

Galactosemia
Foundation

Galactosemia
'NO WHEY' Café
Recipes

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GRILLED CHOCOLATE BANANA SANDWICHES

These could probably qualify as dessert, but whatever they are, these grilled sandwiches are GOOD. As with any recipe that calls for only a few ingredients, be sure to select high-quality ingredients to make the best sandwiches possible!

Cook Time: 5 minutes

Total Time: 5 minutes

Yield: 1 sandwich

Ingredients:

• For each sandwich:

- 2 pieces whole-grain bread (make sure it's dairy-free)
- Dairy-Free Soy margarine
- 1 banana, sliced in half length wise and then in half horizontally
- 2 ounces dark dairy-free chocolate squares

Preparation:

1. Spread one side of each of the bread slices generously with dairy-free soy margarine. Heat a frying pan over medium heat and place one of the slices margarine-side-down on the pan. Place the banana pieces, flat-side-down, on the bread, followed by the chocolate squares. Top the the other piece of bread so that the margarine side faces up. Cook for 1-3 minutes, or until the bottom slice begins to brown on the bottom. Using a spatula, carefully flip the sandwich over and cook the other side until the chocolate has melted and the bread is golden brown. Remove from heat and serve immediately.

Dairy-Free Microwave 5-Minute Fudge

What You Need:

$\frac{1}{2}$ cup Silk Original Creamer
1/3 cup Confectioner's Sugar
 $\frac{1}{2}$ cup Silk Pure Coconut Milk (Full Fat)
18 ounces (about 3 cups) Dairy-Free Semi-Sweet Chocolate Chips
 $\frac{1}{4}$ cup Crisco (solid)—Chopped into pieces
1 tsp Pure Vanilla

8 x 8 Pyrex dish lined with Parchment Paper

Making the Recipe:

- Blend Confectioner's Sugar and Silk Original Creamer until smooth
- Add Silk Pure Coconut Milk and Pure Vanilla and blend until smooth
- Add Chips to mixture
- Add Crisco (chopped into pieces) into mixture
- Use a 2-quart glass Pyrex bowl to cook the fudge in the microwave
- Microwave the mixture on medium heat (Use 50% power on a 1200 watt machine) for 2 minutes, take out and stir well with a Spatula
 - At first it looks kind of lumpy, but keep steady stirring for about 2 minutes. Stir the mixture with a spatula, stir well each time
- Return bowl to microwave, and microwave mixture for 1 minute and 50 seconds at 50% power
- Stir well and mixture should be smooth and creamy (mix until all the Crisco is melted and blended into the mix)
- Use the spatula to scrape out the fudge mix from the mixing bowl into the 8 x 8 glass Pyrex dish that is lined with Parchment Paper

Put the dish into the refrigerator to set up the fudge for 3—4 hours before cutting it into squares with a clean, sharp knife.

TEX-MEX SNACK MIX:

This super easy snack mix is very delicious. If you like your food very spicy, double the spice ingredients!

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Ingredients:

- 3 cups popped popcorn
- 3 cups mini pretzel twists
- 2 cups mini garlic bagel chips
- 2 cups corn chips
- 6 Tbsp. butter, melted
- 1 tsp. smoked paprika
- 1 Tbsp. chili powder
- 1/2 tsp. cumin
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp. cayenne pepper

Preparation:

Preheat oven to 300 degrees. In large bowl, combine popcorn, pretzels, bagel chips, and corn chips. Combine melted butter and remaining ingredients in small bowl and mix well. Pour over popcorn mixture and toss to coat. Spread on baking sheet and bake at 300 degrees for 10-15 minutes until mixture is glazed. Cool, then store in tightly covered container up to 6 days. Makes 10 cups

VEGAN SMORES BARS:

These vegan s'mores bars are easy to make but always impressive, whether at kid parties or adult get-togethers. There are several varieties of vegan marshmallows on the market, but for this recipe I prefer Sweet and Sara's Vanilla Marshmallows, which are available in the U.S., Australia, Canada, the U.K. and online.

Prep Time: 30 minutes

Cook Time: 15 minutes

Total Time: 45 minutes

Yield: 15 to 18 bars

Ingredients:

• For the Crust:

- 1 cup (2 sticks) dairy-free soy margarine
- 2/3 cup confectioners' sugar
- 2 cups all-purpose flour
- 1/8 t. salt
- 3 cups chopped vegan marshmallows

• For the Ganache:

- 16 ounces dark dairy-free chocolate, coarsely chopped
- 1 3/4 cups plain unsweetened soy milk
- 1/4 t. vanilla extract
- 4 dairy-free graham crackers, crumbled

PAGE 2 OF VEGAN SMORES BARS:

Preparation:

1. Preheat the oven to 350 F. Lightly grease an 11"x17" casserole dish and set aside.
2. In a large mixing bowl, beat the soy margarine using an electric hand mixer until creamy. Add the confectioners sugar and beat until well combined. Gradually add the flour and salt until the mixture forms a thick, soft dough. Press the dough into the prepared dish and baked until golden brown, about 15 minutes. After removing the pan from the oven, evenly distribute the chopped vegan marshmallows on top of the crust in a single layer. Set the pan on a wire cooling rack while preparing the ganache.
3. Make the ganache. Place the chopped chocolate in a heat proof bowl just big enough to fit. Heat the soymilk in a small saucepan over medium-high heat until steam is rising from the surface but the liquid is not boiling. Pour the soymilk over the chocolate and let the mixture sit for 5 minutes without stirring. After 5 minutes, add the vanilla extract and stir the mixture using a wooden spoon until smooth and glossy. (This will take about 1-2 minutes of continuous stirring.) Pour the ganache over the marshmallow crust, covering as many of the marshmallows as possible. Sprinkle the crumbled graham crackers over the ganache. Let the bars cool completely, then place in the refrigerator for 2 hours or until set. Cut into bars and serve cold.

CASHEW BRITTLE:

This is the new peanut brittle, and it's vegan! While it is easiest to do as the recipe instructs and simply pour the hot caramel with the cashews onto the baking sheet before breaking into pieces, sometimes for aesthetic reasons, I like to spoon the caramel onto the sheets into round pools as shown in the photograph.

Makes 24 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients:

- 2 cups white granulated sugar (I prefer unrefined can sugar)
- 1 cup maple syrup
- 3 cups raw cashew pieces
- 2 t. dairy-free soy margarine
- 2 t. baking soda
- 1 t. vanilla extract
- 12 ounces dark dairy-free chocolate

PAGE 2 – CASHEW BRITTLE:

Preparation:

1. Line a large baking sheet with parchment paper. Grease the parchment with dairy-free soy margarine. Set aside.
2. Place the sugar and maple syrup in a microwave-safe bowl, stirring well to combine. Microwave on high for 3 minutes, remove the bowl and stir vigorously, then return the bowl to the microwave and microwave for 2 minutes longer. Remove the bowl and add the cashews and soy margarine, stirring well to combine. Return the bowl to the microwave and microwave on high for 30-45 seconds, or until the mixture is a deep golden amber in color. Remove the bowl carefully (mixture will be VERY hot) from the microwave, and quickly stir in the baking soda and vanilla, until the mixture is well combined and bubbles and foams. Pour the mixture onto the prepared sheet and allow the brittle to cool completely for about 30 minutes or until set. Break the brittle into pieces of desired size.
3. Melt the chocolate in a double boiler, a stainless steel bowl set over a pan of boiling water, or the microwave. Using two forks, dip each of the brittle pieces into the dark chocolate, taking care to shake the excess from the pieces, returning the candies to the pan as you work. Allow the chocolate to set completely before serving, about 1-2 hours (this can be expedited by placing the candies in the refrigerator if necessary). Serve at room temperature.

CHOCOLATE COVERED CARROT CHIPS:

This recipe might sound a little odd at first, but chocolate covered carrots make a great sweet snack for kids and adults, dairy-free or not!

Makes 1 pound carrot chips

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 20 minutes

Ingredients:

- 20 ounces dairy-free dark chocolate
- 2 lbs carrot chips
- pinch of salt

Preparation:

1. Line a large baking sheet with parchment paper. In a double boiler or a stainless steel bowl set over a pan of boiling water, melt the chocolate. Sprinkle the carrot chips with salt, then dip each in the chocolate, placing each on the prepared sheet as you work. Place in the refrigerator for about 10 minutes or until set. Serve!

DAIRY FREE QUESO DIP:

Chile con queso is a Mexican cheese dip typically prepared with cheese, chile peppers, onions and spices. This recipe is great as a dip for crackers, chips or veggies, but it also makes a rich cheesy sauce for burritos and quesadillas. Feel free to substitute fresh homemade salsa of your choice in place of the prepared varieties.

Makes 2 cups

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Ingredients:

- ¾ cup unsweetened soy milk (not non-fat)
- 2 t. apple cider vinegar
- 1 T. cornstarch or arrowroot powder
- ½ cup raw cashews
- 1 ½ cups water
- ¼ cup lemon juice
- ¼ cup nutritional yeast flakes
- ½ t. garlic powder
- ¼ t. tumeric
- ¼ t. mustard powder
- 2 T. tahini
- ½ cup prepared spicy salsa, draining excess juices
- ¼ t. salt, plus more to taste

PAGE 2 – DAIRY FREE QUESO DIP

Preparation:

1. In a small dish or bowl, combine the soymilk and vinegar and allow to rest for 3-5 minutes or until thickened slightly. Mix in cornstarch or arrowroot, stirring to dissolve. Set aside.
2. In a blender or food processor, process the cashews until finely ground. Set aside.
3. In a small saucepan over medium heat, combine water, lemon juice, nutritional yeast, spices and tahini. Stir in ground cashews and soymilk mixture until well blended. Stir in prepared salsa and salt. Cook until desired consistency, keeping in mind that mixture will thicken slightly as it cools. Salt to taste.
4. Serve warm, at room temperature or cold with tortilla or pita chips, or use as a sauce for tacos, quesadillas or burritos.

~~For more information on this topic, be sure to check out the [Dairy Free Cooking](#) site.