



Gluten-free Baking Price List

(updated May, 2010)

Yeast Breads:

Millet and Amaranth Gluten-Free Artisan Bread (large 2 lb. boule)

This is a great crusty bread, that is perfect for slicing and dipping in oil and vinegar, or making toasted panini. It has a great crust and is full of protein from the extra millet and amaranth, and is shaped as a traditional boule. Yes, it is packed with flavour, but it really is gluten-free, dairy-free, egg-free and soy-free!

Ingredients: Garfava flour, Millet flour, Amaranth flour, Potato starch, Tapioca starch, Xanthan gum, Agar powder, Sea salt, Yeast, Hemp hearts, Flaxmeal, Ener-g egg replacer, Agave syrup, Extra virgin olive oil, Cider vinegar, Soda water

Cost: \$10.00 per loaf

Basic Gluten-Free Sandwich Loaf (8 1/2 x 4 1/2 loaf)

This bread is an excellent sandwich bread, mild in taste and texture, but with the added nutrition of millet and garfava flour, and a hint of nuttiness from almond flour. It has a light, airy texture, with a crumb that has some spring to it! It is gluten-free, dairy-free, egg-free and soy-free.

Ingredients: Garfava flour, Millet flour, Potato starch (or sub cornstarch), Tapioca starch, Sugar, Yeast, Agar powder, Almond meal, Ener-g egg replacer, Xanthan gum, Guar gum, Organic agave syrup, Grapeseed oil, Cider vinegar

Cost: \$7.00 per loaf

Cinnamon Raisin Bread (8 1/2 x 4 1/2 loaf)

Craving something different for your PJB sandwiches? This loaf uses teff flour for an extra boost of nutty flavour (and protein), and is slightly sweet and studded with raisins. This loaf is gluten-free, dairy-free and egg-free.

Ingredients: Sorghum flour, Teff flour, Brown rice flour, Tapioca starch, Potato starch, Potato flour, Xanthan gum, Guar gum, Almond flour, salt, Gelatin or Agar, Sugar, Ener-g egg replacer, Yeast, Cider vinegar, Grapeseed oil, Agave syrup, Thompson raisins

Cost: \$8.00 per loaf

Onion-Rosemary Focaccia (one 8- 9" round)

Enriched with olive oil, and studded with This loaf is gluten-free, dairy-free and egg-free.

Ingredients: Potato starch, Tapioca starch, Garfava flour, Millet flour, Salt, Xanthan gum, Ener-g egg replacer, Gelatin or Agar powder, Sugar, Almond flour, Onion, Dried Rosemary, Yeast, Eggs, Cider vinegar, Extra virgin olive oil

Cost: \$8.00 per round



Chocolate Chip Cookies

Big, chewy chocolate chip cookies!!! you'll never guess they're gluten-free and dairy-free

Ingredients: Sorghum flour, Tapioca starch, Potato starch, Amaranth flour, Xanthan gum, Baking soda, Baking powder, Salt, Earth Balance vegetable shortening, Granulated sugar, Brown sugar, Eggs, Vanilla, Vegan chocolate chips

Cost: \$5.00 per half dozen

Oatmeal-Raisin Cookies

These oatmeal cookies are chock full of lightly spiced oats and raisins. They are slightly crispy on the outside, but chewy on the inside. They contain oats and oat flour which are certified gluten-free. These cookies are gluten-free, dairy-free and egg-free.

Ingredients: Sorghum flour, Gluten-free oat flour, Tapioca starch, Raisins, Gluten-free rolled oats, Earth Balance vegetable shortening, Granulated sugar, Brown sugar, Salt, Xanthan gum, Eggs, Nutmeg, Baking powder

Cost: \$10.00 per dozen

Molasses Spice Cookies

These are spicy cookies, reminiscent of a molasses crinkles, slightly crunchy on the outside but soft and chewy inside. They have the sweet, dark earthy flavours of the molasses, punched up with ginger, cinnamon, cloves and allspice. They are both gluten-free and dairy-free, but do contain eggs.

Ingredients: Sorghum flour, Teff flour, Tapioca starch, Cornstarch, Cinnamon, Ginger, Allspice, Cloves, Black pepper, Xanthan gum, Baking soda, Baking powder, Salt, Earth Balance vegetable shortening, Sugar, Molasses, Eggs

Cost: \$10.00 per dozen

Vegan Brownies

These brownies were inspired by some gluten-free tweeting over the challenges of baking a tasty gluten-free brownie without any eggs or dairy! These fit the bill, being moist and chocolatey without being super dense and fudgy. These might be gluten-free, dairy-free, and egg-free, but you will be coming back for seconds!

Ingredients: Teff flour, Potato starch, Xanthan gum, Agar powder, Salt, Baking powder, Vegan semisweet chocolate, Coconut oil, Cocoa powder, Coffee, Vanilla extract, Brown sugar, Ener-g egg replacer

Cost: \$2.50 each or \$16.00 for an 8" x 8" pan

Chewy Granola Bars

Do you love those chewy granola bars from the supermarket, but scared of how many ingredients they contain? Try these hearty, chewy granola bars. They are full of nuts, seeds and dried fruit for a great energy boost in the afternoon, but are sweetened with agave syrup, so won't leave you with a sugar hangover! And they are super-tasty to boot! This version is dairy-free and vegan

Ingredients: Gluten-free oats, coconut, pistachios, almonds, sunflower seeds, hemp hearts, raisins, dried blueberries, almond butter, agave sryup, vanilla extract



Cost: \$2.00 each or \$10.00 for a half-dozen

Morning Glory Muffins

A gluten-free version of those tasty muffins choc-a-block full of fruit and veg. These are full of carrots, pineapple, coconut and raisins, bound together by a moist, fluffy spice muffin! This version is not only gluten-free, but also dairy-free, egg-free and soy-free.

Ingredients: Teff flour, Garfava flour, Millet flour, Potato starch, Tapioca starch, Salt, Spices, Baking powder, Baking soda, Xanthan gum, Ener-g Egg replacer, Sugar, Pineapple, Carrot, Raisins, Shredded coconut, Grapeseed oil.

Cost: \$2.00 each or \$10.00 for a half-dozen.

Sugar-free Carrot or Apple Spice Muffins

These are lightly spiced and sweetened with honey or agave syrup (let me know which). They are studded with raisins and filled with diced apple or grated carrot. The perfect mid-afternoon snack or start to your day. These are gluten-free, dairy-free and egg-free.

Ingredients: Teff flour, Garfava flour, Millet flour, Potato starch, Tapioca starch, spices, flax meal, almond milk (or alternate non-dairy milk), baking powder, baking soda, xanthan gum, honey, cider vinegar, carrot, raisins, grapeseed oil, unsweetened apple sauce

Cost: \$2.00 each or \$10.00 for a half-dozen.

Lemon Blueberry Muffins

Sometimes you just want a hit of lemon and blueberry! These muffins are one of those staples — moist and lemony, studded with blueberries. As the summer progresses, we also fill these with seasonal berries instead of the blueberries! These are gluten-free and dairy-free but do contain eggs.

Ingredients: Tapioca starch, Brown rice flour, Tintana flour, Xanthan gum, Salt, Baking powder, Eggs, Sugar, Grapeseed oil, Almond milk, Dried or fresh blueberries, Lemon oil

Cost: \$2.00 each or \$10.00 for a half-dozen

Butter Tarts

What can we say, sometimes desserts need no description! These buttertarts are gluten-free but do contain both eggs and dairy (sorry folks, some things just require butter!).

Ingredients: Brown rice flour, tapioca starch, potato starch, cornstarch, sugar, baking powder, xanthan gum, salt, Earth balance shortening, currants, butter, brown sugar, eggs, vanilla, cider vinegar, ground coriander, corn syrup, maple syrup

Cost: \$2.00 each or \$10.00 for a half-dozen



Nanaimo Bars

Another classic Canadian dessert! A chocolate-graham-coconut layer, topped with the classic custard-flavoured buttercream and glazed with a layer of bittersweet chocolate! These are gluten-free, but do contain dairy and eggs.

Ingredients: Sweet rice flour, Tapioca starch, Sorghum flour, Brown sugar, Granulated sugar, Baking soda, Salt, Butter, Honey, Milk, Vanilla, Sugar, Shredded coconut, Almonds, Eggs, Cocoa powder, Birds' custard powder, Confectioners sugar, Bittersweet chocolate

Cost: \$2.00 per slice or \$16.00 for an 8" x 8" pan

Banana Bread

This is a tasty, straight-up banana bread full of banana flavour and lightly sweetened and spiced only with a bit of nutmeg and coriander. The addition of Timitana flour helps create a fabulously moist texture exactly like the banana bread you remember! This is gluten-free but does contain dairy and eggs.

Ingredients: Timitana flour, Cornstarch, Almond flour, Xanthan gum, Baking soda, Salt, Nutmeg, Coriander, Bananas, Butter-milk, Eggs, Grapeseed oil, Sugar, Vanilla

Cost: \$2.00 per slice or \$16.00 per loaf

Individual Cinnamon Cakes

These little cakes are light and fluffy, lightly spiced with cinnamon, and still moist and delicious. They can be left as-is to be served with a bit of whipping cream or your favourite topping, or lightly glazed. These cakes are gluten-free, dairy-free and egg-free.

Ingredients: sorghum flour, potato starch, tapioca starch, sugar, xanthan gum, salt, baking soda, baking powder, cinnamon, Ener-g egg replacer, almond milk, cider vinegar, vanilla, grapeseed oil

Cost: \$12.00 for 4 individual cakes

Individual Sticky Toffee Puddings

The classic English pudding, these are rich and toffee-flavoured and studded with dates. They are steamed, not baked, with a springy yet soft. They come with a serving of sticky toffee sauce for drizzling over top. Cakes are light and fluffy, lightly spiced with cinnamon, and still moist and delicious. The puddings are gluten-free but do contain eggs and dairy.

Ingredients: Millet flour, Garfava flour, Tapioca starch, Potato starch, dates, baking powder, baking soda, brown sugar, xanthan gum, salt, vanilla, egg, butter, heavy cream, rum

Cost: \$16.00 for 4 puddings with sticky toffee sauce