

# Gluten Free Recipes

## Chex® No-Bake Apple Bars

Mix up whole grain Rice Chex® or Honey Nut Chex® with dried fruits to create a tasty, better-for-you-bar.

### Ingredients

- 4 cups Rice Chex® cereal
- 2/3 cup chopped dried apples
- 1/2 cup sliced almonds
- 1/2 cup sweetened dried cranberries
- 1 tbsp butter or margarine
- 1/2 cup light corn syrup
- 1/4 cup packed brown sugar

### Directions:

1. Line bottom and sides of 8" square pan with foil. Spray foil with cooking spray. In large bowl, mix cereal, apples, almonds and cranberries; set aside.
2. In 1-quart saucepan, heat butter, corn syrup and brown sugar over medium-high heat, stirring constantly, until sugar is dissolved and mixture comes to a boil. Boil 2 minutes, stirring constantly, until slightly thickened.
3. Pour over cereal mixture in bowl; stir until evenly coated. Using buttered back of spoon, press mixture firmly in pan. Refrigerate 1 hour or until firm enough to cut.
4. For bars, cut into 4 rows by 4 rows. Store covered at room temperature up to 1 week.



### Chef's Tip

Use Chex® cereals, loosely ground, as a gluten free coating for chicken nuggets and fish!

PER SERVING (1 Bar): 130 Cal; 3 g Fat, 1/2 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 80 mg Sod, 26 g Carb, 1 g Fib, 15 g Sug, 1 g Prot.



## Best-Ever Banana Bread

Enjoy this great banana bread recipe made using Betty Crocker® Gluten Free yellow cake mix - perfect for a breakfast treat.

### Ingredients

- 1 box Betty Crocker® Gluten Free yellow cake mix
- 1 cup mashed very ripe bananas (2 medium)
- 1/2 cup butter, softened
- 3 eggs
- 1/2 cup chopped nuts, if desired

### Directions:

1. Heat oven to 350°F. Grease bottom only of 9x5-inch or 8x4-inch loaf pan with shortening.
2. In large bowl, beat cake mix, bananas, butter and eggs with mixer on low for 30 seconds, then on medium for 2 minutes, scraping bowl occasionally. Pour into pan.
3. Bake 9" loaf 55-60 minutes, 8" loaf 65-75 minutes or until toothpick inserted in center comes out clean. (Place sheet of foil over loaf to prevent overbrowning.) Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to cooling rack. Cool about 1 hour before slicing.

PER SERVING (1 Slice): 180 Cal, 7 g Fat, 4 g Sat Fat, 0 g Trans Fat, 55 mg Chol, 200 mg Sod, 26 g Carb, 0 g Fib, 12 g Sug, 2 g Prot.

## Carrot Cake

Turn Betty Crocker® Gluten Free yellow cake mix into a delicious homemade carrot cake.

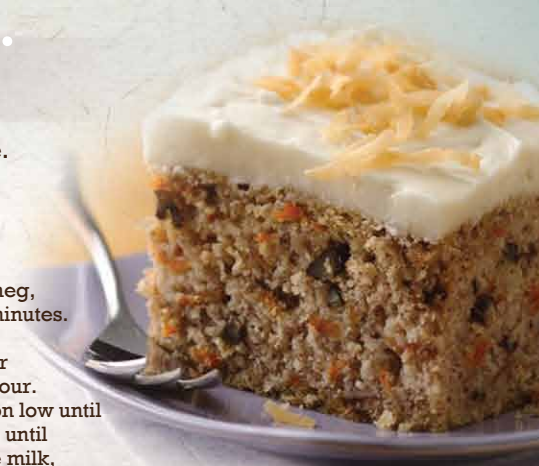
### Ingredients

- Cake**
- 1 box Betty Crocker® Gluten Free yellow cake mix
  - 2/3 cup water
  - 1/2 cup butter, softened
  - 1/2 tsp ground cinnamon
  - 1/4 tsp ground nutmeg
  - 2 tsps gluten-free vanilla
  - 3 eggs
  - 1 cup finely shredded carrots (2 medium)
  - 1/4 cup finely chopped pecans or walnuts

- Frosting**
- 4 oz cream cheese, softened
  - 2 tbsps butter
  - 1/2 tsp gluten-free vanilla
  - 2 cups powdered sugar
  - 1-3 tsps milk
  - 1/4 cup coconut, if desired

### Directions:

1. Heat oven to 350°F. Grease bottom only of 8" or 9" square pan with shortening, or spray with cooking spray.
2. In large bowl, beat cake mix, water, butter, cinnamon, nutmeg, vanilla and eggs on low for 30 seconds then medium for 2 minutes. With spoon, stir in carrots and pecans. Spread in pan.
3. Bake 36-41 minutes for 8" pan or 33-38 minutes for 9" pan or until toothpick comes out clean. Cool completely, about 1 hour.
4. In large bowl, beat cream cheese, butter, vanilla and milk on low until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth and spreadable. If frosting is too thick, beat in more milk, a few drops at a time. Stir in coconut. Spread frosting over cake.



PER SERVING (1 Serving): 420 Cal, 16 g Fat, 9 g Sat Fat, 0 g Trans Fat, 90 mg Chol, 310 mg Sod, 66 g Carb, 0 g Fib, 48 g Sug, 3 g Prot.