INTERLATINA



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We have a gift for you:



FREE e-book: Gluten-free, no-added-sugar Breakfast

42 easy recipes · Edition 1 of a 10-edition collection

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INTERLATINA KITCHEN COLLECTION

Welcome to your collection!

We are so glad you are here! This e-book is a gift from Interlatina to you, for every morning you want to eat well without the fuss.

The **Interlatina Kitchen Collection** has **10 collectible editions**, each with **42 recipes** created by our team: all gluten-free with no added sugar, using easy-to-find ingredients and simple steps.

Edition 1 starts with the best meal of the day: **breakfast**. Fluffy pancakes, warm Brazilian cheese bread, eggs every way, colorful bowls and creamy smoothies to make your mornings special.

Print it, save it on your phone, share it with someone you love. And stay tuned: the next edition is already on its way.

With love,
The Hoffmann Family · Interlatina



From our family to yours ♥

GLUTEN-FREE · NO ADDED SUGAR

Before you start

Truly gluten-free

Always check for a “gluten-free” label, including on baking powder, cassava starch, cornmeal and spice blends. Use clean tools and surfaces to avoid cross-contact.

Certified oats only

Regular oats are often cross-contaminated with wheat. In these recipes, use only oats labeled “certified gluten-free”.

Sweeteners

We use erythritol, xylitol or stevia. Brands vary in sweetness: start with less and adjust to taste. Note: xylitol is toxic to dogs.

Measurements

US cups and spoons · 1 cup = 240 ml · 1 tbsp = 15 ml · 1 tsp = 5 ml. Medium oven = 350 °F.

The recipes in this e-book are culinary suggestions and are not a substitute for advice from a doctor or dietitian. If you have celiac disease, allergies or dietary restrictions, check the labels of every ingredient.

EDITION 01 · BREAKFAST & BRUNCH

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01
Banana Oat Pancakes



A handful of pantry staples and one skillet give you fluffy, cinnamon-scented pancakes before the coffee is done.

TIME	YIELD	LEVEL
15 min	**makes 6 small pancakes**	**Easy**

INGREDIENTS

- 1 very ripe medium banana
- 2 large eggs
- 1/2 cup certified gluten-free rolled oats
- 1/2 tsp baking powder
- 1/2 tsp ground cinnamon
- Pinch of salt
- Coconut oil or butter, for the pan

DIRECTIONS

1. Blend the banana, eggs, gluten-free oats, cinnamon and salt until completely smooth.
2. Stir in the baking powder by hand until just combined.
3. Heat a greased nonstick skillet over medium-low heat and pour about 2 tbsp of batter per pancake.
4. Flip when small bubbles appear on top, about 2 minutes, then cook 1 more minute.

> ***Interlatina tip***
>
> The more brown spots on the banana peel, the naturally sweeter your pancakes will be.

02
Almond Flour Pancakes with Berries



Golden on the outside, tender inside and piled with warm berries: a brunch that feels like a hotel breakfast.

TIME	YIELD	LEVEL
20 min	**makes 8**	**Easy**

INGREDIENTS

- 1 cup almond flour
- 2 large eggs
- 1/4 cup milk (or unsweetened plant milk)
- 1 tbsp erythritol
- 1 tsp baking powder
- Zest of 1/2 lemon
- Pinch of salt
- 1 cup fresh or frozen mixed berries
- Butter, for the pan

DIRECTIONS

1. In a bowl, whisk together the almond flour, erythritol, salt, lemon zest and baking powder.
2. Add the eggs and milk and stir into a thick, even batter.
3. Cook 2 tbsp of batter per pancake in a buttered skillet over low heat, 2 to 3 minutes per side.
4. Warm half the berries in a small saucepan until juicy, then spoon over the pancakes with the fresh ones.

> *Interlatina tip*
>
> Keep the heat low: almond flour browns fast and can scorch before the center sets.

03
Coconut Pancakes



A little tropical sunshine first thing: light coconut pancakes made for fresh fruit and a cup of coffee.

TIME	YIELD	LEVEL
15 min	**makes 6**	**Easy**

INGREDIENTS

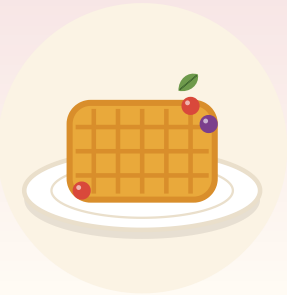
- 3 large eggs
- 3 tbsp coconut flour
- 1/3 cup unsweetened coconut milk
- 1 tbsp erythritol
- 1/2 tsp baking powder
- Pinch of salt
- Coconut oil, for the pan
- Unsweetened shredded coconut and fruit, to serve

DIRECTIONS

1. Whisk the eggs, coconut milk and erythritol until slightly frothy.
2. Add the coconut flour, salt and baking powder; let rest 5 minutes so the batter thickens.
3. Cook small rounds in a coconut-oiled skillet over low heat, about 2 minutes per side.
4. Top with shredded coconut and chopped fruit.

> *Interlatina tip*
>
> Keep them small: coconut flour batter is delicate, and smaller rounds are much easier to flip.

04
Rice Flour Waffles



Crisp outside, soft inside and ready for fruit, yogurt or eggs: your go-to weekend waffle.

TIME	YIELD	LEVEL
25 min	**makes 4**	**Easy**

INGREDIENTS

- 1 cup white rice flour
- 2 tbsp cornstarch
- 1 tsp baking powder
- 1 tbsp erythritol
- Pinch of salt
- 2 large eggs
- 3/4 cup milk
- 2 tbsp melted butter

DIRECTIONS

1. Whisk together the rice flour, cornstarch, baking powder, erythritol and salt.
2. In another bowl, beat the eggs, milk and butter; add to the dry mix and stir until smooth.
3. Let the batter rest 5 minutes while the waffle iron preheats.
4. Grease the iron, add batter without overfilling and cook 4 to 5 minutes, until golden.

> *Interlatina tip*
> For extra crunch, set the waffles on a wire rack for a minute instead of stacking them.

05
Cheese Crepioca (Tapioca-Egg Crepe)



Egg, tapioca flour and melty cheese: a warm, filling Brazilian breakfast crepe ready in five minutes.

TIME	YIELD	LEVEL
10 min	**makes 1**	**Easy**

INGREDIENTS

- 1 large egg
- 2 tbsp hydrated tapioca flour (goma de tapioca)
- 1 tbsp milk or water
- Pinch of salt
- 1/3 cup shredded mozzarella
- Dried oregano, to taste
- Drizzle of olive oil, for the pan

DIRECTIONS

1. Beat the egg, tapioca, milk and salt with a fork until smooth.
2. Pour into an oiled nonstick skillet over medium heat and swirl to coat.
3. When the edges release, flip and cover half with mozzarella and oregano.
4. Fold in half and cook 1 more minute, until the cheese melts.

> ***Interlatina tip***
> Give the batter a quick stir right before pouring: the tapioca settles to the bottom fast.

06
Spinach & Ricotta Crepioca



Bright green, light and filled with seasoned ricotta: a tapioca-egg crepe that adds color to your morning.

TIME	YIELD	LEVEL
15 min	**makes 1**	**Easy**

INGREDIENTS

- 1 large egg
- 2 tbsp hydrated tapioca flour (goma de tapioca)
- 1/2 cup chopped fresh spinach
- Pinch of salt
- 3 tbsp ricotta
- 1 tsp olive oil
- Nutmeg and black pepper, to taste

DIRECTIONS

1. Saute the spinach in the olive oil for 1 minute, just until wilted; season with salt.
2. Season the ricotta with nutmeg and pepper.
3. Beat the egg, tapioca and salt, stir in half the spinach and pour into an oiled skillet over medium heat.
4. Flip once set, fill with ricotta and the remaining spinach, fold and serve.

> ***Interlatina tip***
> Squeeze the cooked spinach well so the crepe stays tender, not soggy.

07
Tapioca with Coalho Cheese, Tomato & Oregano



A taste of Brazil's northeast coast: grilled coalho cheese, fresh tomato and oregano in a chewy tapioca crepe.

TIME	YIELD	LEVEL
10 min	**makes 1**	**Easy**

INGREDIENTS

- 4 tbsp hydrated tapioca flour (goma de tapioca)
- Pinch of salt
- 2 oz coalho cheese (or halloumi), thinly sliced
- 1/2 tomato, seeded and diced
- 1/2 tsp dried oregano
- Drizzle of olive oil

DIRECTIONS

1. Sift the tapioca and salt straight into a cold nonstick skillet in an even round.
2. Set over medium heat until it binds and releases from the pan, about 2 minutes.
3. Sear the cheese slices in another skillet, 1 minute per side.
4. Fill with the cheese, tomato, oregano and a drizzle of oil; fold and serve.

> ***Interlatina tip***
>
> If the tapioca is lumpy, rub it through a sieve with your fingertips for a smooth crepe.

08
Shredded Chicken & Requeijão Tapioca



A creamy, well-seasoned filling in a soft tapioca crepe: the perfect way to use leftover chicken.

TIME	YIELD	LEVEL
15 min	**makes 1**	**Easy**

INGREDIENTS

- 4 tbsp hydrated tapioca flour (goma de tapioca)
- Pinch of salt
- 1/2 cup cooked shredded chicken
- 2 tbsp requeijão (Brazilian cream cheese) or soft cream cheese
- 1 tbsp chopped chives
- Sweet paprika and black pepper, to taste

DIRECTIONS

1. Mix the chicken with the cream cheese, chives, paprika and pepper; season with salt.
2. Sift the tapioca and salt into a nonstick skillet in an even round.
3. Set over medium heat until it binds and releases, about 2 minutes.
4. Spread the filling, fold and cook 1 more minute to warm through.

> ***Interlatina tip***
>
> Check the cream cheese label for a "gluten-free" statement.

09
Classic Brazilian Cheese Bread (Pão de Queijo)



Crisp crust, stretchy center and the smell of baked cheese filling the house: Brazil's best-loved snack.

TIME	YIELD	LEVEL
50 min	**makes 30**	**Medium**

INGREDIENTS

- 1 lb 2 oz sour cassava starch (polvilho azedo), about 4 cups
- 1 cup milk
- 1/2 cup vegetable oil
- 1 tsp salt
- 2 large eggs
- 7 oz grated semi-aged cheese, such as Parmesan or Pecorino (about 2 cups)

DIRECTIONS

1. Bring the milk, oil and salt to a boil and pour over the starch, stirring into a damp crumbly dough.
2. Let cool until warm, add the eggs one at a time and knead until smooth.
3. Knead in the cheese, then roll into balls with oiled hands.
4. Bake in a preheated 400 °F oven for 25 to 30 minutes, until golden.

> *Interlatina tip*
>
> Freeze the unbaked balls on a sheet, then bag them: they go straight from freezer to oven.

10
Skillet Cheese Bread



Craving cheese bread without turning on the oven? Ten minutes and a skillet give you a golden, chewy round.

TIME	YIELD	LEVEL
10 min	**makes 1 round (1 serving)**	**Easy**

INGREDIENTS

- 1 large egg
- 2 tbsp sweet or sour cassava starch (polvilho)
- 2 tbsp grated Parmesan
- 1 tbsp cream cheese or plain unsweetened yogurt
- Pinch of salt
- Drizzle of olive oil, for the pan

DIRECTIONS

1. Mix everything with a fork into a creamy batter.
2. Pour into a small oiled skillet and spread evenly.
3. Cover and cook over low heat for 3 to 4 minutes, until set on top.
4. Flip and brown the other side for 2 more minutes. Enjoy plain or filled.

> *Interlatina tip*
> Keep the lid on: the steam cooks the center while the bottom gets crisp.

11
Brazilian Corn Couscous with Fried Egg



Fluffy, buttery steamed corn topped with a runny egg: the breakfast that tastes like home in northeast Brazil.

TIME	YIELD	LEVEL
25 min	**serves 2**	**Easy**

INGREDIENTS

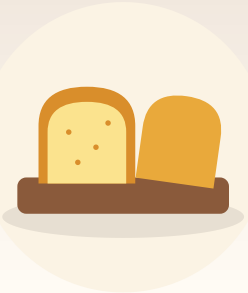
- 1 cup Brazilian flaked corn meal (flocão de milho)
- 1/2 cup water
- 1/2 tsp salt
- 1 tbsp butter
- 2 large eggs
- Chopped chives, to finish

DIRECTIONS

1. Toss the corn flakes with the salt, adding water gradually until evenly moistened; rest 10 minutes.
2. Add water to the base of a couscous steamer, spoon in the corn loosely and cover.
3. Steam 10 to 12 minutes after the water boils, until steam escapes from the lid.
4. Fry the eggs in butter and serve over the hot couscous with chives.

> *Interlatina tip*
>
> Choose a brand labeled gluten-free, as some corn products are processed alongside other grains.

12
Sweet Potato Rolls



Soft rolls with a golden crust and a gentle sweetness from the sweet potato: great with butter or scrambled eggs.

TIME	YIELD	LEVEL
45 min	**makes 12**	**Medium**

INGREDIENTS

- 1 cup cooked mashed sweet potato (about 9 oz)
- 1 1/2 cups sweet cassava starch (polvilho doce) or tapioca starch
- 1 large egg
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 cup grated Parmesan (optional)

DIRECTIONS

1. Mix the warm sweet potato with the egg, olive oil and salt.
2. Add the starch gradually (and the cheese, if using), kneading until the dough no longer sticks.
3. Shape 12 balls and place on a parchment-lined baking sheet.
4. Bake in a preheated 400 °F oven for 25 to 30 minutes, until golden.

> ***Interlatina tip***
>
> If the dough is sticky, add starch a spoonful at a time: sweet potatoes vary a lot in moisture.

13
Banana Cinnamon Muffins



Tender, cinnamon-scented and sweetened with ripe bananas: these disappear from the basket in minutes.

TIME	YIELD	LEVEL
35 min	**makes 10**	**Easy**

INGREDIENTS

- 2 ripe bananas, mashed
- 2 large eggs
- 1/4 cup melted coconut oil
- 1 1/2 cups certified gluten-free oat flour
- 1 tsp ground cinnamon
- 1 tbsp baking powder
- Pinch of salt
- 2 tbsp erythritol (optional)

DIRECTIONS

1. Whisk the bananas, eggs and coconut oil until creamy.
2. Add the flour, cinnamon, salt and erythritol; stir just until combined, then fold in the baking powder.
3. Divide among greased muffin cups, filling each about 3/4 full.
4. Bake in a preheated 350 °F oven for 20 to 25 minutes, until a toothpick comes out clean.

Interlatina tip

Top each muffin with a banana slice and a pinch of cinnamon before baking for a bakery look.

14
Carrot Muffins



Everything goes in the blender and comes out soft and bright orange: classic Brazilian carrot cake in a muffin cup.

TIME	YIELD	LEVEL
35 min	**makes 10**	**Easy**

INGREDIENTS

- 2 medium carrots, chopped (about 7 oz)
- 3 large eggs
- 1/3 cup vegetable oil
- 1/2 cup granulated erythritol
- 1 cup white rice flour
- 1/2 cup cornstarch
- 1 tbsp baking powder
- Pinch of salt

DIRECTIONS

1. Blend the carrots, eggs, oil and erythritol until very smooth.
2. Transfer to a bowl and stir in the rice flour, cornstarch and salt; fold in the baking powder last.
3. Divide among greased muffin cups, filling each about 3/4 full.
4. Bake in a preheated 350 °F oven for 20 to 25 minutes, until golden.

Interlatina tip

For a sugar-free glaze, melt 100% cacao unsweetened chocolate with a splash of coconut milk and erythritol.

15
Zucchini & Cheese Savory Muffins



Golden, fragrant and loaded with cheese: perfect for brunch, lunch boxes or an afternoon coffee.

TIME	YIELD	LEVEL
40 min	**makes 9**	**Easy**

INGREDIENTS

- 1 medium zucchini, grated and squeezed dry
- 2 large eggs
- 1/2 cup milk
- 1/4 cup olive oil
- 1 cup white rice flour
- 1/2 cup grated Parmesan
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 tsp dried oregano

DIRECTIONS

1. Grate the zucchini, sprinkle with the salt, wait 5 minutes and squeeze dry in a towel.
2. Whisk the eggs, milk and olive oil; add the rice flour, Parmesan and oregano.
3. Fold in the zucchini and then the baking powder. Divide among greased muffin cups.
4. Bake in a preheated 350 °F oven for 25 minutes, until golden and set.

> *Interlatina tip*
> Save a little cheese to sprinkle on top before baking for an irresistible crust.

16
Cocoa Mug Cake



Real chocolate cake in under two minutes in the microwave: for when the craving just can't wait.

TIME	YIELD	LEVEL
5 min	**makes 1 mug**	**Easy**

INGREDIENTS

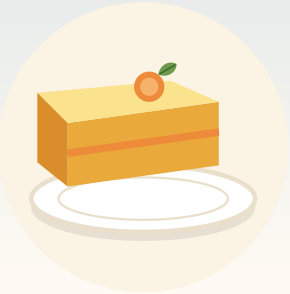
- 1 large egg
- 2 tbsp milk
- 1 tbsp melted coconut oil
- 2 tbsp 100% unsweetened cocoa powder
- 2 tbsp erythritol
- 2 tbsp almond flour
- 1/2 tsp baking powder

DIRECTIONS

1. In a large mug, beat the egg, milk and coconut oil with a fork.
2. Add the cocoa, erythritol and almond flour and stir until smooth.
3. Stir in the baking powder and microwave on high for 1 minute 30 seconds.
4. Let it stand 1 minute before eating; the center finishes setting as it rests.

> *Interlatina tip*
> Push a few pieces of 100% cacao unsweetened chocolate into the batter for a molten center.

17
Blender Cornmeal Cake



Grandma-style Brazilian cornmeal cake, soft and golden, made in the blender and perfect with drip coffee.

TIME	YIELD	LEVEL
50 min	**makes 12 slices**	**Easy**

INGREDIENTS

- 3 large eggs
- 1 cup milk
- 1/2 cup vegetable oil
- 1/2 cup granulated erythritol
- 2 cups fine cornmeal (fubá)
- 2 tbsp cornstarch
- 1 tbsp baking powder
- 1 tbsp fennel seeds (optional)

DIRECTIONS

1. Blend the eggs, milk, oil and erythritol for 1 minute.
2. Add the cornmeal and cornstarch and blend until smooth.
3. Stir in the baking powder and fennel seeds by hand, then pour into a greased tube pan.
4. Bake in a preheated 350 °F oven for 35 to 40 minutes, until a toothpick comes out clean.

> *Interlatina tip*
> Buy cornmeal labeled gluten-free, and dust the pan with cornmeal instead of flour.

18
Orange Rice Flour Cake



Moist crumb, bright citrus aroma and an orange drizzle running down the sides: a cake that lights up the table.

TIME	YIELD	LEVEL
55 min	**makes 12 slices**	**Medium**

INGREDIENTS

- 3 large eggs
- 1 cup fresh orange juice
- Zest of 1 orange
- 1/2 cup vegetable oil
- 1/2 cup granulated erythritol
- 1 1/2 cups white rice flour
- 1/2 cup cornstarch
- 1 tbsp baking powder

DIRECTIONS

1. Blend the eggs, juice, zest, oil and erythritol for 2 minutes.
2. Transfer to a bowl, add the rice flour and cornstarch and stir until smooth; fold in the baking powder.
3. Pour into a greased pan and bake in a preheated 350 °F oven for 35 to 40 minutes.
4. Optional: simmer 1/2 cup orange juice with 2 tbsp erythritol for 3 minutes and pour over the warm cake.

> ***Interlatina tip***
> Zest only the orange layer of the peel; the white pith turns bitter.

19
Baked Veggie Omelet



Colorful, fluffy and made all at once for the whole family: the centerpiece of your Sunday brunch.

TIME	YIELD	LEVEL
40 min	**serves 6**	**Easy**

INGREDIENTS

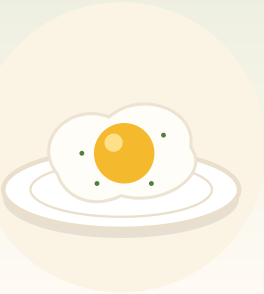
- 6 large eggs
- 1/2 cup milk
- 1 tomato, seeded and chopped
- 1/2 red bell pepper, chopped
- 1/2 onion, chopped
- 1 cup chopped spinach
- 1/2 cup shredded mozzarella
- Salt and black pepper, to taste
- Olive oil, for the pan

DIRECTIONS

1. Saute the onion and bell pepper in a little olive oil for 3 minutes; add the spinach until wilted.
2. Whisk the eggs with the milk, salt and pepper.
3. Spread the vegetables and tomato in a greased 8 x 8-inch pan, pour in the eggs and top with cheese.
4. Bake in a preheated 350 °F oven for 25 minutes, until set in the center and golden.

> ***Interlatina tip***
>
> Cut into squares and refrigerate: they reheat in seconds for weekday breakfasts.

20
Creamy Scrambled Eggs with Chives



Low heat and a little patience turn simple eggs into soft, silky curds worthy of a restaurant brunch.

TIME	YIELD	LEVEL
10 min	**serves 1 to 2**	**Easy**

INGREDIENTS

- 3 large eggs
- 1 tbsp butter
- 1 tbsp heavy cream or cream cheese
- 1 tbsp chopped chives
- Salt and black pepper, to taste

DIRECTIONS

1. Lightly beat the eggs with a pinch of salt, just until whites and yolks combine.
2. Melt the butter in a skillet over low heat and add the eggs.
3. Stir slowly with a spatula, pushing from the edges to the center, for 3 to 4 minutes.
4. Turn off the heat while still glossy, fold in the cream, chives and pepper and serve right away.

> ***Interlatina tip***
>
> Pull the pan off a little early: residual heat finishes cooking the eggs on the plate.

21
Poached Eggs over Smashed Avocado



Runny yolks over creamy, lime-bright avocado: the prettiest brunch to photograph and a delight to eat.

TIME	YIELD	LEVEL
15 min	**serves 2**	**Medium**

INGREDIENTS

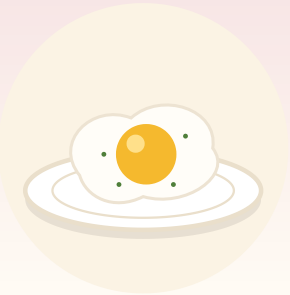
- 1 large ripe avocado
- Juice of 1/2 lime
- Salt and black pepper, to taste
- 2 very fresh large eggs
- 1 tbsp distilled white vinegar
- Red pepper flakes and sesame seeds, to finish
- Drizzle of olive oil

DIRECTIONS

1. Mash the avocado with the lime juice, salt and pepper, leaving some chunks; divide between two plates.
2. Bring water and vinegar to a gentle simmer, with only small bubbles.
3. Crack each egg into a cup, swirl the water and slide the egg into the center; cook 3 minutes.
4. Lift out with a slotted spoon, set on the avocado and finish with olive oil, pepper flakes and sesame.

> *Interlatina tip*
>
> For some crunch, serve with the Skillet Cheese Bread from this e-book.

22
Shakshuka



Soft eggs gently cooked in a smoky paprika-and-cumin tomato sauce: one colorful skillet that goes straight to the middle of the table.

TIME	YIELD	LEVEL
30 min	**serves 2 to 3**	**Easy**

INGREDIENTS

- 2 tbsp olive oil
- 1 onion, chopped
- 1 red bell pepper, thinly sliced
- 2 garlic cloves, minced
- 1 tsp sweet paprika and 1/2 tsp ground cumin
- 1 can (14.5 oz) diced tomatoes, no added sugar
- 4 large eggs
- Salt, black pepper, and fresh cilantro or parsley

DIRECTIONS

1. Heat the oil in a large skillet and cook the onion and bell pepper for 6 to 8 minutes, until soft.
2. Stir in the garlic, paprika, and cumin and cook for 1 minute, just until fragrant.
3. Add the tomatoes, season with salt and pepper, and simmer over medium heat for 10 minutes, until thickened.
4. Make 4 wells in the sauce, crack an egg into each, cover, and cook 5 to 7 minutes, until the whites are set.
5. Sprinkle with chopped herbs and serve right from the skillet.

> ***Interlatina tip***
>
> For runny yolks, turn off the heat as soon as the whites turn opaque; the hot pan will finish the job.

23
Potato and Leek Frittata



Tender potatoes, golden leeks, and fluffy eggs baked in one skillet: an easygoing centerpiece for a lazy weekend brunch.

TIME	YIELD	LEVEL
35 min	**serves 4**	**Easy**

INGREDIENTS

- 2 tbsp olive oil
- 1 leek, sliced (white and light green parts only)
- 3 small potatoes, boiled and sliced into rounds
- 6 large eggs
- 1/4 cup milk
- 1/2 cup grated Parmesan
- Salt, black pepper, and fresh thyme

DIRECTIONS

1. Preheat the oven to 350 °F. In an oven-safe skillet, heat the oil and cook the leek for 5 minutes.
2. Add the potatoes and let them brown lightly for 3 to 4 minutes, turning gently.
3. Whisk the eggs with the milk, half the Parmesan, salt, pepper, and thyme.
4. Pour over the potatoes, cook on low for 3 minutes, then sprinkle with the remaining cheese.
5. Bake for 12 to 15 minutes, until set in the center and golden on top.

> *Interlatina tip*
> Let it rest 5 minutes before slicing so the wedges hold their shape.

24
Spinach Egg Cups



Colorful, grab-and-go baked mini omelets: make a batch on Sunday and breakfast is ready all week long.

TIME	YIELD	LEVEL
25 min	**makes 6**	**Easy**

INGREDIENTS

- Olive oil, for greasing
- 6 large eggs
- 2 tbsp milk
- 1 cup chopped fresh spinach
- 1/2 tomato, seeded and diced
- 1/2 cup shredded mozzarella
- Salt and black pepper

DIRECTIONS

1. Preheat the oven to 350 °F and grease 6 cups of a muffin pan well.
2. Divide the spinach, tomato, and half the mozzarella among the cups.
3. Whisk the eggs with the milk, salt, and pepper and pour over the fillings, about 3/4 full.
4. Top with the remaining cheese and bake 18 to 20 minutes, until set and golden.
5. Cool 3 minutes, run a small knife around the edges, and pop them out.

> ### *Interlatina tip*
>
> Keep in an airtight container in the fridge for up to 3 days; reheat for 30 seconds in the microwave.

25
Apple Cinnamon Oatmeal



Creamy, warm, and smelling like apple pie: a hug in a bowl for chilly mornings.

TIME	YIELD	LEVEL
15 min	**serves 2**	**Easy**

INGREDIENTS

- 1 cup certified gluten-free rolled oats
- 2 cups milk or unsweetened plant milk
- 1/2 cup water
- 1 apple, diced
- 1 tsp ground cinnamon
- Pinch of salt
- Erythritol or stevia to taste (optional)
- Chopped walnuts, for topping

DIRECTIONS

1. In a saucepan, cook the apple with 2 tbsp of the water and half the cinnamon for 3 minutes, until tender.
2. Add the oats, milk, remaining water, and salt.
3. Cook over medium-low heat for 5 to 7 minutes, stirring often, until creamy.
4. Sweeten if you like, spoon into bowls, and top with walnuts and the rest of the cinnamon.

> ***Interlatina tip***
>
> If it thickens too much as it cools, stir in a splash of warm milk.

26
Coconut Tapioca Porridge



Tender tapioca pearls in a fragrant coconut cream: a cozy Brazilian classic loved by kids and grandparents alike.

TIME	YIELD	LEVEL
25 min	**serves 2**	**Easy**

INGREDIENTS

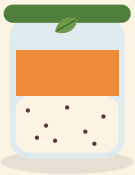
- 1/2 cup granulated tapioca (Brazilian tapioca granulada)
- 3/4 cup unsweetened coconut milk
- 1 1/2 cups water or milk
- Pinch of salt
- Erythritol or xylitol to taste (optional)
- 2 tbsp unsweetened shredded coconut
- Ground cinnamon, for dusting

DIRECTIONS

1. In a saucepan, combine the tapioca, coconut milk, and water and let soak for 10 minutes.
2. Cook over medium-low heat with the salt for 8 to 10 minutes, stirring constantly, until the pearls turn translucent.
3. Sweeten to taste and add a splash more liquid for a creamier texture.
4. Serve warm, topped with shredded coconut and cinnamon.

> *Interlatina tip*
>
> Using small pearl tapioca instead? Soak it for at least 1 hour before cooking.

27
Coconut Mango Chia Pudding



Layers of creamy coconut chia and ripe mango that look like a tropical dessert: make it the night before and just grab it.

TIME	YIELD	LEVEL
10 min + 4 hr	**serves 2**	**Easy**

INGREDIENTS

- 1/4 cup chia seeds
- 3/4 cup unsweetened coconut milk
- 1/2 cup water or unsweetened plant milk
- 1/2 tsp pure vanilla extract, no added sugar (optional)
- Stevia or erythritol to taste (optional)
- 1 ripe mango, diced
- 1 tbsp unsweetened coconut flakes

DIRECTIONS

1. Stir together the chia, coconut milk, water, vanilla, and sweetener in a jar.
2. Stir again after 10 minutes to prevent clumps.
3. Cover and refrigerate for at least 4 hours or overnight.
4. Layer the chia pudding and mango in glasses and top with coconut flakes.

> ***Interlatina tip***
>
> Blend half the mango into a quick puree and spoon it between layers for a prettier glass.

28
Chocolate Banana Overnight Oats



Tastes like chocolate banana cake and waits for you in a jar: zero morning effort.

TIME	YIELD	LEVEL
5 min + overnight	**serves 1**	**Easy**

INGREDIENTS

- 1/2 cup certified gluten-free rolled oats
- 1/2 cup unsweetened plant milk
- 1/4 cup plain unsweetened yogurt
- 1 tbsp 100% unsweetened cocoa powder
- 1 tbsp chia seeds
- 1 ripe banana
- Pinch of salt

DIRECTIONS

1. Mash half the banana in a lidded jar.
2. Add the oats, plant milk, yogurt, cocoa, chia, and salt and stir well.
3. Cover and refrigerate for at least 6 hours.
4. Stir before serving and top with the remaining banana, sliced.

> ***Interlatina tip***
> A dash of cinnamon or a spoonful of 100% peanut butter on top makes it even better.

29
Homemade Nutty Granola



Crunchy, fragrant, and packed with nuts: once you try homemade granola, the boxed kind just won't compare.

TIME	YIELD	LEVEL
40 min	**about 4 cups**	**Easy**

INGREDIENTS

- 2 cups certified gluten-free rolled oats
- 1 cup chopped nuts (cashews, Brazil nuts, almonds)
- 2 tbsp sunflower or pumpkin seeds
- 1 tbsp ground cinnamon
- Pinch of salt
- 1 ripe banana, well mashed
- 3 tbsp melted coconut oil
- 1/2 cup unsweetened coconut flakes

DIRECTIONS

1. Preheat the oven to 325 °F and line a large baking sheet with parchment.
2. Combine the oats, nuts, seeds, cinnamon, and salt.
3. Add the banana and coconut oil and stir until every oat is coated.
4. Spread in a thin layer and bake 15 minutes; stir, add the coconut, and bake 10 to 15 minutes more, until golden.
5. Let cool completely on the pan; that's when it crisps up.

> *Interlatina tip*
>
> Store in a tightly closed glass jar for up to 2 weeks, away from moisture.

30
Yogurt, Fruit and Granola Parfait



Layers of creamy yogurt, bright fruit, and crunchy granola: gorgeous in a glass and ready in five minutes.

TIME	YIELD	LEVEL
5 min	**serves 2**	**Easy**

INGREDIENTS

- 1 1/2 cups plain unsweetened yogurt
- 1 cup chopped fruit (strawberries, kiwi, blueberries)
- 1/2 cup unsweetened granola (recipe 29)
- 1 tsp chia seeds
- Stevia to taste (optional)
- Fresh mint leaves, for garnish

DIRECTIONS

1. If you like, stir a little stevia into the yogurt.
2. In 2 glasses, add a layer of yogurt, then fruit, then granola.
3. Repeat the layers until everything is used, finishing with fruit.
4. Sprinkle with chia, garnish with mint, and serve right away.

> ***Interlatina tip***
>
> Packing it to go? Keep the granola in a separate small container and add it just before eating so it stays crunchy.

31
Green Kale, Pineapple and Mint Smoothie



Bright green, naturally sweet from pineapple, and so refreshing: the perfect glass for a hot summer morning.

TIME	YIELD	LEVEL
5 min	**makes 2 glasses**	**Easy**

INGREDIENTS

- 2 large kale leaves, stems removed
- 1 1/2 cups pineapple chunks
- 10 fresh mint leaves
- Juice of 1/2 lime
- 1 cup ice-cold water
- 4 ice cubes

DIRECTIONS

1. Tear the kale and add it to the blender with the water.
2. Blend for 30 seconds to break down the leaves.
3. Add the pineapple, mint, lime juice, and ice and blend until smooth.
4. Taste, add more lime if you like, and serve well chilled.

> ***Interlatina tip***
> Freeze the pineapple chunks ahead of time for a creamier smoothie, no ice needed.

32
Peanut Butter Banana Smoothie



Thick, creamy, and nutty: the smoothie kids keep asking for again and again.

TIME	YIELD	LEVEL
5 min	**makes 2 glasses**	**Easy**

INGREDIENTS

- 2 ripe bananas, sliced and frozen
- 2 tbsp 100% peanut butter (just peanuts)
- 2 cups milk or unsweetened plant milk
- 1/2 tsp ground cinnamon
- Ice, optional

DIRECTIONS

1. Pour the milk into the blender first so everything blends easily.
2. Add the bananas, peanut butter, and cinnamon.
3. Blend for 1 minute, until thick and smooth.
4. Serve right away with an extra pinch of cinnamon on top.

> ***Interlatina tip***
>
> The riper the banana, the sweeter the smoothie, so there's no need for any sweetener.

33
Berry Yogurt Smoothie



Deep pink, pleasantly tangy, and so creamy: berries and yogurt are a pairing that never misses.

TIME	YIELD	LEVEL
5 min	**makes 2 glasses**	**Easy**

INGREDIENTS

- 1 1/2 cups frozen mixed berries (strawberries, blackberries, blueberries)
- 1 cup plain unsweetened yogurt
- 1/2 cup milk or unsweetened plant milk
- 1 ripe banana
- Stevia or erythritol to taste (optional)

DIRECTIONS

1. Add the milk and yogurt to the blender.
2. Add the berries and banana.
3. Blend for 1 minute, until smooth and thick.
4. Taste, sweeten if you like, and serve right away.

> *Interlatina tip*
> Too thick? Add milk a little at a time until it's just how you like it.

34 Creamy Chocolate Avocado Shake



Silky like a chocolate milkshake but made with avocado and cocoa: nobody will guess the secret ingredient.

TIME	YIELD	LEVEL
5 min	**makes 2 glasses**	**Easy**

INGREDIENTS

- 1/2 ripe avocado (about 5 oz flesh)
- 1 ripe banana, frozen
- 2 tbsp 100% unsweetened cocoa powder
- 1 1/2 cups unsweetened plant milk
- 1 to 2 tbsp erythritol, or to taste
- Pinch of salt
- 4 ice cubes

DIRECTIONS

1. Add the plant milk and avocado flesh to the blender.
2. Add the banana, cocoa, erythritol, salt, and ice.
3. Blend 1 to 2 minutes, until velvety smooth.
4. Taste, adjust the sweetener, and serve in chilled glasses.

> ***Interlatina tip***
>
> That pinch of salt may seem minor, but it really brings out the chocolate flavor. Don't skip it!

35 Golden Turmeric Cinnamon Milk



A golden, cozy mug fragrant with warm spices: just right for slowing down on a chilly Sunday morning.

TIME	YIELD	LEVEL
10 min	**makes 2 mugs**	**Easy**

INGREDIENTS

- 2 cups milk or unsweetened plant milk
- 1 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1-inch piece fresh ginger, sliced (or 1/4 tsp ground)
- Pinch of black pepper
- 1 tsp coconut oil (optional)
- Stevia or erythritol to taste

DIRECTIONS

1. Add everything except the sweetener to a small saucepan.
2. Warm over low heat for 5 to 7 minutes, stirring now and then, without boiling.
3. Strain out the ginger and sweeten to taste.
4. Pour into mugs and finish with an extra pinch of cinnamon.

> *Interlatina tip*
> Give it a quick whirl in the blender before serving for a coffee-shop froth.

36
Blender Gluten-Free Sandwich Bread



Soft slices for toast and sandwiches, made in a blender with no kneading: your go-to loaf all week long.

TIME	YIELD	LEVEL
1 hr	**1 loaf (about 12 slices)**	**Medium**

INGREDIENTS

- 4 large eggs
- 1 cup warm milk
- 1/3 cup olive or neutral oil
- 1 1/2 cups white rice flour
- 1/2 cup tapioca starch
- 1 tbsp psyllium husk powder
- 1 tsp salt
- 1 tbsp baking powder

DIRECTIONS

1. Preheat the oven to 350 °F and line a 9 x 4-inch loaf pan with parchment.
2. Blend the eggs, milk, and oil for 1 minute.
3. Add the rice flour, tapioca starch, psyllium, and salt and blend until smooth.
4. Add the baking powder, pulse briefly, pour into the pan, and let rest 5 minutes.
5. Bake 40 to 45 minutes, until golden and a toothpick comes out clean. Unmold and cool completely before slicing.

> ***Interlatina tip***
>
> Choose flours labeled certified gluten-free, and freeze slices with parchment between them so they go straight into the toaster.

37 Gluten-Free Avocado Egg Toast



Crisp toast, creamy avocado, and a runny yolk: the café favorite becomes the star of your kitchen in 15 minutes.

TIME	YIELD	LEVEL
15 min	**serves 2**	**Easy**

INGREDIENTS

- 2 slices gluten-free bread (recipe 36 or store-bought certified gluten-free)
- 1 small ripe avocado (or 1/2 large Hass)
- Juice of 1/2 lime
- 2 large eggs
- 1 tbsp olive oil
- Salt and black pepper
- Red pepper flakes and sesame seeds, for topping (optional)

DIRECTIONS

1. Toast the bread in a toaster or skillet until golden.
2. Mash the avocado with the lime juice, salt, and pepper, leaving it a little chunky.
3. Fry the eggs in the oil over medium heat until the whites set and the yolks stay soft.
4. Spread the avocado on the toast, top each with an egg, and finish with pepper flakes and sesame.

> ***Interlatina tip***
>
> If your toaster is shared, toast gluten-free bread in a clean skillet to avoid stray gluten crumbs.

38
Herbed Ricotta Spread



Light, creamy, and full of fresh herbs: ready in ten minutes and great on toast, veggies, or cheese bread.

TIME	YIELD	LEVEL
10 min	**about 1 1/2 cups**	**Easy**

INGREDIENTS

- 1 cup (8 oz) whole-milk ricotta
- 3 tbsp plain unsweetened yogurt
- 2 tbsp olive oil
- 1/2 garlic clove, grated
- 3 tbsp chopped fresh herbs (chives, parsley, basil)
- Zest of 1/2 lemon
- Salt and black pepper

DIRECTIONS

1. Mash the ricotta well with a fork, or pulse briefly in a food processor.
2. Add the yogurt, olive oil, garlic, and lemon zest and mix until creamy.
3. Stir in the herbs and season with salt and pepper.
4. Chill for 15 minutes before serving so the flavors come together.

Interlatina tip

Keeps in a covered container in the fridge for up to 3 days. A drizzle of olive oil on top makes it look lovely.

39 Homemade Peanut Butter



Just peanuts and a pinch of salt: creamy, toasty, and so much tastier than you'd expect.

TIME	YIELD	LEVEL
15 min	**about 1 cup**	**Easy**

INGREDIENTS

- 2 cups unsalted roasted peanuts, skinless
- Pinch of salt
- 1 tbsp peanut or coconut oil (optional)
- 1/2 tsp ground cinnamon (optional, for a spiced version)

DIRECTIONS

1. Add the still-warm peanuts to a food processor.
2. Process 8 to 12 minutes, stopping every 2 minutes to scrape down the sides.
3. It will go from crumbs to a ball to a smooth butter. Be patient.
4. Add the salt and, for a runnier texture, the oil. Process 1 minute more and transfer to a glass jar.

Interlatina tip

Starting with raw peanuts? Roast at 350 °F for 10 to 12 minutes, rub off the skins in a towel, and process while warm.

40
Strawberry Chia Jam



Quickly cooked strawberries thickened with chia instead of long simmering: a bright red, fruit-packed spread with no sugar added.

TIME	YIELD	LEVEL
20 min + 15 min	**1 small jar (about 1 1/4 cups)**	**Easy**

INGREDIENTS

- 2 cups chopped strawberries
- 1 tbsp lemon juice
- 1 to 2 tbsp erythritol or xylitol (optional)
- 2 tbsp chia seeds

DIRECTIONS

1. Combine the strawberries, lemon juice, and sweetener in a saucepan over medium heat.
2. Cook 8 to 10 minutes, stirring, until the berries release their juices and soften.
3. Mash with a fork, leaving some chunks, and turn off the heat.
4. Stir in the chia and let it sit 15 minutes to thicken. Transfer to a clean glass jar.

> *Interlatina tip*
> It thickens more in the fridge. Keep it covered for up to 1 week.

41
Savory Chickpea Pancakes



Golden outside, tender inside, and studded with scallions and tomato: a savory pancake made for breakfast or brunch.

TIME	YIELD	LEVEL
25 min	**makes 4 small pancakes**	**Easy**

INGREDIENTS

- 1 cup chickpea flour (garbanzo bean flour)
- 1 cup water
- 2 tbsp olive oil, plus more for the pan
- 1/2 tsp salt
- 1/2 tsp ground cumin
- 2 scallions, chopped
- 1/2 tomato, seeded and diced
- Black pepper

DIRECTIONS

1. Whisk the flour, water, oil, salt, cumin, and pepper until smooth.
2. Let the batter rest 10 minutes, then fold in the scallions and tomato.
3. Heat a lightly oiled nonstick skillet over medium heat and pour in a ladle of batter.
4. Cook 3 to 4 minutes, until the edges set, flip, and cook 2 to 3 minutes more. Repeat with the rest.

Interlatina tip

Look for chickpea flour labeled certified gluten-free, since it's often milled on shared equipment.

42
Crispy Potato Rösti



One big golden potato cake, crisp outside and tender inside: you won't stop at just one wedge.

TIME	YIELD	LEVEL
35 min	**serves 2 to 3**	**Medium**

INGREDIENTS

- 3 medium russet potatoes (about 1 1/4 lb)
- 3/4 tsp salt
- Black pepper and a pinch of nutmeg
- 2 tbsp butter
- 1 tbsp olive oil
- Chopped chives, for serving (optional)

DIRECTIONS

1. Peel and coarsely grate the potatoes. Squeeze them hard in a clean kitchen towel to remove as much liquid as possible.
2. Season with salt, pepper, and nutmeg.
3. Heat half the butter and the oil in a 10-inch nonstick skillet over medium heat. Spread in the potatoes and press flat.
4. Cook 8 to 10 minutes, until golden underneath. Flip with the help of a plate.
5. Add the remaining butter around the edge and brown the other side 8 to 10 minutes more. Serve with chives.

> *Interlatina tip*
>
> The key to crispiness is squeezing the potatoes well: the drier they are, the better they brown.

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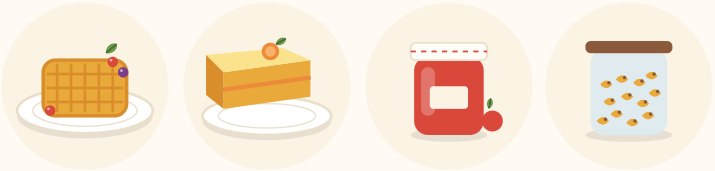
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