



Life Around the Table

six super delicious
gluten-free snacks

Thank you,

for trusting me in your kitchen.

Hello! I'm Christy! Thanks for downloading this ebook.
I am so grateful when you trust me and try one of my recipe creations in your own kitchen.
I hope these are recipes you'll come back to again and again. Enjoy!

Note: If baking for someone with a severe gluten allergy ensure that all ingredients you're baking with are certified gluten free and processed and packaged in a facility that wouldn't have had contact with gluten.

Thank you!

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HEALTHY CHOCOLATE HAYSTACK COOKIES

PREP TIME | 20 min
TOTAL TIME | 50 min
YIELD | 24 cookies

Ingredients

Dry Ingredients

3 cups unsweetened shredded coconut
2 cups gluten-free rolled oats
2 tbsp ground flaxseed

Wet Ingredients

1/2 tsp sea salt
1/2 cup pure maple syrup
1/2 cup unsweetened cocoa powder
1/2 cup melted coconut oil
1/2 cup heavy cream (or non dairy
milk of your choice)
1/2 tsp vanilla extract

Instructions

- 1) In a large bowl combine shredded coconut, gluten-free rolled oats and flaxseed.
- 2) Mix well to combine.
- 3) In a small saucepan, melt the coconut oil and then remove from heat.
- 4) Mix in salt, maple syrup, cocoa powder, heavy cream and vanilla extract.
- 5) Add the wet ingredients to the dry ingredients,
- 6) Mix well to combine.
- 7) Line a cookie sheet with wax paper and add 3 tbsp size dollops and shape into a mound.
- 8) Place the cookie sheet in the fridge for several hours or into the freezer for 30 minutes.
- 9) Store cookies in an airtight container in the fridge.

Enjoy!

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PEANUT BUTTER SWIRL BLACK BEAN BROWNIES

PREP TIME | 20 min
TOTAL TIME | 40 min
YIELD | 12 brownies

Ingredients

Dry Ingredients

- 1/2 cup gluten-free rolled oats
- 4 tbsp unsweetened cocoa powder
- 1/2 tsp sea salt
- 1/2 tsp baking powder

Wet Ingredients

- 1 and a 1/2 cups canned black beans (19oz can)
- 1 tbsp brewed coffee (optional)
- 1/2 cup pure maple syrup
- 1/2 cup melted coconut oil
- 2 egg yolks (optional)
- 1 tsp pure vanilla extract
- 1/3 cup chocolate chips

Peanut Swirl

- 4 tbsp smooth peanut butter
- 2 tbsp maple syrup
- 1 pinch salt

Instructions

- 1) Preheat the oven to 350°F and prepare an 8×8 pan.
- 2) Add oats to a blender or food processor. Pulse until you have a smooth flour-like consistency.
- 3) In a small bowl, combine the oat flour you just made with salt, baking powder and cocoa powder.
- 4) In the blender, add together the black beans (drained), brewed coffee, maple syrup, melted coconut oil, 2 egg yolks, and vanilla extract.
- 5) Add the wet ingredients to the dry ingredients and stir until well combined. Stir in the chocolate chips.
- 6) Add to the brownie pan and smooth out the top.
- 7) In a separate small bowl, stir together peanut butter, maple syrup, and a pinch of sea salt.
- 8) Make 9 small dollops of the peanut mixture on the top of your brownie batter.
- 9) Swirl the peanut butter through the brownie batter to create a beautiful swirl pattern.
- 10) Bake for 20 minutes and allow to cool completely.

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COCONUT FLOUR OATMEAL COOKIES

PREP TIME | 15 min
TOTAL TIME | 27 min
YIELD | 14 cookies

Ingredients

Dry Ingredients

3/4 cup coconut flour
1/2 cup gluten-free rolled oats
1/4 cup shredded
unsweetened coconut
1/2 tsp baking soda

Wet Ingredients

1/3 cup maple syrup + 1 tbsp
1/2 cup coconut oil + 1 tbsp (melted)
1 tsp vanilla
2 eggs
1/2 cup chocolate chips

Instructions

- 1) Preheat the oven to 350 degrees. Prepare two cookie sheets with parchment paper.
- 2) In a medium-sized bowl combine coconut flour, oats, shredded unsweetened coconut, baking soda and salt. Whisk together thoroughly.
- 3) In a small saucepan melt 1/2 cup + 1 tbsp of coconut oil on low heat until melted.
- 4) In a separate small bowl, combine maple syrup, vanilla and eggs and whisk together.
- 5) Pour in the melted coconut oil (after it has cooled) to the wet ingredients and whisk together thoroughly. Add the wet ingredients to the dry ingredients and stir together. Add the chocolate chips and stir again.
- 6) Roll the dough into balls of approximately 2 tbsp.
- 7) Flatten each cookie gently with a fork. Bake at 350 degrees F for 10-12 minutes.

Enjoy!

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NO-BAKE CARROT CAKE ENERGY BALLS

PREP TIME | 20 min
TOTAL TIME | 1h 20min
YIELD | 24 balls

Ingredients

2 carrots medium (approximately 230g)
1 cup gluten-free rolled oats
1/2 cup raw sunflower seeds
1/4 cup chia seeds
1/2 cup sunflower seed butter
1/3 cup pure maple syrup
2 tbsp melted coconut oil
1 1/2 tsp ground cinnamon
1 tsp ground ginger
1/4 tsp nutmeg
zest of one lemon
1/2 tsp sea salt
1/2 cup unsweetened shredded coconut

Instructions

- 1) Begin by finely grating carrots into a large bowl.
- 2) Meanwhile, melt 2 tbsp of coconut oil in a small saucepan on the stovetop.
- 3) Combine the remaining ingredients (except the shredded coconut) to the grated carrot and add the coconut oil when it has melted and cooled slightly.
- 4) Mix really well and begin to form small 1½ tbsp-sized balls.
- 5) Spread about 1/2 cup of unsweetened shredded coconut onto a plate. Roll the balls gently in the shredded coconut to coat.
- 6) Place the balls on a sheet tray so that they are not touching each other. Chill in the fridge for one to two hours and enjoy!

Enjoy!

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PEANUT BUTTER OATMEAL ENERGY BALLS

PREP TIME | 15 min
TOTAL TIME | 45 min
YIELD | 22 balls

Ingredients

- 1 1/4 cups gluten-free rolled oats
- 1 cup unsweetened shredded coconut
- 1/2 cup ground flaxseed
- 1/2 tsp ground cinnamon
- 1 tbsp unsweetened cocoa powder
- pinch of salt
- 1/2 cup natural peanut butter
- 1/3 cup pure maple syrup
- 1/4 cup coconut oil melted
- 1/4 cup mini chocolate chips

Instructions

- 1) In a large bowl combine the oats, unsweetened shredded coconut, ground flaxseed, cinnamon, salt and cocoa powder, mixing well.
- 2) In a small saucepan, melt coconut oil on low heat until just melted.
- 3) To the large bowl, add the peanut butter, maple syrup and melted coconut oil. Stir together all ingredients.
- 4) Add in the mini chocolate chips and stir again.
- 5) Form dough into small balls approx 1 tbsp to 1 1/2 tbsp in size.
- 6) Store in the fridge or freezer

Enjoy!

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GLUTEN-FREE BUCKWHEAT BROWNIES

PREP TIME | 25 min
TOTAL TIME | 1 hour
YIELD | 16 brownies

Ingredients

Dry Ingredients

1/2 cup buckwheat flour

1/2 tsp sea salt

1 tbsp unsweetened cocoa powder

1/2 cup chocolate chips

Wet Ingredients

1 cup melted butter

1 cup chocolate chips to melt

2 large eggs at room temperature

1 cup coconut sugar

1/4 cup brewed coffee

Instructions

1) Preheat the oven to 350 degrees F and prepare a 8×8 pan by lining with parchment paper or brushing with butter.

2) In a small bowl, stir together buckwheat flour, unsweetened cocoa powder and salt.

3) In a medium saucepan, melt butter and 1 cup of chocolate chips together.

4) In a medium size bowl, whisk eggs and coconut sugar together and add in the melted butter and chocolate when it has cooled slightly.

5) Combine dry ingredients to wet ingredients and stir until no dry clumps remain. Stir in 1/2 cup of chocolate chips.

6) Pour brownie batter into the prepared 8×8 pan. Bake for 35-40 minutes until the middle is set and a toothpick comes out clean.

Enjoy!

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thank you!

I hope you find a new favourite go-to snack within the pages of this ebook. Visit my blog [Life Around the Table](#) online for more delicious gluten-free recipes!

