

Gluten-Free Brunch

By Pamela Thompson



PANCAKES

Ingredients

- Namaste Pancake and Waffle Mix
- Ener-G egg replacer
- Warm water
- Milk

Directions

Basically, follow instructions on the bag. The pancakes can be cooked on a pan or a griddle. They need to be cooked slightly longer at a higher temperature than traditional pancakes because of differences in texture and water absorption between this flour and regular wheat flour.

FRUIT SALAD

Ingredients

- Melon (good melons are honeydew, watermelon, and cantaloupe)
- Grapes (color doesn't matter, seedless preferable)
- Berries (blueberries or strawberries are great for this!)
- A lemon

*Feel free to substitute or add in any fruits you like!

Directions

Cut anything that isn't already bite sized (like blueberries) into bite sized pieces except the lemon, and put it all in a bowl. Roll the whole lemon firmly across the counter with slight downward pressure to release the juices. Cut in half and juice over the fruit, mix the fruit well.



HOMEMADE SAUSAGE

Ingredients

- Ground pork (1/2 lb per person because of high fat content and shrinkage) OR ground turkey (about 1/4-1/3 lb per person because it is much leaner)
- Spices (all to taste):
 - Garlic
 - Red pepper (ground, flake, or whole that is hand-crushed)
 - Cumin
 - Sage
 - Rosemary
 - Salt
 - Pepper

Directions

Place the spices in a bowl, put in the ground meat, and mix very well (mixing with just your hands is best). Cover bowl and let sit in the fridge overnight.

When ready to cook, form patties about the size of your palm or a little smaller. Cook the first side until the smell is somewhat strong and you can see the sides turning light brown, then flip the patties. Cook the second side until golden brown. The sausages are done when they are brown overall with a dark golden brown surface, and the center of the patty should be firm to touch. Cut one open to be sure; they should be brown all the way through.

HOME FLAVORED YOGURT

Ingredients

- A tub of plain yogurt*
- 2 bananas
- A handful of berries (strawberries are best, but blueberries would work too)
- Suggested toppings: flax seed, unsweetened shredded coconut, walnuts (or most other nuts), sunflower seeds, cooked quinoa

*Always check yogurt for additives even if you're familiar with the brand! Yogurt ingredients change a lot, and corn-based fillers are very common.

Directions

Place the fruit in a food processor, puree it (or leave it chunky if you like fruit chunks in your yogurt). Add in yogurt and process until just mixed. Put the mixture in another bowl and stir by hand if it is not well mixed. Feel free to add more fruit at this point, and add toppings as desired.