

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	Directions
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	
	<ol style="list-style-type: none">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 minutes5 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	Directions
1 (16 ounce) package dry (gluten-free) corn bread mix or equivalent of one batch in a 9x9-inch pan	<ol style="list-style-type: none">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 tablespoons butter	<ol style="list-style-type: none">2 PREHEAT oven to 350 degrees. Grease one 9x13 baking dish.
1/2 cup chopped celery	<ol style="list-style-type: none">3 In a large skillet over medium heat, melt the butter and saute the celery and onion until soft.
1 small onion	<ol style="list-style-type: none">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.
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	
	<p>*For a vegetarian variation, replace the sausage with 2 eggs, beaten.</p>



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