

GLUTEN FREE · DAIRY FREE · REFINED SUGAR FREE · MANY GRAIN FREE & LOW GLYCEMIC OPTIONS

AMAZINGLY *Simple*



RUTH SHIRK

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*Until you have a child
with special needs,
you have no idea
of the depth
OF YOUR STRENGTH,
TENACITY AND
resourcefulness.*



Dedication

This book is dedicated to my four middle children: Derek, Ketura, Conner, and Hannah.

Without you, this book would not be in print. You are the ones who drove me to search for good recipes. And if I couldn't find one, I made one. You are the ones who tested my recipes and said, "This is a KEEPER!" or "Did you write it down?" or "Put this one in your cookbook!" And the most famous saying of all, "Make it again!"

I also dedicate this book to the many mothers out there who labor in love for their children with special diets and special needs. You are the one who makes the most difference in your child's life. God bless you! It is because of you and your questions that I wrote this book.

A JOURNEY
of a thousand miles
begins with
one step.

– LAO TZU



Acknowledgements

Thank-You, God, my Redeemer and my Friend, for allowing me to walk this journey. You have taught me so much through my children. I know You make no mistakes and whatever You give us in life, You also provide the grace to see us through. *"My grace is sufficient for thee..."* Thank-You, too, for giving me a love for food and a passion for preparing food in a healthy, delicious way.

Thank-you, Roger, my best friend and the dearest person on earth to me. Thank-you for being patient with me in the hours I spent researching and asking questions and talking. You are a wonderful sounding board. Only you know the time I spent studying and searching for answers for our children's health issues.

Thank-you, to my eight wonderful children: Daxton, Kordell, Derek, Ketura, Conner, Hannah, Emily, and Jason, for being patient with me while I spent so much time in the kitchen and at the computer with this project. Thank-you for eating my food without complaining. Actually, most of the time you raved about it! You were the ones who first inspired me and said, "Mother, you need to write a cookbook."

A Special Thanks to my four middle children:

Derek—for helping me with photography and for LOVING my food. You have been such an encouragement to me.

Ketura—for doing so many of the daily duties while I spent time typing, making food and taking pictures.

Hannah—for being such a good helper with the house work and laundry, and especially for entertaining the little ones.

Conner—for loving my food. And for your recent comment that so blessed me, "I used to hate eating GF and DF, but I don't mind anymore because your food is so good!"

Thank-you, Mom, for being my supporter and encourager and for babysitting for me while I worked hard to finish this project. I'd say the love of food runs in the family!

Thank-you to Jalisa Wenger, author of the poems you will find scattered throughout this book. You have been such an encouragement to me with your countless emails and questions! You are like a bosom friend to me, even though we met in person only once.

Thank-you to all of you who encouraged me in this project and kept pushing me and wondering when my cookbook is coming out. Thank-you all for sharing your stories and asking questions. I hope this book will help you find some answers to your health needs.

"I can do all things through Christ which strengtheneth me." Philippians 4:13

GOD IS OUR
refuge and strength.
A VERY PRESENT HELP
in trouble.

PSALM 46:1



Introduction

WHY ANOTHER GLUTEN-FREE COOKBOOK?

...to share with you our favorite and BEST gluten free & grain free recipes, many of which you will not find anywhere else!

If you were to come to my house and peruse my large collection of cookbooks, you'd find scribbles and notes written in most of them. Almost without fail, I revise an original recipe. When it turns out great, I mark it "BEST!" So....I am sharing with you my BEST recipes.

Being the "foodie" I am, food must taste great and be simple and easy to prepare, made with the healthiest ingredients possible. Many gluten free recipes are dry and crumbly, gritty, too wet, or simply don't taste good and aren't good for you. (My children say they taste like cardboard....) I have been on a quest to find the BEST recipes to substitute our old favorites. I have learned by trial and error how to adjust or add ingredients to make gluten free and grain free food delicious. Many of the

recipes in this book are my own, revised from others or completely new, created from scratch. Many just evolved from changes I made.

When searching for a cookbook to fit the dietary needs of our family, I couldn't find one I was happy with. Many gluten free cookbooks are written with lots of starches and refined sugars and fats. Because of the frustrations I ran into, I began making my own recipes and compiling from many other sources. We initially saw a huge improvement in our children with high-functioning autism and ADHD when we switched to a gluten free and dairy free diet; but we saw the biggest, most lasting results when we began avoiding starchy grains, refined sugars, and starches.

I hope by writing this cookbook and sharing our recipes with you that it will make your life easier. I hope it will take out some of the guesswork for you. My prayer for you is that you will find joy in the journey of healing. May God bless you all richly.

Ruth

Breakfast



Let's Start at the Beginning

When we first began our gluten free, dairy free, low sugar journey in March of 2013, I was overwhelmed, to say the least. I sat down and made a menu for two weeks for every meal of the day. I had only one gluten free cookbook. I did not try to take gluten and dairy out of our diet slowly; I did it with a BANG! To me it was easier that way. I took a huge garbage bag and went through my pantry and refrigerator and threw out or gave away all the things that we could not eat. With the encouragement of my husband, our family of ten switched our diet to gluten free and dairy free.

I am here to encourage you and tell you that it can be done! What you will find on the following pages are some of our favorite breakfasts and breakfast ideas. When we first started eating this way, it took a lot of thought to prepare a meal. Now this is life and I no longer think, "What are we going to eat today?" Hopefully, these recipes will get you started and help you realize that it really isn't that hard. You just have to take on a different mind set. You will find that I use as little "odd" ingredients as possible, and my recipes are usually simple and easy to prepare.

We use very little grains and starches because of my children's issues with sugar and food intolerances. When you eat starches such as rice, potatoes, tapioca,

cornstarch, etc., the starches turn into sugar in your body. So therefore, we limit the use of starches and sugars as much as possible.

So, what do you eat when the food you knew—cereal, granola, milk, toast, cheese on your egg, or even baked oatmeal—is no longer an option? By the grace of God, the gift of food, and much prayer, here are some "old favorites with a new twist."

OUR BREAKFAST MENU:

Fried Duck Eggs

Fruit or Breakfast Smoothie

Cupcakes, Muffins or Cookies*

Occasionally we have GF cereal and granola with almond milk or homemade yogurt for a special treat.

*Now you may think that having baked goods for breakfast is not a healthy way to start the day. But most of the breakfast recipes, including many of my baked foods, are high in protein because of the flours we use. Also, they usually have healthy fats (brain food) and lots of eggs in them. So have a cupcake for breakfast to top off your smoothie or egg! If you can tolerate dairy, have some Greek yogurt with a drizzle of honey. Enjoy and don't feel guilty!



When it
rains,
LOOK FOR
rainbows.

When it's
dark,
LOOK FOR
stars.

Breakfast Ideas

- Smoothie with Raw Eggs or egg white protein
- Fresh Fruit
- Granola (made with GF oats or coconut & almond flour)
- Grain-Free Coffee Cake
- Cupcakes
- Muffins (Most of my cake recipes can be made into muffins or cupcakes for breakfast.)
- Almond Milk or Coconut Milk (Homemade is much better tasting and better for you because it doesn't have all the additives, plus it is less expensive!)
- Fruit with Peanut Butter
- Pancakes or Waffles
- Eggs (If you are intolerant to the yolk of the eggs, use only the whites or use duck eggs.)
- Fried Potatoes
- Bacon, Sausage, Ham (If you can get home-raised, without MSG added and nitrate free, it is much better for you.)



CHANGE
YOUR
THOUGHTS
and you
change
your world.

-NORMAN VINCENT
PEALE

Ketura's Breakfast Smoothie



2-4 lg. eggs or egg yolks* or 1/4 c. egg white protein

1-2 frozen bananas (optional)

1 1/2 c. almond milk

1 squirt of liquid stevia or 2 Tbsp. honey

1 qt. frozen strawberries, blueberries, or a combination of any kind of berries

Put all into Vitamix and blend till smooth. Best served immediately. If there are any leftovers we put them into ice pop molds for a snack later on. Delicious!

VARIATIONS:

This is also delicious with frozen peaches, pineapples, mangoes or apricots. Add a handful of greens to make it more nutritious. If you want a thicker smoothie, add ice cubes.

**If you are uncomfortable using raw eggs or have an intolerance to eggs, use 1 Tablespoon plain gelatin or 1 teaspoon glucomannan instead. It makes a thicker smoothie, plus it's very healthy for you.*

ROUTINES ARE OUR FRIENDS,
they are de-stressors for the soul.





Two roads diverged
IN A WOOD,
and I-
I took the one
LESS TRAVELED BY,
and that has made
all the difference.

- ROBERT FROST

Yogurt



Finally we can all enjoy yogurt again. This is so delicious and easy to make.

- 2 cans coconut milk
- 1 capsule high-quality probiotic
- 1 1/2 tsp. unflavored gelatin
- 1/2 c. water

Heat milk on medium heat till it reaches 115°. Take off heat and cool to 110°. While milk is cooling, mix gelatin with water and stir. When milk reaches the right temperature, add probiotic and gelatin mixture. Mix well to dissolve all gelatin. Place yogurt in yogurt maker or in crockpot on "Keep Warm" setting. Allow yogurt to culture for 24 hours. Once it's done, whisk yogurt; then put in containers and refrigerate. As it cools, it will set and become thicker. When serving, add a drizzle of honey or maple syrup. Delicious served with fresh fruit and grain free granola.

When you're finished changing,
you're finished.

— BENJAMIN FRANKLIN





Biscuits & Sausage Gravy



BISCUITS:

$\frac{3}{4}$ c. egg whites

$\frac{3}{4}$ c. almond flour

$\frac{1}{4}$ c. coconut flour

1 tsp. baking powder

$\frac{1}{4}$ tsp. salt

$1\frac{1}{2}$ Tbsp. butter or coconut oil, chilled

Mix all ingredients except butter in food processor . When well blended, add butter and pulse just till crumbly. Spoon onto greased baking sheet. Makes 8 biscuits. Bake at 400° for 15-18 minutes. While biscuits are baking, make sausage gravy.

GRAVY:

1 Tbsp. coconut oil

1 lb. loose sausage

1 Tbsp. Italian seasoning

1 tsp. crushed red pepper

$\frac{1}{2}$ tsp. sage or oregano

1 tsp. salt

1 tsp. garlic powder

2 c. homemade broth or canned GF broth

1 c. almond milk (unflavored & unsweetened)

$\frac{1}{4}$ c. arrowroot powder or tapioca flour or 2 tsp. glucomannan

Melt coconut oil in skillet; brown sausage. Add seasonings and mix well. Add broth. In a small bowl mix arrowroot powder and almond milk. Turn heat down and add to sausage mixture. Stir constantly till boiling. Continue stirring for 2 minutes. Keep warm till ready to serve. Delicious served with scrambled eggs.





Egg Muffins



- 12 lg. eggs
- 1/2 c. your choice of milk or bone broth
- 1/2 tsp. salt & pepper
- 1/2 c. diced peppers
- 1/2 c. onions or 2 Tbsp. dried onions
- 1/2 c. veggies of your choice (optional)
- 1-2 c. meat of your choice (diced ham, bacon bits, or sausage)

Beat eggs and almond milk together; add salt and pepper. Add veggies and meat. Spray or grease your muffin tin liners heavily. Pour egg mixture into muffin liners almost to the the top. Bake at 325° for 20 minutes or till tops are firm. Cool slightly before serving. These make a good protein snack, too.

Serves: 12 muffins

Do what you can,
WITH WHAT YOU HAVE,
where you are.

– THEODORE ROOSEVELT





BREAKFAST

Breakfast Casserole



- 1/2 c. butter or coconut oil
- 10-12 lg. eggs, beaten
- 1 c. homemade Ranch dressing
- 1 c. milk of choice or bone broth
- 1 c. oat flour or sorghum flour or 1/3 c. coconut flour
- 1 Tbsp. grated onions or dried onion flakes
- 1 Tbsp. parsley or oregano
- 1 tsp. sea salt
- 1/2 c. chopped peppers
- 1 c. ham or bacon

Melt butter or coconut oil in 9x13 inch pan. Mix the rest of ingredients together and pour into pan. Bake at 350° for 40-45 minutes.

Be content with what you have;
REJOICE IN THE WAY THINGS ARE.





"IN TIME
I came to realize
that I would
NOT CHANGE HIM
IF I COULD.

*I wouldn't
take his
autism/Asperger's
away.*

I wouldn't want
to have missed
any of the
odyssey that
made him

what he is
TODAY."

- a mother

Breakfast Haystacks



CRUST:

3-4 lg. baked potatoes, shredded 1 tsp. garlic powder
 salt & pepper to taste 2 eggs
 1 Tbsp. oregano or Italian seasoning

Prepare potatoes by shredding them. Season with salt, pepper, oregano, and garlic powder. Mix with eggs till well combined. Press into a greased 9x13 inch baking dish.

VARIATIONS:

You can also use pre-packaged home fries or hash browns (make sure they are gluten free) instead of the baked potato and egg layer.

LAYER THESE IN ORDER:

3-4 c. Easy Baked Beans (optional) 10-12 eggs, scrambled & fried
 1 1/2 c. homemade Ranch dressing 1 lb. fried sausage or cubed ham

Layer ingredients in order given. Prepare scrambled eggs by frying them before adding for top layer. Bake at 350° for 25-30 minutes till heated through.

My Notes: Surprisingly delicious! This is a perfect way to use leftovers. We like to have this for supper. Another "fast food."





BREAKFAST

Granola



DRY INGREDIENTS:

10 c. rolled oats

3 c. quick oats

3 c. almond flour

2 c. English walnuts, chopped

2 c. ground flax seed

Mix all together in a large roast pan; set aside.

My Notes: Although oats are naturally gluten free, I use the ones labeled "gluten free."

WET INGREDIENTS:

1/2 c. coconut oil

2 c. butter

1 c. coconut sugar

1 c. honey

2 tsp. cinnamon

1 tsp. salt

Melt together all ingredients just till melted. Pour over dry ingredients and stir until well mixed. Spread onto 2 large cookie sheets or roasting pans. Bake at 300° for 1 1/2 hours, stirring every 15 minutes.

VARIATIONS:

Mix in 1-2 cups dried cranberries or raisins while still warm.

May also add 1-2 cups peanut butter when granola comes out of the oven while still hot.

