

HOMEMADE VEGAN GOODNESS

JUST LIKE THE REAL THING



THE ALLERGY-FREE COOK

Bakes Cakes and Cookies

GLUTEN-FREE, DAIRY-FREE, EGG-FREE, SOY-FREE

Laurie Sadowski

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Preface

In the last year, you may have noticed an influx of gluten-free, vegan, and allergy-friendly items in local supermarkets, bakeries, and restaurants. When you mention your dietary restrictions, staff and servers no longer look confused. It's about time.

It's also time for this follow-up (and perfect complement) to my previous book, *The Allergy-Free Cook Bakes Bread*, which covered the essentials for baking gluten-free breads. This book provides you with the first flood of treats: cakes, cupcakes, cookies, and bars.

Like its predecessor, this volume is designed with gluten-free folks and food-allergy sufferers in mind, providing guidance and recipes for those who are hungry to learn how to feed their bellies safely, compassionately, nutritiously, and deliciously. For people with celiac disease, it's a primer on eating gluten-free. For families living with autism or ADHD, it's a source of casein-free recipes. For those with food allergies and sensitivities, it supplies recipes that are free of common allergens, including dairy products, eggs, gluten, nightshades, soy, sulfites, and wheat. Many recipes are also free of legumes, nuts, peanuts, seeds, and yeast.

Because I'm passionate about health and nutrition, I developed these recipes using safe, wholesome, and natural ingredients. Because I love food, I also made these treats downright indulgent. Now you can bake your cake . . . and eat it too.

From one cake and cookie lover to another,

Laurie Sadowski

PART II

Gluten-Free Ingredients and Tips for Success



Yes, you *can* have a generous wedge of moist carrot cake with gooey frosting (page 42), a warm-from-the-oven chocolate chip cookie (page 89), or sweet cinnamon biscotti (page 132). These treats can all be made free of gluten, dairy, eggs, soy, and other common allergens—so feel free to indulge! This chapter covers all the basics you need to know so you can start baking right away.

STOCK UP: ESSENTIAL GLUTEN-FREE INGREDIENTS

A well-stocked pantry is the key to success in gluten-free baking. After all, you don't want a craving for cake to go unanswered because all you have is a box of old baking soda and a bag of raisins, do you? Here are my favorite staples to always keep on hand.

*Victory is sweetest when
you've known defeat.*

MALCOLM S. FORBES
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Flours and Starches

Once upon a time, the word “flour” meant one thing: good ol’ bleached all-purpose wheat flour. Today, however, we can take advantage of a variety of gluten-free flours that produce an outcome similar to—okay, *better than*—their wheat counterparts.

Gluten-free baking calls for an approach different from traditional baking. The winning formula involves combining various flours and adding a bit of xanthan gum (see page 9). Coming up with your own mixture of gluten-free flours is easy when you know the properties of each type of flour and are willing to experiment to get the taste you're looking for. Different flours have different nutritional values, and some flours perform certain tasks better than others. Each gluten-free flour has its own unique taste and texture, but never judge a recipe by sampling the raw batter. Some gluten-free flours have a strong and sometimes even bitter taste before they are baked.

I encourage you to adapt my recipes by substituting your own gluten-free flour combinations or using a store-bought mix. A number of suppliers sell packaged gluten-free flour blends, but I prefer to make my own for a few reasons. First, I like to try a variety of flour combinations in different baked goods. Second, most commercial blends contain a large proportion of rice flour and an excessive amount of starch, a combination that lacks nutrition. Third, commercial blends often contain gelatin or powdered milk, both of which are animal derived. So read labels carefully before buying a ready-made blend.

Here's a list of the gluten-free flours and starches I use in my cake and cookie recipes. For ideas about substituting other gluten-free flours and starches, see sidebar (page 9).

Sorghum flour. Smoother than most flours and high in protein, sorghum flour is a component in many packaged gluten-free flour blends. It has a slight molasses flavor and is rich in nutrients. Sorghum flour is one of my favorites; I like its taste and texture, and I also appreciate its low cost.

Millet flour. Millet flour is slightly sweet and imparts a moist, tender crumb to baked goods, which is why I love it for cakes. It's also rich in B vitamins.

Quinoa flour. Quinoa flour adds protein and nutrients to gluten-free recipes. It has a very distinct flavor and can generally be substituted with amaranth, bean, or millet flour.

Teff flour. High in protein, slightly sweet, and somewhat nutty, teff flour is another one of my favorites. It's the main ingredient in the fermented Ethiopian bread *injera* and also works well in recipes that call for cocoa.

Tapioca flour. Also known as tapioca starch, tapioca flour is made from the cassava plant and is suitable for baking and thickening. It adds moistness and gives baked goods a tender, chewy texture.

TABLE 2

Nutritional content and weight of gluten-free flours

Flour (¼ cup)	Calories, kcal	Fat, grams	Fiber, grams	Protein, grams	Weight, grams
Almond flour	160	14	3	6	28
Amaranth flour	110	2	3	4	30
Arrowroot starch	110	0	1	0	32
Buckwheat flour	100	1	4	4	30
Chickpea flour	110	2	5	6	30
Coconut flour	120	3	12	4	28
Cornmeal	110	1	5	2	32
Cornstarch	120	0	0	0	32
Fava bean flour	110	0.5	8	9	33
Garfava flour	150	2.5	3	9	30
Hazelnut flour	180	17	3	4	28
Millet flour	110	1	4	3	30
Potato flour	160	1	3	4	45
Potato starch	160	0	0	0	48
Quinoa flour	120	2	4	4	28
Rice flour, brown	140	1	2	3	39.5
Rice flour, sweet white	180	0.5	1	3	51
Rice flour, white	150	0.5	1	2	39.5
Sorghum flour	120	1	3	4	31.75
Tapioca flour	100	0	0	0	30
Teff flour	113	1	4	4	30

Arrowroot starch. Also known as arrowroot flour, arrowroot starch provides structure and lightness when paired with high-fat or high-protein gluten-free flours.

Cornstarch. A fine, powdery thickening agent made from corn, cornstarch has no flavor and is typically combined with various flours in gluten-free baking.

Cornmeal. Coarser than corn flour, cornmeal may be white, yellow, or blue, depending on the corn it's made from. The featured ingredient in cornbread, cornmeal provides a dense, crumbly texture.

Similar to a classic blueberry buckle, this crumb cake is brimming with **blueberries**. Make Wild Blueberry Brunch Cake at the height of blueberry season. If possible, use wild blueberries in this cake, which is **perfectly** designed to showcase each juicy morsel.

Wild Blueberry **BRUNCH CAKE**

FREE OF: LEGUMES, NUTS, PEANUTS, SEEDS

YIELD: 9 PIECES

CINNAMON-SUGAR TOPPING

- 1/3 cup sorghum flour**
- 1/3 cup unrefined cane sugar**
- 1/2 teaspoon ground cinnamon**
- 1/8 teaspoon fine sea salt**
- 3 tablespoons coconut oil, softened**
(see page 18), **plus more as needed**

BLUEBERRY CAKE

- 1 cup sorghum flour**
- 1/2 cup millet flour or quinoa flour**
(see tip, page 45)
- 1/2 cup tapioca flour**
- 2 teaspoons baking powder**
- 2 teaspoons finely grated lemon zest**
- 1 teaspoon xanthan gum**
- 1/2 teaspoon fine sea salt**
- 3/4 cup unrefined cane sugar**
- 1/4 cup coconut oil, softened or melted**
(see page 18)
- 3/4 cup plus 2 tablespoons canned lite or full-fat coconut milk**
- 2 teaspoons vanilla extract**
- 2 teaspoons cider vinegar**
- 2 cups fresh or frozen wild blueberries**

To make the topping, put the sorghum flour, sugar, cinnamon, and salt in a small bowl. Add the coconut oil and stir until well combined. Stir in up to 1 tablespoon additional coconut oil, 1 teaspoon at a time, as needed to achieve a crumbly but not dry consistency.

To make the cake, preheat the oven to 375 degrees F. Lightly oil an 8-inch square glass baking dish.

Put the sorghum flour, millet flour, tapioca flour, baking powder, lemon zest, xanthan gum, and salt in a medium bowl. Stir with a dry whisk until combined.

Put the sugar and coconut oil in the bowl of a stand mixer, with the paddle attachment, or a large bowl. Using the stand mixer or a hand mixer, beat on medium speed until creamy and well combined. Add 1/4 cup of the coconut milk, the vanilla extract, and vinegar. Beat until well combined.

Turn the mixer to low speed. Alternately add the flour mixture (in three additions) and the remaining coconut milk (in two additions), beginning and ending with the flour mixture, beating well after each addition. Turn off the mixer. Stir in the blueberries using a spoon. The batter will be very thick.

Scrape the batter into the prepared dish using a rubber spatula. Smooth the top with the spatula. Sprinkle evenly with the topping. Bake in the center of the oven for 40 to 55 minutes, until golden brown and a toothpick inserted in the center of the cake comes out clean. If using fresh blueberries, check the cake after it has baked for 40 minutes. Frozen and very juicy blueberries will require a longer baking time, 50 to 55 minutes. Let cool for at least 30 minutes before glazing.

Per piece: 362 calories, 3 g protein, 13 g fat (11 g sat), 61 g carbs, 219 mg sodium, 42 mg calcium, 4 g fiber

LEMON GLAZE

1/2 cup confectioners' sugar, sifted

2 teaspoons freshly squeezed lemon juice

3/4 teaspoon vanilla extract

**1 teaspoon nondairy milk or canned lite
or full-fat coconut milk, plus more
as needed**

To make the glaze, about 10 minutes before serving, put the confectioners' sugar in a small bowl. Add the lemon juice and vanilla extract. Mix well. Stir in the nondairy milk until smooth, adding up to 1 teaspoon additional nondairy milk as needed to achieve a runny consistency. Spoon the glaze over the cake. Serve warm or at room temperature directly from the dish.

Stored in the baking dish and covered tightly with plastic wrap, the cake will keep for 3 days at room temperature. Stored in a sealed container, it will keep for 2 months in the freezer.

BAKERY

Cookies & Cakes



ooey blondies and brownies, creamy layered confections, and crunchy biscotti are all terrific alternatives to the average cookie. Dressed up, bars and squares can be so much more than a sweet snack. They can easily be transformed into an elegant final course: simply serve a generous portion with a scoop of nondairy ice cream and a garnish of fresh fruit. This impromptu dessert is guaranteed to satisfy any dinner guest.

TIPS FOR BAKING THE BEST BARS AND SQUARES

- Use the exact pan the recipe calls for. Otherwise, the baking time may be affected, the size of the bars may be affected, and the bars may burn or turn out crumbly.
- Line the pan with a large sheet of aluminum foil or parchment paper, letting the excess hang over two opposite sides of the pan. After the contents are baked and cooled, remove them from the pan cleanly and easily by lifting out the foil or paper.
- When putting a crust in the pan to form a base, press it firmly and snugly into the pan. This will help prevent crumbling when you slice the bars.
- To ensure even baking, spread toppings in a uniform layer over the base.
- Check for doneness a few minutes early. Bars can easily overbake due to a number of factors, including the oven, baking pan, and ingredients.
- Let the contents of the pan cool completely before removing or slicing into bars or squares (no matter how tempted you may be).



TIPS FOR BAKING UNBEATABLE BISCOTTI

- Because biscotti dough is often very firm, stir in hard or chunky ingredients, such as chocolate chips, nuts, or dried fruit, by hand.
- Do not overbake. After the first baking, the biscotti loaves should be golden brown and firm but not hard.
- If you have a convection oven, consider using the convection setting when baking the biscotti for the second time. Put the biscotti directly on the oven racks (without a pan) to toast it quickly and efficiently.

These are the **best brownies you'll ever have**, but only if you like superfudgy, slightly nutty, melt-in-your-mouth brownies that are a little crispy on the edges and have just the right amount of crumb. If you *don't* like that kind of brownie, well, these aren't for you. But trust me, that's flat-out impossible.

Rich and Fudgy **BROWNIES**

FREE OF: LEGUMES, PEANUTS, YEAST

YIELD: 25 SMALL OR 16 MEDIUM BROWNIES

- 3 tablespoons warm water
- 1 tablespoon ground flaxseeds
- ¼ cup coconut oil, melted
- ¼ cup creamy roasted hazelnut butter
- ¼ cup brewed coffee or water, warm or cool (see tip, page 39)
- 1 cup unrefined cane sugar
- ½ cup unsweetened cocoa powder
- 2 tablespoons vanilla extract
- ½ cup teff flour
- ¼ cup sorghum flour
- ¼ cup arrowroot starch
- ¾ teaspoon xanthan gum
- ½ teaspoon baking powder
- ½ teaspoon fine sea salt

Preheat the oven to 325 degrees F. Line an 8-inch square baking pan with aluminum foil, leaving a few inches of foil hanging over opposite sides of the pan. Lightly oil the foil.

Put the water in a small bowl or measuring cup. Stir in the flaxseeds and let stand until thickened, about 5 minutes.

Put the coconut oil, hazelnut butter, and coffee in the bowl of a stand mixer, with the paddle attachment, or a large bowl. Using the stand mixer or a hand mixer, beat until smooth and well combined, about 2 minutes. Add the flaxseed mixture, sugar, cocoa powder, and vanilla extract. Beat until well mixed, occasionally stopping to scrape down the bowl with a rubber spatula if necessary.

Put the teff flour, sorghum flour, arrowroot starch, xanthan gum, baking powder, and salt in a medium bowl. Stir with a dry whisk until combined. Add the flour mixture to the hazelnut butter mixture. Beat on medium speed until well combined. The batter will be very thick.

Scrape the batter into the lined pan using a rubber spatula. Spread evenly, using lightly oiled hands if necessary. Smooth the top with the spatula.

Bake for 30 to 40 minutes, just until the top of the brownies is firm to the touch. Be careful not to overbake. Let cool completely in the pan. The flavor will further develop as the brownies cool.

Use the foil to lift the contents out of the pan. Put the contents on a plate or in a container. Slice into squares using a sharp knife.

Stored in a sealed container, the brownies will keep for 3 days at room temperature or in the refrigerator or 3 months in the freezer.

TIP: If you don't have hazelnut butter on hand, try using a different all-natural nut butter. Hazelnut butter delivers the best flavor, but other varieties will work in a pinch.

VARIATION: For extra chocolaty goodness, add ½ cup of chocolate chips or chocolate chunks to the batter before spreading it in the pan.

Per brownie (based on 25 brownies): 90 calories, 1 g protein, 4 g fat (2 g sat), 13 g carbs, 51 mg sodium, 15 mg calcium, 1 g fiber

RESOURCES

AUTISM AND ADHD

Autism Network for Dietary Intervention	autismndi.com
GFCF Diet Support Group	gfcfdiet.com

CELIAC DISEASE AND GLUTEN-FREE

Canadian Celiac Association	celiac.ca
Celiac.com	celiac.com
Celiac Disease Foundation	celiac.org
Celiac Sprue Association	csaceliacs.org
Glutenfreedom.net	glutenfreedom.net
Gluten-Free Living	glutenfreeliving.com
Gluten Intolerance Group	www.gluten.net

FOOD ALLERGIES

Allergic Living	allergicliving.com
Food Allergy & Anaphylaxis Network	www.foodallergy.org
Food Allergy Initiative	faiusa.org
Living Without	livingwithout.com

ABOUT THE AUTHOR

Laurie Sadowski's love of food began with her first bite of rice Pablum. At a young age, she was introduced to fruit trees and vegetable gardens; her chore was to fill pots with fresh-picked cherries and green beans. While pursuing a music degree, she became a food writer and sampled eclectic cuisine from top restaurants. Her creativity in the kitchen began when she was diagnosed with celiac disease. Soon after, she self-published a gluten-free, casein-free cookbook, *Mission in the Kitchen*.

The adoption of a vegan diet further fueled Laurie's foodie fire. After winning the vegetarian category in a national recipe competition and cook-off, she became a vegan food columnist for her local newspaper. Her love of food and health, combined with a passion for helping others, drove her to write a series of gluten-free cookbooks that also addressed other common food allergies. *The Allergy-Free Cook Bakes Bread*, published in 2011, is the first book in the series. *The Allergy-Free Cook Bakes Cakes and Cookies* is the second.

Laurie lives in the Niagara region of Ontario, Canada, where she promotes healthful living as a certified personal trainer and nutrition and wellness specialist. Visit her at theallergyfreecook.com.

Have your cake . . . and eat it, too!

LAYER CAKES • FILLED BUNDT CAKES • CUPCAKES & MINICAKES • COOKIES • BARS, SQUARES, & BISCOTTI

Bite into a warm chocolate chip cookie, tuck into an elaborate holiday cake, or dunk a crunchy biscotti into your favorite cuppa. Yes, you *can* yield to your wildest dessert fantasies—even if you have food sensitivities! Just as she did for breads in *The Allergy-Free Cook Bakes Bread*, creative baker and cookie lover Laurie Sadowski has cracked the code for creating gluten-free treats with just the right textures: moist and fluffy cakes, sinfully rich bars, and crispy-chewy cookies that are all completely vegan (free of eggs and dairy products).

Although restaurants and manufacturers offer more gluten-free options than ever before, those sweet treats are rarely vegan and often rely on other ingredients that people with food sensitivities need to scrupulously avoid. None of the guilty pleasures in *The Allergy-Free Cook Bakes Cakes and Cookies* contains soy, and many recipes are free of other common allergens, such as legumes, nuts, peanuts, seeds, and yeast. Any potential allergens are clearly indicated, so you can bake and eat fearlessly.

Laurie also shares a wealth of tips and tricks so you can make mouthwatering, indulgent-yet-wholesome, allergy-free goodies that your friends and family will love. With her guidance, you'll also learn how to

*Cream-Filled
Maple Leaf Cookies*



*Wild Blueberry
Brunch Cake*



- stock your pantry with the best allergy-free ingredients
- interpret food labels to uncover hidden allergens
- adapt your favorite recipes to be gluten-free and vegan
- steer clear of “gluten-free” ingredients that have been cross-contaminated.

The Allergy-Free Cook Bakes Cakes and Cookies will empower you to celebrate life's sweetness while still eating safely, compassionately, and nutritiously—right down to the last tasty crumb.

LAURIE SADOWSKI lives in Ontario, Canada, where she promotes healthful living as a certified personal trainer and nutrition and wellness specialist. Her creativity in the kitchen began when she was diagnosed with celiac disease. Laurie blogs about vegan and gluten-free cooking and baking at lauriesadowski.wordpress.com. Keep abreast of all her activities at lauriesadowski.com.

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