



11 Gluten Free No Bake DESSERT RECIPES



11 Gluten Free No-Bake Dessert Recipes

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Letter from the Editor

Dear Gluten Free Foodies,

If you're looking for a gluten free no-bake dessert recipe, then you've come to the right place. We've found the most popular gluten free cakes, pies, and cookie recipes and included them all in this free eCookbook. With 11 no-bake dessert recipes, there is something for everyone to enjoy. These decadent dessert recipes would be the perfect treat when your sweet tooth comes calling. And as an added bonus, none of them require turning on an oven. So, if your oven is full of other foods or if it's just too hot to turn it on, make one of these delicious no-bake desserts.

Since you're making the desserts from your very own kitchen, you can be sure that they'll be safe for you and your family to enjoy. Cross-contamination will be a distant memory because you're fully in control. You'll never have to buy pre-packaged, gluten free desserts now that you have this free eCookbook, *11 Gluten Free No-Bake Dessert Recipes*.

It doesn't matter whether you prefer cake or cookies, because this chocolate no-bake desserts eBook has them all. You might not get the smell of baking cookies wafting through your house, but you also won't heat up the kitchen in the middle of summer either.

You and your family aren't going to be disappointed with these no-bake dessert recipes. All of these desserts are simply amazing, so there's no way that you can go wrong. To have these gluten free, no-bake dessert recipes ready when you need them, be sure to save this gluten free dessert eCookbook. You can easily print it out and keep it handy in your kitchen.

Sincerely,

Editors of FaveGlutenFreeRecipes.com

www.FaveGlutenFreeRecipes.com

Find blog posts about FaveGlutenFreeRecipes at RecipeChatter.com.

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NO-BAKE COOKIE RECIPES

VEGAN CHOCOLATE CHIP FREEZER COOKIES

BY: [ASHLEY FROM BLISSFUL BASIL](#)



On a hot day, cool off with these Vegan Chocolate Chip Freezer Cookies. This no-bake recipe is super easy to make. These healthy cookies require only a few healthy ingredients, and all of these ingredients are guaranteed to give you a boost of energy. You can also make this vegan recipe for kids because everyone loves chocolate chip cookies. Try to prepare these freezer cookies ahead of time so that they'll be ready to go when you need them. Even though they're great any time, these delicious treats taste the best on a lounge chair by the pool.

Yields: 14 to 16 cookies

Preparation Time: 1 hour

Chilling Time: 45 minutes

Ingredients

- $\frac{3}{4}$ cup raw buckwheat groats
- $\frac{3}{4}$ cup tahini
- 1 cup pitted medjool dates
- 2 teaspoons vanilla extract
- pinch fine grain sea salt
- 1-2 tablespoons water, as needed
- $\frac{1}{2}$ cup semi-sweet or bittersweet chocolate chips

Instructions

1. Add the buckwheat groats to a food processor and process for 2 to 3 minutes until it becomes a fine flour.
2. Add in the tahini, dates, vanilla extract, and sea salt. Pulse 5 to 10 times and then process for 2 to 3 minutes.
3. If your dates weren't very wet, add in 1 to 2 tablespoons of water (1 tablespoon at a time), and continue to process until the mixture rolls into a ball in your food processor.

4. Transfer the dough to a bowl and stir in chocolate chips.
5. Roll the cookie dough into 14 to 16 balls and drop onto a cookie sheet lined with parchment paper. Using a fork, press the balls into cookies while making a crisscross pattern.
6. Pop the cookie sheet in the freezer for 45 minutes to set the cookies.
7. Remove the cookie sheet from the freezer and store the cookies in an airtight plastic container.
8. You can store the cookies in either the freezer or refrigerator. The freezer will add a snap when biting in and the refrigerator will keep the cookies firm but tender.



[What to Do If You Accidentally Ate Gluten](#)

NO-BAKE FUDGE COOKIES

BY: [NICOLE FROM GLUTEN FREE ON A SHOE STRING](#)



Chewy and delicious, these No-Bake Fudge Cookies are also gluten free. Even better, they don't require an oven! These no-bake cookies are just dropped onto parchment paper for a sweet treat. For a different texture, you could substitute puffed rice cereal for the quick-cooking oats. Since we all know that chocolate and peanut butter are amazing together, adding peanut butter is another delicious variation. These chewy no-bake fudge cookies take less than 10 minutes to prepare, so you don't have to wait long to enjoy them!

Makes: 24 cookies

Preparation Time: 5 minutes

Cooking Time: 2 minutes

Ingredients

- 3 cups certified gluten free quick-cooking oats
- ¼ cup unsweetened cocoa powder (natural or Dutch-processed)
- 8 tablespoons virgin coconut oil or unsalted butter
- 2/3 cup milk (any kind, just nonfat)
- 1 ½ to 2 cups granulated sugar
- 1/8 teaspoon kosher salt
- 4 ounces unsweetened chocolate, chopped

Instructions

1. Line large baking sheets with unbleached parchment paper and set aside. In a large heat-safe bowl, place the oats and cocoa powder, and toss to combine. Set the bowl aside.
2. In a medium-size, heavy-bottom saucepan, place the coconut oil or butter, milk, sugar (if you use 1 ½ cups of sugar instead of 2 cups, the cookies just won't set up as firmly) and salt. Whisking frequently, bring the mixture to a rolling boil over medium-high heat. The mixture will bubble quite a lot. Just continue to whisk. If you used butter, continue to boil for approximately 90 seconds. If you used coconut oil, allow the mixture to boil for a full 2 minutes.
3. Remove the saucepan from the heat, add the chopped chocolate and mix until the chocolate is melted and the mixture is smooth. Create a well in the center of the oats in the large bowl and pour in the sugar mixture. Mix to combine well. The mixture will be thick but soft. Allow it to sit at room temperature for about 10 minutes.
4. Using a medium-size ice cream scoop or two spoons, scoop the cookie dough in 2 tablespoon portions onto the prepared baking sheets, about 1-inch apart from one another. Spread each gently into an approximately 2-inch round. Allow the cookies to set at room temperature. After about 30 minutes, you should be able to peel them off the parchment paper. If you used less sugar, place the baking sheets in the refrigerator to help the cookies become firm. Store the finished cookies in a sealed glass container at room temperature or in the refrigerator

IRRESISTIBLE NO-BAKE CHOCOLATE HAZELNUT TRUFFLES

BY: [JESSE FROM JESSE LANE WELLNESS](#)



After a long day, treat yourself to these Irresistible No-Bake Chocolate Hazelnut Truffles. Each one of these no-bake truffles is packed with ingredients such as hazelnuts, stevia, vanilla, raw cacao, maple syrup, and more. Simply prepare the hazelnut truffles, coat them in homemade chocolate, and freeze them for 90 minutes. Before serving, make sure to thaw them at room temperature for 20 minutes or in the refrigerator for two hours. This chocolate truffles recipe will make your family melt into happiness. All the while, you'll be delighted knowing that they're eating a healthy and gluten free dessert.

Yields: 15 truffles

Preparation Time: 25 minutes

Chilling Time: 3 hours 30 minutes

Ingredients

- 1 ½ cups hazelnuts
- ¼ teaspoon stevia
- 1 teaspoon vanilla
- Pinch sea salt
- ½ teaspoon nutritional yeast *optional

For the Dark Chocolate Shell

- 1 cup and 1 tablespoon raw cacao powder
- ¾ cup coconut oil
- ¼ cup maple syrup
- 1 tablespoon goji berries, processed or finely chopped for garnish

Instructions

1. Place hazelnuts in a food processor and grind until they become a mealy flour. Remove 1 tablespoon of hazelnut flour from the food processor to use as garnish.
2. Add stevia, nutritional yeast, vanilla, and salt to the food processor; then grind for about 5-10 minutes, scraping down the sides as necessary. Keep grinding until the hazelnut truffle mixture becomes a paste that sticks together when you scrap down the sides.
3. Form the hazelnut truffle mixture into 1 tablespoon-sized hazelnut truffles and freeze for 30 minutes.
4. While the hazelnut truffles are freezing, make the dark chocolate shell by mixing 1 cup raw cacao with melted coconut oil and maple syrup. This mixture should be thick and drippy. If it is too thick, place it on the low heat to loosen it up. If it is too thin, add additional cacao powder.
5. Once the hazelnut truffles have hardened, dip them in the shell and put them back in the freezer for 10 minutes to set.
6. Dip the chocolate hazelnut truffles in the chocolate mixture once more and sprinkle with ground hazelnuts, a dusting of raw cacao powder, or goji berry pieces immediately. Place in the freezer to set for 1.5 hours.
7. Before serving, thaw the chocolate hazelnut truffles at room temperature for 20 minutes or in the fridge for 2 hours.



[Tricky Gluten Free Ingredients](#)

ESKIMO COOKIES

BY: FAVEGLUTENFREERECPES.COM TEST KITCHEN



Get in the holiday spirit with these family-favorite Eskimo Cookies. These easy-to-make cookies require only seven ingredients and a few simple steps. Plus, you won't need to turn on your oven to make these chocolate no-bake cookies. This means that you can save the oven space for making your gluten free rolls, baking your pumpkin pie, or roasting your turkey. You can also make these no-bake cookies ahead of time, but you may have to hide them from your friends and family. They'll be too tempted to eat the entire batch before the party even starts.

Yields: 36 golf-ball sized cookies

Ingredients

- ¾ cup butter, softened
- ¾ cup sugar
- 2 cups quick cooking gluten free oatmeal
- 3 tablespoons cocoa
- 1 tablespoon water
- 1 ½ teaspoon vanilla
- ⅓ cup powdered sugar

Instructions

1. In a medium bowl, combine butter with the sugar, beating with a wooden spoon until smooth. Add the oatmeal and cocoa and stir. Combine water and vanilla and stir in until everything is well mixed.
2. Cover with plastic wrap and refrigerate for 2 to 3 hours.
3. Place powdered sugar into a small bowl. Scoop portions of the oatmeal mixture with an ice cream scoop or tablespoon and roll in your palms to make golf ball-sized bites. Drop a few at a time into the powdered sugar and roll to coat.
4. Spoon onto foil or parchment paper and allow to sit for 20 minutes before storing in a tightly covered container with foil or parchment between layers. Refrigerate.

NO-BAKE COOKIE DOUGH BALLS

BY: [PADDY LUSK FOR FAVEGLUTENFREERECPES.COM](http://FAVEGLUTENFREERECPES.COM)



When it comes to preparing for the holidays, we know that your list of things to do is about five miles long. So, we are here to help. Between the holiday shopping and all of the cooking and baking you're preparing to do, we think this is one recipe that you will happily fit onto your list. No-Bake Cookie Dough Balls are an easy and delicious holiday treat. This no-bake recipe won't take up any precious oven space and can be prepared in a matter of minutes. Cookie dough balls are also completely gluten free, which means they can

be enjoyed by all of your family and friends.

Ingredients

- 1/3 cup butter, softened
- 1/3 cup brown sugar
- 1 tablespoon vanilla extract
- 1 cup gluten free all-purpose flour (we used Bob's Red Mill)
- 1 ½ cup semi-sweet chocolate chips

Instructions

1. Line a baking sheet or large plate with waxed paper and set aside.
2. In a mixing bowl, beat the butter, brown sugar, and vanilla together until combined. Slowly beat in the flour until well-combined. Pour in ½ cup of chocolate chips and mix into the dough.
3. Shape the dough into round balls, approximately 1 inch in diameter. Place the cookie dough balls on the baking sheet or plate. Let chill in the freezer for at least 30 minutes.
4. While the cookie dough balls are chilling, melt 1 cup of chocolate chips. You can melt the chocolate on the stove top at medium-high heat, or in the microwave at 50% power for 30 second intervals.
5. Cover the cookie dough balls in chocolate and then place back in the freezer for at least ten minutes. Enjoy!

Notes

For a healthier option, make your cookie dough balls from:

- 1 ¼ cup of gluten free all-purpose flour
- ¼ teaspoon salt
- ¼ cup of honey
- ¼ cup of coconut oil
- 1 ½ teaspoon vanilla extract

GLUTEN FREE CAKE AND PIE RECIPES

GLUTEN FREE TRIPLE CHOCOLATE CREAM CAKE

BY: FAVEGLUTENFREERECPES.COM TEST KITCHEN



Are you looking for a gluten free chocolate cake recipe? If so, then you can stop your search because this Gluten Free Triple Chocolate Cream Cake will blow away any of its competitors. Incredibly rich and delightfully decadent, this smooth and creamy dark chocolate cake will impress even the pickiest critic. The explosion of chocolate in every bite will be sure to satisfy your chocolate craving. This flourless chocolate cake is made up of 3 different layers: a crumb base, a chocolate whipped cake, and a

healthy chocolate ganache. Each layer perfectly complements the other to create this absolutely amazing gluten free dessert. When you try this cake for the first time, you'll never look back.

Serves: 16

Ingredients

For the Crumb Base

- 1 cup almond meal
- 3 tablespoons maple syrup
- ½ cup cocoa powder
- Pinch of sea salt
- 1 teaspoon vanilla

For the Filling

- 2 cups roasted unsalted cashews
- ½ cup maple syrup
- ½ cup water
- 2 teaspoons vanilla
- ½ cup coconut oil, melted if solid
- ¾ cup cocoa powder

For the Topping

- 5 tablespoons cocoa powder
- ¼ cup coconut oil, melted if solid
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- Slice almonds for garnish, optional

Instructions

1. Place the crumb base ingredients into a food processor and pulse to combine. Press the crumbs into the base of an assembled spring form pan, using your fingers to cover the bottom and ½ inch up the sides.
2. Soak cashews in warm water for 10 minutes, making sure the cashews are covered with water. Then rinse and drain well. Place the nuts into a food processor with syrup, water, and vanilla, and blend until mixture is creamy. Add coconut oil and cocoa powder and continue to blend until filling is very smooth. Pour into the crust and smooth the top. Place into refrigerator and chill several hours.
3. To make the topping, place cocoa powder, coconut oil, maple syrup, and vanilla into a bowl and whisk together until completely smooth. Remove sides from the pan, place cake on a serving platter and pour the topping over the cake. Garnish with sliced almonds if desired.

Note:

This is a very rich, chocolatey cake and small slices are recommended. It may also be made in a mini-cheesecake pan for individual servings.



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NO-BAKE CHOCOLATE CRÈME PIE

BY: [LINDSAY GARZA FROM VEGGIE BALANCE](#)



If you're looking for a gluten free pie recipe that is low in sugar and rich in chocolate, then the No-Bake Chocolate Crème Pie is the perfect recipe for you to try. Almost everyone has a weakness for chocolate, so it's completely understandable if you want to make two of these gluten free chocolate pies and keep one entirely for yourself. It tastes heavenly and it is, of course, gluten free. So if you're making a dessert for yourself or a friend who is gluten free, then this is the perfect, chocolatey recipe for you to make!

Ingredients

Chocolate Crème Filling

- 8 ounces cream cheese
- 3 tablespoons honey
- 2 tablespoons unsweetened cocoa powder
- ¼ cup whipped cream
- 3 tablespoons milk/almond milk

Chocolate Crust

- 2 cups blanched almond flour
- 2 tablespoons cocoa powder
- 1 egg
- 3 tablespoons butter, melted
- ¼ teaspoon sea salt

Instructions

1. Preheat oven to 350 F.
2. Add almond flour, cocoa powder, egg, butter, and salt to food processor. Pulse until mixture forms a ball.
3. Press dough into 9-inch pie dish and bake for 8-12 minutes (place a baking sheet under pie dish to avoid drippings). Allow pie crust to cool 10 minutes.
4. In a medium sized bowl, add softened cream cheese, honey, 1 tablespoon cocoa powder, whipped cream, and milk. Using a mixer, beat on high until smooth, add remaining cocoa powder, continue beating on high until smooth.
5. Spoon chocolate filling into chocolate pie crust and spread evenly.
6. Chill in the fridge 1 hour before serving.

GLUTEN FREE NO-BAKE DESSERTS

5- MINUTE NO-BAKE NUTELLA BROWNIE BITES

BY: FAVEGLUTENFREERECPES.COM TEST KITCHEN



Nutella Brownie Bites are just what you are looking for when you want a quick chocolate treat. These delicious brownie bites take no time at all to whip together, and best of all, you won't need to heat them up in your oven to make them. All it takes is just six everyday ingredients, and we bet you already own most of the ingredients. Rich, dense, and impossibly decadent, these no-bake brownies are guaranteed to put a smile on everyone's face. After trying just one of the Nutella brownie bites, you'll be hooked. This will quickly become one of your go-to recipes.

Yields: 20 brownie bites

Preparation Time: 5 minutes

Chilling Time: 2 hours

Ingredients

- ½ cup powdered sugar plus additional 2 tablespoons for topping
- 1/3 cup unsweetened cocoa powder
- 1/3 cup Nutella or a similar chocolate and hazelnut spread
- ¼ cup butter, softened
- ¼ cup gluten free all-purpose flour (we used King Arthur gluten free flour)
- ½ cup semi-sweet mini chocolate chips

Instructions

1. Line a baking sheet with parchment paper or foil.
2. Put the ½ cup powdered sugar and the cocoa powder into a wire sieve and sift into the bowl of an electric mixer.
3. Add the chocolate spread and the butter and mix on low until a soft paste is formed. Slowly add the flour and mix just until combined.
4. Test the dough by rolling some between your fingers – it should hold together but not be sticky – about the texture of Play-Doh. If it is too sticky, add a bit more flour. If it's too soft, add a bit more Nutella. Stir in the chocolate chips by hand until well mixed.

5. Roll into small balls and place onto the prepared baking sheet. Chill 2 hours or longer before serving.
6. When ready to serve, place the remaining 2 tablespoons of powdered sugar into a small wire sieve and gently dust the brownie bites. Store bites, covered, in the refrigerator.

Notes: Not all chocolate chips are gluten free, check to make sure your bag of semi-sweet mini chocolate chips is safe for you and your family.



You probably know about almond milk already, but [click here to find out about more milk substitutes for a dairy-free diet!](#)

HOMEMADE SNICKERS BITES

BY: [WILLOW FROM WILL COOK FOR FRIENDS](#)



Although the popular candy bar, Snickers, is normally gluten free, you never know if there is cross contamination. So, to be one hundred percent sure, you should make these Homemade Snickers Bites. This homemade candy bar recipe is vegan, gluten free, and free of refined sugars. You'll love that you can enjoy the taste of that classic candy bar without the extra calories and harmful additives. Moreover, this homemade Snickers recipe is super easy to make that you could make it this afternoon. Your family will love you more when you make these yummy candy recipe.

Ingredients

For the nougat layer:

- 1 cup almond flour, hazelnut flour, coconut flour, or gluten free oat flour (or a mix)
- 1 cup raw cashews, soaked
- ¼ cup unflavored (or vanilla) protein powder – optional
- 4 dates, pitted
- ½ cup + 2 tablespoon maple syrup (or raw honey, if your diet allows)
- 1 tablespoon coconut oil, melted

For the caramel:

- 1 cup (20-22) dates, pitted, plus enough water to cover them
- ½ teaspoon vanilla extract
- Big pinch of salt
- 1 tablespoon coconut oil, melted
- ¾ - 1 cup raw peanuts or other nuts

For the chocolate topping:

- 3 tablespoon raw cacao powder (or regular cocoa powder)
- 3 tablespoon coconut oil, melted
- 2-3 tablespoon maple syrup, to taste
- Small pinch of salt

Instructions

1. Before you make your bites, get the cashews and dates soaking. In one bowl, place the cashews and cover with cool tap water. In a separate bowl, place the dates for the caramel sauce and add just enough water to cover them. Let sit for a couple of hours or overnight.
2. When you're ready to make your bites, line an 8x8 inch baking dish with parchment paper so that the parchment paper hangs over the sides. This will make for easy removal later.
3. **For the nougat layer:**
 - a. In the bowl of your food processor, combine the raw flour, cashews (soaked and thoroughly drained), and protein powder, if using. Add the dates, maple syrup, and coconut oil, and blend thoroughly until the mixture starts to clump together and form a ball.
 - b. Scrap the nougat mixture into the bottom of your prepared baking dish and press into an even layer. Wetting your fingers slightly helps keep the nougat from sticking to them or you could use a slightly dampened spatula.
 - c. Set pan in the freezer and let chill for 5-10 minutes while you prepare the caramel.
4. **For the caramel:**
 - a. Give your food processor a quick rinse, then add the dates (scoop them out of the water they are soaking in, but don't discard the water), vanilla, and melted coconut oil. Add about ½ cup of the date-soaking liquid and pulse to combine. If the mixture is too thick to blend, add more water as needed until it moves smoothly. Add a pinch of salt (be generous if your peanuts are unsalted), and pulse to combine.
 - b. Stir in the peanuts then spread evenly over the chilled nougat layer. Return the pan to the freezer while you make the chocolate topping.
5. **For the chocolate topping:**
 - a. In a small bowl, combine the cocoa powder, melted coconut oil, maple syrup, and salt. Stir or whisk until completely smooth, then give it a taste and adjust the sweetness as needed.
 - b. Pour over the top of your nougat and caramel and spread evenly with the back of a spoon or rubber spatula. Return the pan to the freezer and let chill for a minimum of several hours or overnight.
6. Once fully set, remove from the freezer. Use the flaps of parchment overhanging the pan to help lift the block of homemade Snickers out and onto the cutting board. Cut the block into equal portions (for example, 1 inch bites).
7. Store in an airtight container in the freezer for up to several months. These bites can get pretty messy at room temperature, but they are the perfect consistency straight from the freezer. Enjoy!

GLUTEN FREE MILKY WAYS

BY: FAVEGLUTENFREERECPES.COM TEST KITCHEN



Prepare yourself for the best ever homemade candy recipe. Everyone will go crazy for these Gluten Free Milky Ways because they taste as good as, if not better than, the store-bought candy. This gluten free candy recipe is simply amazing. The instructions are easy-to-follow and this gluten free recipe doesn't take too long to create. Even if you aren't gluten free, you should make these copycat Milky Ways. They're too good to pass up. Share these chocolate and caramel candies with your friends and family and soon a smile will

light up everyone's face. Another option would be to keep the candies to yourself and share the recipe with your loved ones. We won't judge if you decide not to share your treats.

Makes: 8 large or 16 small bars

Ingredients

- 1 (7.5 ounce) jar marshmallow fluff
- 2/3 cup chocolate hazelnut spread, such as Nutella brand
- 12 ounces candy coating, divided
- 7 ounces caramel candies, such as Kraft brand
- 2-3 tablespoons milk

Instructions

1. Line a standard 8 x 4 loaf pan with a sheet of parchment paper cut to fit and leaving a 2-inch overhang on the long sides.
2. Place about half the candy coating into a microwave safe bowl and melt in 30-second intervals until it can be stirred smooth. Pour this into the prepared loaf pan and tilt the pan to cover the bottom evenly. Chill for 5 to 10 minutes.
3. Meanwhile, combine the marshmallow fluff and chocolate spread in another microwave-safe bowl and heat for 30 seconds, stirring until there are no longer any streaks of white. Pour this into the loaf pan, again spreading it into an even layer.
4. Using another microwave safe bowl, unwrap the caramels and place into the bowl. Add 2 tablespoons milk. Heat in 30 second increments, stirring and adding additional milk if necessary to make a smooth mixture. Pour over the marshmallow layer, spreading evenly.
5. Cover lightly with plastic wrap and chill for several hours or overnight.

6. Remove pan from the freezer and use the overhanging paper to remove candy from the pan. Use a serrated knife to cut straight down (do not drag it through the candy) to make 1-inch wide strips. Dip the knife into warm water and wipe dry between cuts. Cut the strips to make 8 regular-size bars or 16 smaller bars.
7. Place the remaining candy coating in a microwave safe bowl and melt at 30 second increments until it can be stirred smooth. Dip the bars to cover the top, sides, and ends. Then set them onto a baking sheet lined with parchment paper and allow to cool completely.
8. Store bars in a sealed container at a cool room temperature or in the refrigerator.



[Click here to find out more about gluten free flour substitutions!](#)

NO-BAKE NUTELLA BROWNIES

BY: [TEFFY FROM SPRINKLE OF GREEN](#)



Are you looking for a delicious, gluten free dessert recipe? Not to worry – these No-Bake Nutella Brownies will satisfy all of your gluten free dessert needs. This Nutella brownie recipe is absolutely amazing. Each bite is rich, chocolatey, and insanely gooey. There are no brownies that rival these sweet, chocolate treats. Because it's a no-bake recipe, you won't have to wait for the brownies to cook. Instead, you can enjoy this gluten free dessert in no time at all. This is seriously one of the best gluten free recipes ever.

Preparation Time: 20 minutes

Serves: 9

Ingredients

For the Brownies

- ¾ cup hazelnuts
- ½ cup almonds
- ½ cup cashews
- 1 cup medjool dates, pitted
- ½ teaspoon vanilla bean powder (or vanilla extract)
- 3 tablespoon cacao powder
- 2 tablespoon nut butter
- 1 tablespoon maple or brown rice syrup (optional)

For the Frosting

- ½ a medium avocado (about ½ cup)
- 1 ½ tablespoon coconut oil
- ½ teaspoon vanilla
- 1-2 tablespoon coconut nectar or maple syrup (depends how sweet you like it)
- 1 tablespoon cacao
- 1 tablespoon nut butter (almond, hazelnut, or pecan all work well here)
- ¼ teaspoon pink Himalayan salt or sea salt

Instructions

1. Line a small baking tray with baking paper.
2. Heat a dry skillet on medium to high heat and add your hazelnuts and almonds. Toss until the nuts are nice and toasted. Set aside a handful of the toasted hazelnuts for decoration.
3. Add the rest of the toasted nuts along with the cashews to a food processor and blitz until they break down into chunks. Add your pitted dates and process again until it becomes a sticky and crumbly mixture – should take 1-2 minutes. Add the rest of your ingredients, blend again, and tumble onto the lined baking tray. The mixture will look crumbly but should come together when pressed.
4. Press the mixture down with your fingers until it's all compact and the top is even. Place in the fridge while you make your glaze.
5. For the glaze, simply add all ingredients to the same food processor you used for the brownies and blend until fully combined and no longer lumpy. Alternatively, if your food processor is too big or it isn't mixing well, you could mash the avocado by hand (mash well though!) and mix the rest of the ingredients with it in a bowl. It should be creamy and smooth, but not runny.
6. Remove your brownie from the fridge, add your frosting, and use the back of a spoon or a spatula to spread it evenly. Top with the toasted hazelnuts you kept aside earlier and store the brownie in the fridge until you're ready to eat it.
7. I like mine a bit more at room temperature, so I always try and let it sit for 5 minutes before tucking in!

Notes:

Keep in the fridge in an airtight container. These won't freeze well due to the avocado frosting.

THANK YOU

THE FOLLOWING BLOGGERS MADE THIS EBOOK POSSIBLE:

[Lindsay Garza from Veggie Balance](#)

[Ashley from Blissful Basil](#)

[Nicole from Gluten Free on a Shoe String](#)

[Jesse Lane from Jesse Lane Wellness](#)

[Willow from Will Cook For Friends](#)

[Teffy from Sprinkle of Green](#)