

METABOLIC CHANGE AUGUST 2021 NEWSLETTER

KID-FRIENDLY GLUTEN-FREE COMFORT FOOD

CRUNCHY FRENCH TOAST

4 Large Eggs	1 † Cinnamon
2/3 C Milk, Any Kind	1 † Pure Vanilla
1/4 C All-Purpose Flour	8 Slices GF Bread
1/4 C Sugar in the Raw	1/4 † Salt
2 C Finely Crushed Crispy Rice Cereal	

Blend all ingredients, except bread and cereal, in a blender or whisk in a shallow dish. Add batter and cereal to two separate shallow dishes. Dip each piece of bread into the batter on both sides and then press gently into the cereal, flipping to coat both sides. Melt butter in skillet over medium heat. Cook bread slices for a few minutes on each side until golden. Serve warm with pure maple syrup or fruit compote.

TORTILLA STACKS

1 Can Amy's Chili	Chopped Tomatoes
Chopped Onions	Tortilla Chips
Shredded Lettuce	Grated Colby-Jack Cheese
Sliced Black Olives	Salsa or Ranch Dressing

Heat chili. Place tortilla chips on plate and spoon chili over chips. Top with cheese, lettuce, tomatoes, black olives, and onions. Serve with dressing.

PIZZA WAFFLE FRIES

16 oz bag Alexia frozen waffle fries
1 cup pizza sauce
3 oz turkey or vegan pepperoni slices
1-2 cups mozzarella cheese

Bake waffle fries according to package directions. Spread pizza sauce on top of fries, then top with pepperoni. Cover with cheese to taste. Bake pizza waffle fries for 6 to 8 minutes until cheese is melted and bubbly.

FUDGY NO-BAKE COOKIES

1/2 C Organic Milk 2 C Sugar
1/2 C Kerrygold Butter 3 C GF Quick Oats
1 † Pure Vanilla 1 C Natural Creamy Peanut Butter
1/4 C Unsweetened Cocoa Powder

Heat butter, sugar, milk, and cocoa powder over medium heat. Bring to a rolling boil. Boil for one minute. Remove from heat and stir in peanut butter and vanilla. Stir in oats and mix thoroughly. Using serving spoon, drop by spoonfuls onto wax paper. Cool for 30 minutes.