



I will be having house guests this holiday season and am already thinking ahead as to ways to make them feel comfortable. I'm also thinking of what I'll be feeding them.

CAROL KICINSKI



Simply Gluten Free

This recipe is just the thing to feed a crowd. Filled with apples, brown sugar and cinnamon — what is there not to love? It is also pretty darn simple to make. It can be served as a dessert or in the morning as a sort of delicious French toast casserole — just

make it ahead and re-heat it in the morning.

To make this dairy-free, just use 4 cups of full-fat coconut milk in place of the cream and milk, and drizzle with melted dairy-free butter substitute. I love to bake with organic sugars and brown sugars, but if you are cutting back on refined sugars, substitute with coconut palm sugar for both the brown sugar and organic sugar.

There is something about the aroma of cinnamon and apples baking that makes me feel so safe and cozy.

This bread is sure to fill you (and your tummy) with warmth this fall.

Find more recipes at www.simplygluten-free.com.

Cinnamon Apple Bread Pudding

- Gluten-free nonstick cooking spray
- 1 loaf gluten-free bread, cut into 1-inch cubes (about 8 cups cubed)
- 2 large apples, peeled, cored, - diced (about 3 cups diced)
- 2 cups milk
- 2 cups heavy cream
- 8 large eggs
- 1/2 cup organic brown sugar (light or dark)
- 1 teaspoon pure vanilla extract
- 1 teaspoon plus 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3 tablespoons melted butter

Make all your guests feel warm and cozy over the holidays

1 tablespoon organic sugar

Spray a 3-quart baking dish with cooking spray. Add bread cubes and diced apples to the dish, toss to mix.

In a large mixing bowl, whisk together milk, cream, eggs, brown sugar, vanilla, 1 teaspoon cinnamon and the nutmeg. Pour mixture over the bread and apples, gently press bread cubes down into the liquid. Let sit 15-30 minutes to let the liquid absorb into bread.

Preheat oven to 350°F. Bake 1 hour or until mixture is set and golden brown. Brush the top of bread pudding with melted butter.

Combine the 1 tablespoon sugar with remaining 1/2 teaspoon cinnamon and sprinkle over the top. Serves 10-12.

Gluten-free, Dairy-free Pumpkin Pie

- Gluten-free nonstick cooking spray
- One 9-inch gluten-free, dairy-free pie crust, unbaked 2 large eggs
- One 15-ounce can pure pumpkin puree (not pumpkin pie filling)

- 3/4 cup coconut palm sugar
- 1-1/2 teaspoons ground cinnamon
- 1/2 teaspoon kosher or fine sea salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon grated nutmeg
- 2 teaspoons pure vanilla extract
- One 13.5-ounce can full-fat coconut milk

Preheat oven to 425°F. Spray a 9-inch pie pan with cooking spray, line with the pie crust.

In large bowl, whisk eggs. Add pumpkin, coconut sugar, cinnamon, salt, ginger, cloves, nutmeg and vanilla. Whisk to combine. Add coconut milk, whisk well. Pour mixture into pie crust. Bake 15 minutes. Leave pie in oven, reduce heat to 350°F, continue to bake 40-45 minutes until center looks set. If crust is browning too much, loosely lay a piece of foil over pie. Allow pie to cool 2 hours, refrigerate until serving. Serves six-eight.

CAROL KICINSKI is a TV chef, cookbook author and editor-in-chief of *Simply Gluten Free* magazine, www.simplygluten-free.com.

Gluten-free holiday breakfasts, desserts

This coffeecake is perfect for holiday breakfasts or snacks. Coffeecake can be made with yeast, with baking powder or baking soda or with a combination of both. The ones made without yeast take much less time and are just as delicious.

This is a revision of my grandmother's original recipe. Her coffeecake contained 426 calories per serving and 21 grams of fat. My coffeecake contains far fewer of both.

Cinnamon Coffeecake

- 1 cup sugar-free applesauce
- 2 1/2 cups sugar, divided use
- 2 teaspoons vanilla extract
- 1 cup liquid egg substitute
- 3 cups gluten-free all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups low-fat sour cream
- 2 tablespoons ground cinnamon

JEANNE JONES



Cook It Light

1/2 cup chopped walnuts, toasted

Preheat oven to 350°F. Spray a 10-inch tube pan or a 9-by-9-inch square baking pan with nonstick cooking spray and set aside.

In a large mixing bowl, combine the applesauce and 2 cups of the sugar and beat, using an electric mixer, until fluffy. Stir in the vanilla extract. Add the liquid egg substitute, 1/4 cup at a time, beating well after each addition.

In a separate bowl, combine the flour, baking powder, baking soda and salt.

Alternately add the dry-ingredient mixture and the sour cream to the

applesauce mixture, beating just enough after each addition to keep the batter smooth. Spoon one-third of batter into the prepared pan.

Combine the cinnamon, nuts and remaining sugar in a bowl. Sprinkle one-third of the mixture on the batter in the pan. Repeat the layers two more times.

Bake in the preheated oven for 1 hour and 10 minutes, or until a knife inserted in the center of the cake comes out clean. Remove from the oven and cool on a wire rack for 10 minutes. Remove from the pan and cool completely on a wire rack before serving.

Makes 16 servings, each with about: 355 calories; 5 g fat; 10 mg cholesterol; 417 mg sodium; 71 g carbohydrates; 6 g protein; 1 g fiber.

Christmas is always a difficult time for finding gluten-free gifts. So

many marvelous treats, including many candies, contain modified food starch, which is a wheat product.

These easy-to-make macaroons are a delightful alternative; but, they don't keep well.

Macaroons are best crispy, the same day they are made, and they will get softer the longer they sit.

Coconut Macaroons

- 1 cup nonfat sweetened condensed milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 bag (14 ounces) sweetened flaked (shredded) coconut
- 2 egg whites, at room temperature
- 1/8 teaspoon salt

Preheat the oven to 350°F. Line a large baking sheet with parchment paper and set aside.

Combine the condensed milk, vanilla and almond extracts in a large

bowl. Add the coconut and stir until thoroughly mixed.

Combine the egg whites and salt and beat with a beater until very stiff peaks form. Gently fold into the coconut mixture.

Using a wet teaspoon, carefully spoon the mixture onto the prepared baking sheet, one rounded spoonful at a time, about 1 inch apart. Bake for 25-30 minutes, or until golden brown.

Allow to cool completely before transferring to a serving dish.

Makes 32 macaroons, each with about: 80 calories; 4 g fat; negligible cholesterol; 48 mg sodium; 10 g carbohydrates; 5 g protein; 1 g fiber.

JEANNE JONES is an author and acknowledged leader in the field of light cuisine. Send recipes for revision to: Cook It Light, (*The Paris Post-Intelligencer*), P.O. Box 1212, La Jolla, CA 92038. Include a stamped (61 cents), self-addressed envelope.

COOKBOOK REVIEW

Simple, satisfying and celiac-safe



Gluten-free food doesn't have to be complicated, or should it require a long list of ingredients.

Simply Gluten

Free's 5 Ingredient Cookbook: Fast, Fresh and Simple (2016, *Simply Gluten Free*) by Carol Kicinski arms readers with everything needed to create more than 175 delectable dishes, all of which are a cinch to prepare.

From breakfast to dinner to desserts, each easy recipe has five or fewer core ingredients.

Accompanying many tips, tricks and techniques, Kicinski's recipes include: Peanut Butter and Jelly Ice Cream Sandwiches, Chicken and Broccoli Stir-fry, Cowboy Pasta Salad, Warm Tuscan Chicken and Bean Salad;

Barbecue Meatballs, Pork Roast with Cider Gravy, Polynesian Kebabs, Orange Chipotle Roasted Butternut Squash, Coffee Cocoa Almond Macaroons, Frozen S'mores, Crispy Chicken Wings, Roasted Shrimp with Wasabi Cocktail Sauce, Cornmeal Crusted Chicken Nuggets, etc.

Peanut Butter and Jelly Ice Cream Sandwiches

(Gluten-free, grain-free, soy-free, vegetarian, optionally dairy-free, optionally nut-free.)

- 1 quart strawberry (or flavor of choice) ice cream or dairy-free ice cream
- 3/4 cup strawberry (or flavor of choice) jam or jelly
- 16 gluten-free peanut butter cookies

Remove ice cream from freezer, let sit at room temperature to soften for 5 minutes.

Spread a layer of jam on flat side of each peanut butter cookie.

Place a scoop of ice cream in the center of half the peanut butter cookies, on top of jam.

Top with remaining cookies, jam side down. Gently squeeze cookies together until ice cream and jam come to edges of cookies.

Put ice cream sandwiches in the freezer at least 30 minutes before serving.

Can be made several days ahead and frozen in a large plastic food storage bag.

Makes eight servings.

Peanut Butter Cookies

(Gluten-free, grain-free, dairy-free, soy-free, vegetarian, optionally nut-free.)

- 1 cup creamy peanut butter
- 1 cup sugar, plus more for rolling
- 1 large egg, lightly beaten
- 1 teaspoon baking powder
- 1 teaspoon pure vanilla extract

Preheat oven to 350°F. Line two baking sheets with parchment paper or silicone baking mats.

In large bowl, combine peanut butter with 1 cup sugar, stir until fully combined. Add egg, baking powder and vanilla, stir well. Pour some additional sugar into a small bowl.

Form mixture into 16 walnut-sized balls. Place each into sugar, roll to completely coat with sugar. Place on baking sheet, 3 inches apart.

Using tines of a fork dipped in sugar, gently press down on each dough ball to flatten. Turn fork 90 degrees and gently press again to make crosshatch markings of a peanut butter cookie.

Bake cookies 12-14 minutes until set and golden brown. Cool on baking

sheet 5 minutes, transfer with spatula to wire rack to cool completely.

Nut-free: Substitute peanut butter with sunflower seed butter. Add 1/4 teaspoon lemon juice to batter (prevents cookies from turning slightly green from natural chlorophyll in sunflower seeds).



Makes 16 cookies.

MERLE NORMAN
cosmetics

LET US PAMPER YOU WITH A **FREE EXPRESS FACIAL**

Call to book your appointment.

KIM BARNES - Owner | Downtown Paris Inside MariMac
731-540-4722 | M-F 10-6, Sat. 10-4

*Based on schedule availability. Length of service may vary based on number of products used. © 2015 Merle Norman Cosmetics, Inc. MERLENORMAN.COM

INTELLIGENT EATING
Free-Range, Pasture-Raised, Tasty, Omega 3 Rich

EGGS \$3/dozen

PARIS DELIVERY Monday, Wednesday, Friday

Our hens are fed a natural omega 3 rich diet.

Danny 731-336-2216
1655 Palestine Road • Paris

STREETDYNAMICS
AUTO & TRUCK ACCESSORIES

1010 Volunteer Dr. • Paris, TN • 731-644-1146

Bed Covers • Bed Sprays • Winches
Light Bars • Vent Visors • Window Tint
WeatherTech Floor Mats • Stepbars • Hitches

www.streetdynamicsusa.com