

Collection of Gluten Free Holidays Favourites Celebrating the Season

Recipes created by Sharon K. Summerfield



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Be kind. Be patient. Be nourished in all you do.

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Collection of Gluten Free Recipes for the Holidays

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As these recipes are all made from whole food, it is recommended to store these in the fridge or the freezer. Storing the bars and cookies in the freezer helps to slow down consumption and bring out the spices.

Recipe by: Sharon K. Summerfield, R. H. N.
Bake at 350. Makes approx 2 to 3 dozen cookies
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Delicious Apple Cacao Tahini Cookies

Ingredients:

1.5 cups Gluten Free Rolled Oats

1 cup Gluten Free Flour**

1/2 cup Almond Flour

1 tsp Cinnamon

1/4 cup Cacao Powder *

1 tsp Baking Powder

1 cup Dark Chocolate Chips

4 tbsp Tahini

1 cup Date Paste

2 Graded Apples

2 Eggs

1 tsp Pure Vanilla Extract

2 tbsp ground Flaxseed

Juice from 1 Orange

2 tbsp Orange Zest (from approximately 1 orange)

1/2 cup Pecans Chopped

*I like [Harmonic Arts](#) Cacao.

** I like the [Namaste Gluten Free Perfect Flour Blend](#)

Date Paste

Fill a 16 oz jar with pitted dates. Fill with water and soak overnight. Add to blender or food processor with a splash of vanilla and process until smooth.

Prep Time:

10 minutes

Cook Time:

10 minutes

Total Time:

30 minutes



Directions:

1. Mix ground flaxseed with 1/4 cup water and let sit for 15 minutes. This is a perfect time to turn on the oven.
2. Mix all ingredients together. Try to resist tasting the batter.
3. Line baking sheet with parchment paper and then scoop batter on to the sheet to make small cookies.
4. Bake for 8 to 10 minutes at 350. Once baked cookies will not look wet and will be a darker brown on the corners.
5. Cool on cooling racks.
6. Once cooled I freeze in containers.

Chocolate Cherry Almond Cookies – Gluten Free

Recipe by Sharon K. Summerfield, R. H. N.

Bake at 350 (F) for 12 to 14 minutes.

Makes 12 to 18 cookies

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Ingredients:

1 ½ cups Almond Butter
1 cup Date Paste
2 tbsp. Ground Flax
1/3 cup Almond Flour
2/3 cups Gluten Free Flour
(I like [Namaste Flour Blend](#))
1 ½ cups Cherries Dried
½ cup sliced Almonds
1 cup Chocolate Chips
2 tsp Baking Soda
1 tsp Baking Powder
½ tsp Cardamom (I like [Gathering Place](#))
1 tsp Vanilla
½ tsp Almond Extract

*Date Paste

Fill a 16 oz jar with pitted dates. Fill with water and soak overnight. Add to blender or food processor and process until smooth.

** Chai/Flax Eggs

2 tablespoon Chia Seeds or Ground Flax. Add to jar or cup and cover with water, approx 6 tablespoons.

Prep Time:

4 hours

Cook Time:

20 minutes

Total Time:

4.5 hours



This recipe was inspired by the Magnolia Journal. As I rarely go by the book I wanted to reduce the sugar, make it vegan and gluten free. Enjoy!

Directions:

1. Preheat oven to 200 F. Line cookie sheet with parchment paper.
2. Quarter your Cherries and bake them at a low heat for 4 hours.
3. Bake your sliced Almonds at 350 F for 10 minutes
4. Add Almond Butter, Date Paste, Flax Eggs, Vanilla and Almond Extract, Cardamom, Baking Soda and Baking Powder to your Mixing Bowl. Mix well.
5. Add the Dried Cherries, Chocolate Chips and Toasted Almonds to your Mixing Bowl. Mix well.
6. Add Almond Flour and Gluten Free Flour.
7. Mixture should be holding together and will be sticky. The batter being sticky will help your cookies stay moist, once cooked.
8. Rinse your hands in water. This will help with rolling the batter in your hands. Choose spoonful of batter and roll this in your hand, about the size of your palm. Place on a prepared cookie sheet covered in parchment paper.
9. Bake for 12 to 14 minutes. Remove from oven and then cool. Once cool store in the freezer.

Recipe by: Sharon K. Summerfield, R. H. N.
Bake at 325 (F) for 10 to 12 minutes
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Gluten Free Earl Grey Shortbread

Ingredients:

1/4 cup Organic Earl Grey Loose Tea *
1 1/4 cup Butter
2 tbsp Orange Zest
1 1/2 cups Gluten-Free Blended Flour)
3/4 cup Icing Sugar

* The Denman Island Tea Company Cream Earl Grey is one of my favourites for this recipe.

* I find the Namaste Foods Gluten Free Perfect Flour Blend works so well.

Prep Time:

Several hours

Cook Time:

10 to 12 minutes

Total Time:

Allow half a day



Directions:

1. Place tea in a bullet or coffee grinder and blend the tea leaves so they are a finer texture.
2. Mix the tea, butter and orange zest. Let this sit for 6 to 8 hours.
3. Mix all ingredients together with a good quality mixer.
4. Using gluten-free flour, take small handfuls of batter and knead the batter until it is no longer sticky.
5. Roll batter on a floured surface. Cut your cookies with your favourite cookie cutters.
6. Place the cut-out cookies on a prepared baking sheet and bake at 325 F for 10 to 12 minutes. The shortbread should be a light golden colour.
7. Once cookies are golden brown, remove from oven and cool on rack.
8. I like to keep my cookies in the freezer. This recipe makes 2 to 3 dozen cookies, dependent on the size of your cookies.

Chocolate and Peanut Butter Gluten Free Pretzels

Recipe by Sharon K. Summerfield, R. H. N.

Makes 18 to 24 Pretzels

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Ingredients:

1 package Peanut Butter Chips. (270 grams)

1 package Chocolate Chips (270 grams) or 1 cup Chocolate Chips. The more Cacao is always better.

2 cups Gluten Free Pretzel Sticks broken in small pieces.

3/4 cup chopped Walnuts

2 tbsps. Smooth Peanut Butter

*

Prep Time:

10 minutes

Cook Time:

10 minutes

Total Time:

20 minutes



This recipe was inspired by the Ting-A-Ling recipe by Bette Maret in the fourth edition of "What's Cooking – Signature Recipes by The Kiwassa Club of Vancouver". I found this recipe in a box featuring many of my Grandma Freda's recipes. As I never go by the book, I made a few changes. I replaced the Butterscotch Chips with Peanut Butter, used Gluten Free Pretzel Sticks instead of Chow Mein noodles, increased the amount of walnuts and added Peanut Butter, just because.

Directions:

1. Using your double boiler, simmer about 2 to 4 cups of water in the bottom pot.
2. Once the water is simmering, add the Peanut Butter (this is the smooth peanut butter with sugar) and let this begin to melt.
3. Add the packages of peanut butter chips and chocolate chips.
4. Once these are all melted remove from the stove and mix in broken pretzel stick and the chopped Walnuts.
5. Place a sheet of parchment on a table or counter top, large enough for these to cool and set.
6. Spoon the mixture using a tablespoon and place on the Parchment. Let this set and dry overnight.
7. Store in sealed containers until you are ready to serve.

Lemon and Cranberry Shortbread – Gluten Free

Recipe by Sharon K. Summerfield, R. H. N.

Bake at 350 (F) for 12 to 14 minutes.

Makes 18 to 24 cookies

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Ingredients:

1 cup Butter
3/4 cup Icing Sugar
2.5 cups Gluten Free Flour
(I like [Namaste Flour Blend](#))
1/2 cup Dried Cranberries,
chopped
1 tsp Vanilla
Lemon Zest and Lemon Juice
from two Lemons

*Important to note, not all gluten free flour is the same. In the gluten free flour I use I want to see ingredients like Sweet Brown Rice Flour, Tapioca Starch, Brown Rice Flour, Arrowroot Starch, Sorghum and Xanthan gum.

If your gluten free flour does not include Arrowroot Starch, you need to add this to give the flour structure.

To make this dairy free you can use margarine. If you use plant based butter like, Melt, I suggest adding Arrowstarch to give the plant based butter more structure.

Prep Time:

15 minutes

Cook Time:

20 minutes

Total Time:

45 minutes



This recipe was inspired by Sadhna Thiara when she shared her Lemon Shortbread and Cranberry Shortbread cookies on Facebook. I wanted to create a cookie that was gluten free that also captured the flavours of the former Starbucks Lemon Cranberry Scone, without the extra sweetness of the icing sugar topping. As I never go by the book, this was the creation.

Directions:

1. Preheat oven to 350 F.
2. Ensure your butter is room temperature.
3. In large mixing bowl, mix butter and icing sugar until creamy.
4. Add chopped dried cranberries, lemon zest and lemon juice and vanilla.
5. Add the flour and mix until a dough forms. The dough should not be sticky. If it is sticky add small amounts of gluten free flour.
6. Once your dough is formed then roll into 1 inch balls.
7. Place on cookie sheet lined with parchment paper.
8. Flatten with a fork or your fingers.
9. Bake for 12 to 15 minutes until the edges are slightly brown.
10. Cool on cooling rack. Once cool then store in the freezer.

Nanaimo Bars with a Healthier Twist

Ingredients:

Base

1/4 cup Butter
3 tbsp Cacao Powder
1 Egg
1 1/4 cup Medjool dates
1/2 cup Almonds
1/2 cup Pecans
1/2 cup Walnuts
1/2 cup Pumpkin Seed
2 tbsp Gluten Free Oats

Buttercream Filling

1/2 cup Butter
3 tbsp Milk (or Chocolate
Liquor)
1 tsp Vanilla
2 tbsp Corn Starch
1 3/4 cups Icing Sugar

Chocolate Filling

4 oz Dark Chocolate Squares
2 tbsp Butter

*To make these vegan:

Replace the butter with plant based butter

Replace the egg with flax eggs (hydrate 2 tbsps of ground flax with a 1/4 cup water)

Use plant-based milk and/or liquor with no cream.

Prep Time:

30 minutes

Cook Time:

8-10 minutes

Total Time:

45 minutes



A special thanks to my quality control team, who greatly influenced the development of these award-winning Nanaimo Bars.

Directions:

1. Line 8 X 8 pan with parchment paper.
2. Prepare the base. Mix almonds, pumpkin seeds and oats in a bullet or small blender. Chop the walnuts and pecans.
3. Cut dates in small pieces and soak in water for 20 minutes.
4. Melt butter on stove
5. Add remaining ingredients to the melted butter and mix together.
6. Drain the dates and add to the mixed ingredients of nuts, cacao and butter.
7. Transfer mixture to prepared pan and press into an even layer. Place in freezer for 10 to 15 minutes.
8. Prepare buttercream filling with an electric mixer until smooth and creamy.
9. Remove base from freezer and add the buttercream filling.
10. Melt butter in pot on the stove and add the chocolate square.
11. Pour melted butter over the second layer.
12. Place pan in freezer and chill for around 10 minutes. You want chocolate to form. Remove and cut in two bite squares.

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Bake at 375 for 10 to 12 minutes
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Pecan Peanut Butter Cookies

Ingredients:

1/2 cup + 1 tbsp butter at room temperature

3/4 cup peanut butter (try to find a natural peanut butter with no added sugar)

1 cup granulated sugar

2 tbsp ground flaxseed

1 tsp vanilla

1 egg

1 1/2 cups flour – I prefer [Namaste Gluten Free Flour Blend](#)

1 tsp baking soda

1/2 cups chopped pecans

Prep Time:

20 minutes

Cook Time:

10-12 Min

Total Time:

30 minutes



This recipe was inspired by the Grandma's Peanut Butter cookies in the [LMS](#) Family Cookbook. During the lockdown, as group gatherings were not possible, this talented construction company invited their staff to contribute to a cookbook. LMS then created a fundraising campaign and sold the cookbook, where all the proceeds were donated to Canuck Place in Vancouver, resulting in a \$10,000 donation. As I wanted to make this recipe my own, I made a few changes.

Directions:

1. Preheat your oven to 375.
2. Place the ground flaxseed in 1/4 cup of water and let soak for 20 minutes.
3. Chop the Pecans.
4. Combine all ingredients and mix thoroughly.
5. Shape balls, about an inch in diameter. Then place on a prepared cookie sheet.
6. Press down with a fork that has been dipped in water.
7. Bake in preheated oven for 10 to 12 minutes. Cookies should be a golden brown.
8. Cool on a cooling rack.
9. Once cooled store in the freezer.

Plant Based Zucchini Lasagna

Ingredients:

Fresh Marinara Sauce

Ingredients

- 1 Onion – chopped
- 1 tbsp. – Olive oil
- 3 Garlic cloves
- 3 cups of fresh and stewed Tomatoes
- 1 tsp Oregano leaves
- 1 tbsp. Nutritional yeast (I like Bragg's)

Ricotta Cheese Plant

Based (this also makes a great plant based cheese spread to bring to a happy hour)

- 3 cups raw Cashews (the broken cashes pieces work great)
- 1/4 cup Nutritional Yeast (rich in vitamin B)
- 2 Garlic Cloves (if you like a stronger garlic flavour add additional garlic)
- Up to 1 cup water

Prep Time:

30 minutes

Cook Time:

40-50 minutes

Total Time:

90 minutes



Step 1 – Prepare the Marinara Sauce

1. In a cast iron fry pan, add oil olive and bring to temperature. Add chopped onion and sauté.
2. Add remaining ingredients to your blender.
3. Once the onion is softened add to the blender and blend all ingredients. Pour from blender into a bowl, and refrigerate.

Step 2 – prepare the Ricotta Cheese

1. Add 3 cups of raw Cashews to your blender and fill with water until the cashews are covered. Soak these over night for minimally 8 hours.
2. Pour soaking water from Cashews.
3. Add all ingredients to your blender and blend until creamy.
4. Add water as needed to get the desired consistency.
5. You can store this in the fridge for close to 5 days.

Parmesan Cheese – Plant Based – rich in vitamin B

- 1 cup Pumpkin Seeds
- 2 tbsps. Nutritional Yeast
- 1 clove of Garlic
- 4 tbsps. Hemp Hearts

Plant Based Lasagna

- Ricotta Cheese Plant Based – 3 cups
- 2 cups fresh Spinach.
- 2 large Zucchini
- 3 cups Marinara Sauce
- 4 plus tbsps. Plant Based Parmesan Cheese

Step 3 – prepare the Parmesan Cheese

Add all the ingredients to a higher powdered bullet and blend until crumbly.

Step 4 – Put together the Lasagna dish

1. Preheat oven to 350 F. 13 X 9 baking dish.
2. Cover base of dish (which ever ones you decide to use) with a thin layer of Marinara Sauce.
3. Add one layer of sliced Zucchini, not sliced to thin, but not too thick.
4. Add a small amount of Sea Salt to each piece of Zucchini.
5. Add one layer of the Ricotta Cheese.
6. Add one layer of Spinach.
7. Add another layer of sliced Zucchini. I like to layer the Zucchini in a different way for this second layer.
8. Cover with more Marinara sauce.
9. Sprinkle with the Parmesan cheese, plant based.
10. Bake for 30 to 45 minutes until the Zucchini is tender and thoroughly cooked.
11. Refrigerate and enjoy within 5 to 7 days.

Another option:

Prepare the dish and do not bake. Freeze until you are ready to bake and bake for closer to 1 hour.

This dish is a great option to bring to dinner with friends and family. Most do not realize this is a plant-based dish.

Created by: Sharon K. Summerfield, R. H. N.
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Nourishing Beet Quinoa Salad with Orange Juice

Ingredients:

Base

1 cup Quinoa
2 grated Beets
1 tbsp grated Ginger Root

Salad

2 grated Carrots
1 grated Zucchini
1 Cucumber, diced
1 diced Pepper (yellow)
1 cup Cherry Tomatoes, or
diced tomatoes
1 cup Radishes, sliced or
diced
3 cups mixed fresh greens
(Kale, Baby Spinach,
Cilantro & Romaine)
2 cups fresh berries
(Blueberries, Raspberries &
Blackberries)

Dressing

Juice from 1-2 Oranges
1-2 tbsp Olive Oil
1-2 Garlic Cloves, minced

Prep Time:

10 minutes

Cook Time:

20 minutes

Total Time:

30 minutes



Directions:

Cook the Quinoa. Once cooled add the grated beets and the ginger root. Mix together and let stand.

Start to prepare the vegetables. Add your prepared vegetables to the quinoa, beet and ginger root mixture.

Peel the oranges. Add the peeled oranges to your blender and add the Olive Oil and garlic, then blend. Pour this mixture through a stainless steel sieve. Then pour over the salad mixture.

Refrigerate until you are ready to enjoy. This salad tastes best if it can sit in the fridge for several hours for all the flavours to come together.

Roasted Pears and Brussel Sprouts

Recipe by Sharon K. Summerfield, R. H. N. inspired by the Magnolia Journal

Bake at 375 (F) for 30 minutes

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Ingredients:

1 ½ pounds of Brussell Sprouts trimmed and quartered
4 tbsps. Olive Oil
2 to 3 pears cored and diced
1 tbsp Orange Zest
2 tbsps Orange Juice from the orange

Prep Time:

15 minutes

Cook Time:

40 minutes

Total Time:

1 hour



I discovered this beautiful recipe in the 2023 Winter Issue of the Magnolia Journal. As I never go by the book, I made a few changes. Each time I make this, with these changes, there are no left overs. The original recipe had the Brussels being roasted first, then adding the Pears. I like to roast both the Brussels and the Pears together as this makes the dish sweeter.

Directions:

1. Pre-heat oven to 375 (f)
2. Line a 9 X 13 pan with parchment paper.
3. Add quartered Brussel Sprouts and cored and diced Pears to the prepared pan.
4. Drizzle with Olive Oil. Add Orange Zest and Orange Juice.
5. Cook for 20 minutes
6. Stir mixture to ensure the Brussels are cooking evenly.
7. Cook for another 10 to 15 minutes. Check Brussels to ensure they are tender. There will be pear juice on the pan, which adds to the sweetness of the Brussels.
8. Check the Brussels to ensure they are tender before removing from the oven.
9. Serve in your favourite serving dish. These are best served from the oven to the table.

Pumpkin Seed & Almond Butter Nourishing Oat Bars

Ingredients:

1/2 cup Almond Butter

1/4 cup Tahini

1/2 cup + 3 tbsp Maple Syrup

3 cup Slow Cooking Oats

1 tbsp Orange Zest (1-2 Oranges)

1 tsp Vanilla

1/4 cup + 1 tbsp Coconut Oil

1/3 cup Cacao Powder

1/2 cup Pumpkin Seeds

Prep Time:

20 Minutes

Cook Time:

This is a no bake recipe

Total Time:

20 Minutes



Directions:

1. Combine almond butter, tahini, pumpkin seeds and 1/2 cup maple syrup. Mix together in a high speed mixer.
2. Add slow cooking oats.
3. Line 8 X 8 baking pan with parchment paper and press 1/2 of the oatmeal mixture into the pan. Place in the fridge.
4. Melt coconut oil, add vanilla, remaining maple syrup, orange zest and cacao.
5. Pour half the cacao mixture over the oat mixture in the pan.
6. Press remaining oatmeal mixture on top of the cacao and coconut oil mixture.
7. Drizzle the remaining cacao mixture over the last layer of oats.
8. Place in freezer for 30 minutes. Then cut into bar sizes and enjoy.
9. These are best stored in the fridge or freezer.

We hope you have enjoyed this collection of recipes.

Remember less is more. Take the time to pause and just be.

Wishing you all the best for the holidays and in the New Year.

Your life treasures
are the experiences
of people that
nourish you,
bring you joy
and keep you
connected to what
really matters.

Keep them close this
season.

Janice Marturano



Photography Sharon K. Summerfield

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