

Grain-Free Recipes

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Introduction

This package contains grain-free recipes for those needing to avoid grain and root flours. Use these recipes to help nourish your body on a regular basis.

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So, You Thought You Knew Flour

Definition of a Flour

Flour is made by grinding cereal grains, beans, nuts, seeds, or roots into a powder. These powders have become a staple of the North American diet, with the average North American eating 10 servings of refined grains each day. Yet it is not without its risks and side-effects. Most grain and root flours contain high amounts of starch, a form of carbohydrates which our body breaks down into sugars. These sugars run the risk of triggering weight gain, inflammation, food allergies/intolerances, poor digestion, and blood-sugar imbalances, among other health issues.

Foods to Avoid

Flour (usually refined wheat flour) is often hidden in food products, especially the pre-made foods that eliminate the need to cook a meal from scratch. Therefore, it is always valuable to read the ingredient list on any packaged items you buy.

On a grain-free diet, it is important to avoid:

- **many pre-made or processed foods** – i.e. soups, sauces, gravies; processed meats; etc.
- **all baked goods** – i.e. cakes, cookies, dumplings, pastries, pie crusts, muffins, pancakes, waffles, etc.
- **breads** – i.e. bagels, bread crumbs, biscuits, buns, chapatti, croutons, naan, pita bread, pizza shells, roti, wraps, etc.
- **all crackers** – i.e. cracker meal
- **all chips**
- **all cereals** – i.e. flaked, granola, puffed, etc.
- **all pasta** – i.e. bulgar, couscous, cracked wheat, etc.

Flours to Avoid

<ul style="list-style-type: none">• Amaranth flour• Arrowroot flour & starch• Atta flour (a whole-grain wheat flour used for roti & chapatti)• Barley flour• Brown rice flour• Buckwheat flour• Cassava/Manioc/Yuca root flour• Chuno flour (from dried potato)• Corn flour, cornmeal & corn starch• Emmer flour• Fava bean flour• Glutinous/Sticky rice flour• Kamut flour• Kudzu root starch• Maida flour (a finely-milled wheat flour used for paratha & naan)• Millet flour	<ul style="list-style-type: none">• Noodle flour (rice or wheat flour used for Asian-style noodles)• Oat flour• Potato flour & starch• Quinoa flour• Rye/Ryemeal flour• Spelt flour• Sorghum (from the sorghum plant)• Tapioca flour & starch (from the cassava root plant)• Taro root flour• Teff flour• Triticale flour• White flour (all-purpose, durum, farina, graham, semolina) & starch• White rice flour• Whole wheat flour
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Flours to Use

<ul style="list-style-type: none">• 100% sprouted whole grain flours• Acorn flour• Almond flour• Chickpea/Garbanzo flour• Chestnut flour• Coconut flour, high fiber, low carb	<ul style="list-style-type: none">• Hazelnut flour• Hemp flour• Pea/Peasemeal flour, from roasted & pulverized yellow peas• Peanut flour, high in protein• Soybean flour
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How to Sprout Grains, Legumes, Nuts, and Seeds

Sprouting, also known as germination, dates back many centuries. It is a process that was, and still is, used to neutralize substances such as phytic acid and aflatoxins (potent carcinogens) in grains, break up complex sugars in grains that are often responsible for intestinal gas, and inactivate enzyme inhibitors in grains, legumes, nuts, and seeds that interfere with nutrient availability. Sprouting optimizes the availability of many vitamins and minerals and releases naturally occurring enzymes that aid digestion.

Sprouted grains can be used in salads, sandwiches, and vegetable dishes, as breakfast cereals, and as additions to breads and baked goods. They are best consumed lightly steamed or cooked, as raw sprouted grains contain irritating substances which are neutralized in cooking. Legumes, nuts, and seeds can be used raw in salads and soups. The method for sprouting all grains, legumes, nuts, and seeds is the same, except for the rinsing frequency and variations in the length of time needed for germination.

- 1) Get one wide-mouth, quart-sized Mason jar.
- 2) Cut a round of window screen mesh material to fit into the ring of the Mason jar lid, replacing the solid lid insert.
- 3) Fill the Mason jar 1/3 full with any grain or seed.
- 4) Add filtered water to the top of the Mason jar and screw on the ring lid with its screen mesh insert. Allow to soak overnight.
- 5) Pour off the soak water in the morning.
- 6) Rinse several times per day by filling the Mason jar with water through the screen mesh, then inverting the jar and letting it sit at an angle to drain, and to allow air to circulate. Repeat this step throughout the day. (*See chart on the next page for appropriate rinsing frequency.)
- 7) After the germination process is complete, see the following chart for appropriate sprouting time. Shake out any excess moisture and replace the screen mesh with the solid lid insert. Store sprouts in the refrigerator.

Sprouting Chart

GRAINS, LEGUMES, NUTS, or SEEDS	RINSE	SPROUT TIME	SUGGESTED USES
Buckwheat	2-3 times/day	2 days	bread, salad, yogurt
Grains (Barley, Wheat, Rye)	2-3 times/day	3-4 days	bread, salad
Adzuki & Mung beans	4+ times/day	4 days	salad, soup
Black, Kidney, & Lima beans	3-4 times/day	3 days	salad, soup
Lentils	3 times/day	2-3 days	lightly cooked
Almonds	3 times/day	3 days	salad
Pumpkin & Melon seeds, hulled	3 times/day	12 hours	snack, lightly toasted
Sesame seeds	4 times/day	2-3 days	salad, soup
Sunflower seeds, hulled (*must be eaten shortly after sprouting as they quickly turn black)	2 times/day	12-18 hours	salad
Small seeds (Chia, Onion, Cress, Radish, Fenugreek, Poppy)	4+ times/day	3-4 days	salad, sandwich

Note: The following should NOT be sprouted: flaxseeds, oat seeds, irradiated seeds (i.e. those sold in packaged spice form), alfalfa seeds (which contain a toxic amino acid, Canavanine, that has been shown to be immunosuppressive), pecans, or walnuts.

Grain-Free Recipes

Coconut Flour Biscuits

Ingredients:

- 1 cup coconut flour
- 1 tsp baking soda
- ¼ tsp sea salt
- 8 Tbsp organic butter or organic palm shortening
- 6 large, organic, free-range eggs
- 1 cup organic milk or unsweetened dairy-free milk alternative

Instructions:

- 1) Preheat oven to 375 F. Lightly grease a large cookie sheet with coconut oil.
- 2) Place the coconut flour, baking soda, and salt into a food processor and pulse a few times to mix.
- 3) Add the butter or shortening and process until fine crumbs form.
- 4) Add the eggs and milk. Process until smooth.
- 5) The dough will look watery and thin at first. Just turn off the food processor and let the dough rest for a few minutes to thicken up.
- 6) Drop about 10 to 12 equal-sized biscuits onto the cookies sheet. Lightly reshape with your hands if desired. Bake for 20-25 minutes.
- 7) Serve with turkey bacon and sautéed greens for breakfast, or with a soup or stew for lunch or dinner.

This recipe is borrowed from **Nourishing Meals, Healthy Gluten-free Recipes for the Whole Family, Alissa Segersten & Tom Malterre. 2012.*

Coconut Flour Flatbreads

Ingredients:

- ½ cup ground flaxseeds
- ½ cup hot water
- 2 Tbsp melted extra virgin coconut oil or olive oil
- 1 Tbsp apple cider vinegar
- 6 Tbsp coconut flour
- ¼ tsp sea salt
- ¼ tsp baking soda
- *sliced kalamata olives (optional)*
- *chopped fresh rosemary (optional)*
- *snipped fresh chives (optional)*
- *sesame seeds (optional)*

Instructions:

- 1) Preheat oven to 350 F. Line a cookie sheet with parchment paper.
- 2) In a food processor fitted with the “s” blade, add the ground flax and hot water. Pulse a few times and then let sit for about 3 minutes to thicken.
- 3) Add the oil and vinegar and process again to combine.
- 4) Add the coconut flour, salt, and baking soda and process until the dough has formed a ball.
- 5) Add in any optional additions at this time and pulse to combine.
- 6) Use wet hands to form four balls. Flatten the balls into individual flatbreads using a rolling pin. Place onto the cookie sheet. Brush with oil and sprinkle with sesame seeds if desired.
- 7) Bake for about 30-35 minutes, flipping each flatbread half way through baking.
- 8) Cool completely then serve.

This recipe is borrowed from **Nourishing Meals, Healthy Gluten-free Recipes for the Whole Family, Alissa Segersten & Tom Malterre. 2012.*

Grain-Free Pancakes

Ingredients:

- 6 large, organic, free-range eggs
- 1 large, ripe banana
- 2 Tbsp melted, extra virgin coconut oil or organic butter
- 1 Tbsp maple syrup or honey
- 2 cups almond flour
- 2 Tbsp coconut flour
- ½ tsp baking soda
- ½ tsp sea salt
- coconut oil or butter for cooking

Instructions:

- 1) Heat a 10-11 inch heavy bottomed skillet over low to medium-low heat.
- 2) Place all ingredients into a blender or food processor and blend until smooth.
- 3) Add tsp or two of coconut oil or butter to the pan and pour batter by the ¼ to ⅓ cup-full at a time onto the hot skillet. Cook for about 90 seconds on each side.
- 4) Repeat with remaining batter, adding a little coconut oil or butter before cooking each pancake.

This recipe is borrowed from **Nourishing Meals, Healthy Gluten-free Recipes for the Whole Family, Alissa Segersten & Tom Malterre. 2012.*

Flourless Muffins

Ingredients:

- 2 ½ cups ground nuts (may use unsweetened coconut for part of the nuts)
- ¼ cup melted ghee (clarified butter), plain yogurt, or apple butter (unsweetened)
- ½ cup honey
- ½ tsp baking soda
- ⅛ tsp sea salt
- 3 organic, free-range eggs or enough puréed fruit to hold mixture together
- sprinkle of nutmeg

Instructions:

- 1) Preheat oven to 375 F. Lightly grease muffin tins.
- 2) In food processor, mix all ingredients together well. Spoon into prepared muffin tins and bake for 15 minutes or until a toothpick inserted in the centre comes out clean.
- 3) Remove muffins from tins and let cool on rack.

**This recipe is borrowed from Thirteen Moons, Seasonal Recipes to Nourish & Inspire, Louise Racine, 2006.*

Sprouted Grain Crackers

Ingredients:

- 3 cups of sprouted soft wheat berries
- ½ cup of sprouted small seeds (e.g. sesame, onion, or poppy)

Note: see p.4 of this booklet for guidelines on **Soaking Roasting & Sprouting - Nuts, Seeds & Grains**

- 1 tsp of sea salt
- 1 tsp of dried dill, thyme, or rosemary

Instructions:

- 1) Place all ingredients in food processor and process for several minutes to form a smooth paste.
- 2) Form into balls and roll into rounds on a pastry sheet, using a small amount of unbleached flour to prevent sticking.
- 3) Place on a buttered cookie sheet and leave in a 150 F oven until completely dry and crisp.
- 4) Store in an airtight container in refrigerator.

This recipe is borrowed from **Nourishing Traditions, Sally Fallon. 2001.*