

Allergy Friendly Holiday Recipes

Caramel Popcorn

(dairy-free, soy-free, nut-free, wheat-free, egg-free)

2 T. Oil
½ cup popcorn kernels
½ tsp. salt, divided
1 ½ cups light brown sugar, firmly packed
½ cup margarine (dairy-free)
½ cup light corn syrup

Grease 2 large caking pans. Set aside. In large saucepan over high heat, heat oil until hot. Add popcorn kernels. Cover pan and cook until kernels no longer pop. Divide popcorn evenly between 2 large bowls. Add ¼ tsp salt to each bowl; toss to coat. Set aside. Preheat oven to 250 degrees. In medium saucepan combine sugar, margarine and corn syrup. Cook over medium heat until sugar melts stirring constantly.

Bring mixture to boil. Boil 5 minutes stirring frequently. Pour half of sugar mixture over 1 portion of popcorn. Toss with lightly greased spatula until evenly coated. Repeat for remaining popcorn. Spread each portion of popcorn into prepared pans. Bake 1 hour stirring every 15 minutes. Cool completely in pans before serving.

Short cut: Use microwave popcorn! Orville Redenbachers' s Naturals Simply Salted is dairy-free!

Popcorn Balls

(dairy-free, soy-free, nut-free, wheat-free, egg-free)

3 cups mini marshmallows
6 T. margarine (dairy-free)
3 T. unflavored gelatin
Food coloring – red and yellow
12 cups popped popcorn, plain

In medium saucepan over medium-low heat, melt marshmallows and margarine stirring occasionally. Remove from heat. Stir in gelatin, 4 drops red and 4 drops yellow food coloring. In large bowl combine marshmallow mixture and popcorn. Stir to coat popcorn evenly. Using oiled hands, shape into balls.

Wrap popcorn balls in plastic wrap or wax paper and tie.

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Pretzel Bark

(dairy-free, nut-free, wheat-free, egg-free)

1 cup chopped gluten-free pretzels
1/3 cup chopped roasted soy beans
2 cups Enjoy Life Foods chocolate chips

Melt chocolate in microwave or on stove top. Stir pretzels and soybeans in chocolate. Spread onto waxed paper covered baking sheet. Refrigerate 1 hour or until firm. Cut or break into pieces.

Substitute crushed peppermint candy canes for the pretzels and soybeans for a minty treat!

Caramel Apple Dip

(dairy-free, soy-free nut-free, wheat-free, egg-free)

½ cup sugar
3 T. light corn syrup
2 T. margarine (dairy-free)
1 cup vanilla rice or soy milk

Boil rice or soy milk over medium-low heat until reduced to ½ cup. Heat sugar, corn syrup and margarine and ¼ cup of reduced rice/soy milk over medium heat until boiling stirring constantly. Add remaining rice/soy milk and continue to boil over medium-low heat, stirring frequently, until it turns a caramel color – about 10-15 minutes.

Cool slightly before using as a dip for apple slices or spooning over whole apples.
Makes enough for 2 apples.

Apple Crisp

(dairy-free, soy-free, nut-free, wheat-free, egg-free)

*Double the recipe for a 9x13 pan. Bake the same for single or double recipe.

4 cups Harrelson apples
½ cup cold water
1 tsp. cinnamon
Mix together and pour into “buttered” 8x8 pan. (substitute dairy-free margarine)

Topping

7 T. butter or margarine (dairy-free)
¾ cups flour (rice flour, oat flour or wheat flour)
1 cup sugar
Mix together with pastry blender until crumbly.

Crumble topping over apple mixture. Bake uncovered for 1 hour at 400 degrees.

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Pumpkin Bars

(dairy-free, nut-free, wheat-free, egg-free)

*Double the recipe for a 9x13 pan. Bake the same for single or double recipe.

1 ½ cups canned pumpkin
½ cup vegetable oil
¾ cup light brown sugar
1 cup rice flour
1 tsp. baking powder
1tsp. cinnamon
½ tsp. ginger
½ tsp. cloves
¼ tsp. salt

Preheat oven to 350 degrees. Mix together pumpkin, oil and brown sugar. Add remaining bar ingredients and mix until smooth. Pour batter into greased 9x9 pan. Bake for 20-25 minutes or until firm. Cool completely.

Frosting

4oz. Tofutti soy cream cheese softened
1/3 cup margarine (dairy-free) softened
1 tsp. vanilla
2 cups powdered sugar

Beat soy cream cheese, margarine and vanilla until smooth. Slowly add in powdered until smooth. Spread on cooled bars.

Refrigerate.

Sausage Stuffing

(dairy-free, nut-free, wheat-free, egg-free)

8 cups cubed bread (Wheat OR Gluten-Free)
1 lb. Jimmy Dean Sausage
1 lb. hamburger
3 celery stalks, chopped
1 medium onion, chopped
1 tsp. celery seeds
1 tsp. dried oregano leaves
1-2 tsp. sage (or to taste)
½ tsp. salt (or to taste)
½ tsp. white pepper
2 cups chicken broth

Preheat oven to 300 degrees. Layer bread cubes on large baking sheet. Bake until they are just lightly toasted, turning once during baking. Set aside. Increase oven temperature to 350 degrees. Grease

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13x9inch non-stick baking pan. Set aside. In heavy skillet over medium heat brown sausage, hamburger, celery and onion. Drain well. In large bowl combine bread crumbs and remaining ingredients, stirring well. Turn into prepared baking pan. Bake for 30-40 minutes at 350 degrees until browned.

Cut-Out Cookies

(dairy-free, nut-free, wheat-free, egg-free)

Gluten-Free Cookie Mix

2 cups brown rice flour
2 cups potato starch
1 cup tapioca starch (or tapioca flour)
1 cup sweet white rice flour

Combine all ingredients and store in airtight container or Ziploc bag in cool, dry place. Makes 6 cups.

Cut-Out Cookies

1 ½ cups Gluten-Free Cookie Mix
¾ tsp. xanthan gum
1 tsp. Egg Replacer
1 tsp. baking powder
½ cup sugar
½ cup margarine – softened (dairy-free)
½ tsp. vanilla
2-3 T. water

*Can tint the dough with food coloring if you'd like!

Preheat oven to 375 degrees. Cover a cookie sheet with parchment paper. Combine dry ingredients (except sugar) in a bowl and set aside. In another bowl beat margarine and sugar until creamy. Add in vanilla and 2 T. water and food coloring (if desired). Add dry ingredients. If dough is too dry add 1 T. of water until dough just comes together. Dough will be crumbly. Adding too much water will make your cookies gummy on the inside.

Roll out dough to 1/8" thick between 2 pieces of wax paper, lightly dusted with tapioca starch/flour. Use cookie cutters to form cookies. Carefully transfer to prepared cookie sheets. Decorate with colored sugars or sprinkles (OR leave plain and frost with icing when cooled). Bake 6-7 minutes or until just beginning to brown. Cool on pan for 1 minute and transfer to cooling rack.

Icing

2 cups powdered sugar
3-4 T. water (or substitute vanilla rice or soy milk)

Stir together until smooth.

Add food coloring as desired. Spread on cookies.

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Gingerbread Men Cookies

(dairy-free, soy-free, nut-free, wheat-free, egg-free)

½ cup margarine – softened (dairy-free)
½ cup sugar
½ cup light brown sugar, firmly packed
½ cup brown rice flour
½ cup potato flour
¾ cup tapioca flour
¾ cup rice flour
¾ tsp. xanthan gum
¼ tsp. baking soda
¼ tsp. salt
2 tsp. ground ginger
1 tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. ground cloves
1 ½ tsp. Egg Replacer plus 2 T. warm water, mixed together
1 tsp. vanilla
2/3 cup molasses

Preheat oven to 375 degrees. Grease cookies sheets and set aside. In large bowl with an electric mixer on medium speed, cream together margarine and sugars. Set aside. In small bowl combine flours, spices, salt and xanthan gum. Stir in Egg Replacer mixture, vanilla and molasses until just moistened. Beat into margarine mixture. If dough is too sticky beat in additional tapioca or rice flour. Dough will be moist but should not be sticky.

Lightly dust surface and rolling pin with tapioca flour. Roll out dough ¼ inch thick. Cut out dough with gingerbread men (and/or women!) cookie cutters. Transfer to prepared cookie sheets and bake 6 -8 minutes. Cool on flat surface. Ice when completely cool.

Icing

2 cups powdered sugar
3-4 T. water (or substitute vanilla rice or soy milk)

Stir together until smooth.
Add food coloring as desired. Spoon into piping bags to decorate cookies.

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Coffee Cup Cake (serves 1!)

(dairy-free, soy-free, nut-free, wheat-free, egg-free)

3 T. All-purpose flour or any gluten-free flour blend

3 T. + 2 tsp. sugar

1 ½ T. cocoa powdered

Mix all three in a coffee mug.

Add 1 egg or 1 ½ tsp. Egg Replacer + 2 T. warm water mixed together. Whisk in mug.

Add

3 T. milk or vanilla soymilk or vanilla rice milk,

3 T. vegetable oil

Dash of vanilla extract.

Whisk.

Stir in 3 T. chocolate chips

Place on a plate and then cook in the microwave on high 3 minutes.