

gff
MAGAZINE

gluten-free
forever



EDITOR'S NOTE



WELCOME TO THE FIRST OF OUR SINGLE-SUBJECT GF EBOOKS! Along with giving you some gluten-free deliciousness to enjoy between issues of **GFF**, our **quarterly cooking magazine**, these ebooks are designed to help with GF pain points. For my daughter, Viva, and me (above), one of those is breakfast.

I've been gluten-free for nearly two decades and generally like to start each day with things that wouldn't include wheat anyway. (Hello, eggs, bacon, and tea!) But Viva, who was GF from age three to age six due to wheat-inspired rashes, recently had to go GF again. Our first trip to a diner reminded me how crushing it is to be eleven—or any age—and no longer be able to order a stack of fluffy pancakes.

Recommendations for our favorite GF pancake mixes (we tested dozens at *GFF*) are just one of the breakfast helpers you'll find here. There's also a primer on familiar foods you can turn to and fantastic recipes for baked goods, eggs, and more.

Bonus: You'll discover discounts (and a freebie!) from select brands in this book. These aren't just any old discounts. We select promotional partners in an unorthodox way: We *invite* them to participate because we like what they're doing. That's why you'll find

discounts from brands whose products we recommend. This way, we at *GFF* can stay true to our vision of bringing you nothing but the best GF goodness *and* help you get a deal.

Feel free to forward this *GFF* ebook to your food-loving friends, and get ready for our next *GFF* ebook: out in late spring and sent to you for free because you subscribe to our newsletter (thanks for that!), it'll be a gluten-free/dairy-free extravaganza loaded with luscious recipes and products worth seeking out.

Until then, happy reading and morning eating! And if you like what you see, please support us by ordering a subscription to *GFF* at **gffmag.com**. Each quarterly issue is loaded with 45-plus excellent GF recipes and stunning photography delivered in a collectable-print or digital edition.

Warmly,

Erika Lenkert
Editor-in-Chief
GFF Magazine

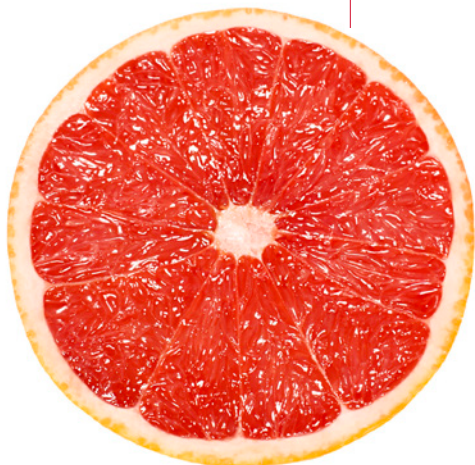
Popular Breakfast Foods Cheat Sheet

When I get in a breakfast rut, serving the same old foods again and again, my daughter, Viva, is quick to remind me that variety is greatly preferred. With that in mind, here's a simple primer on everyday foods you can regularly reach for in the morning.

NATURALLY GF

No gluten concerns here—these go-to foods are safe to eat.

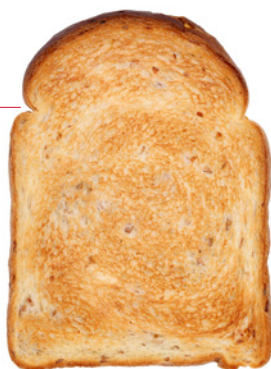
bacon
eggs
fruit
fruit salad
yogurt



READYMADE STORE-BOUGHT GF

When buying these products, look for a GF label!

cold cereal
bagels
breakfast bars
English muffins
granola
hash browns
muffins
oatmeal
sausages
tater tots
breads
waffles

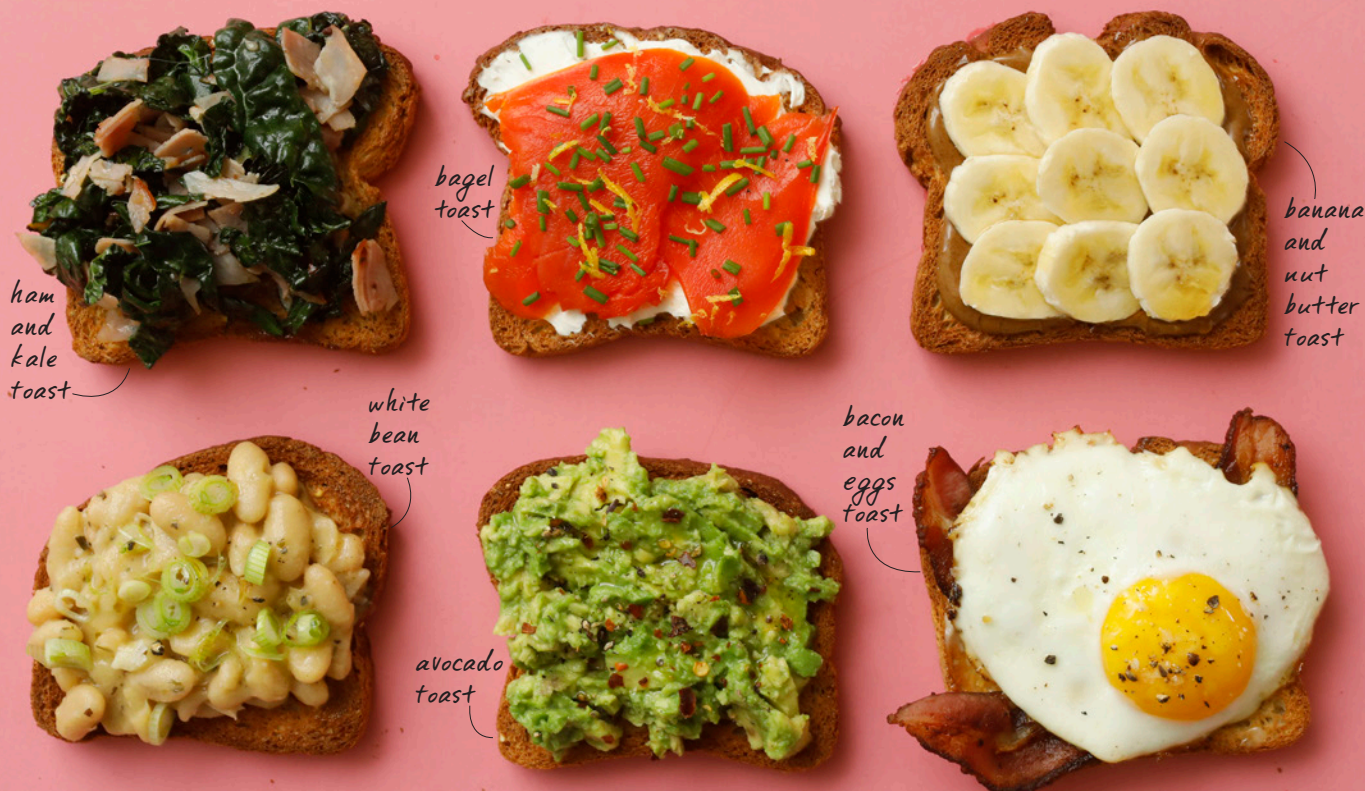


DISHES YOU CAN MAKE GF

Though often off-limits in restaurants, these sure things can be easily made at home.

breakfast burritos (use GF tortillas)
eggs Benedict (use GF English muffins or try our modern take on page 16)
egg sandwiches (use GF bread; see page 5 for our faves)
French toast (use GF bread; see page 5 for our faves)
frittata (see page 15)
hash browns
muffins (see page 19)
omelets
pancakes (see our preferred mixes on page 17)
quick breads (see our Pecan Banana Bread on page 6)
smoothies (see page 20)
steak and eggs
toasts (see some of our favorite toast toppings on page 4)
waffles





Tic-Tac-Toast

What's better than toast? Toast covered with yummy, fortifying stuff! Behold five delicious ways to work wonders with your gluten-free bread.

BY ERIC LUNDY

Ham and Kale Toast

Remove and discard the center ribs from 2 stalks kale, then slice the leaves into ribbons. In a small skillet over medium-high heat, warm 1 tablespoon extra-virgin olive oil. Add the kale, 1 chopped slice deli ham, and a pinch of red pepper flakes. Cook, stirring, for 3 minutes. Season with salt and pepper, lower the heat to medium, cover, and cook until the kale is just wilted, about 3 minutes. Remove from the heat, taste, and adjust the seasoning. Toast 1 slice GF bread, top with the ham and kale, and serve.

Bagel Toast

Toast 1 slice GF bread, top with cream cheese, smoked salmon, chives, and lemon zest (optional), and devour.

Banana and Nut Butter Toast

Toast a piece of GF bread, top with your favorite nut butter, add a layer of sliced banana and a drizzle of honey, and eat.

White Bean Toast

Warm 3 tablespoons extra-virgin olive oil in a small saucepan over medium heat. Add 1 clove lightly smashed garlic and warm just until the garlic becomes fragrant, about 4 minutes. Add 1 (14.5-ounce) can drained and rinsed cannellini or navy beans and $\frac{1}{4}$ teaspoon herbs de Provence. Season to taste with salt and freshly ground pepper. Heat the beans, stirring and mashing them a bit with the back of a wooden spoon and adding more olive oil if the beans become dry. Stir in the zest of $\frac{1}{2}$ lemon and taste and adjust the seasonings. Toast 1 slice GF bread, top with the bean

mixture and thinly sliced green onions and serve, reserving the remaining beans for your next craving.

Avocado Toast

In a bowl, coarsely mash $\frac{1}{2}$ avocado with $1\frac{1}{2}$ teaspoons lemon juice. Season to taste with salt. Toast 1 slice GF bread, drizzle with extra-virgin olive oil, top with the mashed avocado, and drizzle with a little more olive oil. Sprinkle with red pepper flakes, flaky sea salt, and freshly ground black pepper and serve.

Bacon and Eggs Toast

Fry 2 strips of bacon and drain on paper towels. Fry 1 egg in the remaining bacon grease and set aside. Toast 1 slice GF bread. Spread mayo on the toast, top with the bacon and then the egg, season with salt and pepper, and serve.

Toast-Worthy Breads

We're betting you have better things to do with your time and money than test gluten-free sandwich breads. So we munched and mulled over more than thirty choices ranging from white to what-the-? to find slices worthy of your PB&Js and BLTs. Toasted straight from the bag and selected for taste, texture, and national availability, we present you with the best sliced breads... since sliced bread.

MARIPOSA "RYE" ROUND

Fabulous, moist, deli-style bread with traditional rye taste. \$7.95 at mariposabaking.com

GLUTINO SEEDED BREAD

Buttery flavor with subtle seeds and nice, chewy texture. \$56.84 per 6-pack at amazon.com

UDI'S GLUTEN FREE WHOLE GRAIN BREAD

Light, white-bread flavor, and approachable for small sandwiches or eggs-in-holes. \$10.24 per 2-pack at amazon.com

MARIPOSA SANDWICH BATARD

Chewy and fluffy with buttery flavor. Best untoasted, so perfect for sandwiches, toast, and sopping up sauce. Soy-free, nut-free, and vegan. \$6.95 at mariposabaking.com

FREE BREAD "MOXY" MILLET, OAT & FLAX LOAF

Healthy and wholesome with artisanal flavor and dense texture. Ideal for a gourmet grilled cheese. \$9 for 14-slice half loaf; \$18 for 28-slice loaf at freebreadinc.com

BREAD SRSLY CLASSIC GLUTEN-FREE SOURDOUGH LOAF

Addictive classic sourdough with moist, sticky texture (toasting required). Awesome toasted and slathered with butter. Non-GMO, allergen-free, and vegan. \$35 for 3 loaves at breadsrslly.com

CANYON BAKEHOUSE 7-GRAIN

Classic moist and spongy bread texture, great fresh from the bag or toasted, and good for anyone who misses whole wheat. \$5 at canyonglutenfree.com

SCHÄR ARTISAN BAKER MULTIGRAIN BREAD

Good texture and flavor and stays fresh a long time in its package. \$4.66 at walmart.com

WHOLE FOODS MARKET GLUTEN FREE BAKEHOUSE LIGHT WHITE SANDWICH BREAD

Large size (yay!) and lightly sweet and eggy. Idyllic sandwich bread that must be toasted for best flavor and texture. \$5.99 at wholefoodsmarket.com

Pecan Banana Bread

MAKES 1 (10 BY 5-INCH) LOAF

I've been making this recipe for years. Beyond its delish flavor and moist texture, the best thing about it is it seems to turn out well with a variety of gluten-free flour mixes. Store leftovers wrapped in plastic wrap in the fridge and snack on them over a few days or slice, freeze, and wrap individual pieces for grab-and-go goodness.

½ cup (4 ounces/1 stick) unsalted butter, at room temperature, plus more for greasing

1½ cups gluten-free flour mix of choice, plus more for dusting

1 cup sugar

2 eggs

4 very ripe bananas, mashed

1 teaspoon baking soda

½ teaspoon ground cinnamon

½ teaspoon kosher salt

1 teaspoon gluten-free pure vanilla extract

1 cup pecan pieces

Preheat the oven to 350°F. Grease a 10 by 5-inch loaf pan and dust the pan with gluten-free flour. In a bowl, mix the sugar and butter together. Add the eggs and whisk until well combined. Mix in the bananas, baking soda, cinnamon, salt, and vanilla. Stir in the flour mix. Fold in the pecans. Transfer to the prepared loaf pan and bake until a toothpick inserted into the center comes out clean, about 60 minutes. Cool completely before serving.

Beyond its delish flavor and moist texture, the best thing about it is it seems to turn out well with a variety of gluten-free flour mixes.



PHOTOGRAPHY CRAIG LEE



THE BEST THINGS...



Best in Gluten Free

For decades we've been dedicated to helping people think less about gluten and more about living in each happy moment. And because it's the free things in life we consider to be the best, we're giving you a FREE product with this coupon – Enjoy!

Discover our delicious assortment of gluten free foods at www.schar.com

Try a loaf for
FREE

CONSUMER: Offer redeemable only at retail locations by purchasing the brand and size(s) indicated up to the value of \$7.00. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. LIMIT ONE COUPON PER PURCHASE. RETAILER: Dr. Schar USA will reimburse you up to the value of \$7.00 plus 8 cents handling in accordance with our redemption policy (copy available upon request). COUPON NOT VALID FOR E-PUBLICATIONS. Consumer must pay any sales tax. Send all redeemed coupons to: Dr. Schar, Mandlik & Rhodes, PO Box 490 Dept #1369, Tecate, CA 91980 Cash value: 7700¢. EXPIRES 9/30/2017





Cardamom-Spiced Granola with Coconut and Puffed Rice

MAKES ABOUT 6 CUPS Reminiscent of savory Indian snack mixes, this granola by **Niki Ford** beckons with lively textures and flavors. Perfect for breakfast or anytime munching, it's a crunchy-chewy contrast of oats, puffed rice, and toasted coconut with golden raisins and dried figs and apricots. Stored in an airtight container, it'll keep for up to three weeks—if you can resist it that long.

2 cups gluten-free oats
1 cup gluten-free whole-grain puffed rice (or quinoa or millet)
 $\frac{3}{4}$ cup cashews, roughly chopped
 $\frac{1}{2}$ cup almonds, roughly chopped

$\frac{1}{4}$ cup sesame seeds
 $\frac{3}{4}$ teaspoon ground ginger
1 teaspoon cardamom powder
 $\frac{1}{4}$ teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon kosher salt
5 tablespoons maple syrup
3 tablespoons olive oil
3 tablespoons butter, melted
 $\frac{3}{4}$ cup unsweetened coconut chips (large flakes)
 $\frac{1}{2}$ cup dried figs, stemmed and roughly chopped
 $\frac{1}{2}$ cup golden raisins
 $\frac{1}{2}$ cup dried apricots, roughly chopped

Preheat the oven to 350°F. In a large bowl, add the oats, puffed cereal, cashews, almonds, sesame seeds, spices, and salt. Drizzle the maple syrup, olive oil, and melted butter

over the dry ingredients, stir well to combine, and transfer to a large, rimmed sheet pan. Spread the granola out evenly with a spatula or wooden spoon and cook for 15 minutes. Remove the granola from the oven, stir in the coconut, smooth out the granola with a spatula, then return it to the oven and bake for an additional 10 to 15 minutes or until the coconut and granola are lightly golden. Remove the granola from the oven, stir in the dried fruit, cool, and store in an airtight container.

LOAD UP YOUR
gff
MAGAZINE
LIBRARY



Shop gffmag.com/shop-gff and use code **SPRING25** at checkout to get 25% OFF!

Leftover Rice Porridge

SERVES 1 In a pot over medium heat, warm $1\frac{1}{2}$ cups leftover brown or white rice with a pinch of salt and enough milk or dairy-free milk to make the mixture thick and creamy, mixing frequently. Transfer to a bowl, garnish with maple syrup, walnut pieces, and a little more warm milk, if desired. Serve.





GO NUTS

Top the Açaí Bowl recipe with granola, sliced fresh banana, hemp seeds, bee pollen, nuts of choice, and drizzles of peanut butter and honey.



GREEN GOLIATH

Add a handful of fresh spinach or kale and organic plant-based protein powder to the Açaí Bowl recipe and blend to combine. Top with fresh fruit, coconut shavings, and dried goji berries.



ORIGINAL GANGSTER

Top an Açaí Bowl recipe with sliced fresh banana, sliced fresh strawberries, fresh blueberries, coconut shavings, and a drizzle of honey.

Açaí Bowl

SERVES 1 A riff on the açai bowls at San Francisco's beloved **Bowl'd Acai** truck, this antioxidant-rich ice cream-like meal can be adorned with a variety of toppings for a healthful, refreshing breakfast. Before blending, run the unopened açai packet under warm water for five seconds to soften. If you don't have a high-speed blender, let the packet sit at room temperature to further soften before blending. If the blended result is runny, place it in the freezer for a few minutes. Find frozen açai pulp at health foods stores, well-stocked grocers, and online (look for brands Sambazon, Açai

Roots, Amazon Planet, or AmaFruits). Check the ingredients because some packets include guarana, a seed-based sweetener from South America that contains approximately twice the amount of caffeine as coffee beans.

1 (3½-ounce) packet frozen unsweetened açai puree
1 peeled frozen banana, cut into chunks
½ cup frozen mixed berries
¼ cup coconut milk, almond milk, or apple juice
Toppings of choice

Place the frozen açai puree, banana, and berries in a high-speed blender

and puree until smooth like sorbet, adding milk slowly and sparingly to avoid a runny consistency. Use the plunger tool if the mixture gets stuck. Pour into a bowl, top with your favorite toppings, and serve or transfer to an airtight container and freeze until ready to serve.



Is it *really* gluten-free?

Find out in about 3 minutes with the world's first portable gluten sensor!

BUY NOW

USE CODE*

GFFNIMA

TO GET \$20 OFF



Nima

Test liquid and solid food for gluten anytime, anywhere.



One-Time-Use Capsules

Contains the key chemical ingredients to test your food for gluten.



App Community

Sync and share all test results with the Nima app.

Get yours at **nimasensor.com**
or call (855) NIMA ONE



/NimaSensor



@nimasensor



@nimasensor

*Code GFFNIMA must be used for a Nima Starter Kit and cannot be combined with other offers. Expires 3/31/17.

Curried Tomato Sauce– Poached Eggs

SERVES 4 Cook the eggs in the sauce in the pan, or bake each egg with some sauce in individual ramekins with a base of wilted spinach for fancier presentation. Either way, this zesty entrée, inspired by a delicious vegan soup by our friends at **This Mess Is Ours**, is a sure thing for an easy but special start to the day.

2 tablespoons unsalted butter
½ small yellow onion, finely chopped
1¼ tablespoons curry powder
1½ teaspoons sweet paprika
1 (14.5-ounce) can diced tomatoes
with juices
Kosher salt and freshly ground pepper
4 eggs
4 pieces GF toast, halved

In a large saucepan over medium heat, melt the butter. Stir in the onion and cook until soft and translucent, about 8 minutes. Add the curry powder and paprika. Cook, stirring constantly, for 1 minute. Stir in the tomatoes with their juices. Bring to a boil, then simmer for 6 minutes. Season with ½ teaspoon salt and a few grinds of pepper. Turn off the heat and let the sauce cool slightly. Using a blender, blend until smooth.

Return the sauce to the pan and warm over medium heat. Crack the eggs into the sauce, leaving room between each egg, and cook, covered, until the whites are cooked through, about 6 minutes. Serve with toast.



// LOVE BREAD AGAIN® //



DECADENT
GLUTEN-FREE
FRENCH TOAST



15% OFF!
WITH CODE **GFF17**

FIND RECIPES, GET COUPONS & FIND A LOCAL STORE AT

CanyonGlutenFree.com

WHOLE GRAIN // NO GMO DAIRY, NUT & SOY FREE // KOSHER PARVE // GF A DEDICATED GLUTEN-FREE BAKERY



Fridge-Purge Frittata

SERVES 6 TO 8 This recipe by Eric Lundy is a great way to make use of leftover cooked or raw vegetables. And make it DF by subbing dairy-free milk for regular milk and skipping the cheese. Regardless, wrap whatever you don't eat and store it in the fridge for future breakfasts or lunch (the frittata is awesome at room temp with a salad alongside).

8 eggs, lightly beaten

¾ cup milk or cream

Kosher salt and freshly ground pepper

3 tablespoons extra-virgin olive oil

½ cup diced or sliced onion

2 cups diced or sliced assorted raw or cooked vegetables (such as sweet pepper, zucchini, summer squash, asparagus, mushrooms, and potato)

4 ounces baby spinach (optional)

½ cup grated or crumbled cheese (such as gruyère, feta, or chèvre)

¼ cup chopped mixed fresh herbs of choice (such as parsley, tarragon, and basil; optional)

Preheat the oven to 350°F. In a medium bowl, combine the eggs and milk. Season with ¾ teaspoon salt and ¼ teaspoon pepper. Set aside.

In a 10-inch ovenproof nonstick skillet over medium-high heat, warm the olive oil. Add the onion, ⅛ teaspoon salt, and a grind or two of pepper. Cook, stirring a few times, for 3 minutes. Add the assorted vegetables and cook, stirring occasionally, until the vegetables are soft and beginning to color, about 5 minutes longer. Stir in the spinach and

cook, stirring, until wilted, about 2 minutes.

Whisk the egg mixture, then pour it into the skillet with the vegetables. Stir to combine. Evenly distribute the cheese and herbs over the top, then cook until the edges start to pull away from the sides of the pan, 6 to 8 minutes.

Place skillet in the oven and bake until set, 15 to 20 minutes. Cut and serve from the pan or turn out onto a platter, cut, and serve.



Smashed Potato Benedict with Easy Blender Hollandaise Sauce

SERVES 4 This eggs Benny version combines two awesome recipes to know about: Eric Lundy's aptly named Easy Blender Hollandaise Sauce and my Crispy Smashed Potatoes, which makes an exceptional, crowd-pleasing dinner side dish and a grain-free base for this recipe. Tip: make extra potatoes—you'll definitely use them.

4 (2 to 2½-inch-diameter) Yukon gold potatoes

Kosher salt

4 tablespoons olive oil

4 thin slices prosciutto

2 teaspoons white vinegar

4 cold eggs, as fresh as possible

FOR THE EASY BLENDER HOLLANDAISE SAUCE:

3 egg yolks

1 tablespoon lemon juice

Kosher salt

8 tablespoons unsalted butter, melted

1 tablespoon hot water

Pinch of cayenne pepper (optional)

Minced chives, for garnish (optional)

Place the potatoes and 1 tablespoon kosher salt in a pot, cover with cold water, and bring to a boil over high heat. Cook until the potatoes are completely tender, 10 to 15 minutes. Test for doneness by piercing the potatoes with a small sharp knife. Drain in a colander and let cool and dry for 10 minutes.

Preheat the oven to 300°F. Place 1 potato on a cutting board and, without breaking the potato into pieces, smash it firmly to ¾ inch thick with the bottom of a clean, heavy skillet. Transfer to a plate. Repeat with the remaining 3 potatoes.

In a large nonstick or cast-iron skillet over medium heat, warm 3 tablespoons of the olive oil until shimmering. Add the potatoes and cook, shaking the pan occasionally, until the bottoms are dark golden brown, 5 to 6 minutes. Gently turn the potatoes and cook until other second sides are golden brown and crisp, about 5 minutes longer. Transfer to a rimmed cookie sheet. Keep warm in the oven.

In a clean nonstick skillet over medium-high heat, warm the remaining 1 tablespoon olive oil. Add the

prosciutto in one layer and cook until almost crisp, about 1 minute total, flipping halfway through. Drain on paper towels and break into large pieces.

Fill a large, nonstick skillet with 1 inch water. Add ½ teaspoon salt and the vinegar and bring to a simmer over medium heat. Crack 1 egg at a time into a small ramekin, then gently pour it into the simmering water without touching the other eggs. Remove the pan from the heat, cover, and let the eggs poach undisturbed for 5 minutes. Using a slotted spoon, transfer them to XX.

To make the hollandaise sauce, combine the egg yolks, lemon juice, and ¼ teaspoon salt in a blender, pulse a few times to combine, then, with the blender running, slowly add the melted butter and blend until smooth. Blend in the water, then season to taste with cayenne pepper and salt, and serve immediately.

To serve, place 1 smashed potato each on 4 plates. Top with prosciutto and a poached egg. Pour some of the hollandaise sauce over the egg, garnish with chives, and serve immediately.

Pancake Mixes Worth Flipping Over

We tested more than 20 available brands to find the best gluten-free pancake mixes on the market. Break out your spatula and appetite because these are the ones worth flipping over.



1 BOB'S RED MILL GLUTEN-FREE PANCAKE MIX

Neutral flavor and slight whole-grain texture. \$3.83 at bobsredmill.com

2 PAMELA'S GLUTEN-FREE BAKING & PANCAKE MIX

Pleasing, slightly nutty flavor with savory notes. \$7.99 at pamelasproducts.com

3 PAMELA'S NON-DAIRY GLUTEN-FREE PANCAKE & WAFFLE MIX

Dairy-free, nut-free, corn-free. \$6.49 at pamelasproducts.com

4 BISQUICK GLUTEN FREE PANCAKE & BAKING MIX

Wheat pancake impersonator with crispy edges. \$4.58 at walmart.com

5 HODGSON MILL GLUTEN FREE PANCAKE & WAFFLE MIX WITH FLAX SEED

Non-GMO and healthful, savory, and slightly grainy. \$4.79 at hodgsonmillstore.com

6 KING ARTHUR FLOUR GLUTEN FREE PANCAKE MIX

Subtle nutty flavor, fluffy, and browns well. \$5.95 at kingarthurfLOUR.com

SUBSCRIBE TO

gff

MAGAZINE

AND GET 35% OFF!

Order 1 year
(four issues) of
deliciousness at
our deepest
discounted rate—
**\$31, including
shipping!**



YOU'LL GET:

- More than 175 wholesome, inspired, approachable gluten-free recipes
- Roundups of the best GF products to buy
- Tips for better GF cooking
- Spectacular GF and DF baked goods
- Insider scoops on GF travel
- Articles worth reading
- And enough tempting photography to inspire many happy, healthy meals!

To subscribe and save 35%, go to gffmag.com and use code **SPRING17**

Questions? Email us at info@gffmag.com.

First issue mails in 8 to 12 weeks. Savings based on \$9.95 cover price, plus shipping. Ask for rate outside U.S.



Grain-Free Lemon-Blueberry-Thyme Muffins

MAKES 12 MUFFINS Dense, ultra moist, and perfectly teetering between savory and sweet, these protein-packed anytime treats by our pal **Beth Manos Brickey of Tasty Yummies** can be refrigerated or frozen and slightly reheated for fast gratification. Note: use only blanched-almond flour (without the skins); almond meal will act differently.

2½ cups blanched-almond flour
½ teaspoon baking soda
½ teaspoon kosher salt
3 eggs
¼ cup honey or maple syrup

2 tablespoons coconut sugar or granulated sugar
¼ cup unsalted butter or coconut oil, melted
2 teaspoons lemon zest
¼ cup fresh lemon juice
2 teaspoons minced fresh thyme
1 cup fresh or frozen thawed blueberries

Preheat the oven to 350°F. Line a muffin pan with 12 paper liners.

In a bowl, whisk together the flour, baking soda, and salt.

In a separate large mixing bowl, beat the eggs. Whisk in the honey, sugar,

melted butter, and lemon zest and juice and whisk to combine. Stir in the flour mixture and thyme to combine, then carefully fold in the blueberries.

Divide the dense batter into the prepared muffin pan and bake until the tops are golden brown and a toothpick inserted into the centers comes out clean, 25 to 30 minutes.

Cool the muffins in the pan on a wire rack for only 5 minutes (any longer in the hot pan and they'll get soggy). Gently pop the muffins out and cool 10 minutes longer on the rack.

MELON MINT SMOOTHIE

In a blender, combine 2 cups chopped honeydew melon, 2 tablespoons lime juice, 1 tablespoon honey, 6 ice cubes, and $\frac{1}{4}$ cup loosely packed fresh mint leaves and blend until smooth.



MANGO SMOOTHIE

In a blender, combine 1 cup frozen mango chunks, $\frac{1}{2}$ banana, $\frac{1}{2}$ cup vanilla almond milk (or unsweetened milk of choice plus $\frac{1}{2}$ teaspoon vanilla and honey to taste). Blend until smooth.



Blender Breakfasts

Whip the morning into shape with creamy, dreamy drinks that'll give you a little get-up-and-go.



CHOCOLATE-PEANUT BUTTER SMOOTHIE

In a blender, combine $\frac{1}{2}$ frozen or fresh peeled banana with $\frac{1}{2}$ cup cold milk of choice, 2 tablespoons peanut butter, and 2 tablespoons chocolate syrup and blend until smooth.



STRAWBERRY-BANANA SMOOTHIE

In a blender, combine 1 cup frozen strawberries, $\frac{1}{2}$ banana, $\frac{1}{2}$ cup milk, 1 tablespoon honey, and 2 drops balsamic to perk up the strawberry flavor. Blend until smooth, transfer to a glass, and garnish with a strawberry half.

GF Discounts Just For You

We reached out some of the brands that won our pancake and bread taste tests and invited them to share discounts with you. Enjoy!



Find recipes, get coupons, and find a local store at **CanyonGlutenFree.com**.
Get 15% OFF with code GFF17



San Francisco-based Bread SRSly specializes in gluten-free, vegan, and allergen-free sourdough for the sensitive foodie. Use code GFBREADSRSLY5 at **BreadSRSly.com** for \$5 off your online order (excludes gift cards).



Specializing in artisan-crafted, gluten-free treats available online or at our San Francisco Bay Area bakeries! Get 20% off your first order of \$50 or more with discount code GFF20 at **mariposabaking.com**.

Got Our Latest Issue?

Our spring 2017 issue is in full bloom with 53 vibrant, delicious recipes, plus tasty feature stories. You'll get:

- A Mexican fiesta including must-make beans and pulled pork recipes
- Snack recipes that make it easy and satisfying to nosh through meals
- Gluten-free pot stickers and dipping sauces!
- The only GF/DF sugar cookie recipe you need s that'll stand up to all your decorating and sharing desires
- Fast, weeknight meals worth making over and over again
- Exciting, wholesome Middle Eastern dishes made from everyday ingredients
- Your GF guide to Brooklyn, New York
- Lower-sugar quick breads and cakes that leave nothing to be desired
- Incredibly delicious double-chocolate peanut butter cookies
- And much, much more!



GET
30%
OFF

at **gffmag.com**
with code
BREAKFAST



Here's to tastier GF mornings!