

NO - BAKE *gluten-free* & DESSERTS



Kathleen Henderson

8 Gluten-Free, Real Food, No Bake Treats

No need to fire up the oven when you want a sweet treat during the hot summer months. Simply choose one of the following no-bake treats. All Yankee Homestead recipes are glutenfree and use wholesome, real-food ingredients. Plus, they're tested by my own family in real life. We hope you enjoy these gluten-free, real-food, no-bake treats as much as we do!



Did you know?

Each recipe is:

- *gluten-free*
- *made with real food ingredients*
- *completely no-bake*

8 REAL FOOD NO BAKE TREATS

Chocolate

Pg. 2 - Creamy Chocolate Peanut Butter Pudding

Pg. 3 - Chocolate Truffles

Pg. 5 - Chocolate Peanut Butter Fudge

Sweet

Pg. 4 - Crunchy Cookie Dough Bites

Popsicles

Pg. 6 - Fudgy Pops

Pg. 7 - Tropical Popsicles

Ice Cream

Pg. 8 - Mixed Berry Coconut Milk Ice Cream

Pg. 9 - Mint Chip Dairy-Free Ice Cream

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CREAMY CHOCOLATE PEANUT BUTTER PUDDING

INGREDIENTS

- 1 RIPE BANANA
- 1.5 RIPE AVOCADO
- ½ CUP CACAO POWDER
- ½ CUP COCONUT MILK
- ½ CUP PEANUT BUTTER
- ½ CUP HONEY (RAW, LOCAL IS BEST)
- 1 TSP PURE VANILLA (OPTIONAL)
- DASH UNREFINED SEA SALT

INSTRUCTIONS

1. Combine all ingredients in a food processor and process until smooth.
2. Make sure avocado has been fully incorporated.

OPTIONAL

Top with coconut whipped cream, peanut butter drizzle, and mini chocolate chips.

Kathleen's Tip...

To make ahead, spoon into individual dishes and refrigerate for up to 24 hours. You can even fully assemble each individual serving, complete with coconut whipped cream, peanut butter topping, and chocolate chips, and refrigerate, uncovered, until the next day. But maybe not for guests.

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CHOCOLATE TRUFFLES

INGREDIENTS

- 5 TB COCONUT CREAM CONCENTRATE, SOFTENED (I USED HOMEMADE COCONUT BUTTER)
- 4 TB RAW CACAO POWDER
- 1 TB VANILLA EXTRACT
- ½ CUP COCONUT MILK
- 1 TB RAW HONEY (OR MORE)
- ½ CUP CHOPPED NUTS (I USED CRISPY PECANS AND HAZLENUTS*)

INSTRUCTIONS

1. (Soften coconut butter or cream.)
2. (Chop nuts and place in a bowl for rolling.)
3. Add all ingredients except nuts to a food processor and pulse (or mix by hand in a bowl) until well-combined and smooth.
4. Refrigerate mixture about 20 minutes until it hardens a bit, but is still soft enough to roll into balls.
5. Form into small balls and roll in chopped nuts.
6. Store in the fridge. (They'll harden even more when you leave them in the fridge for an hour or so.)
7. Enjoy!

Kathleen's Tip...

For nut-free, use extra cacao powder and/or shredded coconut for rolling.

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CRUNCHY COOKIE DOUGH BITES

INGREDIENTS

- 1 CUP CRISPY CASHEWS
- 1 CUP CRISPY ALMONDS
- 1 CUP GF OATS
- 5 TB PURE MAPLE SYRUP
- 1 TSP VANILLA
- ABOUT 1/2 CUP MINI CHOCOLATE CHIPS

INSTRUCTIONS

1. Process the cashews, almonds, and oats in a food processor.
2. Add the maple syrup and vanilla, and pulse to mix.
3. Add the chocolate chips and pulse to combine.
4. Scoop out dough by the spoonful, and roll into small balls.
5. Store in the refrigerator. (Cookie dough bites hold up best after hardening in the fridge.)

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CHOCOLATE PEANUT BUTTER FUDGE

INGREDIENTS

- ½ CUP ORGANIC PEANUT BUTTER
- ¼ CUP COCONUT OIL
- 3 TB RAW, ORGANIC CACAO POWDER
- 1-2 TB RAW LOCAL HONEY
- ½ TSP VANILLA EXTRACT
- DASH OF UNREFINED SEA SALT
- OPTIONAL: TOPPINGS SUCH AS CHOPPED NUTS, SHREDDED COCONUT, ETC.

INSTRUCTIONS

1. Line a dish with parchment paper, keeping in mind that the smaller the dish, the thicker the fudge and vice versa.
2. Combine all ingredients in a food processor.
3. Process until just combined.
4. Scoop mixture into parchment-lined dish and spread evenly.
5. Optional: add topping(s) and press down a bit on the topping so it makes good contact with the fudge.
6. Place dish in the freezer (faster) or refrigerator and chill until hardened.
7. Cut into pieces and enjoy!
8. Store in the fridge or freezer.

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FUDGY POPS

INGREDIENTS

- BANANAS
- CACAO POWDER (RAW & ORGANIC, PREFERABLY)--ONE TB PER BANANA
- ALMOND BUTTER--ABOUT ¼ CUP PER BANANA, OR TO TASTE
- WATER, AS NEEDED

INSTRUCTIONS

1. Combine first three ingredients in a high powered blender.
2. Blend. Add a tiny amount of water, if necessary.
3. Pour into popsicle molds.
4. Freeze and enjoy!

Kathleen's Tip...

The more water you add, the less fudgy the popsicles will turn out. But sometimes water is necessary to spare your blender from super thick almond butter. Adding a bit of water also helps with pouring the mixture into molds.

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TROPICAL POPSICLES

INGREDIENTS

- 16 OZ. BAG FROZEN PINEAPPLE PIECES
- 1 CAN (13.5 OZ.) FULL FAT COCONUT
- OPTIONAL: VANILLA CREME LIQUID STEVIA, TO TASTE

INSTRUCTIONS

1. Combine all ingredients in a high speed blender.
2. Blend well.
3. Pour into popsicle molds.
4. Freeze overnight.
5. Enjoy!

Kathleen's Tip...

As with most frozen popsicle recipes, this one is pretty flexible. When we have ripe bananas around, we toss in one or two. The stevia is completely optional, and probably unnecessary if you add bananas.

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MIXED BERRY COCONUT MILK ICE CREAM

INGREDIENTS

- ABOUT 2 CUPS FROZEN MIXED BERRIES
- COCONUT CREAM FROM 2 CANS COCONUT MILK
- ABOUT $\frac{2}{3}$ CUP COCONUT WATER FROM THE COCONUT MILK
- SWEETENER, TO TASTE: 8-10 DROPS LIQUID VANILLA STEVIA OR 4 TSP MAPLE SYRUP OR HONEY
- OPTIONAL: PURE VANILLA, TO TASTE (1 TSP TO 1 TB)
- OPTIONAL: TOP WITH MINI CHOCOLATE CHIPS OR CHOCOLATE SHAVINGS

INSTRUCTIONS

1. Place 2 cans of coconut milk in the fridge for at least a few hours, longer is better.
2. Add chilled coconut cream from the two cans to a high speed blender.
3. Add 2 cups frozen mixed berries.
4. Get your tamper ready...you'll definitely need it!
5. Mix to combine, adding coconut water as needed to help blend and using the tamper to push the frozen berries down toward the blade during the blending process.

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MINT CHIP DAIRY-FREE ICE CREAM

INGREDIENTS

- 2 CANS COCONUT MILK (FULL FAT)
- $\frac{2}{3}$ CUP CRISPY CASHEWS
- $\frac{2}{3}$ CUP WATER
- ABOUT $\frac{1}{4}$ CUP RAW HONEY, OR TO TASTE
- $\frac{1}{4}$ TSP VANILLA STEVIA
- 2 DROPS PEPPERMINT OIL
- 2 DROPS SPEARMINT OIL
- $\frac{1}{2}$ CUP MINI CHOCOLATE CHIPS

INSTRUCTIONS

1. In a high speed blender, combine all ingredients except chocolate chips. When the mixture is very smooth (with no more bits of nuts flying around), add the chocolate chips and blend until they're broken up to your liking.
2. Pour the mixture into a (cold) ice cream maker and freeze according to your machine's instructions. (Ours takes about 30 minutes.)
3. Serve immediately.