



Gluten, Dairy, Egg-Free Brunch Recipes

Berries w/Basil & Pepper

Serves 4-6

- 1 tablespoon sugar
- 2 tablespoons chopped fresh basil
- ½ teaspoon pepper
- 10 ounces strawberries, hulled and sliced lengthwise
- 10 ounces blackberries
- 10 ounces raspberries
- 1-2 tablespoons lime juice

Combine the sugar, basil and pepper in a large bowl. Mix using a rubber spatula and press against the side of the bowl until the sugar moistens. Gently toss the strawberries and blackberries with the sugar mixture. Very gently add the raspberries and toss until just combined. Allow to sit at room temperature at least 15 minutes so flavors can meld. Sprinkle with lime juice to taste. Enjoy right away!

**I have made this with peaches, nectarines, plums and sweet cherries when they are at the peak of their season. The pepper and basil both work well with these fruits and I highly recommend playing around with different flavor combinations with in-season fruits.

Coconut Whipped Cream

- 1 14-ounce can full fat coconut milk or coconut cream (see note)

Place the can of coconut milk in the fridge overnight, or at least 12 hours.

When the coconut milk is thoroughly chilled, open the can of coconut milk and scoop out the fat on top, leaving the water behind.

In the bowl of a stand mixer fitted with the whisk attachment, whip the coconut cream on high until light and fluffy, about 3-5 minutes. You can also do this with a handheld mixer, but it will take longer, about 8-10 minutes. When it has whipped to your desired consistency stop the mixer, scoop on to your favorite dessert and ENJOY!

Note: Lite coconut milk **will not** work for this, you need to make sure you have the full-fat coconut milk or coconut cream.



Blender Oatmeal Pancakes

- 1 cup almond milk or any other milk
- 1/2 cup applesauce or banana, pumpkin puree or avocado
- 1 tablespoon vinegar
- 2 tablespoons maple syrup or any other sweetener
- 2 cups rolled oats or quick oats
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 cup chocolate chips, blueberries, chopped nuts or other add-in as desired (optional)

Preheat a non-stick skillet or griddle over high heat.

In a blender container or food processor, add all of the ingredients in the order listed, starting with the milk and ending with the salt. Putting the liquid ingredients on the bottom helps the mixture to blend easier. Put the lid on and blend for 1-2 minutes, or until the mixture is completely smooth. This may take longer if you don't have a high powered blender or are using a food processor. Just be patient and blend until smooth and no bits of oats remain.

Reduce heat in preheated pan to medium. Pour batter directly from the blender container into pan into 3-4" sized pancakes, leaving a few inches between pancakes for easy flipping. If you are using the optional add-in, sprinkle chocolate chips, fruit, etc on top of the pancakes now. Cook the pancakes until bubbles form on the top and the underside of the pancake is golden brown. Flip the pancakes and cook for a couple minutes more until cooked through. Remove pancakes to a plate.

Repeat with remaining batter. If the batter becomes too thick to pour, add a tablespoon or two of water and blend for a few seconds. This should make the batter pourable again. Don't add too much water or the batter will be too thin and the pancakes will not hold their shape well.

Serve with vegan butter, maple syrup or my personal favorite, almond butter. Enjoy!



Chickpea Omelet

Makes 2 Omelets

Filling:

2 teaspoons olive oil

¼ onion, diced

1 cup chopped veggies such as bell pepper, mushroom, or zucchini

2 cloves garlic

Omelet:

¾ cup chickpea flour

½ teaspoon baking soda

½ teaspoon garlic powder

½ teaspoon black salt (kala namak) or sea salt

1 teaspoon apple cider vinegar

¾ cup unsweetened non-dairy milk

Heat olive oil in a medium non-stick skillet over medium-high heat. Add onion and chopped veggies to the skillet and cook until softened. Add garlic and cook 30-60 seconds until fragrant. Remove veggies from the skillet and set aside. Wipe out skillet with a paper towel.

In a medium bowl, combine the chickpea flour, baking soda, garlic powder, salt, apple cider vinegar, and almond milk, and whisk together until smooth.

In the skillet, heat a drizzle of olive oil over medium heat. Add a ½ cup of the omelet batter to the pan. Let cook for 5-6 minutes, or until several bubbles have formed on the surface. Use a large spatula to flip it over. Allow to cook another 3-4 minutes, until cooked through. Add veggies to the middle and fold in half. Put a lid on allow to cook another minute to rewarm the veggies. Repeat with remaining batter and veggies. Enjoy!



Oven Roasted Sweet Potato Hash

1 1/2 lbs. sweet potatoes, cut into 3/4" cubes
1/2 large onion, chopped
1 red bell pepper, seeded and chopped
1 tablespoon olive oil
1 teaspoon garlic powder
Salt and pepper, to taste

Smoky Tahini Sauce:

4 tablespoons tahini
4 tablespoons water
1 tablespoon fresh lemon juice
1/2 teaspoon smoked paprika
Salt, to taste

Preheat oven to 425 degrees F. Line a sheet pan with parchment paper and set aside.

Place the sweet potatoes, onion and bell pepper on the prepared sheet pan and drizzle with olive oil, garlic powder, salt and pepper. Toss well to coat and then arrange the sweet potato mixture in a single layer on the pan.

Roast the sweet potatoes for 25-30 minutes, stirring halfway through, until soft and browned.

While the potatoes are baking make the tahini sauce. Whisk all ingredients together in a small bowl and set aside.

When the potatoes are done, let them cool a few minutes and then serve drizzled with the smoky tahini sauce.

Variations: add mushrooms, shallot, chives, leeks, cabbage or any other vegetables you have that need to be used up. Use any other nut or seed butter in place of the tahini.

Other Gluten, Dairy & Egg Free Brunch Ideas

Click below for recipe:

[Morning Glory Muffins](#)

[Buckwheat Banana Bread](#)

[Banana Muffins](#)

[Tofu Scramble](#)

[Maple Pecan Roasted Pears](#)

[Maple Vanilla Granola](#)

[Chickpea Salad](#)



Alternative Dish Health Coaching Services

Contact Maggie to schedule your complimentary discovery session.

mkwescott@gmail.com 651-425-881 <https://alternativedish.com/health-coaching/>

NEW! - Gluten Freedom Transition Program

Pilot Program beginning in June at a significant discount

Realizing you are gluten intolerant or getting a celiac diagnosis can be life altering. During this 4-week coaching program you will learn how to transition from a gluten-filled to a gluten free lifestyle. This is offered as a group program or a 1:1 coaching program. In this program you will learn how to:

- Read food labels
- Clean out your pantry
- Set up your gluten free kitchen
- Sanitize your kitchen
- Navigate the grocery store
- Meal plan and cook delicious gluten free meals
- Recreate old recipes to make them gluten free
- Eat out at restaurants
- Navigate family functions and other social situations
- Cheat sheets to easily identify foods with gluten.

Group Coaching – ~~\$249~~ Join the Pilot Group for only \$89

Pilot group coaching session starts June 18th at 7:00 pm CST. This program is being offered at a significant discount one time only before its full release. Participants in the pilot program will have lifetime access to the content as I continue to grow the program.

- Four weekly 60-minute group sessions via Zoom; one session is a cooking class based on participant interest and input.
- Education and support to seamlessly transition to a gluten free lifestyle.
- 4-weeks of easy to follow gluten free recipes with vegan/vegetarian options.
- Access to private Gluten Freedom Facebook community.
- Unlimited access to Maggie for the duration of the program.

1:1 Coaching - ~~\$399~~ - Pilot program \$199 (5 spots remaining) This program is being offered at a significant discount to a limited number of clients before its full release. Clients participating in the pilot program will have lifetime access to the content as I continue to grow the program.

- Four weekly 60-minute private sessions via Zoom; one session is a private cooking class via Zoom with Maggie.
- Education and support to seamlessly transition to a gluten free lifestyle.
- Weekly **personalized recipes** for your specific dietary restrictions and preferences.
- Access to private Gluten Freedom Facebook community.
- Unlimited access to Maggie for the duration of the program.



1:1 Coaching

\$60/one-hour session or \$225/four one-hour sessions

Changing the way you eat can be a daunting process. Whether you are taking gluten out of your diet, wanting to move toward a plant based diet or just trying to figure out how to fit more vegetables into your diet, I can help you make that transition. I specialize in helping you build a lifestyle around your food sensitivities that will assist you in making the transition with ease! [Schedule your complimentary discovery session](#) to find out if working together is the right fit.

Services offered:

- Transition programs for new dietary restrictions or allergies
- Pantry Clean Out
- Grocery Store Tour
- Recipes based on your food sensitivities and cooking level
- Meal prep guidance and grocery lists
- Cooking Lessons
- Exercise and movement guidance
- And more...

Customized Recipes and Menu Plans

\$40 for initial assessment and 1-week of easy to follow recipes; \$20/week after initial assessment. Purchase a 4-week package and receive the assessment free of charge.

We will setup a [one-on-one phone assessment](#) to talk about your food sensitivities, dietary needs, likes and dislikes, kitchen equipment and level of cooking knowledge. I will prepare a personalized 7-day recipe book and grocery list based on our conversation.

Cooking Coach

\$60/one-hour session

Learning that you need to change your diet can have a profound impact on your life and the time you spend in the kitchen. As a chef and coach I am passionate about empowering people with new dietary restrictions and allergies to cook so they can continue to enjoy eating. Together we will make mutually agreed upon recipes that focus on techniques for specific food sensitivities as identified by the client.