring occasionally.
5. Add chicken pieces and cook for 2 minutes. Pour sauce over chicken. Bring just to a low boil and simmer for 3-5 minutes, until chicken is cooked through.
6. Serve over a bed of hot tater tots and enjoy.

NOTES

To make dinner even easier, leftover chicken or packaged, cooked, chopped chicken can be a real time-saver! In step 5, add cooked chicken and sauce. Bring just to a low boil and simmer for 3-5 minutes, until chicken is heated through.

Traditionally served with “dumpling-like boiled egg noodles,” chicken paprikash is not only served over dumplings or noodles, but with spaetzel, rice or pasta. We found tater puffs to be our favorite!

Remember to always read the label when using packaged foods in your cooking.



Strawberry Crepes

Om nom nom, strawberry crepes never disappoint. Make everyone's day by serving these gluten free and allergy friendly crepes for breakfast or brunch! This is also a special one because it was another winning recipe at the FARE Teen Conference.



Strawberry Crepes

Yields: 12 crepes

Free of: Gluten and Top 8 Allergens

INGREDIENTS

2 tbsp white chia seeds soaked in 1/3 cup water for 30 minutes to 1 hour (see recipe notes)

2 cups rice milk

1 1/2 cups gluten-free all-purpose flour blend

1/2 cup gluten-free oat flour

2 tbsp grapeseed or canola oil, plus more as needed for cooking crepes

1 tbsp granulated sugar

1/4 tsp salt

3/4 cup strawberry jam

Fresh strawberries, rinsed, hulled and sliced

Allergy-friendly whipped topping

INSTRUCTIONS

1. Put the chia-water mixture, rice milk, gluten-free flour, oat flour, oil, sugar, and salt in a blender and mix until thoroughly combined.
2. Put the batter in the refrigerator and let it rest for at least 2 hours.
3. Heat a medium nonstick frying pan over medium heat. Grease the pan with a small amount of vegetable oil. Pour a small ladle of batter (about 1/4 cup) in the middle of the pan and with a circular motion starting in the center, spread the batter gently using the bottom of the ladle.
4. Cook for 1 1/2 to 2 minutes, until the crepe is golden brown. Gently slip a spatula under edge of crepe and flip over and cook for an additional minute, until golden brown.
5. Slide finished crepe onto a plate, cover with a paper towel to make sure the crepes stay moist, and keep warm while cooking remaining crepes.
6. Spread a thin layer of strawberry jam (about 1 tablespoon) on half of each crepe. Arrange sliced strawberries on the jam.
7. Fold the other half of the crepe on top of the strawberries, then fold in half. Repeat with the remaining crepes.
8. Serve with strawberries and whipped topping. Dust with confectioner's sugar if you like.

NOTES

We prefer white chia seeds because of the neutral color in the crepes. However, there is no nutritional difference between white and black chia seeds.



No-Peanut Butter Cookies

These no-peanut butter cookies have a melt-in-your-mouth goodness! Catering to anyone who may have peanut allergies, our version is sure to become a family favorite.



No-Peanut Butter Cookies

Yields: 15 Cookies **Free of:** Gluten and Top 8 Allergens

INGREDIENTS

- 1 tbsp ground flaxseed meal
- 3 tbsp lukewarm water
- 1-1/2 cups gluten-free flour blend
- 1/4 tsp xanthan gum (omit if using a flour blend containing xanthan)
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1 tsp vanilla extract
- 1/3 cup dairy-free, soy-free margarine, such as Earth Balance, at room temperature
- 1/2 cup granulated sugar
- 1/4 cup light brown sugar
- 3/4 cup creamy sunflower seed butter, such as Sunbutter

INSTRUCTIONS

1. Preheat oven to 375-degrees F. Line two baking sheets with a silicone mat or parchment paper.
2. In a small bowl, whisk together flaxseed meal and water. Set aside.
3. In a medium bowl, sift xanthan gum, baking powder, and baking soda over flour blend. Add salt. Whisk together to combine well. Set aside.
4. Return to flaxseed mixture, and vigorously whisk; it will be gelatinous. Add vanilla and set aside.
5. In a deep bowl using a hand held mixer, blend margarine and both sugars on low speed until smooth, about 1-2 minutes. Scrape the bowl.
6. Add flaxseed mixture and blend until thoroughly combined. Add sunflower seed butter and mix until combined.
7. Gradually add dry ingredients, mixing just until blended and a stiff dough forms.
8. Using a #30 portion scoop (equivalent to about 3 tbsp), portion the dough onto prepared pans. If you don't have a portion scoop, form balls that are about 2-inches in diameter. Using a wet fork to make a criss-cross pattern, flatten slightly. Cookies should be about 1/2-inch to 3/4-inch thick.
9. Bake until done, about 16-18 minutes.



As food allergy coaches, we can help make a positive difference in your life.

Double Chocolate Banana Brownies

We know the internet is full of “best ever” recipes, but these double chocolate banana brownies are simply amazing! What’s more is that they are gluten free and allergy friendly!



Double Chocolate Banana Brownies

Yields: 9 Brownies **Free of:** Gluten and Top 8 Allergens

INGREDIENTS

1 cup all-purpose gluten-free flour blend

3/4 cup organic cane sugar

3/4 cup cacao powder (see recipe notes)

1/2 cup gluten-free oat flour

1/2 tsp xanthan gum (omit if using a flour blend that contains xanthan gum)

1/2 tsp baking powder

1/2 tsp sea salt

1/4 tsp baking soda

1 cup mashed ripe bananas (about 2 medium bananas)

1/2 cup alternative milk, such as unsweetened hemp

1/4 cup unsweetened applesauce

2 tsp pure vanilla extract

1/3 cup vegan mini chocolate chips, such as Enjoy Life Mini Chips

Ganache topping (optional)

5 ounces vegan mini chocolate chips, such as Enjoy Life Mini Chips, or other allergy-friendly high quality semi-sweet or bittersweet chocolate

1/2 cup alternative milk, such as unsweetened hemp

INSTRUCTIONS

1. For the brownies, preheat oven to 350-degrees F. Lightly grease an 8x8-inch square baking pan and line with parchment paper. Set aside.
2. In a large mixing bowl, combine gluten-free flour, sugar, cacao powder, oat flour, xanthan gum, baking powder, salt, and baking soda. Whisk until the cacao powder is broken up and incorporated. Set aside.
3. In a medium bowl, whisk together bananas, milk, applesauce, and vanilla extract. Add wet ingredients to dry and stir until well incorporated. The batter will be quite thick.
4. Fold in chocolate chips. Pour batter into prepared pan. Using an offset spatula, smooth batter into an even layer.
5. Place in oven and bake for 25 - 30 minutes, until edges and top are crisp and set. Let cool completely before frosting, at least 2 to 3 hours.
6. For the ganache, place chocolate in a medium stainless steel bowl. Fill a medium saucepan with about 3-inches of water. Bring water to a boil. Reduce heat to low and place the bowl of chocolate over the saucepan. The bowl should sit nicely in the saucepan without directly touching the water. Gently stir the chocolate until melted, monitoring the water to ensure it's not boiling, but gently simmering. Turn off heat and remove bowl from saucepan.
7. Heat hemp milk just until warm. Gently whisk warm milk into melted chocolate until smooth. Set aside and let ganache cool at room temperature for several hours, until it thickens.
8. Pour ganache over brownies and smooth with offset spatula. Place in refrigerator to let ganache set, about an hour. Remove from fridge and slice.

NOTES

Cacao powder vs cocoa powder: Is there a difference?

There is a big difference between the two. Cacao and cocoa both start the same way, as harvested beans from the plant's seed pods. Raw cacao powder is made by cold pressing unroasted cocoa beans while cocoa powder is made by roasting the beans at high temperatures.

When processing raw cacao powder, the enzymes and nutrients are left in. However, since cocoa powder is made by roasting at such high levels of heat, the enzymes are destroyed and you are left with less nutrients in your powder.

Cocoa powder is less expensive, slightly sweeter, and does have some benefits. However, cacao is one of the highest sources of antioxidants and magnesium of all foods.

Food Allergy Coaches

Living with food allergies and trying to maintain a special diet can be overwhelming. Adjusting to new dietary requirements and processing all the information out there can be a lot to handle. With the help of a food allergy coach, individuals can get back to enjoying life by effectively managing food allergies and intolerances. Having access to a personal advisor/coach is the key.

Whether you're the affected individual, a caregiver, a personal chef or a commercial food service provider, we encourage you to lean on Joel & Mary. Their combined wisdom and extensive backgrounds in the culinary world offer extra support and guidance. Allow them to be a part of your journey to finding allergy-friendly alternatives that nourish and satisfy. Contact them today to find out more about personal food allergy coaching.



Contact Us Today To Get Started!

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