

150+ GLUTEN-FREE  
**FAMILY  
FAVORITES**

Tami Dillon and Bonnie Root



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*Oven temperatures are in degrees Fahrenheit.*

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## **150+ Gluten-Free Family Favorites**

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# WORDS OF ENCOURAGEMENT FROM TAMI AND BONNIE

*May the God of hope fill you with all joy and peace  
as you trust in him, so that you may overflow with  
hope by the power of the Holy Spirit.*

**ROMANS 15:13**

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*Tami*

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**Y**ou have celiac disease.” There it was. After months of tests and years of various health concerns, I had my answer. The next line was my favorite: “The good news is that celiac can be controlled with a gluten-free diet. . .”

A gluten-free diet? Isn’t gluten in everything that is good and wonderful? A life without chocolate-chip cookies, rolls, French toast? Wait—a life without cinnamon rolls? Say it isn’t so! I don’t know if I can live without cinnamon rolls!

I had my diagnosis, but I had absolutely no idea how to change from a gluten-loving person to a gluten-free one. Information was scarce, and average grocery stores and restaurants had very few options back then. While it wasn’t easy at first, after almost 15 years of living strictly gluten-free, I’m here to tell you it can be done, and it can be done in a way that allows you to have the food you enjoyed before changing your lifestyle. With some simple substitutions, modifications, and creativity, you can do it too!

If I could encourage you in one thing (other than buying this cookbook), it would be to build a support system for *your* gluten-free journey. My husband and kiddos are great sports regarding my various kitchen experiments. My oldest daughter has spent many, many hours in the kitchen with me making “sugar.” My husband is the researcher. He finds new restaurants with

gluten-free menus and new products on the market all the time. My son is our picky eater, so he keeps me on my toes to try new things. Living gluten free is a family affair. Encouragement and a bit of help will make all the difference to go from livable to enjoyable.

My mom, Bonnie Root, has been a tremendous support and rock throughout this journey. She's always had such a knack for making something delicious out of nothing. She took this gluten-free challenge in stride and has made recipe after recipe a success. We've spent countless hours perfecting our favorite dishes and researching how to make gluten-free food as delicious as possible. We're so excited to join together to share with you some of the wonderful, practical, and "why didn't I think of that" life and kitchen insights we've learned along the way.

And now for the best news of all—yes, there are cinnamon rolls! Sinfully Cinnamon Cinnamon Rolls are in the breakfast section (THE most important meal of the day)!



*His mouth speaks from that which fills his heart.*

**LUKE 6:45 NASB**

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*Bonnie*

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I accepted Christ when I was eight. That same year, my youngest sibling was born, and from that time on, my mother spent many years in and out of hospitals. As the eldest of five children, I began cooking out of necessity. Fast-forward a couple of years. I learned firsthand that God answers prayer in a very real way. Momma was in the hospital, and we were out of money and food. My daddy and I knelt on the kitchen floor and asked for God's provision. A few minutes later, a family friend knocked on the front door, his arms full of groceries. I believe God loves us so much that those groceries were on their way before our prayers were breathed. He wanted us to be blessed by receiving that tangible answer to prayer. I have never doubted his love or grace since that day. Just as the house built on the rock can't be shaken, a child's heart filled with truth will be strong throughout the storms of life.

I am now mother to three amazing, grown children who have given me seven adorable, little love bugs. My husband and I have been married 40 years, so I've been cooking for more than half a...oh, my...well, need I say more?

Since I began in the kitchen learning by doing, I have not always hit every meal out of the park, but I've learned that sometimes our mistakes are just happy accidents and a whole new dish is born. I've also learned that a positive perspective and giving ourselves as much grace as God gives make life a lot more fun.

His grace was never more abundant than when I was adapting to cooking gluten-free meals for my family. Family nights started out being tacos or barbecues in the summer because that limited the possibility of gluten contamination. As we've grown more adept at changing favorite recipes, and as more gluten-free products have come on the market, it has become fun to experiment. You know the adage, "The more life changes, the more life stays the same"? Well...

Our littlest grandbabies now want to stick tiny fingers in everything, so I'm learning all over again how often God smiled and gracefully loved me through my learning curves in life. Those adorable little chubby cheeks asking for their turn to stir make it all worthwhile.

God bless you, friend, for whatever brought you here. We pray you will find love, hope, patience (if you need it), the answers you seek to healthy eating, and some new family favorite dishes that will make your new lifestyle fun and sustainable.

## AMISH BAKED OATMEAL

[BONNIE] This oatmeal is a lovely make-ahead, time-saving recipe you can prepare the night before and reheat in the microwave. It will keep in the refrigerator a few days, and thus could save you time several mornings in a row.

We used to make a dish we called fried oatmeal that was left-over oatmeal we refrigerated, fried the next morning, and served with butter and maple syrup. This is a healthier and less messy version of that. Serve with fresh fruit and have a great start to your day.

- 4 large eggs
- 1 cup brown sugar
- 2 tsp. baking powder
- ½ tsp. salt
- 1 T. cinnamon
- 2 tsp. vanilla
- 2 cups milk
- ½ cup butter, melted
- 6 cups gluten-free rolled oats
- 1 cup chunky applesauce (optional)
- ½ cup raisins (optional)

Preheat the oven to 350°. Prepare a 13 x 9-inch baking dish with gluten-free, nonstick cooking spray.

In a large bowl, beat the eggs and then whisk in the brown sugar, baking powder, salt, cinnamon, vanilla, milk, and butter, mixing well. Stir in the oats. Add optional ingredients if desired.

Pour the mixture into the prepared pan, spreading evenly. Bake for 40 to 45 minutes. Serve warm or allow to cool completely, Cover, and place in the refrigerator to reheat later.

*Serves 12.*



## APPLE SPICE OAT MUFFINS

[BONNIE] Fall has been my favorite time of year since I was a young child. I love the mix of applesauce and spices in these muffins because they remind me of a delicious applesauce cake my mother used to make. I try hard to make muffins that are loaded with flavor and good things for little people so that someday they might have special memories around the family table.

- 3 cups (375 grams) gluten-free 1-to-1 flour blend
- 2 cups gluten-free oats
- 2 cups brown sugar, packed
- 1½ tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. salt
- 2 cups applesauce
- 1 cup milk
- 1 tsp. vanilla
- ½ cup vegetable oil
- 3 eggs, beaten
- 1 cup raisins or dried cranberries
- 1 cup butterscotch chips (optional)
- ½ cup pecans, finely chopped (optional)

Preheat the oven to 350°. Prepare a 12-cup muffin pan. (I recommend that even if you use cupcake papers, you still use a gluten-free, nonstick cooking spray on the pan. Gluten-free baked goods tend to be sticky.)

In a large bowl, combine the flour, oats, brown sugar, baking soda, cinnamon, and salt, using a whisk to break up any lumps and completely blend all the dry ingredients. In a separate bowl, mix the applesauce, milk, vanilla, oil, and eggs and then blend the dry and wet ingredients until completely combined. Fold in the dried fruit, butterscotch chips, or pecans if desired.

Pour the mixture into the muffin tin. Place in the oven and bake for 25 minutes.

*Yields 24 muffins.*

## BANANA OATMEAL BREAD

[BONNIE] For a bridal shower gift many years ago, I received a cookbook full of old-fashioned recipes I still have 40 years later, even though the cover is long gone and some of the pages have seen better days. One of my favorite recipes for potlucks was the Banana Oatmeal Cake. It looked like a German chocolate cake because of the coconut pecan frosting. This bread reminds me of that cake. To keep it simple for our toddler grandchildren, I don't add the nuts.

- 3 medium-sized, ripe bananas
- 1 cup gluten-free oatmeal, uncooked
- ½ cup (1 stick) butter, room temperature
- 1 cup C&H Baker's Sugar
- 1 cup brown sugar, firmly packed
- 1 tsp. vanilla
- 2 eggs, room temperature
- 1½ cups gluten-free 1-to-1 flour blend
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tsp. cinnamon
- 1 cup raisins, Craisins, or dried blueberries (optional)
- 1 cup mini chocolate chips (optional)
- 1 cup finely chopped walnuts or pecans (optional)

Preheat the oven to 350°. Prepare two 9 x 5-inch bread pans by spraying them with gluten-free, nonstick cooking spray and placing a rectangle of parchment paper in the bottom of each one (to aid in removing the loaf).

Peel the bananas and place them in small bowl. Mash until smooth. Stir in the oatmeal and allow to sit. In another bowl, cream the butter and sugars together until fluffy. Add the vanilla and eggs and blend well.

In a large mixing bowl, combine the flour, baking soda, salt, and cinnamon, using a whisk to break up any clumps and distribute

## JALAPEÑO POPPER DIP

[BONNIE] I still remember the first time I had a jalapeño popper—it was so amazing! But I couldn't duplicate them gluten-free in a meaningful way—*until* the other day when I found gluten-free bread crumbs online! Now I can't wait for football season to start!

### Dip

- 2 (8 oz.) pkgs. cream cheese, room temperature
- 1 cup Best Foods mayonnaise
- 1 cup Mexican-blend cheese, shredded
- 1 cup Parmesan cheese, grated and divided
- ½ cup canned jalapeños, sliced
- 1 (4 oz.) can diced green chilies

### Topping

- 1 cup gluten-free bread crumbs
- 4 T. (½ stick) butter, melted

Preheat the oven to 375°.

Cream together the cream cheese, mayonnaise, Mexican-blend cheese, and half of the Parmesan cheese. Add the jalapeños, green chilies, and a little of the juice they are packed in (to add flavor and loosen the mixture).

In another bowl, combine the bread crumbs, butter, and second half of the Parmesan cheese. Place the dip into an oven-safe baking dish and then sprinkle with the topping. Bake for 20 minutes and then serve immediately.

*Serves 8 to 12.*

## BEST CARAMEL CORN EVER

[BONNIE] My grandma used to make this when I was younger, and she gave me the recipe when I was in high school. It was time-consuming and messy, which is why she called it popcorn goop. We used to pop it in a large pan on the stove, but as things progressed we got an air popper and then a microwave. Now yummy goodness is ready in a snap!

- ½ cup popcorn kernels
- ½ cup (1 stick) butter
- 1 cup brown sugar
- ½ cup Karo light corn syrup
- ½ tsp. salt
- 1 tsp. baking soda
- 1 tsp. vanilla

Air pop 12 cups of popcorn (ours makes 12 cups in one batch) and then place the popped corn in a large, unused brown grocery-sized bag.

In a large saucepan, combine the butter, brown sugar, corn syrup, and salt. Over medium heat, bring the mixture to a rolling boil. Remove from the heat and add the baking soda (this will make the mixture foam and turn a lighter brown) and vanilla, and then pour the mixture over the popcorn in the brown bag. Gather the top tightly in one hand and shake vigorously, supporting bottom of bag with your other hand.

Place the bag in the microwave and cook on high for 1 minute. Remove from microwave, shake, and return to the microwave and cook for 1 minute. Shake, return to the microwave, and cook for 1 minute. Remove and shake, repeating three more times but just for 30-second intervals. Finally, remove from microwave and spread out on two large cookie sheets to cool.

*Yields 12 cups caramel corn.*