

# **CHF Natural Gluten Free Recipes**

## **CHF Natural Gluten Free Multi-Grain Bread Mix**

### **Cinnamon Raisin Bread**

To make a Cinnamon Raisin Bread, follow the instructions for making bread on the package, with the exception of the following substitutions:

Instead of using the 3 tablespoons sugar, use 4 to 6 Tablespoons brown sugar. Add 1 Tablespoon Cinnamon and 1/2 cup raisins

All other instructions and baking times apply.

## **CHF Natural Gluten Free Yellow Cake Mix**

### **Apple Upside Down Cake**

In the baking pan pour 2 tbsp. melted butter. Peel and thinly slice two medium sized apples and place around the bottom of the pan in the butter. Take 1/2 cup brown sugar and 1/2 tsp. cinnamon and sprinkle around the bottom of cake pan over the apples and butter. Mix the Yellow Cake as directed on the package and pour the batter into the pan on top of the apple mixture. Add 5 minutes of baking time for the pan used.

### **Pineapple Upside Down Cake**

In the baking pan pour 2 tbsp. melted butter. Arrange slices of canned pineapple on the bottom of the pan in the butter. Place pecan halves or gluten-free maraschino cherries in the center of the pineapples slices if desired. Take 1/2 cup brown sugar and sprinkle around the bottom of cake pan over the pineapples and butter. Mix the Yellow Cake as directed on the package and pour the batter into the pan on top of the pineapple mixture. Add 5 minutes of baking time for the pan used.

## **Pineapple Cake with Cream Cheese Glaze**

Mix CHF-GF yellow cake mix as directed on package. Stir in 2/3 to 1 cup of drained, crushed pineapple – depending on personal preference  
\*reserve pineapple juice for glaze

Pour mix into greased cake pan and bake as directed. It might take a few minutes longer than stated on bag, based on the pineapple addition.

While cake is baking, mix reserved pineapple juice, 2-3 oz. softened cream cheese and  $\frac{3}{4}$  to 1 cup of confectioners sugar together and pour into pastry bag (or Ziplock bag)

After cake is completely cooled, drizzle glaze over cake. It should cover about  $\frac{3}{4}$  of the surface area. Make a large batch of glaze if you want to cover the entire surface

## **CHF Natural Gluten Free Pancake Mix**

### **Waffles**

Prepare the pancake batter as directed on the package, but add two more tablespoons of oil (for a total of three) and whisk the extra oil in. Prepare your waffles according to your waffle iron's instructions.

As crumbs and residue can be present on waffle irons, please use extra care in making sure that the iron is gluten-free prior to making your waffles. We recommend using a waffle iron designated for gluten-free waffles. This ensures no possibility of gluten being transferred to your waffles from previously made wheat waffles.

# **CHF Natural Gluten Free Cornbread & Corn Muffin Mix**

## **Easy Tamale Pie**

1 pound ground meat (ground turkey, pork or beef may be used)  
1 to 1 1/2 cups gluten-free salsa (suggested product\*: Chi-Chi's Salsa)  
1/8 to 1/4 teaspoon garlic powder  
1/2 teaspoon salt  
2 teaspoons chili powder  
1/2 to 3/4 cups grated cheddar cheese  
1 CHF Natural Gluten Free (TM) Cornbread and Corn Muffin Mix,  
prepared according to  
package directions for cornbread

Put meat in a large skillet. Break up and cook until it loses its red color. Drain any excess fat. Add the salsa, garlic powder, salt, chili powder and blend well. Heat for several minutes until hot. Put the meat mixture into a 9 x 9 inch square non-stick pan. Top with grated cheese.

Meanwhile, prepare cornbread mix as directed. Pour from bowl over meat/cheese mixture and spread the cornbread mixture to cover.

Bake for about 25 minutes at 400°F. The top should be lightly browned. Remove from oven and run a knife along the edge of the pan to loosen the cornbread. Cut into large squares and serve using a large spatula. The meat and cheese will be in the bottom of the cornbread, so it is easy to serve. This is nice served with a salad to complete the meal. Refrigerate any leftovers. Tamale pie reheats well in the microwave.

## **Cornbread Stuffing**

1 package CHF Natural Gluten Free™ Cornbread & Corn Muffin mix,  
(prepared and  
baked in an 11 x 17" pan)  
2 stalks celery, washed and sliced  
1 onion, peeled and chopped  
A small amount of cooking oil (to cook celery and onion)  
1 1/2 cups water with 1 teaspoon gluten-free chicken base or gluten-  
free bouillon  
(some suggested brands are Chicken Better than Bouillon® or  
Hormel® Chicken  
Bouillon)\*  
1/4 to 1/2 teaspoon garlic powder  
1/2 teaspoon ground sage (optional)  
Salt and pepper

### **Directions:**

Prepare cornbread mix batter according to package directions. Bake in a greased 11" x 17" non-stick pan for about 20 minutes until the top is browned. Remove from pan and allow it to cool. Cut cornbread into small cubes.

In a pot, cook the onion and celery in a little oil until desired doneness. Add the water, bouillon, garlic powder and sage. Bring to a boil then remove from heat. Add the cubed cornbread to the onion/bouillon mixture and blend together. If too dry, add a little more hot water. If needed, add a sprinkling of salt and pepper to taste.

# **CHF Natural Gluten Free Pizzeria-Style Pizza Crust Mix**

## **Traditional Turkey Stuffing with Sausage**

1 package CHF Natural Gluten Free® Pizza Crust Mix to make the bread cubes  
1/2 pound gluten-free sausage (see [www.CHF-GFfoods.com](http://www.CHF-GFfoods.com) for suggestions)  
2 large stalks celery, diced (if desired, include the leafy tops, diced)  
1 large onion, diced  
1/2 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
1/4 teaspoon salt  
1 teaspoon dried marjoram  
1/4 teaspoon rubbed dried sage  
1 1/2 cups hot water plus 1 teaspoon gluten-free chicken bouillon or 1  
1/2 cups gluten-free chicken broth  
1 Tablespoon butter (optional)  
2 eggs

Prepare pizza crust mix according to package directions. It may be prepared in a pizza pan or an oblong pan. Allow to cool and cut the pizza crust into cubes using a pizza cutter, knife or poultry scissors. Place the cubes on a large baking pan, and spread them apart so that they will dry evenly.

Bake at 200 degrees for about an hour until they are dry, hard and not bendable. This can be done days or weeks ahead of time. After cubes are dried and cool, store in a plastic bag until ready to use.

When you are ready to prepare stuffing, put the gluten-free bread cubes into a large bowl. If sausage has casing, remove it. Put sausage in a fry pan and break up with your spatula into small pieces. Cook until browned. Remove the sausage using a slotted spoon, and

put it in the bowl with your bread cubes.

Drain all fat but 1 Tablespoon. Add the vegetables to the pan. Sprinkle the herbs and spices over the vegetables. Cook on medium heat until the vegetables are tender. Add the vegetables to the bowl with the gluten-free bread cubes.

Heat the water with bouillon or the chicken broth in the microwave or in the same pan. Add the butter and stir it in until it melts. Add the liquid to the bread cube mixture and blend using a large spoon. Allow to cool. Add the 2 eggs and blend in. Grease a casserole or oblong pan and spread the stuffing evenly in the pan. Bake at 350 degrees for 30 to 40 minutes.

You may also use this to stuff your turkey. The stuffing must be completely cooled. Never stuff a turkey ahead of time. It should be stuffed right before you put it into the oven.

Follow the directions on your turkey regarding adding stuffing and baking times.

Another make-ahead tip: You can cook the sausage and the vegetables a day or two ahead of time and refrigerate them. The day you are ready to make the stuffing, add the cooked sausage and vegetables to the gluten-free bread cubes and continue with the directions from that point.