

Gluten-Free Breakfasts

Karen Garvey Daisa

We have all heard the adage, “Breakfast is the most important meal of the day.” While this is certainly true, please do not think for a second that going gluten-free means you have to miss out on a thing. In fact, it’s just the opposite. There is no need for boredom—there are many choices of grains available. Whether a member of your family is gluten intolerant, or you want to try gluten-free living for a while to see if your mysterious symptoms go away, or you just want to experiment, there’s no need to worry about what to eat or having to cook separate meals. Eating gluten-free is a great reason to get out of the same old oatmeal-and-raisins routine.

Another adage is, “Variety is the spice of life.” Variety equals health. One of the benefits of eating a variety of grains is that you can rotate them and then you are less likely to become allergic to a grain. Another benefit is that several grains (amaranth, teff and quinoa) are surprisingly high in calcium, which means they are bone building, and your family’s bones will be thanking you for many years to come. *A votre santé!*



KAREN GARVEY DAISA

ROSEMARY QUINOA

You can leave out the rosemary if you don’t have it, but it sure makes this dish sing! Rosemary aids in digestion. This recipe is a great way to get roots into your diet.

- 1 cup quinoa, rinsed very well**
- ½ rutabaga, grated**
- 1 turnip, grated**
- 1 carrot, grated**
- 1 parsnip, grated**

- 1 small onion, small dice**
- 1 large sprig rosemary**
- 5 cups water**
- 3 to 4 tsp brown rice miso**
- ¼ cup fresh cilantro or parsley, chopped**

Place the quinoa, grated roots, onion, rosemary, and water in a pot. Bring to a boil over a medium flame, cover and simmer for 25 minutes. Remove the sprig of rosemary (some leaves will be left in the porridge). Dilute the miso in a little water and stir into the porridge. Let heat through on the lowest flame for 3 to 4 minutes. Stir in the cilantro or parsley.

RISE ‘N SHINE

For variety, replace half of the polenta with millet. If you have leftovers, place in a glass pan, let harden, and pan fry at a later meal.

- 4 to 5 cups spring water**
- 1 cup polenta**
- ½ to 1 cup organic frozen corn**
- 1 cup grated butternut or other sweet winter squash**
- ¼ to ½ tsp sea salt**
- garnish: parsley and scallions**
- toasted pumpkin or sunflower seeds**
- shiso powder**

Bring water to a boil. Slowly whisk in the polenta and reduce the heat to medium-low. Add the corn, butter-nut squash and sea salt. Stir until the mixture starts to simmer, place over a flame tamer and reduce heat to low. Cook for 30 to 60 minutes. Garnish when serving and sprinkle with seeds and shiso powder as desired.

OATS 'N GROATS

This is a real yummy treat. I am sensitive to the gluten-free steel cut oats, but if you tolerate them, you can use them instead of the rolled.

- ½ cup gluten-free rolled oats**
- ¼ cup toasted buckwheat groats**
- ¼ cup red quinoa**
- 3 cups water (or use 2 cups water, 1 cup apple juice)**
- ½ grated Granny Smith apple**
- ¼ cup toasted walnuts or blanched almonds**
- cinnamon**
- pinch of sea salt**
- 1 Tbsp brown rice syrup (optional) or stevia to taste**
- ½ cup chopped parsley**
- garnish: sunflower, pumpkin, or sesame seeds**

Place oats, buckwheat groats, quinoa, water, apple, nuts, cinnamon, and sea salt in a pot. Bring to a boil, reduce heat, and simmer 20 minutes. Remove lid, stir in brown rice syrup. Turn off heat and stir in parsley. Serve with seeds as desired.

SAVORY MORNING PUDDING

Creamy, savory, and so yam good!

- 1 cup millet**
- 5 cups water**
- ½ tsp sea salt**
- 1 cup yam or sweet potato, diced**
- 3 cups cauliflower, chopped**
- ½ onion, diced**
- 1 carrot, diced**

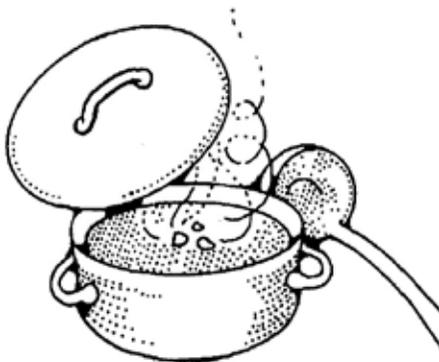
Place all ingredients in pot and bring to a boil. Reduce flame and simmer 35 to 40 minutes. Blend with an immersion blender until creamy. Serve with condiment and seeds of choice.

TEFF AND MILLET

On special occasions, I add a piece of dark chocolate to my daughter's bowl of teff and millet, and we call it chocolate porridge. She loves it and I imagine her bones soaking up the teff's calcium.

- ½ cup teff**
- ½ cup millet, soaked overnight if desired**
- 5 cups water**
- pinch sea salt**
- a bit of sweetener of choice, if desired**
- toasted walnuts or seeds**

Place teff, millet, and water in a pot and bring to a boil. Add a pinch of sea salt, cover and simmer for 35 minutes. Remove lid and stir well. Let settle a few minutes before serving. Garnish with toasted walnuts or seeds of choice.



PARSLEY PORRIDGE

Hato mugi (Job's tears) is an amazing grain. It is in the same family as barley, and they both have a nice chewy texture, but they don't look alike. Store hato mugi in the freezer as it tends to go moldy quickly.

- ¼ cup medium, short or sweet brown rice**
- ¼ cup hato mugi**
- ¼ cup millet**
- ¼ cup quinoa**
- ¼ cup green mung beans**
- ½ inch piece kombu**
- 6 cups water**

- 1 to 2 shiitake mushrooms, soaked until soft and chopped**
- 1 onion, finely diced**
- 1 cup green cabbage, chopped**
- 1 small rutabaga or turnip, diced**
- 1 to 2 parsley root, diced (if you can't find, use parsnip)**
- ½ tsp sea salt**
- 1 Tbsp brown rice miso**
- ½ to 1 Tbsp brown rice syrup or coconut crystals**
- 1 cup parsley, finely chopped, plus extra for garnish**
- pumpkin seeds, toasted**

Wash well the rice, hato mugi, millet, quinoa, and mung beans. Soak overnight in water to cover. In the morning, drain and rinse, then place in a pot with the kombu and 6 cups water. Bring to a boil over a medium flame. Add the shiitake mushrooms and the onion, cover and simmer 20 minutes. Add the cabbage, rutabaga or turnip and parsley root and simmer 15 minutes more. Add the sea salt and simmer 5 more minutes. Dilute the miso in a little water and add to pot along with the coconut crystals. Simmer 4 minutes on the lowest setting. Remove from flame and stir in the parsley. Garnish with extra parsley and toasted pumpkin seeds.

Note: pregnant women should avoid parsley roots, which are abortifacient and can cause fetal deformities.

Here are some other great combinations for morning porridge. Have fun making up your own.

- hato mugi/amaranth/corn
- millet/winter squash or corn
- gluten-free rolled oats/quinoa
- buckwheat/millet
- brown rice, plain or with vegetables
- brown rice grits/polenta
- sorghum/polenta

BREAKFAST TREATS

So, now you may be asking: but what about gluten-free treats for breakfast? Yes, sometimes we need a break from porridge. Try the following recipes for a real treat.

QUICK AND EASY STUFFED CABBAGE LEAVES

You can vary this recipe by trying different mochi flavors or adding different vegetables. Tip: The smaller the mochi pieces, the better it melts.

- ½ package mochi, grated or sliced into small pieces
- 4 large cabbage leaves
- 1 carrot, matchstick
- pumpkin seeds
- parsley or scallion, chopped
- gluten-free tamari (OR for sweet and sour, use a tsp of rice syrup and a few drops of umeboshi vinegar or a part of an ume plum, chopped)

Divide the mochi onto the 4 cabbage leaves. Top with some carrot, pumpkin seeds, parsley or scallion, and sprinkle with a bit of tamari. Roll up like a burrito. Steam for about 7 to 8 minutes or until cabbage is done. YUM!!!

I-CAN-EAT-THESE PANCAKES

It took a lot of experimenting to come up with a pancake that the whole family enjoys! These are wonderful with fruit compote.

- ⅓ cup corn meal
- ⅓ cup quinoa flour
- ⅓ cup gluten-free oats
- ½ tsp baking soda
- ¾ to 1 tsp baking powder
- ¼ tsp sea salt
- 1 Tbsp brown rice syrup or a few drops of stevia, optional
- ⅔ cup water
- ⅔ cup almond milk
- 1 Tbsp flax seeds
- coconut oil for frying

Blend all of the ingredients except the oil until creamy. Heat the coconut oil in a cast iron skillet. When hot, add ¼ to ½ cup batter for each pancake. Turn when bubbly. Top with fresh fruit, fruit compote, or if your condition allows, a bit of maple syrup.

YAHOO! CORN MUFFINS

These don't rise as high as muffins made with wheat and baking powder, but they are surprisingly moist and delicious. My daughter always asks, "Can I have another?"

- 2 cups cornmeal
- ½ cup quinoa flour
- ½ cup brown rice flour
- ½ tsp sea salt
- ¾ cup tofu
- 3 cups boiling water

Preheat oven to 400. Prepare muffin pan. Combine flours and salt in a large bowl. Place tofu and boiling water in a bowl and blend with an immersion blender until creamy. (Or, use a blender.) Immediately add to the flour mixture and mix well. Spoon into prepared muffin tins and bake for 25 minutes. Check with a toothpick.

GLUTEN-FREE YEAST-FREE SPROUTED BREAD

Gluten free AND yeast-free bread? Yup! And it's good, too! Try with a little carrot spread or fresh jam.

- ½ cup millet
- ½ cup quinoa
- ½ cup sesame seeds (or black seeds to make black bread)
- ¾ cup almond or rice milk
- ½ cup brown rice flour
- ½ tsp sea salt
- 1 Tbsp baking powder
- 1 tsp baking soda
- 1 Tbsp ground flax seeds
- 2 Tbsp safflower oil or other high heat oil
- ¼ cup water
- ½ Tbsp brown rice syrup

Rinse and soak millet, quinoa, and sesame seeds over night or for 24 hours. Strain and rinse. Preheat oven to 350. Puree the mixture in a blender with the milk. Add the flour, sea salt, baking powder and baking soda. Place ground flax seeds, oil and water in a small sauce pan, bring to a boil

and simmer until glutinous. Remove from heat and stir in the brown rice syrup. Add to other ingredients and blend. Grease a standard bread pan with safflower oil or other high heat oil, and pour ingredients into it. Bake at 350 until a toothpick pulls out clean, about 1 hour.

Note: If you don't want to use sesame seeds, use ¾ cups each millet and quinoa.

GLUTEN-FREE GRAINS

Here is a list of gluten-free grains to post on your fridge:

- amaranth
- buckwheat
- hato mug (a form of barley that is gluten free. Replace in any recipe that calls for barley)
- Indian rice grass (Montina)
- millet
- gluten-free rolled oats (make sure they are labeled as such)
- gluten-free steel cut oats (some people are sensitive to even the gluten-free steel cut oats, so see how you feel)
- polenta
- quinoa (white, red, and black)
- rice: rice grits, sweet, short, medium, long, basmati, jasmine, red, black, jade pearl, wild rice
- sorghum
- teff

Karen Garvey Daisa has been teaching yoga for 11 years. She also teaches private macrobiotic cooking classes that are strictly gluten-free. She is grateful to her teachers, Warren Kramer, David Briscoe, Laura Taylor, Karen Pearson, and everyone at French Meadows Summer Camp. She lives in Los Angeles with her husband, George, daughter, Amelia, and puppy, Parsnip.

