

# Gluten Free Holiday Treat Recipes

## Gluten Free Puppy Chow

### Ingredients:

- 9 cups Rice Chex® cereal (gluten free)
- 1 cup semisweet chocolate chips
- 1/2 cup peanut butter
- 1/4 cup butter or margarine
- 1 teaspoon vanilla
- 1 1/2 cups powdered sugar

### Directions:

1. Into large bowl, measure cereal and set aside.
2. In 1-quart microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on high for 1 minute and stir.
3. Microwave about 30 seconds longer or until mixture can be stirred smooth.
4. Stir in vanilla.
5. Pour mixture over cereal, stirring until evenly coated.
6. Pour into 2-gallon resealable food-storage plastic bag.
7. Add powdered sugar.
8. Seal bag and shake until well coated.
9. Spread on waxed paper to cool.
10. Store in airtight container in refrigerator.

## Coconut Macaroons

### Ingredients:

- ¾ cup sugar
- 2 ½ cups unsweetened coconut – unsweetened shredded coconut is available in health food stores. You can also use sweetened shredded coconut (reduce the sugar from ¾ cup to 1 tablespoon).
- 2 large egg whites
- 1 teaspoon pure vanilla extract
- Pinch of salt

### Directions:

1. Preheat oven to 325 degrees F. Line a baking sheet with parchment paper.
2. In a large bowl, combine sugar, coconut, egg whites, vanilla, and salt. Using your hands, mix well, completely combining ingredients.
3. Dampen hands with cold water. Use 1 ½ tablespoons to form mounds, place on prepared baking sheet, spacing about 1 inch apart.
4. Bake until golden brown, 16-17 minutes, rotating halfway through. Let cool on wire rack. Cookies can be stored in airtight container at room temperature up to 3 days.
5. Optional: Dip macaroons in melted chocolate after they have cooled. Allow to chocolate to harden before storing.

## Chocolate Bread Pudding

*Prep time:* 15 minutes

*Total time:* 50 minutes

*Makes:* 8 servings

*Ingredients:*

- 4 oz cream cheese
- ½ cup packed brown sugar
- 2 egg whites
- ½ tsp ground cinnamon
- 1 ¼ cups milk
- 6 cups cubed gluten-free bread\* (6 or 7 slices)
- 1 cup chocolate chips

*Directions:*

1. Heat oven to 350F.
2. Beat cream cheese and sugar in large bowl with a mixer until well blended. Add egg whites and cinnamon. Mix well. Gradually beat in milk until well blended.
3. Place bread in an 8-inch baking dish. Top the bread with the chocolate chips and cream cheese mixture.
4. Bake 30 to 35 minutes or until center is set. Cool slightly.

*Optional:* Top bread pudding with whipped topping.

*Note:* I used Be Well Bake Shop's Honey Millet bread. The sunflower seeds in the bread add a little crunch to the dessert.

## **Gluten Free Sour Cream Cookies**

<http://tastykitchen.com/recipes/special-dietary-needs/gluten-free/gluten-free-sour-cream-cookies/>

*Ingredients:*

**FOR THE COOKIES:**

- 1 cup Sweet Rice Flour Plus Extra For Flouring Your Work Surface
- ½ cups Brown Rice Flour
- ⅔ cups Potato Starch
- ⅓ cups Tapioca Starch
- ¼ teaspoons Salt
- ½ teaspoons Baking Powder
- ½ teaspoons Baking Soda
- 1-½ teaspoon Guar Or Xanthun Gum
- ½ cups Butter Flavored Shortening
- 1 whole Egg
- 1 cup Sugar
- ½ cups Sour Cream
- ¼ cups Powdered Sugar

**FOR THE FROSTING:**

- 4 cups Powdered Sugar
- ½ cups Shortening
- 4 Tablespoons Evaporated Milk
- 1 dash Salt
- 1 teaspoon Vanilla Extract
- Food Coloring To Desired Color

*Directions:*

1. Preheat oven to 425F and lightly grease a baking sheet.

2. Sift together rice flours, potato starch, tapioca starch, salt, baking powder, baking soda, and xanthan gum. Set aside.
3. In a mixing bowl, cream together butter flavored shortening, egg, sugar, sour cream and powdered sugar. Beat on moderate to high speed for about 1 minute.
4. Slowly mix in the dry ingredients. Scrape the sides of the bowl periodically to ensure dry ingredients are blended well. Beat on medium for 1-2 minutes until dough is fluffy. Cover with clear wrap and chill in the refrigerator for at least 20 minutes.
5. Once dough is chilled, sprinkle a bit of sweet rice flour on a flat surface then dust finger tips and rolling pin. Separate dough in half and roll each piece of dough out to 1/4 inch thickness. Cut out cookies (using your desired cookie cutter) and place on greased baking sheet. Bake at 425F for 8-9 minutes. The bottoms should be a light golden brown. Don't overbake as they will become hard.
6. Remove cookies to a rack to cool and repeat process with the other half of the dough.
7. While cookies are cooling, cream together all ingredients for the frosting. Beat on high for roughly 2 minutes or until light and fluffy. Color with desired food coloring and spread onto cooled cookies.

## Chocolate Bon Bons

### *Ingredients:*

- 1 c peanut butter
- 1 c powdered sugar
- 1 c chopped dates
- ½ c chopped nuts
- 1 T butter (olive oil can be substituted)
- 1 c chocolate chips
- ½ stick paraffin

### *Directions:*

1. Melt chocolate and paraffin carefully in microwave (chop paraffin so it melts more quickly).
2. Mix 1<sup>st</sup> 5 ingredients together and form into balls.
3. Dip in melted chocolate.
4. Put on wax paper and chill.

## Sour Cream Cranberry Coffee Cake

### *Cake Ingredients:*

- 2 ½ cups gluten-free flour blend
  - ½ cup white rice flour
  - ½ cup sorghum flour
  - ½ cup tapioca flour
  - ½ cup almond flour
  - ½ cup corn starch
- 2 tsp baking powder
- 1 ½ tsp xanthan gum
- 1 tsp baking soda
- 1 tsp unflavored gelatin
- ½ tsp salt
- ¾ cup unsalted butter, softened
- 1 ½ cups granulated sugar
- 3 eggs
- 1 cup sour cream

2 tsp vanilla

2 cups fresh or frozen (unthawed unless you want red batter) cranberries

*Streusel Ingredients:*

½ cup packed light brown sugar

¼ cup gluten-free flour blend

¾ tsp ground cinnamon

¼ tsp ground nutmeg

¼ tsp salt

3 tbsps unsalted butter, cold and cubed

*Cake Directions:*

1. Preheat oven to 350°.
2. Grease 13x9 baking pan.
3. Combine the flour blend, baking powder, xanthan gum, baking soda, gelatin, and salt in a medium bowl.
4. Beat the butter and sugar in a large bowl until light and fluffy. (Medium-high speed if using an electric mixer.)
5. Add eggs, one at a time, beating well after each addition. (Medium speed on mixer.)
6. Beat in vanilla.
7. Beat in sour cream.
8. Add flour mixture in 2 additions, beating until well blended. (Low speed on mixer.)
9. Gently fold in cranberries.
10. Pour into pan.
11. Bake 30 minutes (or until it looks done or almost done) then put streusel topping on it.

*Streusel Directions:* (Prepare it while the cake is baking.)

1. Combine the dry ingredients in a small bowl.
2. Cut the butter in with a pastry blender or fork until the mixture resembles coarse crumbs.
3. Sprinkle evenly over the cake (see Cake Directions step 11).
4. Bake 5 minutes or until a toothpick inserted into the center comes out clean.
5. Serve warm or at room temperature.

Adapted from PIL's (Publications International, Ltd.) *Best Recipes* magazine, Vol. 3, No. 20, December 13, 2011, p. 8.