TOAST Tuesday
A GLUTEN FREE RECIPE GUIDE

CANYON BAKEHOUSE
GLUTEN FREE
Few things satisfy like toast - bread that’s been crisped, smeared, layered and sprinkled with the most delicious toppings. Once a humble staple, now toast can be a colorful work of art! Not to mention, it makes the perfect breakfast, post-workout meal or on-the-go snack. With this book, we invite you to be inspired by some of our yummiest gluten-free creations as well as recipes from some of our favorite gluten-free bloggers. Peek inside to see why toast is no longer being served as a go-with. It’s stealing the show!
TOASTS

1. Beet Hummus and Avocado Toast
2. Sweet Potato Cinnamon Raisin Toast
3. Chive Cream Cheese with Radish and Microgreens Toast
4. Smoked Salmon Toast with Goat Cheese and Kimchi
5. Avocado Toast with Blackberries and Almond Butter
6. Dark Chocolate Raspberry Almond Butter Toast
7. Everything Bagel Toast with Vegan Cream Cheese
8. Peanut Butter Chocolate Marshmallow Toast
9. Avocado Toast with Ghee and Coconut Crème
10. Blueberry Cinnamon Almond Butter Toast
11. Goat Cheese with Grilled Eggplant and Fresh Herbs Toast
12. Avocado Citrus Toast with Watercress and Mint
13. Cottage Cheese and Blueberry Toast
14. Lemon Thyme Blueberry Breakfast Bagels with Mascarpone Cheese
15. Salty and Sweet Rye Toast
16. Soft Boiled Egg on Toast with Radish, Spicy Mustard and Chives
17. Prosciutto and Pickled Asparagus Bundles with Manchego Cheese on Toast
18. Mixed Berry Compote and Mint on Ricotta Toast
19. Sautéed Mushrooms and Goat Cheese Toast
20. Herbed Eggs on Toast with Bacon and Asparagus
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BEET HUMMUS AND AVOCADO TOAST

Recipe by: Courtnie Hamel

INGREDIENTS
- 2 Slices Canyon Bakehouse Heritage Style Whole Grain Bread, Toasted
- ¾ C. Beet Hummus
- 1 Large Avocado, halved and sliced horizontally
- 1 tsp. Sesame Seeds
- Salt and Pepper, to taste
- Dill Sprigs, for garnish

DIRECTIONS
1. Spread each slice of toast with 2 Tbsp. of beet hummus.
2. Fan each sliced avocado half over the beet hummus.
3. Sprinkle the toast with sesame seeds and season with salt and pepper.
4. Garnish with dill sprigs as desired.

YOU CAN FIND MORE ABOUT COURTNIE HERE
Web: WellnessWithCourtnie.com | IG: @wellnesswithcourtnie
**SWEET POTATO CINNAMON RAISIN TOAST**

Recipe by: Jacqueline Lopez

**INGREDIENTS**

- 2 Slices Canyon Bakehouse Cinnamon Raisin Bread, Toasted
- 1 Small Sweet Potato, roasted and cut into chunks
- 2 Tbsp. Peanut Butter, warmed
- 1 Tbsp. Pumpkin Seeds

**DIRECTIONS**

1. Top each slice of cinnamon raisin toast with roasted sweet potato chunks.
2. Drizzle warmed peanut butter over the sweet potato and sprinkle with pumpkin seeds.

**YOU CAN FIND MORE ABOUT JACQUELINE HERE**

IG: @therealjacqueline
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CHIVE CREAM CHEESE WITH RADISH AND MICROGREENS TOAST

Recipe by: Lexi and Beth Sinclair

INGREDIENTS

- 2 Slices Canyon Bakehouse 7-Grain Bread, Toasted
- ½ C. Vegan Chive Cream Cheese Spread
- 1 Avocado, halved and sliced or diced
- 2 Radish, thinly sliced
- 1 Watermelon Radish, thinly sliced
- ½ Cucumber, sliced
- Lemon Salt, to taste
- Microgreens, for garnish

DIRECTIONS

1. Spread each slice of toast with chive cream cheese spread.
2. Add toppings in combinations as desired.

YOU CAN FIND MORE ABOUT LEXI AND BETH SINCLAIR HERE

Web: www.CrowdedKitchen.com | IG: @crowded_kitchen
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SMOKED SALMON TOAST WITH GOAT CHEESE AND KIMCHI

Recipe by: Robin Plotnik

INGREDIENTS
- 2 Slices Canyon Bakehouse Mountain White Bread, Toasted
- 2 oz. Goat Cheese
- ¼ C. Kimchi
- 2 oz. Smoked Salmon, sliced

DIRECTIONS
1. Spread each slice of toast with goat cheese.
2. Top the goat cheese with kimchi and smoked salmon.

YOU CAN FIND MORE ABOUT ROBIN HERE

Web: WhatRobinEats.com | IG: @whatrobineats
AVOCADO TOAST WITH BLACKBERRIES AND ALMOND BUTTER

Recipe by: Jayme Williams

INGREDIENTS
- 2 Slices Canyon Bakehouse Heritage Style Honey White Bread, Toasted
- ½ Large Avocado, mashed
- ¼ C. Fresh Blackberries
- Almond Butter, warmed
- Chia Seeds

DIRECTIONS
1. Spread each slice of toast with mashed avocado.
2. Top the avocado with fresh blackberries.
3. Drizzle with warm almond butter.
4. Garnish with chia seeds.

YOU CAN FIND MORE ABOUT JAYME HERE
Web: JaymeWilliamsFitness.com | IG: @fit_n_clean_mama | FB: Jayme Williams Fitness
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DARK CHOCOLATE RASPBERRY ALMOND BUTTER TOAST

Recipe by: Natasha Gildea

INGREDIENTS
- 2 Slices Canyon Bakehouse Heritage Style Whole Grain Bread, Toasted
- ½ C. Frozen Raspberries
- 2 Tbsp. Raw Almond Butter
- 2 tsp. Melted Dark Chocolate
- Shaved Dark Chocolate, for garnish

DIRECTIONS
1. Spread each slice of toast with raw almond butter.
2. Drizzle melted chocolate over the raw almond butter.
3. Top the melted chocolate with frozen raspberries.
4. Garnish with shaved dark chocolate.

YOU CAN FIND MORE ABOUT NATASHA HERE
Web: TheFeistyKitchen.com | IG: @thefeistykitchen
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EVERYTHING BAGEL TOAST WITH VEGAN CREAM CHEESE, AVOCADO AND SPINACH

Recipe by: Lela Meadow-Conner

INGREDIENTS

- 1 Canyon Bakehouse Everything Bagel, Toasted
- 2 Tbsp. Vegan Cream Cheese
- 2 Tbsp. Avocado, mashed
- Spinach or Seasonal Greens of your choice
- “Everything” Seasoning

DIRECTIONS

1. Spread each toasted bagel half with vegan cream cheese and mashed avocado.
2. Top with greens and sprinkle with seasoning as desired.

YOU CAN FIND MORE ABOUT LEILA HERE

IG: @toastchick
PEANUT BUTTER CHOCOLATE MARSHMALLOW TOAST

Recipe by: Leah Monica

INGREDIENTS
- 2 Slices Canyon Bakehouse 7-Grain Bread, Toasted
- ¼ C. Peanut Butter
- 2 Tbsp. Chocolate, Melted
- 1 C. Mini Marshmallows

DIRECTIONS
1. Spread each slice of toast with peanut butter.
2. Top the peanut butter with melted chocolate and marshmallows.
3. Place under a low broiler for 2-5 minutes until marshmallows are golden brown.

YOU CAN FIND MORE ABOUT LEAH HERE
Web: GrainChanger.com | IG: @grainchanger | FB: GrainChanger
AVOCADO TOAST WITH GHEE AND COCONUT CRÈME

Recipe by: Samantha Hyatt

INGREDIENTS

- 2 Slices Canyon Bakehouse 7-Grain Bread, Toasted
- ½ Avocado, diced
- 2 Tbsp. Ghee
- ¼ C. Coconut Crème
- Granola
- Almond Butter

DIRECTIONS

1. Spread each slice of toast with ghee and coconut crème.
2. Top with diced avocado.
3. Garnish with granola and almond butter as desired.

YOU CAN FIND MORE ABOUT SAMANTHA HERE

Web: SammyHyatt.com | IG: @sammyhyatt
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BLUEBERRY CINNAMON ALMOND BUTTER TOAST

Recipe by: Emily Briand

INGREDIENTS
- 2 Slices Canyon Bakehouse Heritage Style Whole Grain Bread, Toasted
- 2 Tbsp. Almond Butter
- ¼ C. Fresh Blueberries
- Ground Cinnamon
- Pepitas

DIRECTIONS
1. Spread each slice of toast with almond butter
2. Top with blackberries
3. Garnish with ground cinnamon and pepitas as desired.

YOU CAN FIND MORE ABOUT EMILY HERE
IG: @im.emily.bean
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GOAT CHEESE, GRILLED EGGPLANT AND FRESH HERBS TOAST

Recipe by: Canyon Bakehouse

INGREDIENTS

- 2 Slices Canyon Bakehouse Country White Bread, Toasted
- 3 oz. Goat Cheese
- 2 Tbsp. Yogurt
- Sea Salt, to taste
- Fresh Parsley Sprigs
- Grilled Eggplant and Cherry Tomatoes
- ½ C. Olive Oil
- ¼ C. Apple Cider Vinegar
- 2 Tbsp. Fresh Herbs, chopped, such as Parsley, Thyme, Tarragon & Chervil

DIRECTIONS

1. Whisk together the olive oil and apple cider vinegar.

2. Toss the sliced eggplant and tomatoes with the vinaigrette and chopped herbs to marinate. Refrigerate for 2-4 hours or overnight.

3. Grill the eggplant and tomatoes briefly.

4. In a small bowl, whisk together the goat cheese, yogurt and sea salt.

5. Spread the toasts with the goat cheese mixture.

6. Top the goat cheese spread with parsley sprigs, grilled eggplant and tomatoes.

YOU CAN FIND MORE ABOUT CANYON BAKEHOUSE HERE

Web: CanyonGlutenFree.com | IG: @canyonglutenfree | FB: @canyonglutenfree
AVOCADO CITRUS TOAST WITH WATERCRESS AND MINT

Recipe by: Canyon Bakehouse

INGREDIENTS
- 2 Slices Canyon Bakehouse Ancient Grain Bread, Toasted
- 1 Large Avocado
- 1 C. Watercress
- 1 tsp. Fresh Lemon Juice
- Sea Salt, to taste
- Fresh Citrus Fruits, such as Grapefruit, Blood Orange and Valencia Orange, peeled and sectioned
- Mint leaves, for garnish

DIRECTIONS
1. In a small bowl, mash together the avocado, lemon juice and sea salt.
2. Spread the mashed avocado mixture onto the toasts.
3. Layer with watercress, citrus fruit sections and mint leaves as desired.

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COTTAGE CHEESE AND BLUEBERRY TOAST

Recipe by: Canyon Bakehouse

INGREDIENTS

- 2 Slices Canyon Bakehouse Country White Bread, Toasted
- 8 oz. Cottage Cheese
- ¼ C. Fresh Blueberries
- 2 Tbsp. Granola
- 1 Tbsp. Honey
- 1 Tbsp. Sliced Almonds
- 2 tsp. Sunflower Seeds

DIRECTIONS

1. Spread the cottage cheese onto the toast slices.
2. Divide and layer the remaining ingredients onto each slice as desired.
LEMON THYME BLUEBERRY TOASTED BAGELS WITH MASCARPONE CHEESE

Recipe by: Canyon Bakehouse

INGREDIENTS

- 1 Canyon Bakehouse Blueberry Bagel, Toasted
- 8 oz. Mascarpone Cheese
- ½ tsp. Fresh Lemon Zest for garnish

COMPOTE

- 2 C. Fresh Blueberries
- ¼ C. Cane Sugar
- ¼ C. Water
- ½ tsp. Fresh Lemon Zest
- ¼ tsp. Fresh Thyme, minced

DIRECTIONS

1. Add all ingredients to a medium saucepan and bring to a simmer until bubbly.
2. Remove from heat and allow to cool, slightly.
3. Toast bagels and spread each half with mascarpone.
4. Sprinkle each half with lemon zest and top with blueberry compote.

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SALTY AND SWEET RYE TOAST

Recipe by: Canyon Bakehouse

INGREDIENTS

- 2 Slices Canyon Bakehouse Deli Rye Style Bread, Toasted
- 4 Prosciutto Slices
- 2 Pear Slices
- Crushed Walnuts
- Sprinkled Goat Cheese
- Honey

DIRECTIONS

1. Onto each slice of toast, layer prosciutto and pear slices.
2. Garnish with walnuts, goat cheese and honey, as desired.

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SOFT BOILED EGG ON TOAST WITH RADISH, SPICY MUSTARD AND CHIVES

Recipe by: Canyon Bakehouse

INGREDIENTS
- 2 Slices Canyon Bakehouse Ancient Grain Bread, Toasted
- ½ Large Avocado, mashed
- 2 Eggs
- 2 Radishes, thinly sliced
- 2 tsp. Chives, chopped
- 1 Tbsp. Spicy Mustard

DIRECTIONS
1. Prepare a mixing bowl with ice water.
2. Bring a large saucepan of water to a boil.
3. Using a spoon, carefully add each egg to the boiling water.
4. Boil the eggs for 6 minutes before lifting them out of the saucepan and into the ice water. Chill for 1-2 minutes.
5. Gently crack the eggshells and remove them.
6. Spread each slice of toast with mashed avocado.
7. Slice each egg in halves or quarters and arrange on top of the avocado, along with radish slices and chopped chives.
8. Garnish each slice of toast with a drizzle of spicy mustard.

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PROSCIUTTO AND PICKLED ASPARAGUS
BUNDLES WITH MANCHEGO CHEESE TOAST

Recipe by: Canyon Bakehouse

INGREDIENTS

- 2 Slices Canyon Bakehouse 7-Grain Bread, Toasted
- 6 oz. Prosciutto
- 1 Pint Jar Pickled Asparagus
- 6 oz. Manchego Cheese

DIRECTIONS

1. Toast bread slices and arrange on a serving tray.
2. Slice the manchego to 1/8 inch.
3. Wrap small bundles of asparagus with prosciutto.
4. Layer the toast with manchego slices and prosciutto bundles to serve.

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MIXED BERRY COMPOTE AND MINT ON RICOTTA TOAST

Recipe by: Canyon Bakehouse

INGREDIENTS

- 1 Canyon Bakehouse Deli White Bagel, Toasted
- ½ C. Fresh Ricotta Spread
- 1 Sprig Fresh Mint

COMPOTE

- 2 C. Mixed Berries, fresh or frozen
- ¼ C. Cane Sugar
- ¼ C. Water

DIRECTIONS

1. Add all ingredients to a medium saucepan and bring to a simmer until bubbly.
2. Remove from heat and allow to cool, slightly.
3. Spread both pieces of toast with ricotta cheese.
4. Spoon the compote on top of the ricotta and garnish with fresh mint.

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SAUTÉED MUSHROOMS AND GOAT CHEESE TOAST

Recipe by: Canyon Bakehouse

INGREDIENTS
• 2 Slices Canyon Bakehouse Mountain White Bread, Toasted
• 1 Tbsp. of Butter
• 1 C of Mushrooms, chopped
• ½ C of Leeks, chopped
• ¼ C of White Wine
• 1 tsp. of Fresh Thyme, chopped
• Salt and Pepper to taste
• ½ C of Goat Cheese
• 2 Radishes, thinly sliced
• Basil, minced

DIRECTIONS
1. In a small saucepan over medium heat, add 1 tablespoon of butter, leeks and chopped mushrooms.
2. Let sauté for 5 minutes, stirring constantly.
3. Add white wine, salt and thyme and turn heat to medium low. Let cook for an additional 5 minutes, stirring occasionally. Add salt to taste.
4. While the mushrooms and leeks are cooking, toast bread.
5. Once the liquid has been absorbed into the veggies, turn heat off and let mixture sit.
6. Spread goat cheese on toasted bread. Top with veggie mixture and finish with freshly cut basil and radishes!

YOU CAN FIND MORE ABOUT CANYON BAKEHOUSE HERE

Web: CanyonGlutenFree.com | IG: @canyonglutenfree | FB: @canyonglutenfree
HERBED EGGS ON TOAST WITH BACON AND ASPARAGUS

Recipe by: Canyon Bakehouse

INGREDIENTS

- 2 Slices Canyon Bakehouse Ancient Grain Bread, Toasted
- 2 Slices Crispy Bacon
- 2-4 Stalks Fresh Asparagus, grilled
- 2 tsp. Olive Oil
- 1-2 tsp. Fresh Parsley or Thyme
- 1 tsp. Mayonnaise
- 1 tsp. Butter, plus more for toast
- Sea Salt and Pepper, to taste

DIRECTIONS

1. Whisk together the eggs with herbs, mayonnaise and a small pinch of sea salt.

2. Heat a non-stick pan over medium low heat and add the butter.

3. Once the butter has melted in the pan, pour the egg mixture into the pan.

4. Using a wooden spoon, stir the egg in a figure 8 motion. Stir often to break up the egg and prevent sticking. Remove from the heat when the egg is still moist.

5. Butter the toast before dividing the egg onto each slice.

6. Crumble the bacon and sprinkle on top of the egg.

7. Top the toast with grilled asparagus and serve immediately.

You can find more about Canyon Bakehouse here

Web: CanyonGlutenFree.com | IG: @canyonglutenfree | FB: @canyonglutenfree
This recipe and 19 others inside!

Yum!!