



Cooking and Baking

with Valley Kitchen

All-purpose Flour

Information and RECIPES

Food Solutions with Health and Lifestyle Benefits



Recipes and information at
www.flaxflour.com/pages/recpies

Enjoy the Goodness: Easy Healthy Everyday

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Table of Contents

New recipes and products.....5

Our Guarantee5

Valley Kitchen All-purpose Flour 6

Overview6

BREADS..... 7

Crackers.....7

Flax Gel.....8

Unleavened Flatbread.....8

Sourdough Bread.....9

Sourdough starter..... 10

BREAKFAST, LUNCH, AND SUPPER..... 13

Waffles..... 13

Potato Pancakes..... 14

Breakfast Muffins 15

Biscuits 16

MAIN MEAL SUGGESTIONS 17

Deep fried fish 17

Crispy Breaded Chicken Strips..... 18

Deep Fried Chicken..... 19

COOKIES, CUPCAKES, MUFFINS, CAKES, AND DONUTS 21

Chocolate Chip cookies 21

Oat Cakes 22

Oatmeal Chocolate Chip Cookies..... 23

Macaroons 23

Peanut Butter Cookies 24

Shortbread Cookies..... 24

Sugar Cookies..... 25

Royal Icing 25

Molasses Cookies 26

Ginger Snap Cookies 27

Chocolate Cupcakes 28

Chocolate Cherry Cupcakes 29

Banana Chocolate Chip Cupcakes..... 30



Blueberry Muffins..... 31

Spicy Pumpkin-apple muffins 32

Pumpkin-spice muffins..... 33

Blueberry Coffee Cake..... 34

Light Sponge (Birthday) Cake..... 35

Chocolate Cake 35

Buttercream icing - chocolate 36

PIES AND TARTS..... 37

Pie Dough – single crust..... 37

Pie Dough – double crust 38

Pies 39

Tarts..... 39

Rhubarb custard pie with crumble topping 40

Chocolate Brownies 41

Date Squares 42

Apple Crisp 43

Pear Crisp..... 44

New recipes and products

New recipes are always being developed in Valley Kitchen. Check out our website for updated versions of this booklet at www.flaxflour.com/pages/recipes

Come by for a visit when you are in the Middleton, Nova Scotia area, meet our staff and see what's cooking. Check our social media page for current hours.

Do you have a favourite recipe you would like revised to include flax? Let us know. We can help.

Do you like Outstanding Rewards?

Check our online store for Outstanding Rewards when you sign up for our newsletter or buy our nutritious, easy-to-use products and have them shipped directly to your home.

Our Guarantee

We want your experience with Valley Kitchen ingredients and mixes to be successful and enjoyable for you, your family, and friends. If you have problems, issues, concerns, and comments, please contact us info@flaxflour.com or phone 1-866-825-8256 (Toll free Canada).

Valley Kitchen All-purpose Flour

Overview

- A wholesome, nutritious blend of freshly milled flax seeds, organic corn, buckwheat, and gluten free oats
- Ready to use; no additional gums or starches required
- Source of omega-3 fatty acids, high in fibre, gluten free, sugar free
- Product of Canada freshly processed in our gluten free facility in Middleton, Nova Scotia

Great for use in:

- Pancakes, waffles
- Batter for fish, chicken
- Cakes, Cupcakes, Muffins
- Pies, Cookies

Recipes at: <https://www.flaxflour.com/pages/recipes>



Valley Kitchen's "Natural Alternative", our certified gluten free all-purpose flour blend, combines freshly milled flax seeds, buckwheat, oats, and corn. This combination has been selected to make our all-purpose flour a powerhouse of nutrition. They have been tested to help ensure cooking and baking success without the use of additional gums and modified starches.

All ingredients are non-GMO, produced in Canada and processed in the Valley Flaxflour allergen free, HACCP controlled facility located in Middleton, Nova Scotia.

No gums or starches are needed. Follow simple instructions using common ingredients to make an amazing variety of delicious foods everyone will enjoy.

BREADS

For most breads, we recommend using Valley Kitchen Bread Mix, a complete, easy to use, add-water-and-stir bread mix. Find our Bread Mix Recipe book at www.flaxflour.com

Crackers

Yield: Makes 150 crackers about 3 cm or 1 ¼ inch square

60 ml	flax seeds	1/4 cup
275 g	Valley Kitchen All-purpose flour	2 cups
2.5 ml	baking powder	1/2 tsp
20 g	butter	4 tsp
180 ml	water	3/4 cup

egg wash - optional

extra salt, pepper, and other seasonings - optional



You can mix chia or other small seeds with the flax seeds if you like.

1. Preheat oven to 325° F.
2. In a bowl or food processor, combine the flax and chia seeds, Valley Kitchen All-purpose flour, and baking powder.
3. Blend in the butter to a very fine texture.
4. Add water and mix well. Turn onto a board and knead to blend. If the dough is crumbly, add a bit more water.
5. Place the dough in a bowl, cover and refrigerate for 10 minutes.
6. Cut the dough into quarters and shape into rectangles. Knead in extra water as required to keep the dough moist.
7. Roll very thin. I like to use a pasta roller for this, but a standard rolling pin will do fine.
8. Cut the dough into squares and place on a non-greased baking sheet. You can also leave the dough in larger pieces and break after baking.
9. If you are using the optional egg white and salt, mix 1 tsp of water with one egg white and brush the top of the crackers. Sprinkle with salt or other seasoning.
10. Bake 15 minutes, or until the crackers are dry, crisp, and lightly browned. Dry at a lower temperature for extra crispiness.

These are great dunkers for salsa and dips, or as an accompaniment to a cheese tray.



Flax Gel

Yield: 250 ml (1 cup)

310	ml	water	1 1/4	cup
30	ml	Valley Kitchen Flax Flour or Valley Kitchen Gel Powder	2	Tbsp

1. Bring the water to the boil, remove from the heat.
2. Whisk in the flax flour or Gel Powder and continue to whisk until a gel forms, 2 to 3 minutes.



Valley Kitchen Gel Powder is an excellent replacement for eggs, egg whites and some of the gums and starches used in gluten free baking.

After the flax gel has cooled to handling temperature, refrigerate for later use, or use immediately for making flatbread. Will keep refrigerated for 3 to 4 days.

Unleavened Flatbread

250	ml	flax gel	1	cup
500	ml	Valley Kitchen all-purpose flour	2	cups
Extra flour blend for rolling				

1. In a heavy glass bowl, combine the Valley Kitchen all-purpose flour with the warm flax gel.
2. Mix for 2 to 3 minutes with a strong spoon, or use a counter-top mixer, until a soft dough is formed.
3. Generously flour the work surface.
4. Scoop about 100 g (1/2 cup) or #16 ice cream scoop onto the work surface.
5. Coat with flour and then knead with additional flour until the dough loses its stickiness but is still soft.
6. Roll the dough into a rough circle. Trim to form a smooth round flatbread.
7. Bake on a hot, dry griddle or cast-iron frying pan until the edges begin to curl and the middle begins to pop (30 to 45 seconds). Turn and continue cooking until the edges curl again (20 to 30 seconds). You can expect smoke, so your fire detector will probably sound! The frying pan handle will get very hot, so keep an oven mitt handy. Scrap the scorched flour from the pan occasionally.
8. Stack the flatbreads on a plate and keep them covered with plastic wrap as you cook them, and then wrap them tightly until cool. When cool, package for later use.



Flatbread with basil pesto, olive paste, assorted cheese

These flatbreads freeze well. Re-warm in a microwave for a few seconds.

Enjoy flatbreads with any of your favourite toppings.

Sourdough Bread

Yield: 1 loaf

30	g	Valley Kitchen golden flax flour	1/4	cup
6	g	psyllium husk powder	1	Tbsp
5	g	buckwheat flour	2	tsp
250	ml	hot water	1	cup
250	ml	room temperature water	1	cup
30	ml	honey	2	Tbsp
10	ml	salt	2	tsp
250	ml	APF sourdough starter	1	cup
60	g	warm water	1/4	cup
5	g	sugar	1	tsp
5	g	yeast	1	tsp
1000 to 1200	ml	Valley Kitchen all-purpose flour	4 - 5	cups



- Mix the flax flour, psyllium husk, and buckwheat flour together in a small bowl. This makes a dry gel powder.
- Measure the hot water, honey, and salt into a heavy mixing bowl.
- Very slowly beat the gel powder into the hot water. Beat for several minutes, until a smooth, thick gel forms. Add the room temperature water and continue to beat for an additional 2 to 3 minutes.
- Activate the yeast by stirring the sugar into the warm water and sprinkling in the yeast. When the gel has cooled to 30 to 35°C (85 - 90°F), add the sourdough starter and the activated yeast. Beat for 1 to 2 minutes.
- Mix 2 to 3 cups of the all-purpose flour into the gel. Stir and beat for 1 to 2 minutes. Turn the dough onto a clean work-counter and knead with additional flour until the dough is somewhat firm and springy. Knead and shape into a loaf of your choice.
- Lift the loaf onto a sheet of parchment paper and place it in a bowl, or on a baking sheet, to rise.
- Allow the dough to rise until it is about double the original loaf size. This may take several hours, depending on how active your dough is. When ready, pre-heat the oven to 350°F.
- Use the parchment paper to lift the dough onto a corn meal dusted baking stone or baking sheet. Remove the parchment paper. If desired, score the top of the dough. Place the dough in the oven.
- Bake for 60 to 70 minutes, depending on the size and shape of the loaf, or until the loaf sounds very hollow when tapped on the bottom. If you like your bread to have a little more crust, remove it from the baking sheet and bake it directly on the rack for a few minutes at the end of the baking normal time.
- Cool completely, slice, and love your sourdough bread with butter, cheese, wine, and friends.



Sourdough starter

using Valley Kitchen gluten free all-purpose flour

A cooler kitchen may slow the development of the sourdough, requiring the extra time.

The “sponge” is simply a short name for “sourdough”.

Honey adds a simple food source which helps the yeast overcome the high fibre, lower starch character of the flour; this flour also tends to be lower in natural yeast than many wheat flours. The honey helps to kick-start and sustain the yeast that is present.

You can make pancakes or fry the discarded sponge for feed; chickens and wild birds will love you for it.

Stage 1

1 cup Valley Kitchen gluten free all-purpose flour

$\frac{3}{4}$ cup water

1 tsp honey

In a medium size glass, ceramic, or stainless-steel bowl, fitted with a loose lid or covering, thoroughly mix the flour, water, and honey.

Loosely cover and set in a warm area, about 21°C (70°F) is good, for 24 – 36 hours.

Stage 2

While there may be no apparent growth, measure out and discard, or find another purpose for, about half the sponge. To the remainder, add and thoroughly mix in:

1 cup Valley Kitchen gluten free all-purpose flour

$\frac{3}{4}$ cup water

1 tsp honey

Loosely cover and set in a warm area, about 21°C (70°F) is good, for 24 – 36 hours.

Stage 3 (increase the frequency of feedings)

There should be some apparent growth. Stir down, measure out and reserve $\frac{1}{2}$ cup the sponge. Discard, or find another purpose for, the remainder. To the reserved sponge, add and thoroughly mix in:

1 cup Valley Kitchen gluten free all-purpose flour

$\frac{3}{4}$ cup water

1 tsp honey

Loosely cover and set in a warm area, about 21°C (70°F) is good, for 12 – 24 hours.

Stage 4 (stop adding the honey)

Growth should be showing some vigor. Stir down, measure out and reserve $\frac{1}{2}$ cup of the sponge.

Discard, or find another purpose for, the remainder. To the reserved sponge, add and thoroughly mix in:

1 cup Valley Kitchen gluten free all-purpose flour

$\frac{3}{4}$ cup water

Loosely cover and set in a warm area, about 21°C (70°F) is good, for 12 – 24 hours.

Repeat this step about every 12 hours, 2 to 3 times, until you have regular, vigorous growth.



Stage 5 (preparing to make a loaf of bread)

Stir down, measure out and reserve ½ cup of the sponge.
 Hold the remainder in another bowl for making your bread. If there is not as much as your recipe calls for, feed the sponge without discarding. Wait for the sponge to show vigorous growth before making your bread.

To the reserved ½ cup of sponge, add and thoroughly mix in:

1 cup Valley Kitchen gluten free all-purpose flour

¾ cup water

Loosely cover and refrigerate.

Feed once a week with:

1 cup Valley Kitchen gluten free all-purpose flour

¾ cup water

Stage 6 (preparing to bake another loaf of bread)

To reinvigorate the sourdough for your next loaf of bread, bring it to room temperature.

Stir down the sponge, measure out and reserve ½ cup.

Hold the remainder in another bowl for making your bread. If there is not as much as your recipe calls for, feed the sponge, and include 1 tsp of honey. Do not discarding any of this batch. Wait for the sponge to show vigorous growth before making your bread.

To the reserved ½ cup of sponge, add and thoroughly mix in:

1 cup Valley Kitchen gluten free all-purpose flour

¾ cup water

Loosely cover and refrigerate.

Feed once a week with:

1 cup Valley Kitchen gluten free all-purpose flour

¾ cup water



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BREAKFAST, LUNCH, AND SUPPER

Pancakes

Yield: 2, 5 inch (13 cm) pancakes

	spray oil for the pan or		
125 ml	Valley Kitchen all-purpose flour	1/2	cup
7.5 ml	baking powder	1 1/2	tsp
1	large egg	1	
60 ml	milk	1/4	cup



1. Measure the Valley Kitchen All-purpose flour into a small bowl. Stir in the baking powder.
2. Add the egg and milk. Whisk to blend.
3. Pour the batter into one medium or two small, lightly oiled, hot frying pans or onto a lightly oiled, hot griddle.
4. Turn when the edges of the pancakes appear to be set and bubbles are starting to show on the top.

Served with fruit, yogurt and syrup, these pancakes make a great start to the day.

Waffles

Yield: 2 servings (2 waffles per serving)

	spray oil for waffle iron		
180 ml	Valley Kitchen all-purpose flour	3/4	cup
10 ml	baking powder	2	tsp
30 ml	sugar (optional)	2	Tbsp
1	large egg	1	
125 ml	milk, 1 %	1/2	cup
30 ml	milk, 1 %	2	Tbsp



1. Spray the waffle iron with oil and heat.
2. Measure the Valley Kitchen All-purpose flour, egg and ½ cup of the milk into a bowl. Mix to blend.
3. Scoop half of the batter, 2/3 cup, onto the waffle iron. Cook until done.
4. Stir the 15 ml of milk into the remaining batter and cook.
The batter should spread slowly over the waffle iron.

If you like crispy waffles, leave them on the waffle iron a couple extra minutes or dry in a toaster. These are great to make ahead and reheat in a toaster.

Add 60 ml (1/4 cup) of cooked, chopped bacon to the batter to make **bacon waffles**.

Potato Pancakes

Yield: 8 pancakes

500	ml	potatoes, peeled and coarsely grated	2	cup
125	ml	chopped green onion or chives	1/2	cup
125	ml	Valley Kitchen all-purpose flour	1/2	cup
2		eggs	2	
to taste		salt and pepper	to taste	
60	ml	vegetable oil	1/4	cup

SAUCE

125	ml	mayonnaise	1/2	cup
30	ml	Ranch style dressing	2	Tbsp
to taste		Tabasco sauce	to taste	
30	ml	green relish	2	Tbsp



1. Heat the oil in a large frying pan or griddle,
2. Combine the grated potatoes, onion, Valley Kitchen All-purpose Flour, eggs, salt, and pepper.
3. Scoop about ¼ cup of the batter onto the hot pan. Spread to flatten. Fry the first side until golden, flip, and continue to fry on the second side.
4. To make the sauce, combine the ingredients in a bowl. Serve on the side as a dipping sauce.

You can substitute the onion with 2 Tbsp mixed dried herbs.

Bacon fingers

Yield: 2 servings

4	slices	bacon, thick cut	4	slices
125	ml	Valley Kitchen all-purpose flour	1/2	cup
1	ml	baking powder	1/4	tsp
1		egg	1	
60	ml	water	1/4	cup
		pepper and nutmeg to taste		

1. Cut the bacon strips in halves and pre-cook. Leave some of the bacon fat in the pan.
2. Combine the flour and baking powder.
3. Whisk in the egg, water, and preferred seasonings.
4. Dip the pre-cooked bacon in the batter and fry in the lightly oiled pan.
5. Serve warm with maple syrup or chocolate.



Breakfast Muffins

Yield: 18 muffins

390	2	Valley Kitchen All-purpose flour	3	cups
15	ml	baking powder	1	Tbsp
5	ml	baking soda	1	tsp
2.5	ml	black pepper	1/2	tsp
500	ml	buttermilk or kefir	2	cups
2		eggs, large	2	
45	ml	olive oil	3	Tbsp
30	ml	honey	2	Tbsp
5	ml	salt	1	tsp
30	ml	butter, melted	2	Tbsp
60	ml	green onion, chopped	1/4	cup
60	ml	bacon or ham, chopped and cooked	1/4	cup
125	ml	peppers and onion, chopped and cooked	1/2	cup
125	ml	cheese, grated	1/2	cup

1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine the Valley Kitchen All-purpose flour, baking powder, baking soda and black pepper.
3. Make a well in the middle and add the buttermilk, eggs, olive oil, honey, salt, and butter. Mix to blend.
4. Fold in the green onion, bacon or ham, peppers, onion, and cheese.
5. Spray a set of mini muffin tins with oil. Scoop the batter into the tins.
6. Bake for 18 to 20 minutes.

Cool for 5 to 10 minutes and then turn out onto a rack to finish cooling or serve warm.

Biscuits

Yield: 12 large biscuits

375	g	Valley Kitchen All-purpose flour	3	cups
180	g	Valley Kitchen gluten free oat meal	1 ½	cups
5	ml	salt	1	tsp
30	ml	baking powder	2	Tbsp
150	g	butter (cold)	¾	cup
250	ml	flax gel, cold	1	cup
60	ml	milk, cold	¼	cup
		extra Valley Kitchen All-purpose flour for rolling		



1. Make a batch of flax gel and refrigerate to chill.
2. Preheat the oven to 400°F.
3. In a large bowl, combine Valley Kitchen All-purpose flour with the oatmeal, salt, and baking powder.
4. With your hands, rub the butter in to the flour blend make a chunky blended.
5. Add the cold gel and milk. Mix to form a soft dough.
6. Turn the dough out onto a counter generously coated with Valley Kitchen All-purpose flour.
7. Keeping the dough soft and moist, work and shape the dough with extra flour. Press into an elongated rectangle ¾ to 1 inch thick. Cut and place on the baking sheet.
8. Gather the trimmings together, re-form, and cut. Repeat until all the dough has been used.
9. Bake for 17 to 20 minutes, depending on thickness, and cool on rack. Chill to firm the butter before serving.

These tender, wholesome, gluten free biscuits are delicious with fresh berries and cream, or with soups and chowders.



Prepare and chill the flax gel



Assemble the ingredients and equipment



Make this recipe by hand for best results



Turn dough onto a floured work surface, work in extra flour as required and shape



Form by hand into a rectangle ¾ to 1 inch thick



Place on the baking sheet and bake

MAIN MEAL SUGGESTIONS

Deep fried fish

Yield: 4 servings

500 g	fresh fish	1 lb
60 ml	Valley Kitchen All-purpose flour	1/4 cup
125 ml	Valley Kitchen All-purpose flour	1/2 cup
5 ml	your favorite seafood seasoning	1 tsp
2	egg whites	2
125 ml	water	1/2 cup

Extra water as necessary to maintain a thin batter
vegetable oil for deep frying



1. Heat the oil in a deep fat fryer to 180° C (350° F).
2. Cut the fish into serving size pieces.
3. Dust each piece with the first ¼ cup of Valley Kitchen All-purpose flour.
4. Mix the second 1/2 cup of the Valley Kitchen All-purpose flour with your favorite seasoning.
5. Whisk the egg white and water together.
6. Combine the egg/water mix and seasoned All-purpose flour.
7. Whisk to blend into a thin batter. Use additional water, if necessary.
8. Coat the dusted fish with batter, allowing excess to drip off.
9. Using long tongs, hold the battered fish in the hot fat for a few seconds and then release.
10. Cook for 4 -5 minutes, depending on the thickness of the cut.

Serve the fried fish with your favorite sauce.

Crispy Breaded Chicken Strips

Yield: 4 servings

2	boneless, skinless chicken breasts	2	
125 ml	Valley Kitchen all-purpose flour	1/2 cup	
2	eggs	2	
30 ml	water	2 Tbsp	
180 ml	Valley Kitchen Pancake & Cookie Mix	3/4 cup	
15 ml	your favorite seasoning	1 Tbsp	
250 ml	vegetable oil	1 cup	



1. Cut the chicken breasts into 1/2-inch-thick strips.
2. Set up 3 shallow bowls or plates.
3. In the first dish, place the 1/2 cup of all-purpose flour.
4. In the second bowl, whisk the eggs with the water.
5. In the third bowl, add a generous amount of your favorite seasoning to the 3/4 cup of the pancake mix.
6. Step 1 Place each chicken strip into the flour and coat lightly. Shake off the excess.
7. Step 2 Dip each floured chicken strip into the egg mixture. Let any excess drain back into the bowl.
8. Step 3 Place each chicken strip into the seasoned pancake mix. Coat and press the mix onto the product. Shake to remove excess. Lay the breaded chicken strips on a large plate while the oil heats.
9. Step 4 Heat the oil in a stable cast iron or other heavy pan to 375°F. Fry the breaded chicken strips in the hot oil for 3 minutes on one side. Turn over to the other side and cook for 2 minutes. The temperature of the oil will drop during cooking, so let the temperature come back to 375°F before adding another batch of breaded strips.
10. Hold in a warm oven until ready to serve.

I like to use an infrared digital thermometer in my kitchen. They are very convenient, safe, and inexpensive.



Deep Fried Chicken

Yield: 2 servings

225 g	chicken, boneless	1/2 lb
60 ml	Valley Kitchen All-purpose flour	1/4 cup
125 ml	Valley Kitchen All-purpose flour	1/2 cup
2.5 ml	baking powder	1/2 tsp
5 ml	your favorite seasoning	1 tsp
2	egg white	2
90 to 125 ml	water	1/3 to 1/2 cup
125 ml	(optional) Valley Kitchen All-purpose flour or Valley Kitchen Breading	1/2 cup
	vegetable oil for deep frying	

Per serving: 440 calories, 22 g fat, 2 g saturated fat, 65 mg cholesterol, 200 mg sodium, 29 g carbohydrate, 6 g fiber, 1 g sugar, 35 g protein

1. Heat the oil in a deep fat fryer to 175° C (350° F).
2. Cut the chicken into serving size pieces.
3. Dust each piece with the first ¼ cup of Valley Kitchen All-purpose flour.
4. Mix the second 1/2 cup of the Valley Kitchen All-purpose flour with the baking powder and your favorite seasoning.
5. Whisk the egg white and water together.
6. Combine the egg/water mix and seasoned flour.
7. Whisk to blend into a thick batter.
8. Thoroughly coat the dusted chicken with batter.
9. (optional) For a crispier finish, coat the battered chicken with additional flour or Valley Kitchen breading.
10. Using long tongs, hold the battered chicken in the hot fat for a few seconds and then release.
11. Cook for 4 -5 minutes, depending on the thickness of the cut.



Serve the fried chicken with your favorite dipping sauce such as Ketchup or Honey Dijon

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COOKIES, CUPCAKES, MUFFINS, CAKES, AND DONUTS

Chocolate Chip cookies

Yield: 12 cookies

80 g	butter, room temperature	1/3	cup
125 ml	brown sugar	1/2	cup
2	egg, large	2	
5 ml	vanilla	1	tsp
375 ml	Valley Kitchen all-purpose flour	1 1/2	cups
10 ml	baking powder	2	tsp
125 ml	chocolate chips	1/2	cup



1. Preheat oven to 350°F.
2. Line 2 small, or 1 large, baking sheets with parchment paper.
3. Using an electric hand or counter-top mixer, cream the butter and brown sugar.
4. Beat in the egg and vanilla. Add the Valley Kitchen all-purpose flour, baking powder, and chocolate chips.
5. Mix with a heavy spoon or spatula.
6. Scoop the dough onto the lined baking sheets.
7. Bake for 14 to 15 minutes.
8. Cool on the pan for several minutes and then move to a rack to cool completely.

Oat Cakes

Yield: 24 large oat cakes

245	g	Valley Kitchen All-purpose flour	2	cups
300	g	Valley Kitchen gluten free oatmeal	2 ½	cups
115	g	brown sugar	½	cup
2.5	ml	salt	½	tsp
2.5	ml	baking powder	½	tsp
180	g	butter (room temperature)	¾	cup
125	ml	water	½	cup
		chocolate coating (optional)		
		extra oatmeal for rolling		



1. Preheat oven to 350°F.
2. In a large bowl, combine Valley Kitchen All-purpose flour with the oatmeal, brown sugar, salt, and baking powder.
3. With your hands, cut in the butter until it is evenly blended.
4. Add the water and mix to form a cohesive dough.
5. Turn the dough out onto a pastry counter lightly coated with oatmeal.
6. Press the dough into an elongated rectangle and roll out to ¼ of an inch thick. Cut into square or round shape cookies and place on a baking sheet.
7. Gather the scraps together, re-roll and cut.
8. Bake for 15-17 minutes and cool on rack.
9. (Optional) Coat with chocolate.

Oat cakes are super delicious coated with semi-sweet chocolate. Simply warm 16 squares (4 oz) of chocolate together with 4-5 tsp of butter. I like to use a spoon to spread the chocolate over the oat cakes.

These oat cakes are both sweet and satisfying. Try adding ¼- ½ cup of your favourite dried fruit or nuts such as cranberries or sunflower seeds for additional texture and flavour!

Oatmeal Chocolate Chip Cookies

Yield: 12-14 Cookies

80 g	butter, room temperature	1/4 cup
125 ml	brown sugar	1/2 cup
1	egg, large	1
5 ml	vanilla	1 tsp
375 ml	Valley Kitchen all-purpose flour	1 cup
125 ml	flour	1/2 cup
	Valley Kitchen oatmeal	
10 ml	baking powder	2 tsp
125 ml	chocolate chips	1/2 cup



1. Preheat oven to 350°F.
2. Line 2 small, or 1 large, baking sheets with parchment paper.
3. Using an electric hand or counter-top mixer, cream the butter and brown sugar.
4. Beat in the egg and vanilla. Add the Valley Kitchen all-purpose flour, Valley Kitchen oatmeal baking powder, and chocolate chips.
5. Mix with a heavy spoon or spatula.
6. Scoop the dough onto the lined baking sheets.
7. Bake for 10-12 minutes.
8. Move to a rack to cool.

Macaroons

Yield: 36 macaroon cookies

750 ml	gluten free whole rolled oats (you can also use oatmeal)	3 cups
80 ml	Valley Kitchen All-purpose flour	1/3 cup
250 ml	unsweetened coconut	1 cup
80 ml	cocoa powder	1/3 cup
2.5 ml	salt (optional)	1/2 tsp
125 ml	butter or margarine	1/2 cup
125 ml	milk	1/2 cup
500 ml	white sugar	2 cups
2.5 ml	vanilla extract	1/2 tsp

1. Mix the oats, All-purpose flour, coconut, cocoa, and salt (optional). You can eliminate the salt if using salted butter.
2. Heat the butter or margarine, milk and sugar to the boil. Boil for 2 to 3 minutes. Add the vanilla and beat.
3. Stir the dry ingredients into the hot liquid ingredients.
4. Drop 1 cookie scoop (about 2 Tbsp) of batter onto parchment or waxed paper lined cookie sheets. Shape with a damp fork.
5. Place in freezer to chill.

Peanut Butter Cookies

Yield: 16 cookies

125 ml	brown sugar	½	cup
1	egg, large	1	
5 ml	vanilla	1	tsp
125 ml	peanut butter	½	cup
310 ml	Valley Kitchen All-purpose flour	1 1/4	cup
5 ml	baking powder	1	tsp

1. Preheat oven to 350° F.
2. Beat together the sugar, egg and vanilla.
3. Blend in the peanut butter.
4. Add the flour and baking powder. Mix until completely blended.
5. Scoop 2 Tbsp of the batter onto a non-stick baking sheet and flatten with a fork.
6. Repeat with the remaining dough.
7. Bake for 12 minutes.
8. Cool for 1-2 minutes and then move to a wire rack.

Shortbread Cookies

Yield: 80 cookies (2 inch square)

225 g	butter, salted, room temperature	1	cup
90 g	icing sugar	3/4	cup
5 ml	clear vanilla or almond extract	1	tsp
375 g	Valley Kitchen All-purpose flour	3	cups

1. Cream the butter. Blend in the icing sugar. Beat on medium for 2 minutes.
2. Add the flavor extract. Beat to mix.
3. Mix the Valley Kitchen All-purpose flour into the batter until well blended. Turn onto a lightly floured counter and knead as required to hold the dough together. Refrigerate the dough for 5 to 10 minutes before rolling.
4. Lightly flour the counter and roll the dough to about ½ cm thick.
5. Cut with a small decorative cookie cutter. Gather the remaining dough together, roll and cut. Repeat until all the dough has been used.
6. Lay on a parchment lined baking sheet.
7. Decorate with cherries, colored sprinkles, or other seasonal decoration.
8. Bake in an oven preheated to 325°F for 14 to 15 minutes.

Shortbread cookies are as much a part of the festive season as gifts and eggnog. These delicious cookies provide a nutritional complement of fibre to the wonderful flavor of butter and vanilla.

Sugar Cookies

Yield: 36 cookies (using large round cutter)

325 g	Valley Kitchen all-purpose flour	2 1/2 cups
5 ml	baking powder	1 tsp
2.5 ml	cinnamon (optional)	1/2 tsp
120 g	butter	1/2 cup
260 g	white granulated sugar	1 1/4 cup
5 ml	vanilla or almond extract	1 tsp
1	large egg	1



1. Line 2 baking sheets with parchment paper. You can lightly spray the sheets to help hold the paper in place.
2. Pre-heat the oven to 325°F.
3. Stir together the Valley Kitchen all-purpose flour, baking powder and cinnamon.
4. Cream the butter, sugar and vanilla. Add the egg and beat until fluffy.
5. Gradually add the flour blend and beat until just combined. The dough will be crumbly.
6. Turn the dough onto your counter and work the dough into a ball.
7. Lightly flour the counter and roll the dough to about 1/2 cm (1/4 inch) thick.
8. Cut with a small decorative cookie cutter, or large round cutter, and transfer to a prepared baking sheet. Leave space for the cookies to spread a bit.
9. Collect the trimmings together and reroll.
10. Bake in an oven preheated to 325°F for 10 to 12 minutes.

Sugar cookies are a favorite at home, for gifts and community bake sales. These smooth textured, crunchy cookies are sure to be a great hit.

Decorate for the season using Royal Icing: Red cinnamon icing for Valentines, Sprinkles and cherries for Christmas. Others as your imagination directs you...

Royal Icing

- 3 large egg whites
- 3 tsp cream of tartar
- 4 cups confectioners' sugar

1. Measure all ingredients into a bowl. With an electric mixer, mix on low for 2 minutes, then 8 to 10 minutes on high. If the icing is too thick, add a teaspoon or two of water.

Use immediately or store in an air-tight container with plastic wrap pressed tightly against the surface of the icing. Do not refrigerate.

Molasses Cookies

Yield: 16 cookies

365 g	Valley Kitchen All-purpose flour	3 cups
2.5 ml	cinnamon	½ tsp
2.5 ml	cloves	½ tsp
2.5 ml	ginger	½ tsp
180 g	molasses	1/2 cup
75 g	brown sugar	1/2 cups
125 ml	oil	1/2 cup
1	egg	1
60 ml	hot water	1/4 cup
2.5 ml	baking soda	½ tsp

1. Prepare 2 baking sheet by lightly spraying with them oil.
2. Preheat the oven to 350°F.
3. In a bowl, blend Valley Kitchen All-purpose flour, cinnamon, cloves, and ginger. Mix well.
4. Beat the molasses, brown sugar, oil, and egg.
5. Stir the soda into the hot water and beat into the molasses mixture.
6. Mix the dry ingredients into the molasses mixture until the dough is still soft but not sticky.
7. Scoop ¼ cup of the dough on the oiled baking sheets. Allow lots of room for the dough to spread.
8. Bake for 12 to 15 minutes or until the centre is set and the edges are crispy.

If you are baking the cookies on the 2 sheets at the same time, switch them halfway through the baking time to help ensure even baking.

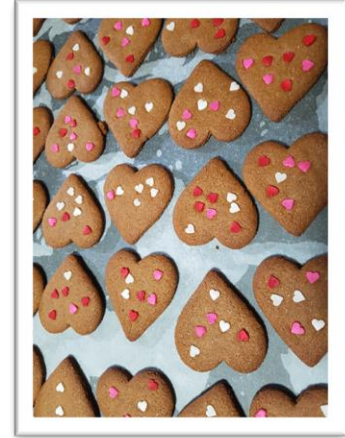


Ginger Snap Cookies

A seasonal treat you can enjoy any time of the year.

Yield: 30 cookies

80 g	butter, room temperature	1/3	cup
85 ml	Crosby's Fancy Molasses	1/4	cup
105 ml	sugar	1/2	cup
5 ml	ground ginger	1	tsp
5 ml	ground cinnamon	1	tsp
2.5 ml	ground cloves	1/2	tsp
2.5 ml	ground nutmeg or cardamom	1/2	tsp
60 ml	heavy cream	1/4	cup
5 ml	baking soda	1	tsp
275 g	Valley Kitchen All-purpose flour	2 1/4	cups
	extra flour for kneading		



1. Preheat oven to 400 F.
2. Line 2 baking sheets with parchment paper.
3. Beat together the butter and molasses.
4. Beat in the sugar and spices.
5. Whip the cream to stiff peaks. With a wooden spoon or heavy spatula, fold into the butter mixture.
6. Whisk together the baking soda and Valley Kitchen All-purpose flour, add to creamed mixture in three additions. Mix to combine.
7. Shape the dough on a lightly floured surface and flatten for rolling.
8. Roll to 1/4" thickness. Cut into desired shapes.
9. Place on the prepared baking sheets and bake for 6 to 7 minutes. Watch closely.
10. Cool on the pan for several minutes and then move to a rack to cool completely.

Adapted from Bridget Oland's (Crosby's Fancy Molasses) Cardamom Scented Gingersnaps.

Chocolate Cupcakes

Yield: 12 large or 36 mini cup cakes

240	g	Valley Kitchen all-purpose flour	2	cups
22	ml	baking powder	1 1/2	Tbsp
185	ml	white sugar	3/4	cup
90	g	sifted cocoa	1	cup
15	ml	cinnamon	2	Tbsp
60	g	butter	1/4	cup
42	g	unsweetened chocolate	6	squares
10	ml	vanilla	2	tsp
2		eggs, large	2	
185	ml	pumpkin puree	3/4	cup
250	ml	milk	1	cup
185	ml	chocolate chips (optional)	3/4	cup



1. Combine the Valley Kitchen all-purpose flour, baking powder, white sugar, cocoa and cinnamon in a large bowl. Whisk to blend.
2. Melt together the butter and chocolate.
3. Make a well in the middle of the dry ingredients and add the butter / chocolate mixture, vanilla, eggs, pumpkin puree, milk, and (optional) chocolate chips.
4. Beat on low for 2 minutes or until well blended,
5. Scoop the batter into oiled, non-stick muffin tins.
6. Bake at 350°F for 20 to 22 minutes for large or 12 to 13 minutes for mini cupcakes.
7. Cool completely before icing.

Chocolate Cherry Cupcakes

Yield: 12 large cup cakes

130 g	Valley Kitchen all-purpose flour	1	cup
15 g	baking powder	1	Tbsp
100 g	white sugar	1/2	cup
45 g	cocoa, sifted	1/2	cup
60 g	butter	1/4	cup
55 g	chocolate, unsweetened	2	squares
5 ml	vanilla	1	tsp
1	eggs, large	1	
250 g	milk, 2 % or water, warm	1	cup
300 g	cherry pie filling (540 ml can)	1 1/8	cup
45 ml	chocolate chips	1/4	cup
225 g	chocolate icing	6	Tbsp



1. Combine the Valley Kitchen all-purpose flour, baking powder, white sugar, and cocoa in a large bowl. Whisk to blend.
2. Place the butter and chocolate in a bowl. Heat to melt. Add the vanilla, eggs, and milk. Whisk to blend.
3. Pour the chocolate mixture into the flour and mix with an electric beater for 1 to 2 minutes.
4. Fold in the cherry pie filling and chocolate chips to thoroughly blend.
5. Scoop the batter into oiled or paper lined muffin tins.
6. Bake at 350°F for 25 to 30 minutes, 20 minutes for mini cupcakes.
7. Cool completely before icing.

I like to save out some whole cherries for the top of each cupcake.



Banana Chocolate Chip Cupcakes

Yield: 18 large cupcakes

One bowl recipe

3	bananas, mashed	3	
250 ml	sugar	1	cup
2	egg, large	2	
5 ml	vanilla extract	1	tsp
180 ml	milk or water	3/4	cup
625 ml	Valley Kitchen all-purpose flour	2 1/2	cups
30 ml	baking powder	2	Tbsp
180 ml	chocolate chips	3/4	cup



1. In a large mixing bowl, mash the bananas, sugar, eggs, and extract. Stir in the milk.
2. Measure in the Valley Kitchen all-purpose flour and baking powder.
3. Mix well to blend, add chocolate chips, and beat for a minute or so. I like to use an electric mixer for this step.
4. Using a large spoon or ice-cream scoop, scoop the batter into oiled, non-stick, or paper lined, cupcake tray. Fill the cups full.
5. Bake at 350°F for 25 to 27 minutes for large muffins.

If you make these into mini cupcakes, bake for 15 to 17 minutes.

Cool for 5 minutes and remove from the tins to a cooling rack. Cool completely before icing.

VARIATIONS

- Leave out the chocolate chips
- Substitute the vanilla extract with almond
- Include chopped pecans

This one bowl recipe is ideal for kids. Quick to make with easy clean-up.



Blueberry Muffins

Yield: 12 large muffins

750 ml	Valley Kitchen All-purpose flour	3	cups
35 ml	baking powder	2 1/2	Tbsp
250 ml	sugar	1	cup
2	egg, large	2	
5 ml	vanilla	1	tsp
375 ml	milk	1 1/2	cup
250 ml	blueberries, wild, fresh, or frozen	1	cup

1. In a large mixing bowl, combine the Valley Kitchen All-purpose flour blend, baking powder and sugar.
2. In another bowl, beat together the eggs, vanilla, and milk.
3. Add the flour mixture to the liquid. With an electric beater or hand whisk, mix until well blended.
4. Fold in the blueberries.
5. Using a large scoop, scoop the batter into oiled, non-stick muffin tins. Fill the tins full.
6. Bake at 375°F for 25 to 27 minutes for large muffins. Muffins with fresh berries will bake more quickly than those with frozen berries. Check after 23 minutes.
7. Cool for 5 minutes and remove from the tins to a cooling rack.

If you are using a convection oven, be sure to reduce the time and / or baking temperature. Check after 18 minutes.

Spicy Pumpkin-apple muffins

Delicious muffins that blend two of autumn's favourite flavours.

Yield: 12 large muffins (up to 30 mini muffins)

180	g	Valley Kitchen all-purpose flour	1 1/2	cups
250	ml	white sugar	1	cup
15	ml	baking powder	1	Tbsp
5	ml	baking soda	1	tsp
2.5	ml	salt	1/2	tsp
15	ml	cinnamon	1	Tbsp
2.5	ml	nutmeg	1/2	tsp
2.5	ml	cloves	1/2	tsp
125	ml	oil	1/2	cup
2		large eggs	2	
250	ml	pumpkin puree, pure	1	cup
250	ml	apples, peeled and chopped	1	cup
		icing sugar optional		



1. Preheat the oven to 350°F.
2. Lightly oil 12 non-stick muffin tins or 30 mini muffin tins.
3. In a large mixing bowl, combine the Valley Kitchen all-purpose flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg. Mix to blend.
4. Add the oil, eggs, pumpkin, and chopped apple.
5. Mix for 1 to 2 minutes until the batter ingredients are well blended. You can mix by hand or use a counter-top mixer, which I prefer, as this method cuts the apples into smaller pieces and blends the bits throughout the batter more evenly.
6. Using a scoop, fill each muffin cup level full.
7. Bake in the pre-heated oven for 25 to 27 minutes; minis bake for 15 minutes.

Cool and top with a sprinkling of icing sugar, a subtle reminder that winter is coming sooner than later.

Pumpkin-spice muffins

The perfect companion for a warm cup of freshly brewed coffee or a spicy chi tea.
So moist and delicious!

Yield: 12 large muffins (up to 30 mini muffins)

210 g	Valley Kitchen all-purpose flour	1 1/2 cups
50 g	Valley Kitchen flax flour	1/2 cup
225 g	white sugar	1 cup
15 ml	baking powder	1 Tbsp
5 ml	cinnamon	1 tsp
2.5 ml	cloves	1/2 tsp
2.5 ml	nutmeg	1/2 tsp
60 ml	vegetable oil	1/4 cup
180 ml	water	3/4 cup
375 ml	pumpkin puree, pure cream cheese icing	1 1/2 cup



1. Preheat the oven to 350°F.
2. Lightly oil 12 non-stick muffin tins or 30 mini muffin tins.
3. In a large mixing bowl, combine the Valley Kitchen all-purpose flour, flax flour, sugar, baking powder, cinnamon, cloves, and nutmeg. Mix to blend.
4. Add the oil, water, and pumpkin.
5. Mix for 1 to 2 minutes until the batter ingredients are well blended. You can mix by hand or use an electric mixer.
6. Using a scoop, fill each muffin cup level full.
7. Bake in the pre-heated oven for 30 to 33 minutes; minis bake for 20 to 22 minutes.

This is a one bowl recipe, ideal for young kids. Quick to make with easy clean-up.

Cool and top with a dollop of cream cheese icing.



Blueberry Coffee Cake

Yield: 1 pan, 9 x 9 inches (16 squares)

500 ml	Valley Kitchen All-purpose flour	2 cups
15 ml	baking powder	1 1/2 Tbsp
2 ml	salt	1/2 tsp
180 ml	sugar	3/4 cup
125 ml	milk	1/2 cup
2	egg, large	2
60 ml	vegetable oil	1/4 cup
10 ml	vanilla	2 tsp
375 ml	blueberries	1 1/2 cups
30 ml	sugar	2 Tbsp
5 ml	lemon juice	1 tsp

Topping

125 ml	Valley Kitchen All-purpose flour	1/2 cup
60 ml	brown sugar	1/4 cup
60 ml	butter	1/4 cup
10 ml	cinnamon	2 tsp

1. Preheat oven to 350 F.
2. Lightly oil a 9 x 9 inch glass or non-stick metal baking pan.
3. Mix the Valley Kitchen All-purpose flour, baking powder, salt and sugar. Add the milk, eggs, vegetable oil and vanilla.
4. Using an electric mixer, beat for a couple minutes to thoroughly blend.
5. Mix berries, sugar, and lemon together.
6. Spread half the batter evenly into the prepared pan.
7. Cover with the blueberry mixture, then spread the remaining batter on top of the berry mixture.
8. Mix topping ingredients together until crumbly and sprinkle on top.
9. Bake for 35 to 40 minutes.

Light Sponge (Birthday) Cake

Yield: 2 x 8 inch round cakes

4	eggs, large, separated	4	
250 ml	Valley Kitchen All-purpose flour	1	cup
5 ml	baking powder	1	tsp
60 ml	sugar	1/4	cup
5 ml	vanilla	1	tsp
25 ml	cold water	1 1/2	Tbsp
25 ml	lemon juice	1 1/2	Tbsp
180 ml	sugar	3/4	cup

Cut cake into 12 servings. Per serving: 134 calories, 3 g fat, 0.5 g saturated fat, 60 mg cholesterol, 50 mg sodium, 24 g carbohydrate, 1 g fiber, 18 g sugar, 3 g protein

1. Preheat the oven to 350° F.
2. Prepare 2 x 8 inch round cake pans by lightly spraying the pans and lining them with parchment or waxed paper.
3. Separate the 4 eggs with the whites in one medium sized bowl and the yolks in a second medium sized bowl.
4. In a third bowl, blend the flour and baking powder.
5. Beat the egg whites until they stand up in soft peaks. Beat in the ¼ cup of sugar.
6. Beat the egg yolks until thick and lemon colored.
7. Then beat in the vanilla, cold water, lemon juice and ¾ cup of sugar.
8. Pour this mixture over the whites and fold to combine.
9. Using a sifter, sprinkle the flour over the batter in small portions and fold into the batter.
10. Pour batter into the prepared cake pans.
11. Bake at 350°F for 23 to 25 minutes.
12. Turn the pans over a cooling rack and allow the cakes to cool, hanging upside down in the pans.
13. Cool completely before removing from the pans.
14. When cold, spread the top of one cake with buttercream or jam. Set the second cake on top and finish with icing.

Yield: 2 x 8 inch round cakes

60 ml	butter, room temperature	1/4	cup
250 ml	white sugar	1	cup
2	eggs, large	2	Tbsp
10 ml	vanilla	2	tsp
500 ml	Valley Kitchen All-purpose flour	2	cups
15 ml	baking powder	1	Tbsp
250 ml	sifted cocoa	1	cup
500 ml	milk, 1 % or water	2	cups

Remember that beating gluten free flour will not toughen the batter.

Cut cake into 12 servings. Per serving: 240 calories, 10 g fat, 4 g saturated fat, 50 mg cholesterol, 150 mg sodium, 36 g carbohydrate, 5 g fiber, 20 g sugar, 7 g protein

1. Preheat the oven to 350°F.
2. Prepare 2 x 8 inch round cake pans by lightly spraying the pans and lining them with parchment or waxed paper.
3. Using an electric mixer, cream the butter until light.
4. Add the sugar and continue to beat until the sugar is well mixed into the butter.
5. Beat in the eggs, one at a time and then the vanilla.
6. Combine the all-purpose flour, baking powder and cocoa in a large bowl. Whisk to blend or sift.
7. Add about 1/3 of the flour mixture to the butter mixture and beat until blended.
8. Add ½ of the milk and beat. Repeat with the flour and milk until they are all in the batter.
9. Scoop the batter into the lined cake pans.
10. Bake at 350°F for 25 to 30 minutes.
11. Cool for 10 minutes and then turn out of the pans onto a cooling rack.
12. When cold, spread the top of one cake with buttercream or jam. Set the second cake on top and finish with icing.

You can change the vanilla to any other flavoring as suits your taste.

Buttercream icing - chocolate

Yield: 25 x 30 g (1 oz) servings

380 g	confectioners sugar, unsifted	3	cups
240 g	sweet butter	1	cup
45 ml	water	3	Tbsp
15 ml	caramel or other flavour	1	Tbsp
40 g	unsweetened chocolate, melted	1 1/2	oz
10 g	cocoa, sifted	2	Tbsp

Add all ingredients to the mixing bowl. Mix slowly until combined, then whip for 5 to 8 minutes, until smooth and creamy. Refrigerate to preserve.

PIES AND TARTS

Pie Dough – single crust

Yield: 1 single crust, 8 to 10-inch pie

160	g	Valley Kitchen All-purpose flour	1 1/3	cups
10	ml	white sugar (optional)	2	tsp
2.5	ml	baking powder	1/2	tsp
80	g	butter, cold	1/3	cup
2		eggs	2	
		extra gluten free flour for rolling		



1. In a large bowl or food processor, blend the Valley Kitchen All-purpose flour, sugar (optional) and baking powder. A little sugar in the dough is a nice option if you are baking a sweet pie.
2. Cut the cold butter into small cubes. Add to the processor, or bowl, and cut the butter into the flour. The butter should be small pieces but still visible.
3. Break the eggs into a bowl and add them to the dough. Mix until the dough starts to form a ball.
4. Turn the dough onto a work surface and, using a dough scraper or similar tool, gather the dough into a rough ball. Work the dough until it holds together. Knead to completely blend the dough.
5. Lightly flour the counter and top of the dough. Roll to fit the plate. Use a baker's spatula, or long thin knife, to loosen the dough from the counter surface as you roll. Push the dough together if it cracks.
6. Slip a thin plastic cutting sheet under the dough and slide the dough into the pie plate. If it breaks a bit, piece the dough together. If it breaks a lot, knead it back together and re-roll. Remember, glute free flour does not get tough with over-working, but it can become too dry if excess flour is added.
7. Scoop or pour the filling into the pastry lined plate.
8. Bake according to instructions.

Notes

This dough is more tender than wheat flour dough, so be gentle with it. Use a plastic sheet to lift it into the pie plate and place the top over the filling. It is also very forgiving, so pressing pieces of it together is no problem!

Pie Dough – double crust

Yield: 1 double crust, 8 to 10-inch pie or 44 - 48 mini tarts

270	g	Valley Kitchen All-purpose flour	2 1/4	cups
15	ml	white sugar (optional)	1	Tbsp
5	ml	baking powder	1	tsp
125	g	butter, cold	1/2	cup
3		eggs	3	
		extra gluten free flour for rolling		



1. In a large bowl or food processor, blend the Valley Kitchen All-purpose flour, sugar (optional) and baking powder. A little sugar in the dough is a nice option if you are baking a sweet pie.
2. Cut the cold butter into small cubes. Add to the processor, or bowl, and cut the butter into the flour. The butter should be small pieces but still visible.
3. Break the eggs into a bowl and add them to the dough. Mix until the dough starts to form a ball.
4. Turn the dough onto a work surface and, using a dough scraper or similar tool, gather the dough into a rough ball. Work the dough until it holds together. Knead to completely blend the dough.
5. To roll the dough, divide into 2 portions, one slightly larger for the top, and the remainder for the bottom.
6. Lightly flour the counter and top of the dough. Roll to fit the plate. Use a baker's spatula, or long thin knife, to loosen the dough from the counter surface as you roll. Push the dough together if it cracks.
7. Slide a thin plastic cutting sheet under the dough and slide into the pie plate. If it breaks a bit, piece the dough together. If it breaks a lot, knead it back together and re-roll.
8. If you are making a top, roll the reserved piece of dough. Fill the plate with your filling. Moisten the edge of the bottom sheet and slide the top over the filling. Seal the edges, cut vents, and bake according to instructions.

Notes

This dough is more tender than wheat flour dough, so be gentle with it. Use a plastic sheet to lift it into the pie plate and place the top over the filling. It is also very forgiving, so pressing pieces of it together is no problem!

Pies

1. To roll the dough, divide into 2 portions, one slightly larger for the top, and the remainder for the bottom.
2. Lightly flour the counter and top of the dough. Roll to fit the plate. Use a baker's spatula, or long thin knife, to loosen the dough from the counter surface as you roll. Push the dough together if it cracks.
3. Slide a thin plastic cutting sheet under the dough and slide into the pie plate. If it breaks a bit, piece the dough together. If it breaks a lot, knead it back together and re-roll.
4. If you are making a top, roll the reserved piece of dough. Fill the plate with your filling. Moisten the edge of the bottom sheet and slide the top over the filling. Seal the edges, cut vents, and bake.
5. Bake the pie at 350 °F for 40 to 50 minutes or as otherwise required to cook the filling.



Allow to cool before serving

Tarts

1. Pre-heat the oven to 350°F. Roll the dough to desired thinness and cut with a 3 inch round for mini-muffin pan size.
2. Place the dough into the tins and fill with mincemeat. Re-roll the dough bits, but be careful not to add too much flour as this will dry the dough and cause it to crack.
3. Bake the tarts for 17 minutes.



Notes

Avoid baking in a hot oven, greater than 350°F, as this can make the crust very dark.

Rhubarb custard pie with crumble topping

This recipe has 3 parts, so a bit of work, but well worth the effort, and nothing too complicated!

Yield: 1 x 9-inch pie

Part 1 make a batch of pie dough, previous page. You will need half a batch for this recipe, so if you don't have a use for the other half, make half-batch of dough, or make 2 pies.

Part 2 make the crumble topping.

Ingredients for the crumble topping for one 9-inch pie

80	g	Valley Kitchen all-purpose flour	1/4	cup
30	g	Valley Kitchen gluten free oats	1/2	cup
60	g	white sugar	1/4	cup
2.5	ml	cinnamon	1/2	tsp
	g	butter, room temperature	1/4	cup

1. Combine the flour, oats, sugar, and cinnamon.
2. Work in the butter to make the crumble.



Part 3 make the filling.

Ingredients for the rhubarb custard filling for one 9-inch pie

	g	fresh rhubarb	3	cups
	g	Valley Kitchen all-purpose flour	1/4	cup
125	ml	whole milk or blend (10% m.f.)	1/2	cup
3		eggs, large	3	
	g	white sugar	1 1/4	cup
2.5	ml	cinnamon	1/2	tsp

1. Preheat the oven to 350°F.
2. Combine the fresh rhubarb and flour.
3. Blend the milk, eggs, sugar, and cinnamon. Stir this into the rhubarb mixture.
4. Pour into the prepared pie shell. Top with the crumble.
5. Bake at 350°F for 45 minutes.
6. Cool and enjoy.



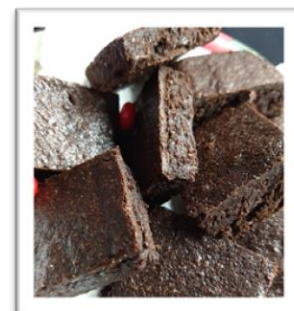
SQUARES, CRISPS, and OTHER DELICIOUS SWEET TREATS

Chocolate Brownies

Chewy and chocolatey deliciousness

Yield: 16 servings; 8 x 8 inch baking pan

170 g	butter	3/4	cup
50 g	semi-sweet baking chocolate	7	squares
3	egg, large, room temperature	3	
7.5 ml	vanilla	1 1/2	tsp
80 g	Valley Kitchen All-purpose flour	2/3	cup
250 g	sugar, white granulated	1 1/4	cup
90 g	sifted cocoa	3/4	cup



1. Preheat oven to 350°F.
2. Lightly spray and line a baking pan with parchment paper.
3. In the micro-wave, using a medium size, micro-wave safe bowl, melt the butter. Cool slightly and add the chocolate. Stir to melt.
4. Beat together the eggs and vanilla. Beat into the warm butter mixture.
5. Mix the Valley Kitchen All-purpose flour with the sugar and the cocoa.
6. Beat the butter mixture into the dry mixture.
7. Spread the batter onto the lined baking sheet.
8. Bake for 30 - 35 minutes.
9. Cool on the pan for several minutes.

Cut to size and move to a rack to cool completely or devour while still warm.

Date Squares

These are so easy to make, you will want to teach your kids how to make them so they can make you a treat for a change!

Yield: 1 pan, 9 x 9 inches, cut into 16 servings

450 g	dates	1 lb
375 ml	water	1 1/2 cups
10 ml	vanilla	2 tsp
330 g	Valley Kitchen gluten free oatmeal or whole rolled oats, if preferred	2 cup
90 g	Valley Kitchen All-purpose flour	3/4 cup
230 g	brown sugar	1 cup
5 ml	baking soda	1 tsp
120 g	butter	1/2 cup
	spray oil	



10. Preheat oven to 350° F.
11. Lightly spray the pan with the oil and line with parchment paper.
12. Place dates in a pot and cover it with the water. Bring to a boil and simmer until soft, 8 to 10 minutes. Remove from the heat and stir in the vanilla.
13. Mix the oats, flour, brown sugar, and baking soda together. Work in the butter to make a crumble.
14. Place 2/3 to 3/4 of the crumble into the pan, spread evenly and press lightly.
15. Cover with the dates.
16. Spread the remaining oat mixture on top of the dates. Press lightly.
17. Bake for 25 minutes or until edges are brown.
18. Cool. Remove from the pan. Enjoy!

Notes

If you don't have parchment paper, generously butter the baking pan instead. When baked, let the squares cool before cutting and lift out with a fork.



Apple Crisp

Yield: 12 servings

1.5 L	apples	6 cups
	nutmeg or cinnamon	(as desired)
125 ml	brown sugar	1/2 cup
250 ml	Valley Kitchen all-purpose flour	1 cup
125 ml	Valley Kitchen gluten free oatmeal	1/2 cup
60 ml	soft butter	1/3 cup
	extra cinnamon	



Preheat oven to 180°C (350°F).

1. Wash, core and slice the apples into an oven proof baking dish. Sprinkle the apples with nutmeg or cinnamon. Optional; sprinkle of brown sugar.
2. In a bowl, mix the Valley Kitchen all purpose flour and rolled oats.
3. Add the soft butter and rub in until the butter is well blended with the flour.
4. Put the flour mixture on top of the sliced apples. Press lightly.
5. Bake for 45 minutes, or until the apples are soften.

Pear Crisp

Yield: 12 servings, 8x8 inch pan

1	kg	pears, sliced	6	cups
2.5	ml	ginger	1/2	tsp
5	ml	cinnamon	1	
125	ml	brown sugar	1/2	cup
2.5	ml	salt	1/2	tsp
125	ml	Valley Kitchen all-purpose flour	1/2	cup
125	ml	Valley Kitchen gluten free oatmeal	1/2	cup
125	ml	Valley Kitchen gluten free whole rolled oats	1/2	cup
60	ml	soft butter	1/3	cup
		extra cinnamon as desired		



1. Preheat oven to 180°C (350°F).
2. Wash, core and slice the pears into an oven proof baking dish. Sprinkle the pears with ginger and cinnamon.
3. In a bowl, mix the brown sugar, salt, Valley Kitchen all purpose flour and Valley Kitchen gluten free oatmeal and whole rolled oats.
4. Add the soft butter and rub until well blended.
5. Put the flour mixture on top of the sliced pears. Spread evenly and press lightly.
6. Bake for 45 minutes, or until the pears are soft.