

## Gluten free berry crisp ~ by Nanci Campbell

### INGREDIENTS:

Nonstick cooking spray

4 cups fresh or frozen strawberries, hulled and quartered

3 cups fresh or frozen blackberries

3 cups fresh or frozen blueberries

3 cups fresh or frozen raspberries

1/2 cup granulated sugar

1/4 cup cornstarch

1 1/2 teaspoons ground cinnamon

1 1/2 cups gluten-free rolled oats

1 cup gluten-free flour blend

1 cup brown sugar, packed

1/2 cup cold unsalted butter, cut into 1/2-inch cubes

Preheat oven to 350. Prepare 9x13 pan with cooking spray. Mix berries, granulated sugar, cornstarch, and cinnamon in a bowl. Mix until berries are coated. Pour berry mixture into 9x13 prepared dish.

Mix rolled oats, flour blend, brown sugar and butter in a medium bowl. Cut with pastry cutter or use hands to blend until it resembles course meal.

Spread over berry mixture and bake until light brown and bubbly - approx 45 minutes. Let cool for 10 minutes before serving. Serve as is or with vanilla ice cream.

# Shadow Rock Virtual Potluck

## Make Ahead French Toast

from Emmanuel Pines Camp cookbook, shared by Lois Beberniss

5 eggs, lightly beaten

1 1/2 c milk

1 c half & half cream

1 tsp vanilla extract

8 slices French bread, cut into 1 inch cubes

1/2 c butter, melted

1 c light brown sugar (I like dark brown sugar)

2 Tbsp Maple Syrup

1 c chopped pecans

In a large bowl, whisk together eggs, milk, cream and vanilla. Dip bread cubes into the egg mixture and place in a lightly greased 8 x 13 inch baking pan. Refrigerate overnight.

The next morning, preheat oven to 350 degrees (175 degrees Centigrade). In a small bowl, combine butter, sugar, maple syrup and pecans. Spoon mixture over bread cubes. Bake in preheated oven until golden, about 40 minutes. Let stand 5 minutes before serving.



### **Baked Peaches ~ by Jenny Bondurant**

Ingredients: 4 fresh peaches, 2 teaspoons of butter, 2 teaspoons of brown sugar, 1 can of whipped cream, (cinnamon, optional)

1. Preheat oven to 350 degrees.
2. Halve the peaches and place them skin down in a baking dish.
3. Place 1/2 teaspoon of butter in each divot.
4. Place 1/2 teaspoon of brown sugar in each divot. (Sprinkle with cinnamon)
5. Bake 10-15 minutes depending on the ripeness of the peaches.
6. Serve with a shot of whipped cream and enjoy!

### **Instant Pot Egg Bites ~ by Karen Richter**

3 or 4 large eggs  
1/4 cup soft cheese (I like Boursin with herbs)  
1/2 cup chopped cooked meat or sautéed vegetables  
1/2 cup shredded cheese (whatever you have is fine)  
salt and pepper to taste; if you have roasted garlic or other yummys on hand, throw them in too

Blend together eggs, cheese, chopped cooked meat/veggies, and seasonings (use an immersion blender or a whisk and strong arm). Prepare Instant Pot egg mold with nonstick cooking spray. Ladle 1/4 cup of the egg mixture into each part of the mold. Cover with egg mold top or parchment paper.

Prepare Instant Pot with 1 cup water. Put filled egg mold on top of wire steam rack. Put into Instant Pot. Pressure cook at low pressure for 8 minutes. Release pressure naturally for 5 minutes, then quick release. Serve warm.

### **5 Minute Almond Snack Cake ~by Lori Heisner**

1 stick of butter  
2 eggs  
1 cup of flour  
1 cup of sugar  
2 teaspoons almond extract  
2 tablespoons sliced almonds

Preheat oven to 325. Prepare 8" pie or cake pan with non-stick cooking spray. Melt butter in the microwave in a glass bowl. Using fork, beat eggs into butter. Add flour, sugar, almond extract and mix well. Pour batter into prepared pan. Sprinkle sliced almonds on top.

Bake 45 minutes until golden brown or until knife inserted near the center comes out clean. Let cool. Cut into 8 wedges.

