GLUTEN-FREE BREAKFAST RECIPES: FAST, EASY, DELICIOUS

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Preparing a gluten free breakfast? There's nothing easier if you have good recipes! Here are some suggestions for breakfast.

Breakfast Casserole
10 slices of your favorite gluten free bread, cubed
3 cups of milk (your choice of milk)
8 eggs
1 pound of cooked bacon, cut into bite sized portions
¼ cup diced onions (optional)
12 ounces shredded Swiss cheese
Put the cubed bread in a 9X13 pan. In a separate bowl, mix the milk and eggs together and beat with a fork until mixed well. Put the bacon pieces evenly over the bread. Pour the milk and egg mixture over the bread. Top with shredded cheese. Refrigerate overnight. Bake on 350 degrees for one hour. Serve hot. Serves 6-8. Recipe by Shirley Wright. (Note: I get my organic eggs and milk at a local farm. The milk is raw and whole.)

Veggie Omelet
2 Farm Fresh Organic, Free Range Eggs
Veggies of Your Choice (suggest any combination of the following - kale, mushrooms, tomatoes, green onions, broccoli, zucchini, spinach and more)
Cheese of Your Choice (about a tablespoon)
Heat flat plan. Coat with butter or coconut oil. Pour egg on hot pan. Heat veggies in the microwave or sautee them while the egg cooks. When the egg is done to your preferences, add the veggies on top of it. Add cheese. Fold over the egg and cook until done. Serve hot. Recipe by Shirley Wright.

Apple-Cinnamon Breakfast Risotto
¼ cup butter
4 medium Granny Smith apples, peeled and diced
1 ½ teaspoons ground cinnamon
¼ teaspoon ground allspice
¼ teaspoon salt
1 ½ cups Arborio rice
½ cup packed brown sugar
4 cups apple juice, room temperature
1 teaspoon vanilla
Sliced almonds and dried cherries (optional)
Milk (optional)
Coat slow cooker with non-stick cooking spray. Melt butter in large skillet over medium high heat. Add apples, cinnamon, allspice and salt. Cook and stir 3 to 5 minutes or until apples begin

to release juices. Transfer to slow cooker. Add rice and stir to coat. Sprinkle brown sugar evenly over the top. Add apple juice and vanilla. Cover. Cook on HIGH 1 ½ to 2 hours or until all liquid is absorbed. Top with almonds and dried cherries and drizzle with milk, if desired. Makes 6 servings. (Recipe from The Gluten -Free Bible, The All in One Guide to Enjoying Fabulous Food Without Gluten, c. 2010. Publications International, Ltd., page 52.)

Breakfast Quinoa
½ cup quinoa
1 cup water
1 tablespoon packed brown sugar
2 teaspoons maple syrup
½ teaspoon cinnamon
¼ cup golden raisins (optional)
Raspberries and bananas
Soymilk, Almond Milk, or other Dairy Free Milk
Place quinoa in fine-mesh strainer; rinse well under cold running water. Transfer to small saucepan. Stir in water, brown sugar, maple syrup and cinnamon. Bring to boil. Reduce heat; simmer, covered 10 to 15 minutes until quinoa is tender and water is absorbed. Add raisins, if desired, for last 5 minutes of cooking time. Top quinoa with raspberries and bananas. Serve with soymilk. Makes 2 servings. (Recipe from The Gluten -Free Bible, The All in One Guide to Enjoying Fabulous Food Without Gluten, c. 2010. Publications International, Ltd., page 36.)

This post is part of Fight Back Friday, Monday Mania, and Real Food Wednesday.