

BRUNCH

When you are thinking of getting together with friends, family, think of brunch! A casual buffet – without the formality (and last minute timing) of a sit-down dinner – can be a more relaxing, fun get-together.

We sampled some bagels (with home-made jam thanks to Emma!), pumpkin bread, a potato dish, an egg/Swiss chard casserole, coffee cake made from the recipe on Pamela's Baking mix, sausage quesadilla, Chebe rolls – hope I am not leaving anything out. Thank you to Saffrons for donating the bagels and coconut milk. The recipes were put together by Nancy into a great booklet – such a really good job compiling all those. Nancy mentioned that the pumpkin bread is best made with a bean based flour mixture.

One of the recipes we sampled, the egg and Swiss chard casserole, was not included in the booklet so it is being sent as an attachment to this e-mail. It was very good & I for one already plan to make it later this week when we get together with some family.

Some other ideas for brunches were scrambled eggs, pancakes, waffles, mixed-fruit bowl, Chex mixes, and muffins. It was mentioned that there are some good recipes for Chex mixes on the website, www.liveglutenfreely.com. Pamela's Baking mix has some very good recipes on the back of the package – that seems to be a favorite mix although it does contain almond flour, so people with a nut allergy would have to avoid that one. It also contains buttermilk, so also to be avoided by people with dairy issues.