

### **A brief warm up.....**

*This Ebook is hopefully the start of many, many similar projects. Having come into contact with a few kids that suffer from EoE this year, I have unearthed an unknown passion for creating simple, fun food for those with a limited diet. It breaks my heart to see/hear what these little ones go through on a daily basis (not to mention the anguish, you, as parents must endure).*

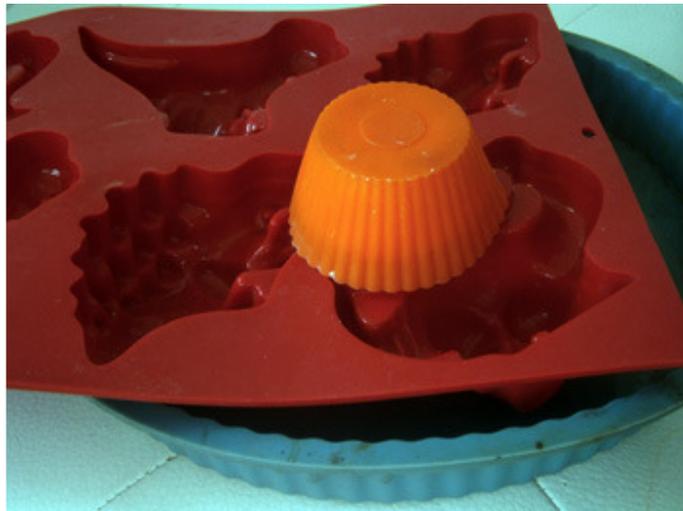
*If you come away with one new, somewhat exciting recipe from this small collection, then I will be a very happy gal. I've tried to cover both a number of "safe" ingredients through a variety of dishes. I hope you find something that suits you.*

### **Equipment:**

*There are only a few basic things you need in your kitchen to create a multitude of fun dishes. My number one appliance would have to be a **food processor**. This many seem extravagant to some, but it is the one thing I cannot live without. You can take my juicer, toaster, popcorn machine, whatever, I beg you, do not touch my food processor. It just gives you such scope for the variety of meals you can turn out... from puddings, to homemade "milks," to soups, butters - I could go on and on.*

*I didn't drop a whole lot of money on one either... I actually got mine for \$12 from a thrift store - it's a late 1980s relic, but boy is it a work horse. If you don't have one, I can't emphasize enough the importance of one... put it on your birthday/Christmas list, or even borrow one so you can see how useful they are.*

*I swear by **silicone bake ware** - it eliminates the need for baking paper/oil - plus these days, they are super cheap. I picked up 8 cupcake moulds for \$2, and a 20cm pie dish for \$2.49 - wicked. You can also get fun shapes/moulds which will make eating certain things a whole heap more fun for toddlers and young children. I mean, who doesn't want to eat a dinosaur for dinner?*



### **Ingredients:**

#### **Flours:**

*In the following recipes, I've stuck with a few flours that are generally on "safe" lists... coconut, buckwheat, rice, potato, chickpea and lentil. Switching up the flours is possible, but you have to keep in mind that using a different flour may change the final product. Starchy flours such as rice and potato can easily be interchanged. Lentil/chickpea/buckwheat flours are quite similar and I have had good results chopping and changing between these three - particularly in my flat "bread" recipes. Coconut flour is pretty unique, so unless stated in the recipe, stick to the directions.*

*The trick with allergy cooking is to get creative. I have found that making my own "flour" from raw buckwheat groats (available at most health food stores, and in the Macro range at Woolworths) and dry red lentils results in some delicious creations. You can use a food processor to make these "flours," or keep it old school and bash your own using a pestle and mortar. Red lentils are slightly more tough than the buckwheat groats, but a few chunks are fine as the lentils are quick-cooking.*

### **Sugar, Sugar:**

*Due to being rather sugar-sensitive myself, I tend to use alternative unrefined sugar substitutes, however I know a lot of EoE sufferer's can only tolerate plain, white sugar. Keeping this in mind I have created the following recipes using mainly liquid sweeteners that can be interchanged to suit your sensitivities. If you/your child can tolerate things other than refined white sugar, I encourage you to experiment with alternatives such as maple or agave syrup. Honey and golden syrup can also be used. Date paste and mashed banana are also great in baking - they add sweetness and moisture without the hyper-activity and energy slumps that regular sugar can sometimes create.*

**Simple Sugar Syrup = combine equal quantities of white sugar and water in a small saucepan, bring to the boil, stirring until sugar has dissolved. Cool as use as needed.**

***In the following recipes, I will write "liquid sweetener" where you can use whatever suits you.***

### **Specialty Ingredients:**

*Although I've stick to the basics in this first collection of recipes, I've found there are a lot of great products/ingredients to be found by those who search. In Australia the awareness of allergies is becoming a lot more widespread, and specific products are appearing on shelves more frequently. Both Coles and Woolworths have started stocking products like raw buckwheat groats, quinoa, dairy free chocolate and the likes. Local bulk bin style health stores are usually a good place to hunt out ingredients too; I recently found quinoa spaghetti which was a hit (and tasted exactly like the regular stuff).*

*A personal recommendation for an American-based website (that delivers quickly and cheaply) is [www.iherb.com](http://www.iherb.com) - the range of products is quite incredible, from foods to body products.*

*If you have any questions/comments for me, I welcome them whole heartedly... don't hesitate to contact me - I hope that you find something in the following recipes you can use for yourself or child.*

*Love, Light and Good Luck,  
Lou x*

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*These baked “cookies” have been a big hit in our household. Misty (my 16 month old son) loves these. One day he ate a whole batch, and didn’t feed any to the dog, which I would count as a success. These are even a great teething cookie for younger babes; if you chill them in the fridge they firm up even more, and take a good gnaw to get through. You are limited only by your imagination (and list of “safe foods, obviously) as to flavor combinations. These are a particularly sneaky way of getting some extra fruit/veggies into those fussy kiddos too.*

*It’s all in the method as to making these cookies work... the unwashed rice has a high starch content which helps them bind together without the need for an egg. Using milk as the liquid makes these taste like chewy rice pudding in cookie form!*



#### **Over-night Chewy Rice Cookies**

- 1 large pear (or apple) cut into chunks (peel if you like)... this is the equivalent of 1C raw fruit cut into small chunks.
  - 1/2C unwashed white rice
  - 1 + 1/4C milk...(rice or “safe” milk)/water/formula
  - 1/8t salt
  - 1/2t cinnamon (optional)
  - 2T liquid sweetener (all optional... the dried fruit does give it a nice sweetness alone if tolerated)
  - 1/2C dried fruit (optional)
1. Pre heat oven to 160 degrees on bake setting (of using fan forced, reduce temperature by 10 degrees).
  2. Combine pear/apple with rice, water, salt and cinnamon in a small saucepan. Do not rinse the rice - you need to keep in the starch to help the cookies hold together.
  3. Bring mixture to the boil and reduce to a simmer.
  4. Simmer gently until all of the liquid has been absorbed.
  5. Carefully (the mix will be HOT) transfer to a food processor and blend until relatively smooth, adding optional sweetener if desired.
  6. Transfer to a bowl and stir in dried fruit. Cover and chill in the fridge overnight.
  7. Wet your hands (the mix is very sticky and I find rinsing and keeping hands wet helps while you are shaping into cookies). Pat walnut sized balls onto a lined baking tray and flatten.
  8. Place in the oven for 15 minutes.
  9. Carefully remove tray from the oven and using a knife or spatula flip cookies (they will be quite moist on the underside).
  10. Return to the oven for a further 15 minutes, or until the cookies are golden brown.
  11. Turn off oven, leaving cookies inside to help them firm up.

#### **Other Ideas/Substitutions:**

- Pumpkin (1Cup as above) cinnamon and chocolate (using “safe” chocolate chips in place of the 1/2C dried fruit).
- Sweet potato and dried cranberry (or 1/2C any tolerated berry, either store bought or dehydrated at home).
- Double chocolate... add in 3T cocoa powder and 1/2C “safe” chocolate chips.

- **Savory option...** use pumpkin/potato/sweet potato, omit sweeteners, spice and dried fruit. You could try adding whole peas in place of the dried fruit for texture, and spice it up with tumeric/cumin/coriander or curry powder. *This dish is inspired by the traditional besan laddoo.... Indian spiced cookie dough? Yip, that's what they taste like. Usually these are made with tonnes of ghee but I have cut that by subbing in some apple puree and coconut oil. Any dried fruit will work here, or you can leave it out completely. Depending on sensitivities, you could use a "safe" brand of chocolate chips in place of the dried fruit, and also add some cocoa powder (1T)... lose the Indian spices in this case. These are usually made and eaten for Ganesh Chaturthi, which celebrates the birthday of Lord Ganesha who is the God of wisdom, prosperity and good fortune. You are meant to offer him sweet delicacies, so I hope he approves of these – I could use a little luck and wisdom (and a bit of spending money, cheers dude).*

#### Cookie Dough Bites:

- 5T chickpea (or lentil) flour
  - 5T apple puree (pumpkin/pear puree would also work)
  - 1 + 1/2T coconut oil (or alternative safe oil)
  - 2t coconut flour (or rice/lentil/buckwheat flour)
  - 2T finely chopped dried fruit\* (I used unsulphured apricots)
  - 2T liquid sweetener dissolved in 2T hot water.
  - 1/2t salt
  - 1/2t vanilla extract\*
  - 3/4t cinnamon\*
  - 1/4t turmeric\*
  - Nutmeg/ground ginger/cardamom - 1/8t each\*
- \*Optional, can be omitted due to sensitivities.

1. Melt coconut oil with apple puree over a gentle heat.
2. Mix in chickpea flour, coconut flour, spices, salt and roast for 7-10 minutes over a gentle heat. Mixture should clump up, and form a kind of 'ball' eventually – cook mix well as you don't want the balls to taste of raw flour.
3. Add in apricots, vanilla and the water/sweetener mix, and continue cooking until this is absorbed.
4. Take off the heat. When you can handle the mix (should be still very warm) take tablespoons of mixture in hands and roll into balls.



### **DIY Coconut Butter:**

*This stuff is seriously amazing... I go through far too much of it at my house. During the warmer months it stays in a liquid form... but if it gets cold, it turns solid as a rock. It's fun to drizzle on anything cold... as soon as the liquid hits, it turns into a "magic shell" of coconut joy. Just soften in the microwave if it hardens up too much. I don't add any sweetener to this recipe, but feel free to add some if you like - just start off with a small amount (around 1T) and taste as you go. I like to toast my coconut before adding to the food processor for that beautiful fragrant coconut flavour.... this is entirely optional - raw is just as yummy.*

- 2C fine desiccated coconut
  - 1/4t sea salt
1. Process in a food processor... this takes ages, depending on your machine. As the oils release the mix will start to clump up. Scrape down the sides of the bowl as you go. Eventually it will turn to a runny (ish) "butter" - be patient and give the motor of your machine a break every few minutes as you don't want to blow it up (particularly if it's your Mother in Law's). It can take up to half an hour of processing.... patience is key here - it's totally worth the wait.
  2. Add in "extras" if using and pulse again to combine.
  3. Makes approximately 2/3 -3/4C of coconut butter

\*1t vanilla extract for *Vanilla Coconut Butter*

\*4T cocoa powder plus 1/2t vanilla extract for *Chocolate Coconut Butter*



*Use this as you would any spread/sauce... drizzled on a baked sweet potato with cinnamon is delicious. Top breakfast cereal with it, dip slices of fruit or veggies.*

### **Coconut Truffles**

*These are so quick and easy - a great thing to have on hand in the freezer when Summer rolls around and everyone else is having frozen treats. No missing out here!*

- 1C coconut flour
  - 1/4C cocoa powder
  - 1/4t sea salt
  - 4 pitted dates or prunes
  - 2T coconut oil
  - 2T golden/maple syrup/honey/sugar
  - 4T water
  - 2 large bananas or 2C apple puree
  - 1t vanilla extract
  - Coconut Butter
1. Pulse all ingredients together in a food processor until they form a soft “dough.”
  2. Roll into balls and place in the freezer until solid.
  3. Dip in coconut butter if desired.



### **3 Ingredient Patties**

Makes 4 small patties

- 1/2C grated vegetables (carrot, pumpkin, sweet potato, potato - root veggies work really well, but I have had similar success with sweet corn kernels, peas and zucchini)
  - 1/4C chickpea or lentil flour (rice/potato flour work too, although the texture will be different... rice flour in particular will go quite “rubbery.”)
  - 1/4C canned tuna/finely chopped cooked chicken/beef mince
  - A good pinch of salt
  - Any safe seasonings you like - black pepper, chili flakes, curry powder etc.
  - Oil for cooking... around 1T.
1. Combine all ingredients in a small bowl... depending on what combination of meat and vegetables you use, you may need to add a dash of milk or water (around 1t) to get the right consistency. I found that tuna did not need any additional liquid, but chicken did.
  2. The mix is quite dry... but will come together into patties if you squeeze firmly in the palm of your hand. Flatten into a pattie shape (this mix should make 3-4 patties)
  3. Heat oil in a fry pan, and cook patties over a moderate heat for about 3 minutes each side, or until golden brown, crispy and cooked through.



### **Quick Veggie Fritters For those who can't (or won't) eat Meat**

- 1C grated or finely chopped vegetables\*
- 1/2C chickpea flour
- Pinch of salt
- 2T milk (water/formula is fine too)

1. Cook using the same method as above.

\*Some “juicier” vegetable such as grated zucchini do not need added liquid, whereas dry veggies need a little moisture.

*Either of these 2 pattie recipes can be served as a “burger” with the following Lentil Bread... I've used cookie cutters to cut out rounds of the flat bread to use as “buns” - works a treat. Some of the Roast Veggie Spread detailed below slathered on top of the patties is delicious, as is mashed avocado or hummus.*

### **Lentil Flat “Bread”**

- 1+ 1/2C lentil (or chickpea) flour\*
- 1C water
- 2T oil
- 1t sea salt

*\*To make lentil “flour” simply process dry red lentils in a food processor until finely ground. It doesn’t matter if there are still some chunks, as red lentils cook quickly anyway.*

1. Combine all ingredients in a mixing bowl, and leave to soak for 1 hour.
2. Pour mix into a silicone pie dish, or a traditional pie dish lined with baking paper.
3. Bake for 30 minutes at 170 degrees C, or until golden brown and firm to the touch.
4. Let the bread cool down for at least 20 minutes in the pan before flipping out.

*You can even use this bread as a pizza base of sorts... just top with favourite ingredients, and place under the grill.*

### **Roast Veggie Spread:**

- 3/4C roasted pumpkin (or sweet potato or potato)
  - 1 avocado
  - 2t lemon juice (optional)
  - 1 clove of crushed garlic (optional)
  - 1T apple cider vinegar (optional)
  - 1t wholegrain mustard (optional)
  - 1/2t sea salt
  - 2T water
  - 1T fresh herbs such as chives/parsley/coriander (optional)
1. Blend all ingredients until super smooth.



### Sweet Puff Crumbs- For Treats and Desserts

- 1+ 1/4C rice cracker crumbs/buckwheat puffs/rice puffs/quinoa puffs
  - 1/2C sugar
  - 1/4C water
  - Pinch of salt
1. Whizz crackers/puffs in the food processor just until a chunky crumb has formed... you don't want to go too far and make dust. Transfer to a heat proof mixing bowl.
  2. Heat sugar and water in a small saucepan. Bring to the boil, and reduce to a fast simmer. Simmer for around 4 minutes, keeping a close watch and stirring as necessary.
  3. Quickly tip sugar syrup into crumbs and mix well.

*All you need to do with this mix is (carefully) push it into moulds and place in the freezer until firm. These make a nice sweet treat for special occasions, and a few simple "safe" additions make for endless varieties:*

- *2T cocoa powder + 1t vanilla extract = chocolate*
- *1/2t ground cinnamon + 1/4C finely chopped dried fruit = spiced fruit*
  - *1/4C "safe" chocolate chips*
- *2T shredded coconut + 1/4C dried berries*



*Another idea is to use this Sweet Puff crumb as a topping... like you would a traditional fruit crumble. Simply take whatever cooked "safe" fruits you have (pears, apples, berries are all delicious on their own, or combined) about 1/2C per person, and spoon into oven proof ramekins. Top with the crumbs, and bake in a moderate oven (around 170 degrees C) for about 20 minutes or until golden brown and piping hot - the perfect winter dessert!*



*I made the above dessert by pushing the crumb into a small nonstick spring form pan, layering some cooked pear spiced with cinnamon, and then topping with more crumb. In the freezer for 20 minutes or so, and you have a yummy chilled fruit "crumble" for a hot day.*



### Easy Morning Muesli:

- 1C raw buckwheat groats\*
  - 1/3C raw quinoa \*
  - 1/3C shredded coconut (optional)
  - 1/4t salt
  - 1/2t ground cinnamon (optional)
  - 1/4C liquid sweetener
  - 2T oil
  - 1/2C fruit puree (any cooked and pureed safe fruit... alternatively, up the oil to 1/4C)
1. Combine all dry ingredients in a medium sized mixing bowl.
  2. Mix together fruit puree, oil and sweetener and combine with the dry mix... spread out evenly onto a baking tray lined with baking paper, or a silicone tray.
  3. Bake for 1 hour at 150 degrees, stirring every 10 minutes for even cooking.
  4. Turn off oven, leaving granola inside to cool down completely.
  5. Once cool, you can add whatever safe "mix-ins," you like - dried fruit, "puffed" cereal like rice/buckwheat/quinoa, chocolate chips... whatever you fancy.

*Serve as you would any cereal, with milk (formula) fresh fruit... or simply on it's own as a crunchy snack. Particularly good with the "custard" recipe below.*

\*Quinoa, buckwheat, rolled oats, millet all work in this recipe - use whatever is safe for you.



### Sweet Potato Custard

- 3/4C milk (“safe” milk or formula)
  - 3T liquid sweetener (golden syrup/honey/maple/sugar syrup)
  - 1/2t ground cinnamon (optional)
  - 1/2t vanilla extract (optional)
  - 1/3C cooked sweet potato\*
  - 1/4t salt
  - 1/4t arrowroot
1. In a food processor, blend up sweet potato, cinnamon, vanilla, liquid sweetener and salt with a splash of the milk to get things moving.
  2. Once smooth, transfer to a small saucepan and add the remaining milk.
  3. Bring mix to the boil, then reduce to a simmer.
  4. Stir in arrowroot, and keep stirring until super thick.

\*Pumpkin, apple, pear can all be used instead of sweet potato.



### **Buckwheat Banana "Bread"**

- 1C buckwheat "flour" made from raw buckwheat groats.
  - 1C mashed banana (or fruit/veggie puree such as apple/pumpkin/pear)
  - 1/4t sea salt
  - 1/2C milk mixed with 1/2t apple cider vinegar (this is a vegan equivalent of buttermilk)
  - 2t safe oil
  - 1/2t ground cinnamon
  - 1/4C sugar
  - 3T ground flax seed (or 1 "egg" replacement such as 1t no egg)
  - 1/2t baking powder (optional)
  - 1/8t baking soda
1. To make the buckwheat flour, simply whizz in the food processor until a fine crumb is formed. Alternatively, bash groats in a pestle & mortar.
  2. Combine 1/2C milk with 1/2t apple cider vinegar and set aside for 10 minutes.
  3. Combine all ingredients except for baking agents in a medium sized bowl, and let everything soak for 20 minutes.
  4. Add baking agents.
  5. Pour into a silicone pie dish or loaf pan.
  6. Bake in a moderate oven, 170 degrees C - the timing will depend on what sort of bake ware you use. For a flat bread style in a pie dish, it will take 20-30 minutes until the mix is firm to the touch. For a loaf, I would cook this at a slightly lower temperature, as the depth of the loaf will be thicker. 150 degrees C for 40-50 minutes should do it. If the loaf looks like it is getting to brown on the top, simply cover with foil to prevent this. When a skewer inserted in the middle comes out clean, it is cooked through.



*Buckwheat Banana Bread cut out with a simple cookie cutter into rounds. A few dollops of Pumpkin Custard (same recipe as the Sweet Potato Custard, simply replacing the potato with pumpkin) and you have a fun breakfast or snack. Chocolate chips are entirely optional, but greatly appreciated.*

### **Simple Speedy Veggie Balls with Crunchy Rice Crumb:**

- 1 1/2C grated pumpkin (loosely packed) Sweet potato, potato, carrot, parsnip or swede all work really well too.
- 2/3C chick pea flour (or lentil)
- 1/4t sea salt
- Freshly ground black pepper
- 2t chopped fresh chives... optional (or any herbs you have... even adding spices like 1/4t curry powder, or sweet paprika is fun).

### **Crunchy Rice Crumb:**

- 1C broken rice cake crumbs (both rice cakes or crackers work here).
- To make crumb, simply whizz in the food processor until a fine crumb is formed.



I always have a ton of broken rice cake crumbs around - thanks to my toddler son! They make a great “crumb” for these tasty veggie balls.



1. Combine grated vegetables, chickpea flour, and seasoning in a bowl. The moisture from the vegetables alone is enough to create a sticky “dough” with the flour.
2. Squeeze into walnut-sized balls.
3. Roll in the rice-cake crumbs, and squeeze the balls in the palm of your hand to smooch in lots of the crumb.
4. Place on a lined baking tray, or in a silicone baking pan. Spray with oil such as coconut or olive.
5. Bake in a moderate oven (around 160 degrees C) for 20 minutes or until the balls are golden brown and crunchy. About half way through the baking process, roll the balls over so they get baked evenly.
6. Best enjoyed straight out of the oven, as the crumb tends to get soft if left for more than an hour. They still taste good cold though!



*Chocolate is one of life's most pleasurable foods. I know a lot of those who suffer from EoE cannot have chocolate in any shape or form, but for those on less restrictive diets, this is a perfect solution. Being a vegan myself (and very sensitive to sugar) I find most store-bought varieties either contain animal products, or a bucket load of sugar. Making your own chocolate is also a super fun activity to do with the kids... there are all sorts of fun moulds available these days. Alternatively, you can use an empty tupperware container, and chop the chocolate into chunks when set.*

**Allergen Free Home Made Chocolate (RAW):**

- 50g cocoa butter, grated (available at most health food stores, or online)
  - 2T cocoa powder (add more or less depending on how dark you like the chocolate... this amount equates to a "dark" milk chocolate).
  - Pinch of salt
  - 1t pure vanilla extract (optional)
  - 2T liquid sweetener (honey/maple syrup/golden syrup/agave syrup)... you can add more to taste.
  - Optional "add-ins" - 1/2C chopped dried fruit (raisins/berries are yum!)
    - 1/4C shredded coconut
    - Chopped nuts/seeds if "safe"
1. In a double boiler (heat proof pyrex boil over a small saucepan of very gently boiling water) melt the cocoa butter.
  2. Take of heat, stir in remaining ingredients, spoon into moulds.
  3. Leave to set in the fridge.
  4. Pop put of moulds, and enjoy!

