



SPECIAL REPORT

GRAIN-FREE SECRETS: 5 Amazing Foods You Need to Know!

VOLUME 1



SPECIAL REPORT

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Almond Flour

Almond flour is a delicious replacement for major grains, resembling the consistency and texture of cornmeal. It is highly nutritious and can be used to replace most flours for baking. You can occasionally find it at high-end grocery stores, usually find it at health food stores and always find it at www.grainfreerecipes.com/helpful-products/.

Almond flour has been used in recipes for thousands of years. Found in most countries across the globe, it was first used by ancient civilizations for sweet breads and cakes. Modern times have not seen a decline in its popularity. It is used for muffins, pancakes, pastries, confectionaries, pie fillings and pastes.

Shelled, whole almonds are ground to make almond flour. It can easily be prepared in preferred quantities by grinding the nuts in either a food processor, blender or with a pestle and mortar. However, modern gadgets such as bean and nut grinders work equally as well. In fact, it takes very little processing to produce. Alternatively, it can be bought from most major grocery chains, health food and online stores under the name of almond flour or ground almonds.

Because of the denseness of almond flour, the calorie count is high for a single 1-ounce serving. It is a good source for iron, calcium, potassium, phosphorous, fiber, magnesium and vitamin E. It also contains minimal quantities of protein, making it a part protein that when combined with another part protein, can provide a healthy ingredient for use by grain/gluten allergy and Celiac sufferers.

Some of the best uses for almond flour are as secondary flour in sweet breads and for making almond paste, commonly known as marzipan. Marzipan can be used as a topping for cakes or making marzipan snacks. Alternatively, it can be added in with other gluten free flours and grains to produce hot cereals. In fact, it makes a tasty addition to nut-based stews and soups.

Cakes are one of the most popular ways to use almond flour and ‘Almond Banana Cake’ is a tasty example:

ALMOND BANANA CAKE

Ingredients:

3 cups almond flour
1 teaspoon baking soda
½ teaspoon salt
¼ cup organic banana juice
¼ cup sunflower oil
3 large eggs, beaten until smooth
1 tablespoon organic vanilla extract
1 cup very ripe mashed bananas

Method:

1. Preheat oven to 350°F.
2. Combine dry ingredients in a big bowl until well-mixed. Combine banana juice, sunflower oil, eggs and organic vanilla in a separate bowl until smooth. Beat in mashed bananas into liquid mixture until free of any lumps.
3. Add the almond flour mixture to the banana mixture. Cover with a damp cloth to maintain the moisture.
4. Line two 7 by 4 inch-type loaf pans or an equivalent cake pan with baking parchment. Ensure that the baking parchment is flush against the edges. Pour in the batter and press down to avoid air pockets.
5. Bake for 35 minutes. Check the cake (s) is cooked thoroughly by inserting a long toothpick into the center to see if it comes out clean. The top should be golden, but not dark brown.
6. Turn out onto baking trays to cool. Serve either with butter, cream cheese icing or alone.

Serves 12

Amaranth

Amaranth is an extremely nutritious and delicious replacement for most commonly used grains. It can be eaten in the place of milk-based products because of its calcium levels, making it a very flexible and diverse food ingredient. Best of all it is easy to find and easy to prepare.

Amaranth is also known as amaranthus. Its chequered history has been due in part to its association with ancient traditions and ceremonies. In fact, the earliest Aztecs were so enamoured by its so-called supernatural properties that eating it as a staple was not enough. Prior to the Spanish invasions, it was given to woman in a sweet mixture that was combined with blood for religious sacrifices. Unfortunately, this association led Spanish conquistadors to view amaranth as evil. They managed to ban its use for many centuries, but unbeknown to them, isolated native people in the remotest regions of Mexico and the Andes Mountains continued to grow and use it. As a result, amaranth survived to be rediscovered in modern times as a seed, green vegetable and flour.

Amaranth seeds, flowers and leaves are rich in protein, lysine, methionine, vitamin C, vitamin A, phosphorus, potassium, iron (more than spinach), calcium (2 x that of milk), linoleic acid, vitamin E and fiber (3 x wheat equivalent). However, it has to be consumed with another high protein food to ensure a complete protein is formed, especially for vegetarians.

It is a good addition to any diet, not just to replace wheat and other common grains for allergy and Celiac disease sufferers. The leaves are a good alternative to spinach, far better digested and helps sooth the digestive tracts and treat fevers and toothaches. The seeds can be used like popcorn, in confections, for beer making, for food coloring, as a vegetable (leaves only), ground to make bread in combination with another bread flour, for rum making, for pasta making, as a hot cereal, as a nutty flavoured/toasted snack and for thickening stews and soups.

Amaranth seeds should be stored in glass jars in the fridge for up to six months to prevent the loss of natural oils. Using plastic jars is not recommended because the oils can be absorbed by the container. Leaves and flowers can be dried and stored

in airtight containers in cupboards for up to 8 months. Fresh versions can be kept between pieces of kitchen paper in the fridge for 3 days or frozen indefinitely.

Amaranth flowers, flour and seeds can be found in most grocery, health and at www.grainfreerecipes.com/helpful-products/. The leaves are more commonly found in the frozen sections of East Indian and Oriental food stores.

AMARANTH FRUIT AND NUT PUDDING

This dessert is popular with kids. Because of its high protein content, it can be used as a part protein addition to any vegetarian meal.

Ingredients:

2 cups amaranth, boiled in 4 cups of water until tender
1 cup orange juice
1/2 cup sultanas (also known as golden raisins)
1/2 cup ground almonds
1 1/2 teaspoons vanilla extract
1 tablespoon lemon juice
1/4 teaspoon ground cinnamon
1 pinch of ground cardamom

Method:

1. Mix together all the ingredients in a big sauce pan and cover.
2. Heat on high to a boil and then reduce to medium.
3. Simmer gently for about fifteen minutes.
4. Pour mixture into one large serving bowl or individual bowls.
5. Chill for 1 hour and serve cold.
6. Garnish with fresh mint leaves and amaranth flowers.

Serves 4

Coconut Flour

Coconut flour is a healthy and delicious alternative to regular grains such as wheat, rice and corn. It is good for baking, but it can only replace other flours in part. You can find it at your local health food store or at www.grainfreerecipes.com/helpful-products/.

Coconut flour has been used for thousands of years in tropical regions across the world where coconut palms are commonly found. With the advent of increased world travel and trade over the past four hundred years, coconut flour has made an appearance in non-tropical regions. However, it is still not widely used by non-tropical cultures.

The flour is made by grinding dried, unsweetened coconut. Though the preparation may seem simple, it is not something that is easily done at home. Green shelled coconuts (brown hairy ones are old and lacking in flavor) should have the husks and casings removed. The coconut meat can be chopped into 1cm sized pieces and allowed to dry on kitchen paper on a windowsill for 3 to 5 days. Thereafter, the pieces can be ground in a sturdy food processor with a thick and very sharp blade until powdered. Note: caution should be exercised as the very hard dried coconut may cause damage to non-commercial food processor blades.

Coconut flour is exceptionally nutritious. It is extremely high in protein, fiber and good carbohydrates, and completely gluten free. It is ideal for Celiac and gluten allergy sufferers.

Coconut flour can only be used for a maximum of twenty percent of the overall flour requirements for any baking recipe. It has a very dry and very heavy texture. Coconut flour has to be combined with softer flour and its equivalent volume in water for successful baking. Generally, coconut flour is used in cakes, muffins, bars, some breads, stews, soups and curries. One fine example is the ever-popular ‘Banana Coconut Muffins’ recipe:

BANANA COCONUT MUFFINS

This traditional Caribbean banana mixture is popular with children and adults alike. They can be served hot or cold, with or without butter and jam. This particular recipe is best served warm.

Ingredients:

1 cup coconut flour
1 teaspoon baking powder
1/8 teaspoon sea salt
6 large eggs, beaten until smooth
2 very ripe, mashed plantain (green) bananas
2 tablespoons unsalted butter, melted
2 tablespoons coconut oil
2 tablespoons organic milk
3 tablespoons clover-flavored honey
1/2 teaspoon organic vanilla extract

Method:

1. Heat oven to 350° F.
2. Combine coconut flour, baking powder and sea salt in a large bowl. Mix well.
3. In a separate bowl, add eggs, organic milk, clover-flavored honey, oil, melted butter and organic vanilla. Beat well until smooth.
4. Gradually add in the dry mixture to the liquid mixture. Alternate dry mixture additions with mashed plantain bananas additions, blending until smooth.
5. Grease a medium sized, 12-muffin tin or use a 12-muffin silicon or non-stick muffin pan. Pour in batter and bake for 18 minutes until golden. The muffins are done when a toothpick can be inserted into their centers and come out clean. Alternatively, the tops of the muffins can be pressed gently and bounce back.

Makes 12 medium muffins

Flaxseed Meal

Flaxseed meal is one of the most commonly found alternatives to regular grains. It has been used for thousands of years, recognized not only for its nutrition, but also its diversity and health benefits.

Flaxseed meal was being used over three thousand years ago by the Babylonians. However, it is believed that other more ancient cultures were probably cultivating flaxseed for use as a meal at least a couple of thousand years before this. It was later introduced to Europe with the advent of the Roman occupations and then North America in the 17th century.

Today it has seen resurgence in popularity, especially for grain allergy, Celiac and hormonal sufferers. It is widely recommended to help in treating menopausal symptoms, high cholesterol and weight problems. However, there is evidence that suggests that it may be helpful in treating inflammatory problems in relation to cancer, diabetes, asthma, arthritis and heart disease. In fact, its high levels of phytochemicals can have a balancing affect on female type hormones, help fertility promotion and is being considered for a possible prevention for breast cancer.

You can often find it at grocery and health food stores and you can always find it at www.grainfreerecipes.com/helpful-products/. The meal is merely ground flaxseeds. However, flaxseed meal is highly sought after because of its nutritional content. It is rich in all major B vitamins, vitamin E, phosphorus, calcium, potassium, ALA (alpha linoleic acid or Omega-3), antioxidants, fiber, good carbohydrates, manganese and magnesium.

Flaxseed meal is prepared first by toasting flaxseeds until golden in an oven. Then the seeds are ground either in a blender, food processor or pestle and mortar. However, the flaxseed meal must be stored in airtight containers in a fridge or frozen until needed. It can later be used for making breads, cakes, cereals and confectionaries, or used as a thickening agent in stews and soups. Generally, it is either baked or boiled. One teaspoon of flaxseed meal can be combined with 1/3 cup of water for a good nutritional drink, laxative and alternative fiber source.

Flaxseed meal is great for making pizza dough. With the advent of low-carbohydrate diets, this dough is not unsimilar to regular varieties, but the outcome is much tastier. It has a slightly nutty flavor and is lighter in texture:

HERBY FLAXSEED MEAL PIZZA DOUGH

Ingredients:

2 cups flaxseed meal
1 teaspoon sea salt
2 teaspoons natural baking powder
1 tablespoon sugar
1 teaspoon Italian mixed dried herbs
3 large eggs, beaten until smooth
3 tablespoons sunflower oil
½ cup water

Method:

Heat oven to 425° F.

1. Combine flaxseed meal, sea salt, baking powder, sugar and Italian Herbs together until lump-free.
2. Beat together eggs, sunflower oil and water until smooth.
3. Pour liquid mixture into almond flour mixture. Blend well until smooth.
4. Cover with a tea towel and put in a warm place until doubled in size for about 1 hour.
5. Press into desired shape (oblongs are more traditional in Italy for pizza). Place on a pre-greased or non-stick pizza pan or sit on a silicon baking mat.
6. Bake for 15 minutes in the center of the oven until cooked.
7. Remove from oven and allow to cool until warm to the touch.
8. Add favorite toppings and then return to the oven to bake as with any normal pizza.

Makes 1 medium (12in) pizza base

Quinoa

Quinoa is a delicious and nutritional replacement for regular grains, consumed by most people across the world. It is especially important for those who cannot eat grains because of serious allergies or others who choose to add a healthier food into their diet.

Quinoa is an ancient seed like-grain that grows high in the Andes Mountains of Chile, Bolivia and Peru. It was the main staple for the ancient Incans, cultivated for well over five thousand years. In fact, it was so highly revered for its goodness by the Incans that they coined the word, which when translated means ‘mother grain’. It was used to make beer, washing detergent and a topical type of antiseptic.

In recent years, it has become popular across the world, replacing regular grains with a delicious, nutty flavoured and healthier alternative. In fact, it can be found in many organic stores, organic sections of major grocery chains and online at www.grainfreerecipes.com/helpful-products/.

Quinoa is high in calcium, B vitamins, vitamin E, phosphorus and iron. Though it is higher in fat than other grains, it is hailed as one of the best sources of plant proteins and one of the few to be a complete protein that can replace meat. In fact, it contains high levels of the most important amino acids required for a healthy body. Best of all, it is completely gluten free, making it a healthy alternative for wheat/grain/gluten allergy and Celiac disease sufferers.

Quinoa can be used in recipes from across the world. It is prepared very much like rice with one part quinoa to two parts water. Generally, ½ a cup of quinoa cooked with 1 cup of water provides a single serving addition to any meal. Best of all any ingredients and flavors can be added according to one’s personal taste. Cooking can be done in a rice cooker or simply boiled in a saucepan and then steamed until the grains are fully cooked, but not mushy.

Here is a quinoa recipe that is sure to delight anyone, young or old:

ITALIAN TOMATO, BABY SPINACH AND CHICKPEA QUINOA RISOTTO

This recipe is a personal favourite. The Italian risotto rice is replaced with quinoa for a richer and nuttier flavor. The high levels of iron in this tasty dish are increased by the addition of tomatoes and spinach. It can be eaten as a complete vegetarian meal by itself or as a side dish to meat eaters. Serve it with a crisp green salad.

Ingredients:

1 cup quinoa

1 large can organic chickpeas with 1 cup of liquid

½ tablespoon extra virgin olive oil

2 teaspoons Italian herbs finely chopped (mixture of oregano, sweet basil, rosemary and thyme)

½ teaspoon freshly crushed garlic

1 medium can organic crushed tomatoes

1 cup organic baby spinach, washed and roughly shredded

Seasoning to taste

Method:

1. Put quinoa, chickpea liquid, olive oil, Italian herbs and garlic into a saucepan and bring to a boil.
2. Add crushed tomatoes and baby spinach. Season to taste.
3. Cook for 10 minutes until quinoa grains are tender, but not soft.
4. Remove from heat, cover with a lid and allow to steam for five minutes. Serve hot.

Serves 2 – 4

Tips:

Try quinoa in other exciting ways. Grind it to make flour for breads. Add it toasted and pre-cooked to yogurt with fruit. Use it as a great addition to soups and stews in the place of pearl barley and pasta.