

WHEAT-FREE Holiday Treat Recipes

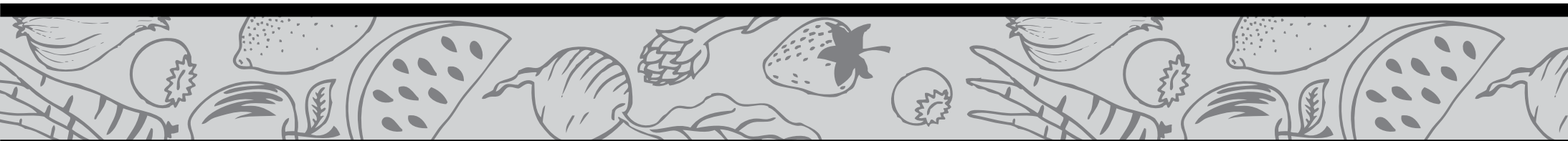
Aunt Barbara loves bread, but your cousin Adam is allergic to wheat. Or maybe your best friend has a gluten intolerance. What to do about the dressing and the pumpkin pie?!!!

DON'T WORRY

We're here to help with some wheat-free holiday treats to make sure even the most delicate of tummies are happy.

Luckily, cookbooks and internet recipe sites abound with crustless pie recipes. Here is one of our favorites.

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Crustless Pumpkin Pie

Prep time: 20 min • Cook time: 45-60 min • Yield: 8 servings

Ingredients

Nonstick cooking spray
3/4 cup granulated sugar
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
2 large eggs
1 can (15 oz.) Pure Pumpkin
1 can (12 fl. oz.) Evaporated Milk

Directions

- 1 PREHEAT oven to 325 degrees. Glass baking dishes without crust require a cooler oven, and in most cases, a longer baking time.
- 2 SPRAY with nonstick cooking spray or lightly grease bottom of baking pan or glass baking dish.
- 3 COMBINE filling as directed and pour into pan or dish.
- 4 BAKE as directed below or until knife inserted near center comes out clean.
9-inch-round glass pie dish: 55 to 60 minutes
10-inch-round glass pie dish: 45 to 50 minutes
- 5 COOL on wire rack for 2 hours. Serve immediately or refrigerate.

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Cornbread Dressing

The great thing about dressing is that it doesn't HAVE to have wheat to be delicious!

TIP: START with Gluten-Free cornbread mix.
(Make sure it's made just with corn flour and contains no wheat flour.)

Prep time: 60 min • Cook time: 30-45 min • Yield: 6-8 servings

Ingredients

1 (16 ounce) package dry
(gluten-free) corn bread mix
or equivalent of one batch in
a 9x9-inch pan
2 tablespoons butter
1/2 cup chopped celery
1 small onion
1 tube of sage breakfast
sausage, browned and drained*
2 cups chicken stock
2 tablespoons dried sage
2 Granny Smith apple, cored
and cubed (peeled, if preferred,
or leave the peel for pretty
pops of green)
salt and pepper to taste

*For a vegetarian variation,
replace the sausage with
2 eggs, beaten.

Directions

- 1 PREPARE the dry corn bread mix according to package directions. (For a more golden brown, crustier dressing, bake cornbread in a muffin tin instead of a pan for more golden brown surface area.) Cool and crumble. (Can bake the night before and leave the bread uncovered to dry it out.)
- 2 PREHEAT oven to 350 degrees. Grease one 9x13 baking dish.
- 3 In a large skillet over medium heat, melt the butter and saute the celery and onion until soft.
- 4 In a large bowl, COMBINE the celery, onions, 3 cups crumbled corn bread, sausage, chicken stock, sage, and apple chunks, and salt and pepper to taste; mix well.
- 5 PLACE the mixture into prepared dish and bake for 30 minutes or until it's no longer soggy and is as brown as you like it.

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