

**SAMPLER OF
SCRUMPTIOUS
DESSERTS & COMFORT
FOOD
FOR EVERYONE!***



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***GLUTEN-FREE, LOW-CARB, ALLERGY ALTERNATIVES**

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INTRODUCTION AND INFORMATION

SOLUTIONS THAT WORK!

Do you know anyone with food allergies, diabetes, or special diets? Including Vegan?

Now you can give them the gift they'll treasure and remember—healthy, healing food they can eat and enjoy with only positive effects!

Here are flavorful and satisfying alternatives from decades of research and experimentation with allergy-friendly, low-sugar, low-carb cooking and baking.

Delight the senses of those who can eat only selected foods.

For best flavor, please use Organic whenever possible.

This sampler contains recipes never-before published in any of my cookbooks. If you like them, please check out my full cookbooks at <https://deb-johnsonbooks.com/gluten-free-low-carb-cookbooks/>

ENJOY!

DESSERTS FIRST!

AND WHY NOT?

CINNAMON-STREUSEL COFFEE CAKE

This cake is great for fulfilling that “cinnamon roll” craving! My vegan friend adores it – but you can use butter or ghee if you’re not vegan!



Cake Base Ingredients and Directions:

- 2 cups Almond Meal Flour (tree-nut allergies, use quinoa flour)
- ¼ cup Coconut or Quinoa, Flour, and/or
- 2 Tablespoons Protein Powder
- 2 teaspoons baking powder
- ½ teaspoon Himalayan or Celtic Sea Salt
- 1 Tablespoon Cinnamon
- ½ teaspoon Sweet Leaf Stevia – Whole Leaf Powder best
 - 1 teaspoon Vanilla Extract or Flavor
 - ½ teaspoon Almond Extract or Flavor
 - ½ can full-fat (not “light”) Coconut Milk
 - ½ cup Apple Sauce
 - ¼ cup melted Ghee (clarified butter) or melted virgin Coconut Oil
- 2 Eggs or Egg-Replacer, beaten

1. Blend Dry ingredients in mixing bowl.
2. Add rest of ingredients and mix well, either with fork or electric mixer, for about two minutes.

Ingredients and Directions for Streusel Mixture and baking:

- ¼ cup Ghee or pure Virgin Coconut Oil, melted
- 1 Tablespoon Cinnamon

1 cup Pecan pieces

¼ teaspoon Celtic or Himalayan (pink) Sea Salt

1/8 teaspoon Sweet Leaf Stevia

1. Fold in streusel mixture gently.
2. Pour into 9 inch cake or pie pan and bake at 350 degrees for 20 -30 minutes or until toothpick comes out clean.
3. Cool to room temperature.

COCONUT CREAM PIE UNLIMITED

The rich flavor of cream pie you love will take you back in time...This pie is simple to make, healthy, and low-carb/gluten-free, of course. And good news – you don't have to bake the filling in the already baked crust, just refrigerate after cooking it!



Makes one 9" pie

GF, Low-Carb Pie Crust Ingredients:

1 and ½ cup Almond (or Pecan) Meal/Flour, or combination of flours (Tree-nut allergies- alternatives below) — health section/store or grind your own.

¼ cup Amaranth Flour, Coconut Flour, or Quinoa Flour

2 Tbsp. Ghee or Virgin Coconut Oil, melted

¼ tsp. Celtic Sea Salt or ¼ tsp Pink Himalayan Salt
1 Egg or Egg-Replacer

Pie Crust Directions:

1. Preheat oven to 375 degrees. Melt Ghee or Coconut Oil
2. Mix in Almond Meal, Amaranth or Coconut Flour, Salt and Kuzu (if you use it) right in pie pan. Important Note: mix until mixture clumps together, so the Oil spreads evenly and will press well into pan and stay more firm.
3. Press into pie pan and bake at 375 degrees for about 8-10 minutes, or just until golden brown.

Vegans: Replace Ghee with cold-pressed virgin Coconut Oil.

Nut-sensitive people: Replace Almond Meal Flour with 1 cup Amaranth Flour and add extra oil—¼ cup or more as needed to stick together.

Filling Ingredients – use organic when possible for best flavor/health:

- 2 cans (about 3 cups) Coconut Milk (International section of store)
- 1 cup finely ground Unsweetened Coconut Flakes (use blender or dedicated coffee-grinder)
- Optional: ¼ cup Unsweetened Coconut Flakes for topping, toasted in oven (350 degrees, 10-20 mins.)
- ½ cup Unsweetened Apple Sauce or other sweetener of choice. **If you don't like things too sweet, you will only need the Stevia and/or less Apple Sauce.**
- ½ teaspoon Whole Leaf Stevia powder or liquid (or more to taste) or other sweetener of choice.
- 2 Tablespoons Agar flakes or powder (lowest-carb choice) OR Arrowroot powder
- 1/8 teaspoon Himalayan or Celtic Sea Salt
- 1 teaspoon Vanilla Extract or Flavoring
- 1 teaspoon Coconut Extract or Flavor (Silver Cloud Estates is best I've found – most authentic flavor)
- 1 baked GF/LG Pie Crust (see below for GF/LG pie crust recipe) – mostly cooled

Filling and Pie Instructions:

1. Make and bake Pie Crust first. Cool while making filling:
2. Mix Agar or Arrowroot into 2Tblsps. Pure Water or whatever amount will cover, and let it melt.
3. Heat until simmering (low boil): Add Coconut Milk, Apple Sauce (or sweetener of choice), Stevia, Extracts/Flavorings, Salt, Ghee, and Coconut.
4. Quickly stir in Agar or Arrowroot/water mixture as pot continues to simmer, and keep stirring until thickens; for Agar, 4-5 minutes, then pour gently, with ladle, into baked pie crust. Let cool, then sprinkle on optional toasted coconut topping, then refrigerate or freeze.

GINGERBREAD FOR ALL

One of my favorite kitchen scents is gingerbread while it's baking, its aroma wafting throughout the house. Enjoy this old recipe made new, just for you, with rich ingredients that everyone will love and be able to eat, no matter their dietary needs!



Serves: 9-12

Ingredients, please use organic if possible:

½ cup Apple Sauce (see Fun with GF/LG Food Cookbook for recipe) or other sweetener

½ to 1 Teaspoon Whole Leaf powder or liquid Stevia (to taste) or other sweetener

¼ cup melted Butter or Ghee (clarified butter) or high heat oil of choice

2 Eggs or egg-replacer

¾ cup purified Water, yogurt, kefir or coconut milk (makes it richer, but water works as well)

2 cups Almond Meal Flour (for Tree Nut allergies, use Quinoa or favorite)

¼ cup Quinoa, OR other GF Flour OR Protein Powder of choice

1 teaspoon Baking powder

1 teaspoon Chicory Root (gives it a classic molasses flavor)

2 teaspoons Cinnamon

½ teaspoon Allspice

¼ teaspoon Cloves

2-3 Tablespoons Fresh (depending on your "spicy" meter) or 1 ½ teaspoons dry (or more to taste) ground or finely grated Ginger Root.

- Success – Secret – If using fresh ginger root, freeze before grating...grates much more easily.

Optional: 1 cup Nut pieces or seeds

Directions:

1. Beat wet ingredients.

2. Blend dry ingredients and beat into wet mixture, then add nuts or seeds if using.

3. Bake in 9-10" square baking pan at 350 degrees for about ½ hour or until springy to the touch.

Serve warm or cold.

Optional—Topping: coconut milk (creamy park) or topping of choice.

LEMON MERINGUE PIE FOR EVERYONE

Not one bit of starch in this pie or refined sugar. It may look a bit darker than normal lemon-meringue pie due to healthier ingredients, but tastes just as good or better!



Makes one 9" pie

For Ingredients, please use Organic whenever possible –

Pie Crust Ingredients (make this first, bakes previous to filling):

- 1 cups Almond Meal Flour (for Tree-nut allergies, use quinoa/GF oat flour or favorite flour combo, same amount, and add 2 Tbsps. Collagen Peptides)
- 2 Tablespoons Coconut Flour or Quinoa Flour
- ¼ tsp. Himalayan (pink) or Celtic Sea Salt
- 2 Tablespoons Ghee (clarified butter), or for milk-free: pure, Virgin
- Coconut Oil, melted
- 1 Egg or Egg Replacer (to bind better)

Directions:

1. Blend all ingredients (I do right in pie plate) until flours stick together, press into pie plate.
2. Refrigerate for about 20 minutes and roll out between parchment paper, then peel off top layer and put crust face down on pie pan. Gently peel off top layer.
3. Bake at 375 degrees for 5-10 minutes or until just browned
4. Let cool before adding pie filling

Pie Filling Ingredients:

- 2 cups purified Water
- 1 to 1 ½ Tablespoons Agar-Agar (health store, like gelatin, but healthy)
Amount used depends on how firm you like filling.
- ½ cup Unsweetened, Organic Apple Sauce or sweetener of choice
- ½ tsp. Stevia, Whole Leaf Concentrate or Whole Leaf Powder
- ¼ tsp. Himalayan or Celtic Sea Salt
- 1 Tablespoon Ghee (clarified butter) or pure, Virgin Coconut Oil for
- Milk-free
- 3 Egg Yolks (separate eggs and save whites for Meringue topping)
- 1/3 cup Lemon Juice
- 1 tsp. grated Lemon rind or Zest
- 1 tsp. vanilla extract or flavoring (for celiacs concerned about alcohol).

Filling Directions

1. Blend Water with Agar-Agar and let sit for a few minutes
2. Heat Water/Agar mixture until boiling, stirring constantly, then simmer for about four minutes
3. Stir in Ghee or Coconut Oil, then let cool. To speed up cooling, pour into different pot or bowl.
4. Beat separated Egg Yolks with a fork and set aside
5. Stir in Egg Yolks, Lemon Juice and Lemon Rind/Zest
6. Stir in remaining ingredients and pour into baked pie shell

Meringue Topping (can do while letting filling cool):

VEGAN Option: Use Coconut Milk Cream (top of can) mixed with Stevia, Salt, and Vanilla to taste.

- 3 Egg Whites
- ¼ tsp. Cream of Tartar
- ¼ tsp. Stevia OR 1 tsp. pure, organic Maple Syrup to bind better

Directions:

1. Combine Egg Whites, Cream of Tartar and Stevia or Maple Syrup
2. Whip just until stiff and drop by spoon-fulls on pie, forming peaks as needed. You don't have to cover whole pie to edges if not enough whites.
3. Bake at 375 degrees for 5-10 minutes, just until top/peaks are golden.

Cool completely and refrigerate

ORANGE-CURRANT SCONES FOR ALL

I've always loved this recipe but haven't made it for years due to its gluten factor. But now we can all eat these and enjoy them, as they are richer and tastier than the original version! So invite your friends to tea time and feel great about serving these to everyone, if you know their needs and use substitutes as shown.

Makes 10-12 scones

Ingredients- for best flavor/health, please use organic whenever possible:

1 and ¾ cups Almond Meal Flour, **OR** for tree nut allergies: quinoa and/or flour of choice.

¼ cup Quinoa or flour of choice

1 scoop (about 2 tablespoons) of any Whey or Protein Powder. I use Collagen Peptides.

½ teaspoon Himalayan or Celtic Sea Salt

¼ teaspoon Baking Soda

4 Tablespoons Butter OR Ghee (clarified butter) OR Virgin Coconut or other Oil

½ -1 teaspoon (depending on your "sweet meter") -Sweet Leaf Stevia (whole-leaf powder or whole-leaf liquid is better for you) OR sweetener of choice.

Note: You can add a bit of Maple Syrup with the Stevia, if **not** using raisins or currants.

1 Egg OR egg-replacer

½ cup Yogurt of any kind – Vegan Yogurt works, too!

¼ - ½ cup Raisins or Currants – optional, but really good to add the natural sweetness –OR, for no fruit-sugars - ¼ - ½ cup Walnuts or Pecans.

1 Tablespoon fresh Orange Zest (finely grated Orange peel)

Variations: Add lemon zest instead of orange, or use other dried fruits, flavorings, nuts, or seeds.

Instructions:

1. Preheat oven to 425 degrees. Spread parchment paper onto 2 cookie sheets to keep clean, if you wish.
2. Mix dry ingredients, then use fingers or fork to work in Butter Ghee or Oil.
3. Add Egg or Egg replacer, Orange Zest, and Raisins/Currants and mix well.
4. Add Yogurt and Stevia, then blend in well.
5. Drop by large spoon-fulls onto ungreased cookie sheets or parchment paper.
6. Bake for 15 minutes at 425 degrees OR until firm and golden. Test with a toothpick. If center not fully done, turn off oven and let them sit in oven until done.
7. Cool for about 10 minutes before gently removing with spatula. Optional: Serve with classic English clotted cream or coconut milk cream (thickets is from top part of can, especially if you chill it a bit).

INSTANT UNIVERSAL MOUSSE

Craving dessert now? You can have it!

Ingredients Per Person:

½ cup Coconut Milk cream (top of can)

Pinch of Himalayan or Sea Salt

Flavor of choice (I use organic Extracts or Flavorings like cherry, lemon, orange, etc. and you can also use cocoa powder or melt some chocolate)

¼ tsp. (or to taste) Whole leaf Stevia powder or Sweetener of choice

Optional: To make it a meal, add your favorite Protein Powder

Mix together and dig in!

COMFORT FOOD YOU CAN EAT!

CHICKEN OR VEGAN POT PIE

This recipe was born out of desperation. I love Chicken Pot Pie, but for many years, I couldn't figure out how to make the crust hold together without gluten or get the filling thick without flour. Now I know how... and so will you! This is like a deep dish pie with just the top crust to make...easy!



Original recipe makes 1 - 9 inch pie or four smaller pies in soufflé dishes.

Crust Ingredients:

- 1 cup Almond Meal Flour (health store, Bob's Redmill or bulk section)
OR, for tree nut allergies: $\frac{3}{4}$ Quinoa and $\frac{1}{4}$ Oat Flours or flour of choice
- 1 Tablespoon Protein Powder (If Nut-Free crust, use Collagen Peptides)
- $\frac{1}{4}$ teaspoon Himalayan or Sea Salt
- 1 Egg or egg-replacer for Vegans
- $\frac{1}{4}$ cup melted Ghee or Butter, Olive Oil, or Virgin Coconut Oil

Crust Directions:

Blend dry ingredients, then egg and oil. Refrigerate until firm – twenty minutes should do it. Roll out on waxed or parchment paper with rolling pin or tall jar or bottle.

Measure crust with your pan(s) and leave about ½ inch more crust as you roll.

Important: Leave Between Parchment Paper!

Then do filling:

Filling Ingredients:

- 1/2 pound cooked organic Chicken or Turkey or Vegan protein alternative—like Seitan or Nuts—cut in small pieces,
- 1/2 cup Carrots cut in small pieces
- 1/2 cup Green Peas or Zucchini, cut into small pieces
- 1/2 cup sliced Celery
- 1 Tablespoon cup Butter or Ghee (clarified butter) or high heat oil for Vegans
- 1/3 cup chopped Onion
- 1 Tablespoon Arrowroot powder or ¼ cup ground Flaxseed
- 1/2 teaspoon Himalayan Pink or Celtic Sea Salt
- 1/4 teaspoon Black Pepper (optional, I use Rosemary)
- 1 cup Chicken, Turkey or Veggie broth

Optional Ingredients: Snap peas, mushrooms, red bell pepper or whatever veggies you'd like!

Filling Directions:

- 1.** Preheat oven to 425 degrees.
- 2.** In a one quart or larger saucepan over medium heat, cook onions in Ghee or Oil until soft and translucent. Stir in Salt and Pepper.
- 3.** Mix Chicken/Vegan Broth with Arrowroot or ground Flaxseed. Slowly stir Chicken/Vegan Broth Mix into onions. Bring to a boil, stirring until thick (ground flaxseed thickens faster). Remove from heat and set aside. Add cooked Meat or Vegan Alternative

- 4.** Pour the mixture into soufflé dish, pie pan, or individual soufflé dishes. Cover with top crust by peeling off top layer of parchment paper you rolled crust in, then face it down on pie, gently peel off parchment paper.
- 5.** Bake in the preheated oven for 10 minutes at 425 degrees, then drop to 350 degrees for 10 to 20 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

Note: Cooking time depends on size of pan and how crisp or well-done you like your veggies!

SAFELY-SWEET 'N SOUR STIR-FRY

Many of us cannot eat cornstarch, as it mimics gluten in our systems...so we miss our favorites...until now! Distant memories of my first Chinese Restaurant and my favorite dish, Sweet and Sour Shrimp, stirred my creative juices - and stomach juices, too 😊 - so I invented a sauce we all could eat and love!



Sweet and Sour Sauce

Makes about 1 cup of sauce

Sauce Ingredients:

- 1 cup Purified Water
- 1/4 cup Bragg Liquid Aminos, or Gluten-Free Soy Sauce of Choice
- 1/3 cup Apple Cider Vinegar (or more to taste)
- 1/2 teaspoon Whole Leaf Stevia (or more to taste) – or sweetener of choice
- 1/2 cup ground Flaxseed, Chia Seed or 2 Tablespoons Arrowroot powder

Sauce Instructions:

1. Mix liquids and blend Stevia, plus ground Seeds or Arrowroot into liquid.
2. Heat all ingredients together until simmering (low boil).
3. Serve or cool and cover quickly.

Stir-Fry Ingredients (per person)

Note: If more than four veggie-types desired, lessen amounts or make more sauce!):

About 1/2 Cup per Person (except Garlic!) of four of your favorite Asian-type Veggies, sliced diagonally:

Bok Choy	Carrots	Green Beans
Napa Cabbage	Onions	Broccoli
Zucchini	Bell Peppers of any color	Water Chestnuts
Shitake Mushrooms	Snow Peas	Green Onions
1 Garlic clove, crushed	Protein of Choice, cooked or stir-fried	

Stir Fry Instructions:

1. Quickly sauté, in hot pan or wok, in oil of choice, all veggies, starting with “harder” ones, like carrots, green beans, and onions, just about 30 seconds, then add the other veggies.
2. Serve immediately over (Optional) cooked Quinoa (lowest-carb grain) or other grain of choice and top with cooked, cut to bite-size Protein of Choice, with toasted sesame seeds or other nuts, if desired.

PIZZA HOT DISH FOR YOU AND YOURS

Who doesn't love pizza? My cookbooks have crust recipes made with nuts and seeds, sprouted, but this is simpler and hides your veggies. Just as tasty. I like it even better, now that I'm hooked on vegetables!

Serves: 2-3 people



Ingredients:

1 cup Zucchini, sliced – use both green and yellow, if available

½ cup white or red Onion for more color, chopped

½ cup Mushrooms, of choice, or Red Bell Peppers, sliced

2 Tbsps. Olive Oil or cooking oil of choice

Italian Sauce of choice – whether Pesto or Red Sauce

½ to 1 cup Mozzarella Cheese, or Goat Mozzarella, or Favorite Vegan Mozzarella (Myoko's is very popular)

½ cup Italian Sausage or Pepperoni, or other desired protein for topping – Olives are a great vegan choice, plus sprouted seed/nuts.

Instructions:

1. Sautee vegetables, starting with onion to make sure it's cooked as well as you'd like. Keep the vegetables crisper by lowering the heat before you think they are done.

2. Stir in your sauce and add cheese on top, then all the toppings.
3. Cover and turn off the heat, letting the cheese melt. Then serve and enjoy!

DUMPLINGS!

Well, it only took about a year, but I finally figured out how to make gluten-free, low-glycemic Dumplings that wouldn't fall apart! Please read each step carefully for success. Enjoy!



Yield: Enough for about one quart of soup or stew

Ingredients:

- 1/4 cup Almond Meal Flour (for tree-nut allergies, use Quinoa Flour)
- 1 Tbsp. Protein Powder of choice (I use goat whey powder) – this ingredient makes it hold together better.
- 1/8 tsp. Himalayan or other healthy Salt
- 1 Egg (or egg-replacer)
- 1 tsp. high-heat Oil of choice
- 1 Tbsp. water or soup stock

Directions:

1. Blend dry ingredients, then add wet, stirring until blended.
2. Simmer finished soup or stew lightly, then Very Gently drop by teaspoons (I actually used a fork!) into liquid.
3. Let it simmer another few minutes or so. They will expand.
If they fall apart – no worries, it's still fun to eat.

SIMPLE ENCHILADAS FOR EVERYONE

I learned to make enchilada sauce at a restaurant job, but it had flour, which we low-carb people do not need! So, here's my version, and your body will thank you. And there are now lots of tortilla options that are gluten-free with very low-carb ingredients.

**Enchilada Sauce (freeze what you don't use):**

- ½ cup Pom strained Tomatoes, or other tomato sauce
- ½ cup purified Water
- 1 Tbsp. Chili powder (I make my own, sans nightshades with ½ oregano, and ½ cumin)
- ¼ cup ground Flax or Chia Seeds, or thickener of choice

Instructions for Sauce:

Simply blend all ingredients and let sit to soak up the thickener.

Ingredients per Enchilada:

1 Almond-flour tortilla, by Siete (or other)

½ cup mild Cheese or vegan cheese of choice – I use LeClaire Farms goat mozzarella

1 Tbsp. sliced Green Onion

¼ - ½ cup Enchilada Sauce (depending on how “saucy” you are)

Instructions for Enchilada:

1. Lay out tortilla on parchment paper in pan or baking dish and put all of Cheese and about 1Tbsp. of the Sauce in the center.

2. Roll up and top with the rest of the sauce and the Green Onions.

3. Heat gently in the oven or even on the stove-top until cheese is melted. At 350 degrees, it will melt and heat up within five to ten minutes, so watch it carefully.

To Find Other Cookbooks by Debbie Johnson, and a video-of Debbie making another free recipe go to:

<https://debbiejohnsonbooks.com/gluten-free-low-carb-cookbooks/>

About the Author, Debbie Johnson



Debbie Johnson is the former owner and executive chef of *The Golden Chalice Restaurant and Gallery*, a 100% gluten-free, sugar-free, low-glycemic, organic, allergy-friendly establishment.

She's always loved cooking and creating delicious treats for special diets.

Debbie Johnson is also a best-selling author.

See: <https://debbiejohnsonbooks.com> for a full list of her books.

The most popular is *Think Yourself Thin*.
