



# Elana Amsterdam

Author, *The Gluten-Free Almond Flour Cookbook*

**Kitchen Cred** When Boulder resident Elana Amsterdam learned that both she and her oldest son had celiac disease (the inability to tolerate gluten), she embarked on a mission to make dishes—including chicken Parmesan and chocolate-chip cookies—that even picky, non-celiac eaters would love. She was so successful that in 2009 she released *The Gluten-Free Almond Flour Cookbook*, which is already in its third printing.

—JORDAN WIRFS-BROCK



**On Display** Jars of all sizes—filled with everything from coconut flour to Dagoba organic dark-chocolate chips—flood Amsterdam's pantry, counter, and cupboards. She loves jars because they're pretty, cheap, practical, and free of harmful toxins found in many plastic containers.

**Sustainable Settings** "My kitchen is all over my house and yard," says Amsterdam, who sources many of her ingredients from her own garden. She has a chicken coop and a cold frame where she grows greens such as Bibb lettuce, mustard, and arugula year-round.



**Well Seasoned** Amsterdam always keeps the essentials—like salt and ground sesame—on hand in ceramic bowls, which she serves on a wooden tray.



**Thrifty** "I just love anything old," says Amsterdam. She has many items from flea markets and garage sales, like this antique wooden stool.

## The Spice of Life

Grinding spices is Amsterdam's therapy. Instead of idly watching TV, she grabs some sesame seeds or cumin and one of her three ceramic, Japanese suribachi bowls. She also has a giant stone mortar and pestle.



## Flourless Chocolate Banana Cake (Serves 4 to 6)

Amsterdam created this recipe for her blog, [www.elanaspantry.com](http://www.elanaspantry.com), which receives an average of 75,000 visitors a month. The cake tastes delicious topped with whipped cream and sliced bananas.

- 3 large eggs, separated
- ½ cup agave nectar
- ¼ teaspoon Celtic sea salt
- ¼ cup grapeseed oil
- 1 cup mashed ripe bananas (about 2 bananas)
- ½ cup cocoa powder

In a blender, whip the egg yolks, agave nectar, and salt on medium for one to two minutes. Add the grapeseed oil and banana, and blend for another minute or two. Blend in the cocoa powder. In a bowl, whip the egg whites to stiff peaks. Gently fold the contents of the blender into the egg whites. Pour the batter into a greased, 9-inch springform pan. Bake at 350° for 25 to 30 minutes.