

Baking Without Boundaries

Gluten-free desserts



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About

Welcome to Baking Without Boundaries, a celebration of gluten-free desserts crafted with love, creativity, and a touch of magic. This cookbook is designed to inspire bakers of all skill levels to create delightful treats that everyone can enjoy, regardless of dietary restrictions.

From elegant French macarons to comforting chocolate chip cookies, these recipes are thoughtfully curated to bring joy to your kitchen and your table. Whether you're exploring gluten-free baking for the first time or looking to expand your repertoire, this collection promises delicious, foolproof results that redefine the art of baking.

Happy baking!



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French Macarons

DIRECTIONS:

Prep the baking sheets:

Preheat oven to 300°F (150°C). Line baking sheets with parchment paper or silicone mats.

Sift almond flour and powdered sugar together.
Beat egg whites with cream of tartar (if using) until frothy. Gradually add granulated sugar and beat to stiff peaks.

Gently fold in almond flour mixture until batter flows like lava. Add food coloring if desired.

Pipe the macarons:

Pipe 1.5-inch circles onto the baking sheet. Tap the sheet to remove air bubbles.

Let the macarons rest for 30-60 minutes until they form a dry skin.

Bake for 15-18 minutes. Let cool completely on the sheet.

Filling:

Beat butter until creamy. Add powdered sugar, vanilla, salt, and cream, and mix until smooth.

Assemble:

Pair up macaron shells, pipe filling onto one, and sandwich together.

Refrigerate for 24 hours to enhance flavor and texture.

Ingredients:

Macaron shells:

1 3/4 cups almond flour
1 1/2 cups powdered sugar
3 egg whites (room temperature)
1/4 cup granulated sugar
1/2 tsp vanilla extract
Pinch of cream of tartar (optional)
Food coloring (optional)

Filling:

1/2 cup unsalted butter (softened)
1 cup powdered sugar
1/2 tsp vanilla extract
Pinch of salt
2 tbsp heavy cream

Optional flavorings (e.g., fruit puree, chocolate ganache)

Chocolate Eclairs

Ingredients:

Choux Pastry:

1 cup water
1/2 cup butter
1/4 tsp salt
1 cup gluten-free flour
4 large eggs

Pastry Cream:

2 cups milk
1/2 cup sugar
4 egg yolks
1/4 cup cornstarch
1 tsp vanilla
2 tbsp butter

Chocolate Glaze:

4 oz chocolate (semi-sweet or dark)
1/4 cup heavy cream
1 tbsp butter

DIRECTIONS:

Choux Pastry:

Preheat oven to 425°F (220°C). Line a baking sheet with parchment. Boil water, butter, and salt. Stir in gluten-free flour until smooth.

Cool for 5 minutes, then add eggs one at a time, mixing until smooth.

Pipe 4-inch lines on baking sheet. Bake at 425°F for 10 mins, then reduce to 350°F for 20-25 mins. Cool completely.

Pastry Cream:

Heat milk until boiling. Whisk egg yolks, sugar, and cornstarch. Gradually add hot milk to egg mixture, then return to heat until thickened.

Remove from heat, stir in vanilla and butter. Chill for 1 hour.

Chocolate Glaze:

Heat cream and chocolate until melted. Stir in butter until smooth.

Assemble:

Cut a slit in cooled éclairs and fill with pastry cream. Dip tops into chocolate glaze and let set.

TIPS:

Makes 8-10 Eclairs

Best eaten the same day, but store in the fridge for 1-2 days.

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Photo by Diliara Garifullina on Unsplash

Red Velvet Cake

DIRECTIONS:

For the cake:

Preheat oven to 350°. Grease two 8-in. round baking pans. Line with parchment and grease parchment.

In a large bowl, whisk eggs, sugar, milk, oil, vinegar, vanilla and food coloring.

In another bowl, whisk flour, cocoa powder salt and baking soda. Gradually stir into egg mixture.

Transfer to prepared pans. Bake until a toothpick inserted in the center comes out clean, 25-30 minutes.

Cool for 10 minutes before removing from pans to wire racks to cool completely.

Frosting:

For frosting, beat cream cheese and butter until combined.

Beat in extract and salt. Gradually add confectioners' sugar; beat until smooth. Spread frosting between layers and over top and side of cake.

If desired, garnish with cake crumbs, and fruits of choice.

Ingredients:

CAKE:

4 large eggs, room temperature, lightly beaten
1-1/2 cups sugar
1-1/2 cups 2% milk
1/2 cup canola oil
2 teaspoons white vinegar
2 teaspoons vanilla extract
1 to 2 teaspoons red food coloring
2-3/4 cups gluten-free all-purpose baking flour
2 tablespoons baking cocoa
1 teaspoon sea salt
1 teaspoon baking soda

FROSTING:

1 package (8 ounces) cream cheese, softened
1/2 cup butter, softened
2 teaspoons vanilla extract
1/4 teaspoon salt
4 cups confectioners' sugar

Pumpkin Pie

Ingredients:

PIE:

1 cup gluten-free
all-purpose baking
flour
1/3 cup ground almonds
3 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon xanthan
gum
6 tablespoons cold but-
ter, cubed
2 tablespoons beaten
egg
1 to 2 tablespoons ice
water

FILLING:

3 large eggs
1 cup half-and-half
cream
1/2 cup sugar
1/2 cup packed brown
sugar
1 teaspoon ground cin-
namon
1/2 teaspoon ground
nutmeg
1/4 teaspoon salt
1/4 teaspoon ground
ginger
1/4 teaspoon ground
cloves
1 can (15 ounces)
pumpkin

DIRECTIONS:

Pie crust:

In a large bowl, combine flour, almonds, sugar, salt and xanthan gum. Cut in the butter until crumbly. Stir in egg. Gradually add water, tossing with a fork until dough holds together when pressed.

Shape into a disk; wrap and refrigerate 1 hour or overnight.

Preheat oven to 350°. On a lightly floured surface, using gluten-free flour, roll dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim crust to 1/2 in. beyond rim of plate; flute edge.

Pumpkin puree:

In a large bowl, lightly beat eggs.

Beat in cream, sugars, cinnamon, nutmeg, salt, ginger and cloves.

Stir in pumpkin just until blended. Pour into crust.

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Chocolate Mousse

DIRECTIONS:

In a mixing bowl, whip the cream with vanilla until it thickens, then set it aside.

In a saucepan over medium-high heat, combine sugar and water, stirring until the sugar dissolves and the mixture is clear. Lower the heat, add chocolate pieces, and stir until the chocolate melts and the mixture is smooth. Keep it warm on the burner.

In a food processor, blend eggs with espresso powder. With the motor running, slowly pour in the chocolate mixture and process until smooth. Add the whipped cream, pulsing just until incorporated.

Pour the mixture into tarte containers, and refrigerate for at least 3-4 hours until it thickens. If refrigerating longer, cover with plastic wrap to prevent a skin from forming.

Before serving, add strawberry, nuts, or whip additional cream with sugar and vanilla until very thick. Add a dollop to each serving, garnish with a mint sprig, and enjoy immediately.

Ingredients:

CHOCOLATE MOUSSE:

1 cup cold heavy cream
1/2 tsp pure vanilla extract
1/2 cup granulated sugar
1/4 cup water
6 oz semisweet chocolate, chopped (about 1 cup chocolate chips)
2 large eggs (preferably pasteurized eggs)
1/2 tsp espresso powder or instant coffee

TOPPING:

1/2 cup cold heavy cream
2 to 3 tsp powdered sugar
1/2 tsp pure vanilla extract
Fresh mint sprigs, for garnishing

Chocolate Chip Cookies

DIRECTIONS:

Preheat oven to 350 degrees.

In a bowl, stir together almond butter, chocolate chips, sugar, eggs, and salt until a dough forms.

Place 1-tablespoon mounds of dough 1 inch apart on parchment-lined baking sheets.

Bake cookies until puffed and tops are set, about 10 minutes.

Transfer to a wire rack; let cool.

Cookies can be stored in an airtight container up to 3 days.

Ingredients:

1 cup almond butter

1 cup semisweet chocolate chips

½ cup packed light-brown sugar

2 large eggs

½ teaspoon coarse salt



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Baking without boundaries

**Creating magical
recipes in a healthier,
fun and creative way**