



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

## ECO-JOURNAL



Recipes of the month!



For all recipes below, please buy organic and local as far as possible

### **PANCAKES**

Enjoy breakfast without gluten, eggs or dairy products! Try this fluffy pancake recipe.

PREPARATION TIME: 5-10 min

COOKING TIME: 10 min

TOTAL TIME: 15-20 min

### **Ingredients**

- o 1 cup gluten-free all-purpose flour
- o 2 teaspoons gluten-free baking powder
- o 1 teaspoon cinnamon powder
- o ¼ teaspoon salt
- o 1 tablespoon ground flax
- o 2 tablespoon maple syrup or honey
- o 1 teaspoon vanilla extract
- o 1 cup lactose-free milk of your choice (almond, cashew, coconut) + 1 teaspoon white vinegar
- o 2 tablespoons oil of your choice



### **Instructions**

1. Oil the griddle with butter. Preheat the griddle at medium heat. If you don't have a griddle, use a buttered pan.
2. In a bowl, sift together the dry ingredients (flour, baking powder, cinnamon and salt)
3. Into another bowl, combine the wet ingredients (flax, maple syrup or honey), vanilla, lactose-free milk and oil.
4. Mix half of the dry ingredients with all the wet ingredients at low speed. When combined, add the 2nd half of dry ingredients. Mix until there are no lumps.
5. For one pancake pour around ¼ of the mixture on the griddle or the pan. Cook 1-3 minutes. When bubbles appear on the edges of the pancake, flip it.
6. Cook 1-2 minutes on the other side. Serve with butter, maple syrup, berries or fruit of your choice.

## **CALIFORNIAN SUSHI**

Here's an ideal gluten-free vegetarian meal for lunch or dinner. Try this Californian sushi recipe.

TOTAL TIME: 60 min

### **Ingredients**

- o 2 cups sushi or Calrose rice, rinsed
- o 2 cups water
- o ¼ cup rice vinegar
- o 2 tablespoons maple syrup (optional)
- o ½ teaspoon salt
- o 2 tablespoons roasted sesame seeds
- o 2 tablespoons black sesame seeds
- o 8 sheets "nori" seaweed
- o 1 julienned cucumber
- o 1 julienned avocado
- o Bamboo mat to roll sushi
- o OPTIONAL: soya sauce and wasabi



### **Instructions**

1. Combine the rice and water into a saucepan and bring it to a boil. Then turn the heat to low so that the water simmers, stir, cover the pot and let it cook for 15-20 minutes or until the rice absorbs the water and is tender. Remove the saucepan from the heat and let it rest for 10 minutes. Stir and let the rice cool down.
2. Mix the vinegar, maple syrup and salt in a bowl until dissolved. Add this mix into the rice. Cover with a wet towel.
3. Spread the roasted sesame seeds and the black sesame seeds on a plate.
4. Place the bamboo mat on a chosen work space. Put some rice on the mat. With wet fingers, flatten the rice into the shape of an 8" square. Cover with a "nori" seaweed sheet.
5. Add some cucumber and avocado in a row. Roll with the mat in order to have a tight roll.
6. Remove the mat. Roll the sushi into the sesame seeds. Repeat with the ingredients left in order to get 8 rolls of sushi. Cut the rolls into slices. Serve with soya sauce and wasabi if desired.

## **CHILAQUILES**

Enjoy a gluten-free vegetarian dinner! Try this chipotle and lime flavored chilaquiles recipe

PREPARATION TIME: 25 min

COOKING TIME: 12-15 min

TOTAL TIME: 37-40 min

### **Ingredients**

- o 1 ½ cup corn
- o 2 tablespoons olive oil
- o ½ onion diced
- o 2 garlic cloves, minced
- o 1 zucchini cut into thin half-moon slices
- o 2 ½ cup salsa
- o 2 tablespoon chipotle peppers, minced
- o 1 ½ cup vegetable broth
- o 14 oz. tortilla chips
- o 2 limes juice and zest
- o SPICES to your liking: salt and black pepper
- o ½ bunch fresh cilantro leaves, minced
- o ½ avocado minced
- o 1 lime slice
- o Optional: can be eaten with beans of your choice



### **Instructions**

1. Cook the corn for 3-5 minutes in a pan at medium heat and keep aside.
2. Sauté the onion and garlic in oil for 2-3 minutes. Lower the heat and continue cooking for 2 minutes. Add zucchini and cook 4-5 minutes. Mix this with the corn.
3. Mix the salsa, chipotle peppers and vegetable broth. Bring the mix to a boil and add the tortilla chips, a handful at the time. Make sure the liquid mixture covers all the chips.
4. Add the lime zest and lime juice, spice with salt and black pepper. Cook until the liquid is absorbed, 12-15 min. Place the chilaquiles or tortillas on a serving plate and top them with the sliced zucchini and corn mix, avocado and coriander. Serve with lime slices and possibly beans on the side.

## **CHIA SEEDS PROTEIN BALLS**

Try this chia seed protein ball recipe: A gluten, egg and dairy-free snack!

TOTAL TIME: 15 min

### **Ingredients**

- o 1 ½ cups oatmeal
- o ½ cup almond butter or creamy peanut butter
- o ½ cup chia seeds
- o ½ cup honey
- o ¼ cup vanilla or chocolate protein powder
- o ¼ of shredded coconut



### **Instructions**

1. In a bowl, combine all 6 ingredients.
2. Place in fridge for at least 1 hour or until the mix is firm enough to be shaped into balls.
3. Shape balls. If desired, roll the balls into shredded coconut.
4. Keep in the fridge.

## **LEMON AND ALMOND COOKIES**

Here is a gluten-free and dairy-free dessert! Try this lemon and almond crispy cookies recipe

PREPARATION TIME: 10 min

COOKING TIME: 7-10 min

CHILLING TIME: 2 hours

TOTAL TIME: Approximately 2 hours 20

### **Ingredients**

- o 6 tablespoons (85g) soft unsalted butter
- o ½ cup (100g) granulated sugar
- o 2 tablespoons organic lemon zest
- o ½ teaspoon salt
- o ½ teaspoon almond extract
- o 2 ½ cups (280g) almond flour



### **Instructions**

1. With an electric mixer cream the butter and sugar.
2. Add the lemon zest, salt and almond extract and mix on low speed.
3. Add almond flour, at the time while mixing on low speed. The paste will first be crumbly. Continue mixing until well combined.
4. Divide the mix into two portions. Shape each portion into a ball and then into two logs of 1" ½ of diameter. Place them in the fridge for 2 hours.
5. Preheat the oven at 350°F. Butter a baking tray.
6. Cut the cookie dough into slices of ¼ inch width. Place the cookies on the baking tray, leaving a space of 1" around them. Bake for 7-10 minutes, until the cookies are golden on the edges and underneath.
7. Let the cookies cool down on the baking tray for 10 minutes.

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— Enjoy your meals! —



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