

# MY 5 FAVORITE GLUTEN-FREE RECIPES

## HI, I'M SUSANNA DAGLEY!

Gluten-free cooking can be both nutritious and delicious. I've been learning the art of gluten-free cooking for over ten years, and I'm here to share some of my favorite recipes with you!

### NUTTY GRANOLA

- 10 cups oats
- 4 cups chopped walnuts
- 3 cups chopped pecans
- 2 cups unsweetened coconut flakes
- 1 cup ground flax seed
- 1/4 tsp salt
- 1 tsp cinnamon
- 2 cups rice oil or melted butter
- 2 cups honey
- 2 cups unsweetened raisins



Mix oats, nuts, coconut flakes, flax seed, salt, and cinnamon in a large bowl. Add oil and honey. Mix thoroughly. Spread on dehydrator trays and dry at 120 degrees for 24 hours. Dump trays into storage container, breaking up clumps and adding raisins as you go. Serve with fresh goats milk or cold almond milk!

Variation:

If you don't have a dehydrator, you can dry it in your oven! Spread granola in baking dishes. Set oven at lowest temperature. Bake 2-10 hours, depending on oven temp and how crispy you like your granola.

Break up clumps and add raisins as you put it into storage container.

### AWFULLY GOOD WAFFLES

- 4 cups corn flour
- 2 cups rice or sorghum flour
- 1 tablespoon salt
- 1 tablespoon baking soda
- 3/4 cup rice oil
- 3 tablespoons apple cider vinegar
- 4 cups milk
- 12 eggs

Mix flours, salt, and soda. Add oil, vinegar, milk, and eggs. Mix well.

Cook in greased waffle iron for about 4 minutes per batch.

Enjoy hot with homemade butter and maple syrup.

Once leftovers have cooled, place them in neat, flat stacks in gallon freezer bags.

Freeze. Then pull out waffles and toast them for a quick breakfast!

Other Topping Ideas:

- Peanut butter and maple syrup
- Plain yogurt with blueberries
- Homemade applesauce

### HEARTY MEAT LOAF

- 1 lb. hamburger
- 2 cup raw grated potatoes
- 2 farm fresh eggs
- 1 tsp garlic granules
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1/2 tsp onion granules

Mix all ingredients in a 9x9 casserole dish. Spread evenly in dish and bake at 375 degrees for 2 hours. Serve with homemade ketchup!

## EASY PUMPKIN PIE

1 1/2 cups pumpkin or squash  
1/4 cups milk  
2 eggs  
1/2 cups honey  
3 tablespoons butter or rice oil  
1/2 cup sorghum flour  
1/2 teaspoon salt  
1/4 teaspoon baking soda  
1/2 ground ginger powder  
1 teaspoon cimmamon  
1/4 ground clove powder  
1/4 ground nutmeg powder

Combine all ingredients in a blender and mix on low speed for 3 minutes.  
Pour into greased and floured GLASS pie pan.  
Bake at 350 degrees for 60 minutes.

Serve with homemade vanilla ice cream or fresh whipped cream!

Note: This recipe is made to be crust-less. Flour will sink to bottom and make a slight crust as it bakes. But it is not made to be baked in a ready made crust.

## RICE AND SAUSAGE WITH PINEAPPLE SAUCE

### Sausage Balls

4 lbs hamburger	2 tsp garlic granules
2 tsp salt	2 tsp onion granules
4 tsp oregano	1/4 tsp cayenne
4 tsp sage	2 tsp ground ginger

Knead all ingredients together.

Form into balls and place in neat rows (one layer) on ungreased cookie sheets. (Make sure cookie sheets have an edge, so juice doesn't run off and drip on the bottom of the oven.)

Bake at 350 degrees for about 30 minutes.

### Rice

4 cups rice      8 cups water

Put rice and water in a pan and cover.  
Bring to boil, then turn down to low and cook until water is almost gone.  
Turn off heat and let sit cover for 5 minutes.

Serve with Meat Balls and Pineapple Sauce!

### Pineapple Sauce

4 cups pineapple juice (20 oz can)  
1/4 cup honey  
1/3 cup apple cider vinegar  
3 tablespoons starch (tapioca or corn)

Mix all ingredient thoroughly.  
Bring to a boil while stirring constantly.  
Boil for three minutes, while stirring.  
Pour over cooked meat balls and serve.

## MEET THE DAGLEY FAMILY



### Hi, I'm Susanna Dagley...

..And I live on a cattle ranch in South Dakota with my husband David, and our three children.

Our children enjoy helping me milk our goats and collect fresh eggs. Together we garden, take care of our cowedogs, and help David with ranch work.

My kids all love to cook, and have made these recipes many times!

## WATCH FOR MORE RECIPES!

### I would love your opinion!

I've had a lot of requests for my recipes, so I'm working on putting together a full sized recipe book.

But, I'd love to know how my recipes work for others before I publish my cookbook! So, I decided to not only offer this mini recipe collection, but also share some of my recipes via email. So be sure to find my first email and drag it to your in-box!

But, here is how YOU can help. If you use any of my recipes, let me know what you think! You can send me any feedback at:

susanna@dagleyranch.com

Thanks! - Susanna Dagley