Red Bandana Bakery Ingredients & Nutrition Facts

GF Flour Blend 3

Breads & Savory Pastries *4*

Cheezy Breads 4

Quiche 5

Ancient Grain Bread 6

Vegan ‘‘Cheese-esque’’ Breads 7

GF White Bread/Garlic Herb Rolls 8

GF Biscuits 9

Challah Bread 10

Paleo Rolls 11

Keto Garlic Cheddar Rolls 12

GF Bagels 13

Vegan Pastries *14*

Black Bean Brownies 15

Chickpea Blondies 16

Banana Chocolate Chip Muffins 17

Vegan Coconut Macaroons 18

Vegan Meringue Cookies 19

Vegan Scones 20

Vegan Donuts 21

Donut/Scone Glaze 21

Vegan Sugar Cookie Dough 22

Regular Pastries *23*

Chocolate Chip/Funfetti Cookies 23

Coconut Macaroons 24

DF/Bonfire Brownies 25

Sugar Cookies 26

Royal Icing 26

Cakes & Cake Components *27*

Regular RBB Cake/Cupcakes 27

Regular Buttercream Frosting 28

Vegan Frosting 29

Soy-free Vegan Frosting 30

Diabetic-friendly (Keto) Cake 31

Diabetic-Friendly (Keto) Frosting 31

Refined Sugar-free (Paleo) Cake 32

Refined Sugar-Free (aka Paleo) Frosting 32
Flourless Chocolate Cake 33
Ganache 34
Vegan Ganache 34
Vegan Grahams 35
Breakfast & Lunch *36*
Egg Preps 36
Avocado Spread 37
Hummus 38
Black Bean Spread 39
Roasted Veggies 40
Roast Chicken 41
Vegan Cider Vinaigrette 42
Black Bean Burgers 43
Falafel Burger Prep 44
Vegan Pumpkin Bisque 45
Vegan Southwestern Black Bean Soup 46
Vegan Cauliflower ‘‘Bisque’’ 47
Vegan Chickpea Curry Soup 48
Irish Veggie Soup 49
Gazpacho 50
Granola 51
Drinks *52*
Simple Syrup 52
Green Smoothie Preps 53
Without Milk: 53
Pink Smoothie Preps: 53
Without Milk: 53
Pumpkin Smoothie Prep 54
Without Milk: 54
Chocolate Syrup for Coffee Drinks 55

GF Flour Blend

Yield 15 pounds
8# white rice flour
3# brown rice flour
3# potato starch
2# tapioca starch

Per oz:

Nutrition Facts	
Servings 256.0	
Amount Per Serving	
calories 100	
	% Daily Value *
Total Fat 0 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 26 mg	**1 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 1 g	**2 %**
Sugars 0 g	
Protein 1 g	**2 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**1 %**

Cheezy Breads

GF Nut-free Sugar-free Coconut-free Soy-free
12 oz(s), Butter - Salted
21 ounce, potato starch
1 tablespoon, Salt
24 oz(s), Egg
2 tsp, Mustard
24 oz., Milk
4 cup, Cheese

Nutrition Facts

Servings 24.0

Amount Per Serving	
calories 290	
	% Daily Value *
Total Fat 20 g	**30 %**
Saturated Fat 11 g	**56 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 155 mg	**52 %**
Sodium 516 mg	**21 %**
Potassium 90 mg	**3 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 8 g	**16 %**
Vitamin A	**14 %**
Vitamin C	**1 %**
Calcium	**16 %**
Iron	**3 %**

Quiche

6 large, Egg
1.50 cup, Cream - Half and half
0.06 tsp(s), Salt and Pepper
0.50 cup, diced, Cheese, cheddar
1 cup, Canned
0.50 cup(s), Basil, fresh
1.50 of a pie crust (56g), Gluten Free Pie & Pastry Dough

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 352	
	% Daily Value *
Total Fat 25 g	**38 %**
Saturated Fat 10 g	**50 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 110 mg	**37 %**
Sodium 429 mg	**18 %**
Potassium 83 mg	**2 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 1 g	**5 %**
Sugars 4 g	
Protein 7 g	**13 %**
Vitamin A	**9 %**
Vitamin C	**4 %**
Calcium	**9 %**
Iron	**4 %**

Ancient Grain Bread

GF DF Vegan Nut-free Coconut-free Soy-free
Yield 4 loaves (9” loaf pans)
30 oz warm water to proof yeast with sugar (100-110 degrees—feels warm to touch but not hot)
3 T yeast
3 oz sugar
3 cups ancient grains (amaranth, millet, and sorghum)
7.5 cups Bob’s Red Mill GF AP Flour Blend
1 T salt
3 T xanthan gum
18 oz additional water
3 T canola oil

Nutrition Facts

Servings 36.0

Amount Per Serving	
calories 84	
	% Daily Value *
Total Fat 2 g	**3 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 32 mg	**1 %**
Potassium 86 mg	**2 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 2 g	**9 %**
Sugars 0 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**4 %**

Vegan "Cheese-esque" Breads

GF DF Vegan Nut-free Coconut-free Soy-free
Yield 12 rolls (grey scoop/4 oz. each)
4 T yeast
16 oz. warm water (100-110 degrees—feels warm to touch but not hot)
2 tsp. sugar
1# Bob's Red Mill GF AP flour blend
10 oz. potato starch
1 tsp. xanthan gum
2 tsp. salt
2 oz. canola oil

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 224	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 398 mg	**17 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 40 g	**13 %**
Dietary Fiber 1 g	**4 %**
Sugars 1 g	
Protein 1 g	**3 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**1 %**

GF White Bread/Garlic Herb Rolls

GF DF Nut-free Coconut-free Soy-free

2 cup, Warm Water
4 oz(s), Sugar
25 gram, Yeast
16 g, Xanthan Gum
1 Tablespoons, Salt
1 tablespoon, Powder
6 large, Egg
4 fluid ounce, Oil - Vegetable, canola
2 tsp(s), Vinegar, cider
2 lb(s), Gluten Free Flour Blend
8 fluid ounce, Water - Municipal

Nutrition Facts

Servings 30.0

Amount Per Serving	
calories 62	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 37 mg	**12 %**
Sodium 44 mg	**2 %**
Potassium 14 mg	**0 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**2 %**
Sugars 0 g	
Protein 1 g	**3 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**1 %**

GF Biscuits

GF Nut-free Sugar-free Coconut-free Soy-free
Yield 1 dozen
Small mixer, paddle attachment
8 cups GF flour blend
4 tsp xanthan
2 tsp soda
4 T baking powder
1 T kosher salt
12 oz. butter
32 oz. milk + 4 T vinegar
Mix-ins (for cheddar-thyme biscuits):
2 cups shredded cheddar
2 T dried thyme

Nutrition Facts

Servings 18.0

Amount Per Serving	
calories 487	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 10 g	**52 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 45 mg	**15 %**
Sodium 526 mg	**22 %**
Potassium 171 mg	**5 %**
Total Carbohydrate 75 g	**25 %**
Dietary Fiber 3 g	**13 %**
Sugars 3 g	
Protein 5 g	**9 %**
Vitamin A	**12 %**
Vitamin C	**1 %**
Calcium	**8 %**
Iron	**3 %**

Challah Bread

GF DF Nut-free Coconut-free Soy-free
Yield 2 loaves + 8 rolls
Big mixer, paddle attachment
21 g yeast
30 oz warm water (110 degrees)
½ cup sugar
1 cup honey
12 eggs
6 oz canola oil
3 tsp cider vinegar
6 tsp Kosher salt
3 T xanthan gum
9 c GF flour blend

Nutrition Facts

Servings 32.0

Amount Per Serving	
calories 245	
	% Daily Value *
Total Fat 10 g	**15 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 70 mg	**23 %**
Sodium 282 mg	**12 %**
Potassium 31 mg	**1 %**
Total Carbohydrate 34 g	**11 %**
Dietary Fiber 2 g	**10 %**
Sugars 13 g	
Protein 7 g	**14 %**
Vitamin A	**2 %**
Vitamin C	**1 %**
Calcium	**2 %**
Iron	**3 %**

Paleo Rolls

1/2 cup blanched almond flour
3/4 cup + 2 Tbsp tapioca flour
5 Tbsp coconut flour divided 3 Tbsp + 2
3/4 tsp sea salt
1 tsp baking powder
1/2 tsp baking soda
1/3 cup melted coconut oil
1/3 cup warm water not hot
1 Tbsp cider vinegar
1 egg room temp

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 283	
	% Daily Value *
Total Fat 23 g	**36 %**
Saturated Fat 18 g	**90 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 47 mg	**16 %**
Sodium 648 mg	**27 %**
Potassium 17 mg	**0 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 4 g	**15 %**
Sugars 2 g	
Protein 8 g	**17 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**10 %**
Iron	**13 %**

Keto Garlic Cheddar Rolls

6 oz butter, melted
1.5 cups coconut flour
10 eggs
12 oz. water
6 oz. milk
3 cups shredded cheddar
1 T minced garlic
1 tsp parsley
1 T baking powder

Nutrition Facts

Servings 15.0

Amount Per Serving	
calories 250	
	% Daily Value *
Total Fat 19 g	**30 %**
Saturated Fat 11 g	**57 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 167 mg	**56 %**
Sodium 288 mg	**12 %**
Potassium 64 mg	**2 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 4 g	**16 %**
Sugars 2 g	
Protein 10 g	**21 %**
Vitamin A	**14 %**
Vitamin C	**0 %**
Calcium	**18 %**
Iron	**11 %**

GF Bagels

GF Dairy-free Nut-free Coconut-free
Yield 32 bagels
78 oz GF flour
1 cup potato starch
5 tbsp 1 tsp xanthan gum
4 tsp instant yeast
2 tsp baking soda
8 tsp baking powder
6 eggs
8 tbsp granulated sugar
2 tbsp kosher salt
34 fl oz warm water (about 95°F)
12 oz. shortening

Nutrition Facts

Servings 32.0

Amount Per Serving	
calories 369	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
Cholesterol 42 mg	**14 %**
Sodium 387 mg	**16 %**
Potassium 77 mg	**2 %**
Total Carbohydrate 65 g	**22 %**
Dietary Fiber 4 g	**16 %**
Sugars 3 g	
Protein 4 g	**9 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**68 %**
Iron	**5 %**

Vegan Pastries

Black Bean Brownies

GF DF Vegan Nut-free Sugar-free Coconut-free Soy-free
Yields one half-sheet (24 brownies)
900 g black beans, rinsed very well
50 g cocoa powder
160 g GF quick oats
¾ tsp salt
290 g sugar-free maple syrup
160 g canola oil
3 T coffee
1.5 tsp baking powder
150 g chocolate chips

Nutrition Facts

Servings 24.0

Amount Per Serving	
calories 199	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 281 mg	**12 %**
Potassium 128 mg	**4 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 4 g	**15 %**
Sugars 5 g	
Protein 4 g	**8 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**9 %**

Chickpea Blondies

GF DF Vegan Nut-free Sugar-free Soy-free
50 g coconut flour
160 g GF quick oats
900 g garbanzo beans, rinsed very well
¾ tsp salt
290 g sugar-free maple syrup
160 g canola oil
3 T coffee
1.5 tsp baking powder
1 apple
4 pinches cinnamon

Nutrition Facts

Servings 24.0

Amount Per Serving	
calories 162	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 213 mg	**9 %**
Potassium 10 mg	**0 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 4 g	**15 %**
Sugars 1 g	
Protein 3 g	**6 %**
Vitamin A	**0 %**
Vitamin C	**1 %**
Calcium	**2 %**
Iron	**6 %**

Banana Chocolate Chip Muffins

GF DF Vegan Nut-free Coconut-free Soy-free
Yields 6 dozen muffins
Big mixer, whisk attachment
4# fruit (banana, carrots, pears, apples, zucchini)
8 oz. canola oil
2# sugar
3#, 4 oz. GF flour blend
1.5 T xanthan gum
1 T salt
1 T cinnamon
1 T soda
1 can coconut milk

Nutrition Facts

Servings 72.0

Amount Per Serving	
calories 173	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 156 mg	**6 %**
Potassium 90 mg	**3 %**
Total Carbohydrate 33 g	**11 %**
Dietary Fiber 1 g	**5 %**
Sugars 18 g	
Protein 1 g	**2 %**
Vitamin A	**0 %**
Vitamin C	**4 %**
Calcium	**0 %**
Iron	**1 %**

Vegan Coconut Macaroons

GF DF Vegan Nut-free Sugar-free Soy-free
Yield 2 dozen
No mixer—by hand in big stainless bowl
28 oz. coconut
3/4 cup coconut flour
1 can coconut milk
1 tsp coffee
¼ tsp salt

Nutrition Facts

Servings 24.0

Amount Per Serving	
calories 281	
	% Daily Value *
Total Fat 26 g	**40 %**
Saturated Fat 23 g	**117 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 435 mg	**18 %**
Potassium 16 mg	**0 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 8 g	**33 %**
Sugars 3 g	
Protein 3 g	**7 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**20 %**

Vegan Meringue Cookies

GF DF Vegan Nut-free Coconut-free Soy-free
12 oz. chickpea water
2 tsp cream of tartar
3 cups sugar

Nutrition Facts

Servings 36.0

Amount Per Serving	
calories 60	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 28 mg	**1 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 0 g	**0 %**
Sugars 16 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

Vegan Scones

GF DF Vegan Nut-free Soy-free
Yield 12 scones
24 fluid ounce, GF flour
1 tbsp, Xanthan Gum
4 oz, Sugar
2 tbsp(s), Baking powder
0.50 tsp, Salt
2 cup, Coconut Milk Full Fat
3 tbsp, Maple Syrup
2 cup, halves, Strawberry
0.50 cup(s), Confectioners Powdered Sugar
8 tbsp, Coconut oil

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 400	
	% Daily Value *
Total Fat 20 g	**30 %**
Saturated Fat 17 g	**84 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 378 mg	**16 %**
Potassium 51 mg	**1 %**
Total Carbohydrate 55 g	**18 %**
Dietary Fiber 2 g	**8 %**
Sugars 21 g	
Protein 2 g	**5 %**
Vitamin A	**0 %**
Vitamin C	**15 %**
Calcium	**145 %**
Iron	**2 %**

Vegan Donuts

GF DF Vegan Nut-free Soy-free

1.5 oz. RBB Cake Batter

2 T donut/scone glaze

Nutrition Facts

Servings 96.0

Amount Per Serving	
calories 108	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 74 mg	**3 %**
Potassium 18 mg	**1 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 1 g	**3 %**
Sugars 2 g	
Protein 1 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**18 %**
Iron	**1 %**

Donut/Scone Glaze

GF DF Vegan Nut-free Soy-free

Yield 4 cups (32 two-tablespoon servings)

4 cups powdered sugar, sifted

1 cup canned coconut milk

6 oz. water

Nutrition Facts

Servings 32.0

Amount Per Serving	
calories 65	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 0 g	**0 %**
Sugars 16 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

Vegan Sugar Cookie Dough

GF DF vegan nut-free

Yield 18 cookies

6 oz. white sugar
4 oz. shortening
12 oz. GF flour blend
1 tsp. xanthan gum
1 tsp baking soda
1/4 tsp salt
1 tsp brewed coffee
2 T coconut milk

Nutrition Facts	
Servings 18.0	
Amount Per Serving	
calories 121	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 38 mg	**2 %**
Potassium 17 mg	**0 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 1 g	**4 %**
Sugars 0 g	
Protein 1 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**1 %**

Chocolate Chip/Funfetti Cookies

GF Dairy-free Nut-free Coconut-free Soy-free
Yield 4 dozen

1# shortening
40 g molasses
1#12oz sugar
2 tsp salt
4 eggs
2#4oz GF flour blend
1T xanthan
2 tsp soda
1 tsp powder
4 cups chocolate chips

Nutrition Facts	
Servings 68.0	
Amount Per Serving	
calories 146	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 13 mg	**4 %**
Sodium 138 mg	**6 %**
Potassium 13 mg	**0 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 2 g	**7 %**
Sugars 20 g	
Protein 1 g	**3 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**6 %**

Coconut Macaroons

GF Nut-free Soy-free
2 oz. egg white
Pinch salt
14 oz. condensed milk (1 can)
2 tsp coffee
28 oz. coconut

Nutrition Facts	
Servings 48.0	
Amount Per Serving	
calories 117	
	% Daily Value *
Total Fat 7 g	**10 %**
Saturated Fat 6 g	**28 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 3 mg	**1 %**
Sodium 58 mg	**2 %**
Potassium 42 mg	**1 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 1 g	**5 %**
Sugars 12 g	
Protein 2 g	**4 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**0 %**

DF/Bonfire Brownies

30 oz(s), Del Lago Chocolate
3 lb(s), Sugar
2 serving 1 Tablespoon, Molasses
3 teaspoon, Salt
1.50 tsp, Leavening agents, baking soda
12 large, Egg
6 tsp(s), Black Coffee
3 cup(s), Coconut
4 cup(s), gluten free flour
1 cup, Mini Marshmallows
0.25 cup, Graham Cracker Crumbs

Nutrition Facts

Servings 72.0

Amount Per Serving	
calories 155	
	% Daily Value *
Total Fat 13 g	**19 %**
Saturated Fat 10 g	**48 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 31 mg	**10 %**
Sodium 150 mg	**6 %**
Potassium 20 mg	**1 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 0 g	**2 %**
Sugars 4 g	
Protein 2 g	**4 %**
Vitamin A	**1 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**3 %**

Sugar Cookies

GF Soy-free Coconut-free Nut-free
Yield: 6 dozen cookies
1360 g butter
1200 g sugar
8 eggs
4 oz. coffee
2248 g flour blend
4 T xanthan gum
1 T baking powder

Nutrition Facts
Servings 72.0

Amount Per Serving	
calories 182	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 10 g	**49 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 61 mg	**20 %**
Sodium 45 mg	**2 %**
Potassium 13 mg	**0 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 1 g	**3 %**
Sugars 17 g	
Protein 1 g	**2 %**
Vitamin A	**130 %**
Vitamin C	**0 %**
Calcium	**16 %**
Iron	**2 %**

Royal Icing

GF DF Soy-free Nut-free Coconut-free
Yield 3 dozen cookies' worth icing
6 T egg white powder
2 pounds powdered sugar
6 oz. warm water

Nutrition Facts
Servings 36.0

Amount Per Serving	
calories 37	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 31 mg	**1 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 0 g	**0 %**
Sugars 7 g	
Protein 2 g	**4 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

Regular RBB Cake/Cupcakes

GF DF Vegan Nut-free Soy-free
Yield 64 two-oz. servings
1# canola oil
3# 8 oz sugar
3# 4 oz GF flour blend
8 grams xanthan gum
28 grams baking powder
5 grams baking soda
6 grams salt
60 grams coconut milk powder
45 grams lemon juice
28 grams brewed coffee
2# 8 oz warm water

Nutrition Facts

Servings 64.0

Amount Per Serving	
calories 162	
	% Daily Value *
Total Fat 8 g	**12 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 111 mg	**5 %**
Potassium 26 mg	**1 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 1 g	**4 %**
Sugars 3 g	
Protein 1 g	**2 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**26 %**
Iron	**1 %**

Regular Buttercream Frosting

GF Nut-free Coconut-free Soy-free
Yield 2 gallons (324 two-tablespoon servings)
6 pounds butter
4# powdered sugar
2 oz coffee
1/4 tsp salt

Nutrition Facts	
Servings 256.0	
Amount Per Serving	
calories 85	
	% Daily Value *
Total Fat 862 g	**1327 %**
Saturated Fat 546 g	**2730 %**
Monounsaturated Fat 223 g	
Polyunsaturated Fat 32 g	
Trans Fat 0 g	
Cholesterol 2286 mg	**762 %**
Sodium 117 mg	**5 %**
Potassium 255 mg	**7 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 3 g	
Protein 9 g	**18 %**
Vitamin A	**531 %**
Vitamin C	**0 %**
Calcium	**26 %**
Iron	**1 %**

Vegan Frosting

GF DF Vegan Nut-free Coconut-free
Yield 324 two-tablespoon servings
6# shortening (soybean & palm oils)
6# powdered sugar
2 oz coffee
1/4 tsp salt

Nutrition Facts	
Servings 256.0	
Amount Per Serving	
calories 95	
	% Daily Value *
Total Fat 5 g	**8 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 0 g	**0 %**
Sugars 12 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

Soy-free Vegan Frosting

GF DF Vegan Nut-free Coconut-free Soy-free
Yield 108 two-tablespoon servings
2# Palm Shortening
3 cups powdered sugar

Nutrition Facts	
Servings 108.0	
Amount Per Serving	
calories 85	
	% Daily Value *
Total Fat 8 g	**13 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 4 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

Diabetic-friendly (Keto) Cake

GF Soy-free
Yield: 48 blue scoops
2 cups splenda
1.5 cup Butter (softened)
16 large Egg
1 cup Unsweetened almond milk
2 T coffee
6 cup Almond flour
1 cup Coconut flour
1 T xanthan gum
3 T baking powder
(If vegan, replace butter with shortening and egg with applesauce)

Nutrition Facts
Servings 48.0

Amount Per Serving	
calories 106	
	% Daily Value *
Total Fat 9 g	**15 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 77 mg	**26 %**
Sodium 50 mg	**2 %**
Potassium 28 mg	**1 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**6 %**
Sugars 0 g	
Protein 3 g	**7 %**
Vitamin A	**6 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**4 %**

Diabetic-Friendly (Keto) Frosting

GF Nut-free Coconut-free Soy-free
Small mixer, whisk attachment
2# butter
3 cups Splenda
Mix on high 5 minutes until light and fluffy—small mixer, whisk attachment
(If vegan, replace butter with shortening)

Nutrition Facts
Servings 56.0

Amount Per Serving	
calories 121	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 8 g	**42 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	**12 %**
Sodium 2 mg	**0 %**
Potassium 4 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**8 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

Refined Sugar-free (Paleo) Cake

GF Dairy-free Soy-free | Yield: 20 blue scoops | Small mixer, whisk attachment

150g melted coconut oil
450g honey
120g cocoa powder for chocolate cake or almond flour for vanilla
6 eggs
200g coconut flour
200g tapioca starch
pinch of salt
2.5 tsp baking soda
2.5 tsp baking powder
1.5 cups nondairy milk (coconut milk, almond milk if not sensitive to nuts)

Nutrition Facts
Servings 20.0

Amount Per Serving	
calories 292	
	% Daily Value *
Total Fat 13 g	**21 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 56 mg	**19 %**
Sodium 125 mg	**5 %**
Potassium 75 mg	**2 %**
Total Carbohydrate 35 g	**12 %**
Dietary Fiber 5 g	**20 %**
Sugars 19 g	
Protein 6 g	**11 %**
Vitamin A	**3 %**
Vitamin C	**0 %**
Calcium	**40 %**
Iron	**3 %**

Refined Sugar-Free (aka Paleo) Frosting

GF Nut-free Coconut-free Soy-free

2# butter
3 cups honey
(If vegan, replace butter with shortening)

Nutrition Facts
Servings 48.0

Amount Per Serving	
calories 137	
	% Daily Value *
Total Fat 15 g	**24 %**
Saturated Fat 10 g	**48 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 41 mg	**14 %**
Sodium 2 mg	**0 %**
Potassium 5 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**129 %**
Vitamin C	**0 %**
Calcium	**5 %**
Iron	**0 %**

Flourless Chocolate Cake

GF, nut-free, coconut-free (soy-free if you use butter, dairy-free if you sub shortening and vegan chocolate)
Yield: Two 6” cakes (these are one layer each)
12 oz. butter (can sub shortening to make it DF)
12 oz. chocolate (dairy is ok unless cake needs to be DF)
4 oz. espresso, brewed
6 oz. cocoa powder
18 oz. sugar
12 eggs

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 457	
	% Daily Value *
Total Fat 28 g	**43 %**
Saturated Fat 16 g	**78 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 190 mg	**63 %**
Sodium 100 mg	**4 %**
Potassium 58 mg	**2 %**
Total Carbohydrate 47 g	**16 %**
Dietary Fiber 2 g	**6 %**
Sugars 43 g	
Protein 7 g	**14 %**
Vitamin A	**150 %**
Vitamin C	**0 %**
Calcium	**49 %**
Iron	**14 %**

Ganache

Yield 28 one-oz. servings
1# chocolate (regular, not vegan)
12 oz. butter

Nutrition Facts	
Servings 28.0	
Amount Per Serving	
calories 173	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 8 g	**42 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 30 mg	**10 %**
Sodium 16 mg	**1 %**
Potassium 3 mg	**0 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 0 g	**0 %**
Sugars 8 g	
Protein 1 g	**3 %**
Vitamin A	**83 %**
Vitamin C	**0 %**
Calcium	**34 %**
Iron	**0 %**

Vegan Ganache

Yield 26 one-oz. servings

1 # chocolate (must be vegan—white bag)
10 oz. canola oil

Nutrition Facts	
Servings 26.0	
Amount Per Serving	
calories 185	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 4 mg	**1 %**
Sodium 15 mg	**1 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 0 g	**0 %**
Sugars 9 g	
Protein 1 g	**3 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**33 %**
Iron	**0 %**

Vegan Grahams

GF DF Vegan Nut-free Soy-free

1# 4 oz GF flour blend
1 T xanthan gum
2 T cinnamon
1 t salt
2 t soda
½ t ginger
6 oz canola oil
4 T molasses
4 oz coconut milk
4 oz honey

Nutrition Facts

Servings 37.0

Amount Per Serving	
calories 115	
	% Daily Value *
Total Fat 5 g	**7 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 73 mg	**3 %**
Potassium 18 mg	**1 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 1 g	**4 %**
Sugars 4 g	
Protein 1 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**5 %**
Iron	**1 %**

Egg Preps

16 oz. egg
6 oz. whole milk
2 oz H20

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 95	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 2 g	**11 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 214 mg	**71 %**
Sodium 107 mg	**4 %**
Potassium 115 mg	**3 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 8 g	**16 %**
Vitamin A	**7 %**
Vitamin C	**0 %**
Calcium	**7 %**
Iron	**6 %**

Avocado Spread

2 medium, Avocado
0.25 tsp, Himalayan Pink Salt
1 tbsp(s), Lime juice - Raw

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 39	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 422 mg	**18 %**
Potassium 119 mg	**3 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 2 g	**7 %**
Sugars 0 g	
Protein 0 g	**1 %**
Vitamin A	**1 %**
Vitamin C	**5 %**
Calcium	**0 %**
Iron	**1 %**

Hummus

6 cup, Chickpeas
1 tbsp(s), Garlic, raw
1 tbsp, Mccormack
2 tsp, Lemon juice, raw
1.50 tbsp, Oil - Vegetable, canola
2 tsp(s), Salt

Nutrition Facts

Servings 48.0

Amount Per Serving	
calories 31	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 76 mg	**3 %**
Potassium 7 mg	**0 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 1 g	**4 %**
Sugars 1 g	
Protein 1 g	**3 %**
Vitamin A	**0 %**
Vitamin C	**3 %**
Calcium	**1 %**
Iron	**2 %**

Black Bean Spread

2 fluid ounce, Lime juice - Raw
1 tsp(s), Cayenne Powder
1 tbsp(s), Garlic, raw
1 tsp, whole, Spices, cumin seed
1 tsp(s), Basil, fresh
1 tsp, ground, Spices, pepper, black
2 teaspoon, Salt
5 cup, Black Beans Canned

Nutrition Facts

Servings 20.0

Amount Per Serving	
calories 35	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 233 mg	**10 %**
Potassium 180 mg	**5 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 4 g	**14 %**
Sugars 1 g	
Protein 4 g	**7 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**3 %**
Iron	**8 %**

Roasted Veggies

Yield: 12 servings
8 cups zucchinie
2 T canola oil
½ t salt
3 twists pepper
1 T garlic powder

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 37	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 103 mg	**4 %**
Potassium 206 mg	**6 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 1 g	**3 %**
Sugars 2 g	
Protein 1 g	**2 %**
Vitamin A	**8 %**
Vitamin C	**13 %**
Calcium	**13 %**
Iron	**0 %**

Roast Chicken

3.5 oz. chicken thigh (boneless & skinless)
1 pinch salt
1 pinch pepper
1 pinch garlic powder

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 115	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**4 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 92 mg	**31 %**
Sodium 233 mg	**10 %**
Potassium 4 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 19 g	**39 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**3 %**
Iron	**4 %**

Vegan Cider Vinaigrette

Yield 12 oz. (twelve 2T-servings)
2 t minced garlic
2 T mustard
1/2 cup apple cider vinegar
2 oz. lemon juice
1 oz. honey
5 oz. olive oil
1 pinch each salt and pepper

Nutrition Facts

Servings 11.0

Amount Per Serving	
calories 79	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2570 mg	**107 %**
Potassium 23 mg	**1 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 6 g	**23 %**
Sugars 5 g	
Protein 3 g	**6 %**
Vitamin A	**327 %**
Vitamin C	**3 %**
Calcium	**11 %**
Iron	**6 %**

Black Bean Burgers

Yield: 12 burgers
2 onions
2/3 cup carrots
4 slices or 2 cups ancient grain bread/crumbs
30 oz black beans, drained
2 T potato starch
1/2 t salt
2 t cumin
½ t cayenne
4 T minced garlic

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 124	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 172 mg	**7 %**
Potassium 299 mg	**9 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 6 g	**24 %**
Sugars 2 g	
Protein 6 g	**12 %**
Vitamin A	**26 %**
Vitamin C	**6 %**
Calcium	**6 %**
Iron	**11 %**

Falafel Burger Prep

GF DF Vegan Soy-free Nut-free Coconut-free
Yield: 12 four-oz. burgers
1 onion
1 T minced garlic
8 cups garbanzo beans, drained
4 dashes ground cayenne
2 T cumin
4 T dried basil
1 T salt

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 167	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1103 mg	**46 %**
Potassium 18 mg	**1 %**
Total Carbohydrate 28 g	**9 %**
Dietary Fiber 9 g	**35 %**
Sugars 0 g	
Protein 10 g	**19 %**
Vitamin A	**3 %**
Vitamin C	**1 %**
Calcium	**4 %**
Iron	**3 %**

Vegan Pumpkin Bisque

Yield: 11 cups
In cast iron pot:
Saute 1 thinly sliced onion and 2 T minced garlic
Once that is soft and brown and cooked down, add:
6 cups pumpkin puree
4 T salt
6 cups water
10 cranks black pepper
1 can coconut milk
Stir to combine and season to taste

Nutrition Facts	
Servings 11.0	
Amount Per Serving	
calories 79	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 3 g	**13 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2570 mg	**107 %**
Potassium 23 mg	**1 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 6 g	**23 %**
Sugars 5 g	
Protein 3 g	**6 %**
Vitamin A	**327 %**
Vitamin C	**3 %**
Calcium	**11 %**
Iron	**6 %**

Vegan Southwestern Black Bean Soup

Yield: 12 cups
GF, DF, vegan, nut-free, coconut-free
1 onion
1 T garlic
6 cups black beans (drained)
2 cups kale, finely chopped with stems removed
½ cup chopped carrot
3 T lime juice
1 tsp salt
1 T cumin
1 dash chili powder
8 cups water

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 126	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 221 mg	**9 %**
Potassium 464 mg	**13 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 8 g	**31 %**
Sugars 2 g	
Protein 8 g	**16 %**
Vitamin A	**51 %**
Vitamin C	**46 %**
Calcium	**14 %**
Iron	**13 %**

Vegan Cauliflower "Bisque"

Yield: 10 cups
GF, DF, vegan, nut-free
1 onion
2 T minced garlic
8 cups cauliflower
2 tsp salt
10 cranks black pepper
2 cans coconut milk
1 T fresh herbs

Nutrition Facts	
Servings 10.0	
Amount Per Serving	
calories 87	
	% Daily Value *
Total Fat 6 g	**10 %**
Saturated Fat 6 g	**28 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 262 mg	**11 %**
Potassium 319 mg	**9 %**
Total Carbohydrate 7 g	**2 %**
Dietary Fiber 3 g	**13 %**
Sugars 3 g	
Protein 2 g	**5 %**
Vitamin A	**0 %**
Vitamin C	**41 %**
Calcium	**19 %**
Iron	**2 %**

Vegan Chickpea Curry Soup

Yield: 12 one-cup servings
GF, DF, vegan, nut-free
1 onion
1 T minced garlic
6 cups chickpeas (drained)
2 cups cauliflower
2 cups kale
½ cup chopped carrot
1 cup tomato
1 tsp salt
2 T curry powder
1 cup coconut milk
4 cups water

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 154	
	% Daily Value *
Total Fat 6 g	**8 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 492 mg	**20 %**
Potassium 161 mg	**5 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 6 g	**22 %**
Sugars 4 g	
Protein 6 g	**12 %**
Vitamin A	**54 %**
Vitamin C	**39 %**
Calcium	**6 %**
Iron	**8 %**

Irish Veggie Soup

Yield: 6 one-cup servings

GF, DF, vegan, nut-free, coconut-free

4 cups cabbage
1 onion
1 cup carrots
1 cup potatoes
4 cups water
1 T dried herb

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 38	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 34 mg	**1 %**
Potassium 273 mg	**8 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 3 g	**11 %**
Sugars 3 g	
Protein 2 g	**3 %**
Vitamin A	**73 %**
Vitamin C	**42 %**
Calcium	**15 %**
Iron	**3 %**

Gazpacho

- Yield: 10 cups
- GF, DF, vegan, nut-free, coconut-free
- Rough chop and put in food processor or blender (may have to add in batches):
  - 8 cups tomato
  - 1 cup cucumber
  - 1 cup onion
  - ½ cup fresh basil
  - 1 oz. canola oil
  - 1 T lime juice
  - 1 T chopped garlic
  - 1 T salt
  - 1 tsp cumin

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 79	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 45 mg	**2 %**
Potassium 496 mg	**14 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 3 g	**11 %**
Sugars 6 g	
Protein 2 g	**4 %**
Vitamin A	**77 %**
Vitamin C	**32 %**
Calcium	**20 %**
Iron	**3 %**

Granola

GFDF Vegan Nut-free Soy-free Coconut-free
Yield: Twenty-four 2T servings
3 cups rolled oats
1 cup seasonal fruit, chopped into ½" pieces
½ cup sugar-free maple syrup
2 tsp spices (cinnamon, nutmeg, ginger, or whatever pairs nicely with the fruit)

Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 56	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 9 mg	**0 %**
Potassium 10 mg	**0 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**7 %**
Sugars 1 g	
Protein 2 g	**5 %**
Vitamin A	**0 %**
Vitamin C	**4 %**
Calcium	**1 %**
Iron	**4 %**

Simple Syrup

Yield: 8 one-oz. servings
1 cup sugar
1 cup water
2 drops lemon juice

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 97	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 1 mg	**0 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 0 g	**0 %**
Sugars 25 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**0 %**

Green Smoothie Preps

1.5 bananas
½ cup kale
3 leaves mint
3 tsp lemon juice
2 T avocado
2 tsp sugar-free maple syrup

Without Milk:

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 248	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 78 mg	**3 %**
Potassium 1011 mg	**29 %**
Total Carbohydrate 58 g	**19 %**
Dietary Fiber 8 g	**34 %**
Sugars 26 g	
Protein 5 g	**9 %**
Vitamin A	**103 %**
Vitamin C	**130 %**
Calcium	**9 %**
Iron	**7 %**

Pink Smoothie Preps:

1/2 cup strawberries
3/4 banana
1/8 cup toasted coconut (blue scoop)

Without Milk:

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 102	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 5 mg	**0 %**
Potassium 373 mg	**11 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 3 g	**12 %**
Sugars 13 g	
Protein 1 g	**2 %**
Vitamin A	**1 %**
Vitamin C	**35 %**
Calcium	**0 %**
Iron	**1 %**

Pumpkin Smoothie Prep

6 oz. pumpkin puree
½ banana (3 oz)
¼ tsp ground cinnamon
Dash ground allspice
3 Tablespoons sugar-free maple syrup

Without Milk:

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 177	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 143 mg	**6 %**
Potassium 1153 mg	**33 %**
Total Carbohydrate 44 g	**15 %**
Dietary Fiber 7 g	**28 %**
Sugars 20 g	
Protein 4 g	**8 %**
Vitamin A	**370 %**
Vitamin C	**36 %**
Calcium	**11 %**
Iron	**12 %**

Chocolate Syrup for Coffee Drinks

GFDF and vegan

Yield: 24 one-oz. servings

1 cup cocoa powder

2 cups sugar

14 oz. water

1 T coffee

Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 74	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 54 mg	**2 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 1 g	**5 %**
Sugars 17 g	
Protein 1 g	**1 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**0 %**