



Cooking
with
Food Allergies

E B O O K

A collection of allergy-friendly recipes

BY THE COOKING WITH
FOOD ALLERGIES TEAM

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THE STORY BEHIND COOKING WITH FOOD ALLERGIES

By: Lauren C.

Back in 2020, I had more free time than I wanted while in quarantine. It was my second year being in TAG, which is the organization Food Allergy Research and Education's (FARE) Teen Advisory Group. This is a group of teens from around the country that work to raise awareness for the millions of people facing food allergies in the U.S. on a daily basis through educational resources and projects. In the short amount of time I was part of it, I had already learned so much and felt like I had really made a difference with everything I was participating in. I knew that 2020 was my chance to work hard on a project of my own!

I brainstormed for a while about all of the struggles I face with food allergies and things I wish the non-allergic community would know more about. I finally settled on the idea of isolation being the root of a lot of the problems. No matter where someone goes, food is always there. At school, work, friend's houses- even at home. There's no escaping it, and its constant presence not only gives anxiety to the food allergic but a feeling of isolation as well. Whether it's having to sit at a separate allergy-free table during lunch at school, a special dinner for extended family that I can't take part in, or having to sit away from everyone at a friend get-together because it just became a pizza party, it can be very frustrating that things always have to revolve around food. There is no way to change this fact, so I decided I would think of something that would help the food allergic community in these situations.

THE STORY BEHIND COOKING WITH FOOD ALLERGIES CONT.

By: Lauren C.

This is when I thought of the idea behind Cooking with Food Allergies. What if the food allergic didn't have to feel left out when everyone is gushing over how good their food is? What if we could have food just as good? I decided I would create a project giving people with food allergies recipes for all of the common foods they don't usually get to eat. I wanted to know how to make my OWN food like macarons, pop tarts, and ice cream. I figured if the food allergy community had the same food as everyone else, they would feel so much more included and part of everything.

Over the last couple of years, Cooking with Food Allergies has come with more expansion and success than I could have ever hoped for! On top of that, everyone part of the project has become a sort of family and community which is amazing. Kristin joined me last year and reached out with the idea of combining CWFA with her ebook project idea. Everyone has worked so hard on all of our projects together, and I believe we are making real change in the food allergic community. If you want to keep up with our progress, you can visit our website at: <https://faretag.wixsite.com/cookwfoodallergies> and follow us on Instagram at @cookingwfoodallergies. I cannot wait for what is to come!

INSPIRATION

“For so many people with food allergies, they feel like they are constantly facing a huge struggle- a social life revolving around food.

No matter where someone goes, there is bound to be food there, which makes life very hard for people with food allergies. I am so happy to be a part of this ebook because I truly feel that learning simple (or more fancy!) recipes will allow them to feel included in the ‘food world!’” -Lauren C.

“I was really excited to help create the ebook because it’s a great resource for those with food allergies who are struggling to find delicious and safe food to make. I love to cook, bake, and test new recipes; learning how to make delicious allergy-friendly food is essential. I’ve always wanted to share and compile my own recipes; what’s even better about this cookbook is all of the hard work that has been put into it by teens across the country who really understand what it’s like to live with food allergies and who have learned to adapt and develop their own allergy-friendly recipes.” -Jacqueline S.

“I have always loved baking my own safe desserts and I’m so happy to share some of my favorite recipes in this book!”
-Maria M.

INSPIRATION

"I really have a passion for creating allergy-friendly food and I especially love to share it with others. I am having such a good time working with friends who have the same passion and who truly understand what it's like to have a food allergy." Shae A.

"I have been so inspired by everyone in the food allergy community. I am motivated by the hope that this ebook will provide a way for those with food allergies to share their recipe knowledge and make an impact in the wider community!" -Kristin O.

"Though they can sometimes be challenging, food allergies should not stop anyone from enjoying delicious food. I love discovering allergy-safe treats and hope you find some new favorites in our book!" -Adriana M.

"Knowing that our recipes will create more opportunities for people to make allergy-friendly was what inspired me to be a part of this cookbook project. The more recipes we share, the stronger the Cooking with Food Allergies community grows!" - Catherine W.

INSPIRATION

"Helping create delicious meals for people with food allergies inspired me to join this program and be a part of creating an Ebook. Even though food allergies are challenging they have helped me gain access to wonderful opportunities such as this. I'm also creating the icons page which is so important for people to know what the recipes contain." -Beatrix W.

"I think a lot of people live to eat or eat to live, depending on who you ask. With food allergies, many struggle in both areas. Still, our team's ebook will hopefully address this and go beyond by providing fantastic recipes that everyone can enjoy." -Cara P.

"I've always loved cooking and baking, especially because I know I can make myself a delicious and 100% safe treat. Cooking is the biggest way I navigate life with food allergies, and I'm so excited to help other people with food allergies explore cooking and take control of their lives in a new way." -Emma A.

Cooking Tips & Tricks

Adding parchment paper to pans when baking not only allows for an easier clean-up but can also avoid cross-contamination.

Sifting dry ingredients helps reduce clumps and makes batters smoother.

Set your timer for less time than the recipe calls for to make sure your food doesn't burn!

As used in my macaron recipe, blended pumpkin seeds make a great substitute for almond flour. Just be sure to sift them well!

Purchase a dedicated set of bakeware and cooking utensils for allergy-free use in your home. This ensures no chance of cross-contamination.

Substitutions

Every recipe in this ebook can be adapted to accommodate your personal allergens. As always, please read all ingredient labels for every product you use and find safe alternatives when necessary. Here are some substitution suggestions!

INGREDIENT

SUBSTITUTE

Butter

Neutral oil (ex. sunflower or canola)

Peanut butter

Sunflower/almond/soy butter

Tree nuts/peanuts

Seeds (ex. sunflower or pumpkin)

Egg

EnerG Egg Replacer, or 1/4 cup mashed banana, or 1/4 cup unsweetened applesauce, or 1/4 cup tofu

Substitutions

INGREDIENT

SUBSTITUTE

Milk

Alternative milks (rice, coconut, soy, oat, etc.)

Wheat Flour

Gluten-free flour mixes
(rice, oat, chickpea, potato, etc.)

Soy Sauce

Worcestershire sauce, liquid aminos

Corn Starch

Tapioca starch

Shortening

Spectrum soy-free shortening

Trusted Brands

The following brands have strict allergen protocols in place and are widely trusted by the allergy community. In addition, their products are delicious! As in every case, please research and/ or contact these companies with questions about your individual allergies.



Recipes



Breakfast



Breakfast Recipes

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CARA'S CHOCOLATE CHIP PANCAKES

BY CARA PRENDERGAST



Ingredients

- 1 cup safe flour/gluten free blend
- 1/4 tsp salt (a "dash")
- 1 tsp baking powder
- 1 tbsp sugar
- 1 tbsp melted safe margarine
- 1 egg replacer
- 2/3 to 1 cup non-dairy/safe milk
- Handful of non-dairy semi-sweet chocolate chips (can be substituted for blueberries, etc.)

CARA'S CHOCOLATE CHIP PANCAKES

BY CARA PRENDERGAST

Directions

1. Before cooking, preheat the griddle to 375°F.
2. In a medium-sized mixing bowl, combine all the dry ingredients (including flour, salt, baking powder, and sugar).
3. Add the wet ingredients (margarine, egg replacer, and milk) to your bowl.
 - a. Tip: Reserve a little milk to adjust the consistency. It shouldn't be like oobleck nor watery— the best consistency is between the two.
4. Add a handful of chocolate chips. Fold them in the batter so they are covered, but not at the bottom of your bowl.
5. Pour the batter on the griddle, which should now be heated to 375°F.
6. Bubbles, then "holes" should start forming around the edges of the pancakes. This is good! Wait a minute or so before flipping. *For a good pancake, there should be a few holes in the center.*
 - a. Tip: Be cautious of burning your pancakes. Keep an eye on the edges & the smell!
7. Turn over with a spatula.
8. Let them cook a little more.
 - a. Tip: to check for doneness, gently poke the center of your pancakes with your spatula— if it makes an indent, then "bounces back," you can take the pancakes off.
9. Enjoy!

MUESLI BREAKFAST COOKIES

BY AMANDA YOUNG



Chef's Notes

Breakfast is my favorite meal of the day, and this muesli cookie recipe is one of my staples! They are quick and easy to make, and they are very customizable as well. You can include any fruits, nuts, and/or seeds in your muesli mix, depending on your taste and allergens. Pairing the cookies with some fruit and sunflower seed butter provides a nutritious, perfectly-sweet meal that leaves me ready to start the day.

- Amanda Young

Ingredients

For the muesli (optional): makes about $\frac{3}{4}$ cup muesli.

- $\frac{1}{2}$ cup gluten-free rolled oats
- 2 tbsp unsweetened coconut flakes (can skip if needed)
- 2 tbsp dried fruit of choice, chopped (i.e. freeze-dried berries, dried mango, raisins, etc.)
- 2 tbs. seed of choice (i.e. pumpkin seeds, sunflower seeds, etc.)
- 1 tbsp chia seeds

MUESLI BREAKFAST COOKIES

BY AMANDA YOUNG



Ingredients (cont.):

- 1 large ripe banana
- 6 tbsp. water
- 3 tbsp. ground flax seeds or chia seeds
- $\frac{3}{4}$ cup muesli, either using the recipe above or your favorite, safe pre-made mix
- Optional: 1-2 tsp. cinnamon or pumpkin pie spice, depending on taste preferences

Directions:

To make your *muesli:

1. Preheat the oven to 350°F.
2. Spread the oats, coconut flakes, and seeds out on a baking sheet, and bake for 5 minutes, until the ingredients are lightly toasted.
3. Let the oats, coconut flakes, and seeds cool. Then, combine all of the ingredients in a jar.

MUESLI BREAKFAST COOKIES

BY AMANDA YOUNG

Directions (cont.)

1. In the small bowl, mix together the ground flax seeds or chia seeds with the water. Let this mixture sit for about 5 minutes so it can thicken.
2. In the large bowl, mash the banana with the fork. Add in $\frac{3}{4}$ cup muesli and the flax/chia and water mixture. Add in any optional spices.
 - a. The mixture should be thick enough so that it doesn't spread too much on its own, but wet enough so that it combines thoroughly. If it seems too dry, you can add more mashed banana; if it seems too wet, you can add more muesli.
3. On a baking sheet lined with parchment paper or a silicone baking mat, drop spoonfuls of the cookie mixture so that the cookies are spaced evenly (not touching) and about 2.5-3 inches each in diameter.
4. Bake for 15 minutes at 350°F.
5. Serve with fresh fruit (strawberries, banana slices, etc.), sunflower seed butter, or any other toppings.



APPLE CINNAMON TARTS

BY MARIA MAIOTTI

Chef's Notes:

I love making different variations of these "pop tarts" and trying to make new flavors with different types of pie dough and filling! I have made some with blueberries filling and lemon icing and others with chocolate crust and filling.

- Maria

Ingredients:

- 2 cups all-purpose safe flour/gluten-free blend
- 2 sticks of cold vegan/safe butter
- 1/4 tsp salt
- 1 tbsp red wine vinegar
- 3 tbsp cold water
- Apple pie filling
- ½ cup powdered sugar
- 1 tbsp water
- 1 tsp cinnamon



APPLE CINAMMON TARTS

BY MARIA MAIOTTI

Directions:

1. In a food processor, blend together the flour, butter, sugar and salt.
2. Transfer to a large bowl and add the red wine vinegar and cold water.
3. Knead until a dough forms and allow to chill in the fridge, at least 30 minutes.
4. Roll out and cut our rectangles of the dough.
5. Place about 1-2 tbsp of apple pie filling onto one of the rectangles, brush edges with water, and then place and press down another rectangle of the dough.
6. Press down the edges with a fork and then bake at 375°F for 15-20 minutes.
7. Remove them from the oven and allow to cool.
8. Make the icing by whisking together ½ cup powdered sugar, 1 tbsp water, and 1 tsp cinnamon. Enjoy!

EARL GREY SCONES

BY CLARE KIRCHNER



Ingredients

- 2 cups all-purpose safe flour/gluten-free blend
- 1/4 cup granulated sugar
- 1 tbsp. baking powder
- 1/2 tsp. salt
- 3 tea bags, Earl Grey blend
- 1/2 cup vegan/safe butter, frozen
- 1/2 cup vegan heavy whipping cream or coconut cream
- 1 1/2 tsp. egg replacer
- 2 tbsp. safe milk
- 2 tsp. pure vanilla extract

Ingredients for Glaze

- 1 1/2 tsp culinary lavender, plus more for garnishing
- 1/2 cup dairy-free milk
- 2 tea bags, Earl Grey blend
- 1 1/4 cup powdered sugar (add more as desired for a thicker glaze).

EARL GREY SCONES

BY CLARE KIRCHNER

Scone Directions

1. Preheat oven to 400°F and place a silicone baking mat on a large baking sheet.
2. In a large bowl, whisk flour, sugar, baking powder, and salt. Open the 3 tea bags and empty ground tea leaves directly into the flour mixture.
3. *Grate frozen butter and cut it into the flour mixture using a pastry cutter until incorporated and the mixture has the texture of fine crumbs.
4. In a small bowl, whisk together cream, egg, and vanilla extract. Make a well in the middle of the dry ingredients, pour in the wet ingredients, then mix.
5. Once combined, turn dough out onto a lightly floured surface and knead until it comes together. Shape the dough into a disc about 8 inches in diameter. Slice into 8 wedges.
6. Place the wedges about 2 inches apart on the silicone-lined baking sheet and bake at 400°F for 18-22 minutes until scones are tall and golden brown. Transfer to a wire rack to cool completely.

**Note: Cold, grated butter will give you the fluffiest and flakiest scones! But if you prefer, you can cube the cold butter (rather than grate it) before cutting it into the dough. If you don't have a pastry cutter, use a fork, or even your hands (but work quickly, so as not to let the butter get too warm).*

EARL GREY SCONES

BY CLARE KIRCHNER

Glaze Directions

1. In a small saucepan, bring the milk and lavender to a simmer. Remove from heat, then steep with the two bags of Earl Grey tea for about 7 minutes.
2. Using a small sieve, strain the mixture and discard the lavender. Measure out 1/4 cup of the steeped milk. Pour into a small bowl and whisk together with the powdered sugar. For a thicker glaze, add more powdered sugar.
3. Once scones cool, drizzle with glaze and sprinkle with lavender.



OAT PROTEIN BITES

BY RYLEE CHRISTIAN

Ingredients:

- $\frac{2}{3}$ cup sunbutter
- 1 cup old fashioned oats
- 1 $\frac{1}{2}$ tablespoons honey
- $\frac{1}{4}$ cup dairy-free chocolate chips
- $\frac{1}{4}$ cup flaxseeds (optional)



Directions:

- 1.) Mix together all ingredients.
- 2.) Place in the refrigerator for 30 minutes.
- 3.) Roll into balls, then roll in them in extra oats and chocolate chips.
- 4.) All done! Keep in the refrigerator.

CHOCOLATE CHIP BANANA MUFFINS

BY LAUREN COHEN

Ingredients:

- 1 $\frac{3}{4}$ cups all-purpose safe flour/gluten-free blend
- $\frac{3}{4}$ cups sugar
- 1 tsp baking powder
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 egg replacer
- $\frac{1}{2}$ canola oil
- $\frac{3}{4}$ cup safe milk
- 1 tsp vanilla extract
- 1 cup mashed, ripe bananas
- $\frac{1}{2}$ cup safe chocolate Chips



Directions:

1. Combine flour, sugar, baking powder, baking soda and salt in one bowl and egg replacer, oil, soy milk and vanilla extract in another.
2. Combine all, then fold in bananas and chocolate chips.
3. Fill greased muffin tins and bake at 350°F for 22-25 minutes.

Snacks



Snack Recipes

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HOMEMADE CHEEZ-ITS

BY MARIA MAIOTTI

Ingredients

- 8 oz shredded safe/vegan cheddar
- 3 tbsp safe/vegan butter
- Shake salt
- 1/2 tsp black pepper
- 1/2 tsp cayenne pepper
- 1 tsp paprika
- 1 tsp garlic powder
- 1 cup all-purpose safe flour/gluten-free blend
- 3 tbsp cold water



Directions

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. Cream together the butter and shredded cheese.
3. Add in the flour and spices. Make sure to mix slowly, as if done too fast it might make a mess.
4. Add in the water, and it should start to form a cohesive dough. Additional water can be added if needed.
5. Allow the dough to rest in the fridge for around 30 minutes, then roll out using a rolling pin and cut into approximately 1 inch x 1 inch squares.
6. Bake for around 15 minutes and allow to cool. Enjoy!

NUT-FREE GRANOLA

BY CADENCE ROSENBLUM



Ingredients

- 4 $\frac{3}{4}$ cup rolled oats
- 1 tsp salt
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ cup honey or maple syrup
- $\frac{1}{2}$ cup coconut or canola oil
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ tsp vanilla extract
- 1 cup of mix-ins of your choice (I used pumpkin seeds, but dried cranberries, apricots, or coconut are also great choices)

NUT-FREE GRANOLA

BY CADENCE ROSENBLUM

Directions

1. Preheat oven to 325°F.
2. Line a baking sheet with aluminum foil and spray with cooking spray.
3. Place $\frac{3}{4}$ cup rolled oats into a blender, and pulse two times or until it resembles a thick flour-like consistency.
4. In a large bowl, mix the oat flour with 4 cups regular rolled oats.
5. In a small saucepan, mix the salt, brown sugar, honey, oil, cinnamon, and vanilla extract over low heat, stirring often until boiling.
6. Once the mixture is boiling, remove from the heat and pour over the oat mixture, stirring until well incorporated. Add in pumpkin seeds or any other mix-in you want.
7. Spread mixture onto the prepared baking sheet, tapping with a spoon to create one even layer.
8. Bake for 15–20 minutes, stirring halfway through.
9. Remove from the oven, pressing down again with a spoon to form clusters. Once the granola cools, it will get more crunchy and crispy. Enjoy over yogurt, milk, or by itself!

ENERGY BITES

BY ADRIANA MAIOTTI



Chef's Notes

These healthy snacks are easy to make and extremely versatile! Ideally, you want to use a food processor to chop up the ingredients, but combining them in a bowl would also work.

Ingredients

- 2 cups total (blend of these):
 - Gluten-free oats
 - Pumpkin seeds
 - Sunflower seeds
 - Raisins or cranberries
 - Chopped dried fruits
 - Chocolate chips
- 1/3 to 1/2 cups (depends):
 - Pureed dates
 - Maple syrup
 - Agave
 - Honey
 - Melted vegan/safe chocolate

ENERGY BITES

BY ADRIANA MAIOTTI

Directions:

This simple recipe is very flexible and easy to customize.

- A mix of dry ingredients such as seeds and oats with something to bind them such as maple syrup, honey, or agave will work perfectly. Chocolate, melted or whole, is a delicious addition!
- Mix together all of the ingredients in a food processor or by hand using a spatula, fork, etc.
- Form into small pieces and store in the fridge.
- Enjoy!

***Bonus:**

These energy bites can also become granola bars if you press the mixture into a pan lined with parchment paper. Store in fridge.

WHOLE WHEAT PUMPKIN MUFFINS

BY RYLEE CHRISTIAN

Ingredients:

- $\frac{2}{3}$ cup vegan/safe butter
- 2 cups sugar 15 oz. can solid pack pumpkin
- 1 cup orange juice
- 3 cups whole wheat flour/gluten-free blend
- 1 cup flour
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- $\frac{1}{3}$ cup vegetable oil, $\frac{1}{3}$ cup water, and 3 teaspoons baking powder, mixed together



Directions:

- Cream together butter and sugar.
- Add pumpkin, orange juice, and oil-water-baking powder mixture; beat together on medium speed until mixed.
- Add the rest of the ingredients and beat on low speed until blended.
- Pour batter into lined muffin trays and place an oven at 350°F for 25 minutes. Stick toothpick in to see if done.

GARLIC BREAD

BY LILA HWANG

Ingredients:

- 1 loaf bread (baguette)*
- 4 tbsp olive oil
- 4 tbsp safe margarine or butter
- 2 cloves of garlic

**Schär bread works well and is gluten, dairy, and egg free*



Directions:

- Preheat oven to 400°F.
- Cut the baguette in half horizontally with a serrated knife. Place each half with the cut side facing up on their own sheet of tinfoil.
- Add olive oil and butter to a small glass dish and heat in the microwave for 35 seconds on 50% power. Mix oil and melted butter together.
- Spread the oil and butter mixture over the open sides of the cut baguette.
- Spread the garlic over the oil on the baguette halves
- Loosely wrap the foil around each half baguette.
- Place both halves in the oven for 15 minutes.
- Unwrap the foil so that the top of the baguette is exposed and heat for an additional 7 minutes.
- Let cool for a few minutes and slice the halves into 2-inch pieces.

RED, WHITE, AND BLUE TRIFLE

BY SHAE AVERAIMO



My mom and I love making trifles. They are so easy to make and you can pretty much add any ingredients that you want. Our favorite is a chocolate brownie trifle, but for the Fourth of July, we love making our red, white, and blue trifle. It has layers of gluten free vanilla cake, dairy free cool whip, dairy free vanilla pudding, strawberries, and blueberries. So delicious and a great dessert to bring to any picnic.

RED, WHITE, AND BLUE TRIFLE

BY SHAE AVERAIMO

Ingredients:

Vanilla pudding:

- 2 cups of unsweetened safe milk
- 2 egg replacer
- 2 ½ tbsp of sugar
- ⅛ tsp of salt
- 2 tsp of vanilla extract
- 2 ½ tbsp of cornstarch (or alternative if needed)
- 1 tsp of safe butter
- Gluten free vanilla cake mix (I like Hungry Harry's yellow cake mix)
- Dairy free whipped cream
- Fresh strawberries
- Fresh blueberries

Directions:

- Prepare vanilla cake, bake and let cool
- Prepare pudding and allow to set in fridge for 2 hours
- After pudding sets, remove from fridge and set aside
- Cut cake into small pieces (you can break it apart also)
- Slice strawberries
- Start layering the ingredients
- First layer: Vanilla cake
- Second layer: Whipped Cream
- Third layer: Strawberries
- Fourth layer: Vanilla Pudding
- Fifth layer: Blueberries
- Sixth layer: Whipped Cream

Snacks
RED, WHITE, AND BLUE
TRIFLE

BY SHAE AVERAIMO

Repeat steps until you get to the top of the bowl or trifle dish.



Lastly, top with a layer of safe whipped cream and decorate with fruit



GREEN POWER SMOOTHIE

BY CLARE KIRCHNER

Ingredients:

- 1 cup frozen kale or other baby greens
- 1 cup of frozen mango
- 1 scoop safe protein powder
- 1 ½ cups safe milk (we use oat milk)
- ¼ cup flax seeds (optional)



Directions:

1. Place kale, mango, protein powder, milk, and flax seeds (optional) in a blender. (We use Ninja brand on the Smooth Boost setting)
2. Blend contents for 1 minute
3. Pour into a glass and enjoy!

**Recipe Note: If your smoothie is too thick and you are having difficulty blending, adding a little bit of water will help to loosen things up.*

Main Meals



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MEAT PIES

BY LAUREN COHEN



Ingredients:

- 2 ½ cups safe flour/gluten-free blend
- 1 ½ tsp salt
- 1 tbsp sugar
- 1 cup warm water
- 1 pack yeast
- ¼ cup canola oil
- 1 pack ground chicken/ turkey
- Sweet onion
- Chicken broth
- Optional: garlic, paprika, salt, parsley

Chef's Notes:

Growing up, my Lebanese family has made these meat pies (Sfiha) more times than I can count. I have so many memories cooking with my family and I hope you can make some too! I always like to dip my meat pies in hummus or olive oil. Enjoy!!

MEAT PIES

BY LAUREN COHEN

Directions:

To make the bread dough:

- Mix 2.5 cups flour, 1.5 tsp salt, and 1 tablespoon sugar.
- In a separate bowl, add 1 cup warm water and mix in 1 pack of yeast. Add 1/4 cup canola oil.
- Combine all and add flour or extra water as needed (if it's too sticky).
- Let dough rise according to yeast directions.

To make the meat:

- Use ground chicken or ground turkey, sweet onion, and chicken broth.
- Cook the onion and meat until done in a pan. You can add some garlic, paprika, salt, and parsley. Add just enough chicken broth so that the meat does not dry out.

To make the meat pie:

- Roll the dough flat and cut it into large squares (you can use the bottom of tupperware or a cup).
- Fill each square with the meat. Spray each with a small amount of olive oil.
- Pull the sides together and pinch until it makes a semi-circle.
- Lay the meat pies on a parchment paper-lined sheet.
- Bake at 350°F for about 15 minutes or until the dough is completely cooked.

BAKED FALAFEL

BY LAUREN COHEN



Ingredients:

- 3 tablespoons olive oil
- 2 cans chickpeas
- Fresh garlic
- Fresh onion
- 6 tablespoons parsley
- 3 tablespoons safe flour/gluten-free blend
- 1 ½ teaspoon salt
- 1 tablespoon lemon juice
- 1 ½ tablespoon baking powder

Directions:

- Mix all ingredients together in a food processor.
- Form into balls
- Press into muffin pans
- Bake at 375°F for 15-20 minutes (will be soft at first but they harden as they cool)

Chef's Notes:

I absolutely LOVE falafel. They taste like baked homemade hummus and are DELICIOUS! Enjoy!

MULTI-PURPOSE "BREADING" CRUST MIX

BY JACQUELINE SEE-THO



Chef's Notes: *This is another one of my dad's creations. He experimented with finding the best and most delicious allergy-friendly "bread crumbs". All of these ingredients are easy to find and this mix can last a long time if stored properly.*

Ingredients:

- 6 cups of Rice Krispy Cereal
 - 6 cups of Corn Flakes
 - 3 teaspoons of Paprika
 - 2 tablespoons of Salt
 - 1 teaspoon of Pepper
 - 1/4 teaspoon of Cayenne Pepper*
 - 1 tablespoon Garlic Powder
 - Any other spices/seasoning of your choice
- *Add more or less depending on the level of heat that you desire.

MULTI-PURPOSE "BREADING" CRUST **MIX**

BY JACQUELINE SEE-THO

Directions:

1. Place all the cereal in a food processor and grind it until it is a fine powder. (Be cautious when using a food processor!) If you don't have a food processor, place the cereal in a plastic bag and you can use a rolling pin or large object to pound and crush the cereal to bits.
2. Move the mix into a plastic bag and add your spices and seasonings. Seal the bag and toss it around to mix well. Make sure all of the spices are evenly incorporated.
3. Seal the bag entirely, making sure there is no air. It can last up to 3 months

When using the mix...

1. Pour out only the amount of it that you need into a separate dish so that you can save the rest for other meals.
2. Coat a food of your choice with the mixture. (I've used pork, fish, and chicken in the past). Press firmly to make sure the mixture adheres and covers areas all around the food.
3. Cook your food as desired and serve! (You can fry or bake it!)

CHICKEN ENCHILADAS

BY BEATRIX WILLIAMS



Chef's Notes:

This is one of my favorite allergy-friendly dishes to make because it's so hard to eat Mexican food out at a restaurant when you have allergies. I use chicken when I make this, but you can use any pre-cooked meat, tofu, or no meat at all. This recipe is fun to make with family and friends, especially since it makes a ton of leftovers!

-Beatrix

CHICKEN ENCHILADAS

BY BEATRIX WILLIAMS

Ingredients:

- 21 Mission Yellow Corn Tortillas
- 1 block of vegan/safe cheddar cheese
- 1 bag of vegan/safe cheddar or colby jack shreds
- 1 can (10 oz.) of Old El Paso Red Enchilada Sauce
- 3-4 Green Onions, chopped
- 1-2 cups of precooked chicken, shredded or cut in small pieces

Directions:

- Cook tortillas in a hot pan, for about 1-2 minutes on each side. Flip using tongs.
- Preheat the oven to 400°. Shred the cheddar. Put the cheddar and Colby jack shreds in a bowl and stir.
- Place a tortilla on a plate, add cheese, chicken, and onions. Roll the tortilla up and place the seam side down in a baking dish. Continue this process until you have the desired number of enchiladas.
- Pour the enchilada sauce on top of the enchiladas, spread evenly. Then, top with extra cheese.
- Cover the dishes with foil and place in a fully preheated oven for 20-25 minutes.
- Let sit for 5-10 minutes, then add fresh green onions on top!

FRIED RICE

BY EMMA AUTH



Chef's Notes:

Fried rice is a staple Asian comfort food in my house, but it's also the stand by, clean-out-the-fridge meal we turn to when there are too many containers of leftover veggies or half chicken breasts. Fried rice is incredibly versatile and will truly work with almost anything you have in your fridge. The veggies listed are a guide, but always add whatever leftovers you want. Adjust the seasonings to taste, leave out what you don't have, add hot sauce or garnishes to finish, and enjoy making a delicious, completely customizable meal out of your leftovers!

FRIED RICE

BY EMMA AUTH

Ingredients:

- 4 cups of leftover, cold white rice OR 4 cups of brown rice (cold or warm)
- 1 bell pepper, diced small
- 2 large carrots, diced small
- Veggies (cooked or raw), such as onion, snowpeas, mushrooms, broccoli, cauliflower, etc.
- Cooked protein (tofu, chicken, steak, etc.), chopped
- ¼ cup of cooked ham (such as deli ham or leftover holiday ham), chopped
- 2 egg alternatives (scrambled tofu works), can skip if necessary
- 2 cups of spinach
- 4 tbsp of soy sauce or safe alternative (for soy/gluten free, use coconut aminos)
- 2 tbsp of grated/minced ginger/bottled paste ginger (or ¾ tsp powdered ginger)
- Sriracha or red pepper flakes, to taste
- ½ tsp safe oil (if sesame is safe for you, it provides amazing flavor)
- Salt
- Pepper
- Unflavored, nut-free oil

FRIED RICE

BY EMMA AUTH

Directions:

- Heat a large, nonstick pan over medium heat.
- After about a minute, add 1-2 tbsp of nut-free oil to the pan, depending on the quantity of vegetables you're using. (Use 1 tbsp for minimal veggies and 2 tbsp for more veggies.) Let the oil heat up for 1 minute.
- Add your raw, diced veggies, and saute until tender (5-7 minutes). You can also cook your tofu at this stage if you're using it. Add salt and pepper to taste.
- Remove the vegetables and add another tablespoon of oil to the pan.
- Add the rice to the hot oil and cook until warm (around 4 minutes). As the rice cooks, stir it occasionally and break up any clumps.
- Moving the rice to one side of the pan. Add your 2 beaten eggs to the open side, and let cook until solid underneath (approximately 1 minute).
- If using, scramble the egg/alternative. Once they're mostly cooked, combine the scramble with the rice.
- Mix your chopped protein and diced ham into the rice and let warm for 2-4 minutes.
- Combine your cooked veggies with the protein and rice. Let warm for another minute.
- Add the soy sauce/alternative to the mixture, as well as the ginger.
- Add your spinach and stir around until it wilts and drastically decreases in size.

FRIED RICE

BY EMMA AUTH

- Turn off the flame and add the sesame oil, if desired.
- Adjust seasonings to taste, adding more soy sauce, sriracha, pepper, ginger or sesame oil if desired.
- Serve immediately, or store in the fridge for up to 4 days. Reheat well before serving again.



PIZZA

BY ADRIANA MAIOTTI



Chef's Notes:

Making a pizza from scratch is super simple and very customizable! Instead of tomato sauce, an allergy-friendly pesto can also be made by replacing pine nuts with ground sunflower seeds.

PIZZA

BY ADRIANA MAIOTTI

Ingredients:

DOUGH

- 1 cup warm water
- 1 tbsp sugar
- 2 1/4 tsp dry yeast
- 2 1/2 cups flour
- Shake of salt
- 3 tbsp olive oil

PAN

- 2 teaspoons cornmeal
- 1 tablespoon olive oil or butter, for pan

TOPPINGS

- 1 cup tomato sauce or homemade pesto
- 2-3 cups shredded mozzarella cheese
- olives, chopped onion, tomato and/or peppers

Directions:

- Add sugar & yeast to a bowl of warm water. Let sit for 5 min. Then add the flour, using a stand mixer or regular bowl by hand.
- Knead dough together with salt & olive oil, until elastic. Cover bowl. Let dough rise for at least one hour.
- Grease a round pan with oil/butter and sprinkle some cornmeal so the dough does not stick. Then, spread dough onto the pan.
- Add sauce, cheese, and any favorite toppings to pizza.
- Bake pizza at 425°F for 15-20 minutes.

CREAMY PASTA WITH SPINACH AND MUSHROOMS

BY ANDREA SCHMIDT

Ingredients:

- Pasta - regular or gluten-free!
- Button mushrooms, sliced
- ½ yellow or white onion, chopped
- Milk or safe alternative
- Flour (or alternative)
- Cornstarch (for corn-free, use slightly more flour)
- 3 cloves garlic, sliced or minced
- Spinach
- Broccoli, cut into florets
- ½ lemon
- Olive oil
- Salt and pepper

Directions:

- Cook pasta according to instructions.
- Add olive oil, onion and mushrooms to a large pan over medium heat. Add salt and pepper.
- When they are almost cooked, add garlic and spinach.
- Mix flour, milk, salt, and pepper together, and add to the pan.
- Then add the cooked pasta and broccoli and stir.
- Remove from heat and add lemon.
- Enjoy!



CHICKEN AND SPINACH ROLLATINI

BY CARA PRENDERGRAST



Ingredients:

- 3 boneless chicken breasts
- 8 oz of spaghetti red sauce
- Vegetable oil
- For the filling:
 - ½ cup frozen spinach
 - 1 teaspoon basil
 - 1 clove of garlic
 - 4 oz of dairy free/safe ricotta
 - ⅛ tsp of salt (a pinch)

CHICKEN AND SPINACH ROLLATINI (CONT.)

BY CARA PRENDERGRAST

Directions:

For the filling:

- Defrost the spinach & chop it finely (if it is not pre-chopped).
- In a bowl, mix together a ½ cup of the spinach, 1 tsp of basil, 1 clove of garlic, 4 oz of ricotta cheese, ⅛ tsp of salt (a pinch). Stir until the filling is well-mixed.

To prep the chicken:

- Take 3 boneless chicken breasts and slice them in half to be thin.
- If your meat is not ¼ inch thick already, use a mallet and pound your chicken breasts thinner.

For the rollatini:

- Take about a tablespoon of the spinach-cheese mixture and spread it evenly over top of the chicken breast
- Roll the breast and secure it with a large wooden skewer



CHICKEN AND SPINACH ROLLATINI (CONT.)

BY CARA PRENDERGRAST

Cooking:

- Heat a pan on medium-to-high heat with a tablespoon of vegetable oil until the oil is shimmering hot.
- Add the rollatini, and change the heat to medium.
- Rotate the rollatini to brown evenly on all sides (approximately three times).
- After the rollatini are cooked on all sides, cover them with the red sauce.
- Cover the pan with a lid.
- Let the rollatini simmer on low heat for 10 minutes or until the chicken looks cooked through.
- Remove the skewers or toothpicks before serving.
- Serve with pasta and veggies!

Desserts



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RASPBERRY LEMON CUPCAKES

BY MARIA MAIOTTI

Ingredients:

- 2 3/4 cup safe flour/gluten-free blend
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 cup vegan butter (or oil)
- 1 cup granulated sugar
- 2 egg replacer of choice
- 1 tbs lemon zest and juice
- 1 cup safe milk
- 1 pint raspberries
- 1 cup powdered sugar
- 1 cup safe butter



Directions:

1. Preheat the oven to 350° F and line a cupcake tin with muffin liners.
2. Whisk together the flour, baking powder, and salt.
3. In a separate large bowl, cream together the butter/oil with the sugar. Slowly add in the eggs until fluffy, then add the vanilla and lemon zest.
4. Alternate between adding the dry ingredient flour mixture and the cup of (non-dairy) milk.
5. Pour the batter into the cupcake tin and bake for around 20 minutes.

RASPBERRY LEMON CUPCAKES (CONT.)

6. Allow to cool before frosting.
7. Make regular buttercream by creaming together the butter and powdered sugar. Then color it by simmering the raspberries on the stove until cooked down, straining them, and using the more liquid seed-less portion to color the frosting.
8. Pipe frosting onto cupcakes.

Optional: top with a lemon slice and more powdered sugar. Enjoy!

SAMOA COOKIES

BY MARIA MAIOTTI

Ingredients:

- 1 cup shredded and toasted coconut (if safe for you)
- 1 cup pitted dates
- 2 tbsp sunflower seed butter (or safe alternative)
- 1/3 cup melted safe chocolate

Directions:

1. In a food processor, combine the coconut, dates, and sunflower seed butter. Blend around 1 minute, until a crumbly consistency.
2. Press into balls and flatten, and use a piping tip to press into the center, making a hole.
3. Drizzle with melted chocolate and allow to harden in fridge. Enjoy!



PUMPKIN MADELEINES

BY MARIA MAIOTTI

Ingredients:

- ½ stick safe melted butter
(oil can work too)
- 3 tbsp brown sugar
- 1 egg replacer
- ¼ cup pumpkin puree
- ½ cup safe flour/gluten free blend
(sifted)
- 1 tsp baking powder
- ¼ tsp cinnamon



Directions:

1. Preheat the oven to 400 F. Prepare a madeleine mold by oiling and dusting with flour.
2. Using a whisk, mix together the melted butter, brown sugar, and egg.
3. Then add the pumpkin puree and continue to mix.
4. Slowly fold in the flour, baking powder, and cinnamon.
5. Scoop the batter into the madeleine mold and bake for about 10 minutes.
6. Allow to cool and remove from the mold.

Optional: dust with powdered sugar.

CHOCOLATE CUPCAKES

BY LILA HWANG

Ingredients:

- ½ cup brown rice flour
- ½ cup potato starch
- ¼ cup tapioca flour
- ½ cup cocoa
- 1 tsp xanthan gum
- 1 ¼ tsp baking soda
- ¾ tsp salt
- 1 cup brown sugar
- 2 tsp vanilla
- ½ cup safe non dairy milk
- ⅓ cup canola oil
- 1 egg replacement of choice
- ¾ cup hot water



Directions:

1. Preheat oven to 350 degrees and place 12 cupcake holders in a pan and set aside.
2. Place all ingredients except hot water in a large bowl and blend with an electric mixer.
3. Add the hot water and blend further with the mixer.
4. Scoop this mixture into cupcake holders.
5. Bake 12 cupcakes for 20 minutes.
6. Let cool completely before frosting.
7. These are good plain, frosted, or with powdered sugar on top.

APPLE PEAR CRUMBLE

BY CATHERINE WALKER

Chef's Note: *This recipe is my go-to fall dessert! It is so easy to make, and is delicious! I have so many memories of picking apples with my family and then making them into fresh apple crumbles or pies, so this recipe is straight from my home in Ohio. The best part about this recipe is the versatility of it. You can substitute different fruits into it depending on the season or your preferences.*

Ingredients:

For the Apples:

- 2 tbsp sugar
- 1 tsp safe flour/gluten free blend
- 2 apples sliced
- 1 pear sliced
- ½ tsp cinnamon
- 2 ½ tsp fresh squeezed lemon juice



For the Crumble:

- 1/3 cup brown sugar
- 3 teaspoon oats
- 2 teaspoons of Earth Balance
- Dairy-Free Butter (any butter works)
- 1/4 teaspoon cinnamon
- 2 tablespoons all-purpose flour or whole wheat flour

APPLE PEAR CRUMBLE

BY CATHERINE WALKER

Directions:

APPLES:

Add the sugar, flour, apples, pears, cinnamon, and lemon juice into a bowl and mix together until the fruit is completely coated with everything else. Set aside.

CRUMBLE:

Combine the brown sugar, oats, flour, dairy-free butter, and cinnamon in a bowl using either a fork or a pastry cutter. Combine until the mixture is in medium-fine crumbs. Set this aside.

- Preheat the oven to 350 degrees.
- Take a small baking dish, (mine is a rectangular 6x4 dish) and grease with a little of the extra dairy-free butter using wax paper.
- Pour the apple/pear mixture into the dish and make sure it is an even layer of the fruit.
- Take the crumble topping and pour it over the fruit. Roughly spread it out into an even layer. Bake at 350 for 30 min until it is bubbling and golden brown.
- Serve with dairy-free vanilla ice cream (optional).

*Optional: Serve with dairy-free vanilla ice cream.
My favorites are from So Delicious or Oatly.*

CHOCOLATE CAKE

BY AANYA GUPTA

Chef's Note: *My family started creating this recipe over 7 years ago. We've used this recipe for every celebration since then! Over these 7 years, we made small adjustments to the recipe, until it became a perfectly moist, airy, and delicious cake!*

Ingredients:

- ½ cup Sorghum Flour
- ½ cup Authentic Foods Classical Blend
- ¾ cup of Sugar
- ½ cup Cocoa Powder
- ½ teaspoon Baking Powder
- ½ teaspoon Baking Soda
- Pinch of Salt
- 1 tablespoon Vanilla Extract
- ½ cup of dairy free safe milk
- 1 package of GoGo Squeez Applesauce (about 1/2 a cup of applesauce)
- ½ cup avocado oil
- ½ cup hot water



CHOCOLATE CAKE (CONT.)

BY AANYA GUPTA

Directions:

1. Preheat oven to 350 degrees
2. In a large bowl, mix together sorghum flour, classical blend, sugar, cocoa powder, baking powder, baking soda, and salt
3. In a separate smaller bowl, mix together vanilla extract, soy milk, applesauce, and avocado oil
4. Pour the liquid mixture into the dry mixture and combine well
5. Slowly pour and mix the hot water into the mixture until the batter becomes slightly runny
6. Pour onto greased cake pan
7. Bake for 30-45 minutes
8. Take out of the oven and cool
9. Frost, decorate, and personalize your cake.

SNICKERDOODLES

BY CATHERINE WALKER



Ingredients:

- 1 cup shortening (most contain soy)
- 1 ½ cups sugar plus 4 tablespoons for coating
- 2-3 tbsp of water
- 2 ¾ cups flour
- 2 tsp cream of tartar
- 1 tsp baking soda
- Pinch of salt
- 2 tsp cinnamon

SNICKERDOODLES

BY CATHERINE WALKER

Directions:

- Preheat the oven to 350 degrees.
- In a large bowl, mix the shortening, 1 ½ cups sugar, and water until well combined. In a separate bowl, sift together the flour, cream of tartar, baking soda, and salt. Mix the dry ingredients with the wet ingredients until everything is evenly combined. Form the dough into a cylinder and wrap with plastic wrap. Chill the dough for at least 45 minutes.
- Combine the cinnamon and remaining 4 tablespoons of sugar in a small bowl. Roll the dough into inch sized balls. Coat each dough ball with the cinnamon sugar. Place the cookies on a sheet pan lined with parchment paper about 1-2 inches apart. Bake for 12 minutes or until the bottom of the cookies are lightly browned. Flatten the cookies using a spatula. Store the cookies in a room-temperature container.

GINGERBREAD COOKIES

BY MADDIE WALDIE



Ingredients:

- Gluten Free multi-purpose flour (3 ¼ cups)
- Xanthan gum (½ teaspoon)
- Baking soda (¼ teaspoon)
- Salt (½ teaspoon)
- Ground ginger (1 ½ teaspoons)
- Ground cinnamon (1 teaspoon)
- Ground cloves (¼ teaspoon)



- Safe butter or margarine, softened (6 tablespoons)
- Brown sugar (½ cup)
- 1 Egg replacer
- Molasses (½ cup)
- Vanilla (1 teaspoon)

GINGERBREAD COOKIES

BY MADDIE WALDIE

Directions:

1. Whisk together the GF flour, xanthan gum, baking soda, salt, ginger, cinnamon, and cloves in a medium bowl.
2. Add the egg, molasses, and vanilla to the medium bowl, and blend on medium-low speed until well blended.
3. Add the rest of the dry ingredients, and blend on low speed until incorporated.
4. Divide the dough in half, and let both halves chill in the fridge overnight.
5. Preheat the oven to 375°F.
6. Take the dough from the fridge and roll out the dough to about ¼ inch thick.
7. Cut the dough with cookie cutters and place on a baking sheet.
8. Chill the baking sheets of dough for about 15 minutes.
9. Place chilled sheets into the oven and cook for 8 - 10 minutes.
10. Decorate with icing.

MOLASSES COOKIES

BY MADDIE WALDIE



Ingredients:

- Brown sugar, packed ($\frac{3}{4}$ cup)
- Soft butter (12 tablespoons)
- Molasses ($\frac{1}{2}$ cup)
- 1 egg replacer
- Gluten-free all purpose baking mix (2 $\frac{1}{2}$ cups)
- Baking soda ($\frac{1}{2}$ teaspoon)
- Ground ginger (1 teaspoon)
- Ground cinnamon (1 teaspoon)
- Ground cloves ($\frac{1}{4}$ teaspoon)
- Granulated sugar ($\frac{1}{4}$ cup)

Directions:

1. Preheat the oven to 325°F.
2. In a large bowl, beat together the brown sugar, butter, molasses, and egg until blended.
3. Stir in the baking mix and spices.
4. Roll the dough into balls and dip the tops of them in sugar.
5. Place the balls (sugar side up) on a baking sheet about 2 inches apart.
6. Bake for about 13 - 16 minutes

S'MORES MILKSHAKE

BY SHAE AVERAIMO

Ingredients:

- Marshmallows
- Enjoy Life chocolate bars (or any safe chocolate bars)
- Graham Crackers (I used Honey Maid, but gluten free graham crackers can be used)
- Safe vanilla ice cream
- Safe milk

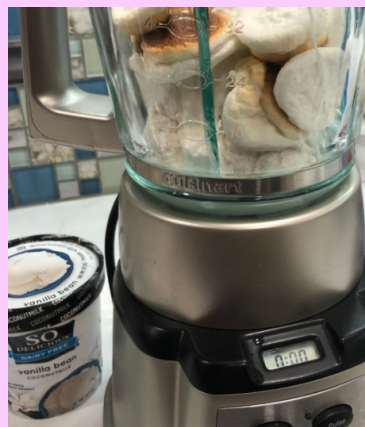


S'MORES MILKSHAKE

BY SHAE AVERAIMO

Directions:

1. Place approx 25 marshmallows on a cookie sheet with foil and broil until toasted. Set aside.
2. Put graham crackers in a sandwich bag and crush. Pour crumbs on a plate and set aside.
3. Place chocolate bars in a bowl and microwave until melted.
4. Dip top of a glass into melted chocolate and then graham cracker crumbs. Set aside.
5. In a blender, put 5 scoops of ice cream, 3 tablespoons of safe milk, and the toasted marshmallows. Blend together. You can add more ice cream or milk to get the right consistency.
6. Pour into the glass. Top with extra toasted marshmallows, graham crackers, and chocolate bar.
7. Drizzle with extra melted chocolate.



SUGAR COOKIES

BY LILA HWANG



Ingredients:

- ⅓ cup safe margarine or butter
- ⅓ cup safe shortening
- 1 cup rice flour
- 1 tsp xanthan gum
- 1 egg replacer of your choice
- ¾ cup sugar
- 1 tbsp safe milk
- 2 tsp baking powder
- 1 tsp vanilla
- 1 quarter tsp salt
- 1 quarter tsp gelatin
- ½ cup tapioca flour
- ½ cup potato starch

SUGAR COOKIES

BY LILA HWANG

Directions:

1. In a large bowl, mix butter and shortening together until creamy.
2. Add all ingredients except the tapioca flour and potato starch flour and mix until thoroughly combined.
3. Add tapioca flour and potato starch flour and mix until thoroughly combined.
4. Cover with plastic wrap and chill for at least 3 hours.
5. Preheat the oven to 375°F.
6. Roll out about $\frac{1}{4}$ of the dough at a time and cut into desired shapes and place on a cookie sheet*
7. Bake for about 8 minutes until the edges are firm and the bottoms are only very lightly browned.
8. Cool on a wire rack.
9. Decorate with your frosting/sprinkles of choice.

CHOCOLATE PEPPERMINT COOKIES

BY MADDIE WALDIE



Ingredients:

- 3/4 cup safe butter or margarine
- 3/4 cup brown sugar, firmly packed
- 1/2 cup granulated sugar
- 1 tsp vanilla extract
- 1 tsp peppermint extract
- 1/2 tsp salt
- 2 egg replacer
- 3 tbsp water
- 1 1/2 cups gluten-free flour
- 1/2 cup cocoa powder
- 1/2 tsp baking soda
- 1/2 teaspoon xanthan gum

CHOCOLATE PEPPERMINT COOKIES

BY MADDIE WALDIE

Directions:

1. Preheat the oven to 350°F.
2. In a large bowl, beat the butter, sugars, flavorings, and salt together.
3. Beat in the eggs and water
4. In a smaller bowl, whisk together the GF flour, cocoa, baking soda, and xanthan gum. Add half of the whisked ingredients to the large bowl, beat together, and add the other half.
5. Stir in the chocolate chips.
6. On a baking sheet, drop rounded teaspoonfuls of dough 2 inches apart.
7. Bake the cookies for one of the following times, depending on how you would like the cookie to turn out.
8. Soft & bendy (10 minutes), Firm (12 minutes), Crispy (14 minutes)

THUMBPRINT COOKIES

BY MADDIE WALDIE



Ingredients:

- ¼ cup packed brown sugar
- ¼ cup safe shortening
- ¼ cup safe margarine or butter
- ½ teaspoon vanilla
- 1 egg replacer
- 1 cup safe flour/gluten free
- Jelly

THUMBPRINT COOKIES

BY MADDIE WALDIE

Directions:

1. Preheat the oven to 350°F.
2. Mix the brown sugar, shortening, butter, vanilla, and egg yolk in a medium bowl
3. Stir in the flour and salt until the dough holds together.
4. Shape the dough into 1 inch balls.
5. Beat the egg white slightly.
6. Dip each ball into the egg white.
7. Place cookies on a cookie sheet about 1 inch apart. Press your thumb deeply into the center of each cookie.
8. Bake for about 10 minutes, or until golden brown.
9. Cool for about 30 minutes and then add jelly into the thumbprints.

HOMEMADE BLUEBERRY ICE CREAM

BY MADISON MOORE

Chef's Notes: *I recently made this recipe in the midst of school stress and not having to eat anything in between breaks of studying for finals. I cannot have normal Ice cream because it has egg, so that makes me itchy and break out in hives. I wanted a perfect summer treat to help cool me down in the summer without having to feel left out.*

Ingredients:

(you can choose the amount based on preference)

- frozen blueberries
- safe milk
- agave



Directions:

- Put the amount of frozen blueberries you would like and pour the milk just enough to cover the blueberries
- Start mixing, after a few minutes mixing, add a tiny bit of agave. You can add as much as you would like, but you will not need a lot.
- After mixing in the agave, pour the blueberry mixture in a storage container big enough. You may need multiple containers depending on how much ice cream mixture you have made.
- Chill in the freezer till the right ice cream consistency. Once the ice cream is ready, you can eat it out of the storage container or serve in small bowls.

MACARONS + VEGAN BUTTERCREAM

BY BEATRIX WILLIAMS



Ingredients:

- 1/2 cup pumpkin seeds (if allergic to peanuts find a safe website that sells pumpkin seeds. I recommend Now Foods)
- 1 cup powdered sugar
- 5 ounces egg whites or safe replacement (such as Aquafaba)
- 1/3 cups granulated sugar
- 1 vanilla bean or 2 tsp vanilla extract
- ½ tsp (2g) kosher salt
- Food coloring (optional)
- Extract (for extra flavor, optional)

MACARONS + VEGAN BUTTERCREAM

BY BEATRIX WILLIAMS

Directions:

1. Preheat your oven to 300°F and line at least two baking sheets with parchment paper.
2. Trace circles with a cookie cutter or tracer to make the macaron shape. You can use a sharpie to trace the circles. The circles should be at least one inch apart. To prevent ink transfer, flip the parchment over before proceeding.
3. Toast the pumpkin seeds and put them in the oven until they are lightly brown (about 10 minutes). Let them cool.
4. To make pumpkin flour: grind the pumpkin seeds and powdered sugar in a food processor. After the mixture is done in the food processor, sift the mixture twice to make sure there are no extra clumps. The remaining clumps that don't get sifted are put back into the food processor to grind and then sift again.
5. Add egg whites, sugar, salt, and vanilla bean (not the extract) into the bowl of a stand mixer. Turn the mixer to medium, if you are using a Kitchenaid this is equivalent to setting 4. Whip for three minutes.
6. Increase the speed to medium-high, this is equivalent to setting 7 on a Kitchenaid. Whip for another 3 minutes and increase the speed to 8 and whip for another 3 minutes.

MACARONS + VEGAN BUTTERCREAM

BY BEATRIX WILLIAMS

Directions (continued):

7. Turn the mixer off and add extracts/flavor/color, then whip for another minute at the highest speed. When the mixture is finished, you should have very stiff and dry meringue. Remove the meringue from the whisk by tapping it against the side of the bowl. However, if the meringue is not stiff enough, beat on high for another minute or until it is stiff.

8. Add the dry ingredients in all at once and fold them in. Use a folding motion to make sure all the ingredients are mixed and the meringue is deflated. Mix the meringue for 25 turns and then add another 15 turns. You want to be knocking the air out of the whites, NOT adding more air. Sometimes, it is easier to check your batter one stroke at a time.

9. This is one of the most important steps! After you have piped your macarons, hit your baking sheet hard against the counter to knock out any air bubbles. You DO NOT want air bubbles in your batter or else your macarons may crack! Let your macarons sit for at least 30 minutes before baking them, this helps a skin form.

MACARONS + VEGAN BUTTERCREAM

BY BEATRIX WILLIAMS

Directions (continued):

10. After your macarons are done setting, place them in the oven for about 18 minutes. You can use this time to make vegan buttercream, recipe below. You can test to see if they are ready by peeling the paper away from a macaron and by picking up a macaron and seeing if the top comes off in your hand. If your macarons have risen properly, they will have “feet” at the base. Some of your macarons will be cracked, that is okay! You can just use the cracked ones as the bottom of the sandwich!

11. Let your macarons cool. Then peel the cooled macarons away from the paper, you can always use a metal spatula.

12. Put your vegan buttercream (or store-bought) into a pastry bag (this can be the same type as used earlier). Pipe a quarter size of buttercream into one of the shells and sandwich them together with an empty half. Repeat this process until all of the macarons are sandwiched.

13. Your macarons are ready! You can eat your macarons right away. However, macarons taste better with age, so most of the time it is best to wait a day and then eat your macarons.

MACARONS + VEGAN BUTTERCREAM

BY BEATRIX WILLIAMS

Vegan Buttercream Frosting Ingredients:

Ingredients:

- 1 stick Earth Balance vegan butter (or any other safe alternative)
- 1 tsp vanilla extract
- 2 ½ - 3 cups sifted powdered sugar
- 1- more tbsp coconut milk (optional) (any other allergy-friendly substitute can be used as well)

Directions:

1. Soften vegan butter. After the butter is softened place it in a large mixing bowl and beat it with a hand mixer for about 1 minute. Once you are finished, your butter should be light and fluffy. Add the vanilla extract and mix the butter once more.
2. Next, add powdered sugar half a cup at a time and continue mixing until the mixture is combined.
3. If your mixture is too thick add 1 tablespoon of coconut milk until your buttercream is the correct consistency. This step is optional, however I did this step and it made my buttercream a lot better!

APPLE CRISP

BY LILA HWANG

Ingredients:

- 6 medium apples
- ½ cup sugar
- 1 tsp cinnamon
- ½ cup water
- 6 tbsp safe butter/margarine
- ½ cup brown sugar packed firmly
- 1 cup rice flour
- 1 tsp baking powder
- 1 tsp salt



Directions:

1. Turn the oven on to 350 degrees.
2. Peel and slice apples in eighths.
3. Combine the apples, sugar, cinnamon, and water in a medium sauce pan.
4. Cook for about 10 minutes until the apples are partially cooked.
5. Put the apple mixture in a nine inch pie pan.
6. Cream the butter in brown sugar.
7. Mix the rice flour, baking powder, and salt together in a small bowl.
8. Add the dry ingredients to the creamed mixture and mix thoroughly
9. Sprinkle the new mixture over the apples.
10. Bake for 45 minutes.

CHOCOLATE MUG CAKE

BY KRISTIN OSIKA

Ingredients:

- 1 ½ tbsp safe butter
- 2 tbsp brown sugar
- 1 tsp safe milk
- ¼ tsp vanilla extract
- 3 tbsp gluten-free flour
- ¼ teaspoon baking powder
- Pinch of salt
- 1 tablespoon chopped fresh raspberries



Directions:

1. In a four ounce ramekin, microwave the butter for 15 seconds or until melted.
2. Stir in the brown sugar, then add the milk and vanilla extract.
3. Mix in the flour, baking powder, and salt, and stir until fully combined.
4. Fold in the raspberries.
5. Microwave for one minute.
6. Let cool for two minutes. Top with brown sugar, if desired, then enjoy!

Chef's Notes: *All cook times are optimized for a 900 watt microwave; subtract time if you use a more powerful microwave, and add time if you use a weaker one.*

Meet the Team



KRISTIN

Hi! My name is Kristin Osika and I am a high school senior from New Jersey. I am the editor-in-chief of this ebook, I don't have any allergies, but I have celiac disease, and I am egg and dairy free. I am a passionate allergy awareness advocate and an avid baker! I have published my own cookbook, *Single Sweets*, comprised of allergen-free, microwave desserts. I also love science, and I run the science club and research journal at my school. In my free time, I love to write poetry and listen to Taylor Swift.



LAUREN

Hi! My name is Lauren and I am 17 years old. I started this FARE Teen Advisory Board project 2 years ago and am so happy with the success it has had! I am allergic to dairy, egg, and kiwi. I have lived with food allergies my whole life, and I have experienced first-hand the struggles of not feeling normal or feeling excluded because of food allergies. My hope is that our project helps just a little bit to give the food allergic community a sense of belonging.



SHAE

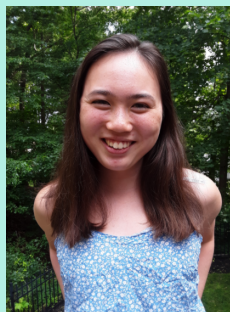
My name is Shae Averaimo. I live in Milford, Connecticut. I am 14 years old and going into my freshman year of high school. I am allergic to dairy. I love cooking and baking. My favorite subject at school is science. In my free time, I love going to the beach. One fun fact about me is that I got the opportunity to swim with dolphins in Hawaii.

Meet the Team



CATHERINE

My name is Catherine Walker and I am a senior in high school from Hudson, Ohio. This is my third year as a TAG member. I am allergic to dairy, eggs, peanuts, tree nuts, quinoa, and latex and love to advocate for food allergy awareness. In 2018, I published my own allergy-friendly cookbook titled: *Cook It Up! Delicious Recipes for Healthy Cooking* which featured my healthy allergy friendly recipes. I am also writing a second book which will hopefully be published by the end of 2021. I am super excited to share my recipes through this TAG project and be able to work with so many amazing teens like me!



EMMA

Hi! My name is Emma Auth, and I'm a junior from Wellesley, Massachusetts. I'm allergic to tree nuts and pineapple, and I've struggled with food-related anxiety throughout my life. However, my family and I learned that the best way to cope is by cooking our own safe foods to enjoy and share! I adore cooking, and I want to help others in the food allergy community find joy and comfort in food. Besides cooking, I love nature, swimming, reading, listening to old music, and spending time with my sister!



MARIA

Hello! My name is Maria Maiotti and I am 15 and live in Florida. I'm allergic to peanuts, sesame, some tree nuts, legumes, and fish. In my free time I love baking, playing volleyball, and being a part of FARE's TAG!

Meet the Team



JACQUELINE

Hi, my name is Jacqueline See-Tho. I am the leader of the Chef Committee for Cooking with Food Allergies, and this is my second year being on FARE's Teen Advisory Group. I am 16 years old and a high school junior from California. I have food allergies to eggs, milk, tree nuts, and peanuts; however, I have been undergoing OIT treatment for various foods since 2017. Some of my other passions include traveling, dance, singing, acting, and advocacy work.



BEATRIX

Hi! My name is Beatrix Williams. I am 14 years old and I am in 9th grade. I live in Redlands, California. I have been allergic to dairy, peanuts, and tree-nuts since I was a baby. Some hobbies I like to do are singing, dancing, and drawing. A fun fact about me is that I have been to the Galapagos Islands and to the equator.



CARA

Hi! My name is Caroline Prendergast, but I usually go by Cara. I'm 18 years old, and I'm from Pennsylvania! I'm allergic to milk, peanuts, tree nuts, sesame, and shellfish, but I've been building my tolerance to milk for a couple of years now. I love making art, writing poetry & prose, and playing video games (Hollow Knight and The Legend of Zelda: Breath of the Wild are my personal favorites). I am a newer member of FARE's TAG group, but have been promoting the Teal Pumpkin Project at my school. With this ebook, I hope a lot of people find at least one new recipe they can't live without!

Meet the Team



ADRIANA

My name is Adriana Maiotti. I am 15 years old and live in Florida. I am allergic to nuts, peanuts, fish, sesame, and some legumes. For fun, I like spend time outside and bake with my sister.