

-Recipes -

Smoothie:

Ingredients:

- Fruit of your choice
- milk(preferably non dairy)

Directions:

- Wash fruit
- Cut or peel fruit depending on what you use
- Get a blender and put fruit and milk in it
- Blend it
- Then serve



Raspberry streusel:

Ingredients:

- 6 ounces (1 ⅓ cups) Atk Gluten-free Flour
- 2 ⅓ ounces (⅓ cup) granulated sugar
- ¼ teaspoon salt
- ¼ teaspoon xanthan gum
- 8 tablespoons unsalted butter, cut into ½ inch pieces and softened
- 2 tablespoons packed light brown sugar
- ⅓ cup pecans, chopped fine
- ¼ cup gluten-free old-fashioned rolled oats
- 6 ounces 91/2 cup0 raspberry preserves
- 2 ½ ounces (½ cup fresh raspberries
- 1 ½ teaspoons lemon juice



Directions:

- Adjust the oven rack to the middle position and heat the oven to 375 degrees. Make a foil sling for 8-inch square baking by folding 2 long sheets of aluminum foil so each is 8 inches wide. Lay sheets of foil perpendicular to each other, with extra foil hanging perpendicular to each other, with extra foil hanging over the edges of the pan. Push foil into corners and up sides of the pan, smoothing foil flush to pan; spray with vegetable oil spray.
- Using a stand mixer fitted with a paddle, mix flour blend, granulated sugar, salt, and xanthan gum on low speed until combined, about 5 seconds. Add butter 1 piece at a

time, and continue to mix until dough forms and pulls away from the sides of the bowl 2 to 3 min.

- Measure ½ cup dough into a medium bowl and set aside. Distribute the remaining dough evenly into the prepared pan and press firmly into an even layer using the bottom of the measuring cup. Bake until edges begin to brown, 14 to 18 min, rotating pan halfway through baking.
- While the crust is baking, add brown sugar, pecans, and oats, reserved dough; then mix it. Pinch the mixture with your fingers to create hazelnut size clumps; set aside.
- Combine preserves, raspberries, and lemon juice in the small bowl; mash with a fork until combined but some berries remain.
- Spread filling even over hot crust, and sprinkle streusel topping evenly over the filling. Return pan to oven bake until toppings are golden brown and filling is bubbling, 22 to 25 min. Let bars cool for 1 to 2 hr. Using foil overhang, lift bars out of the pan, cut into squares, and serve.

Shortbread cookies:

Ingredients:

- 1 cup butter
- 1/2 cup powdered sugar
- 2 cups flour

Directions:

- preheat oven to 350 degrees
- cream together sugar and butter (it helps if the butter is slightly soft or cut into little cubes first and use a metal spoon or a stiff spatula)
- mix in the flour completely
- If you want to add food coloring, now is the time to do it
- roll and cut out cookies on a baking sheet 1/4 inch thick (they can be crumbly, so making them small helps)
- Bake until the edges are golden brown (bake them for 12-14 minutes, use gluten-free flour so the timing is probably different for gluten flour)
- don't forget to turn the oven off



- Let cool on a baking sheet, then put into the fridge.