

The Baking Buddy's Gluten and Dairy Free Desserts



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Pumpkin Scones	4
Applesauce Cake	6
Peppermint Lace Cookies	8
Peppermint Patties	9
Pumpkin Cinnamon Rolls	10
Peppermint Hot Chocolate Cookies	12
Cranberry Bliss Bars	14
Eggnog	16
Thin & Crispy Marshmallow Peppermint Cookies	17
Hot Chocolate	18
Strawberry Crumb Cake	19
Orange & Cranberry Muffins	20
Strawberry Shortcake	22
Strawberry Cheesecake Cookies	23
Strawberry Crumb Bars	24
Key Lime Pie	26
Carrot Cake	27
Coconut Cream Pie	28

This recipe book is dedicated to my Mom.

Special thank you to the Autism Hope Alliance,
and specifically to Kristin Selby Gonzalez. Thank
you for taking a chance on me.

A goal and a little bit of hope goes a long way.

Pumpkin Scones



Ingredients

Scones:

- 3 Cups Gluten-Free All Purpose Flour
- Dash of Salt
- $\frac{1}{3}$ Cup Melted Coconut Oil
- 1 Cup Organic Powdered Sugar
- 2 Tsp. Baking Powder
- $\frac{2}{3}$ Cup Coconut Milk
- 2 Eggs
- $\frac{2}{3}$ Cup Pumpkin Puree
- 1 Tsp. Xanthan Gum

Maple Glaze:

- 1 Cup Organic Powdered Sugar
- 1 Tsp. Vanilla Extract
- 1 Tsp. Cinnamon
- Dash of Nutmeg
- 1 Tsp. Pure Maple Extract
- 2 Tbsp. Coconut Milk

Preparation

- Preheat the oven to 350-degrees.
- Mix all dry ingredients in a large bowl.
- Add the pumpkin puree, vanilla, eggs, coconut milk, and coconut oil.
- Once the Dough forms a ball (It will be slightly sticky) take the dough and transfer it to a baking sheet lined with parchment paper.
- With a spatula push the dough down and spread it out to be about an inch or so

thick. Slice into 8 slices and space each triangle an inch apart, then you can shape the edges of scones with wet fingers (if needed).

- Bake for 30 Minutes or until you can insert a toothpick in the middle of the scones and it comes out clean.
- Allow to cool for about 20 Minutes, then you can transfer to a flat plate or cooling rack
- While your Scones are cooling you can make your Glaze by stirring all of the ingredients together in a bowl until smooth
- Drizzle or spread the Icing on your Scones the way you like it and ENJOY!!

Tips

If you dip your knife into cold water before cutting each triangle, it will be easier.

Applesauce Cake



Ingredients

Scones:

- 3 Cups Gluten-Free All Purpose Flour
- 1 Tsp. Baking Powder
- 1 Tsp. Baking Soda
- 1 Tbsp. Cinnamon
- 2 Cups of Dairy-Free Milk (I used Almond)
- 3 Tbsp. Apple Cider Vinegar
- 2 Cups Unsweetened Applesauce
- 2 Cups Monk Fruit (or any sugar substitute)
- 1 ½ Cups Vegan Butter
- Gluten and Dairy Free Frosting (to frost your cake, this is optional.)

Preparation

- Preheat the oven to 350-degrees.
- Grease a bundt or cake pan with vegan butter or your choice of cooking spray.
- Mix the flour, baking powder, baking soda, and cinnamon together in a bowl.
- In a separate bowl, add dairy-free milk, vinegar, applesauce, sugar, and softened vegan butter and mix until well combined. Let the mixture sit for 5 minutes so it thickens a bit.
- Add the dry mixture and wet mixture together, and mix until well combined.
- Pour the batter into the cake pan.
- Bake for 30 minutes or until a toothpick comes out clean when inserted into the cake.

- Remove the cake from the oven and let it cool completely.
- Once the cake is completely cooled, you can frost the cake.

Tips

You can partially melt the vegan butter into the batter to help it combine into the mixture better.

Peppermint Lace Cookies



Ingredients

Scones:

- 1 ¼ Cups Gluten-Free All Purpose Flour
- 1 Cup Softened Vegan Butter
- 1 Cup Organic Confectioners Sugar
- 2 Tsp. Peppermint Extract
- 1/2 Tsp. Salt
- 1 Cup Rolled Oats
- ⅓ Cup Crushed Peppermint Candies
- 2 Tbsp. Confectioners Sugar
- 1 Tbsp. Crushed Peppermint Candy

Preparation

- Preheat the oven to 325-degrees.
- Mix the softened vegan butter and confectioners sugar in a large bowl until creamy and smooth. Stir peppermint extract into the butter mixture.
- Whisk flour and salt in a bowl and stir into the butter mixture.
- Gently fold rolled oats and ⅓ of the crushed peppermint candies into the dough.
- Drop cookies by the spoonful onto ungreased baking sheets, leaving a small space between each cookie.
- Press the cookies with your fingertips until they are ¼ inch thick.
- Bake for about 10-11 minutes, or until the cookies have lightly browned edges.
- Cool completely on a baking rack before enjoying.

Peppermint Patties



Ingredients

Peppermint Layer:

- ½ Cup Coconut Butter
- 2 Tbsp. Coconut Oil
- ¼ Cup Honey
- ¼ Tsp. Peppermint Extract

Chocolate Layer:

- ¼ Cup Cacao or Cocoa Powder
- ⅓ Cup Coconut Oil
- 1 ½ Tbsp. Honey
- ¼ Tsp. Peppermint Extract

Preparation

- Line a muffin tin with 12 cupcake liners
- In a medium bowl, combine coconut butter, coconut oil, honey, and peppermint oil. Stir until smooth and divide evenly between muffin liners and place in the freezer for an hour to harden.
- Make the chocolate layer by combining the cocoa powder, coconut oil, and honey in a pan over medium heat until smooth. You want to warm it enough to ensure that there are no lumps. Be careful not to boil it or heat it for too long. Once it's lump-free, add the peppermint oil.
- Take the muffin tin out of the freezer and spoon the chocolate mixture on top.
- Place the muffin tin back in the freezer for 30 minutes or until completely hardened. Store the finished patties in the freezer until you're ready to enjoy them, as they will soften quickly.

Pumpkin Cinnamon Rolls



Ingredients

For the Dough:

- 2 Cups Gluten-Free All Purpose Flour
- ½ Cup Vegan Butter
- 2 Tbsp. Monk Fruit (or any sugar substitute)
- 3 Tsp. Baking Powder
- ¼ Tsp. Baking Soda
- ½ Tsp. Salt

For the Filling:

- 2 Tbsp. Vegan Butter
- ½ Cup Brown Sugar
- 1 Tsp. Pumpkin Pie Spice
- 1 Tsp. Cinnamon
- ¼ Cup Pumpkin Puree

For the Glaze:

- 2 Ounces Softened Vegan Cream Cheese
- ½ Tsp. Vanilla Extract
- 1 ½ Cups Powdered Sugar
- 3 Tbsp. Almond Milk

Preparation

- Preheat the oven to 375-degrees.
- In a large bowl, combine flour and butter until the mixture resembles coarse sand.
- Stir in the sugar, baking powder, salt, and baking soda.
- Add in the milk and stir until a loose dough begins to form.

- Move the dough to a lightly floured surface, and knead until a ball forms.
- Prepare the filling while the dough rests.
- Make the filling by mixing the butter, brown sugar, pumpkin pie spice, and ground cinnamon until well combined.
- Separate the dough into two equal balls, and then roll out the first ball until the dough is around $\frac{1}{4}$ inch thick.
- Spread half of the butter mixture over the top of the dough and roll the dough into a log shape.
- Use a knife to cut the log into six equal pieces.
- Place each piece into your prepared pan, leaving a little space between each roll to expand as they bake.
- Repeat the process above with the remaining ball of dough.
- Bake the cinnamon rolls for 25 to 30 minutes until they are golden brown on top and cooked through.
- Allow the cinnamon rolls to cool slightly before frosting.

Peppermint Hot Chocolate Cookies



Ingredients

- ½ Cup Vegan Butter
- ½ Cup Coconut Sugar
- 1 Tsp. Vanilla Extract
- 1 Egg
- 1 Tbsp. Coconut Milk
- ½ Cup Almond Flour
- ½ Tsp. Baking Soda
- ½ Tsp. Salt
- ½ Tsp. Cinnamon
- 3 Tbsp. Cacao or Cocoa Powder
- 2 Drops Peppermint Extract
- ½ Cup Chocolate Chips (I used Lily's Dark Chocolate Chips)
- Marshmallows and Crushed Candy Canes for the topping. (I used Sweet Nature Candy Canes, as they're free of major allergens.)

Preparation

- Preheat the oven to 350-degrees.
- Cream the butter and sugar together in a stand mixer.
- Add in the vanilla extract.
- Add in the egg, coconut milk, peppermint extract, and combine.
- In a separate bowl, mix together the almond flour, baking soda, salt, cinnamon, and cocoa powder.
- Slowly mix the dry ingredients with the wet in the stand mixer.
- Add the chocolate chips to the mixture.

- Line a baking sheet with parchment paper and use a spoon to scoop the cookie batter onto the baking sheet.
- Bake for 8-9 minutes.
- Top each cookie with 3 marshmallows and a sprinkle of crushed candy canes, and return cookies to the oven to broil on low for 1-2 minutes. Make sure to watch the cookies carefully to make sure that the marshmallows don't burn. They should resemble that of a s'more.

Cranberry Bliss Bars



Ingredients

For the Bars:

- 1 Cup Vegan Butter
- 1 ½ Cups Brown Sugar
- 1 Tsp. Orange Extract
- 1 Tsp. Vanilla Extract
- ½ Tsp. Ground Ginger
- 1 Tsp. Baking Powder
- ½ Tsp. Salt
- 2 Eggs
- 2 Cups Gluten-Free, All-Purpose Flour
- 1 Cup Lily's Dark Chocolate Chips
- ¾ Cup Craisins

For the Frosting:

- 1 ½ Cups Organic Powdered Sugar
- 8 Ounces Vegan Cream Cheese
- ½ Tsp. Orange Extract
- ½ Tsp. Vanilla Extract
- ¾ Cup Craisins, chopped
- ½ Cup Lily's Dark Chocolate Chips, melted

Preparation

- Preheat the oven to 350-degrees.
- Line a 13x9 inch pan with parchment paper
- Mix together the melted butter and brown sugar in a stand mixer.
- Add in the eggs, orange extract, vanilla extract, and mix well.

- Add in the ground ginger, baking powder, salt, and flour. Mix until well blended.
- Stir in Lily's Dark Chocolate Chips and Craisins by hand, and then spread the mixture evenly into the bottom of the parchment-lined pan.
- Bake in the oven for 18-22 minutes, or until you see a golden brown edge to the bars. Allow the bars to cool completely before frosting.
- While the bars are cooling, make the frosting.
- Beat together the vegan cream cheese and powdered sugar with a hand mixer.
- Add the orange and vanilla extracts and mix well.
- Top the cooled bars with the frosting. Sprinkle the chopped Craisins, and drizzle the melted chocolate over the top of the bars in a zigzag pattern.
- Let the bars cool in the fridge for about an hour. Once they're cooled down, remove them and cut the bars into little triangles.

Eggnog



Ingredients

- 1 Cup Almond Milk
- ½ Tsp. Coconut Oil
- 1 Tbsp. Monk Fruit (or any other sugar substitute)
- Dash of Nutmeg
- Dash of Cinnamon
- 1 Tsp. Vanilla
- 1 Tsp. Vanilla Extract

Preparation

- Combine all ingredients in a blender.
- Blend for about 1-2 minutes until the mixture is foamy, and all of the monk fruit has dissolved.

Thin and Crispy Marshmallow Peppermint Cookies

Ingredients

- ½ Cup Vegan Butter
- ¼ Cup Brown Sugar
- ½ Cup White Sugar
- 1 Egg
- 1 Tsp. Vanilla Extract
- ½ Cup Gluten-Free Flour
- ½ Tsp. Baking Soda
- ¼ Tsp. Salt
- ¾ Cup Dairy-Free Peppermint Chocolate Chips (if you cannot find peppermint chocolate chips, you can use allergen-friendly chocolate chips, and ¼ tsp. peppermint extract)
- Allergen-friendly marshmallows

Preparation

- Preheat the oven to 350-degrees.
- Mix the butters and sugars together in a large bowl.
- Add the dry ingredients to the butter/sugar mixture, until you have a thick cookie dough. Fold in your peppermint chocolate chips (or chocolate chips and peppermint extract if you don't have peppermint chocolate chips).
- Scoop your cookie dough with cookie scoop or spoon onto your cookie sheet, making sure to evenly space them apart.
- Bake the cookies for 10-12 minutes.
- Let the cookies cool for 20-30 minutes before eating. They will be thin and slightly crispy.

Hot Chocolate

Ingredients

- ½ Cup Full Fat Coconut Milk
- 1 ⅓ Cup Unsweetened Vanilla Almond Milk
- 1 Tbsp. Dairy-Free Chocolate Chips
- 4 Tsp. Organic Cocoa Powder
- 4 Tsp. Monk Fruit (or any other sugar substitute)
- 1 Tsp. Coconut Extract

Preparation

- Mix all your ingredients in a small pot on the stove top until the chocolate chips have melted, and the mixture is hot. You can also top with dairy-free whipped topping for an extra treat.
- Pour into a mug and enjoy!

Strawberry Crumb Bars



Ingredients

- 3 Cups Fresh Strawberries, Chopped
- 1 ½ Cup Brown Sugar (divide in half)
- 1 Tbsp. Fresh Lemon Juice
- 3 Cups + 1 Tbsp. Gluten-Free All-Purpose Flour
- 1 Tsp. Baking Powder
- ¼ Tsp. Salt
- 1 Large Egg, Beaten
- 1 Cup Solid Coconut Oil
- 1 Tsp. Vanilla Extract

Preparation

- Preheat the oven to 350-degrees and line a 10x 7 baking pan with parchment paper.
- In a medium bowl, combine the fresh chopped strawberries with 1/2 brown sugar, fresh lemon juice, and 1 tbsp. of gluten-free all-purpose flour, and then mix well and set aside.
- In a large bowl combine gluten-free all-purpose flour, 1 cup of brown sugar, baking powder, and salt, and whisk until combined.
- Add the beaten egg vanilla extract and coconut oil to the flour mixture and use a pastry cutter or two knives to cut at the coconut oil until you get a sand-like crumbly texture.
- Scoop 3/4 of the mixture onto the parchment lined baking pan and press mixture down evenly and as firmly as you can with the back of a spoon.
- Bake the crust for 10 minutes until lightly brown.
- Once the crust has par-baked, pour the strawberry mixture over the crust and spread it out evenly to cover the whole surface. Then sprinkle the rest of the crumb mixture evenly over.
- Bake for 30 to 35 minutes until the crumb topping is golden brown and crispy.
- Allow the bars to cool completely before removing and slicing.

Orange & Cranberry Muffins



Ingredients

- Zest of 1 Orange (1-2 Tsp.)
- ¼ Cup Orange Juice
- ¾ Cup Unsweetened Almond Milk
- ⅓ Cup Coconut Oil
- ⅓ Cup Honey
- 2 Eggs

- 1 Tsp. Vanilla Extract
- 2 Cups Gluten-Free Flour
- 2 Tsp. Baking Powder
- ¼ Tsp. Salt
- ¼ - ½ Tsp. Cinnamon
- ½ Cup Dried Cranberries
- ½ Tbsp. Monk Fruit

Preparation

- Preheat the oven to 400 degrees.
- Line a muffin pan with parchment muffin cups or grease them to prevent your muffins from sticking.
- In a small bowl, combine orange zest, orange juice, and milk. Stir to combine, and let the mixture rest for 2-3 minutes.
- Add coconut oil, honey, eggs, and vanilla to the orange and milk mixture and whisk until smooth.
- In a large bowl, combine gluten-free flour, baking powder, baking soda, salt, and cinnamon. Whisk to combine.
- Add wet ingredients to the dry ingredients and stir until mixture is just combined and there are no large powdery spots.
- Add cranberries to the batter and gently fold in to combine.
- Scoop the batter into 12 muffin cups and add some cranberries to the tops of the muffins, and sprinkle the tops of the muffins with monk fruit.
- Bake for 17-20 minutes or until muffins are puffed and golden and let them cool for 1-2 minutes.
- Allow the bars to cool completely before removing and slicing.

Strawberry Shortcake



Preparation

- Toss quartered strawberries in a medium bowl with 1-2 tsp. of honey and set aside.
- Preheat the oven to 350-degrees, and then line 8-10 cupcake tins with parchment cup liners.
- Mix coconut flour, baking powder and salt together.
- In a separate mixing bowl, whisk melted coconut oil, vanilla extract, honey, and milk. Then whisk in the eggs.
- Slowly stir flour mixture into wet ingredients until it's slightly thick. Pour batter into prepared cupcake tins, fill them until they are 1/2 to 2/3 of the way full.
- Cook for 14-16 minutes or until edges are lightly browned, and cool for at least 20 minutes.
- Slice the cupcake in half and top each layer with coco whip and strawberries.

Ingredients

- ½ Cup Coconut Flour
- 1 Tsp. Baking Powder
- ¼ Tsp. Salt
- ¼ Cup Melted Coconut Oil
- 1 Tsp. Vanilla
- ¼ Cup Honey
- ½ Cup Unsweetened Almond Milk
- 3 Eggs
- 16 oz. Strawberries
- Coconut (or any dairy-free) Whipped Topping

Strawberry Cheesecake Cookies



Ingredients

- 1/4 Cup Softened Vegan Butter
- 4 Ounces Vegan Cream Cheese
- 3/4 Cup Monk Fruit
- 3 Tsp. Vanilla Extract
- 1 1/4 Cup Gluten-Free Flour
- 1 Cup Strawberries
- 1 Whole Lemon (zest + juice)
- 4 oz. Dairy-Free Dark Chocolate Chips

Preparation

- Preheat the oven to 350-degrees. Cover a baking sheet with parchment paper.
- Wash and dice the strawberries, then put them in a medium bowl and sprinkle the strawberries with about 1 tbsp. of gluten-free flour.
- Combine your softened butter, cream cheese, and monk fruit with a hand mixer until the mixture becomes creamy.
- Add egg, vanilla extract, and the lemon juice + zest, and combine the mixture for 2-3 minutes, until the ingredients are well combined.
- Add the remaining flour to the batter, and combine until it is mixed.
- Fold the dark chocolate chips and strawberries into your dough.
- Use an ice cream scoop or spoon, to place 12 scoops of cookie dough onto your baking sheet.
- Bake the cookies for 12-15 minutes. Allow them to cool completely before enjoying.

Strawberry Crumb Bars



Ingredients

- 3 Cups Chopped Fresh Strawberries.
- 1 1/2 Cup Brown Sugar (divide in half)
- 1 Tbsp. Fresh Lemon Juice
- 3 Cups + 1 Tbsp. Gluten-Free All-Purpose Flour
- 1 Tsp. Baking Powder
- 1/4 Tsp. Salt
- 1 Large Egg, Beaten
- 1 Cup Solid Coconut Oil
- 1 Tsp. Vanilla Extract

Preparation

- Preheat the oven to 350-degrees and line a 10x 7 baking pan with parchment paper.
- In a medium bowl, combine the fresh chopped strawberries with 1/2 brown sugar, fresh lemon juice, and 1 tbsp. of gluten-free all-purpose flour, and then mix well and set aside.
- In a large bowl combine gluten-free all-purpose flour, 1 cup of brown sugar, baking powder, and salt, and whisk until combined.
- Add the beaten egg vanilla extract and coconut oil to the flour mixture and use a pastry cutter or two knives to cut at the coconut oil until you get a sand-like crumbly texture.
- Scoop 3/4 of the mixture onto the parchment lined baking pan and press mixture down evenly and as firmly as you can with the back of a spoon.
- Bake the crust for 10 minutes until lightly brown.
- Once the crust has par-baked, pour the strawberry mixture over the crust and spread it out evenly to cover the whole surface. Then sprinkle the rest of the crumb mixture evenly over.
- Bake for 30 to 35 minutes until the crumb topping is golden brown and crispy.
- Allow the bars to cool completely before removing and slicing.

Key Lime Pie



- Then beat together the dairy-free cool whip and dairy-free cream cheese on medium/low speed until smooth, then pour the cream of coconut/lime juice mixture into the cream cheese and cool whip mixture and beat on medium/low speed until all ingredients are smooth and fully incorporated.
- Pour the filling into the graham cracker crust. Cover the pie with the pie crust top or foil, and freeze for at least 8 hours. When ready to serve, remove from the freezer and let it sit for 5 minutes at room temperature. If the pie starts to get too soft, just put it back into the freezer to firm up again.

Ingredients

- 1 Gluten-Free Graham Cracker Pie Crust
- 15 oz. Cream of Coconut
- 2 oz. Dairy- Free Frozen Whipped Topping
- 2 oz. Dairy-Free Cream Cheese
- 1/2 Cup Key Lime Juice
- Orange Zest for Garnish

Preparation

- Remove packaging from graham cracker pie crust and set aside.
- In a medium size bowl, using a handheld or stand mixer, beat together the cream of coconut and lime juice on medium/low speed until smooth and set it aside.

Carrot Cake



Ingredients

- 4 Eggs at Room Temperature
- 1/2 Cup Pure Maple Syrup
- 1/3 Cup Coconut Oil (melted and cooled to almost room temperature)
- 1/4 Cup Unsweetened Almond Milk
- 1 Tbsp. Raw Apple Cider Vinegar
- 2 Tsp. Pure Vanilla Extract
- 1 1/4 Cup Blanched Almond Flour
- 1/4 Cup Coconut Flour
- 1/3 Cup Tapioca Flour
- 1 Tsp. Baking Soda
- 1/4 Tsp. Salt
- 1/2 Tbsp. Ground Cinnamon
- 1/2 Tsp. Ground Ginger
- Pinch of Nutmeg
- 2 and 1/2 Cups of Shredded Carrots
- 1/2 Cup Raisins

- 8 Oz. Vegan Cream Cheese
- Finely Chopped Pecans or Walnuts

Preparation

- Preheat your oven to 350-degrees and line two 8-inch round cake pans with circles of parchment paper.
- In a medium bowl combine the dry ingredients. The dry ingredients include the tapioca flours, baking soda, salt and spices. Mix and set aside.
- In a large bowl with an electric mixer, mix together eggs, maple syrup, almond milk, apple cider vinegar, coconut oil, and vanilla on low /med speed. Add the dry ingredients to the wet ingredients, and beat on low speed until fully combined, and a thick batter forms. Remove from the mixer and gently fold in the shredded carrots and the raisins.
- Divide the batter equally between the two cake pans, scraping the bowl to use all the batter. Bake in the oven for 22-25 minutes.
- Allow the cakes to cool completely. Once cooled, frost the cakes with the vegan cream cheese frosting and put finely chopped pecans or walnuts on top. Place one of the cakes on top of the other to create a layer cake.

Coconut Cream Pie



Ingredients

- Gluten-Free Pie Crust

Filling:

- 2/3 Cup Granulated Sugar
- 2. 1/3 Cup Gluten-Free All-Purpose Flour
- 3. 2 Cups Almond or Coconut Milk
- 4. 2 Large Egg Yolks
- 5. 1 Cup Shredded Sweetened Coconut
- 6. 1 Tbsp. Vanilla Extract
- 7. 1 Tsp. Dairy-Free Butter

Topping:

- 16 oz. Frozen Dairy-Free Whipped Topping
- 2. 1 Tbsp. Vanilla Extract
- 3. 3/4 Cup Powdered Sugar

Preparation

- Bake the pie crust according to the instructions on the package.
- In a medium saucepan, mix the gluten-free flour, sugar, coconut or almond milk, and egg yolks. Stir until the mixture comes to a boil. Boil for 1 minute.
- Remove from the heat, and add shredded coconut, vanilla, and dairy-free butter.
- Pour the custard filling into the crust. Cover and refrigerate for 3 hours.

Make the topping:

- Combine the dairy-free frozen whipped topping, vanilla, and powdered sugar in a large bowl.
- Use a mixture on high speed until the mixture is firm. Use the mixture immediately, or refrigerate until you're ready to use.
- Before serving the pie, spread the coconut whip on top of the pie.