

Gluten Free Recipes Fabulous Fall Desserts!



Amaranth Pie Crust

- 1/2 cup Arrowroot Starch
- 1/4 cup Almond Meal Flour
- 3/4 cup Organic Amaranth Flour
- 1/4 tsp Sea Salt
- 1/2 tsp Cinnamon
- 3 Tb Vegetable Oil
- 3 - 4 Tb Water



Preheat oven to 400 degrees. Oil a 9-inch pie pan; set aside.

Combine dry ingredients and blend well. Combine oil and 3 tablespoons water and blend with fork. Add all at once to flour. Stir only until a ball forms. If ball appears dry and crumbly, add a little more water, one teaspoon at a time, until ball hangs together. (Moisture content of flour varies.)

Pat or roll crust to fit into pie pan. Dough tears easily, but mends easily using extra bits to patch. Prick with fork.

Bake 3 minutes in 400 degrees oven, fill and finish baking the time required for filling. Or bake about 15 minutes until brown and crisp. Cool and fill. Crust holds up very well after baking.

Makes one 9-inch pie crust (8 slices).

Pumpkin Bars with Cream Cheese Frosting

- 1 bag *Pamela's Classic Vanilla Cake Mix*
- 3 eggs (2 beaten, hold 1 back from beating)
- 1/2 cup butter
- 1/2 cup chopped nuts (*optional*)
- 1 cup canned pumpkin
- 1/2 cup sugar or 1/3 cup agave
- 1 teaspoon allspice (cinnamon, cloves, nutmeg)



Measure out 2/3 cake mix and set aside. Combine remaining 1/3 cake mix with 1 unbeaten egg and butter until crumbly. Spread in bottom of a greased 9-inch x13-inch pan. Bake at 350° for 15 minutes.

Combine reserved cake mix with pumpkin, sugar or agave, nuts, eggs and allspice. Mix and pour over crust. Continue baking 15 minutes. Refrigerate. When completely cooled, frost with cream cheese frosting (recipe below). Keep refrigerated until ready to serve.

- 8 oz. cream cheese (1 package), softened
 - 1/4 cup unsalted butter (one stick), softened
 - 1/2 teaspoon vanilla extract
 - 1-1/4 cups powdered sugar, sifted
- Mix all ingredients and frost over cooled bars.

Cranberry Apple Turnover

1 pkg. Chebe Cinnamon Mix

2 tbsp margarine

3 tbsp. applesauce

3 tbsp milk or soy milk

1 egg

Filling

2 small apples -peeled, cored and diced

1/2 cup fresh cranberries (heaping)

2 tablespoons margarine or butter

1 tbsp. brown sugar

1 tbsp. agave nectar

add spices: cinnamon,cloves, allspice, ginger, nutmeg to taste OR use apple pie seasoning (or pumpkin pie mix)

1/2 tsp nutmeg

1 tsp vanilla

enough cornstarch slurry (equal water to cornstarch, premixed) to make desired thickness.

1 egg, mixed, for egg wash optional

sugar (optional)



Directions

Combine dough ingredients in a bowl and knead until you have a firm ball of dough. Reserve. Melt butter or margarine in cast iron pan and toss apple pieces into pan and saute for one or two minutes. Add your cranberries, and stir. Add seasonings, brown sugar and agave and heat for two more minutes, stirring occasionally. Add vanilla. Mix cornstarch and water together completely and then add to pan. Let thicken and remove from pan.

Preheat oven to 375 degrees.

Take half of chebe dough and roll out between a gallon size cut open ziploc bag with the sides cut out or one large piece of wax paper, folded over so you are rolling on the wax paper and not the bare dough. Cut out squares of dough and put filling on one side of the dough. Fold over dough to cover filling and make a triangle. Use fork to crimp edges together. If you want cut one larger piece of dough into a circle, place filling, and fold edges of dough over to create a galette. Don't cover all of the filling for the galette.

Spray cookie sheet with butter flavored cooking spray and place turnovers on the sheet. Baste them with egg wash and sprinkle lightly with sugar if desired. Cut air holes into the tops of the turnovers. Bake for 25-30 minutes or until golden brown.

Recipe found on bookofyum.com/blog

