

# GLUTEN-FREE DESSERTS



## BIRTHDAY CAKE BITES

**LOW IN SUGAR, FAT, AND CALORIES**

### NUTRITIONAL INFORMATION

Serving Size: 1 bite; Calories 87; Fat 5g; Saturated Fat 1g; Sodium 33mg; Cholesterol 0mg; Carbohydrates 8g; Fiber 2g

## GLUTEN-FREE BROWNIE COOKIES

**LOW IN CALORIES AND SUGAR**

### NUTRITIONAL INFORMATION

Serving Size: 1 cookie; Calories 134; Fat 9g; Saturated Fat 4g; Sodium 72mg; Cholesterol 31mg; Carbohydrates 12g; Fiber 2g

## BLUEBERRY COCONUT ICE CREAM

**HIGH IN ANTIOXIDANTS AND LOW IN SUGAR**

### NUTRITIONAL INFORMATION:

Calories 105; Fat 6g; Carbohydrates 13g; Sodium 11mg; Fiber 3g; Protein 1g; Cholesterol 0mg



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## BIRTHDAY CAKE BITES – SERVES 18

### INGREDIENTS:

1 cup gluten-free oats (or  $\frac{3}{4}$  cup oat flour)  
 $\frac{1}{2}$  cup nut or seed butter, softened to room temperature  
3 tablespoons maple syrup  
1 teaspoon vanilla extract  
6 tablespoons ground flaxseed  
 $\frac{1}{4}$  teaspoon sea salt  
2 tablespoons rainbow sprinkles, plus additional for rolling

### PREPARATION:

1. Place the oats in a food processor and pulse until a fine flour forms. If using oat flour, skip this step.
2. In a medium mixing bowl, combine the nut/seed butter, maple syrup, and vanilla extract. Mix to combine.
3. Add the pulsed oats (or oat flour), flaxseed, and salt to the mixture. Stir until a dough forms. Fold in the sprinkles.
4. Roll tablespoon-sized portions of dough into balls, then roll in additional sprinkles.
5. Transfer to a parchment lined baking sheet and place in the freezer for 30 minutes to set.

## GLUTEN-FREE BROWNIE COOKIES – SERVES 15

### INGREDIENTS:

$\frac{1}{2}$  cup gluten-free all-purpose flour (try Bob's Red Mill 1:1 GF baking flour)  
2 tablespoons unsweetened cocoa powder  
 $\frac{1}{4}$  teaspoon sea salt  
 $\frac{1}{4}$  teaspoon baking soda  
3 tablespoons unsalted butter  
3 ounces unsweetened chocolate, chopped (look for 70% of more cacao bar)  
 $\frac{1}{2}$  cup brown sugar, packed  
2 tablespoons granulated sugar  
2 large eggs  
 $\frac{1}{2}$  teaspoon vanilla extract  
 $\frac{1}{4}$  cup semi-sweet chocolate chips  
 $\frac{1}{2}$  cup walnuts, toasted (optional)

### PREPARATION:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. In a medium bowl, combine the flour, cocoa powder, salt, and baking soda. Stir to combine.
3. Combine the butter and unsweetened chocolate in a large microwave-safe bowl. Microwave on high for 30 seconds, then continue to microwave in 10 second intervals, stirring in between until the butter and chocolate are melted and smooth.
4. Add the brown sugar, granulated sugar, eggs, and vanilla to the bowl with the chocolate and butter mixture and stir.
5. Add the flour mixture and stir to combine. Fold in the chocolate chips and walnuts (if using).
6. Scoop tablespoons of dough on to prepared cookie sheet. Chill in the refrigerator 10 minutes.
7. Bake for 12 minutes or until set. Cool on the pan for 2 minutes, then transfer to a wire rack.



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## BLUEBERRY COCONUT ICE CREAM – SERVES 12

### INGREDIENTS:

- ½ cup canned unsweetened coconut milk solids (see Tip)
- 2 cups frozen blueberries
- 1 tablespoon maple syrup

### PREPARATION:

1. Scrape the coconut cream solids from the can into a blender or food processor. The cream should have separated from the coconut juice. Set the remaining coconut liquid aside.
2. Add the blueberries and maple syrup to the blender and blend until smooth and creamy, occasionally scraping down the sides. Add 1 TB of coconut water at a time (leftover from the can) if the blender gets stuck.
3. Scoop into a bowl and enjoy immediately as soft serve or for a firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

TIP: Look for coconut milk that does not contain guar gum, as this can prevent the solids from separating. If you shake the can, it should make no noise. Store can upside down overnight in your pantry or the refrigerator. Open the can right side up and scrape off the coconut cream solids. Reserve the liquid to use in coffee or smoothies.

### EQUIPMENT NEEDED

- 2 cookie sheets
- 2 medium mixing bowls
- 1 large mixing bowl
- Tablespoon-sized cookie scoop (optional)
- Blender or food processor

### INGREDIENTS

#### *Baking, Canned, and Non-perishables*

- 1 cup gluten-free oats (or ¾ cup oat flour)
- ½ cup gluten-free all-purpose flour
- ½ cup nut or seed butter
- 4 tablespoons maple syrup
- 1 ½ teaspoons vanilla extract
- 6 tablespoons ground flaxseed
- ½ teaspoon sea salt
- 2 tablespoons rainbow sprinkles, plus more for rolling
- 2 tablespoons unsweetened cocoa powder
- ¼ teaspoon baking soda
- 3 tablespoons unsalted butter
- 3 ounces unsweetened chocolate (70% cacao or more)
- ½ cup brown sugar
- 2 tablespoons granulated sugar

- ¼ cup semisweet chocolate chips

- ½ cup walnuts (optional)

- 1 (14-ounce) can unsweetened coconut milk

#### *Dairy/Eggs*

- 2 large eggs

#### *Freezer*

- 2 cups frozen blueberries



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## MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.*

*PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe.*

### **BIRTHDAY CAKE BITES:**

- Pulse the oats if using in place of oat flour

### **GLUTEN-FREE BROWNIE COOKIES:**

- Chop up the chocolate
- Toast the walnuts, if using

### **BLUEBERRY COCONUT ICE CREAM:**

- Turn the can of coconut milk upside down at least overnight.

