



NO Wheat ~ NO Grain ~ NO Sugar

ReciPES

for the Carbohydrate Intolerant

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Hotté' Latte'

Move over **Starbucks!**
Do yourself a favor & start the day or anytime with a
Hotté Latté!

Pour into a large mug:

- 1 tsp - 1 TBL **MCT, Coconut Oil &/or Butter**
- 2-3 TBL **Heavy Whipping Cream**
- ½ tsp **Flavored Sugar-free Syrup** (optional)
- Add **Hot Coffee** to no more than 1/4 cup full

Immerse whisk tip of **Frother** into mixture before turning it on. Press the on button to begin frothing. Move unit up & down slowly keeping the whisk head immersed. After frothing, release push button, wait until the whisk head comes to a complete stop before removing. Top with fresh hot coffee!

Garnish: Sprinkle cinnamon, nutmeg, pumpkin pie spice or cocoa on top.

Variations: Froth up your favorite tea! Peach, Cinnamon or Chai. Sweeten with a little Sugar-Free DaVinci or Torani flavored syrup.

* A stick blender also works... Just start out with a deep container, froth & then pour into your mug.

WUNDER BREAD

Ok...we are talkin' **Real Bread** here! Toast, Burgers & Sandwiches? Yup!

*In a medium bowl, combine dry ingredients & **set aside**:*

- 1 cup **Almond Flour**
- 1 TBL **Chia Seeds** (*optional*)
- 1 tsp **Guar Gum**
- ¼ tsp **White Pepper**
- ¼ tsp **Salt**

In a large bowl beat till VERY stiff 5-8 minutes on high:

- 1½ cups (8) **Egg Whites**
- ⅛ tsp (*a pinch*) **Xanthan Gum**

Add & beat :

- ⅓ cup **Egg White Powder**

Add & beat till just combined:

- ½ cup **Sour Cream**

Preheat oven to **325°**

** note: a Pyrex Loaf Pan works well*

When Egg White mixture is *VERY* stiff & glossy. Fold in Egg white powder & beat. Add sour cream, beat till just combined. Lightly fold in dry ingredients with a spatula.

- **Grease just the bottom & ½ inch up & a little strip in the corners all the way up** Scoop batter into pan. Shape the batter rounded up above the pan. It will continue to rise a bit & will keep its shape.
- Sprinkle with sesame or poppy seeds if you like. Place a large sheet of foil under you pan...never know when it may turn into a bubble over monster!

Bake for 50-60 minutes ~ **turn oven off & leave in for 15-30 minutes**. Remove from oven, **invert** using a can on each end of the pan to hold it off the counter. Allow to cool upside down in pan for at least an hour. Flip right side up & run a knife around the edges very carefully. Release from pan. Allow to cool completely.

Wrap in paper towel, seal in a ziplock bag & store in refrigerator (or freeze).

Variations: Add rosemary, basil, oregano, red pepper flakes, parsley, a little garlic or onion powder, etc. will add a nice change. Sprinkle with paprika & parmesan cheese.

*** Special note:** Be very careful not to get any egg yolk into your mixture. The fat will keep the whites from fluffing. Bowl & beaters must be completely dry. Pile extra batter onto parchment paper to make buns. Your bread will continue to rise beautifully in the pan & may deflate somewhat as it cools, not to worry...still delicious! **Do Not** bake in a silicone pan!

Yield: 1 Loaf (4x8)

18 slices

1 slice **1 g net Carb; 4.7 g Protein; 3.8 g Fat**



Pizza Crust

Finally a Pizza Crust that doesn't compete with your favorite toppings!
AND you can actually pick up a slice & not have it fall apart! **VICTORY!!!**

In a small bowl, combine dry ingredients & set aside:

- 1/3 cup *fine, grated or powdered* **Parmesan Cheese**
- 2 TBL **Almond Flour**
- 1/4 tsp **Guar Gum**
- 1/4 tsp **White Pepper**
- Pinch of **Salt**

In a large bowl beat till VERY stiff 5-8 minutes on high:

- 3/4 cup (4) **Egg Whites**
- 1 TBL **Egg White Powder**
- 1/8 tsp (*a pinch*) **Xanthan Gum**

Add & beat till just combined:

- 1/4 cup *full fat* **Sour Cream**

Preheat oven to **425°**

When Egg White mixture is VERY stiff. Add full fat sour cream, beat till just combined. Lightly fold in dry ingredients with a spatula. Grease pan & top with parchment paper. Pour batter into the middle of parchment & move batter toward the edges, getting it as even as possible with a spatula. Form a higher edge all around.

- Bake for 15-20 minutes (on the lower shelf) or until nicely browned.
- Remove from oven, slip crust onto greased pan, discard parchment.
- Add your favorite toppings.
- Bake for 15-20 minutes more or until bubbly & heated thru.

Variations: Add garlic salt, parsley, basil, oregano, thyme, red pepper flakes, etc. will add a nice change. A little garlic or onion powder?

*** Special note:** Be very careful not to get any egg yolk into your egg white mixture. The fat will keep the whites from fluffing. Bowl & beaters must be completely dry.

Yield: 1 Large Round Crust ~ 8 slices
1 slice (*crust portion only*)
.5 g net Carb; 3 g Protein; 1.3 g Fat



Pizza Sauce

This quick sauce is great for pizza, dip or drizzled over leftovers! I like to double this recipe & keep a supply in the freezer.

Sauté in a medium pot:

- 2 **Mushrooms**, *fine chopped*
- ½ **Onion**, *fine chopped*
- 2 cloves **Garlic**, *minced*
- 2 TBL *Extra Virgin* **Olive Oil**

Add & simmer:

- 1 tsp **Basil**
- 1 tsp **Oregano**
- ¼ tsp **Thyme**
- 1 tsp **Sriracha Hot Chili Sauce** (*optional*)
- 6 oz **Tomato Paste**
- 6 oz **Water**
- *Splash* **Red Wine** (*optional*)
- **Salt & Pepper** *to taste*

Simmer down to the thickness you like for your pizza. Thin with water, a tablespoon at a time. If the sauce seems too tart or acidic, stir in one tablespoon of grated fresh carrot and cook for another 10-15 minutes.

*Enough for 2 Pizza's

*** **Time saver!**

Double the recipe and separate into 4 freezer sandwich size bags. Label bags & you will have sauce ready for the next Pizza's!

*** **Appetizer**

Dab slices of Wunder Bread with olive oil, sprinkle with garlic salt & parmesan cheese. Toast under broiler till cheese just starts to brown. Serve with a small bowl of sauce for dipping.

1/2 Recipe (1 Pizza)

15 g net Carbs; 5 g Protein; 15 g Fat



Doug's Choklit Moose

Need your daily chocolate fix? Here it is! Keep a good supply in the fridge for daily consumption or have handy as an elegant dessert! Seems *just wrong*, but will not raise blood sugar while giving you a tasty helping of healthy fat and the added health benefits, not to mention the *DELIGHT* of chocolate! **Enjoy!**

Great way to UP-ur-FAT!

In a small bowl, melt chocolate in the microwave for 1-2 minutes adding 30 seconds at a time & stirring. Or melt in a double boiler; set aside & stir occasionally.

*If it turns grainy...toss it... **Grainy = Burned!***

- 6 oz *Unsweetened* **Baking Chocolate**

Combine in **Blender**:

- 2 Whole **Eggs**
- 2 **Egg Yolks**
- ¼ cup *unsweetened* **Chocolate Almond Milk** or **Chocolate DaVinci Syrup**
- 2 TBL **Vanilla**
- ½ tsp liquid **Stevia Glycerite** or to taste

Blend for **2 minutes**.

Add thru the top of the blender lid:

- 1¾ cups **Heavy Whipping Cream**

Blend for **1 minute**.

Add:

- **Chocolate**, melted & **HOT**, slowly thru the top of blender while still blending. Blend till smooth, creamy & even colored.

(note: ***a BLENDER is necessary!**)

Divide into individual servings, cover & refrigerate.

Garnish: Dollop fresh whipped whole cream, plain or sweetened with a bit of vanilla, almond or orange extract. Top with lightly toasted *unsweetened* coconut, a mint leaf, chopped or sliced almonds, walnuts, pecans or hazelnuts, fresh or frozen blueberries, strawberries, raspberries or blackberries, unsweetened chocolate curls (*use a vegetable peeler & baker's chocolate*)

Variations: Vary the amount of sweetener by adding liquid Stevia to suit your taste for semi-sweet chocolate. To make a lighter mousse, use only 4 ounces of chocolate. *Stir in or sprinkle on top:* unsweetened coconut, nuts or unsweetened chocolate shavings. Use espresso or strong coffee instead of almond milk. Add ¼ cup MCT, Coconut or Olive Oil.

Save those egg whites! (in the fridge) & add to omelets, scrambles & other recipes calling for egg whites. **AND of course... *Wunder Bread!**

Yield: 8 ~ ½ cup servings

1 serving **5 g net Carbs; 67 g Protein; 33 g Fat**

Egg~Muffins

These handy treats are a superior substitute for that fast food breakfast sandwich! Keep these in the fridge for a quick breakfast or snack! Keep some frozen too! You won't want to run out! Fresh from the oven or 10-20 seconds in the microwave.

Prepare:

- ½ lb **Cooked Sausage, Bacon, Hamburger or Ham**
- 2-4 **Mushrooms, chopped**
- 2 **Green Onions chopped**
- 1 cup **Cheese, shredded**
- 1 cup **Veggies, chopped**

In a blender combine:

- 6 **Eggs**
- 3 TBL **Whole Cream**
- 1 cup **Ricotta Cheese, Cream Cheese or Sour Cream**
- 1 tsp **Baking Powder**
- 2 TBL **Flax Meal optional**
- **Salt & Pepper to taste**

Preheat oven to **350°**

Heavily grease muffin pan with coconut oil, butter or lard these tend to stick.

The Pampered Chef Muffin Pan seems to work best.

Divide meat evenly in cups, layer veggies & cheese almost to the top.

Pour egg mixture evenly on top of your chosen ingredients.

Bake for 30-40 minute, till just starting to brown. Allow to cool 10 minutes in pan.

Cool on a plate in the fridge before storing in plastic container or bag.

Variations: Fill cups with cooked, crumbled bacon, hamburger, hot sausage or ham. Add onion, leftover veggies or meats, green chilies, olives, spinach, tomatoes, spices, etc. Top with any grated cheese, Feta, Pepper Jack or goat cheese is a tasty addition. A splash of hot sauce. Pair with a salad & have brunch.

Mini muffin pan? Appetizers!

Yield: 12 muffins
1 muffin
2 g net carbs



Gravies & Sauces

Just when you thought you'd have to give up your old favorites....

Cream Gravy

Fry your chicken (skin on!), pork chops or cube steak in LARD.

If you choose to add a coating, try dipping the meat in slightly beaten egg yolks & rolled in crushed pork rinds

Sausage Gravy? Fry your sausage patties.

Remove fried meat from pan & stir into grease & drippings:

- ¼ to 1 cups **Heavy Whipping Cream**
- 2 TBL **Cream Cheese** (optional)
- **Season to taste**

Cook till bubbly & thick. Reduce heat, continue stirring till smooth & thick.
If too thick, add a little broth or water.

Clear Sauce or Gravy

In a small saucepan on medium heat:

- ¼ to ½ cup **Butter** or **Olive Oil**
- ¼ tsp **Xanthan Gum**

Stir in:

- 1-2 cups **Broth** and/or **Meat Drippings**
- **Season to taste**

Stir well until xanthan gum has dissolved. Add Broth & seasonings.

Cook till bubbly & thick. Reduce heat, continue stirring till smooth & thick.

If too thick, add a little broth or water.

Optional: to bring up or change the flavor add your favorite spice, Better-Than-Beef or Chicken bouillon, grated cheese, garlic, fresh mushrooms, onions, **gluten-free** soy or Tamari sauce, hot sauce such as Sriracha or Tabasco, Butter...suit yourself!



Olive Roast

This a simple, flavor packed roast. Give this a try even though you **THINK** you don't like green olives! Works well in the Crockpot or oven. Freezes well for a quick meal later on. Tastes even better the next day. Heat up the next day for lunch or a snack!

Sear in a med/hot skillet:

- 5-8 Lbs. **Chuck Roast** or **7 Bone Roast**
- *Generously* **Pepper** *all sides of roast*
- ¼ cup *Extra Virgin* **Olive Oil**

Remove meat, add & stir to deglaze pan drippings:

- 10 oz. jar **Green Salad Olives** *with pimientos plus juice*
- 28 oz. can **Diced Tomatoes**
- 3 cloves **Garlic** *chopped*
- 1 TBL **Red Pepper Flakes** *optional*
- 1 TBL "*Better Than Bouillon*" **Beef Base**
- 1 TBL *ground* **Cumin**
- 1 TBL *crushed* **Oregano**

Add meat & sauce to your Crockpot, cook for 6-8 hours on low.

Or bake **300°** in a dutch oven covered for 3-4 hours until roast is falling apart.

Garnish: Serve with a dollop of sour cream, sprinkle of Colby cheese, shredded purple cabbage & chopped green onion. A good side dish would be the ***CauliRice** or serve with ***Tortillas**

Variation: Try it with half or without the olives... still very good! Use 2 cans of Rotel Original diced tomatoes & green chilies instead of plain tomatoes.

Yield: Big Pot 10+ servings

Only 50g net Carbs in the whole pot **655g Protein** **500g Fat**



Arizona Val's Alfredo Sauce

Try Valerie's yummy, creamy Alfredo over leftover roasted chicken for a fast, lip smackin' meal!

In a medium pot, stir over medium heat till melted & well blended:

- 2 cups **Heavy Whipping Cream**
- 1 cup **Cream Cheese**
- 1 cup *grated* **Parmesan Cheese**
- ½ cup **Butter**
- 2 cloves *fresh* **Garlic**, *minced*
- ¼ tsp **Pepper**
- ¼ tsp **Salt**
- *Pinch of* **Chili Powder**

Reduce heat, continue stirring till smooth & thick.

Garnish with a sprinkle of paprika & fresh chopped parsley, maybe some thinly sliced red onion. Steamed broccoli or asparagus with extra butter & sliced tomato on the side.

Variation: Sauté a few mushrooms & add to sauce. Serve over spaghetti squash. Spice it up! Add ½ tsp white pepper, ¼ tsp Sriracha sauce or lots of cracked pepper. Turn it into a great cheese sauce by adding grated Monterey Jack, Colby, Cheddar or any combination. Yummy over steamed veggies!

Yield: 6 Servings
1 serving **3g net Carbs; 10.5g Protein; 49g Fat**



Biskits!

Coffee...Eggs...Bacon...*Hmmmm*....something missing?

In a small bowl whisk:

- ½ cup **Whole Cream**
- 2 TBL **Vinegar**

Combine dry ingredients:

- 2 cups **Almond Flour**
- 1 TBL **Baking Powder**
- 2 tsp **Guar Gum**
- ½ tsp **Salt**

Cut into dry mixture with a fork:

- ¼ cup **Butter** softened
-

Stir in Cream/Vinegar mixture

Beat until stiff peaks form:

- 3 **Egg Whites**
- ⅛ tsp (*a pinch*) **Xanthan Gum**

Preheat oven to **375°**

Grease muffin top pan or prepare a cookie sheet with parchment paper.

Gently fold egg whites into dry mixture. Spoon into 12 portions.

Bake 18-22 minutes.

Split, butter or smother in ***Sausage Gravy!**

Refrigerate leftovers. Pop into toaster to freshen up.

Variations: Add fresh ground pepper, fresh parsley or grated cheese. Poppy or chia seeds. Make egg sandwiches: Canadian bacon, fried egg & cheese. Use whole eggs for an eggier taste.

Yield: 12 Biskits

1 Biskit

2.4g net Carbs; 5g Protein; 19.5g Fat

Maple Walnut Bread

Doug's favorite broken into pieces & smothered in cream!

Combine dry ingredients in a large bowl:

- 2 cups **Almond Flour**
- 1 cup **Walnuts**
- 1/3 cup **Whey Protein Isolate** (*optional*)
- 2 tsp **Baking Soda**
- 1/2 tsp **Guar Gum**
- 1/2 tsp **Salt**

Wet ingredients:

- 3 **Eggs**
- 1/2 cup **Sour Cream**
- 1/3 cup *Sugar-Free liquid* **Pancake Syrup** (DaVinci) *
- 1/3 cup **Coconut Oil** or **Butter** *softened*
- 1 TBL **Vanilla**
- 1 TBL **Maple Flavoring**
- 1 tsp *Liquid* **Stevia Glycerite**
- *dash* **Angostura Bitters**

Preheat oven **375°**

Combine all wet ingredients in a medium bowl. Beat till smooth. Add wet mixture to dry ingredients, blend well with a spatula. Pour batter into a well greased (*I use lard*) loaf pan. Batter should be at least 3/4" below the lip of the pan. Top with walnut halves if you like! Bake for 40-55 minutes or edges of bread are very brown. Cool in pan. Flip onto a wire rack, and continue to cool. Refrigerate. *Serve cold or warm with lot's of butter or cream cheese! Makes great toast or French toast.*

* or 1/3 cup water, cream or *unsweetened* **Almond Milk**, 1/2 tsp *liquid* **Stevia** & 1 tsp. **Maple Flavoring**

* or 1/3 cup **Walden Farms** *Sugar-Free* **Pancake Syrup**

Yield: 18 slices
1 slice **2.2 g net Carbs; 6.1 g Protein; 15 g Fat**

Creamy Bread Spread

Delicious spread for breads or dip for strawberries.

In a medium bowl beat together:

- 1 cup **Cream Cheese**
- 1/2 cup **Heavy Whipping Cream**
- 1/4 cup **Walden Farms** *Sugar-Free* **Pancake Syrup**

Try other flavors of *Sugar-Free Syrups* such as Strawberry, Brown Sugar Cinnamon, Irish cream, Chocolate, Banana, etc. Walden Farms, DaVinci or Torani brands.

Miner's Mornin' Casserole

Easy, hearty Brunch! Microwave leftovers for a quick breakfast or snack

Layer in a lightly buttered 9"X 13" Pan:

- 1 lb. **Hot Sausage**, *browned, crumbled & drained*
- 1 cup **Whole Green Chilies**
- 2 cups **Cheddar Cheese** *grated*
- 1 cup **Monterey Jack Cheese** *grated*

In a Blender combine the following:

- 9 Large **Eggs**
- 1 Cup *Whole Whipping Cream*
- 2 TBL **Almond Flour**

Preheat oven to **350°**

Pour liquid over layered mixture.

Decorate top with strips of green chilis, thin sliced tomatoes, black olives or fresh cilantro or sprinkle with paprika (or not!)

Bake for 40-45 minutes or until firm.

Cut into 12 ~ 3' squares

Variations: Add chopped veggies like zucchini, mushrooms, onions, red or green bell pepper. Use chopped ham instead of sausage. Use mozzarella instead of jack cheese.

Remember: When adding veggies to the mix... the carb count will go up.

Yield: 12 ~ 3" squares
1 square
2.8 g net carbs



Bar-B-Q Sauce

Try this sauce on veggies, chicken, ribs, flank steak or liven up a burger!

For Marinade:

Add to a gallon ziplock bag:

- ¼ cup **Tamari** or **Gluten Free Soy Sauce**
- 2 TBL **Olive Oil**
- 2 TBL *sucralose sweetened* **Ketchup**
- 1 TBL **Sriracha Hot Chili Sauce**
- 1 TBL **Garlic Powder**
- ½ tsp **Lemon Pepper**
- ¼ tsp *ground* **Mustard**
- ¼ tsp *ground* **Ginger**
- ¼ tsp **Garlic Salt**
- ¼ tsp **White Pepper**

Squish bag with ingredients until well blended. Add meat, close bag and move meat around until well coated. Refrigerate for at least 30 minutes. Occasionally massage meat thru the bag while marinating. Grill to desired doneness.

Additional Sauce:

In a small saucepan on medium heat:

- 2 TBL **Olive Oil**
- ¼ tsp **Xanthan Gum**

Stir well until xanthan gum has dissolved. Repeat the same ingredients listed for the marinade. Heat just to a bubble & thickened.

*if not grilling... add a drop or two of **Liquid Smoke** (optional)

*Since most of the sauce is grilled off or left in the marinade bag,
this BBQ sauce is **Very Boot Camp Friendly!***



Entire recipe

14g net Carbs; 10g Protein; 28g Fat

Muffin in a Minute!

A quick treat that **ANYONE** can make! Popular on the internet made several ways. Create your own favorite from this basic recipe.

- ¼ cup **Flax Meal** or **Almond Flour**
- ¼ cup **Heavy Whipping Cream**
- 1 tsp **Coconut Oil**
- pinch **Guar Gum** (*optional*)
- ½ tsp **Cinnamon**
- ¼ tsp **Baking Powder**
- ¼ tsp **Stevia**
- 1 **Egg**


Grab a coffee mug. Add all ingredients & stir. Pop into the microwave for one minute & watch this muffin puff!!!
Pop it out, slather with butter, cream cheese or both!

**Wash or soak the mug right away as the batter tends to stick to the rim.*

Variations: *So many ideas for this one!* Nuts? Spices? Add a ¼ tsp. orange, vanilla or almond extract. *Think savory!* Leave out the sweetener/cinnamon & add a TBL of cooked sausage or ham, 1 TBL grated cheese, sprinkle of garlic salt & pepper for lunch or a snack.

4-5 blueberries will add less than 1 gram of carbs!

Yield: 1 muffin with Almond Flour
4.5g net Carbs; 13g Protein; 44g Fat

Make it... 

Yield: 1 muffin with Flax Meal
2g net Carbs; 13.5g Protein; 41g Fat