

# Comprehensive Elimination Diet

## 7 – Day Menu Plan

- This is a suggested day-by-day menu for one week while on the Comprehensive Elimination Diet.
- Use this menu to stimulate your own ideas and modify it according to your own taste.
- Serving sizes in each recipe are approximate; adapt them to your own appetite.
- You may mix and match foods from different days according to your own preferences.
- Substitutions with store bought items are allowed as long as you avoid restricted foods. For example, many instant soups or canned soups from the health food store are OK, read labels.
- Recipes for the menu items marked with an asterisk (\*) are included at the end of this handout.
- When the recipes call for lard we mean rendered fat (duck, goose, etc.) NOT hydrogenated vegetable oils.
- When baking potatoes wrap in foil or boil the potatoes.

## DAY 1

### Breakfast

Cooked whole grain cereal (cream of brown rice, buckwheat, tiff or quinoa flakes)

- Served with rice or almond milk, cinnamon, sweetener of your choice (see list)
- Garnished with chopped walnuts, almonds, hazelnuts, or toasted pumpkin seeds
- Topped with fresh or frozen unsweetened fruit

### Lunch

Lentil Soup\* or Split Pea Soup\* or Black Bean soup

Sesame rice crackers or rice cakes

Carrot and celery sticks

Fresh figs, plums or cherries

### Dinner

Broiled salmon

Cooked millet or baked/boiled white or sweet potato or Quinoa Salad\*

Oven Roasted Veggies\* or steamed veggies

Mixed greens salad with Vinaigrette Dressing\*

Crispy Rice Squares\* or fresh apple

## DAY 2

### Breakfast

#### Fruit Smoothie

- Blend rice or almond milk with ½ banana and/or pineapple slice and 1 or 2 ice cubes
- Add flax powder if desired

Applesauce Bread\* or Banana Bread\*

### Lunch

Asparagus Soup\* or yesterday's leftover soup

Cabbage Salad\*

Rice cakes with walnut butter

Fresh peach or pear

### Dinner

Broiled lamb chop (salt, pepper & rosemary is a nice here)

Nutty Green rice\* or Mock Mac 'n Cheese\*

Cooked veggie mix: steam broccoli, cauliflower and carrots

- Toss with vinegar and choice of herbs (basil, oregano, tarragon, thyme, etc.)

Fruity Spinach Salad\*

## DAY 3

### Breakfast

Nutri-Ola\* or crispy brown rice or puffed millet cereal

- Served with rice or almond milk, topped with berries

Leftover Applesauce or Banana bread

### Lunch

Brown rice and black beans mix

- Garnished with chopped scallions & sliced avocado or Guacamole\*

Baking Powder Biscuits\*

Tropical fruit salad

- Sliced mango, kiwi and strawberries
- Topped with shredded unsweetened coconut and chopped walnuts or pecans

### Dinner

Broiled or poached halibut (Lemon pepper is nice here)

Baked butternut or acorn squash sprinkled with cinnamon

Chopped zucchini, red peppers, garlic & onions sautéed in ghee, lard or chicken stock and topped with basil mixed green salad with vinaigrette dressing

- Choose greens from arugula, endive, radicchio, red leaf, romaine, butter head, Boston, cabbage, dandelion, escarole. Add red cabbage, garbanzo beans, red onion, olives, carrots

Mochi rice squares and fresh fruit

## DAY 4

### Breakfast

Sweet Potato Delight\* and/or leftover Nutri-Ola\* square

Cantaloupe half, filled with blueberries and sprinkled with cinnamon

### Lunch

Leftover Brown Rice and Black Beans mix or Halibut salad:

- Mixed greens of your choice
- Chopped vegetables with garbanzo or kidney beans
- Leftover halibut cut into chunks
- Vinaigrette dressing

Fresh banana or leftover Crispy Rice Squares\*

### Dinner

Chicken (baked or broiled) with garlic powder & tarragon, brown or wild rice or Basic Kasha\* with vinegar or oil free salad dressing. Asparagus, cut into 1 inch pieces and sautéed in ghee and garlic

Gingerbread\*

## DAY 5

### Breakfast

Mochi Rice Waffles\* topped with Sautéed Apples\*

Fruit Smoothie:

- Blend rice or almond milk with a peach and/or raspberries and 1 or 2 ice cubes
- Add flax powder if desired

### Lunch

Quinoa Salad\* or

Chicken salad

- Mixed greens
- Leftover chicken cut into pieces
- Your choice: guacamole or nutty mayo

Beans and Green Soup\*

Rice cakes or rice bread with Pear Honey\* or unsweetened apple butter

### Dinner

Fresh tuna topped with herbs (tarragon, dill and or parsley) broiled

Rice pasta with Mock Pesto\* or baked sweet potato topped with ghee.

Steamed vegetables: kale or collard greens tossed with lemon juice and garlic

Fresh fruit salad: mango, pineapple, kiwi

## DAY 6

### Breakfast

Meal in a Muffin\* or Breakfast Rice Pudding\*

Rice or almond milk, berries, sweetener and pecans

### Lunch

Tuna salad:

- Leftover tuna mashed and mixed with hummus (purchased from a health food store)

Leftover Beans and Green soup

Baking Powder Biscuits

Fresh pear or nectarine

### Dinner

Roast turkey breast or broiled turkey burger or Spiced Lentil Casserole\* and/or Brown Rice and Peas\*

Steamed broccoli, carrots and/or green beans topped with ghee and herbs of choice

Baked Apple\*

## DAY 7

### Breakfast

Toasted rice bread or Rice Pancakes\* topped with pear butter or sautéed apples  
Cantaloupe chunks

### Lunch

Turkey salad:

- Mixed greens or mix of cannellini beans, celery, scallions and apple chunks
- Nutty Mayo\* or hummus

Cucumber slices marinated in rice vinegar and dill

Rice crackers

Banana

### Dinner

Rice Pasta Primavera\* or Black Beans and Yellow Rice\*

Pickled Beets\*

Mixed greens salad with cherry tomatoes and vinaigrette dressing

Leftover Breakfast Rice Pudding topped with dried apples

## SNACK SUGGESTIONS

- Rice cakes or rice crackers with:
  - Almond or cashew nut butter or
  - Apple butter or
  - Pear Honey\*
- Sesame rice crackers and hummus
- Fresh fruits (except orange)
- Fresh raw veggie wedges
- Nuts and seeds (except peanuts)
- Crispy Rice Squares\* Gingerbread\*
- Mochi rice squares, plain with smashed berries or nut butters

# Comprehensive Elimination Diet

## Recipes for 7 Day Menu

### DAY 1

#### **Lentil Soup - Serves 4**

2 cloves garlic, minced

1 medium onion, chopped

2 large carrots, sliced or chopped 2 stalks celery, chopped

1 ½ cups red and/or green lentils, well rinsed 2 quarts water or broth

Pinch thyme or any herbs of your choice Salt to taste

Combine first 6 ingredients and bring to boil. Add seasonings. Reduce heat to medium-low and simmer, partially covered, until lentils are soft. Green lentils need about 45 minutes to 1 hour, while red lentils only need 20-30 minutes. Puree half of the soup in the blender if you prefer a creamy soup.

#### **Split Pea Soup - Serves 6**

3 cups dry split peas, well rinsed 2 quarts water

1 tsp. salt

1 bay leaf

½ - 1 tsp. dry mustard 2 onions, chopped fine 4 cloves garlic, minced

3 stalks celery, chopped 2 medium carrots, sliced Salt and pepper to taste

3 Tbsp. apple-cider vinegar or rice vinegar

Combine peas, water, salt, bay leaf, and mustard in 6-quart pot. Bring to boil, reduce heat and simmer, partially covered for about 20 minutes. Add vegetables and simmer for another 40 minutes, stirring occasionally. Add more water as needed. Add salt, pepper, and vinegar to taste.

#### **Quinoa Salad - Serves 8-10**

1 ½ cups quinoa, rinsed several times

3 cups water, or chicken broth or vegetable broth (or a combination) 1 cup fresh or frozen peas (frozen baby peas should be just defrosted)

Chopped veggies, raw or lightly steamed (broccoli, asparagus, green beans, etc.)

½ cup chopped red onion

1 pint cherry tomatoes (optional)

½ cup chopped black olives (optional) 2 Tbsp. balsamic vinegar or lemon juice 1 or 2 crushed garlic cloves

2-4 Tbsp. fresh dill, chopped (or 1 Tbsp. dried dill) 2 Tbsp. chopped fresh parsley salt and pepper to taste

Rinse quinoa well (quinoa tastes bitter if not well rinsed). Bring 3 cups water or broth to a boil. Add rinsed quinoa and bring back to boil. Simmer uncovered for about 15

minutes until liquid is well absorbed. Transfer to large bowl with a small amount of ghee to prevent sticking, and allow quinoa to cool. Meantime, mix together, vinegar or lemon juice, parsley, and garlic in a small bowl. Add veggies to quinoa and toss well with dressing mixture, dill, salt and pepper. Chill before serving.

**Oven Roasted Veggies** - *number of servings depend on amount of veggies used*

Use any combination of the following vegetables, unpeeled, washed, and cut into bite-sized pieces: eggplant, small red potatoes, red onion, yellow or green summer squash, mushrooms, asparagus. Toss with crushed garlic cloves, ghee (softened) and sprinkle with rosemary, oregano, tarragon, and basil to taste. Spread in roasting pan in single layers and roast approximately 20-25 minutes at 400 degrees until veggies are tender and slightly brown, stirring occasionally. The amount of time needed depends on the size of the veggie. Salt and pepper to taste. Serve while warm, or use cold leftovers in salad.

**Vinaigrette Dressing** - *6 servings (approximately)*

*Note: ingredient amounts in this recipe are approximate - use more or less of certain ingredients to adapt recipe to your personal taste).*

½ Cup liquid combo: lemon juice, water, vegetable juice, etc.

3 Tbsp. Balsamic vinegar (preferred because it has the richest flavor) 2-3 Tbsp. water

1 tsp. dry mustard

1-3 cloves fresh garlic (whole pieces for flavor or crushed for stronger taste) Salt and pepper to taste

Oregano, basil, parsley, tarragon or any herbs of your choice, fresh or dried

Place vinegar, water and mustard in a tightly capped jar, and shake well to thoroughly dissolve mustard. Add remaining ingredients and shake well again. Store refrigerated and shake well before using.

**Crispy Rice Squares** - *2 dozen*

1.tsp. ghee

½ cup brown rice syrup

2.Tbsp. sesame tahini, or almond butter

3 tsp. vanilla extract

2 cups crispy brown rice cereal 2 cups puffed rice

2 cups puffed millet or Perky's Nutty Rice

½ cup pumpkin or sunflower seeds

½ cup currants, chopped dried apple or dates

Heat ghee in a large pot; add rice syrup and tahini or almond butter. Stir until bubbly. Remove from heat and stir in vanilla. Add remaining ingredients and mix well with a wooden spoon. Press into an ungreased 13x9" pan and press mixture flat. Let mixture set at room temperature or refrigerate. Cut into squares. Store in an airtight container.

## DAY 2 RECIPIES

### **Applesauce Bread** - *Yields 14 slices*

1 cup tiff flour  
1 cup rice flour  
1 tsp. baking soda  
½ tsp. cinnamon  
¼ tsp. salt  
¼ tsp. nutmeg  
1 cup unsweetened applesauce  
1 Tbsp. ghee  
½ cup brown rice syrup or fruit juice concentrate  
Egg Replacer to equal 1 egg (*see miscellaneous recipes*)  
3-4 Tbsp. Apple butter  
1 tsp. pure vanilla extract

Combine the dry ingredients in a large bowl. Combine the wet ingredients in a small bowl and mix into the dry ingredients. Pour into a prepared (ghee) 9 inch square pan. Bake at 350 degrees for 30 minutes.

### **Banana Bread** - *Yields 14 slices*

¼ cup walnuts, ground finely in blender  
1¾ cups brown rice flour  
½ cup arrowroot  
2 tsp. baking soda  
¼ tsp. salt  
½ cup chopped walnuts  
1½ cups ripe mashed banana  
¼ cup ghee (liquid, may need to be warmed slightly)  
6 Tbsp. apple juice concentrate  
Egg Replacer to equal 2 eggs (*see miscellaneous recipes*)  
1 tsp vanilla extract

Preheat oven to 350 degrees. Mix finely ground walnuts with flour, arrowroot, baking soda and salt in a large bowl. Stir in the chopped walnuts. In a separate bowl, mix together the banana, ghee, apple juice, egg replacer, lemon and vanilla. Add to the flour mixture and stir until just moistened. Do not over mix. Pour into a prepared (ghee) 9"X5" loaf pan and bake for 55-60 minutes or until cake tester inserted in middle comes out clean. Cool in pan for 10 minutes, then remove from pan and cool on wire rack.

### **Asparagus Soup - Serves 4**

*Used with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.*

1 lb. asparagus, trimmed  
4 large shallots or 2 med leeks  
2-3 cloves garlic, minced  
3 cups water or chicken stock  
1 tsp. dried dill weed  
Pinch nutmeg

Slice off the tips of the asparagus and reserve them. Cut the remaining stalks into 1" pieces. Slice the leeks in half lengthwise and wash under cold water to remove any sand. Slice into ¼" pieces. Sauté the leeks or shallots in ghee over medium heat until soft. Add the garlic and sliced asparagus stalks. Cook stirring, another minute or two. Add the water or stock and dill. Simmer 10-12 minutes. Remove from heat, allow to cool 5-10 minutes. Puree half the volume at a time. Return to pan, add the reserved asparagus tips and simmer 3-5 minutes or until tips are just barely tender. Add nutmeg. If soup is too thick, thin with additional water or stock.

### **Cabbage Salad - Serves 4-6**

1 small to medium head red cabbage, thinly sliced (or use half red and half green cabbage)  
8 sliced radishes, or 1 grated carrot  
3 green apples, diced  
1 stalk celery, chopped  
½ cup chopped walnuts or pecans  
Dash garlic powder  
2tsp. vinegar  
1 tsp. lemon juice

Mix all ingredients in a bowl and allow to sit for an hour, stirring once or twice. Serve cold or at room temperature.

### **Nutty Green Rice - Serves 4**

1 cup brown basmati rice  
2 cups water  
½ tsp salt  
½ cup almonds  
1 bunch parsley  
1 clove garlic  
1½ Tbsp. lemon juice  
2 Tbsp. ghee  
½ cucumber, diced  
Pepper to taste

Bring water to a boil, add rice and salt, stir and simmer, covered, for 45 minutes. Remove from heat and let sit for another 10 minutes; then remove cover and allow to cool. While rice is cooking, blend almonds, parsley, garlic, and ghee in a food processor. When rice is cool, stir with nut mixture and add pepper to taste. Garnish with cucumber if desired.

**Mock Mac 'n Cheese** - *Servings depend on amounts of ingredients used*

Cook desired amount of brown rice pasta according to package instructions. Toss cooked pasta with ghee and several tablespoons of nutritional yeast. The yeast gives the pasta a cheese-like taste.

**Fruity Spinach Salad** - *Serves 6-8*

1 lb. fresh spinach, washed, dried, torn into pieces  
1 pint fresh organic strawberries or raspberries, washed  
½ cup chopped walnuts or sliced almonds

*Dressing:*

2 Tbsp. sesame seeds  
1 Tbsp. poppy seeds  
2 scallions, chopped  
1/2 cup liquid (water, juice: vegetable or fruit)  
1/4 cup balsamic vinegar

Cut berries in half and arrange over spinach in serving bowl. Combine dressing ingredients in blender or food processor and process until smooth. Just before serving, pour over salad and toss. Garnish with nuts.

## DAY 3 RECIPES

**Nutri-Ola (basic recipe)** - *Serves 10*

*Adapted with permission from Sally Rockwell's "Allergy Recipes", Nutrition Survival Press, Seattle, Washington*

2 cups arrowroot or millet flour or finely ground filberts, pecans, almonds, walnuts or sesame seeds

1 cup filberts or walnuts, coarsely ground

1 cup whole sesame seeds or sunflower seeds (or a combination)

1 cup (combined) finely chopped dried apples, papaya, apricots, currants

½ cup fruit puree or frozen fruit concentrate

2 tsp. pure vanilla or almond extract

Preheat oven to 275 degrees. Use a blender or food processor to grind nuts, grains or seeds to desired consistency. Mix the nuts, seeds and/or grains in a large bowl. Mix with fruit and sweetener, and vanilla. Pour over the dry mixture and stir lightly.

Spread mixture into a lightly greased 15"x10"x1" baking pan. Bake for 1 hour, stirring every 15 minutes. Cool. Break into small pieces for cereal or large chunks for snacks.

### **Breakfast Bars**

Add Egg Replacer\* to equal 2 eggs (*refer miscellaneous recipes*) to Nutri-Ola - Basic Recipe (above): Slowly add additional water to make a stiff batter. Follow above directions, but spread into an 8 or 9 inch square pan (ungreased) and bake at 350 degrees about 30 minutes. Cut into squares when done.

### **Guacamole - Makes 1 ½ - 2 cups**

*Used with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.*

2 - 3 ripe avocados

¼ cup chopped onions

¼ tsp. vitamin C crystals

1 Tbsp. water

1 small clove garlic, chopped

Cut the avocados in half, remove the pits, and then scoop the flesh into a blender or food processor. Add the onions, vitamin C crystals, water, and garlic. Process until smooth. Transfer to a small bowl. Cover and chill. Use within 2 days. For a chunky version, mash the avocado with a fork and finely chop onions and garlic. Optional: Coat with melted ghee to prevent browning.

### **Baking Powder Biscuits - Makes one dozen**

1½ cups brown rice flour

½ cup tapioca flour

3.tsp. baking powder

4.1/8 tsp. salt

3 Tbsp. ghee

1 cup applesauce, unsweetened

Preheat oven to 425 degrees. In a medium-large mixing bowl, stir together dry ingredients. Add ghee. Mix well with a pastry blender or fork, until consistency is crumbly. Mix in applesauce and stir until blended. Spoon heaping tablespoonful's onto ungreased cookie sheet. With spoon, lightly shape into biscuit. Bake 15-18 minutes until slightly browned. Serve warm for best flavor, but may be lightly reheated in a microwave.

## **DAY 4 Recipes**

### **Basic Kasha - Serves 4-5**

1 cup buckwheat groats

2.cups water, chicken or vegetable broth

Roast the dry buckwheat groats over medium heat in a dry skillet, stirring until the grains begin to smell toasty, about 2 minutes. Add the water or broth, cover and simmer for 20-30 minutes, until kasha is tender but not mushy. Pour off any excess liquid.

Optional: add onion, garlic and herbs to the dish.

### **Sweet Potato Delight - Serves 1-2**

*Adapted and used with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.*

2- 4 Tbsp. chopped nuts

1 ripe banana

1 medium sweet potato, cooked

1 tsp. ghee

1 Tbsp. Fruit sweetener, molasses or brown rice syrup (optional)

In a large frying pan, dry-roast the nuts over medium heat for a few minutes. Shake the pan often. Cut the banana in half lengthwise. Cut the cooked sweet potato into ½" pieces. Add the ghee to the pan. Push the nuts to the outer edges. Place the banana pieces, flat sides down, in the pan. Add the sweet potatoes. Cover and cook for 2 minutes. Uncover, and cook for 5 minutes, until everything is heated through and browned on one side. Add the sweetener before serving.

### **Gingerbread - 9 squares**

*Adapted with permission from "Gluten-Free, Sugar-Free Cooking" by Sue O'Brien, by Thorson's, London.*

½ cup pecans or walnuts, finely chopped

½ cup agave nectar or fruit sweetener

Egg Replacer to equal 2 eggs\* (*refer to miscellaneous recipes*)

1 tsp vanilla

1½ cups brown rice flour

½ tsp salt

1 tsp baking powder

1 tsp baking soda

2 tsp ginger

1½ tsp cinnamon

¼ tsp nutmeg

1/8 tsp cloves

½ tsp orange rind

1 cup unsweetened applesauce

In a large mixing bowl, combine the agave nectar and the eggs, one at a time. Be sure to beat well between eggs. Add in the orange rind and vanilla and continue to blend together. Set aside.

Meanwhile, preheat the oven to 350 degrees and spread ghee in a 9x 9 inch square pan to coat. Sift together the dry ingredients and add the nuts. Add some of the dry ingredients to the wet ingredients, a little at a time, blending well. Add in ¼ cup of the applesauce, blend, then add in more flour. Continue this process until you have added all of the ingredients.

Pour the batter into the prepared pan and bake for 20-25 minutes, or until the gingerbread is done. Check for doneness by inserting a toothpick, or touching lightly on the center. Freezes well.

## DAY 5 RECIPES

### **Mochi Rice Waffles** - Serves 4

Purchase 1 package of cinnamon-apple Mochi and defrost. Cut into quarters. Slice each quarter across to form 2 thinner squares. Place one square into preheated waffle iron and cook until done.

Top with your choice of fruit or Sautéed Apples (*below*).

### **Sautéed Apples** - Serves 2

2 apples, washed

½ Tbsp. ghee

2 tsp. cinnamon

2-3 Tbsp. apple juice

Thinly slice apples and sauté in ghee until softened. Add cinnamon and apple juice and simmer, stirring, uncovered for a few more minutes.

### **Beans and Greens Soup** - Serves 4-5

3 cups cooked white beans

2 Tbsp. lard or ghee

2 medium cloves garlic, crushed 1 large onion, chopped

1 bay leaf

1 stalk celery, diced

2 medium carrots, diced 1 tsp. salt

Fresh black pepper

6 cups water, vegetable, or chicken broth

½ lb. fresh chopped escarole, spinach, chard, or collards (or a combination)

In a 4-6 quart soup pot, sauté the onions and garlic in ghee or lard over low heat. When onions are soft, add bay leaf, celery, carrot, salt and pepper. Stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and your choice of greens. Cover and continue to simmer, over very low heat, another 15-20 minutes. Serve immediately or refrigerate and reheat.

### **Pear Honey - Makes 3 pints**

*Used with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.*

15 very ripe pears

½ cup water

½ cup brown rice syrup or fruit juice sweetener

Peel, quarter and core the 15 pears. Place 12 of the pears in a stainless steel or enamel Dutch oven or 3 quart saucepan. Coarsely chop the remaining 3 pears. Place them and the water in a blender. Process until pureed. Pour into the pan with the pear quarters.

Bring to a boil, and then reduce the heat to a simmer. Stir in the sweetener. Cook until pears are tender, about 30 minutes. Puree the cooked fruit in batches using a blender or food processor. The puree should be about the consistency of honey. If too thin, return it to the pan and boil it down a bit. If too thick, dilute with a little juice. Pour into jars, and store in the refrigerator for up to 1 month.

### **Mock Pesto - Makes 1 cup**

*Used with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.*

1 large ripe avocado 1 cup basil leaves

¼ tsp. lemon juice

1 garlic clove, minced or 1/8 tsp. garlic powder

¼ cup pine nuts

½ tsp ghee melted

Cut the avocado in half and remove the pit. Scoop out the flesh and place it in a bowl of a food processor. Add the basil, vitamin C crystals, garlic and pine nuts. Process for about 2 minutes - scrape the bowl as necessary. Transfer it to a small bowl and chill. Coat with ghee to prevent browning.

## **DAY 6 RECIPES**

### **Breakfast Rice Pudding - Serves 4**

1 cup uncooked short grain brown rice

1¼ cups coconut milk

1¼ cups water

½ tsp. salt

1 Tbsp. brown rice syrup 1 tsp. cinnamon

Chopped almonds or sunflower seeds or other nuts of choice (optional)

Combine water and coconut milk in heavy pot; bring to boil, adding rice and salt. Simmer, covered (do NOT stir) for about 45 minutes or more, until liquid is mostly absorbed and rice is soft. Remove from heat and allow to cool for 15 minutes. Stir in brown rice syrup and cinnamon and top with nuts or seeds as desired.

**Meal in a Muffin - Makes one dozen**

Adapted with permission from "Wheat-free Sugar-Free Gourmet Cooking" by Sue O'Brien, Gig Harbor, WA, 2001

- 1 medium carrot, grated
- 1 large apple, grated
- ¼ cup unsweetened applesauce
- ¼ cup ghee or lard
- Egg Replacement to equal 2 eggs (*refer to miscellaneous recipes*)
- 1/3 cup Mystic Lake Dairy sweetener
- 2 tsp. vanilla
- ¼ cup garbanzo bean flour
- ½ cup brown rice flour
- ¼ tsp. cinnamon
- ½ tsp. baking powder
- ¼ tsp. ginger 1/8 tsp. nutmeg
- ¼ cup shredded unsweetened coconut
- ½ cup dates

Preheat oven to 375 degrees. Mix together all wet ingredients and set aside. In a separate bowl, mix dry ingredients then mix both together. Lightly coat muffin tins with ghee. Fill 3/4 full and bake 15-20 minutes or until toothpick comes out clean. Allow to cool on a rack.

**Spiced Lentil Casserole - Serves 4**

- 1 ½ cups lentils, rinsed well
- 2 Tbsp. ghee or lard
- 3 cloves garlic, crushed 1 stalk celery, chopped 1 large onion, chopped
- ½ tsp. salt
- 1 cup shredded, unsweetened coconut
- ½ tsp. cinnamon
- ½ tsp. powdered ginger
- ½ tsp. turmeric
- 2 large green apples, washed and diced

Simmer lentils, covered, in 2½ cups water for 30-40 minutes, until tender. While they are cooking, in a wok or heavy skillet, sauté remaining ingredients, except apples, in lard or ghee until tender. Add water as necessary. Add apples and cook 10 more minutes covered. Combine with cooked lentils in a casserole dish.

**Brown Rice and Peas - Serves 4**

Add 1 cup of green peas (either fresh and lightly steamed or frozen and just defrosted baby peas) to 2 cups of cooked brown rice. Top with your favorite herbs and ghee to taste.

**Baked Apple - Serves 6**

1/3 cup golden raisins

2 Tbsp. apple juice

6 cooking apples, cored 1½ cups water

¼ cup frozen unsweetened apple juice concentrate 2 tsp. pure vanilla extract

1 tsp. cinnamon

1 tsp. arrowroot

Remove peel from top third of each apple and arrange in a small baking dish. In a medium saucepan, combine other ingredients and bring to a boil, stirring frequently. Reduce heat and simmer 2-3 minutes, until slightly thickened. Distribute raisins, filling centers of each apple. Pour sauce over apples and bake, uncovered, at 350 degrees for 1 to 1 1/2 hours. Baste occasionally and remove from oven when apples are pierced easily with a fork. Spoon juice over apples and serve warm.

## DAY 7 RECIPES

**Rice Pancakes - Makes approximately 14 (4-inch) pancakes.**

1 1/3 cups rice flour

½ cup millet flour

2 tsp. baking powder

½ tsp. baking soda

¼ tsp. salt

1 Tbsp. apple butter

1 Tbsp. ghee

Egg Replacer to equal 2 eggs (*Refer to misc. recipes*)

1½ cups almond or rice milk

1½ Tbsp. white vinegar

Mix the almond or rice milk with the vinegar and allow them to stand for 5 minutes until curdles form. Mix dry ingredients together and set aside. In large mixing bowl, beat apple butter, ghee, egg, and milk. Add dry mixture and stir gently. Be careful not to over mix. Serve with Sautéed Apples\*

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**Nutty Mayo - Makes 1¼ cup. (Keeps well for 3 weeks)**

*Adapted and used with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.*

½ cup cashews or other nuts

¾ cup water

3 Tbsp. vinegar

2 Tbsp. ghee

- 1 Tbsp. arrowroot
- 1 Tbsp. brown rice syrup
- 1 Tbsp. minced parsley
- 1 Tbsp. snipped chives
- 1½ tsp. dry mustard

Grind the nuts to a fine powder in a blender. Add the water, blend 1 minute to make sure the nuts are fully ground. Add the vinegar, ghee, arrowroot, sweetener, and seasonings. Blend until very smooth. Pour into a saucepan and cook a few minutes, until thick. Allow to cool, transfer to a glass jar. Store in the refrigerator.

### **Rice Pasta Primavera - Serves 4**

- 2 cups uncooked rice pasta (noodles, spaghetti, elbows)
- 1 large whole chicken breast, cut into thin strips (optional)
- Broccoli florets, chopped carrot, and/or other favorite veggie, lightly steamed
- 3-4 scallions, chopped
- 2 cloves garlic, minced
- 1 Tbsp. ghee or lard (more if needed)
- ¼ cup fresh basil, finely chopped
- ¼ - ½ cup coconut milk

Cook rice pasta according to package directions. While pasta is cooking, ghee or lard in wok or heavy frying pan, and stir fry chicken strips, garlic, scallions, and basil for about 5 minutes; add remaining vegetables and coconut milk and continue to cook until veggies are soft and glisten. Add more coconut milk as needed. Remove from heat and spoon over drained rice pasta and garnish with black olives, if desired.

### **Black Beans and Yellow Rice - Serves 4**

#### ***Black Beans***

- 1 cup dry black beans, soaked overnight and drained
- 4 cups water
- 1 small onion, chopped
- 1 small carrot, chopped
- 2 cloves garlic, minced
- 1 bay leaf
- 1 tsp. cumin

In a 3-quart saucepan, combine beans, water, onion, carrot, green pepper, jalapeno pepper, garlic, bay leaf, cumin, and pepper flakes. Bring to a boil over medium heat and simmer, uncovered, about 2½ hours, or until beans are tender and almost all liquid is absorbed. Discard bay leaf. (May be made up to 2 days ahead; reheat before serving.)

#### ***Yellow Rice***

- 2 cups chicken stock
- 1 small onion, finely chopped
- 2 tsp. ghee
- 1 clove garlic, minced

½ tsp. turmeric

1 cup uncooked long-grain brown rice

In a 2-quart saucepan over low heat, sauté onions in oil until tender, about 5 minutes. Add the garlic and sauté 1 minute. Stir in turmeric, then rice. Add stock. Bring to a boil, cover and simmer 45 minutes over low heat, or until rice is tender and all liquid is absorbed. Do not stir. Spoon beans over rice.

### **Pickled Beets - Serves 4-6**

*Adapted with permission from "The Allergy Self Help Cookbook", by Marjorie Hurt Jones, R.N. Rodale Press, Emmaus, Pa.*

4 beets, cooked and skinned

¼ cup water

1 Tbsp. brown rice syrup or fruit sweetener

¼ cup rice vinegar

¼ tsp. ground cinnamon

Pinch each of cloves and allspice

Combine the water, sweetener, vinegar, cinnamon, cloves and allspice in a medium saucepan. Simmer for 2 minutes. Stir in the beets, and heat through. Serve hot or warm.

## Miscellaneous recipes

### **Egg Replacer - equals one egg**

1/3 cup water

Tbsp. whole or ground flaxseed

Place the water and flaxseed together and allow to gel for about 5 minutes. This mixture will bind patties, meat loaves, cookies and cakes as well as eggs do, but it will not leaven like eggs for soufflés or sponge cakes. Increase amounts accordingly for additional egg replacement.

### **Corn Free Baking Powder**

2 tsp. cream of tartar

2 tsp. arrowroot

1 tsp. baking soda

Sift together to mix well. Store in an airtight container. Make small batches.

## Baking Tips

- We include ground nuts, in addition to chopped nuts, in the muffin recipe because the nuts help retain moisture and l for a small amount of leavening.
- To grind soft nuts such as walnuts or pecans use 1 -2 Tbsp. of the starch called for in the recipe and add to the grinding mixture to prevent clumping.

- The grinding may be done with a nut chopper, a small, very clean coffee grinder, or pulsing on a food processor. Particles should be fine enough to pass through a strainer. Grind only what you need. If you are allergic to nuts, replace the amount of nut flour with an equal amount of another flour or starch called for in the recipe.