

# Gleefully Gluten Free Healthy Desserts Snacks



## Indulge in Delicious and Wholesome Gluten-Free Dessert Snacks

Are you on a gluten-free diet but still crave something sweet and indulgent? You're in luck! We've got a fantastic collection of gleefully gluten-free healthy

dessert snacks that will satisfy your cravings while keeping your diet in check. These treats are not only delicious but also packed with wholesome ingredients that are good for you.

## 1. Heavenly Chocolate Chip Cookies

If you're a fan of classic chocolate chip cookies, you'll love this gluten-free version that tastes just as heavenly. These cookies are made with a blend of gluten-free flours, such as almond flour and coconut flour, which give them a wonderfully chewy texture. With a generous amount of chocolate chips in every bite, they are guaranteed to be a hit with both kids and adults.



### Gleefully Gluten-Free! (Healthy Desserts & Snacks) by Ruth Naylor (Kindle Edition)

★★★★☆ 4.2 out of 5

Language	: English
File size	: 217 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 126 pages
Lending	: Enabled





## **2. Creamy Strawberry Cheesecake Bars**

Indulge in the creaminess of strawberry cheesecake without any guilt. These gluten-free cheesecake bars are made with a nut-based crust, creamy cheesecake filling, and a luscious strawberry swirl on top. With their vibrant colors and refreshing taste, these bars are perfect for any occasion.



### **3. Chewy Coconut Macaroons**

If you're a coconut lover, these chewy coconut macaroons will become your new favorite treat. Made with shredded coconut, sweetened condensed milk, and a touch of vanilla, these gluten-free macaroons are simple yet incredibly flavorful. Enjoy them as a quick snack or as a delightful addition to your afternoon tea.



#### **4. Decadent Chocolate Avocado Mousse**

Get your chocolate fix with this rich and creamy chocolate avocado mousse. Avocado adds a velvety texture and healthy fats to this dessert, while cocoa powder and a touch of sweetness make it irresistibly chocolaty. Top it with some fresh berries and a dollop of whipped cream for an extra touch of indulgence.



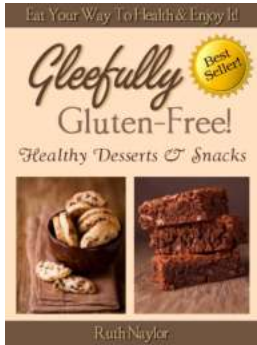
## **5. Irresistible Peanut Butter Energy Balls**

For a quick and energizing gluten-free snack, whip up these peanut butter energy balls. Packed with protein and healthy fats, these bite-sized treats are perfect for satisfying your hunger between meals or as a pre-workout boost. With their sweet and nutty flavor, they'll keep you coming back for more.



With these gleefully gluten-free healthy desserts snacks, you can indulge in delicious treats without compromising your dietary needs. From cookies to cheesecake bars and energy balls, there's something for every craving. So go ahead, satisfy your sweet tooth and enjoy these guilt-free delights!

**Gleefully Gluten-Free! (Healthy Desserts & Snacks)** by Ruth Naylor (Kindle Edition)



★ ★ ★ ★ ☆ 4.2 out of 5  
Language : English  
File size : 217 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 126 pages  
Lending : Enabled



## **Gleefully Gluten-Free (Healthy Desserts & Snacks) is a #1 Best Seller!**

ON SALE FOR A LIMITED TIME!!! ONLY \$2.99! YOU SAVE \$2.00!!!

Here's what people are saying about Gleefully Gluten-Free!

"THIS is a cookbook that could make "healthy" and "gluten-free" go mainstream."  
- Patricia S.

"After trying some of the recipes in this cookbook, I am convinced that you can make delicious, healthful treats!" - Steven S.

"I had never thought of using some of these ingredients before, and everything I have tried is fantastic!" - Laurie H.

After years of struggling with food allergies, bloat, sluggishness and irritability, Ruth Naylor finally discovered that she, like many other people, was gluten



intolerant. She didn't like the idea of having to be on a special diet and never again eating her favorite comfort foods, so she went to work researching the best possible substitutes, without all the unhealthy ingredients!

She began replacing her regular flour with new options, like amaranth, quinoa, rice, and others that were full of nutrition. Before she knew it, she was feeling better than she had in a long time, and even began losing weight!

Give this sample a try! (this is one of Ruth's favorites!)

### Cherry Chocolate Cheesecake (raw)

½ cup almonds (soaked overnight in water)

½ cup unsweetened shredded coconut

1/8 tsp sea salt

½ tsp vanilla extract

1 Tbsp raw cacao powder

2 Tbsp agave or raw honey

2 Tbsp cacao nibs

#### Filling:

2 cups cashews (soaked for at least 1 hour)

¼ cup agave or raw honey

¼ cup pure maple syrup

¼ cup water

¼ cup cacao butter, melted

¼ cup coconut butter, melted

1 tsp vanilla extract

1/8 tsp sea salt

1 cup raw cacao powder

1 cup frozen or fresh cherries (regular or tart, thawed)

Sauce:

2 cups frozen berries (cherries would be best but any berry will do!)

¼ cup agave or raw honey

2 tsp fresh lemon juice

1/8 tsp ground cinnamon

In a food processor combine almonds, coconut, salt, vanilla extract and cacao powder; pulse until crumbly. Add agave and cacao nibs; pulse until mixture comes together. Press into the bottom of a 9-inch springform pan. Using the same food processor, combine all filling ingredients except for cherries; process until completely smooth. Add the cherries and pulse until just incorporated. Pour over the crust and chill or freeze until ready to serve. For the sauce, blend all ingredients together until smooth. Drizzle over each cheesecake slice.

Serves 8 - 10

As you can see, you can still eat CHEESECAKE! And not only is it incredibly delicious, but nutritious as well. Make this complimentary recipe for your friends and family and see if they can tell the difference, (betcha they CAN'T)! Then come on back and see what other Gleefully Gluten-Free recipes there are to enjoy!

Other recipes include:

- (Raw) Coconut Mango Balls
- Easy Salted Maple Caramel Corn
- Chocolate Almond Power Bar
- Pumpkin Pie Ice Cream
- German Chocolate Cake

- Spicy Kale Chips
- Loaded Oatmeal Cookies
- Healthy Fudgesicles
- Chilled Double Chocolate Torte
- Almond Date Orange Cake

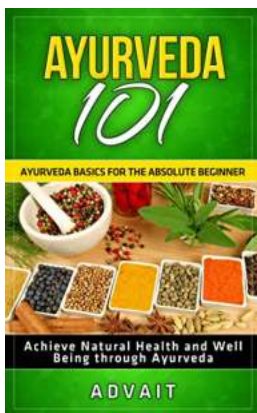
And many more...

Let Ruth take you on her personal journey from feeling sick and discouraged, to finding a better way to eat, and loving every minute! Gleefully Gluten-Free! (Healthy Desserts & Snacks) will prove to you that there's life beyond gluten sensitivity, and that living a gluten free lifestyle can be enjoyable!



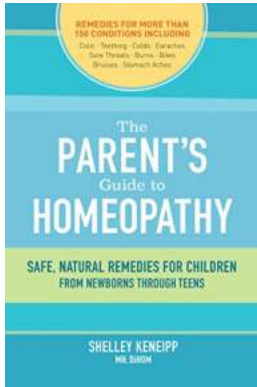
## **800 Quick and Easy Instant Pot Recipes: Perfect for Beginners and Advanced Users**

Are you tired of spending hours in the kitchen, preparing extravagant meals that leave you feeling exhausted? Look no further - we have the perfect solution for...



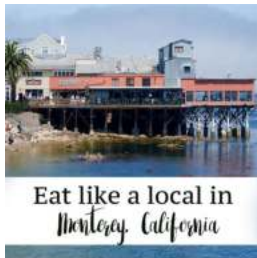
## **Ayurveda Basics For The Absolute Beginner: Achieve Natural Health And Well Being**

Ayurveda, the ancient Indian system of medicine, has been practiced for centuries to achieve natural health and overall well-being. Derived from Sanskrit words "Ayur" (meaning...



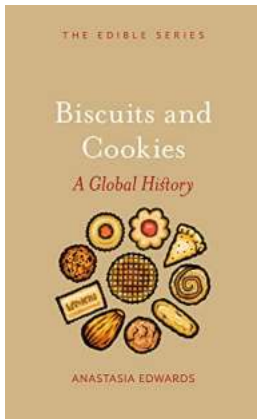
## Discover the Safest Natural Remedies to Support Your Child's Health

Children are incredibly delicate beings that require utmost care and attention when it comes to their health. As parents, we always want to provide them with the best...



## Eat Like Local California: Savor Authentic Flavors of the Golden State

Welcome to the land of sunshine, stunning beaches, and delectable culinary experiences! California is not only famous for its breathtaking landscapes but also its diverse and...



## The Global History of Biscuits and Cookies: From Ancient Edibles to Modern Delights

Delicious and diverse, biscuits and cookies have a rich global history. Biscuits and cookies are two of the most beloved treats worldwide. These baked goods...



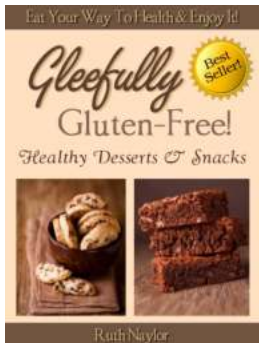
## How To Run a Fire Sale for Information Products That Will Ignite Sales

Are you looking for an effective way to boost your online sales and generate revenue quickly? Running a fire sale for your information products may just be...



## 10 Nourishing Easy Recipes Your Angel Will Beg For - Try Them Today!

When it comes to feeding our little angels, finding nutritious yet delicious meals is always at the top of our minds. We want our kids to enjoy their food while ensuring...



## Gleefully Gluten Free Healthy Desserts Snacks

Indulge in Delicious and Wholesome Gluten-Free Dessert Snacks Are you on a gluten-free diet but still crave something sweet and indulgent? You're in luck! We've got a...