

gluten-free

Holiday Survival Guide



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For many people, the hardest part of following a gluten-free diet can be finding simple but tasty gluten-free recipes that are safe and delicious options during the holiday season. All almond forms make excellent additions to the gluten-free diet and can be used in many ways to turn your holiday favorites into gluten-free versions and open you up to new favorites. Plus, almonds are the perfect solution for the gluten-free diet because they provide nutrients that are often lacking, such as fiber (3.5g), calcium (75mg), iron (1.1mg) and protein (6g). Almonds are naturally cholesterol-free and low in saturated fat, with 13g of unsaturated fat and only 1g of saturated fat.

Living a gluten-free lifestyle, whether due to celiac disease, gluten sensitivity or just by choice, can be a bit more challenging during the holiday season when all those traditional recipes you're used to enjoying are now no longer available. However, with a little creativity and planning, there are some things you can do to make it easier to celebrate, starting by utilizing naturally gluten-free almonds in every recipe.

Almonds are delicious and crunchy, adding flavor, texture and a sudden sophistication to any dish. From appetizers to desserts, almonds offer up the possibilities to adapt traditional recipes and reinvent old favorites to make tasty dishes gluten-free. Also, with the various almond forms available, there are dozens of other potential gluten-free recipes available to try. The versatility of almonds allows you to venture into new cooking approaches to discover ways to create even more delicious gluten-free dishes to add to your holiday cookbook to share with family and friends this season.



ALMOND FORMS

Whole Natural Almonds

They are the most versatile of the bunch. Either as a snack or included in a recipe, they provide the perfect crunch while always being gluten-free. Match the season and spice things up by seasoning your own spiced almonds as a pre-meal treat for family and friends.

Sliced and Slivered Almonds

Use slivered or sliced almonds to top your favorite baked goods for added texture and decoration.

Almond Flour

Almond flour is a nutritious option for gluten-free baking. Almond flour can be used alone in recipes for hearty and flavorful treats or as an addition to a gluten-free flour blend. Try supplementing one-third of your favorite gluten-free flour blend with almond flour for moist and light delicacies.

Where to find it: You'll find almond flour almost anywhere gluten-free products are sold, including natural grocery stores, health food stores or online. You can also make your own by grinding whole natural almonds in a food processor. A good trick is to freeze the almonds first since warm or room-temperature almonds can become almond butter very quickly.

Almond Milk

Almond milk doesn't have to be limited to cereals and coffee in the morning. Utilize almond milk's light and crisp taste in baking your favorite cake, muffin or bread recipe for an added boost of flavor. You can then pair your newly baked good with a glass of refreshing almond milk for an extra-special treat.

Where to find it: Almond milk can be found at your local grocery store and is available in a variety of flavors. Almond milk is a milk substitute created by finely grinding almonds together with water then straining the liquid from the ground almonds.

Almond Butter

Create more gluten-free favorites with almond butter. Easily spread almond butter on crackers or top on fresh fruit for a creamy treat. Or use almond butter to make your favorite cookie recipe gluten-free.



gluten-free CHESAPEAKE CRAB CAKES WITH ALMOND AIOLI

Yields 8 servings of two 1.5-ounce cakes

Ingredients

- 1/2 cup almond aioli (or curried almond aioli, see next page)
- 1/2 cup almonds, natural, ground fine
- 1 teaspoon Old Bay Seasoning
- 1 egg
- 1 teaspoon flaxseed, ground fine
- 1 tablespoon Dijon mustard
- 3 tablespoons parsley, roughly chopped
- 1/4 cup almond meal
- 1 pound crab, jumbo lump
- Lemon wedges
- Canola oil, as needed
- Parsley, finely minced, to garnish

Directions

Combine almond aioli, ground almonds, Old Bay Seasoning, egg, ground flaxseed, Dijon mustard and parsley in a medium-sized bowl and mix together until well blended.

Gently fold in sliced almonds and jumbo lump crab meat.

Form mixture into sixteen 1.5-ounce cakes and sear in a sauté pan over medium-high heat with canola oil for 3 minutes, 1 1/2 minutes per side. Finish in 375°F oven for 2 minutes.

Serve immediately with two on a plate garnished with lemon wedge and a sprinkling of fresh parsley.



Created by chef John Csukor.

Bring a taste of the Chesapeake Bay to your dinner table this holiday with this gluten-free adaptation of classic crab cakes. Combined with traditional ingredients, almonds add a distinct flavor and texture for a whole new sensory experience.

Nutritional Analysis per serving

Calories	227	Fiber	1.5g
Total Fat	17.6g	Cholesterol	80.2mg
Saturated Fat	1.7g	Sodium	345.6mg
Monounsaturated Fat	11.2g	Calcium	95.7mg
Polyunsaturated Fat	3.6g	Magnesium	56.2mg
Protein	15.1g	Potassium	317.7mg
Carbohydrates	2.8g	Vitamin E	8.1mg*

*Total alpha-tocopherol equivalents.



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gluten-free **ALMOND AIOLI**

Yields 32 ounces, one-ounce servings

Ingredients

- 2 cloves roasted garlic
- 4 tablespoons almond butter, roasted
- 1 egg
- 1 tablespoon kosher salt
- 1/8 cup fresh lemon juice
- 1/8 cup champagne vinegar
- 3 cups almond oil
- 1/4 cup cold water

Directions

Add the first six ingredients to the bowl of a food processor. Puree until smooth.

While pureeing, slowly add almond oil, alternating with water to achieve desired consistency.

Store in an airtight container in the refrigerator.



gluten-free **CURRIED ALMOND AIOLI**

Yields 20 ounces, one-ounce servings

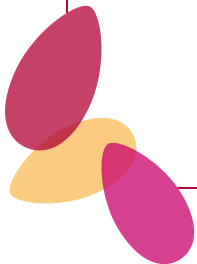
Ingredients

- 16 ounces almond aioli
- 1/2 cup scallions, washed and sliced thin
- 1/4 cup Greek-style yogurt, plain
- 1 tablespoon Madras curry powder
- 1 tablespoon freshly squeezed lemon juice

Directions

In a clean stainless steel bowl, combine all ingredients and stir to incorporate evenly.

Store in an airtight container in the refrigerator.



gluten-free ALMOND SACHER TORTE

Ingredients

- 6 large eggs, separated
- 1/2 cup white sugar
- 1 stick (1/2 cup) butter, sweet unsalted
- 1 tablespoon almond extract
- 1 cup confectioners' sugar
- 6 ounces bittersweet chocolate, melted
- 3 tablespoons cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon xanthan gum
- 1/2 cup potato starch
- 1/2 cup almond flour
- 1/4 teaspoon sea salt
- 2 cups sliced almonds

Ganache Frosting:

- 1 cup heavy cream
- 12 ounces 60% chocolate
- 2 tablespoons agave nectar

Directions

Whip egg whites to soft peaks, add in white sugar and continue to whip into a firm meringue then set aside. Cream the butter, almond extract and confectioners' sugar until the mixture is light in color and smooth. Add the melted chocolate to the butter mixture until fully incorporated and then add the egg yolks one at a time. Fold the butter-chocolate mixture into the meringue. Once mixed, add the sifted dry ingredients until mixture is completely blended.

Bake for 30 to 35 minutes at 350°F in a 10-inch spring form pan that has been lightly coated with butter and dusted with almond flour.

Nutritional Analysis per serving

Calories	433.8	Fiber	4.5g
Total Fat	31.3g	Cholesterol	102.1mg
Saturated Fat	13.5g	Sodium	95.3mg
Monounsaturated Fat	11.4g	Calcium	92.7mg
Polyunsaturated Fat	3g	Magnesium	79.1mg
Protein	8.4g	Potassium	373.4mg
Carbohydrates	38g	Vitamin E	5.2mg*

*Total alpha-tocopherol equivalents.



Created by chef John Csukor.

This tasty torte treat is topped with a creamy layer of chocolate ganache, which adds an inviting decadence, while sliced almonds around the side ensure crunchy goodness in every bite. So, go on, invite friends and loved ones over and spread some homemade holiday cheer.

Chef tip: Lightly brush cake with your favorite liqueur before icing. This allows the cake to stay moist longer and adds a little extra flavor.

gluten-free CRANBERRY ALMOND LOAF

Yields 15 servings

Ingredients

- 3/4 cup creamy roasted almond butter, at room temperature
- 2 tablespoons olive oil
- 3 large eggs
- 1/4 cup arrowroot powder
- 1 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 cup dried apricots, chopped into 1/4-inch pieces
- 1/2 cup dried cranberries
- 1/4 cup sesame seeds
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/4 cup sliced almonds, plus 2 tablespoons to sprinkle on top

Directions

In a large bowl, blend almond butter, olive oil and eggs with a handheld mixer until smooth. In a medium bowl, combine arrowroot powder, salt and baking soda.

Blend arrowroot mixture into wet ingredients until thoroughly combined. Fold in apricots, cranberries, seeds and sliced almonds.

Grease a 3 1/2 x 7 1/2 x 2 1/4-inch loaf pan with olive oil and dust with almond flour. Pour batter into loaf pan and sprinkle remaining sliced almonds on top.

Bake at 350°F for 40 to 50 minutes until a knife inserted into center comes out clean. Let bread cool in pan for 1 hour, then serve.

Nutritional Analysis per serving

Calories	194	Fiber	1.9g
Total Fat	15g	Cholesterol	42mg
Saturated Fat	1.9g	Sodium	193.5mg
Monounsaturated Fat	8.3g	Calcium	54.3mg
Polyunsaturated Fat	4.2g	Magnesium	783mg
Protein	5.8g	Potassium	203.9mg
Carbohydrates	11g	Vitamin E	4.46mg*

*Total alpha-tocopherol equivalents.



Developed by Elana Amsterdam, cookbook author, *The Gluten-Free Almond Flour Cookbook*.



Slice this Cranberry Almond Loaf and enjoy it as a jazzed-up base for your turkey club sandwich. Or toast it and dip in olive oil for a delicious holiday side. Elegant and vibrant, this loaf is also the perfect home-baked gift to share with others.

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gluten-free **DOUBLE ALMOND CHOCOLATE CHIP COOKIES**

Yields 24 cookies

Ingredients

- 2 1/2 cups almond flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup grapeseed oil
- 1/2 cup agave nectar
- 1 tablespoon vanilla
- 1/2 cup dark chocolate chips
- 1/2 cup sliced almonds

Directions

Preheat oven to 350°F and line baking sheets with parchment paper.

In a large bowl, combine almond flour, salt and baking soda.

In a medium bowl, combine grapeseed oil, agave and vanilla. Add to the almond flour mixture and mix until thoroughly combined. Fold in chocolate chips and almonds.

Spoon dough one heaping tablespoon at a time onto baking sheet, and press down to flatten. Bake for 7 to 10 minutes, until lightly golden. Cool cookies on the baking sheets for 20 minutes.



Created by Elana Amsterdam, author of *The Gluten-Free Almond Flour Cookbook*.

This gluten-free version of the ultimate classic cookie is made from almond flour and speckled with sliced almonds. For the holiday season, these special treats are easy to eat and even easier to share, making them an excellent choice for any cookie swap party.

Nutritional Analysis per cookie

Calories	132	Fiber	2g
Total Fat	12g	Cholesterol	0mg
Saturated Fat	1.5g	Sodium	76mg
Monounsaturated Fat	5g	Calcium	33mg
Polyunsaturated Fat	5g	Magnesium	37mg
Protein	3g	Potassium	100mg
Carbohydrates	6g	Vitamin E	4.5mg*

*Total alpha-tocopherol equivalents.

gluten-free ALMOND STUFFED DATES

Yields 12 servings

Ingredients

- 1/2 cup almond paste
- 1/4 cup goat cheese
- 1/4 cup sliced almonds, toasted and slightly crushed
- 1 dozen dates, pitted, large Medjool
- 4 strips bacon, center cut, premium, well chilled
- 12 wooden picks

Directions

Using an electric mixer, beat and combine almond purée, goat cheese and toasted crushed almonds. Let sit at room temperature to remain soft.

Using a small pastry bag with small circle tip, forcefully press almond cheese filling into the whole pitted dates. Cut each slice of bacon into 3 even-sized pieces and then wrap a piece around each of the almond-filled dates. Gently press one pick into each of the dates, particularly near the end of the bacon slice to keep it wrapped.

In a 450°F preheated oven, place dates on a baking sheet with raised edge. Bake for 10 minutes until crisp and brown, turning each date at 8 minutes or so. Remove and place on a platter for service.



Created by chef John Csukor.

For the perfect finger food, create appetizing hors d'oeuvres for any holiday party this season with simple and sophisticated almond-stuffed dates. Quick and easy to make ahead of time, it'll leave you free to entertain and enjoy the party with your guests.

Nutritional Analysis per serving

Calories	293.5	Fiber	4.84g
Total Fat	11.4g	Cholesterol	9.25mg
Saturated Fat	2.47g	Sodium	116.3mg
Monounsaturated Fat	6.41g	Calcium	104.4mg
Polyunsaturated Fat	1.94g	Magnesium	70.1mg
Protein	6.48g	Potassium	458.5mg
Carbohydrates	46.4g	Vitamin E	4.15mg*

*Total alpha-tocopherol equivalents.

gluten-free ROSEMARY CRACKERS

Yields 24 crackers

Ingredients

- 1 3/4 cups blanched almond flour
- 1/2 teaspoon sea salt
- 2 tablespoons fresh rosemary, finely chopped
- 1 tablespoon extra virgin olive oil
- 1 egg

Directions

In a large bowl, combine almond flour, salt and rosemary.

In a medium bowl, whisk together olive oil and egg.

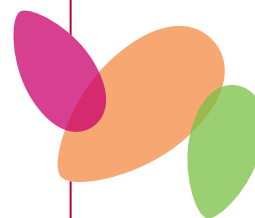
Stir wet ingredients into almond flour mixture until thoroughly combined. Roll the dough into a ball and press between two sheets of parchment paper to 1/8-inch thickness.

Remove top piece of parchment paper. Transfer the bottom piece with rolled-out dough onto baking sheet. Cut dough into 2-inch squares with a knife or pizza cutter.

Bake at 350°F for 12 to 15 minutes, until lightly golden. Let crackers cool on baking sheet for 30 minutes and then serve.



Developed by Elana Amsterdam, cookbook author, *The Gluten-Free Almond Flour Cookbook*.



These delicious almond flour-based crackers make a great appetizer when paired with olive tapenade or any soft spreadable cheese. Or for a simple and tasty snack, indulge with cheddar or jack cheese for the perfect flavor combination.

Nutritional Analysis per serving

Calories	62	Fiber	930mg
Total Fat	5.3g	Cholesterol	8.8mg
Saturated Fat	0.5g	Sodium	148.3mg
Monounsaturated Fat	0.5g	Calcium	19.9mg
Polyunsaturated Fat	0.1g	Magnesium	0.4mg
Protein	2.3g	Potassium	3.7mg
Carbohydrates	1.5g	Vitamin E	n/a

gluten-free SHOPPING LIST

CHESAPEAKE CRAB CAKES WITH ALMOND AIOLI

- Whole, natural almonds
- Old Bay seasoning
- 1 egg
- Flaxseed, ground fine
- Dijon mustard
- Parsley
- Almond meal
- 1 pound crab, jumbo lump
- 4 lemons



ALMOND AIOLI

- 2 cloves roasted garlic
- Almond butter
- 1 egg
- Kosher salt
- Fresh lemon juice
- Champagne vinegar
- Almond oil

CURRIED ALMOND AIOLI

- Scallions
- Greek-style yogurt
- Madras curry powder
- 1 lemon

ALMOND SACHER TORTE

- Sliced almonds
- Eggs
- White sugar
- Butter
- Almond extract
- Confectioners' sugar
- Bittersweet chocolate
- Cocoa powder
- Baking powder
- Xanthan gum
- Potato starch
- Almond flour
- Sea salt
- Heavy cream
- 60% chocolate
- Agave nectar



CRANBERRY ALMOND LOAF

- Almond butter
- Eggs
- Arrowroot powder
- Baking soda
- Dried apricots
- Dried cranberries
- Sesame seeds
- Sunflower seeds
- Pumpkin seeds
- Sliced almonds



DOUBLE ALMOND CHOCOLATE CHIP COOKIES

- Almond flour
- Baking soda
- Grapeseed oil
- Agave nectar
- Vanilla extract
- Dark chocolate chips
- Sliced almonds



ALMOND STUFFED DATES

- Almond paste
- Goat cheese
- Sliced almonds
- Large Medjool dates
- Bacon, center cut, premium
- Wooden picks



ROSEMARY CRACKERS

- Almond flour
- Sea salt
- Fresh rosemary
- Extra virgin olive oil
- 1 egg



gluten-free FLOUR NUTRIENT COMPARISON CHART

	Blanched Almond Flour	Natural Almond Flour	White Rice Flour	Tapioca Starch	Cornstarch	Potato Starch
Protein (g)	23.6	22.9	9.4	0	0.3	0.2
Fiber (g)	12	13.2	3.8	0	1.2	0
Carbohydrate (g)	21	23.4	127	119	117	158
Iron (mg)	4.3	4.0	0.6	0	0.6	2.9
Calcium (mg)	235	285	16	0	3	19
Zinc (mg)	3.4	3.3	1.3	0	0.1	Not available
Magnesium (mg)	300	289	55	0	4	Not available
Riboflavin (mg)	0.7	1.1	0.03	0	0	0
Niacin (mg)	3.9	3.6	4.1	0	0	0

Chart excerpted from *Gluten-Free Diet: A Comprehensive Resource Guide* by Shelly Case, RD. Nutrient amounts are based on one-cup measurement of flour. Nutrients in one cup of blanched and natural almond meal are the same as those listed above for blanched and natural almond flour.

Good news about fat The U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

FOR MORE GLUTEN-FREE IDEAS AND RECIPES, VISIT ALMONDBOARD.COM/GLUTENFREE.