Back to School Recipes



CANADIAN CELIAC ASSOCIATION



Our grocery shopping guide includes all necessary ingredients to make these delicious recipes! Try them out for yourself, you won't be disappointed!

- If your child attends a 'nut free' school, you can substitute seeds or seed butter in the recipe.
- Don't forget to read the grocery guide to find other helpful grocery items that make lunch making a snap!



Picnic basket granola bars

Great for the freezer! You can adjust to be 'nut fee' by adding seeds in replacement of nuts.

Ingredients:

- 3 cups gluten-free oats
- 1 can sweetened condensed milk
- 1/2 cup melted butter
- 1 cup each: dried fruit, chopped nuts & chocolate chips
- 1/2 cup shredded coconut

Directions:

- Melt butter
- Chop nuts & dried fruit
- Mix all ingredients together
- Place into 9x13 pan.
- Smooth top with metal spoon
- Bake: 25mins at 325 degrees



School friendly trail mix

Make a large batch to last you all week!

Ingredients:

- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 1/2 cup chocolate chips
- 1/2 cup dried raisins or cranberries
- 1 cup GF pretzel sticks
- 1 cup mini marshmallows

Directions:

- Mix all ingredients together and place into a air tight container.



Lunch time parfait

This delicious 'make your own parfait' is great for budding chefs and kids who like mixed textures! This is also a great recipe for piky eaters, as it gives them control over how much of each ingredient is used.

Fan favourite!

Ingredients:

- 1 cup vanilla yogurt
- 2 Tbsp pumpkin seeds
- 1/2 cup mixed berries (can use any fruit that your child likes)
- 1/4 cup GF granola
- 1 Tbsp chia seeds (optional for increased fibre content)

Directions:

- Place all ingredients in separate, small containers.
- Provide one single larger bowl or container for mixing of all ingredients.
- Kids can add more or less of each item to their liking!



No bake energy balls

*G*reat for the freezer or stored in an air tight container in the fridge. You can substitute pumpkin seeds butter for PB for a nut free version.

Ingredients:

- 1 cup GF large flake oats
- 1/2 cup nut or seed butter
- 1/2 cup chocolate chips
- 1/2 cup ground flax seed
- 1/3 cup pumpkin seeds
- 1/2 cup maple syrup
- 1 tsp vanilla

Directions:

- Mix all ingredients together in a large bowl
- Roll into balls & place on cookie sheet
- Refrigerate for 1 hour on cookie sheet
- Place in air tight container
- Keep in fridge for best product



Egg salad sandwich

A high protein favourite that can be made the night before.

Ingredients:

- 4 eggs (hard boiled)
- 1/4 cup mayo
- 1/2 tsp yellow mustard
- salt and pepper
- lettuce
- cucumber

Directions:

- Hard boil eggs, peel and chop
- Mix together with mayo, mustard, salt and pepper
- Placed on GF bread or wrap with crunchy lettuce and cucumber for healthy additional fixings.

For more information on labeling and celiac disease, click here.