

SIMPLY
GLUTEN FREE
magazine



*Chocolate Lovers
Recipes*

VALENTINE'S DAY SPECIAL

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This book is organized into a convenient resource which contains recipes from Simply Gluten Free magazine as well as Carol Kicinski's website.

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www.simplygluten-free.com

Love & Chocolate

I believe real love lifts the spirit and heals the heart. Real love makes the heart stronger, capable of even more love. I also think real love doesn't necessarily have to be with a person - it could be with food! More specifically, chocolate.

I can't seem to think of February without thinking of chocolate. Rich, creamy, decadent chocolate! There are very few things in this world I love more than chocolate - my family, friends and iPhone being pretty much the only things I can think of that beat it!

And what better time than Valentine's Day to celebrate my love affair with chocolate?

If you're a chocolate lover like me, this eBook is perfect for you! Packed with my very favorite chocolate recipes, this collection is sure to satisfy your chocolate cravings.

For those celebrating the day with a loved one, why not create them up a delicious dessert at home rather than going out for dessert? Nothing says "I love you" more than a homemade chocolate cake or decadent brownie!

If you're celebrating solo this year, then what better way to say "I love you" to yourself than baking a dessert for yourself? May I recommend the 5 Minute Hot Chocolate Cake, it's a 1 or 2 person dessert that you can whip up in a cup or ramekin - perfect for a night curled up on the couch with a good book or movie.

Here's hoping your Valentine's Day is filled with love, happiness, and lots and lots of chocolate!

Enjoy!

xo,



Carol Kicinski
Editor-in-Chief
Simply Gluten Free magazine



Carol's Gluten Free All Purpose Flour

When I first went gluten free I shied away from traditional baking because it seemed like too much trouble to combine various flours. But since I was not satisfied with the gritty texture of store bought gluten free flour blends, I decided to attempt my own recipe.

After much trial and error I came up with a flour blend that works perfectly in gluten free baking. This is my preferred flour mix and can be substituted for wheat flour cup-for-cup. It is called Carol's Amazing All Purpose Gluten Free Flour and is available on my website.

Or, you can try this recipe that will give you very similar results. Make a big batch of this and store in airtight containers for all your baking needs. If you use a different flour blend for the recipes in this book, make sure your blend contains xanthan gum.

(Gluten-free, Dairy-free, Nut-free, Soy-free, Refined Sugar-free, Vegetarian, Vegan)

Makes 9 cups

4½ cups white rice flour
1½ cups sweet (glutinous) rice flour
2 cups potato starch (not potato flour)
1 cup tapioca starch (also known as tapioca flour)
4 teaspoons xanthan gum

Measure each ingredient by scooping it into a measuring cup (or spoon), leveling it off with a straight edge, such as the back of a knife. In a large mixing bowl, whisk all ingredients together very well until they are evenly distributed. I whisk the ingredients slowly for at least a minute or two, making sure to get to the bottom of the bowl and turning the ingredients over and over.

This recipe can easily be halved, double or tripled.





*Cupcakes, Cookies
& Brownies*



Flourless Mini Chocolate Cherry Cupcakes

Ingredients

24 maraschino cherries
6 ounces semisweet chocolate chips (1 cup)
½ cup (1 stick) unsalted butter
3 large eggs
¼ cup sugar
1 tablespoon unsweetened cocoa powder plus more for garnish
1½ tablespoons maraschino cherry liquid
⅛ teaspoon kosher or fine sea salt
½ cup heavy whipping cream
1 teaspoon vanilla extract
¼ cup powdered sugar

Directions

Preheat oven to 375 degrees. Line a 24 cup mini muffin pan with mini cupcake baking papers.

Remove stems from the cherries, cut in half and dry with paper towels.

Combine chocolate chips and butter in a large microwave safe mixing bowl and cook on high power until the butter is melted and the chocolate chips are very soft, about 2 minutes. Stir until the mixture is smooth and glossy. Let cool slightly. Whisk in the eggs, sugar, cocoa powder, cherry liquid and salt. Ladle half the batter into the prepared pan, place a maraschino cherry half in each cupcake and fill with the remaining batter, filling the cups almost full. Bake for 20 minutes or until risen and the tops look dry. Let cupcakes cool in the pan.

Whip the cream with the vanilla and powdered sugar. Top the cooled cupcakes with the whipped cream, dust with a little cocoa powder and top with the remaining maraschino halves.

Makes 24 mini cupcakes



Vegan German Chocolate Cupcakes

Ingredients

For the Cupcakes:

1½ cups **Carol's Gluten Free All Purpose Flour**
⅓ cup unsweetened cocoa powder
1 teaspoon baking soda
½ teaspoon kosher or fine sea salt
1 teaspoon instant espresso powder
1 cup granulated sugar
1 cup coconut milk (shake can well before measuring)
½ cup vegan mayonnaise
2 teaspoon pure vanilla extract
½ teaspoon pure almond extract

For the Frosting:

1½ cups coconut flakes
1 cup pecans, chopped
4 cups confectioners' sugar, measured then sifted
¼ teaspoon kosher or fine sea salt
½ cup refined coconut oil at room temperature
2 teaspoons pure vanilla extract
½ teaspoon pure almond extract
4 to 6 tablespoons coconut milk

Directions

For the Cupcakes:

Preheat oven to 350 degrees. Line a 12 cup standard muffin pan with paper liners. In a large mixing bowl, whisk together the flour, cocoa powder, baking soda, salt and espresso powder.

In a separate mixing bowl whisk together the sugar, coconut milk, vegan mayonnaise, and extracts. Add the coconut milk mixture to the dry ingredients and stir or whisk to combine.

Divide the batter evenly among the prepared muffin cups, filling each cup about ¾ full. Bake for 20 to 25 minutes or until the tops are slightly springy and a toothpick inserted in the center comes out clean. Leave oven on. Let cool in pan for 5 minutes then remove to a wire rack to finish cooling. Prepare frosting while cupcakes cool.

For the Frosting:

Place the coconut flakes and pecans on separate baking sheets. Toast in oven until fragrant and lightly browned, about 5 minutes for the coconut and about 10 minutes for the pecans. Watch closely so they don't burn. Let cool while mixing the rest of the frosting.

In the bowl of an electric mixer, preferably fitted with a paddle attachment, combine the confectioners' sugar, salt, coconut oil and the extracts. Starting with the mixer on low speed, blend until combined. Gradually increase the speed to medium and add the coconut milk, 1 tablespoon at a time until the frosting is the consistency of butter cream frosting. Turn mixer to medium high speed and continue to mix for 3 minutes.

Take a handful of the toasted coconut flakes to use as garnish and add the rest along with the pecans to the frosting and mix well with a spatula. You may need to add a bit more coconut milk to keep the frosting at a spreadable consistency. Frost cooled cupcakes, sprinkle with some toasted coconut and serve.

Makes 12 cupcakes



Cherry Heart Cupcakes

Ingredients

For the Chocolate Covered Cherries:

12 maraschino cherries with stems
1/3 cup dark chocolate chips

For the Cupcakes:

4 large eggs
1/2 cup buttermilk
1/2 cup melted butter
1 teaspoon pure vanilla extract
1 package gluten free chocolate cake mix

For the Frosting and Filling:

8 ounces cream cheese, at room temperature
1/2 cup unsalted butter, at room temperature
Pinch kosher or fine sea salt
1 teaspoon pure vanilla extract
2 tablespoons maraschino cherry juice
2 cups (maybe a bit more) powdered sugar
12 maraschino cherries without stems

Directions

For the Chocolate Covered Cherries:

Line a baking sheet with wax or parchment paper. Place the cherries on some paper towels and let them dry. Melt the chocolate chips in the microwave until they are almost all melted, about 1 1/2 to 2 minutes. Stir the chocolate until it is all melted and glossy. Dip the cherries into the chocolate and place on the prepared baking sheet, pressing down a little to create a flat surface. Refrigerate for 1/2 an hour or until the chocolate has hardened.

For the Cupcakes:

Preheat oven to 350 degrees. Line 12 standard muffin cups with paper liners. In the bowl of an electric mixer, beat the eggs, buttermilk, butter and vanilla on medium speed for 2 minutes. Turn the mixer to low and slowly add the cake mix. Beat just until combined. Divide the mixture evenly among the prepared muffin cups, filling almost full. Bake for 20 minutes or until the tops are springy to the touch and a toothpick inserted in the center comes out clean. Let cool for 5 minutes in the pan then remove to a cooling rack to finish cooling.

For the Frosting and Filling:

Beat the cream cheese, butter, salt, vanilla and cherry juice together until blended. Sift in 2 cups powdered sugar and mix to combine. If the frosting seems too soft, beat in a little more powdered sugar to stiffen it. The mixture should be a little thicker than heavily whipped cream. Take about 1/2 cup of the frosting and put in a plastic food storage bag. Snip off the end of the bag so you can pipe the mixture into the cupcakes. Refrigerate the rest of the frosting until time to finish the cupcakes.

Assembly:

Cut an inverted cone about the size of a nickel out of the top of each cupcake. Remove the cone and save it. With the end of a wooden spoon (or your finger) gently push the hole in the cupcake to widen it. Pipe a little frosting (about 1 teaspoon) into the hole. Place a cherry on the frosting and then pipe in a little more frosting to cover the cherry. Cut the end off the reserved cone and place it back on top of the cupcake to cover the hole. Repeat with remaining cupcakes. Frost the cupcakes and place a chocolate covered cherry on top of each, gently pressing the cherry into the frosting.

Can be made a day ahead. To store, keep refrigerated but take out of fridge about 10 minutes prior to serving to take the chill off.

Makes 12 cupcakes



Vegan Mexican Chocolate Cupcakes

Ingredients

For the Chipotle Chocolate Cupcakes:

1½ cups **Carol's Gluten Free All Purpose Flour**
⅓ cup unsweetened cocoa powder
1 teaspoon baking soda
½ teaspoon kosher or fine sea salt
1 teaspoon ground cinnamon
1 cup granulated sugar
1 cup unflavored rice milk
½ cup chipotle flavored vegan mayonnaise (for less spicy cut half and half with regular vegan mayo)
2 teaspoons pure vanilla extract

For the Cinnamon Butter Cream Frosting:

1 cup all vegetable shortening
2 teaspoons pure vanilla extract
2 teaspoons ground cinnamon
⅛ teaspoon kosher or fine sea salt
3 cups powdered sugar
2 to 4 tablespoons rice milk

Directions

For the Chipotle Chocolate Cupcakes:

Preheat oven to 350 degrees. Line a 12 cup standard muffin pan with paper cupcake liners. In a large mixing bowl, whisk together the flour, cocoa powder, baking soda, salt and cinnamon.

In a separate mixing bowl whisk together the sugar, rice milk, chipotle vegan mayonnaise and vanilla. Add the wet ingredients to the dry ingredients and stir or whisk to combine. Divide the batter evenly among the prepared muffin cups, filling each cup about ¾ full.

Bake for 20 to 25 minutes or until the tops are slightly springy and a toothpick inserted in the center comes out clean. Let cool in pan for 5 minutes then remove to a wire rack to finish cooling. Prepare frosting while cupcakes cool.

For the Cinnamon Butter Cream Frosting:

Combine the vegetable shortening, vanilla, cinnamon, salt and powdered sugar in the bowl of an electric mixer. Start on low and then gradually increase the speed to medium and beat until fluffy. Add the rice milk, one tablespoon at a time and beat after each addition. Add just enough rice milk to make the frosting creamy and spreadable.

Frost the cooled cupcakes and serve.

Makes 12 cupcakes





Refined Sugar Free Caramel Pecan Brownies

Ingredients

For the Brownies:

1½ cups chopped pecans
12 tablespoons unsalted butter plus more for preparing the pan
4 ounces unsweetened chocolate, chopped
4 large eggs, lightly beaten
1¾ cups coconut palm sugar
1 tablespoon organic raw blue agave
2 teaspoons pure vanilla extract
¾ cup **Carol's Gluten Free All Purpose Flour**
¼ cup unsweetened cocoa powder
1 teaspoon baking powder
½ teaspoon kosher salt

For the Caramel Sauce:

1½ cups raw blue agave
¾ cup heavy whipping cream
¾ teaspoon lemon juice
½ teaspoon kosher or sea salt (if using table salt use ½ the amount)
6 tablespoons cold unsalted butter

For the Chocolate Ganache:

2 ounces unsweetened chocolate, chopped
4 tablespoons organic raw blue agave
2 tablespoons heavy cream

Directions

For the Brownies:

Preheat oven to 350 degrees. Butter a 9- by 12-inch baking pan, fit a piece of parchment into the pan and butter the parchment paper. Place the pecans on a rimmed baking sheet and toast in the oven for 7 minutes or until warm and fragrant. Let cool.

Place the 12 tablespoons of butter and 4 ounces of chocolate in a microwave-proof large mixing bowl and cook on high power until most of the butter and chocolate is melted, 2 to 3 minutes. Stir to combine. Stir in the eggs, coconut palm sugar, and 1 tablespoon agave and mix well. Add the vanilla, flour, cocoa powder, baking powder, and salt and mix well. Stir in 1 cup of the pecans. Pour the batter into the prepared pan and smooth the top with a spatula. Bake for 20 to 22 minutes or until the brownies look set and a toothpick inserted in the center comes out clean except for a few moist crumbs. Do not over bake. Let cool.

For the Caramel Sauce:

While the brownies are baking, make the caramel sauce. Stir together the agave, cream, lemon juice and salt in a large saucepan (much larger than you think you will need – the mixture expands a lot while boiling) and bring to a boil. Let boil vigorously for 7 minutes, stirring occasionally. Take off the heat and whisk in the 6 tablespoons of butter, one tablespoon at a time (whisk each piece of butter into the mixture until fully melted). Let mixture cool for 30 minutes. It will thicken as it cools. Pour the caramel sauce over the brownies and top with the remaining ½ cup toasted pecans. Put the brownies into the refrigerator for 30 minutes to let the caramel harden some more.

For the Chocolate Ganache:

Place the chopped chocolate, agave and cream in a small skillet and melt the chocolate over low heat, stirring. Let cool slightly. Put the chocolate ganache into a small food storage bag and snip off a tiny bit of one corner. Squeeze the ganache through the hole over the brownies in a crisscross pattern. Refrigerate for an hour or up to 24 hours. Cut the brownies into twelve 3-inch squares (or you can cut smaller).

Makes 12 brownies



Valentine Kisses Cookies

Ingredients

1 cup plus 2 tablespoons **Carol's Gluten Free All Purpose Flour**
¾ teaspoon baking powder
¼ teaspoon kosher or fine sea salt
4 ounces almond paste
½ cup (1 stick) unsalted butter, at room temperature
½ cup sugar, divided use
1 large egg white
½ teaspoon pure vanilla extract
½ teaspoon pure almond extract
½ cup maraschino cherries, stems removed, dried and coarsely chopped
42 Hershey's Milk Chocolate Kisses*

*According to Hershey's, only the regular bite-sized plain milk chocolate, filled caramel and filled cherry cordial kisses are gluten free. This means that the special dark chocolate, milk chocolate with almonds, Hugs and all the other varieties are not gluten free! Always check labels to verify.

Directions

Preheat oven to 325 degrees. Line 2 baking sheets with parchment paper or silicon baking mats.

In a mixing bowl, whisk together the flour, baking powder, and salt. In the bowl of an electric mixer (preferably fitted with the paddle attachment), beat the almond paste, butter, and ¼ cup sugar together for 3 minutes or until very light and fluffy. Add the egg white and extracts and beat well. Turn the mixer to low and add the flour mixture slowly. Mix until combined. With a spatula, stir the chopped cherries into the dough.

Place the remaining ¼ cup of sugar on a plate. Roll the dough into 1-inch balls (a #60 ice cream scoop works well for this) and roll the dough balls in the sugar. Place on the prepared pans, spacing 2 inches apart. Bake for 15 minutes or until the dough looks just set but has not started to brown. While the cookies are baking, unwrap all your chocolate kisses.

As soon as the cookies are done, place a kiss on top of each cookie, gently pressing the kiss into the cookie. Let the cookies cool on the baking sheet for 10 minutes, then gently move to a wire rack to finish cooling.

Makes 42 cookies



Cakes & Pies

5 Minute Hot Chocolate Cake

Ingredients

3 tablespoons butter
4 tablespoons milk
½ teaspoon pure vanilla extract
1 teaspoon maraschino cherry juice, optional
1 large egg
4 tablespoons sugar
4 tablespoons unsweetened cocoa powder
4 tablespoons **Carol's Gluten Free All Purpose Flour**
¼ teaspoon baking powder
Whipped cream
1 maraschino cherry, optional

Directions

Melt the butter in a 12-ounce (or bigger) microwavable mug or ramekin. Swirl the butter around to coat the mug or ramekin. Add the milk, vanilla, maraschino cherry juice (optional) and egg and whisk. Add the sugar, cocoa powder, flour and baking powder and whisk.

Microwave for 90 seconds or until the cake has risen and is set. Let cool slightly, top with whipped cream and a cherry if desired.

Serves 1 or 2



No Bake Pistachio Truffle Cake

Ingredients

Gluten free, non-stick cooking spray or melted butter
12 ounces dark chocolate (semi, bittersweet, or dairy free) or good quality chocolate chips
8 ounces heavy cream or full fat coconut milk (shake can well before measuring)
3 tablespoons gluten free coffee flavored liqueur (such as Kahlua)
1 teaspoon pure vanilla extract
1/3 cup roasted, salted and shelled pistachios, coarsely chopped

Directions

Spray an 8- by 4-inch loaf pan with cooking spray or brush with butter. Line the pan with a piece of parchment paper (important if you want to be able to remove the cake from the pan.)

Chop the chocolate evenly into small pieces. Alternatively, you can use good quality chocolate chips that contain no wax fillers. Place the chocolate in a mixing bowl.

Bring the cream and liqueur (if using) just to a boil over medium-high heat. Stir the vanilla into the hot cream and pour the mixture into the chocolate. Let sit for 5 minutes. Stir until the chocolate and cream are fully combined and the mixture is smooth and glossy. Pour into the prepared pan, smooth out the top and sprinkle with the chopped pistachios, if using. Cover with a piece of plastic wrap and refrigerate 4 hours or until firm.

Using the parchment to help you, remove the cake from the pan and slice with a thin, hot knife (run the knife under hot water then dry with a towel.)

Serves 10 to 12





Flourless Chocolate Cake

Ingredients

1 cup unsalted butter (cut into pieces), plus more for preparing the pan
1½ cups semi-sweet chocolate chips
1¼ cups granulated sugar
1 cup unsweetened cocoa powder, sifted
6 large eggs
2 teaspoons pure vanilla extract
1 tablespoon dried instant espresso (or coffee) crystals
Pinch kosher or sea salt

Directions

Preheat oven to 350 degrees. Butter the bottom of a 9-inch spring-form pan. Cut a piece of parchment or waxed paper in a circle to fit the bottom of the pan, place it in the pan and butter the paper.

Melt butter and chocolate chips together in a microwave (about 2 minutes) or in a bowl set over barely simmering water. Whisk together the sugar, cocoa powder, instant espresso or coffee, and salt. Add dry ingredients to the chocolate mixture, add the eggs and vanilla, and mix well. Pour batter into prepared pan.

Bake for 45 minutes. Let cool completely in pan. Can be made ahead, covered with plastic wrap and refrigerated up to 2 days. Remove outer ring from pan, lift cake off the bottom pan with a large spatula, peel off the waxed paper and transfer to serving plate.

Serves 10 to 12



Dairy Free Chocolate Cream Pie

Ingredients

2 packages gluten free chocolate sandwich cookies
4 tablespoon dairy free butter substitute, melted
1 (14-ounce) can full-fat coconut milk
1 packet (2½ teaspoons) unflavored gelatin
1 pinch kosher or fine sea salt
12 ounces dairy free semisweet chocolate chips
1 tablespoon pure vanilla extract
¾ cup of sugar
6 large egg whites

Directions

Place the cookies into the bowl of a food processor and pulse a few times to break them up, then process until the cookies become crumbs. Add the melted dairy free butter substitute and process to combine. Spray a 9-inch spring-form pan well with gluten-free non-stick cooking spray. Firmly press the crumb mixture into the pan, evenly covering the bottom and about halfway up the sides. Refrigerate crust while preparing the filling.

Combine ½ cup of coconut milk with the gelatin and let sit for five minutes to soften. Pour the remaining coconut milk and salt into a sauce pan and heat to a boil. Add the gelatin mixture and stir to combine. Remove from the heat, add the chocolate chips and vanilla. Cover the pan and let sit for 3 minutes. Stir until all the chocolate is melted and the mixture is fully combined and glossy. Pour into the prepared cookie crust, cover with plastic wrap and refrigerate for 6 hours or overnight.

Place the sugar and egg whites in the heat-proof bowl of an electric mixer and place over a pan of barely simmering water. Stir constantly until the sugar has all dissolved and the egg whites are warm to the touch, about 3 minutes. Attach the bowl to the mixer and use the whisk attachment to beat the egg whites on medium speed until soft peaks form, about 3 minutes. Raise the speed to high and beat until stiff peaks form but the mixture is not dry, about 1½ minutes.

Mound the meringue over the top of the pie and use a knife or spatula to create little peaks. Place the pie under the broiler for a few seconds to brown the top or use a kitchen torch. Be careful not to burn the meringue. Serve the pie right away or refrigerate until serving time.

Serves 8





Chocolate Whiskey Cream Pie

Ingredients

1½ cups gluten free chocolate cookie crumbs
6 tablespoons unsalted butter, melted
2 cups half and half
⅔ cup sour cream
2 cups bittersweet chocolate chips
⅓ cup sugar
¼ cup cornstarch
½ cup whiskey*
4 large egg yolks
2½ cups heavy whipping cream
2 tablespoons powdered sugar
2 teaspoons pure vanilla extract
Cocoa powder for dusting

*There is controversy regarding gluten and whiskey. Feel free to leave it out of this recipe if you like, it will still be delicious.

Directions

In a mixing bowl combine the chocolate cookie crumbs with the melted butter, mix well. Press the mixture firmly into a 9-inch pie plate and refrigerate for 30 minutes.

Combine the half and half, sour cream, and chocolate in a saucepan and bring to a boil over medium heat, stirring constantly.

In a mixing bowl, whisk together the sugar, cornstarch, whiskey, and egg yolks. Whisk in the chocolate mixture. Pour the mixture into a clean saucepan and bring to a boil over medium heat, whisking constantly. Continue to cook the mixture until thickened, 1 to 2 minutes. Let cool. Pour the chocolate mixture into the prepared pie crust and refrigerate at least 3 hours or overnight.

Whip the cream with the powdered sugar and vanilla until soft peaks form. Spread the whipped cream on top of the pie, dust with cocoa powder and serve.

Serves 8



Creamy Concoctions



Black Forest Hot Chocolate

Ingredients

2 cups milk of your choice (full fat, 2%, dairy free)
5 ounces dark (bittersweet) chocolate, chopped or 1 cup good quality chocolate chips
1 teaspoon pure vanilla extract
 $\frac{1}{3}$ to $\frac{1}{2}$ cup (to taste) maraschino cherry liquid
 $\frac{1}{3}$ cup coffee liqueur

Optional Garnishes:

Whipped cream or dairy free whipped "cream"
1 teaspoon unsweetened cocoa powder
4 maraschino cherries with stems, patted dry

Directions

Heat the milk in a saucepan over medium-high heat and bring just to a simmer. Take off the heat and stir in the chocolate, vanilla, and maraschino cherry liquid until the chocolate is fully melted. Let the mixture sit off the heat for 5 minutes, allowing the flavors to meld. Reheat the mixture over low heat until it comes to a simmer, stir in the coffee liqueur and serve with a dollop of whipped cream, a dusting of cocoa powder and a maraschino cherry.

Serves 4



Guilt Free Chocolate Fudge Sauce



Ingredients

1 cup water
½ cup coconut sugar
½ cup organic raw blue agave (dark agave)
¾ cup unsweetened cocoa powder
1 tablespoon instant espresso powder (optional)
1 tablespoon pure vanilla extract

Directions

Combine the water, coconut sugar, agave, cocoa powder and espresso powder (if using) in a heavy saucepan and bring to a boil over medium heat, stirring until smooth. Boil for 5 minutes or until it starts to thicken. Whisk in the vanilla and let cool for about an hour – the sauce will thicken more as it cools.

Store in a covered container in the fridge for up to 10 days. Serve warm or cold. The sauce can be reheated for a hot fudge sauce by microwaving for a minute or so on high power.

Makes 1½ cups



Sugar Free Chocolate Gelato

Ingredients

3 cups whole milk (or dairy free milk)
1 pinch kosher or fine sea salt
 $\frac{2}{3}$ cup organic raw blue agave
 $\frac{3}{4}$ cup unsweetened cocoa powder
 $1\frac{1}{2}$ tablespoons cornstarch

Directions

Heat 2 cups of the milk with the salt and agave in a saucepan over medium heat until it comes to a simmer.

In a medium mixing bowl, whisk together the remaining cup of milk with the cocoa powder and cornstarch. Add the mixture to the heated milk and agave mixture. Raise the heat and bring the mixture to a boil, stirring constantly. Continue to boil and stir for 1 minute. Strain the mixture into a clean bowl and let cool to room temperature. Cover with a piece of plastic wrap and refrigerate until cold, about 6 hours. (To speed up the chilling process, put the mixture in the freezer for approximately 1 hour instead.)

Pour the mixture into an ice cream machine and process for 20 to 30 minutes or according to the manufacturer's directions. Place in a covered container and freeze until hard, about 6 hours. The gelato will keep for a week in the freezer, covered.

Makes 1 quart





Dairy Free Chocolate Pots

Ingredients

1 (13.5-ounce) can coconut milk (not light)
9 ounces dairy-free dark chocolate, chopped or good quality chocolate chips
1 teaspoon pure vanilla extract
1 large egg, lightly beaten
Berries for garnish if desired

Directions

Bring 2 inches of water to a simmer in a large saucepan. Turn the heat to low and keep the water at barely a simmer.

Shake the can of coconut milk well and pour into a heatproof mixing bowl that will fit over the saucepan without the bottom touching the simmering water. Add the chocolate and place the bowl over the sauce pan. Melt the chocolate, stirring it a few times. Once the chocolate has melted, whisk in the vanilla and then the egg. Continue whisking over the heat until the mixture is smooth.

Pour the mixture (I like to transfer the mixture into a pitcher or spouted measuring cup for easy pouring) into 6 small tea or cappuccino cups or ramekins and chill for 3 hours. Can be made a day ahead.

Garnish with berries if desired.

Serves 6



Chocolate Pavlova Hearts with Raspberries

Ingredients

For the Chocolate Pavlovas:

2 large egg whites, at room temperature
1/8 teaspoon cream of tartar
1/8 teaspoon kosher or sea salt
1/2 cup granulated sugar
1/2 teaspoon pure vanilla extract
3/4 teaspoon cornstarch
1 1/2 teaspoons white vinegar
1/4 cup dark Dutch-processed cocoa powder

For the Whipped Cream:

1/2 cup heavy cream
1 teaspoon granulated sugar
1/2 teaspoon pure vanilla extract

For the Raspberry Sauce:

1 cup frozen raspberries, thawed
1 teaspoon granulated sugar
1 tablespoon berry liqueur (such as Chambord), optional

1 cup fresh raspberries
Cocoa powder for dusting

Directions

Preheat oven to 350 degrees. Draw two hearts (about 5 inches wide by 4 1/2 inches tall) on a piece of parchment paper. Turn the paper over and place on a baking sheet.

Beat egg whites, cream of tartar and salt with an electric mixer on medium speed until they are foamy and the cream of tartar is fully incorporated. Gradually beat in the sugar then the vanilla, cornstarch and vinegar. Turn mixer on high and continue to beat until the mixture is glossy and stiff peaks form, 3 to 5 minutes. Sift the cocoa powder onto the egg white mixture and fold in with a spatula until the mixture is no longer streaky. Spread the mixture evenly onto the parchment following the lines of the hearts. Try to get it even but don't over work it. Bake for 10 minutes, then turn the oven down to 300 degrees and continue baking for 40 to 45 minutes or until the pavlovas are firm and look dry. Turn off the oven, crack the oven door and leave them in for at least 30 minutes or up to 2 hours.

To make the whipped cream, beat the cream with the sugar and vanilla until soft peaks form.

To make the raspberry sauce, put the thawed raspberries, sugar and Chambord in a blender and process for about 30 seconds or until fully blended. Strain through a fine sieve to remove seeds.

To assemble, dust two plates with a little cocoa powder, spoon on some raspberry sauce and top with a heart. Divide the whipped cream between the hearts and top with fresh raspberries. Serve immediately.

Serves 2 to 4



*Happy
Valentine's
Day!*

From Simply Gluten Free