



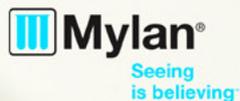
**GET  
COOKING!**  
RECIPES TO SHAKE UP  
YOUR WEEKLY MENU

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is believing.

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# LAZY PUMPKIN SOUP



Recipe by Jenny Sprague  
[Multiple Food Allergy Help](#)

WARNING: Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

## Chef's Note:

*"This soup is wonderful, [top eight] allergen-free, QUICK and EASY!!"*  
– Jenny

## INGREDIENTS

- 1 can (15 ounces) pumpkin
- 1 can (15 ounces) unsweetened applesauce (I buy the large jars for use in recipes!)
- 1 can (15 ounces) rice milk or coconut milk (I am SURE So Delicious® plain coconut milk would work great in this as well!)
- 1 can (15 ounces) chicken broth
- ½-1 teaspoon salt, pepper
- 1 tablespoon ground ginger
- Dash of cinnamon

## COOKING INSTRUCTIONS

1. Combine all ingredients into pot.
2. Bring soup to a simmer, stirring occasionally. Serve and Enjoy!!

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# EASIEST LAMB STEW OF LOVE



Recipe by Sloane Miller  
Allergic Girl

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Makes 10-12 servings

## Chef's Note:

*"I adapted my short ribs recipe, looked at the Food52.com cookbook and used some of the Secret Ingredient Beef Stew directions and added a soupçon of method from Food & Wine's Syrah-Braised Lamb Shoulder." – Sloane*

## INGREDIENTS

- 5 pounds lamb stew meat with bone (all shoulder meat or stew meat); Make sure to trim extra fat, but a little extra fat is OK
- Kosher salt
- 1-2 tablespoon olive oil
- 1 yellow medium-sized onion, peeled and chopped
- 1 small shallot, minced
- 2-3 medium carrots, chopped
- 4-5 cloves of garlic, chopped
- 1 cup good, drinkable dry red wine (I used a Cabernet Merlot blend)
- 1 can (15 ounces) of diced tomatoes
- 48 ounces of water or stock or a mixture (I used Swanson® 33% less sodium chicken broth that's gluten-free)

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## COOKING INSTRUCTIONS

1. Preheat oven to 350°F. Rinse and pat dry the lamb. Season with salt on all sides. Heat olive oil in a large, heavy-bottomed oven proof Dutch oven or stew pot over medium-high heat. Add the stew pieces in a single layer, making sure not to crowd the meat (it will need to be done in stages). Sear the meat on all sides. Add more olive oil if needed so bottom of the pan doesn't burn. Set browned pieces aside in a big bowl or platter that will gather any juices.
2. Use the rendered fat to sauté the carrots and onion until softened, about 5-7 minutes. Then add the garlic and sauté for 2 minutes or until cooked through. Add the wine, deglazing the pan and scraping off any browned bits from the bottom of the pan. Boil the wine/veggie mixture for 10-15 minutes until slightly reduced and fragrant.
3. Return the lamb to the pan with any juices; add the stock and the can of tomatoes, making sure the liquid covers the lamb. Bring to a boil and then turn off the heat. Cover with foil (or tight fitting lid) and place in the oven. Braise the meat, cooking in the oven, until the meat is fork-tender, 2-2½ hours. (I cooked mine for 2 hours.)
  - a. If you are making the day before, go directly to step 4.
  - b. If serving now, take out the lamb and place into a bowl. Put the sauce on a low boil to reduce whilst shredding the lamb, discarding bones and any gristle, and adding it back into pot. Taste should be beyond good by now and ready to serve over rice (or quinoa, gluten-free pasta, or any healthy steamed grain of your choice).
4. Once the meat is tender, take out of the oven. Allow the lamb to cool in the pot, then cover and refrigerate overnight. The next day, about 1 hour before you are ready to serve, remove the excess fat that has solidified at the top from the overnight chilling. Remove the lamb and boil the liquid until it has reduced by half, about 20 minutes. Taste for seasonings—should be adequately seasoned from the chicken broth but if you used water, adjust. Place lamb back into the pan with cooking liquid and cook over medium heat. Serve over rice (or quinoa, gluten-free pasta, or any healthy steamed grain of your choice)

# PRETZEL HUMMUS CHICKEN



Recipe by Tracy Bush

Nutrimom – Food Allergy Liason

WARNING: Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

## Chef's Note:

*This recipe is free of dairy, nuts, egg, and gluten.*

*"[For this recipe] I recommend Eat Well Enjoy Life Spicy Yellow Lentil Hummus but as with any product, please use caution to make sure it is a safe product for your specific allergy needs." – Tracy*

## INGREDIENTS

- 2-3 pieces of chicken
- ½ cup crushed gluten-free pretzels
- ½ cup cornmeal
- ⅓ cup flavored hummus

## COOKING INSTRUCTIONS

1. Preheat the oven to 350°F. Wash the chicken pieces and dry them.
2. In a medium bowl, combine the crushed pretzels and cornmeal, combining well. Using your hands, spread the hummus onto the chicken and then coat with the pretzel cornmeal mixture. You may need to coat a few times to get a thorough texture.
3. Place the chicken in a shallow baking dish and bake until there is no pink meat and the juices run clear.

# SUNBUTTER® THUMBPRINT COOKIES



Recipe by Elizabeth DiBurro  
*Easy Breezy Life*

WARNING: Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

Makes 24 cookies

## Chef's Note:

*This recipe is free of the top eight allergens: milk, soy, egg, peanut, tree nut, wheat, fish, and shellfish.*

## INGREDIENTS

- 1 cup Spectrum® organic shortening
- 4 tablespoons Sunbutter®
- ½ cup brown sugar
- 1 tablespoon Ener-G® Egg Replacer™ mixed with 2 tablespoons water
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour OR 2 cups gluten-free flour mix
- 1 cup favorite jam or preserves
- ½ teaspoon salt
- ¼ cup sugar

## COOKING INSTRUCTIONS

1. Preheat oven to 300°F. Grease cookie sheet.
2. Mix egg replacer and water and whisk briskly.
3. Cream together shortening, Sunbutter®, brown sugar, and egg replacer.
4. Add vanilla, flour, and salt, mixing well.
5. Squeeze and shape dough into balls and roll in sugar. Place on cookie sheet 2 inches apart.
6. Bake 7 minutes and remove from oven.
7. While cookies are baking stir jam really well and put into sandwich baggie. Cut one small corner of baggie to make a pastry bag.
8. Dent each cookie with thumb. Squeeze jam into dent. Bake an additional 15 minutes.
9. Allow to cool 2 minutes and move to a cooling rack.

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# EGG-FREE MUFFINS



Recipe by Ruth LovettSmith  
[Best Allergy Sites](#)

WARNING: Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

## Chef's Note:

*Free from peanut, tree nut, egg, soy (if using chocolate, some chocolate contains soy lecithin), fish, and shellfish. Contains dairy and wheat.*

## INGREDIENTS

- 2 cups all-purpose flour
- ½ cup granulated sugar
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 1 tablespoon lemon juice
- 1 cup half and half (or light cream, milk, or milk substitute)
- ½ cup applesauce (you can also try mashed ripe banana)
- ½-1 cup chocolate chips (we use mini chips, you can also use blueberries or other fruit instead)

## COOKING INSTRUCTIONS

1. Preheat oven to 350°F. Use muffin liners or lightly grease 12 large muffin cups or 24 small ones.
2. In a large bowl combine all ingredients except chocolate chips (or fruit if using).
3. When batter is mixed, add in enough chocolate chips (or fruit) to suit your tastes.
4. Batter should be thick but not too dry. If it's dry, try adding a small amount of additional applesauce or half and half.
5. Spoon batter into prepared cups filling halfway. We like to sprinkle the tops with a bit of brown sugar and some mini chips.
6. Cook for 15-20 minutes until muffins raise and set.

# CHICKEN ENCHILADAS



Recipe by Lisa Rutter  
No Nuts Moms Group

WARNING: Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

## INGREDIENTS

- 1 package of chicken breast (cooked and cut up)
- 1-2, 8 ounce cans of enchilada sauce (red or green)
- 1 package of flour tortillas (taco size)
- 1 package of Mexican style shredded cheese
- 1 head of iceberg lettuce or romaine, cut up

### *Optional Ingredients*

- Sour cream
- Diced or minced green chilies
- When cooking the chicken, use seasonings of your choice

## COOKING INSTRUCTIONS

1. Set the oven to 400°F.
2. Heat tortillas in the microwave to soften them up.
3. Place a tablespoon of chicken in each tortilla.
4. Drizzle the top of the chicken with a little bit of sauce and cheese.
5. Roll tortillas and place them tightly against each other in a baking dish (line dish with nonstick foil or use cooking spray).
6. Take the remaining enchilada sauce and cover the tops of them in the sauce (this is when a second can may be needed).
7. Cover loosely and bake for 30 minutes.
8. Remove foil and bake an additional 30 minutes or until the tops are a little crispy.
9. Remove and top with the desired amount of cheese and then put back in the oven until cheese is melted.
10. Top with cut up lettuce and serve.

# SOFT & CHEWY GRANOLA BARS



**Recipe by Joanne LaSpina**  
*Food Allergy Assistant*

**WARNING:** Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

## **Chef's Note:**

*Free of dairy, eggs, soy, peanuts, and tree nuts. Contains wheat (but you can substitute for gluten-free flour).*

## **INGREDIENTS**

- 1 cup all-purpose flour (I use  $\frac{3}{4}$  regular flour and  $\frac{1}{4}$  whole wheat flour, but can substitute your favorite gluten-free all-purpose flour)
- 2 cups rolled oats
- $\frac{1}{2}$  cup packed light brown sugar
- $\frac{1}{2}$  cup wheat germ
- $\frac{3}{4}$  teaspoon ground cinnamon
- $\frac{3}{4}$  cup add-ins (try raisins, mini-marshmallows, chocolate chips, other dried fruit, or any others you prefer: check labels for allergens)
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup canola oil
- $\frac{1}{2}$  cup honey

- $1\frac{1}{2}$  tablespoons warm water,  $1\frac{1}{2}$  tablespoons canola oil, 1 teaspoon baking powder mixed until bubbly
- $1\frac{1}{2}$  teaspoons vanilla extract

## **COOKING INSTRUCTIONS**

1. Preheat the oven to 350°F. Use parchment paper in a 9 by 13-inch baking pan.
2. In a large bowl, mix together the flour, oats, brown sugar, wheat germ, cinnamon, the add-ins, and salt. Add the oil, honey, water/oil/baking powder mixture, and vanilla. Mix well.
3. Press the mixture firmly and evenly into the prepared pan.
4. Bake for 15-18 minutes until the bars begin to turn golden at the edges.

# DOUBLE CHOCOLATE BROWNIE BITES



Recipe by Libby Ilson  
*The Allergic Kid*

WARNING: Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

Makes about 5 dozen brownie bites

## Chef's Note:

*A 2010 FAANTastic Divvies® Cookie Contest Winning Recipe.*

## INGREDIENTS

### Dry Ingredients

- 2½ cups all-purpose flour
- 1 cup allergen-free cocoa powder
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt

### Alternate Gluten-Free Dry Ingredients

- 1½ cups brown rice flour
- 1 cup allergen-free cocoa powder
- ½ cup corn or potato starch
- ¼ cup tapioca flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda

- ½ teaspoon salt

### Wet Ingredients

- 1 cup dairy-free margarine or shortening
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 teaspoons gluten-free vanilla extract
- ¾ cup or 6 ounce container plain or vanilla non-dairy yogurt (rice/soy/coconut)

### Additional Ingredients

- 10 ounce bag allergen-free semi-sweet chocolate chips

## COOKING INSTRUCTIONS

1. Preheat oven to 350°F. Line cookie sheets with parchment paper. Sift dry ingredients together into a bowl and set aside.
2. Beat margarine or shortening with a mixer at medium speed for 1 minute, then gradually add granulated and brown sugars. Continue to cream together at least 5 minutes until mixture is light and fluffy, occasionally scraping down bowl. Reduce speed to low and add vanilla extract and soy yogurt. Gradually add dry ingredients until mixed thoroughly, then turn off mixer and stir in chocolate chips by hand.
3. Use 1 tablespoon disher or cookie scoop to drop spoonfuls of dough onto parchment lined cookie sheets at least 2 inches apart. Bake for 10 minutes. Allow to cool on sheets for at least 5 minutes then move to a cooling rack.

# HEALTHY CARROT MUFFINS



Recipe by Heidi Bayer  
*Brooklyn Allergy Mom*

WARNING: Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

Makes 12 large muffins and  
12 mini-muffins

## Chef's Note:

*Gluten-free, vegan, and free of the top eight allergens.*

## Muffin Ingredients

- ½ cup corn starch
- 1 cup sweet rice flour
- 1 cup white rice flour
- 1½ cups maseca flour
- 1½ cups brown rice flour
- 1½ teaspoons xanthan gum
- 2 tablespoons baking powder
- 2 teaspoons salt
- 1½ teaspoons cinnamon
- 1½ teaspoons baking soda
- 1 cup vegan shortening
- 1 cup applesauce
- 1 cup agave nectar (light)
- ¼ teaspoon orange flavor
- 1 cup orange carrot Naked Juice® (or carrot juice)

- ½ cup orange Juice
- ¼ cup rice milk (or water)
- 6 small organic carrots shredded (2 cups)

## Vegan Frosting Ingredients

- ½ cup vegan shortening
- ½ cup agave nectar (light)
- 1 teaspoon gluten-free vanilla
- Dash of salt

## Vegan Orange Glaze Ingredients

- ½ cup agave nectar (light)
- 1½ tablespoons corn starch
- 1 cup orange juice
- 1 tablespoon vegan shortening

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## Muffin Cooking Instructions

1. In a large bowl mix the flours together with a large whisk. Add the xanthan gum, baking powder, salt, cinnamon, and baking soda and continue to mix well.
2. In another glass bowl, with a hand mixer or electric mixer, mix the shortening on low for 2 minutes, then, after it is light and fluffy, add the agave nectar, applesauce, and then the orange flavor. In a large measuring cup combine the orange juice and carrot juice. Measure the rice milk and set aside.
3. Working in batches, combine  $\frac{1}{2}$  of the shortening mixture with the flour, add  $\frac{1}{3}$  of the carrot/orange juice and mix well by hand. Add  $\frac{1}{2}$  of the rice milk and carrots and continue to add the rest of the shortening and liquid. Continue mixing in batches until the batter resembles play dough.
4. Spoon into already prepared muffin pans and bake for 18-22 minutes or until the dough bounces back after being touched lightly.
5. Let cool for 5 minutes, and then turn out onto wire racks for cooling. Make sure the muffins have cooled completely before frosting with Orange Glaze and/or Vegan Frosting. Decorate with Surf Sweets™ Spring Mix Organic Jelly Beans.

## Vegan Frosting Cooking Instructions

1. Mix ingredients well until combined.
2. Decorate with Surf Sweets™ Spring Mix Organic Jelly Beans.

## Vegan Orange Glaze Cooking Instructions

1. Mix ingredients on stove top with a whisk, stirring constantly on medium until thickened, about 5-8 minutes. Add shortening after taking mixture off the heat source. Drizzle over cakes.
2. Decorate with Surf Sweets™ Spring Mix Organic Jelly Beans.

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# PULLED PORK CORNBREAD SLIDERS



Recipe by Keeley McGuire  
[Keeley McGuire Blog](#)

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## Chef's Note:

*Gluten-free, dairy-free, egg-free, tree nut-free, and peanut-free. Can be soy-free, depending on brands used.*

## Cornbread Ingredients

- 1 cup of cornbread mix (we like Hodgson Mill® Gluten-Free Cornbread Mix—It's gluten-, dairy-, & egg-free and made in a nut-free facility)
- 1 egg replacer (we use a flax egg) or 1 large egg
- ½ cup of unsweetened applesauce
- ½ cup of non-dairy milk (we use rice milk)
- 4 teaspoons of honey

## Pulled Pork Filling Ingredients

- Approx. 1½ lbs pork ribs, boneless (I use Country Style Pork Boneless Ribs. It tends to be leaner, less fatty, and cooks up nicer.)

- 1 bottle Sweet Baby Ray's® Sweet & Spicy BBQ Sauce
- 1 can of beef broth
- 2 slices of diced onion

## Cornbread Cooking Instructions

1. Preheat oven to 350°F and coat muffin tin with cooking spray or oil.
2. In a medium size mixing bowl, combine all the above ingredients. Mix until a smooth batter is formed.
3. Pour batter evenly into muffin tin cavities.
4. Bake for 25-30 minutes. Remove from oven and let cool 5 minutes in pan.
5. Move cornbread muffins to cooling rack and let cool completely.
6. Slice muffins horizontally, creating a bun for your sliders.

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7. Fill with leftover pork and sandwich together. Enjoy!

### **Pulled Pork Cooking Instructions**

1. Spray your crockpot with cooking spray. Spread the diced onion over the bottom of the pot. Put pork on top of onion bedding evenly. Pour about  $\frac{3}{4}$  of the can of broth over top, covering the pork. Cook on low for 6-8 hours.
2. After the cook time, shred pork with a knife and/or fork. Add bottle of sauce and cook for an additional 30 minutes or until heated throughout.

# CLASSIC MAC 'N CHEESE



Recipe by Kelly Rudnicki  
[Food Allergy Mama](#)

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## Chef's Note:

*"Truth be told, I love Mac and Cheese, but not that boxed kind. Homemade is the only way to go, whether you have food allergies or not. My version is completely dairy-free, fast, easy, and tastes like the real thing. Pinky swear."*  
– Kelly

## INGREDIENTS

- ½ pound elbow macaroni, cooked according to package directions, drained
- 1½ cups soy or rice milk, slightly warmed on stove top
- 4 tablespoons dairy-free margarine
- ¼ cup unbleached all-purpose or gluten-free flour blend
- ½ teaspoon dry mustard
- 1¼ teaspoon Kosher salt
- ¼ teaspoon freshly ground pepper
- 1 cup dairy-free cheddar cheese, shredded (I use Follow Your Heart®, this doesn't have pea protein. If you are fine with pea or legume protein, you can also use Daiya®)

## COOKING INSTRUCTIONS

1. In a medium saucepan, melt dairy-free margarine over moderately low heat. Add flour and whisk for 1 minute.
2. Add 1 cup of the warmed soy milk and whisk constantly for 3 minutes until the mixture is thickened and coats the back of the spoon. Add the dairy-free cheese and stir with a wooden spoon for about 5 minutes. Then add the remaining ½ cup warmed milk, salt, pepper, and dry mustard.
3. Stir until the dairy-free cheese is nearly melted, about 5 minutes.
4. Once the cheese sauce is smooth and melted, add the drained, cooked macaroni. Stir and serve.

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# BLUEBERRY BOY BAIT



Recipe by Cybele Pascal  
*The Allergy-Friendly Cook™*

WARNING: Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

Makes 8 servings

## Chef's Note:

*Gluten-free, wheat-free, dairy-free, egg-free, soy-free, peanut-free, tree nut-free, and sesame-free. "This moist, buttery coffee cake with its crisp, cinnamon-sugar topping is based on an old-fashioned recipe from the 1950s, called Blueberry Boy Bait, a coffee cake named for the effect it had on teenage boys. My boys aren't teens yet, but this bait works for them. They'll gobble it up in one day with not a crumb left over."*

– Cybele

## INGREDIENTS

- 2 cups my [Basic Gluten-Free Flour Mix](#) or [Authentic Foods GF Classical Blend](#)
- ½ teaspoon xanthan gum
- 1 tablespoon double-acting baking powder
- 1 teaspoon salt
- ¾ cup dairy-free, soy-free vegetable shortening
- ¾ cup firmly packed light brown sugar
- ½ cup granulated sugar
- 4½ teaspoons Ener-G® egg replacer™ mixed with 6 tablespoons rice milk
- ¾ cup rice milk
- 1 cup fresh or frozen blueberries tossed with 1 tablespoon Basic Gluten-Free Flour Mix
- ¼ cup granulated sugar mixed with ½ teaspoon ground cinnamon

## COOKING INSTRUCTIONS

1. Preheat the oven to 350°F. Grease a 9 by 9-inch baking pan and sprinkle with a little gluten-free flour mix, tapping out any extra.
2. Whisk together the flour mix, xanthan gum, baking powder, and salt. Set aside.

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3. In the bowl of a stand mixer fitted with the paddle attachment, combine the shortening, brown sugar, and granulated sugar.  
Mix on medium-high speed for 2 minutes, or until fluffy. Add the egg replacer and mix for about 20 seconds. Reduce the speed to medium and beat in  $\frac{1}{3}$  of the flour, mixing for 15 seconds.
4. Add  $\frac{1}{2}$  of the rice milk, mixing for 20 seconds. Beat in  $\frac{1}{2}$  of the remaining flour, then the remaining rice milk, and finally the remaining flour mixture, scraping down the sides of the bowl as necessary.
5. Add  $\frac{1}{2}$  of the batter to the pan, using a frosting spatula to spread the batter evenly across the bottom of the pan. Sprinkle with  $\frac{1}{2}$  of the blueberries. Top with the remaining batter, spreading it as evenly as possible across the blueberries. Top with the remaining blueberries, then sprinkle with the cinnamon-sugar mixture.
6. Bake in the center of the oven for 1 hour, until the cinnamon-sugar mixture has begun to caramelize and the top is golden. Let cool in the pan for 30 minutes before turning out onto a serving platter (or just cut into pieces and serve out of the pan). Serve warm or at room temperature. This cake is even better on day two!

**Tip:** If using frozen blueberries, keep frozen until the last minute, or they'll turn your batter blue-green.

Reprinted with permission from [The Allergen-Free Baker's Handbook: How to Bake Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, and Sesame.](#)

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# DAIRY-FREE PUMPKIN PIE SMOOTHIE



Recipe by Lindsey Steffensen  
[Frugal Food Allergies](#)

WARNING: Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

Serves 1 adult or 2 children

## Chef's Note:

*Includes soy as is, but can be free of top eight allergens by substituting coconut yogurt.*

## INGREDIENTS

- ½ cup canned pumpkin
- ¾ cup non-dairy milk of choice
- ¾ teaspoon pumpkin pie spice
- 2 teaspoons brown sugar
- ¾ cup soy vanilla yogurt (Silk® brand is good)
- 1 cup ice cubes

## COOKING INSTRUCTIONS

1. Put all of the ingredients in a blender.
2. Blend on high until well combined.
3. Serve immediately and enjoy!

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# SMOOTH MONKEY SMOOTHIE DRINK



Recipe by **Caroline Moassessi**  
[Gratefulfoodie](#)

**WARNING:** Check with your allergist to make sure you are not allergic to any of the ingredients in this recipe before incorporating them into your diet. People with food allergies are often allergic to more than one food. When grocery shopping, it's important to read food labels to ensure that the specific brands you are purchasing do not contain any of your allergic triggers.

**Makes about 20 ounces**

## **Chef's Note:**

*This recipe is peanut-free, tree nut-free, and dairy-free.*

## **INGREDIENTS**

- ⅓ cup vanilla yogurt of choice based on your allergen (dairy-free, soy-free, etc)
- 1 banana
- ¼ teaspoon vanilla extract from Madagascar
- ½ cup frozen mango chunks
- ⅓ cup crushed pineapple
- ½ cup guava juice
- ⅓ cup coconut milk (optional)
- 1 cup ice, cubed or crushed

## **COOKING INSTRUCTIONS**

1. Blend together vanilla yogurt, mango chunks, pineapple, guava juice, and coconut (optional) in food processor or blender.
2. Add ice and continue to blend until ice is fully mixed in.