

the
gluten
free
guide

Vegan Eats

GUIDE AND RECIPES BY JANICE CUEVAS & MAUREEN STANLEY

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It goes without saying that a gluten-free life can have its obstacles. Nevertheless, it's not impossible to find solutions to the challenges, including also adopting a vegan lifestyle. And, of course, Delight is here to help! Here's our quick guide to starting a vegan diet:

Do some research!

One of the most significant aspects of becoming vegan is understanding what vegan living entails. Vegans abstain from all use and consumption of animal products, including dairy. No worries there! Alternatives for vegan diets are becoming increasingly available.

Say Cheese!

Yes, vegan cheese does exist! There are several well-known brands out there, including Galaxy Foods and Daiya. Galaxy Foods offers a soy-based product line as well as rice-based choices. Daiya, however, is known for its savory shredded cheese blends. Cheddar, pepperjack, mozzarella, you name it!

Eat your fruits and veggies!

Naturally, fruits and vegetables are both gluten-free and vegan. With so many varieties to choose from, they are really easy to incorporate into any diet. Dark green leafy vegetables, including spinach, are among the most recommended for vegans and vegetarians.

Dark green leafy vegetables are rich in Vitamin K, essential for the formation and growth of healthy bones. Vegans and vegetarians tend to have lower bone density, leading to the possible development of osteoporosis. Eating spinach, lettuce, arugula, chard, and broccoli can help restore lost bone density while building strong, healthy bones. Even though a slice of fruit is always a healthy option for snacking, some fruits have more nutritional value than others. Among these are blueberries, strawberries, oranges, apples, grapes, bananas, and papayas. Whether it's their rich amount of antioxidants or vitamins, each of these has its own health benefit.

Spill the beans!

In a container with water, that is! Beans are easy to prepare. Just rinse and place them in a container with cool water for a couple of hours (or overnight). Once they are soaked, drain and rinse again. Voila! You now have an excellent source of protein on your plate. Aside from all the benefits you will get from eating beans, your body will receive the iron, fiber, and antioxidants it needs. Want to know the best part? Beans are also budget-friendly, which is a relief considering most vegan products can be a bit pricey.

Drink your milk!

Today, finding alternatives to dairy milk is fairly simple. Popular options include almond milk, coconut milk, rice milk, hemp milk, and soy milk. One of the main reasons behind drinking milk is supplying your body with the calcium it needs. One serving of almond milk has only 60 calories, 0g of saturated fat, and 50% more calcium than regular milk. Coconut milk, on the other hand, is much higher in saturated fat, but it's also considered a good source of calcium. Both rice milk and hemp milk provide 30% of the recommended daily intake of calcium. Soy milk is known for promoting healthy heart function, though consuming excessive amounts of soy is possibly linked to the development of breast cancer - keep your daily intake under three servings per day. Everything is fine in moderation, right?

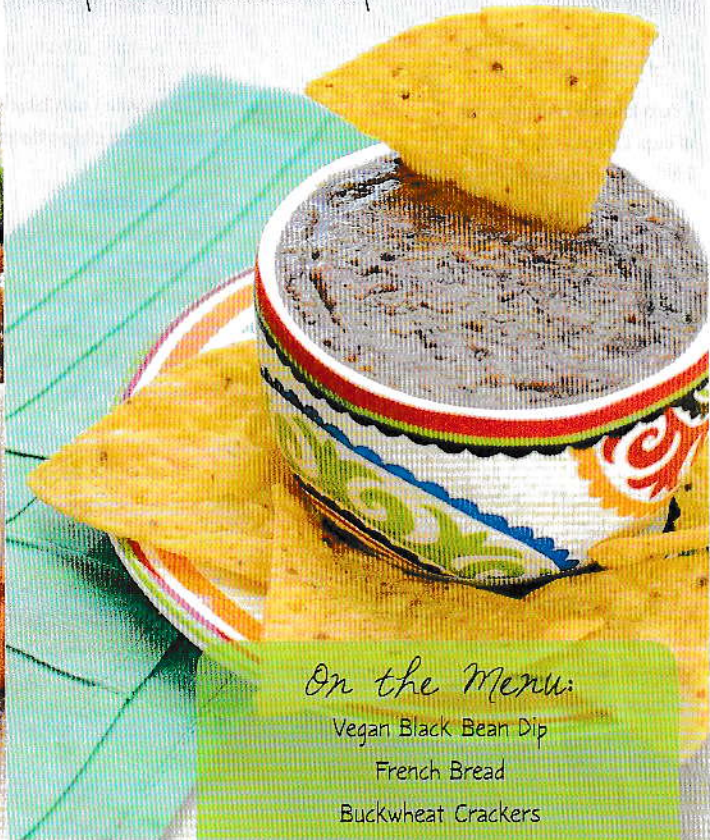
Go nuts!

From almonds to pecans, nuts are a great addition to any diet. Aside from being a great source of protein, they provide many of the essential nutrients that promote healthy bodily function. Walnuts contain a rich amount of omega-3 fat alpha-linolenic acid (ALA), which means they can help reduce plaque buildup in the arteries, build stronger bones, and promote a stable blood sugar level. Almonds provide a good daily percentage of Vitamin E, calcium, and fiber. Pecans are composed of antioxidants that help fight free radicals. Similarly, pistachios contain the antioxidants lutein and zeaxanthin, which are strongly associated with healthy vision.

Black Bean Hummus



Chipotle Black Bean Dip

*On the Menu:*

Vegan Black Bean Dip
 French Bread
 Buckwheat Crackers
 Vegan Rice Crispy Treats
 Crunchy Wasabi Roasted Chickpeas
 Black Bean Hummus
 Curried Red Lentils
 Messy Joes
 Chili Lime Sweet Potato Chips
 Velvety Chocolate Pudding
 Peanut Butter & Agave Nectar Truffles



French Bread



Chili Lime Sweet Potato Chips

Buckwheat Crackers

YIELD: 8 SERVINGS

GLUTEN-FREE, DAIRY-FREE, EGG-FREE,
SOY-FREE, RICE-FREE, CORN-FREE

- 1 cup buckwheat groats
- ¾ cup almond flour
- 1 tablespoon dried rosemary
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- ½ cup water
- 1 tablespoon olive oil

1. Preheat oven to 375 degrees F. Combine dry ingredients in a food processor.
2. Add water and olive oil. Blend until dough begins to form.
3. Lightly grease a rolling mat and a rolling pin. Roll out the dough and use a cookie cutter to cut out the shape of your choice. Arrange neatly on a greased baking sheet and bake for approximately 20 minutes.

NUTRITION PER SERVING: CALORIES: 73, TOTAL FAT: 2.09G, CARBOHYDRATE, BY DIFFERENCE: 12.47G, TOTAL DIETARY FIBER: 1.9G, PROTEIN: 2.17G, TOTAL SUGARS: 0.48G, SODIUM: 147MG

French Bread

YIELD: 8 SERVINGS

GLUTEN-FREE, DAIRY-FREE, EGG-FREE

- 2 tablespoons flax meal
- ½ cup warm water
- 3 cups gluten-free all purpose flour
- ½ tablespoon xanthan gum
- 1 tablespoon rapid rise yeast
- 2 teaspoons salt
- 2 cups warm water
- 3 tablespoons olive oil
- 1 tablespoon agave nectar

1. Mix flax meal and water. Let stand for 10 minutes.
2. Mix flour, xanthan gum, yeast, and salt in a separate bowl. Add water, olive oil, and agave nectar. Stir thoroughly.
3. Add flax meal mixture and blend until thick. Let stand for approximately 2 hours. Scoop dough and drop onto a lightly greased baguette pan. Bake at 450 degrees F for 30-35 minutes. Remove from oven and let cool.

NUTRITION PER SERVING: CALORIES: 215, TOTAL FAT: 5.88G, CARBOHYDRATES: 35.7G, TOTAL DIETARY FIBER: 5.44G, PROTEIN: 6.74G, SUGARS: .27G, SODIUM: 586MG

Chipotle Black Bean Dip

YIELD: 8 SERVINGS

GLUTEN-FREE, DAIRY-FREE, EGG-FREE, SOY-FREE,
NUT-FREE, RICE-FREE, CORN-FREE

- 1 (15 ounce) can black beans
- 1 teaspoon chipotle peppers in adobo sauce
- 2 garlic cloves
- 2 tablespoons lemon juice
- ¾ cup tomato
- ¾ cup yellow onion
- ½ cup black olives
- ½ cup fresh cilantro
- ¼ teaspoon salt

1. Open canned beans and rinse. Place in a food processor along with remaining ingredients.
2. Blend until smooth. Stir with a spoon to ensure ingredients have been thoroughly combined. Serve with corn chips or veggies.

NUTRITION: CALORIES PER SERVING: 100, TOTAL FAT: 1.16G, CARBOHYDRATE: 17.73G, FIBER: 4.36G, PROTEIN: 5.63G, SUGARS: 1.45G, SODIUM: 137MG

Black Bean Hummus

YIELD: 8 SERVINGS

GLUTEN-FREE, NUT-FREE, DAIRY-FREE,
RICE-FREE, EGG-FREE, CORN-FREE, SOY-FREE

- 3 tablespoons olive oil, divided
- ½ medium onion diced (about ½ cup)
- 1 jalapeno pepper seeded and diced (about 3 teaspoons)
- 2 minced garlic cloves (1 tablespoon)
- 1 can (15-ounce) black beans drained
- 1 teaspoon cumin
- 1 teaspoon lime juice
- 1 teaspoon black pepper
- Handful fresh cilantro

1. Heat 2 teaspoons olive oil in sauté pan on medium heat. Add diced onion and jalapeno and sauté for five minutes. Add minced garlic and sauté another two minutes.
2. Transfer sautéed onion, jalapeno, and garlic into food processor. Add beans, cumin, lime juice, black pepper, cilantro, and 2 ½ tablespoons of olive oil.
3. Blend thoroughly - scraping down the sides of food processor to ensure a smooth consistency. Serve with tortilla chips or raw vegetables.

NUTRITION PER SERVING: CALORIES: 234, TOTAL FAT: 5.58G, CARBOHYDRATES: 35.18G, DIETARY FIBER: 8.46G, PROTEIN: 11.79G, TOTAL SUGARS: 1.77G, SODIUM: 3MG

Curried Red Lentils

YIELD: 6 SERVINGS

GLUTEN-FREE, DAIRY-FREE, RICE-FREE,
EGG-FREE, CORN-FREE, SOY-FREE

- 1 pound (approx. 2 ¼ cups dry) red lentils
- 2 cups water
- 1 tablespoon olive oil
- ½ onion diced
- 1 garlic clove minced
- ½ teaspoon turmeric
- 1 teaspoon cumin
- 2 teaspoons curry
- 1 tablespoon chili powder
- 1 teaspoon grated ginger
- ½ teaspoon salt
- ½ cup coconut milk
- 1 ¼ cups tomato puree
- 1 cup frozen green peas, thawed

1. Thoroughly rinse lentils in a mesh strainer until the water runs clear. Drain and add to a medium saucepan along with 2 cups of water.
2. Bring lentils to a boil in the covered saucepan, then simmer, covered, until the lentils are just tender (approximately 20 minutes). Stir occasionally.
3. While lentils are simmering, heat a large sauté pan over medium heat. Heat one tablespoon of olive oil and sauté onion and garlic (approximately five minutes).
4. In a small bowl, combine turmeric, cumin, curry, chili powder, ginger, and salt. Add to sauté pan with onion and garlic. Stir spices continuously for two minutes.
5. Add coconut milk and tomato puree. Simmer on low heat.
6. When lentils are tender, add lentils and peas to curry mixture in sauté pan and combine thoroughly. Serve with basmati rice.

NUTRITION PER SERVING: CALORIES: 367, FAT: 5.86G, CARBOHYDRATE: 56.92G, DIETARY FIBER: 27.01G, PROTEIN: 22.87G, TOTAL SUGARS: 4.53G, SODIUM: 238MG

More Information

The Health Benefits of Red Beans
www.livestrong.com

Daiya Deliciously Dairy Free
www.daiyafoods.com

Vegan Action
www.vegan.org

Crunchy Wasabi Roasted Chickpeas

YIELD: 3 SERVINGS

GLUTEN-FREE, NUT-FREE, DAIRY-FREE, RICE-FREE,
EGG-FREE, CORN-FREE, SOY-FREE

1 (15-ounce) can chickpeas drained
½ tablespoon hot pepper sesame oil
½ teaspoon wasabi powder
Sea Salt

1. Preheat oven to 300 degrees F. Drain and rinse chickpeas in a colander. Pat dry to remove any excess water.

2. Put chickpeas in a single layer onto a foil-lined baking sheet. Dry roast chickpeas for one hour. Be sure to give the baking sheet a shake every 15 minutes to avoid burning.

3. Remove from oven and toss chickpeas in a bowl with hot pepper sesame oil and wasabi powder. Increase oven temperature to 375 degrees.

4. Return to the foil-lined baking sheet and bake for another 10 minutes at 375 degrees.

5. Remove from oven and sprinkle with sea salt. Let chickpeas cool before serving.

NUTRITION PER SERVING: CALORIES: 115, TO FAT: 2.88G, CARBOHYDRATES: 18.19G, DIETARY FIBER: 3.56G, PROTEIN: 3.98G, SODIUM: 239MG



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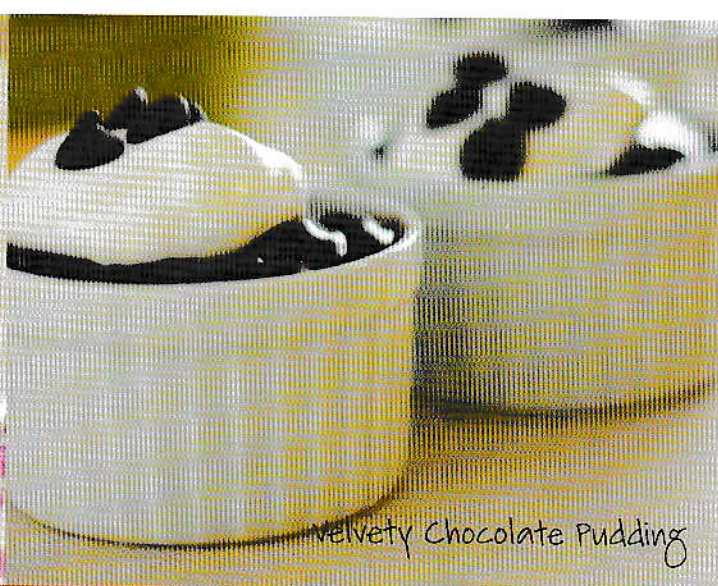
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Peanut Butter Truffles



Velvety Chocolate Pudding



Vegan Crispy Rice Treats



Buckwheat Crackers

Peanut Butter Agave Nectar Truffles

YIELD: 8 SERVINGS

GLUTEN-FREE, DAIRY-FREE, EGG-FREE

¾ cup soy powder (Better Than Milk Soy Vegan Beverage Mix)
1 cup creamy peanut butter
¼ cup agave nectar
Cinnamon Sugar or Cocoa for dusting

1. Mix all ingredients until thoroughly combined. Dough will be soft.
2. Form into 1 inch balls. Roll balls in coconut, cinnamon & sugar, or cocoa powder.
3. Refrigerate for 30 minutes before serving.

NUTRITION PER SERVING: CALORIES: 263M, TOTAL FAT: 15.86G, CARBOHYDRATES: 8.03G, TOTAL DIETARY FIBER: 2.84G, PROTEIN: 27.17G, TOTAL SUGARS: 3.16G, SODIUM: 159MG

Velvety Chocolate Pudding

YIELD: 4 SERVINGS

GLUTEN-FREE, NUT-FREE, DAIRY-FREE, RICE-FREE, EGG-FREE

1 package (12-ounce) Mori-Nu Silken Soft Tofu
1 cup chocolate chips (Enjoy Life)
3 tablespoons sugar
Rich's Whip Topping for garnish

1. Heat chocolate chips in microwave until thoroughly melted.
2. Place tofu, melted chocolate chips, and sugar into a blender or food processor.
3. Blend on high speed to thoroughly combine. Scrape down the sides of blender to ensure a smooth consistency. Transfer to a bowl and refrigerate for 24 hours. Serve in individual ramekins with whip topping and a dusting of cocoa powder and fresh berries.

NUTRITION PER SERVING: CALORIES: 249, TOTAL FAT: 12.56G, CARBOHYDRATES: 36.82G, TOTAL DIETARY FIBER: 2.50G, PROTEIN: 2.77G, TOTAL SUGARS: 32.52G, SODIUM: 5MG

Vegan Crispy Rice Treats

YIELD: 16 BARS

GLUTEN-FREE, DAIRY-FREE, EGG-FREE, NUT-FREE, CORN-FREE

3 tablespoons Earth Balance vegan buttery spread
4 cups Dandies vegan marshmallows
6 cups crispy rice cereal

1. Lightly grease a square pan and set aside. Melt Earth Balance buttery spread in a saucepan on medium/low heat.
2. Add marshmallows and stir until completely melted. Add cereal and continue to stir.
3. Transfer to pan and press with a spatula. Let cool and cut into square shapes.

NUTRITION PER SERVING: CALORIES: 235, TOTAL FAT: 5.32G, CHOLESTEROL: 11.4MG, CARBOHYDRATES: 43.63G, TOTAL DIETARY FIBER: 0.16G, PROTEIN: 2.63G, TOTAL SUGARS: 14.43G, SODIUM: 22.25MG

Recipes for Messy Joes and Chili Lime Sweet Potato Chips at www.DelightGlutenFree.com