

Our Special Garden

Nutrition, Fitness & Natural Health Services, Educating You Today for a Healthier Tomorrow

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GF Ketchup

Classic recipe with not all the sugar.

Ingredients:

1 tsp salt	1/4 tsp garlic powder	1 cup tomato paste
1/4 tsp mustard powder	1/8 tsp black pepper	1/2 cup white vinegar
1/4 tsp onion powder	1 cup tomato sauce	1/2 cup brown sugar

Directions:

- Thoroughly mix and boil brown sugar, vinegar, salt, tomato paste and tomato sauce into a sauce pan.
- Reduce the heat to a simmer.
- Toss in the garlic powder, onion powder, mustard powder and black pepper.
- Keep it simmering for about 30 minutes before you let it cool off and put it in the refrigerator for storage.

Banana Bread

Dry Ingredients

1 cup brown rice flour
1 cup white rice flour
1/4 cup each potato flour & tapioca flour
1 tsp. xanthan gum
1 tablespoon of baking powder
1/2 tsp. salt

Directions:

- Preheat oven to 350F
- Oil one standard or two small loaf pans, (or six mini-loafs).
- Mix bananas with butter or oil and sugar or honey.
- Dump dry ingredients into wet ingredients, and stir until all is moist.
- Bake for 40 minutes depending on the pan size. If you use six mini-loafs then the cooking time will be less than the 40 minutes.
- Cool on rack.

Wet Ingredients

1 tablespoon egg replacer
1/2 cup butter, (or canola oil)
2/3 cups honey or brown sugar -or- 1/2 cup fructose
1-1/2 cups thoroughly mashed overripe bananas

Honey Mustard

Sweet and tangy!

Ingredients:

1/2 cup mustard powder	2 tbsp oil
1/2 cup water	1 tbsp vinegar
1/4 cup honey	1/2 tsp salt

Directions:

Mix water, honey, vinegar, salt and mustard powder into a saucepan and let it simmer for about 5 minutes.

Stir oil slowly into the mix until all ingredients are thoroughly combined.

Let the mix cool off and then keep it in the refrigerator until it's time to serve.

Chicken Fingers

Sesame seeds add crunch and cayenne adds spice.

Ingredients:

2 cup rice flour	2 tablespoon white sesame seeds	Vegetable oil for deep frying
1/2 tablespoon paprika	1 quart cold soda water	Salt to taste
1/4 tablespoon cayenne	4 single chicken breasts-cut into strips	

Directions:

- In a bowl, mix together the flour, paprika, cayenne and sesame seeds. Whisk in the soda until a pancake batter consistency is achieved.
- Dip the chicken fingers individually in the batter and deep fry until golden brown, about 5 minutes. Season with salt.

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Quinoa Porridge

Easy and quick in the morning.

Ingredients:

2 oz quinoa grain

¼ pint water

Directions:

Place the grain in a fine sieve and pour a kettle full of boiling water through to wash the grain well. Simmer the grain in ¼ pint water for 15 minutes and then drain. Serve with cream.

Tex-Mex Pasta Salad

Add your favorite cheese to top it off.

Ingredients:

1, 10-oz. package gluten-free fusilli or elbow rice pasta, cooked, drained, and rinsed in cold water

1, 14.5-oz. can black beans, rinsed and drained

1 cup frozen corn kernels, thawed

1 red bell pepper, seeded and chopped

3 green onions, chopped

1 cup cubed cooked chicken, optional

Directions:

- Combine drained pasta, black beans, corn, pepper, green onions, and chicken, if used.
- In a separate bowl, combine salsa, yogurt or sour cream, mayonnaise, cumin and salt and pepper.
- Pour over pasta mixture and stir to blend.
- Refrigerate until ready to serve.

1 cup medium-spiced salsa (check labels for gluten free)

½ cup plain yogurt or low-fat sour cream (check labels for gluten free)

3 Tablespoons gluten-free mayonnaise

2 teaspoons ground cumin

Salt and pepper to taste

Swedish Nut Bars

These bars have a chewy texture and great nutty taste.

Ingredients:

6 eggs

1 1/2 cups white sugar

3 1/2 cups finely ground almonds

3 teaspoons almond extract

Directions:

- Pre-heat oven to 325 degrees F.
- Prepare a 9 x 9 x 2 inch baking pan by lining bottom with either waxed paper or parchment paper.
- Grease the paper.
- Separate the eggs and reserve the whites. Beat egg yolks until thick and tripled in volume.
- Add sugar slowly, beating until very thick.
- Slowly fold in nuts and extract.
- Beat egg whites until stiff but not dry.
- Fold them into the yolk mixture.
- Pour batter into prepared pan.
- Bake for one hour or until done.
- Cool in pan for 10 minutes then turn out and remove paper.
- Cool completely.
- Cut as needed.

Cottage Cheese Bread

This tasty bread is made with cottage cheese to give it extra moisture. It doesn't have yeast in it so it's also super quick to make.

Ingredients:

1/2 cup clover honey

1 cup cottage cheese

1/3 cup olive oil

3 eggs

2 cup rice flour

2 teaspoons GF baking powder

2 teaspoons lemon or orange rind

1 teaspoon baking soda

3/4 teaspoon salt

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Directions:

- Add oil, honey, and cottage cheese to a blender or food processor. Blend or pulse until well mixed.
- Slowly add the eggs and blend or pulsed until incorporated.
- In a medium bowl lightly whisk together rice flour, baking powder, lemon or orange rind, baking soda, and salt. Add to the blender or food processor and pulse or blend until smooth and the batter is thick.
- Spoon the batter into glass ramekins and place in the center of the microwave. Cook for three minutes.
- Rotate the ramekins ¼ turn and cook for an additional 3 minutes. Do this a total of four times or until the batter is cooked through.

Biscuits

A great tasting classic. Yesterday I sent out a Gooseberry and Strawberry Jam recipe. I thought I should send you this tasty Biscuit recipe as well that goes so nicely with the jam.

Ingredients:

2 Cups Tapioca Flour	1/2 Tsp Baking Soda
1/2 Cup White Rice Flour	1 Tsp Salt
1/2 Cup Quinoa Flour	1/3 Cup Crisco Shortening
3 Tsp Xanthan Gum	1 & 1/2 Cups Buttermilk
3 Tsp Baking Powder	

Directions:

- Whisk together all the dry ingredients in a large glass bowl. Add the Crisco and cut it into the dry ingredients until it is evenly dispersed. Begin pouring in the buttermilk and mixing until the dough reaches a solid consistency. Only use that amount which you need to get the right consistency.
- Powder hands with rice flour and knead the dough until it comes together to form a soft ball. Try not to over mix it. (If necessary, add more buttermilk, if too sloppy add more rice flour. This is a touchy/feely aspect of baking with non wheat flours. Practice makes perfect.)
- Dust the rolling cloth, place the dough ball on it and roll the dough into a 3/4 inch structure.
- Use a biscuit cutter to produce 12 to 15 biscuits; place each on a greased baking sheet. Baste each with buttermilk. Bake for 20 minutes or until golden on top. Bake on a cookie sheet . Bake at 350 F.

Gooseberry & Strawberry Jam

Great on fresh biscuits.

Ingredients:

2 lb gooseberries	4 lb sugar
2 lb strawberries	¼ pint water

Directions:

- Reduce the quantities in proportion if you do not have a large jam pan. Top and tail the gooseberries and remove any stem from the strawberries. Put the fruit and water in a large jam pan and simmer until tender.
- Add the sugar and continue to simmer, stirring slowly until all the sugar is dissolved.
- Place 8 jam jars in a slow oven (250 F 120 C) to heat up.
- Boil rapidly until setting point is reached. This is 220°F or 105°C measured with a sugar thermometer. Test for setting point by removing a few drops of jam and letting cool. Push the cooled jam with a finger. If a skin crinkles on top of the cooled jam then setting point is reached.
- Ladle the jam into the hot jars. A small jug makes this job easier.
- Fill the jars right to the top and cover straight away with plastic covers. These can be cut from thin high density polythene freezer bags. Secure the covers with rubber bands and store in a cool cupboard.

Garden Tomato Soup

Ingredients:

1-cup chopped celery	4-cups chicken broth	½-tsp salt
1-small onion, chopped	4-cups chopped peeled tomatoes	¼-tsp pepper
1-medium carrot, shredded	(about 7 medium)	1/2 cup Potato flakes for thickening
1-small green pepper, chopped	2-tsp sugar	
¼-cup butter or margarine	½-tsp curry powder	

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Directions:

- In a 3 qt. saucepan, sauté celery, onion, carrot and green pepper in butter until tender.
 - Add 4 cups broth, tomatoes, sugar, curry, salt and pepper; bring to a boil.
 - Reduce heat; simmer, uncovered, for 10 minutes, add potato flakes and simmer until desired thickness. You may use more than half a cup if you want a thick stew like soup.
- *This is a good summer recipe for using your fresh tomatoes and peppers.

Oven Fried Chicken

Southern Style baked in the oven makes this dish crunchy.

Ingredients:

3 ½ cups of gluten-free bread crumbs*	1 tsp. curry powder	2 large egg whites
2 tsp. dried thyme	1 tsp. ground cumin	1-1/4 cup low fat buttermilk
1 tsp. freshly ground black pepper	1 tsp. garlic powder	3 whole skinless, boneless chicken breasts, split or 6 boneless, skinless chicken thighs
1 tsp. dried basil	½ tsp. salt	
1 tsp. dried oregano	¼ tsp. cayenne	

Directions:

- Preheat oven to 400 degrees.
- In a medium bowl, stir together breadcrumbs and spices. Reserve. In another medium bowl, whisk together the egg whites and the buttermilk.
- Dip each piece of chicken in buttermilk mixture then roll in breadcrumb mixture, coating well.
- Press loose crumbs into the meat. Place each piece of chicken on a no-stick cookie sheet (or lightly oil a baking sheet).
- Bake 20-25 minutes or until golden, turning once halfway through baking. Serve warm.
- *Save the end slices of bread in the freezer for this recipe. Thaw, break into pieces, and pulse in a food processor until desired coarseness is reached.

Cheese - Spinach Puffs

These festive morsels are tender and light. A sure fire hit!

Ingredients:

1 ½ packages frozen, chopped spinach, thawed and drained	¾ cup grated Parmesan cheese	¼ tsp. garlic powder
1 small onion, minced	¾ cup shredded cheddar cheese	1 package Yankee Cornbread Mix
3 eggs, lightly beaten	¾ cup gluten-free mayonnaise	
	6 Tbs. butter or margarine, melted	

Directions:

- Cook the spinach and onion together in a saucepan or microwave in a glass bowl for 5 minutes.
- Drain extra liquid. Set aside to cool.
- In a large bowl, combine the eggs, both cheeses, mayonnaise, butter, and garlic powder.
- Fold in the cornbread mix and stir until completely moistened. Fold in the spinach mixture and chill 1-2 hours.
- Shape into 1-inch balls. Refrigerate or freeze for later use, or bake at 350° for 10-12 minutes; bake 12-15 minutes if frozen. Serve hot.
- Tip: Freeze uncooked spinach balls and pop in the oven for quick snack anytime.

Apple Tuna Salad

Apples make this a sweet and crunchy salad.

Ingredients:

2 apples, chopped	1/4 cup gluten free mayonnaise	1 tsp lemon juice
2 stalks celery, chopped	salt and pepper, your preference	1/2 tsp sugar
1 can tuna, flaked		

Directions:

- Drain all the juice out of the tuna and mix it with the rest of the ingredients
- It's ready to serve. Try it on some shredded lettuce.

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Bacon, potato, onion pie

Add some fresh dill to enhance the flavor.

Ingredients:

Two large potatoes, thinly sliced	Two eggs
Two large onions, sliced	Pepper and herb salt
Six slices of bacon	1 cup milk

Directions:

- Preheat oven to 375 degrees.
- Place layers in a greased oven-proof dish in this order: onion, bacon, potato
- Repeat. Top layer should be potato.
- Beat two eggs, add seasoning.
- Add milk and pour over the layers.
- Bake in oven at 375-degrees until the top browns.

Bechamel Sauce

Makes a great creamy sauce for macaroni and cheese.

Ingredients:

1 oz butter	½ pint milk	1 oz chopped onion
1 oz corn flour		1 bay leaf

Directions:

- Melt the butter in a heavy pan and whisk in the flour and cook for several minutes stirring continuously.
- Bring the milk to the boil in a separate pot then whisk into the butter and flour stirring continuously.
- Add the chopped onion and the bay leaf. Simmer very gently for up to one hour. Serve with vegetables, fish or eggs.

Variations:

Mornay sauce: for vegetables, fish, poultry and eggs.

To the cooked sauce add ¼ pint / 150ml of single cream and 2 oz / 50g of grated cheese

Mexican Pizza

Ingredients:

1 Tbs. active dry yeast	3 Tbs. instant dry milk	2 Tbs. honey
1/2-cup corn meal	2 tsp. chili powder	1/4-cup olive oil
2 cups white rice flour	2 tsp. xanthan gum	2 large eggs
1/2-cup cornstarch	1 1/2 tsp. salt	1 tsp. cider vinegar
1/2-cup potato starch	1cup low fat vegetarian refried beans	2/3 cup plus 2 Tbs. water

Topping:

2, 8-oz. packages of low-fat, gluten-free cream cheese
2, 16-oz. jars of gluten-free salsa, extra liquid drained off
8 oz. shredded Monterey Jack or cheddar cheese

Directions:

- Combine yeast, corn meal, rice flour, cornstarch, potato starch, milk, chili powder, xanthan gum, and salt. Mix well with a fork.
- Combine beans, honey, oil, eggs, vinegar and water. Add to dry ingredients and beat for 3 minutes or until mixture is smooth.
- Preheat oven to 475 degrees. Lightly oil a 14-inch deep dish pizza pan. Scoop dough into pan. Oil a sheet of plastic wrap and lay it, oiled side down, over dough. Press dough evenly into pan and all the way up the side of the pan.
- Spread bottom of dough with cream cheese. Cover with salsa and sprinkle with cheese.
- Bake 25-30 minutes or until edges of crust are deep brown and cheese is bubbling. Cool slightly before cutting.
- Serves 8

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No Hassle Breadmaker Bread

Use the ingredients from your pantry shelf.

Ingredients:

3 eggs	3/4 cup bean flour	2 tbsp sugar
1 1/2 cups warm water	1/2 cup tapioca starch	1 tbsp xanthan gum
1 1/4 cup white rice flour	1/4 cup oil	1 1/2 tsp salt
1 cup potato starch or arrowroot starch	2 1/4 tsp yeast	

Directions:

- Mix first three liquid ingredients into a large bowl. Filter the rest of the dry ingredients into a different bowl, until they are thoroughly mixed.
- Now mix both bowls together until well blended. Throw all this into the bread maker. If your bread maker has a "short cycle" option, use it.
- Add additional (warm water) wet ingredients if dough is too dry and allow cooling before you decide to slice it.

Rissoles

Crispy on the outside and moist in the middle.

Ingredients:

4 oz cooked mashed potato	1 egg
1 oz finely chopped cooked onion	salt to taste
2 oz pea flour or gram flour	4 oz cooked minced beef

Directions:

- Beat the egg, flour, potato and onion together and then stir in the cooked minced beef.
- Fry spoonfuls until golden brown on each side.

Variations: Use sorghum flour in place of pea flour.

Jelly Fruit Rainbow

Quick and easy dessert that the kids can make.

Ingredients:

3 kiwifruit	85g (3oz) packet red jelly crystals
2 bananas	1 cup boiling water
2 peaches	cream

Directions:

- Peel and mash the fruit separately.
- Place the mashed kiwifruit in four glasses, being careful to avoid getting it on the sides of the glasses.
- Follow with a layer of mashed banana and a layer of mashed peach.
- Dissolve the jelly crystals and pour over the fruit.
- Refrigerate.
- Serve with a dollop of whipped cream, topped with a cherry.

Old Fashioned Hot German Potato Salad

Serve with your favorite European sausage.

Ingredients:

4 Large potatoes boiled in skins and peeled while hot.	2 tablespoons sugar	1 tbsp mustard
6 strip bacon fried crisp	1 teaspoon celery salt or 1/2cup diced celery	2 tablespoons cornstarch
1 medium onion diced fine	1/3 cup Cider vinegar or Heinz white vinegar	1 cup water
1 teaspoons salt		

Directions:

- After potatoes have been boiled then peel and slice thinly.
- Fry bacon in a skillet until crisp.
- Use bacon drippings to brown onion and celery.
- Stir in salt, sugar, cornstarch, mustard and add vinegar and water. This will make the hot salad dressing.

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- As the sauce thickens as potatoes are added more water may be needed.
- Stir in sliced potatoes
- More seasoning may be added if desired.

Insanely Simple Danish

So easy you can make these fresh in the morning.

Ingredients:

2 cups. Gluten Free Pantry Buttermilk Brown Rice Pancake Mix

1/4 cup softened margarine

2 Tbs. Sugar

2/3 cup milk

1/4 cup. raspberry jam

Directions:

- Preheat oven to 450°.
- Line a cookie sheet with parchment paper.
- Combine pancake mix, margarine, and sugar.
- Mix until crumbly.
- Stir in milk and blend until all combined.
- Drop by rounded tablespoonfuls on cookie sheet.

Glaze:

2/3 cup powdered sugar

1 Tbs. warm water

1/4 tsp. gluten free vanilla

- Place about 2 inches apart. With back of teaspoon, make a shallow well in center of each.
- Fill with jam. Bake 10 minutes.
- Let cool. Drizzle with glaze. Makes 1 dozen.

Make Your Own Maple Syrup:

By Lori Bakes

1-1/2 C brown sugar

1/2 C white sugar

1 C water

1 tsp maple extract * check ingredient label for GF status or other restrictions

EX: McCormick's is GF but does contain corn syrup

Directions:

- Place sugars and water in a small saucepan, bring to a boil over MEDIUM heat.
- Boil for 2 minutes stirring constantly. Remove from heat and stir in extract. Yield: 1-3/4 cups
- **Mom's note: I poured my homemade syrup into the empty syrup bottle and my kids did not know the difference.

Breakfast Brownies

Understanding that many of you use eggs in baking, and others may not use oatmeal - or raisins, for that matter - I'll suggest choices and alternatives in the ingredient list. I know how it goes with food allergies. Note: If you sub one or more ingredients below, please use your own experience and intuition to adjust the consistency, etc.

Preheat the oven to 350 degrees F. Line and lightly grease an 11x13-inch baking pan (I lined mine with foil).

Whisk together these dry ingredients::

1/2 cup rice flour [or sorghum]

1/2 cup gluten-free oat flour [I used Lara's Oats flour, certified gluten-free; if you prefer, use rice or sorghum flour instead]

1/2 cup buckwheat or quinoa flour [or other high protein flour]

1/2 cup tapioca starch [or cornstarch]

1 1/3 cup rolled oats [I used Lara's Rolled Oats - Gluten-Free]

or try 1 cup quinoa flakes

In a large measuring cup blend::

2/3 cup light olive oil [or vegetable oil]

2 tablespoons molasses [or maple syrup]

2 teaspoons good vanilla extract

1 teaspoon xanthan gum

1/2 teaspoon sea salt

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon cinnamon

1/2 teaspoon allspice

1 2/3 cups organic vegan brown sugar, aka sucanat

Combine the wet and dry ingredients with a sturdy wooden spoon until you get a sticky batter.

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Make your egg replacement:

- 1 tablespoon Ener-G Egg Replacer
- 2 tablespoons warm water
- 2 tablespoons light olive oil

Whip the egg replacer ingredients till foamy. [If you are adding eggs instead, beat two free-range organic large eggs; and omit the egg replacement formula. If the batter appears too wet, add a tablespoon of rice flour.]

Add the egg replacer to the batter and combine well. The dough should be thick and rather sticky.

Now add:

- 1/2 cup golden raisins
- 2/3 cup dairy-free chocolate chips [or chopped nuts, if you prefer]

Spread the batter into the prepared baking pan, and using wet hands, smooth the surface evenly. Place the pan into the center of a pre-heated oven and bake until golden and set - about 20 to 25 minutes (my brownies cooked in 22 minutes). Cool on a wire rack. Using a thin sharp knife, cut into squares; wrap them in foil; bag in a freezer storage bag. Freeze.

Makes 15 to 18 brownies.

GFCF Biscuit Mix

Note from Sue: We have tried all kinds of recipes using this mix, and it works amazingly well. We have made dumplings, biscuits, impossible pies (main course and dessert), sweet rolls, pancakes, and more, and we have not had one failure! Both my GF and non-GF children have loved everything we've made. Anything you can do with store bought biscuit mix it seems, you can do with this mix.

Ingredients

- | | |
|---|------------------|
| 10 C. flour (gf rice or bean flour combo) | Solait soy |
| 3/8 C. baking powder | 1 1/2 Tbsp. salt |
| 5 tsp. xanthan gum | 1/4 C. sugar |
| 1 tsp. cream of tartar (optional) | 1 lb. shortening |
| 1 1/4 C. powdered milk substitute (Better Than Milk Rice or | |

Directions:

- Mix together dry ingredients.
- Cut in the shortening.
- The cream of tartar is optional, but we have found that the consistency of the final product does turn out a little bit better with it. Some recipes need xanthum gum and others don't, so it's safer to just add it right into the mix.

Spaghetti Squash With Pumpkin Seeds

Serves 6

- | | | |
|-----------------------------|--------------------|------------------------|
| 3 lb. spaghetti squash | 2 Tbs. olive oil | 1 tsp. ground cinnamon |
| 1 Tbs. butter | 2 Tbs. maple syrup | 1/4 tsp. ground nutmeg |
| 1/2 cup green pumpkin seeds | 1 tsp. salt | |

Directions:

- Preheat oven to 350F.
- Cut squash in half. Pierce squash skin with fork in 5 or 6 spots to let steam escape while cooking. Place squash flesh side down on foil-lined baking sheet. Bake 1 hour. Remove, and let sit. When cool enough to handle, remove squash seeds.
- Scrape squash flesh from each half using fork. This will produce strands that resemble spaghetti.
- Melt butter in large sauté pan. Add remaining ingredients, and mix well. Add squash, and stir until heated through. Adjust seasonings, if needed.

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Spaghetti Squash with Sausage, Peppers & Onions

2 1/2 lb. spaghetti squash	4 medium plum tomatoes, diced
1 lb. turkey Italian sausage, casings removed	2 Tbs. grated Parmesan cheese* substitute for GFCF
1 medium yellow onion, cut into thin wedges	1/2 cup shredded reduced-fat mozzarella cheese* substitute for GFCF
1 medium green bell pepper, cut into thin strips	
1 medium red bell pepper, cut into thin strips	

Directions:

- Cut squash in half lengthwise, and remove seeds. Place squash halves cut side down in a 9x13-inch microwave-safe dish, and add 2 tablespoons of water. Cover loosely with microwave-safe plastic wrap. Microwave at high power, 12 to 15 minutes, or until the squash is easily pierced with a fork. Set squash aside to keep warm.
- Coat a large nonstick skillet with cooking spray, and add sausage. Cook, stirring to crumble, until meat is no longer pink, about 7 minutes. Add onions and peppers, cover and cook until vegetables are tender, about 5 minutes. Add tomatoes and cook, covered, 2 minutes more.
- To serve, separate the squash into strands with a fork, and place 1 cup of squash on each of 4 serving plates. Top the squash with 1/4 of the sausage mixture and a sprinkling of Parmesan and mozzarella cheese. Serve hot.

Spaghetti Squash Supper

INGREDIENTS

1 medium spaghetti squash (3 to 3-1/2 pounds)	1 garlic clove, minced
1/2 cup water	1 can (15-1/2 ounces) great northern beans, rinsed and drained
1 pound bulk Italian sausage*GFCF	1 can (14-1/2 ounces) Italian stewed tomatoes
1 medium onion, chopped	1 teaspoon Italian seasoning
1 medium green pepper, chopped	1/4 teaspoon seasoned salt
1 small zucchini, diced	Shredded Parmesan cheese* Optional for GFCF

DIRECTIONS

- Halve squash lengthwise and discard seeds. Pierce skin with a fork or knife; lace, cut side down, in a microwave-safe dish. Add the water; cover and microwave on high for 10-15 minutes or until squash is tender. Let stand for 5 minutes.
- Meanwhile, in a skillet, brown sausage; drain. Add onion, green pepper, zucchini and garlic. Cook and stir, uncovered, for 10 minutes or until the vegetables are crisp-tender; drain. Add beans, tomatoes, Italian seasoning and salt.
- Cover and simmer for 10 minutes. Using a fork, scoop out the spaghetti squash strands; place in a serving dish. Top with sausage mixture. Sprinkle with Parmesan cheese.

Spaghetti Squash and Chicken Skillet Casserole

3 tb GFCF Margarine	1/4 c Crushed GFCF bread crumbs
1 c Sliced fresh mushrooms	1/4 ts Salt
1/3 c Chopped leeks	1/4 ts Seasoned pepper
1/4 c Chopped celery	1/8 ts Garlic powder
3 tb Chopped sweet red pepper	Pinch of dried summer savory
3 tb Finely chopped fresh parsley	1/2 c Tofutti Sour cream
2 c Cooked spaghetti squash	1 oz Shredded / crumbled GFCF cheese (optional)
4 Boneless chicken breasts, -cooked and cut into thin -strips	

Directions:

- Melt margarine in a large skillet over medium heat. Add mushrooms and next 4 ingredients. Cook, stirring constantly for 5 mins or until tender. Add spaghetti squash and next 6 ingredients, cook 4 mins, stirring constantly. Stir in Tofutti sour cream, cook, stirring constantly, just until thoroughly heated.
- Remove from heat. Sprinkle with 'cheese'. Cover and let stand for 1 minute.
- To bake, prepare mixture according to directions and spoon into a lightly greased 1.5 quart casserole dish. Cover and bake at 350 for 20-25 mins.

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Yeast Free Sorghum Bread

Ingredients:

2 cups Sorghum blend (2 cups sorghum, 2/3 cup arrowroot, 1/3 cup tapioca)	2 tsp dried egg whites (I'll use replacer)
1 1/2 tsp guar gum	1/2 tsp salt
2 Tbsp brown sugar	2 eggs (I'll use replacer)
1/2 tsp baking soda	3 Tbsp Spectrum palm shortening
2 tsp baking powder	1 Tbsp honey
	1 cup + 1 Tbsp soda water, Perrier, etc.

Directions:

- Preheat oven to 350 degrees F.
- Combine ingredients, consistency will be like cake batter.
- Grease and flour a bread pan.
- Bake 30 minutes, and then cover with foil and bake 25 minutes longer.
- Remove from pan and cool.

Breakfast Brownies

Preheat the oven to 350 degrees F. Line and lightly grease an 11x13-inch baking pan.

Whisk together these dry ingredients::

1/2 cup rice flour [or sorghum]	1 teaspoon xanthan gum
1/2 cup gluten-free oat flour [I used Lara's Oats flour, certified gluten-free; if you prefer, use rice or sorghum flour instead]	1/2 teaspoon sea salt
1/2 cup buckwheat or quinoa flour [or other high protein flour]	1 teaspoon baking soda
1/2 cup tapioca starch [or cornstarch]	1 teaspoon baking powder
1 1/3 cup rolled oats [I used Lara's Rolled Oats - Gluten-Free] or try 1 cup quinoa flakes	1 teaspoon cinnamon
	1/2 teaspoon allspice
	1 2/3 cups organic vegan brown sugar, aka sucanat

In a large measuring cup blend::

2/3 cup light olive oil [or vegetable oil]
2 tablespoons molasses [or maple syrup]
2 teaspoons good vanilla extract

Combine the wet and dry ingredients with a sturdy wooden spoon until you get a sticky batter.

Make your egg replacement:

1 tablespoon Ener-G Egg Replacer
2 tablespoons warm water
2 tablespoons light olive oil

Whip the egg replacer ingredients till foamy. [If you are adding eggs instead, beat two free-range organic large eggs; and omit the egg replacement formula. If the batter appears too wet, add a tablespoon of rice flour.]

Add the egg replacer to the batter and combine well. The dough should be thick and rather sticky.

Now add:

1/2 cup golden raisins
2/3 cup dairy-free chocolate chips [or chopped nuts, if you prefer]

Spread the batter into the prepared baking pan, and using wet hands, smooth the surface evenly. Place the pan into the center of a pre-heated oven and bake until golden and set - about 20 to 25 minutes (my brownies cooked in 22 minutes). Cool on a wire rack. Using a thin sharp knife, cut into squares; wrap them in foil; bag in a freezer storage bag. Freeze.

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Noah's Bread-gf/soy/corn yeast** Egg Free tip below**

Preheat oven to 400 degrees.

1/2 cup brown rice flour	1/2 tsp salt
2/3 cup tapioca flour	1 egg
1/3 cup potato starch	1/3 cup oil (I use safflower)
2 tsp xanthan gum (USE GUAR GUM IN EQUAL AMTS)	1/2 cup CF milk
2 tsp baking powder (IF NEED RECIPE SEE BELOW)	1/3 cup sparkling water (I use Crystal Geyser)

Mix all ingredients well, except the sparkling water. Once the batter is well mixed, add the sparkling water to make the batter rise. Work quickly and form batter into buns, bagels, roll, etc. You can use hamburger form pans and rings but you can also use oiled, aluminum foil to make form rings or washed out large tuna fish cans. Or put the batter into large ziplock bags, cut a corner, and squeeze out the appropriate shape of whatever trying to make, such as bagels . The batter should be thick and look somewhat lumpy. Don't use too much batter or form too high. The bread will puff and rise and settle back down once cooled. Bake for 20-25 min until the crust is golden brown. The crust will be hard out of the oven but will soften once cooled. They freeze and thaw really well. Try adding sugar (OR STEVIA OR XYLITOL, ETC) and nutmeg to the recipe for Noah's rolls.

Substitute Garfava flour for the rice flour in Noah's bread recipe the other day. And made rolls instead of bread. The recipe is best used for roll/bun recipes, because it comes out entirely too soft & trying to make a loaf of bread with it will not work.

"According to my Yeast Connection Cookbook - here's a tip for flaxseed oil and incorporating it into "a buttery spread that is quite pleasant to use."

1/4-1/2 cup flaxseed oil

1/2 cup butter, softened (GFCF in our case)

In a small bowl combine the oil & butter with a whisk or use food processor and refrigerate. Use as a spread or to season cooked vegetables. DO NOT COOK WITH THIS BETTER BUTTER.

Heat destroys the effectiveness of those Omega-3 essential fatty acids.

NOTE: Start by adding 1/4 cup of flaxseed oil to your butter. The next time make Better Butter with 1/3 cup of oil. Finally, use the 1/2 cup of oil. This gives you & your family a chance to get used to the flavor of the oil gradually.

Multi-Grain Flat Bread

(Gluten Free, Soy Free, Yeast Free, Dairy Free, Egg Free)

1/2 c. brown rice flour	1/2 tsp. baking powder
1/2 c. teff flour	1/4 tsp. baking soda
1/2 c. garfava flour	1 c. water
1 Tbsp. sugar	5 Tbsp. ground flax seed
1 tsp. xanthan gum	1 Tbsp. canola oil
1/2 tsp. salt	1 tsp. cidar vinegar

Directions:

- Mix all dry ingredients together in a medium sized mixing bowl.
- Add the wet ingredients (water, oil, flax seed) to the dry ingredients and stir until well combined.
- Divide the dough into two parts and place each one in the middle of an 8? x 8? square cake pan that has been lightly greased and floured.
- Wet the back of a large spoon and use that to spread the dough evenly across the pan.
- Bake the bread at 350 degrees F for 15 minutes.
- Allow the bread to cool for a few minutes and then slice each pan into fourths to serve.

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Millet Bread

1/2 cup ground millet	3/4 tsp baking soda
1/2 cup tapioca or arrowroot flour	1 1/2 tsp GF baking powder
1/3 cup buckwheat flour	2 tsp egg replacer (I expect you could use 1 egg instead)
1/2 cup rice flour	1/4 cup light olive oil
1/2 tsp xanthan gum	1 tsp lemon juice
1/2 tsp salt	1/4-1 cup water

Directions:

- Preheat oven to 190C. Lightly grease a 500g loaf tin. Mix dry ingredients together. Add olive oil, lemon juice and water.
- Place dough in loaf tin. Bake for 20 minutes. Reduce oven temperature to 175C and bake for a further 10 minutes.

Millet and Buckwheat Bread

1 cup ground millet	1 tsp cinnamon
3/4 cup buckwheat flour	1 tsp xanthan gum
1/2 cup buckwheat groats	3/4 cup sunflower seeds
1/2 cup ground nuts (almonds, cashew, brazil)	1/4 cup sesame seeds
1/2 tsp baking soda	1 cup apple juice
1 tsp cream of tartar	2 Tbsp rice syrup or honey
1/2 tsp ginger	

Preheat oven to 180C. Lightly grease a 500g loaf tin. Combine dry ingredients. Blend juice and rice syrup or honey and add to the dry ingredients. Place dough in loaf tin. Bake for 30-35 minutes until cooked and coming away from sides of tin.

Quinoa Bread

1 cup quinoa flour	1 1/2 tsp GF baking powder
1/3 cup oat flour (this will need to be substituted for a GF flour,	3/4 tsp baking soda
I'd try garbanzo bean/chick pea flour)	1/2 tsp salt
1/2 cup arrowroot or tapioca flour	2 tsp egg replacer (I think this is equivalent of 1 egg)
3/4 tsp xanthan gum	3/4 cup water
	1/4 cup light olive oil

Preheat oven to 190C. Lightly grease a 500g loaf tin. Mix dry ingredients together. Add water and olive oil. Mix. Place in loaf tin. Bake for 20 minutes. Reduce oven temperature to 175C and bake for a further 10 minutes.

Steamed Savory Sandwich Loaf

1 cup brown rice flour	1/2 cup hot apple or pineapple juice
1/3 cup amaranth flour or 1/3 cup toasted sunflower seeds	1 Tbsp honey or corn or rice syrup
1/8 cup chopped fresh herbs	1/2 cup ground nuts, eg. almonds or 1/2 cup ground pumpkin or sunflower seeds
1 Tbsp dried dill	1/2 cup cooked mashed kumara, potato, pumpkin or carrot or mashed banana
1 Tbsp caraway seeds	2 1/2 Tbsp oil
1 tsp ground fennel seeds	1 Tbsp water from cooked vegetables
1 tsp ground cumin seeds	1 Tbsp lemon juice
1 Tbsp kombu or powdered kelp (optional)	
1/2 tsp GF baking powder	
1/2 tsp baking soda	

Lightly grease a steamed pudding bowl. Combine rice flour, amaranth flour, fresh herbs, dill, seeds, kombu, baking powder and baking soda. Add hot juice and honey or syrup to ground nuts and blend well. Add sunflower or pumpkin seeds. Combine mashed vegetable or banana with oil, water and lemon juice. Add to juice and nut mixture. Add liquid mixture to flour mix. Stir to combine, but do not overmix. Place in pudding bowl so that the mixture fills no more than 2/3 of the bowl.

Cover with oiled baking paper and foil. Secure with string. Steam in a pan with a tight fitting lid for 3 hours or in a pressure cooker for 1-1 1/2 hours. Remove and place in moderate oven at 175C for 5 minutes.

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Sorghum OR Buckwheat Noah's Bread- rolls, muffins and bread

1/2 cup sorghum flour (OR white buckwheat groats- ground & sifted)	original)
2/3 cup tapioca flour	1/2 tsp salt
1/3 cup potato starch, corn starch or arrowroot	2 tsp sugar or honey (optional- original is sugar free)
1/2 tsp gelatin (this replaces xanthan in original)	2 TBSP dry DariFree (original has liquid milk sub.)
2 tsp baking powder	1/3 cup oil
1 TBSP Ener-G egg replacer powder (this replaces egg in	6 oz club soda

Preheat oven to 400 degrees.

(If using buckwheat version: Grind white buckwheat groats in coffee grinder. Sift resulting flour with a fine mesh sieve.)

Combine 1/2 cup sorghum flour (or sifted buckwheat flour), 2/3 cup tapioca starch/flour, 1/3 cup potato or corn starch, 1/2 tsp gelatin, 2 tsp baking powder, 1 TBSP egg replacer, 1/2 tsp salt, 2 tsp sugar, and 2 TBSP dry Darifree. Mix thoroughly. Add 1/3 cup oil and a few ounces of club soda. Mix well. Gently fold in remaining club soda. Do not over stir, batter will still be a little lumpy.

-For rolls- put into 6 to 8 greased muffin tins.

-For bread- double recipe and put in greased loaf pan. When doubling recipe- don't double oil or it's too oily. Only use 1/3 cup oil and 1/3 cup baby food- I use pears.

-For muffins- Add a few more spoonfuls of sugar plus some vanilla and a bit of cinnamon. Pour a small amount of batter into each greased or paper lined muffin tin. Drop a few blueberries into each muffin cup then cover with more batter. Press a few more blueberries on top.

Pizza/Bread recipe GF/CF/yeast/sugar-free

3 cups GF Flour mix (2c. white rice-USE sorghum flour, 2/3 c. potato starch, 1/3 c. tapioca flour)	1/4 tsp. dried oregano (optional)
1T. baking powder	1/2 tsp. salt
1/4 tsp. dried basil (optional)	1/8 tsp. baking soda
	1/4 c. safflower oil
	3/4 - 1c. water

In a separate bowl mix dry ingredients. In a small bowl mix oil and water. Slowly add wet mixture to dry. Turn mixture onto a well-floured board (I use more sorghum flour) knead about 10 minutes, working more flour and or water into the dough so that it is workable and not too sticky, but not dry. The dough should cling together in a ball. Form into two balls. Place a ball on the center of a greased pizza tin, covering it with plastic wrap, press it out into a 10-inch circle and 1/4 inch thick except at the edges, which should be done 1/2 inch. Fill with the desired sauce and toppings.

Bake in preheated 400 degrees oven for 20 - 22 minutes. You can make two pizzas and freeze one for last minute dinners. Just make precooked pizza and freeze 2 hours on pizza tin then remove from freezer and wrap in plastic wrap and then foil. To cook, remove all wrappings put in oven and bake a few minutes longer or thaw and cook as above.

Pita, flatbread Pita-ish Bread

1/2 c. amaranth or quinoa or bean flour	2 teaspoon light, cold-pressed oil
1/2 c. tapioca flour	1/2 cup water
2 teaspoon arrowroot powder	1/3-2/3 cup extra flour for kneading

Sift the flours with the arrowroot powder. In a separate bowl, mix the oil and water, then add to the flour mixture. Work the dough with a fork and then your hands. Knead briefly and roll into a ball. Divide the ball into 8 parts. Roll each part into a ball and pat flat. Sprinkle each bread with flour and roll between 2 sheets of waxed paper with a rolling pin. Turn frequently while rolling, and lift the waxed paper occasionally to add flour so the dough does not stick. The bread should be rounded and about 1/8 inch thick. Preheat the oven to 400 degrees. Lightly oil a frying pan and heat to medium-high on stove top. Put one flatbread in the pan and heat 15-20 seconds on each side. Immediately put bread in oven and heat 3 minutes. Turn over and heat 1&1/2 - 2 more minutes. The bread will puff up a bit in the oven, Re-oil the pan with a paper towel dipped in oil, and repeat procedure for each flatbread. Cool breads before storing in plastic bags. Makes 8 breads.

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REALLY GOOD Sorghum Bread (NO YEAST!)

It is hard to make GF CF bread that is NOT A BRICK!! AND that has no yeast, corn, soy and low in sugar. It does not require a bread machine!

Pre heat to 350.

2 c sorghum flour

1 1/2 tsp guar gum or xanthan gum

1/2 tsp baking soda GF CF

2 tsp baking powder GF CF

2 tsp dried egg whites (real whites ok or replacement eggs)

1/2 tsp sea salt

2 eggs (could replace if needed)

3 Tbsp Spectrum palm shortening or GHEE or GF CF

Margarine or OIL

2 Tbsp honey

1 cup + 1 Tbsp soda water, perrier, etc

Consistency will be like cake batter. Grease and flour (w/ spectrum and sorghum) a bread pan. Bake 30 mins. Cover with foil and bake 25 mins longer. Take out of pan and cool. A real crowd pleaser..

Yeast-Free Substitutes Measure Up

For each tablespoon of yeast or baking powder, use:

1. 1 tablespoon baking soda + 1/2 teaspoon unbuffered vitamin C (ascorbic acid) crystals, OR

2. 1 tablespoon baking soda + 1 teaspoon freshly squeezed lemon juice (keep separate until needed).

1 teaspoon of yeast

sub it with 1 tsp of vinegar and 1 tsp of baking soda -

Version of Tom's bread

1/2 cup garfava flour

2/3 cup [tapioca](#) flour

1/3 cup cornstarch

1 tsp gelatin (replaced xanthan and also to help bind)

4 tsp baking powder (2 extra tsp added to replace egg)

Recipe

Preheat oven to 400 degrees.

Mix all together with a mixer to add air. Pour in to prepared loaf pan and bake at 400 F until done to a toothpick.

This was a little too runny- even the second batch when I cut the club soda a bit. But very good flavor and texture- just not enough rise.

1/2 tsp salt

1/3 cup oil

1/2 cup liquid Dairy Free

1/3 cup club soda

1 tsp honey (to try to add extra binding too)

Buckwheat Batter Yeast Bread

1/2 cup milk substitute or water

2 TBS honey or other sweetener (divided)

1 TBS active dry yeast***need to replace for YF

2-1/2 C light buckwheat flour

3 TBS oil

1-1/2 tsp salt

Measure 3/4 C warm water or milk sub (about 110 degrees) 1 TBS honey and the yeast into a large bowl for an electric mixer. Stir briefly and let soak for 10-15 minutes to soften yeast. When the yeast is bubbly, gradually mix 1 C of the buckwheat flour into the yeast mixture with the electric mixer on low speed. Add oil, 1 TBS honey and salt to the bread dough and mix. Gradually add all but 1/2 C of flour. Beat at medium speed for 3 minutes scraping the sides of the bowl often with a spatula. Mix in the last 1/2 C flour with a spoon. Cover the bowl and place in a warm oven to rise (85 degrees) for 1-1/2 hours or until doubled in bulk. Remove from oven and stir with a wooden spoon for 1 minute. Grease a 9x5-inch bread pan well and dust with buckwheat flour. The dough is very sticky, so do not skimp on this step. Fill the pan with the bread mixture. Put back in the warm oven, heating it a few seconds if it is cool. the dough will rise very quickly. After 12- 15 minutes when the dough is just above the top of the pan, turn the oven on to 350 degrees and cook for 40 minutes. Let cool for 10 minutes before removing from the pan. Cool on a wire rack.

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Yeast Free Bread

1 cup tapioca flour	3 TBS sugar
3/4 cup garfava flour	2 tsp cream of tartar
3/4 cup potato starch	1 tsp xanthan
1/4 cup teff flour	1 tsp salt
1/4 cup montina flour	1 tsp baking soda
1/4 cup arrowroot flour	3 large eggs
1/4 cup millet flour	3 TBS oil
1/4 cup sorghum flour	1-1/2 cups milk substitute

Mix all dry ingredients together in a bowl; set aside. In the bowl of your mixer beat together the eggs, oil and milk substitute until frothy. Gradually add in dry ingredients and beat on MEDIUM speed until all lumps are gone. Pour batter into a greased and rice or teff floured 8-1/2" x 4-1/2" baking loaf pan (can also use a 9x5) and bake at 350 degrees for 1 hour. Let bread cool in pan for at least 10 minutes before removing to a wire rack to cool completely. Slice as desired and freeze remaining bread between sheets of wax paper. Defrost when ready to eat.

Yield: 1 loaf (about 14- 16 slices)

**Substitutes - Can use 1 TBS baking powder instead of cream of tartar and baking soda. Can use 3 TBS honey instead of 3 TBS sugar but decrease oil to 2 TBS. Can use navy bean flour instead of teff flour. Can use cornstarch instead of arrowroot flour. Can use water instead of milk substitute. Can use 2 extra large eggs and 1 extra large egg white instead of 3 large eggs.

Yeast Free Amaranth Bread

Amaranth is one of those grains that have been around for centuries. This simple and nourishing bread is as easy to make as it is fun to eat.

Ingredients:

1 cup amaranth flour	2 egg whites
1 1/2 cups brown rice flour	1 cup milk sub or water
1 tablespoon gluten free baking powder	3 tablespoons honey
1 teaspoon sea salt	

Directions:

Preheat oven to 350 degrees. Combine amaranth flour, brown rice flour, baking powder, and salt in a separate bowl. Set aside. In a separate bowl, beat egg whites. Add egg whites, milk (or soy milk or water), and honey. Stir with a wooden spoon until well combined. Spray cooking spray In an 8 x 4 inch bread pan and pour in batter. Bake in the center of the oven for 45 minutes, until brown. Cool in pan for ten minutes. Remove bread from pan and cool on a rack for the rest of the time.