

## Sunshine's Gluten Free Tips / Recipes

### Places I shop for GF foods

- Woodmans (Appleton) - robust gluten free/natural food area, good prices on GF bread, hard to find mixes, noodles made of many alternative flours/beans.
- Costco (Appleton/Madison) - bulk foods that have good prices include organic bone broth, GF crackers, GF bread, chia seeds, almond flour, nut butters, organic olive oil, wild caught tuna, dried fruit, nuts, much more.
- Vitacost (online) - I watch for sitewide % off and stackable deals to bulk purchase supplements, GF bread, Bob's Red Mill mixes, GF cereal, ancient nutrition powdered protein and collagen (for mixing in smoothies).
- Amazon - best prices on bulk nuts

### My go-to tips when I feel "off"

- drinking a mug of warm bone broth in the morning
- apple cider vinegar w/water in the morning
- more cooked and fewer raw veggies
- chicken as my main source of protein (no red meat or beans)
- remembering to take my probiotic regularly

### Recipes I enjoy

- Cinnamon maple caramel popcorn (vegan): <https://cookieandkate.com/healthy-maple-caramel-popcorn/> I use the same recipe and pour it over mixed nuts as well.
- Paleo and Vegan Peach Cobbler: <https://www.paleorunningmomma.com/paleo-vegan-peach-cobbler/> I have used the same recipe for pears, blueberries and black raspberries.
- Vegan cashew frosting: <https://simpleveganblog.com/vegan-cashew-frosting/>
- I regularly cook a whole chicken (from Aldi) in the crockpot to create several meals. For sides the first night, I toss broccoli in olive oil and roast it at 400 degrees and make a pot of wild rice. I remove 1/2 the wild rice and add a little salt, maple syrup and sliced roasted almonds to eat along with the chicken and broccoli. I then remove the remaining meat from the chicken and refrigerate it. I fill the crock pot to the top with water and let it sit on high overnight. The next day I scoop the chicken stock into a large kettle and add whatever veggies I have on hand or those that I have purchased during the summer at the farmers market and frozen. Once the veggies are cooked I add the leftover wild rice and chicken. This soup serves my family and provides enough extra to freeze portions for future meals.
- I make a lot of smoothies for breakfast. My smoothie contains: almond milk, almond butter, chia seeds, zucchini along with frozen banana, berries, and squash (butternut, buttercup, acorn, sweet potato, etc.). The frozen elements have to sit a bit to soften before they are blendable. I include a couple scoops of protein powder at the end of the blend. I have found the chocolate flavored protein powders pair well with black raspberries. I pick

a lot of berries in the summer to freeze for smoothies all year. I also cook several squash at one time and cut them into small pieces before freezing them so they go into the blender easily.

### **Food Hacks I appreciate**

- I always cook/grill extra chicken. I freeze leftovers cut into small pieces and store them in a ziploc bag. I remove a serving whenever I need a quick protein addition to a meal (salad, stir fry).
- I can't tolerate eggs so I use chia eggs as a binder when I bake. 3 Tbsp water to one 1 Tbsp chia seed - let sit and it will turn into a gel.
- Alternative flour substitute/addition - tiger nut flour
- Romaine lettuce leaves make great sandwich wraps in place of bread/pita