

I Can't Believe That's Not Gluten!



Delicious recipes to make with
Primal Palate Gluten-free All-Purpose Flour

Chocolate Chip Cookies

Yield: 30 cookies | Prep time: 15 min | Bake time: 12-14 min

When I developed this flour blend, one of the first recipes I tested with it was chocolate chip cookies. I wanted perfect soft, chewy cookies with crisp edges, and I accomplished just that. If you miss traditional style chocolate chip cookies, your tastebuds will dance in delight with this recipe!

180 grams h(1.5 cups spoon-filled and leveled) flour

1/2 tsp baking soda

1/4 tsp fine Himalayan Pink Salt

1/3 packed cup brown sugar

6 tbsp white sugar

1/2 cup unsalted butter, softened to room temperature

1 egg, at room temperature

1 tsp pure vanilla extract

1.5 cups semi-sweet chocolate chips

1. Preheat your oven to bake at 375 degrees, and line two baking sheets with parchment paper.
2. In a small mixing bowl, whisk together the flour, baking soda, and salt.
3. In the bowl of a stand mixer, with the beater attachment, cream the brown sugar, white sugar, and butter over medium speed. Scrape down the bowl as needed.
4. Add in the egg, and vanilla, and beat again to combine the egg and vanilla evenly with the butter and sugar. Scrape down the bowl as needed.
5. Add the flour mixture to the butter mixture, and beat again on medium speed until evenly combined. Scrape down the bowl as needed. This will only take a minute or two.
6. Stir in the chocolate chips to evenly combine.
7. Using a cookie scoop, scoop the dough onto the baking sheet, spacing the cookies approximately two inches apart as they will spread.
8. Bake @375 for 12-14 minutes, one tray at a time, in the center of the oven.
9. Remove from the oven, cool, and enjoy!



Fluffy Vanilla Cupcakes

Yield: 12 cupakes or two 8-inch cakes | Prep time: 15 min | Bake time: 25-35 min

You know the perfectly light, fluffy, airy vanilla cake and cupcakes we all love and miss from childhood? These cupcakes are just that, but gluten-free! Your party guests will think you picked these up at the local bakery, and they will not believe they are made without gluten! Whether in cupcake or cake form, this will be your go-to vanilla cake for any birthday!

180 grams (1.5 cups spoon-filled and leveled) flour
1 3/4 tsp baking powder
1/4 tsp fine Himalayan Pink Salt

4 fl oz (1/2 cup) sunflower oil
166 grams (3/4 cup) granulated sugar
2 tsp pure vanilla extract
2 eggs, at room temperature
5 fl oz buttermilk (1/2 cup + 2 tbsp)

Vanilla Buttercream Frosting

1. Line a cupcake tin with parchment cupcake papers, and preheat your oven to 350 degrees F.
2. Sift together the flour, baking powder, and salt into a small mixing bowl.
3. In the bowl of a stand mixer, or using a medium size mixing bowl and hand mixer, blend the oil and sugar together.
4. Add in the vanilla, eggs, and buttermilk, and blend again until the eggs and buttermilk are evenly combined with the sugar and oil.
5. Add in the sifted flour, and beat the batter until the flour has just evenly combined with the wet mixture. Do not overmix.
6. Fill the cupcake tin with batter, filling each cupcake well 3/4 full.
7. Bake for 25 minutes, and allow to cool completely before frosting.
8. For Cakes: Lightly grease two 8 inch cake pans with oil.
9. Place a round sheet of parchment on the bottom of each cake pan for easier removal of the cakes.
10. Distribute the batter evenly between the two cake pans, and gently smooth the surface of the batter into an even layer.
11. Bake at 350 F for 35 minutes.



Old Fashioned Chocolate Cake

Yield: two 8-inch cakes | Prep time: 20 min | Bake time: 35 min

This decadent Old Fashioned Chocolate Cake is inspired by Ina Gartens' delicious recipe. It is the best chocolate cake I have ever eaten, and when I took the first bite, I audibly said "oh my gosh!" It is easy to make, and pure bliss to eat!

180 grams (1 1/2 cup spoon and leveled) flour
75 grams (3/4 cup) cocoa powder
1 tsp baking powder
2 tsp baking soda
1/2 tsp Himalayan pink salt
225 grams (1 1/2 cup) maple sugar
1 tsp espresso powder

1 cup full fat buttermilk, shaken before measured
2 eggs at room temperature
2 tsp pure vanilla extract
1/2 cup sunflower oil
1 cup hot water

Chocolate Buttercream Frosting

1. Preheat your oven to 350 degrees F, and grease two 8 inch cake pans. Place a round sheet of parchment in the bottom of each pan.
2. In the bowl of your stand mixer, sift together the flour, cocoa powder, baking powder, baking soda, Himalayan pink salt, maple sugar, and espresso powder.
3. In a small mixing bowl, whisk together the buttermilk, eggs, vanilla, and sunflower oil.
4. Turn your stand mixer on to medium speed, and slowly add the wet ingredients into the dry. Scrape down the bowl as needed.
5. Slowly add in the cup of hot water, being mindful of the eggs in the batter. Adding in the water slowly should temper the eggs and avoid scrambling them. Mix the batter on medium-high speed until combined evenly.
6. Evenly fill both cake pans with the batter, and bake in the center of the oven for 35 minutes.
7. Allow to cool completely before removing the cakes from the pans and frosting.



Flaky All Butter Pie Crust

Yield: One 9 inch pie | Prep time: 60 min | Bake time: 60 min

If you are gluten-free and missing a flaky, buttery pie crust that performs just like a regular pie crust, look no further. This pie crust comes together easily, and is a joy to use, and eat! You can be gluten-free, and have fun decorating pies again!

360 grams (3 cups spooned and leveled) flour
1/2 tsp xanthan gum
1/2 tsp Himalayan pink salt
1/2 tsp baking powder
2 tbsp granulated sugar (If making a sweet pie)
12 tbsp cubed cold unsalted butter (once cubed, place in the freezer for 5 minutes to be sure it's very cold)
1 egg
1 tsp apple cider vinegar
8 tbsp ice water

Total dough weight is 716 grams.
Divide into 358 gram balls.

1. Add the flour, xanthan gum, Himalayan pink salt, and granulated sugar to a food processor. Pulse to combine the dry ingredients.
2. Add half of the cubed butter to the food processor and pulse until the butter is crumbled through the flour.
3. Add the remaining butter, and pulse again to crumble the butter through the flour, and then continue to process until a ball of dough starts to form.
4. Transfer the pie dough to a medium size mixing bowl, and mix in the egg, and apple cider vinegar into the dough by hand.
5. Once the egg and ACV is combined into the dough, add in the ice water, combining again by hand. At this point you should have a smooth ball of pie dough.
6. Split the dough into two portions, weighing 358 grams each, and place each portion onto a sheet of plastic wrap, flattening the dough into a disk.
7. Wrap up the dough, and place in the fridge until use.
8. If blind-baking a pie crust with a no-bake filling, roll the dough out to about 1/4 inch thick between two sheets of parchment paper, and then roll the dough onto your rolling pin, and drape the dough over the pie pan.
9. Trim excess dough from hanging over the pan. Fold the rest of the crust under itself to then crimp the edges as desired.
10. Prick the bottom of the crust with a fork, place a sheet of parchment gently into the pie, and fill with pie weights (you can skip the pie weights and just rely on the fork method).
11. Bake for 30 minutes at 375.



Strawberry Galette

Yield: 1 Galette | Prep time: 30 min | Bake time: 45 min

This is a fun recipe that really doesn't need a recipe. All you need is this pie dough, fruit preserves of your choice, and some fresh berries. Roll the pie dough into a circle, about 1/4 inch thick, top with a thin layer of fruit preserves, and then a layer of fresh berries. Fold the edge of the galette up, add an egg wash and sugar to the crust and bake!

1 recipe for Pie Crust

1/2 cup strawberry fruit preserves

6 large strawberries, thinly sliced

Egg Wash

1 egg plus 1 tablespoon water,
whisked

2 tablespoons granulated sugar

1. For this galette you will need half of the recipe for pie dough, approximately 358 gram ball of dough.
2. Preheat your oven to 375 degrees.
3. Remove your pie dough from the fridge, and allow it to warm up enough that it can easily be rolled out, but is still cool.
4. Roll the dough into a circle between two sheets of parchment paper, into approximately 1/4 inch thick.
5. Spread the strawberry jam evenly over the dough, leaving about two inches around the edge.
6. Fold the edge of the galette up about an inch and a half in to seal in the filling and create a crust.
7. Brush the crust with the wash, and sprinkle with sugar. Bake at 375 for 30 minutes then 15 minutes at 400, or until the crust is golden.
8. Remove from the oven, and allow to cool slightly before slicing and serving.



Olive Oil Chocolate Chip Banana Bread

Yield: 1 standard loaf | Prep time: 35 min | Bake time: 65-75 min

The next time you have a couple bananas on your counter that start turning brown, bake up a loaf of this perfect gluten-free and dairy-free banana bread. It's the perfect easy bake that comes together quickly, and makes for the most delicious treat!

240 grams flour (2 cups spooned and leveled)
105 grams maple sugar (2/3 cup)
1 tsp baking soda
1 tsp Himalayan pink salt
2 medium overly ripe bananas
2 eggs, at room temperature
1/3 cup olive oil
1 tsp pure vanilla extract
1 cup semi-sweet chocolate chips

1. Preheat your oven to bake at 350 degrees F.
2. In a small mixing bowl, whisk together the flour, maple sugar, baking soda, and salt.
3. In a large mixing bowl, beat the ripe bananas, eggs, olive oil, and vanilla with a hand mixer on medium speed (you can also use a stand mixer for this), until the bananas are well mashed, and the eggs and olive oil are combined.
4. Add the dry ingredients to the mixing bowl with the bananas, and beat again on medium speed until a your batter is evenly combined, scraping down the bowl as needed.
5. Stir in the chocolate chips, and then pour the batter into your loaf pan, smoothing the top.
6. Bake in the center of the oven for 65-75 minutes, or until the bread reads 205 degrees internally. Start checking the bread at 60 minutes.
7. Allow to cool before removing from the loaf pan and slicing.



Cinnamon Rolls

Yield: 9 cinnamon rolls | Prep time: 90 min | Bake time: 40 min

If you miss a big, fluffy cinnamon bun now that you are gluten-free, look no further. This recipe is soft, tender, fluffy, with that cinnamon sugar filling we all love. The cinnamon sugar almost brulees in the oven as it bakes, so it is wonderful on its own, or frosted!

1 cup milk heated to 110 degrees F
1 tbsp active dry yeast
1 tbsp granulated sugar
1 1/2 tsp psyllium husk powder

480 grams (4 cups spooned and leveled) flour
2 tbsp dry milk powder
1.5 tsp baking powder
1/2 tsp salt
1/4 cup granulated sugar

2 eggs, at room temperature
1 tsp pure vanilla extract
1 stick (1/2 cup) unsalted butter, softened to room temp

Cinnamon sugar filling

1 stick unsalted butter, softened to room temperature
1 cup coconut sugar
2 tbsp Cinnamon Sugar Cookie

Cream Cheese Frosting

1 stick unsalted butter, softened to room temperature
1/3 cup cream cheese
1 tsp pure vanilla extract
1 cup powdered sugar, sifted



1. Measure the milk in a liquid measuring cup, and microwave for 40 seconds, or heat until it reads 110 degrees F. Whisk in the yeast and granulated sugar. Allow to proof for 5 minutes.
2. In the bowl of your stand mixer, combine the flour, dry milk powder, baking powder, and granulated sugar. Using the beater attachment, mix the dry ingredients on medium speed to combine.
3. Add the eggs, vanilla, and butter to the mixing bowl, and beat on medium speed until you have a crumbly dough.
4. Add the psyllium husk powder to the yeast mixture, and whisk to combine evenly. Pour the yeast mixture into the mixing bowl, being sure to scrape every last bit of liquid into the mixing bowl. Beat on medium-high speed until evenly combined, and the dough is fluffy. Scrape down the bowl half way through mixing.
5. Scrape the dough into an even mound in the center of your mixing bowl, cover, and allow to rise at room temperature for 1 hour.
6. In a small mixing bowl, mix together the butter, coconut sugar, and Cinnamon Sugar Cookie spice blend.
7. Place a sheet of parchment paper on your work surface and dust with some flour, or arrowroot flour.
8. Turn the dough out onto your sheet of parchment paper, and sprinkle the top with some arrowroot flour.
9. De-gas the dough by pressing it down with your hands, and start to form it into a the general shape of a rectangle.
10. Using a rolling pin, roll the dough out into a rectangle measuring approximately 11x15, and about 1/2 an inch thick.
11. Cover the top of the dough with the cinnamon sugar butter mixture. This will be a crumbly mixture, so don't worry about it being in a perfect layer. Just making sure it evenly covers the dough as much as possible is fine.
12. Roll the dough up from the base, and using unflavored dental floss, or a very sharp bread knife, slice into approximately 9 cinnamon rolls.
13. Place the rolls into a 9 inch round cake pan that is lightly greased with oil, cover, and allow the cinnamon rolls to proof again while your oven comes up to temperature. Be sure to place the cake pan onto a baking sheet, because the butter filling can end up oozing over the edge as they bake.
14. Preheat your oven to 375 degrees. Once preheated, uncover the cinnamon rolls, and place in the center of the oven. Bake uncovered for 30 minutes. You can bake them longer uncovered for a more caramelized top. Otherwise, tent them for the remaining 10 minutes. Allow to cool while your prepare the icing.
15. If you would like to ice them, combine one stick of softened butter, 1/3 cup of cream cheese, and 1 tsp vanilla in a mixing bowl. Beat on medium high speed to combine.
16. Sift in the 1 cup of powdered sugar, and beat again for approximately 5 minutes, until your frosting is light and fluffy.
17. Using an offset spatula, frost the top of your cinnamon rolls, and enjoy.

Fudgy Brownies

Yield: 12 brownies | Prep time: 25 min | Bake time: 45 min

Do you love a cakey brownie, or a fudgy one? For me it's fudgy! This recipe is so easy to make, and is a chocolate lovers dream. The espresso powder in these brownies is the secret ingredient to making them taste extra chocolaty!

227 grams semi-sweet chocolate,
melted.

120 grams (1 cup spooned and
leveled) flour

25 grams cocoa powder

1/2 tsp Himalayan pink salt

1 tsp espresso powder

8 ounce unsalted butter, softened
to room temperature

1 cup granulated sugar

1 tsp pure vanilla extract

2 eggs, at room temperature

1. Preheat your oven to bake at 350 degrees, and lightly grease an 8x8 baking dish with oil or butter. You can also line with parchment paper for easy removal.
2. In a microwave safe bowl, melt the chocolate for 30 second increments on half power, stirring after each 30 seconds, until the chocolate is fully melted.
3. Combine the flour, cocoa powder, Himalayan pink salt, and espresso powder.
4. In a large mixing bowl, or the bowl of your stand mixer, cream the butter and sugar over medium speed.
5. Add the eggs and vanilla to the bowl, and beat again on medium speed to combine the eggs and vanilla with the butter and sugar.
6. Sift in the flour mixture, and blend again on medium-high speed, scraping down the bowl as needed.
7. Pour in the melted chocolate, and blend again on medium high speed, scraping down the bowl as needed, until the batter is evenly combined.
8. Pour the batter into your prepared baking dish, and smooth into an even layer.
9. Bake for 45 minutes on the middle rack, in the center of the oven. Allow to cool before slicing.



Artisan Bread

Yield: 1 medium boule | Prep time: 15-72 hours | Bake time: 75 min

I never thought I would be able to have, let alone make, a crusty loaf of artisan bread that is gluten-free. My sister bakes the most beautiful sourdough, and I am always envious of her ability to make such beautiful bread. I now have the perfect recipe for gluten-free artisan bread that wows everyone who tastes it. I love to slice it up, toast it in the oven, and serve it with brie for guests. The crunch is unlike anything I've had gluten-free!

400 grams water heated to 110 degrees F.

1 tbsp active dry yeast

1 tbsp honey

1 1/2 tsp psyllium husk powder

420 grams (3 1/2 cups spooned and leveled) flour plus more for kneading

42 grams whey isolate

2 tsp baking powder

1 tsp fine Himalayan pink salt

1 tbsp apple cider vinegar

2 tbsp olive oil

Special equipment

Banneton bread proofing basket

Lame



1. Warm the water to 110 degrees, and then whisk in the yeast and honey until the yeast is fully dissolved.
2. Combine the flour, whey protein baking powder, and Himalyan salt in the bowl of a stand mixer.
3. Whisk in the psyllium husk powder into your yeast mixture so that the psyllium can dissolve into the liquid.
4. Using the paddle attachment, mix the dry ingredients on medium speed to combine.
5. Pour in the acv, olive oil, and the yeast mixture. Scrape every last bit of the liquid ingredients into the dry ingredients, and beat on medium speed to combine the liquid ingredients with the dry.
6. Beat the mixture on medium-high speed for 7 minutes, until your dough is light and fluffy. Scrape down the bowl as needed.
7. Transfer the dough to a proofing bucket, or a bowl and cover. Allow the dough to rise for 1 hour at room temperature, and then place in the fridge for 6-12 hours, or up to 3 days.
8. Liberally flour a Banneton bread proofing basket. Remove the dough from the fridge and turn out onto a well floured surface. Liberally dust the top of the dough with flour, and start de-gassing the dough, using a flexible bowl scraper to work the dough into a boule shape.
9. This dough is sticky, and does not need to be kneaded, so you just need to work with it enough to form it.
10. To make a boule, form your dough into a round mound, and use your dough scraper to help you swiftly transfer your dough into your Banneton.
11. Place the Banneton into a gallon ziplock bag, and seal. Place the Banneton into the fridge for 30 minutes while your pot preheats.
12. Preheat your oven to 550 degrees, and place a round 5.5 quart (or similar) cast iron pot into the oven. Be sure the knob on your lid is able to heat to 550 degrees. Allow the pot to heat for 45 minutes to 1 hour. After 30 minutes, remove the dough from the fridge so that it can come to room temperature.
13. Once you are ready to place your boule into the oven, turn it out onto a sheet of parchment paper, and quickly but gently score the top with a Lame, or you can use a sharp serated knife that you have wet.
14. Open the oven, remove the lid from your pot, and place the boule into the pot by holding it by the parchment paper. Cover the pot and close the oven.
15. Immediately turn the temperature down to 450 degrees, and bake for 75 minutes.
16. Remove the pot from the oven, remove the lid, and allow to cool completely before slicing.
17. Keep your loaf wrapped in parchment paper and use within 2-3 days. You can also slice and freeze for toasting later on.

Sandwich Bread

Yield: 1 standard loaf | Prep time: 2 hours | Bake time: 45-55 min

When you try this homemade sandwich bread, you will never buy store bought bread again! It is the most delicious, soft and light sandwich bread. You can serve it up as a sandwich fresh from the oven, or freeze slices for when you are craving some toast.

You won't believe this bread is gluten-free!

275 grams (1 1/4) cup warm water,
heated to 110 degrees
1 tbsp granulated cane sugar
1 tbsp active dry yeast
1 tsp psyllium husk powder

360 grams flour (3 cups spooned
and leveled)
22 grams (2 tbsp) dry milk powder
1 tbsp granulated cane sugar
1 tsp Himalayan pink salt
1 tsp baking powder
2 eggs, at room temperature
1 tbsp apple cider vinegar
1/4 cup unsalted butter melted,
and cooled slightly



1. Warm your water, and pour into a liquid measuring cup. Whisk in the cane sugar and the yeast, and allow to proof for 5 minutes.
 2. In the bowl of your stand mixer, combine the flour, dry milk powder, granulated sugar, salt, and baking powder. Using the beater attachment, beat the dry mixture on medium speed to combine.
 3. In a small prep bowl, whisk together the eggs and apple cider vinegar, and add to the dry mixture, being sure to scrape every last bit from the bowl into the stand mixer.
 4. Pour in the melted butter, again scraping every last bit into the stand mixer. Beat the liquid ingredients into the dry until you have a crumbly dough. Scrape down the bowl.
 5. Whisk in the psyllium husk powder to your yeast mixture to dissolve, and pour the yeast mixture into the bowl of your stand mixer. Beat the dough on medium speed for 2 minutes, then scrape down the bowl really well.
 6. Beat the dough for another 5 minutes on medium-high speed until the dough is completely smooth, and fluffy looking. Scrape down the sides of the bowl, cover and allow to rise at room temperature for one hour.
 7. This dough is too sticky to “punch down”, so to de-gas the dough, all you need to do is gently stir the dough with a spatula until the dough looks smooth again.
 8. Lightly grease a standard loaf pan with oil or butter, and pour the dough into the loaf pan, smoothing the top with your spatula.
- I like to give my dough a slight dome shape in the center for that traditional bread look.
9. Cover the loaf pan with a sheet of plastic wrap that you grease lightly, and allow it to rise again just while your oven is preheating. It only needs about 10-20 minutes depending on how warm your kitchen is.
 10. Preheat your oven to 375 degrees F. Once your dough has visibly puffed up after 10-20 minutes, remove the plastic wrap, and place it in the oven to bake for 45 minutes.
 11. Once 45 minutes has passed, take the temperature of the loaf. It will be finished when it reads 200-205 internally.
 12. Once the loaf has finished baking, allow it to cool for 30 minutes in the loaf pan, then turn it out onto a wire rack to cool completely before slicing.
 13. I like to keep my bread in a ziplock bag at room temperature for 2 days, and any remaining bread that is left, I slice and freeze for toasted bread.

Brioche Loaf

Yield: 1 standard size loaf | Prep time: 12 hours | Bake time: 60-70 min

Brioche is one of those breads that blurs the lines between savory and sweet. You can enjoy it warm with butter and flaky salt, enjoy it as the bread for your favorite sandwich, or for a special breakfast treat as french toast.

235 grams/250 ml milk (1 cup),

heated to 110 degrees

1 tbsp active dry yeast

1 tbsp granulated sugar

1.5 tsp psyllium husk powder

360 grams flour (3 cups spooned
and leveled)

22 grams (2 tbsp) dry milk powder

120 grams (1/2 cup) granulated
sugar

1 tsp baking powder

1 tsp Himalayan pink salt

1/2 cup unsalted butter, softened to
room temp

2 eggs, room temp

3 yolks, room temp

1 egg plus 1 tbsp water, whisked for
your egg wash



1. Warm the milk to 110 degrees, and whisk in the of sugar and yeast. Allow to proof for 5 minutes.
2. Combine the dry ingredients in the bowl of your stand mixer. Add the butter, and beat on medium speed using the paddle attachment until you start to see a crumbly dough forming.
3. Add in the eggs, and yolks, and mix on medium until you have formed a dough. Once it starts to form a dough ball in the mixer, then you can stop.
4. Whisk in the psyllium husk powder into your milk mixture to dissolve into the liquid.
5. Pour in the milk mixture, being sure to scrape every last bit of liquid into your dough. Beat on medium speed to incorporate the milk mixture into the dough. Scrape down the bowl, and beat on high for 5 minutes until the dough is fluffy, then transfer to a proofing bucket, or glass bowl and cover. Allow to rise for one hour at room temperature. Place in the fridge for 6-12 hours to chill so the dough is easier to work with.
6. On the day of baking, scoop about 1/2 cup of flour into a small bowl to use for kneading.
7. Lightly grease a standard size loaf pan with butter or oil, and set aside. Prepare your egg wash.
8. Liberally dust your work surface with flour, and then transfer your dough to the work surface, and dust the dough liberally with flour. This is a sticky dough, but will be easy to work with once it is floured.
9. Gently de-gas the dough by pressing the dough down with your hands. You will only be kneading to de-gas the dough. Since there is no gluten, no real kneading is required, and as this is a sticky dough, the less you handle it, the better so you don't have to keep adding more flour. I find it easiest to use my flexible bench scraper to help me swiftly move the dough as I am kneading to help form it into a mound for dividing. I use the scraper to scrape the dough off of the work surface as I move it with my other hand, adding flour underneath to help avoid sticking.
10. If braiding, Using a bench scraper or flexible bowl scraper, portion the dough into 3 equal portions. Lightly dust each portion of dough with flour to then roll out for braiding. Roll each portion of dough to about a foot in length. Press the three portions of dough together at the top and gently braid the dough tucking in the ends slightly under the loaf when finished. You can braid the dough on a sheet of parchment fitted to your loaf pan for an easier transfer into the pan. You can also do a two strand twist, if you find that easier.
11. Swiftly transfer the dough to a greased standard loaf pan, brush with an egg wash, cover and allow to proof again until the dough has visibly puffed, about 20-30 minutes, and then bake at 375 for 30 minutes. Turn the temp down to 350 and bake an additional 45 minutes, or until the loaf reads 190 F in the center.
12. The dough will be finished when a thermometer reads 190 internally in the loaf.
13. Allow the loaf to cool in the pan for 30 minutes before removing it to cool completely before slicing.

Frosted Cutout Cookies

Yield: 24 cookies | Prep time: 90 min | Bake time: 12-15 min

These cutout sugar cookies taste like they came straight from the bakery, but you can make them in the comfort of your own home! This is the perfect recipe for making holiday cookies with your kids, or loved ones. Everyone will have fun cutting out shapes, and decorating the cookies, but it will be even more fun to eat them!

300 grams (2 1/2 cups spooned and leveled) flour
1/4 tsp Himalayan pink salt
1/2 tsp baking powder
216 grams granulated sugar (1 cup)
226 grams unsalted butter (2 sticks), softened to room temperature
2 eggs at room temperature
1 tsp pure vanilla extract

1. In a medium size mixing bowl, sift together the flour, Himalayan salt, and baking powder.
2. In the bowl of your stand mixer, cream the sugar and butter together.
3. Beat in the eggs and vanilla over medium speed, scraping down the bowl as needed.
4. Add in the sifted flour to the bowl of the stand mixer, and beat again on medium-high speed until the ingredients are fully incorporated. Scrape down the bowl as needed.
5. Divided the dough into two parts, wrapping in plastic wrap to refrigerate prior to rolling and cutting. It's best to wrap the dough in a flat disc rather than a round ball.
6. Refrigerate the dough for 1 hour prior to rolling.
7. Preheat your oven to bake at 350 degrees F. Line two baking sheets with parchment paper.
8. For rolling the dough, liberally dust a sheet of parchment paper with flour, and then dust the top of the dough with flour, and place another sheet of parchment paper on top of the dough.
9. Roll the dough out to approximately 1/4 inch thick, and cut with desired cookie cutters.
10. This dough will be a little sticky at first, but will not be sticky once you start working with it.
11. Transfer your cut out cookies to your baking sheet.
12. Dust your surface and dough with a small amount of flour before rolling and cutting additional cookies.
13. Bake the cookies for 12-15 minutes. This will depend on how hot your oven runs, and how thick you have made your cookies. Keep an eye on them so they do not burn around the outside.
14. Allow to cool and decorate as desired.



New York -Style Bagles

Yield: 8 Bagels | Prep time: 24 hours | Bake time: 35 min

I don't know about you, but our brunch menu isn't complete without bagels, and my homemade New York-Style Bagels are the hit of the brunch. Everyone who tastes these can't believe they are gluten-free. They are perfect to make ahead of time, slice and freeze for the best gluten-free toasted bagel sandwich you will ever have!

- 1 tbsp active dry yeast
- 1 tbsp granulated sugar
- 384 grams, approximately 400 ml,
(1 3/4 cup) warm water heated to
110 degrees
- 1 tsp psyllium husk powder

- 420 grams (3 1/2 cups spooned and
leveled) flour
- 42 grams whey protein isolate
- 1.5 tsp Himalayan pink salt
- 2 tbsp granulated sugar
- 1/4 cup unsalted butter

Egg wash

- 1 egg plus 1 tablespoon water,
whisked



1. In a liquid measuring cup, whisk the yeast and sugar into the warm water until the yeast has dissolved. Allow the yeast to proof for 5 minutes.
2. In the bowl of your stand mixer, combine the flour, whey protein isolate, Himalayan salt, and sugar. Mix on medium speed with the paddle attachment to combine.
3. Add in the butter, and beat until the butter has incorporated into the dough. It will be a bit crumbly.
4. Whisk in the psyllium husk powder into the yeast mixture to dissolve it, and then pour the liquid ingredients into the dry ingredients, being sure to scrape all of the liquid from the measuring cup into the bowl of the stand mixer.
5. Beat the liquid into the dry mix on medium-high speed for approximately 3 minutes, scraping down as needed, until your dough is smooth and fluffy.
6. Transfer the dough into a proofing bucket or bowl, cover and allow to rise at room temperature for 1 hour.
7. Place the dough into the fridge and allow to chill for 6 hours, or overnight.
8. When you are ready to bake, Line a baking sheet with parchment paper, and dust the parchment with flour to be sure the bagels will not stick when you transfer them to the boiling water.
9. Remove the dough from the fridge, and turn it out onto a well floured surface. Using a bench scraper and a scale, divide the dough into 8 portions, these should weigh approximately 117 grams each.
10. Roll each portion of dough into a ball, dusting with flour so that the dough isn't too sticky. Once you have formed a ball, use your thumb and first finger to create a hole in the center, and stretch the hole to about an inch in diameter. Place each bagel onto the +parchment lined baking sheet. Once you have created all the bagels, cover and allow to rise again for about 30 minutes, until they are visibly puffed up.
11. Preheat your oven to 400 degrees F.
12. Bring a large pot of water with 1 tablespoon of molasses to a boil. Boil a few bagels at a time for 1 minute, flipping the bagels half way through (30 seconds).
13. Once the bagels have boiled, brush with an egg wash, and sprinkle with seasoning if desired. Bake the bagels at 400 degrees for 35 minutes. Allow to cool completely before slicing.
14. Toast and serve as desired.