



# everyday grain-free baking

Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking



Kelly Smith

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**Kelly Smith**



Avon, Massachusetts

# DEDICATION

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*This simple, beautiful book is dedicated to real everyday families like yours and mine. I hope it will be a bright ray of sunshine that enables each of us to more easily bring those old familiar favorites back to the table with a delightful simplicity that leaves our lives less stressed and more centered on enjoying the people God has brought into our lives.*

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# REDISCOVERING THE JOY OF BAKING

*My passion for cooking and baking has its roots in a childhood filled with large family gatherings that always centered around a table overflowing with delicious Southern-style food. With conversations and laughter filling the air as familiar favorites were passed among us, I soon came to realize that sharing a meal was more than just passing the biscuits—it was about passing on memories, family traditions, and cherished moments in each other's lives.*

As my husband and I started our new life together, I wanted to recreate the experiences of my childhood in making our kitchen table the hub of our home, and pass on to our children the familiar comfort foods and traditions that I knew and loved as a child. Everything was right on track with this dream when suddenly our lives changed. In 2007, I began to suffer from two chronic autoimmune disorders—interstitial cystitis and irritable bowel syndrome. Not long afterward, I was diagnosed with gluten sensitivity as well. Yet, despite several prescription medications, I was still in constant pain and discomfort.

I soon came to realize that a healthier way to find relief was to radically overhaul my diet. Like many others, I felt quite overwhelmed by the unfamiliar dietary restrictions required as I strove to regain my health. Weighing even heavier upon my heart was how to continue the tradition of family gatherings around simple and delicious meals at the kitchen table.

Thankfully, many new friends came into my life who inspired me with their knowledge about the whole-food lifestyle, as well as gluten-free, grain-free living. As I learned to translate everything I knew and loved about cooking into a more whole-food, nutrient-dense approach, amazing health transformations began to take place—both in my life and in the lives of my family members.

These positive changes did not go unnoticed, and soon I was sharing my rapidly growing knowledge, experience, and passion for healthy grain-free living with friends far and wide. With the support of my family, I launched [TheNourishingHome.com](http://TheNourishingHome.com)—a whole-food, grain-free lifestyle blog dedicated to helping individuals and families live a more nourished life!

Although many of us live with the challenge of adhering to various dietary restrictions, by no means should these restrict us from experiencing the joy of sharing cherished traditions with our family and friends.

Therefore, my heartfelt mission in writing this book is to provide you with a whole host of deliciously comforting grain-free baking recipes, while also inspiring you to rediscover the joy of sharing your delightful creations with those you love. With the easy, delicious recipes found



throughout this book, your kitchen can once again become a welcome gathering place for you, your family, and friends, to break bread and share your lives with one another.

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# INTRODUCTION

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*Living grain-free doesn't mean you have to sacrifice your favorite baked goods. In fact, each one of the more than 100 easy-to-make recipes found in Everyday Grain-Free Baking is the result of my passion to take the everyday comfort foods we each hold dear and reinvent them so that they're not only acceptable grain-free substitutes for old favorites, but are so delightfully flavorful that you won't even notice that anything is missing.*

As a firm believer in the whole-food lifestyle, I've made sure that each scrumptious recipe—from Easy Everyday Bread and Sweet Cinnamon Roll Biscuits to Raspberry Crumble Bars and Deep Dish Apple Pie—utilizes only real food ingredients. No processed or refined foods and no starch-based flours are included. The result is a healthier, more nutrient-rich baked good that will leave you and your family feeling satisfied with every tasty bite!

In addition, I've also come to discover that there is no one-size-fits-all grain-free diet. Instead, what works for one person may not work for another, since we're all complex, unique individuals. Therefore, this cookbook isn't focused on exploring the various nuances of one particular diet or another, but instead provides simple, grain-free baking recipes that meet the foundational elements of the most common grain-free diets. Helpful information about each of the grain-free ingredients used in this book is located in the "Grain-Free Pantry Essentials" section in [Chapter 1](#) for easy reference. So whether you're gluten-free, grain-free, or just want to reduce your carbohydrate intake, my mission in this book is to provide you with easy and delicious recipes that your whole family can enjoy whether or not everyone is living a grain-free lifestyle.

# INGREDIENTS AND ICONS

As you likely know, there are several different types of grain-free diets, each with its own dietary guidelines. As you'll soon discover, this easy-to-use cookbook is compatible with the most common grain-free diets, since it's filled with delicious baking recipes that are grain-free, gluten-free, starch-free, and free of refined sugar. The vast majority are also dairy-free, or contain dairy-free recommendations so they can easily be converted as such. To help you more easily identify which recipes are suitable for your personal dietary preferences, you'll find the following icons next to each recipe:

**Dairy Free:** 

**Dairy-Free Option Provided:** 

**Egg Free:** 

**Nut Free:** 

**Suitable for the Specific Carbohydrate Diet:** 

## *Tips & Tidbits*

*The majority of recipes in this book are suitable for the Specific Carbohydrate Diet (SCD)—a grain-free, lactose-free, starch-free, and refined sugar-free diet centered on real, unprocessed foods. Yet, whichever dietary lifestyle you opt to follow, it's important to seek out a trusted healthcare professional to help guide you throughout your journey.*

Of course, it's not necessary to be grain-free to enjoy the scrumptious recipes in this book. That's because they've been specifically developed to appeal to everyone. So I invite you to join me for a delicious culinary adventure to discover a new twist on traditional baked-good favorites. I'm certain your taste buds and your body will appreciate the delectable grain-free, gluten-free recipes found throughout *Everyday Grain-Free Baking*. Enjoy!

# THE GRAIN-FREE KITCHEN

*When it comes to creating delicious grain-free baked goods, having the right ingredients on hand makes all the difference. That's because the type and quality of ingredients used, as well as the techniques for combining them, impact the ultimate success of a recipe. In this chapter, you'll find an overview of the grain-free ingredients used to create the scrumptious recipes in this book, along with recommendations for helpful baking tools. In addition, you'll receive information on the many benefits of grain-free baking and lots of tips for making your grain-free baking adventures a success. All of these details have been provided to ensure that your grain-free baking experience is a smooth and enjoyable one. So please take a moment to read through this chapter to learn the important strategies for maximizing your success in the kitchen.*

As you'll soon discover, grain-free baking doesn't have to be a complicated, time-consuming process. The recipes shared throughout this book are easy to prepare and require just a few key ingredients and simple techniques. Yet, despite their simplicity, these delightful treats are so flavorful and reminiscent of their traditional namesakes that most often your loved ones will never know that what you're serving is grain-free.

# WHY BAKE GRAIN-FREE?

Before we start baking, let's first take a look at the many wonderful benefits that come from learning to bake grain-free, including:

- \* **Nutritional Benefits:** Since grain-free baking does not require the use of highly processed or refined starch-based ingredients, it's a wholesome option for individuals who are striving to reduce their carbohydrate intake while increasing protein and fiber in their diet.
- \* **Naturally Gluten-Free:** For those living gluten-free, grain-free baking is an excellent whole-food option, since all of the real food ingredients used to create grain-free baked goods are naturally gluten-free.
- \* **Ease and Convenience:** Grain-free baking does not require multiple flours, or the use of starch-based binders, which makes it a quick and easy method for preparing tasty gluten-free baked goods.
- \* **Delicious Results:** Grain-free baked goods have tastes and textures remarkably similar to those of traditional gluten-based foods. In fact, grain-free baked goods are so flavorful and satisfying, many people are surprised to learn that what you're serving is gluten-free and grain-free.

## *Tips & Tidbits*

*Although the name of the book is Everyday Grain-Free Baking, my intention is not to imply that these recipes should be an all-day part of one's diet. Instead, as is the case with any baked good (grain-free or not), they should be enjoyed in moderation with the bulk of one's diet centered on a wide variety of beneficial whole foods such as vegetables, fruits, grass-fed meats and eggs, cultured foods such as yogurt, healthy fats, and other nutrient-dense foods.*

# GRAIN-FREE PANTRY ESSENTIALS

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Making delightfully healthy grain-free baked goods is a snap with just a few key ingredients. By stocking your pantry with these real-food baking essentials, you'll be ready to make every recipe in this book. For information on where to find these grain-free baking staples and more, please see the Resources section in Appendix A at the back of the book.

## Blanched Almond Flour

Blanched almond flour is made from skinless almonds that are finely ground into flour. The result is a protein-rich, gluten-free, grain-free flour with a mild, slightly sweet flavor that is perfect for creating delicious, wholesome baked goods. After testing various brands, I personally use and recommend Honeyville blanched almond flour because its extremely fine grind results in much lighter, fluffier, and tastier baked goods.

## Coconut Flour

Coconut flour is made from finely ground dried coconut meat, making it another terrific grain-free option. It's high in fiber and therefore requires a much higher liquid-to-flour ratio. Because coconut is technically not a nut, coconut flour is generally a good option for those with nut sensitivities. Of course, it's important to confer with your allergist. You'll notice that I use coconut flour in nearly every almond flour recipe in this book, since it helps to absorb excess moisture and further lighten the texture of grain-free baked goods.

## Coconut Butter

Coconut butter, also referred to as coconut cream concentrate, is made from whole coconut flesh that is puréed into a thick, healthy spread full of rich coconut flavor. Coconut butter is the perfect ingredient for making dairy-free icings and frostings that are smooth and creamy, and that hold up well at room temperature.

## Unrefined Virgin Coconut Oil

Unrefined virgin coconut oil is a highly beneficial fat extracted from coconut meat. It not only tastes great, but it's also an excellent nondairy choice for cooking and baking, which is why it's a key ingredient in the recipes throughout this book. A good source for unrefined virgin coconut oil is Tropical Traditions brand.

## Coconut Milk

Pure coconut milk is a delicious nondairy alternative to whole milk that is made by puréeing together the water and meat of a coconut. It's important to note that only pure canned coconut milk (BPA-free cans) is recommended. So for best results, do not substitute with coconut milk beverages, since they contain unhealthy additives and fillers. Also, be sure to thoroughly whisk canned coconut milk before using it in a recipe, since the cream often separates from the water.

### **Palm Shortening**

Palm shortening is made from nonhydrogenated palm oil and is an excellent nondairy substitute for butter. Its light, nearly flavorless texture makes it an excellent option for baking, and it also works well for creating smooth, creamy frostings and icings that hold up well at room temperature.

### **Baking Soda**

Baking soda is the leavening agent of choice for grain-free, starch-free baking. Although baking soda is an alkaline compound, when mixed with acidic ingredients (such as lemon juice or vinegar), it reacts by releasing bubbles of carbon dioxide that help baked goods to rise. It's important to note that baking powder is not the same as baking soda, so the two cannot be used interchangeably.

### **Grass-Fed Butter**

Note that the majority of recipes in this book are dairy-free, or have dairy-free options, such as coconut oil or palm shortening. However, for those who can tolerate dairy, grass-fed butter is a tasty, highly nutritious fat. When it comes to baking, it's important to only use unsalted butter, since it provides the necessary fat without changing the flavor of a recipe.

### **Unflavored Gelatin**

Unflavored gelatin is a healthy starch-free option for thickening and binding ingredients, such as those used in custards, puddings, and pie crusts. A good source for grass-fed gelatin is Great Lakes brand.

### **Honey**

Local raw honey is my go-to sweetener of choice, which is why you'll find it used in the majority of the recipes in this book. When it comes to baking, I recommend using a mild honey such as sage or clover. The robust flavor of honeys such as orange blossom and wildflower varieties are often too strong and can overpower delicate baked goods.

## Coconut Crystals

Coconut crystals, also known as coconut sugar, come from the sap of the coconut palm flower. They are a low-glycemic, unrefined alternative to processed sugar that has a light sweet flavor similar to brown sugar. Although honey is my preferred sweetener, I occasionally use coconut crystals, particularly in cookie recipes since they help to create a much crisper cookie.

## Apple Cider Vinegar

Using apple cider vinegar is a healthy way to increase the acidity in recipes, which is especially important in baking, since an acid medium used in conjunction with baking soda helps contribute to a better rise. Apple cider vinegar is recommended over other varieties because its mild flavor doesn't leave a hint of vinegary taste behind, even in the most delicate baked goods.

## Sea Salt

Cooking and baking with a high-quality fine-ground sea salt truly makes a difference in terms of taste and outcome, not to mention its superior nutritional benefits. That's because sea salt is unrefined and contains many essential trace minerals. Brands such as Real Salt or Celtic Sea Salt are good choices.

## Raw Cashew Butter

Raw cashews and raw cashew butter are common ingredients used in grain-free baking because of their mild flavor and ultra-creamy texture. You'll find creamy raw cashew butter to be the key ingredient for making light and fluffy grain-free sandwich breads and rolls that taste remarkably similar to gluten-based breads.

## Yogurt

Plain yogurt—made from either whole milk or coconut milk—is an excellent ingredient to have on hand to add richness, moisture, and acidity to a variety of baking recipes. The use of yogurt results in lighter, fluffier baked goods, which is why you'll find recipes for [homemade Whole Milk Yogurt](#) and [Coconut Milk Yogurt](#) in Chapter 10.

## Chocolate

Enjoying dark chocolate (preferably fair-trade) on occasion is a special treat. For grain-free baking it's best to use nonalkalized, gluten-free cocoa powders such as Dagoba. When it comes to chocolate chips, Enjoy Life mini chocolate chips are an excellent option, since they are free of gluten, dairy, and



soy.

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# HELPFUL BAKING TOOLS

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Investing in quality bakeware makes grain-free baking much easier and more successful too! These key baking essentials are my personal favorites for creating delicious grain-free baked goods, which is why they're often called for within this book. By having these helpful tools on hand, you'll have the exact equipment necessary to successfully make every recipe in this book.

## Baking Basics

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- \* Measuring Cups and Spoons
- \* Mixing Bowls
- \* Offset Spatula
- \* Rubber Spatulas (spoon-shape and thin jar spatula)
- \* Whisks (large and small balloon whisks)
- \* Microplane Zester
- \* Parchment Paper
- \* Parchment Muffin Cup Liners

## Baking Dishes

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- \* 8" × 8" Baking Dish
- \* 9" × 9" Baking Dish
- \* 9" Deep-Dish Pie Dish

## Baking Pans

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- \* 8.5" × 4.5" Loaf Pan
- \* 9" Tart Pan
- \* Baking Sheet/Cookie Sheet
- \* 12-Cup Muffin Tin

## Baking Tools

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- \* Blender
- \* Food Processor
- \* Stand Mixer (or electric hand mixer)

For information on the exact bakeware products I use, be sure to visit my online store at [TheNourishingHome.com](http://TheNourishingHome.com).

# READY, SET, BAKE! STRATEGIES FOR MAXIMIZING YOUR SUCCESS

You've probably been there . . . A photo of a beautiful recipe entices you to start baking, only to discover your creation looks nothing like the photo. What went wrong? In this section, you'll find some basic strategies to help ensure that all of your grain-free creations are as beautiful and delicious as the pictures that inspired you to make them—in this book and wherever else your grain-free baking adventures lead you.

## Be a Follower First, an Adventurer Second

It's important to note that the recipes in this book have been thoroughly tested multiple times to ensure a consistent outcome. So the first rule of thumb when it comes to maximizing your success is to follow the recipes exactly as written. This means curbing any impulse to make substitutions or measurement changes, or to skip steps, as each of these changes will invariably impact the outcome of a recipe, often producing a less than desirable result. Instead, first make the recipe exactly as written. Then if you're feeling adventurous, make minor adjustments the next time around based on your taste preferences.

This is particularly important when it comes to baking. That's because the type of ingredients and how they are combined must be carefully planned to ensure they work together harmoniously to create the proper moisture, rise, and texture that make baked goods light, fluffy, and delicious.

## Use the Right Tools for the Job

Similarly, it's important to use the correct tools called for in a recipe. For example, if a recipe calls for an 8" × 8" baking dish, substituting with a larger pan will result in a thinner baked good that may be overdone, if the bake time is not adjusted. Also, using a whisk to do the job of a stand mixer (or electric hand mixer) will not only result in quite an upper-body workout, but may lead to ingredients not being properly combined, which will ultimately impact the outcome of a recipe.

## Remember Your *Mise en Place*

*Mise en place* is a French culinary term that refers to the practice of having each ingredient ready to go before you start making a recipe. That way, you don't have to stop to do anything other than add the next ingredient.

To get started, first read a recipe through in its entirety. This will help you determine what steps you need to do first in order to have all of the ingredients ready to go before you start combining them. For example, you may need to dice fruit for muffins, or cut butter into small pieces for scones.

Trust me, if you adopt the practice of gathering and preparing all of your ingredients in advance of starting a recipe, you will find life in the kitchen not only quicker and easier, but more successful and enjoyable too!

### **Fluff, Scoop, and Sweep**

When it comes to measuring grain-free flours, always use the standard “fluff, scoop, and sweep” method when making the recipes in this book, since correct measuring is vital for successful baking. Simply fluff the flour using a fork and dip your measuring cup into the fluffed flour to scoop it up. Then, sweep the top of the measuring cup using the back of a knife to level the flour.

### **Freshness Is Key!**

For best results, fresh flour is essential. Grain-free flour should ideally be purchased in sealed packages from a quality provider, since lengthy exposure to air can greatly impact freshness and moisture levels. Therefore, once you open a package of grain-free flour, consider storing a 2-week supply in an airtight container in your pantry for convenience. Then store the remaining flour in an airtight container in the fridge or freezer to maintain long-term freshness. In general, grain-free flour can be stored in the refrigerator for up to 1 month, and in the freezer for up to 6 months.

*Note: If you store your flour in the refrigerator or freezer, be sure to bring it to room temperature before measuring it out in a recipe, since cold flour can negatively impact the outcome of a recipe.*

### **Know Your Oven**

When it comes to baking, getting the best—and tastiest—results requires knowing your oven and how to properly use it.

One of the first things to determine is how accurate your oven is in reaching the proper temperature since an oven that doesn’t run true to temperature is often the cause of burnt biscuits or undercooked cakes. Using a quality oven thermometer can help you determine whether your oven runs hot, cold, or true to temperature.

Similarly, preheating your oven is a crucial step in baking success. It’s highly important for an oven to be at proper baking temperature before a dish goes into the oven in order for it to cook evenly. Additionally, try to resist the urge to continually open the oven door to check a dish’s progress, since this allows a lot of heat to escape. Instead, if you know that your oven is true to temperature, it’s best to wait until the minimum bake time is reached (as noted in the recipe) before opening the oven door to check. The exception, of course, is when a peek through the window reveals a dish that’s browning sooner than expected.

And last, but not least . . . For the recipes in this book, unless otherwise specified, your oven rack

should be placed in the middle position for even baking. This is especially important when it comes to grain-free ingredients like nut flours and honey, which can burn easily.

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## **LET'S GET STARTED!**

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Now that you've learned a few key strategies for grain-free baking success, it's time to get started. Remember, the simplicity of the ingredients and easy-to-follow instructions for combining them not only make the recipes within this book perfect for everyday baking; they also help to ensure delicious results that are remarkably similar to the taste and texture of traditional baked goods. So put on your apron, and let's have some fun baking together!

## Chapter 2

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# BREADS AND ROLLS

Easy Everyday Bread (DF) (SCD)

Cinnamon Swirl Bread (DF) (SCD)

Classic Brown Bread (DF)

Pumpkin Spice Bread (DF) (SCD)

Ultimate Banana Bread (DF) (SCD)

Sandwich Rounds (DF) (SCD)

Classic Dinner Rolls (DF) (SCD)

Chile-Cheese “Corn” Bread (SCD)

Cheddar-Herb Coconut Flour Rolls (NF) (SCD)

Pizza Crust (DF) (SCD)

# Easy Everyday Bread



Makes 1 Loaf

*Living grain-free doesn't mean missing out, especially when it comes to bread. This delicious cashew butter bread will trick your taste buds into believing it's the real deal, as it has a remarkable likeness in both taste and texture to traditional bread. It's light and airy with a slightly crunchy crust.*

**¾ cup blanched almond flour**

**1 tablespoon coconut flour**

**1 teaspoon baking soda**

**½ teaspoon sea salt**

**1¼ cups unsalted creamy raw cashew butter**

**2 large eggs, plus 3 egg whites**

**1 teaspoon honey**

**2 tablespoons water**

**1 tablespoon apple cider vinegar**

1. Preheat oven to 315°F. Grease an 8.25" × 4.25" loaf pan and line bottom only with parchment paper, slightly greasing the parchment as well. (**Note:** A standard 9" × 5" loaf pan will result in a loaf with less height. But it will still taste great!)
2. In a small bowl, combine the almond flour, coconut flour, baking soda, and salt; set aside.
3. In a large mixing bowl, add the cashew butter, eggs, egg whites, and honey. Using a stand mixer or electric hand mixer, blend together until smooth and creamy.
4. Add the water to the nut butter mixture and mix until well blended.
5. Add the dry ingredients to the wet and mix until batter is smooth and creamy, making sure to scrape down the bowl as needed.
6. Mix in the apple cider vinegar, then pour batter into the prepared loaf pan using a rubber spatula to scrape all the batter from the bowl.
7. Bake for approximately 40 minutes, until golden brown and a toothpick inserted into center comes out clean.
8. Allow bread to rest on stovetop about 10 minutes. Then run a knife along the edges and invert onto a cutting board to finish cooling.
9. Once bread has completely cooled, use a serrated bread knife to slice and serve. Bread can be



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sample content of Everyday Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking

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