

## **Gluten, Egg and Dairy free Recipes for Breakfast** from Dr. Rathod

Foods on your allergy list should be avoided as instructed. These recipes are intended for those of you who have IgG sensitivities to gluten, dairy, egg and perhaps legumes. It is difficult to conceive of a typical American breakfast without grasses/grains, eggs and dairy. If legumes are added to the allergic profile, then cooking breakfast can be extremely difficult.

I recommend that you open your palate to try the recipes from other countries. Once you get the hang of cooking a few dishes and what flavors you like as garnishes, it can be quite enjoyable and you will be healing your gut at the same time.

Bon Appetit!

### **1) Chilla** ( East Indian Crepes made with Garbanzo Bean Flour) (legume)

This is a recipe from the East coast of India. It is often eaten with chutney or a grated vegetable salad. It is delicious! 2 crepes will keep you full for a few hours. It does have legumes so you cannot eat this if avoiding legumes.

#### Ingredients:

1 cup water

1 Tbs. coarsely chopped ginger

1 or 2 seeded fresh chilies eg. Serano or Jalepeno

1 cup chick pea flour (garbanzo flour)

1 tsp. sea salt

Oil for making crepes (Rice bran, olive, sesame, or grape seed oil)

a non stick frying pan 6 – 8 inches

#### Optional items:

Grated zucchini/yellow squash

Chopped scallion

#### Method:

Fill your blender with the first four items, adding the flour last. Blend for 30 seconds.

Stir in zucchini (do not grind), yellow squash and/or scallions.

To cook the crepes, heat a non stick frying pan over medium heat. Then lightly brush it with the oil to which you are not allergic.

Pour about ¼ cup batter into the pan and tilt the pan so batter spreads evenly. The crepes are not very thin nor are they as thick as pancakes. Cook for 2 minutes and then flip to cook on the other side for 30 to 45 seconds. You may drizzle or spray a little more oil on the pan before flipping.

Remove and serve immediately.

## 2) Green Chutney

### Ingredients:

1 bunch of cilantro, washed and coarsely chopped  
½ inch piece of ginger  
1 green chili, seeded ( or 1 tsp whole black peppercorn if you need to rotate)  
½ tsp of salt  
1 lime or lemon juiced  
½ tsp sugar or non-allergic sweetener to taste

Blend all ingredients in a blender until it is a paste. Taste for salt, sweetness, sourness and spice. You may adjust any flavor to your liking. Bottle and keep in refrigerator for 2 weeks. Always use a fresh spoon to scoop out what you need.

## 3) Grated Zucchini Salad

This is a good dip for your crepes. You can make it with carrots, beets, yellow squash or even a pre packaged coleslaw mix.

### Ingredients:

1 zucchini grated  
1 tsp. oil  
¼ tsp black mustard seeds  
Finely chopped and seeded green chili  
1 Lemon  
1 Tbs. finely chopped cilantro or parsley

### Method:

Put oil at the edge of a saucepan and heat it. When hot, add mustard seed (it will splutter). Immediately add chili. Pour the oil into the grated zucchini. Add salt and freshly squeezed lemon juice. Mix well. Add fresh chopped cilantro or parsley. It will keep for 2 days in the refrigerator.

## 4) ADAI (Split pea griddle cakes) (legume)

This is an easy to make, high protein and high fiber breakfast. The batter can be refrigerated for 5 days and even frozen for those on a strict rotation diet. If frozen, take it out and refrigerate it the previous night, to thaw. Do not be intimidated by the process. If made fresh in the morning it only takes 10 to 15 minutes. I love the taste of this when cooked on a cast iron skillet instead of nonstick pan. It is good to eat with the chutney or the grated veggie salad.

### Ingredients:

½ cup yellow split peas (channa dal)  
½ cup yellow lentils (toovar dal)  
1/3 cup brown rice

¼ cup water

1 hot green chili, cut into 3 or 4 pieces

1 tsp sea salt

Oil (non-allergic) for cooking

Optional: crushed red pepper (like the kind you sprinkle on Pizza)

Method:

In a bowl, mix the peas and lentils and wash thoroughly with water. Add enough fresh filtered water to cover them by 1 inch.

In a second bowl, wash the rice and cover with water as above. Cover both the lentil mix and the rice with lids and let soak overnight.

Next morning, drain out the water from both bowls.

First, grind the rice in a blender. Use a spatula to keep scraping the rice from the side of the blender every 15 seconds. It takes 2 minutes to grind.

Now add the legumes, water, salt, red and green chili to the rice. Grind till you have a coarse puree. Remove to a bowl with a cover. The mixture should have the consistency of muffin batter. If it looks to dry, you may add a little water and mix well.

Heat an iron griddle on medium heat. Brush the surface with oil. Then using a metal serving spoon, (bigger than a table spoon) ladle 1/2 cup batter onto the center of the griddle. Working swiftly, use the back of the spoon to spread the batter out into a pancake size using a spiral movement that starts in the center and spreads to the size of the cake you want. It should not be made too thin. Then scrape out a hole in the middle of the pancake so that you can see the griddle. Do this using the edge or opposite end of the spoon. This allows the pancake to cook crisp all the way to the middle.

Drizzle 1 tsp of oil at the edges of the cake and into the hole in the center. Let it cook for two minutes. When the undersurface has a nice golden brown hue to it, flip it. Cook for 1 more minute, drizzling a little more oil at the edges. This should make a crispy pancake that is savory and slightly spicy. Enjoy with chutney or by itself.

## **5) Warm Corn Cereal**

(non-gluten grain in the grass family)

This is a dish from Western India. While fresh corn scraped from the cob tastes best, I use a bag of frozen corn for convenience. Think of it as a warm vegetable that has protein, carbs, fiber and fat. It is filling and delicious. If the corn is not naturally sweet you can add ¼ tsp of non-allergic sugar.

Ingredients:

1 bag of frozen corn (white or yellow)

1 small can coconut milk

1 inch piece of ginger, skin scraped and finely grated

¼ tsp sugar (optional)

1 green chili, seeded and grated

Salt

1 tbs. Chopped cilantro (optional)

Juice of freshly squeezed lemon

Method:

Put first four items into a saucepan with a lid. Cook over medium heat for 10 minutes or till all the liquid has evaporated. Garnish with lemon juice and cilantro. Serve hot!

## **6) Smoothie**

Ingredients:

1 banana cut up and frozen the night before

¼ bag of any frozen berry or fruit that is not on your allergy list (blueberries, blackberries, strawberry, peaches, pineapple)

‘Milk’ of your choice: rice, almond, hemp, oats or even a small can of coconut milk goes well with pineapple. (You may also soak any nut or seed that is on your safe list and rotation item of the day overnight in water. Drain the water and used soaked nuts and water as the base for your milk for the smoothie.)

Method:

Blend all items till you have the thickness you desire. Add extra ‘milk’ or water to make the smoothie thinner.

## **7) Oatmeal with Fruit and Nuts**

(non-gluten grain in the grass family, however can be minimally contaminated with wheat)

This can be eaten on your four day rotation diet even if gluten sensitive, unless you are allergic to oats or have more than 3 members in the grass/grain family in your allergic profile. In the latter case, you may eat oats after the first month.

Ingredients:

½ cup rolled oats

2 cups water

½ tsp salt

Fresh fruit that is in season (diced pears or apples, bananas, any berry and peaches)

Method:

Bring water to a boil. Add oats and salt. Let it cook till most of the water is absorbed, approximately 7 minutes. Add pears or apples to the last 5 minutes of cooking.

All other fruit may be folded into the oats after turning off the stove. You may garnish your oatmeal with ground flax seeds, nuts or dried fruit. In my home, I cook the pears in a little butter, add water and bring it to a boil, add two star- anise, one stick of cinnamon and the oats. It is delicious. My kids even eat the spices.

## **8) Rice Porridge (conjee)**

This is porridge of rice and water. Bland in taste, it acts as a base for many toppings, including ginger, scallion, soy sauce, sesame oil, fish, peanuts, shrimp, leftover turkey or chicken and eggs. Made with one part rice to about sixteen parts liquid, congee is easy to digest and tones the body. It is good during illness or when detoxifying the body.

**Ingredients:**

½ cup raw brown rice or 1 cup cooked rice

6 cups water

1 tsp sea salt

Asian/ Indian: add 1 tsp roasted cumin seeds and 1 Tbs. of Mung dal (hulled and split yellow mung beans) to the cooking congee to add protein and fiber to the congee. The Indian method needs these 2 ingredients to be added at the start of cooking.

Garnishes: herbs, chopped carrots, celery, spinach or any veggie of your choice, even shredded lettuce! You may also add nuts or seeds, left over cooked chicken, turkey or meats.

**Method:**

Mix all ingredients and cook on medium heat. Add garnishes in the last 10 minutes of cooking. If using last night's cooked rice it will cook in 20 minutes. If not, it may take up to an hour. Therefore, it makes an excellent slow cooker breakfast. Start it at night on 'low' and let it cook all night. You can add leftover turkey or meat bones into your slow cooker.

## **9) Tapioca Pearl and Potato**

(appropriate if you are allergic to legumes)

This dish takes half hour to prepare. If you are rushed in the morning, you might try this on the weekend. It blends sour, spicy heat and sweet together and is a must try.

**Ingredients:**

1 cup of medium sized tapioca pearl

1 large or 2 small Red potato diced small

1 tsp cumin seeds

2 Tbs. Oil

½ inch grated ginger

1 medium green hot chili, seeded and grated

Salt-1 tsp

Sugar ½ tsp

1 tsp lemon juice

2 Tbs chopped cilantro

½ cup peanuts or other coarsely chopped nuts (peanut is the top choice) that is not on your allergy list. Nuts provide protein.

**Method:**

Soak tapioca pearls in double the amount of tepid warm water for 20 to 30 minutes. Then fully drain and spread out thinly on layers of kitchen paper towels till the water is absorbed. In a sauté pan, heat oil. When hot add cumin seeds. When they turn a dark brown then add the diced potato. Stir well and cover with a lid for 5 minutes. Then add grated ginger, chili, sugar and salt. Continue to cook till the potato is just cooked. Now stir in the tapioca pearls. You have to continue to stir constantly as the pearls tend to form a gelatinous mass. When the tapioca is translucent, it is cooked. Mix in nuts, cilantro and lemon juice. Serve warm.

## **10) Sweet Potato Medallions** (appropriate if you are allergic to legumes)

**Ingredients:**

2 sweet potatoes or yams

Salt-1 tsp

Oil (non-allergic)

Seasoning in your rotation plan e.g. cumin powder, cinnamon powder, cayenne, garlic, celery salt etc.

**Method:**

Wash, peel and slice sweet potatoes into finger thick medallions. Heat 2 tsp. of oil in a non-stick sauce pan. Arrange sweet potatoes in a single layer. Season it with salt and other seasoning of choice. Let it cook for 7 minutes and then flip them. Season again. When done, a spatula should easily be able to slice the medallion. It is now ready to eat.

Combine this with fruit and coffee to complete the breakfast. It is a low protein breakfast.

Try eating 2-3 brazil nuts or 4-5 walnuts to make up for the lack of protein.

## **11) Country Fried Potatoes and Bell Peppers**

(appropriate if you are allergic to legumes)

An old Midwest favorite, that is easy to prepare and delicious.

**Ingredients:**

3 large potatoes, scrubbed well, eyes removed and diced with skin on.

½ diced bell pepper of each color-red, yellow, orange and green

1 onion diced

½ tsp celery salt

1/8 tsp cayenne, paprika, black pepper, pink peppercorn (unrelated to B/W pepper)

¼ tsp crushed thyme or thyme powder

2- 3 Tbs. oil (non-allergic) for cooking

**Method:**

Heat the oil in a nonstick frying pan. Add potatoes and cover the saucepan with a lid for 7 minutes. Then open the lid, add onions and bell peppers, and seasoning. Cook without lid till you have slightly crisp potatoes. Check seasoning and enjoy.

This is low in protein, so you may need to snack on nuts in a few hours.

## **12) Scrambled Tofu**

(legume)

**Ingredients:**

1 packet Mori-Nu soft tofu (available at most produce stores)

2 Tbs chopped onions

2 Tbs chopped green bell pepper

1 tsp oil (non-allergic) for cooking

Salt and pepper of choice

¼ tsp tumeric powder or sweet curry powder (Penzey's Spices on Manchester road in Maplewood carry the best)

Method:

Heat the oil in a six inch sauté pan. Add onions and cook until translucent. Add tumeric, peppers and cook for 2 minutes. Add whole packet of tofu to the skillet. Using your spoon break up the tofu and combine it with the vegetables. Season with salt and pepper.

You may wrap tofu in a corn tortilla or eat by itself and enjoy a piece of fruit to meet the need for carbohydrates .

### **13) Leftovers from dinner for breakfast anyone?**

Have you tried having leftovers from dinner for breakfast? If you also have to avoid legumes then you have very few options for breakfast. Thankfully, you will only have to do this for one month as it is rare to be allergic to every legume. After the first month you can try the recipes listed above.

### **Shopping List and guide**

1. Garbanzo or chickpea flour (besan) can be found in the health food aisle of regular grocery stores (Bob's Red Mill brand), Indian and Asian stores and health food stores
2. Ginger root is sold fresh in most produce departments. Select dry roots that snap easily at the joint, and has very little fiber seen when snapped.
3. Green chilies (serano, Anaheim, jalepeno, finger-hots) are found fresh in the produce section.
4. Cilantro is sold in bunches. Pick fresh looking leaves with little mud. Remove constricting rubber band or tie as it rots at the pressure point. Store for few days in a plastic box in the deli compartment of your refrigerator.
5. Yellow split peas (chana dal) and yellow split lentils (Toovar dal) and Mung Dal are sold in Indian and Asian stores. . Seema, Global Foods, Jai International and India Bazaar are stores that I use.
6. Nut and Grain 'Milk': Soy milk and Rice milk is available at any grocery store. Almond Milk, Oat milk can be found at Health food stores such as Trader Joe's, Whole Foods, River City Nutrition, Natural Way, Nutrition Stop etc. Hemp Milk is found at Whole foods. A Tbs. of nut butter blended with 6 ounces of water can also make delicious nut milk. Soaking 10 – 12 nuts such as raw cashew, almond or walnuts in water overnight, and grinding with fresh water can also make instant nut milk.
7. Spices: star-anise, cumin seeds, tumeric powder, sweet curry powder, black mustard seeds, different red dried peppers, pink peppercorns, thyme can be found at Penzeys Spice store in Maplewood, Whole foods, Indian and Asian food stores.

8. Silken Tofu (Mori-Nu brand) is available widely in grocery stores and Whole Foods. The soft kind can be used to add protein to smoothies. Regular firm or extra firm tofu have a rougher texture and are also wonderful in stir-fries and curries.

9. Brown Rice can be found at Trader-Joes, Whole foods and Asian stores at reasonable prices.

### **Indian Stores:**

Seema: on Page just east of Warson. (314) 423-9990

Seema: on Manchester just east of 141. (636) 391-5914

India Bazaar: on Page, just west of Warson, 1 block west of Seema. (314) 423-5900

### **Asian Stores:**

Global Foods Market: on Lindberg Blvd, south of Manchester and next to Walgreens. (314) 835-1112

Jay International: on Grand Blvd south of Arsenal. (314) 772-2552

### **Natural Foods:**

Whole Foods: on Brentwood Blvd and South of Hwy 40. (314) 968-7744

Whole Foods: on Clayton road and 141. (636) 527-1160

Trader Joes: located in Brentwood- (314) 963-0253. Creve Coeur on Olive Rd.- (314) 569-0427. Manchester Road- (314) 984-5051 and Clarkson Roads- (636) 536-7846.

Natural Way in Fenton- (636) 343-4343, in Webster Groves- (314) 961-3541, in Creve Coeur- (314)-878-3001

Nutrition Stop on Mexico road in St. Peters- (636)-928-7550

Cleta's Nutrition Store in Godfrey, IL- (618) 466-1659

