

Gluten-Free Snacks Companion



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Gluten-Free Snacks Companion

Introduction

This booklet is prepared as a companion to Community Cookbook Gluten-Free Snacks to guide you in which recipes are GAPS legal, GAPS Friendly or not GAPS legal at all. Modifications included, where appropriate.

- 14 Recipes are GAPS legal as written
- 10 Recipes are GAPS Friendly
- 10 Recipes cannot be modified to be GAPS legal due to ingredients that cannot be substituted.

Key to Icons



= GAPS Legal



= Not GAPS Legal and not possible to modify



= Not GAPS Legal as written; but possible to modify. Please note that I have not personally tried the modifications I am suggesting, but they should work based on my experience.

Baked Snacks



Banana Walnut Muffins with Squash as the Secret Ingredient: Not GAPS Legal due to the oat flour.



Brutti e Buoni (Hazelnut Cookies): Not GAPS Legal due to the coconut sugar and tapioca flour.



Chocolate Zucchini Bread: Not GAPS due to the sucanat/raw sugar, gluten-free all purpose flour and chocolate chips.



Nut-Free “KIND” Bars: GAPS Legal.



Overloaded Paleo Snack Bars: Not GAPS Legal as written due to the dark chocolate chips and maple syrup.

Modification Suggestion: Omit chocolate chips, or use a GAPS Friendly version. Replace maple syrup with honey.*



Pumpkin Poppers: GAPS Legal.



Tropical Quinoa Nut Protein Bars. Not GAPS Legal due to quinoa.

Crunchy Snacks



Crispy Glazed Walnuts: Not GAPS Legal as written due to the organic cane sugar.

Modification Suggestion: It may be possible to substitute honey instead of sugar.



Grain-Free Granola/Trail Mix: GAPS Legal.

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✘ Italian Sun-Dried Tomato Crackers: Not GAPS Legal due to the sorghum flour and mozzarella cheese.

👍 Kale Chips: GAPS Legal.

👍 Oven Dried Banana Chips: GAPS Legal.

✘ Spicy Chickpea Nuts: Not GAPS Legal due to the chickpeas.

ℳ Sweet & Spicy Roasted Pumpkin Seeds: GAPS Legal - use honey instead of coconut sugar.

✘ Tostones (Twice-Fried Green Plantains): Not GAPS Legal due to the green plantains being too starchy.

👍 Tropical Twist Kale Chips: GAPS Legal.

ℳ Zesty Nacho Kale Chips: Not GAPS Legal due to the golden balsamic vinegar.

Modification Suggestion: Substitute apple cider vinegar for the golden balsamic vinegar.

Dips

ℳ Green Herbed Hummus. Not GAPS Legal due to the chickpeas.

Modification Suggestion: Try substituting white beans for the chickpeas.

👍 Pomegranate Guacamole: GAPS Legal.

ℳ Roasted Red Pepper Hummus: Not GAPS Legal due to the chickpeas.

Modification Suggestion: Try substituting white beans for the chickpeas.

ℳ Smoky Orange Hummus. Not GAPS Legal due to the chickpeas.

Modification Suggestion: Try substituting white beans for the chickpeas.

ℳ Southwest Sweet Potato Dip: Not GAPS Legal due to the sweet potatoes.

Modification Suggestion: Butternut squash makes a good substitute for sweet potatoes.

Hors d'oeuvres

ℳ Cheese and Walnut Stuffed Dates: Not GAPS Legal due to the cream cheese.

Modification Suggestion: Make GAPS Legal yogurt and "drip" it so that it is thick like cream cheese.

👍 Chorizo-Stuffed Dates Wrapped in Bacon: GAPS Legal.

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👍 Paleo Pizza Poppers: GAPS Legal.

✘ Pão de Queijo (Brazilian cheese rolls): Not GAPS Legal due to the tapioca starch.

✘ Potato Rosti Pizzas: Not GAPS Legal due to the potatoes and cheese.

Modification Suggestion: Try substituting celery root for the potatoes and a GAPS Legal cheese.

✘ Quinoa Crusted Oven Fried Onion Rings with Spicy Dipping Sauce: Not GAPS Legal due to the quinoa.

👍 Spicy Dipping Sauce: GAPS Legal.

👍 Salmon Cakes: GAPS Legal.

🍷 Smoked Mozzarella Stuffed Turkey Meatballs: Not GAPS Legal due to the mozzarella cheese.

Modification Suggestion: Substitute the mozzarella cheese with a GAPS Legal cheese.

No-Bake Sweet Snacks

👍 Coconut Almond Snack Bar: GAPS Legal.

👍 Coconut StrApple Bars: GAPS Legal.

👍 Raw Peanut Butter Coconut Bites: GAPS Legal.

👍 Superfood Bliss Balls: GAPS Legal as written (depending on where you are in the diet). Maca powder is to be considered an advanced food once "...digestive symptoms are gone." Dr. Natasha Campbell-McBride.

Modification Suggestion: Omit the maca powder if you have digestive symptoms.

About the Author



Starlene D. Stewart blogs at [GAPS Diet Journey](http://www.gapsdietjourney.com) chronicling her journey to health on the Gut and Psychology Syndrome Diet™ founded by Dr. Natasha Campbell-McBride. Cooking and baking since the age of 10, she has always found experimenting in the kitchen to be a relaxing and creative outlet. Find all of Starlene's products: <http://www.starlene.com>

*GAPS Friendly Chocolate Chips: <http://gapsdietjourney.com/2017/07/chocolate-chips/>

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Grain-Free Books by Starlene D. Stewart

[Beyond Grain & Dairy](#) contains 113 delicious real food recipes to tantalize your taste buds, made with no grains, gluten, dairy, gums, corn, soy, or sugar. And even if you don't need to avoid any of those items, the recipes are still delicious!

[Mastering the Art of Baking with Coconut Flour](#) In this book I will teach you about coconut flour, where to find it, how to make sure your recipes turn out successfully, and how to convert wheat flour recipes. I walk you step-by-step through four recipes to demonstrate the process I use to convert recipes. You can be successful baking with coconut flour and I will show you how!

[Baker's Dozen Sweet Quick Breads Volume 1](#) in the Coconut Flour Baked Goods series includes 13 sweet quick bread recipes ranging from well loved favorites like Banana and Lemon Poppy Seed to new creations like Spiced Blackberry and Peanut Butter Chocolate Chunk.

[Baker's Dozen Pumpkin Treats Volume 2](#) in the Coconut Flour Baked Goods series includes 13 baked goods featuring pumpkin and coconut flour, plus 8 bonus recipes. Here are a few of the gluten-free, grain-free recipes you'll find inside: Pumpkin Buttercream-Filled Cupcakes, Pumpkin Chocolate Brownies, Pumpkin Streusel Muffins, Pumpkin Pecan Loaf, Pumpkin Pecan Pie and an amazing Pumpkin Roll Cake. Plus extra recipes like my favorite Pumpkin Pie Spice, Thick Pumpkin Eggnog, Pumpkin Spice Latte and Pumpkin Pie Ice Cream.

[Baker's Dozen Holiday Quick Breads Volume 3](#) in the Coconut Flour Baked Goods series includes 13 quick bread holiday loaves, created specifically for the winter holiday season. Here are a few of the gluten-free, grain-free recipes you'll find inside: Gingerbread, Spiced Pear Anise Cranberry, Peppermint Chocolate, Herb Medley (and a recipe for stuffing or dressing), Pumpkin Maple Pecan with Streusel Topping and two "fruitcake" substitutes plus more!

[Baker's Dozen Chocolate Treats Volume 4](#) in the Coconut Flour Baked Goods series includes 13 baked goods featuring chocolate and coconut flour, plus 11 bonus recipes! Here are a few of the gluten-free, grain-free recipes you will find inside: Cherry Chocolate Loaf, Peanut Butter Chocolate Loaf, Chocolate Hazelnut Loaf plus Silky Chocolate Pie, Chocolate Brownies, Chocolate Pie Crust, Chocolate Crème Topping and an amazing three-layer Chocolate Birthday Cake!

[Baker's Dozen Savory Quick Breads Volume 5](#) in the Coconut Flour Baked Goods series includes 13 quick bread loaves. Here are just a few of the gluten-free, grain-free recipes you'll find inside: Bacon and Onion, Basil Swirl, "Everything" Bagels, Jalapeño Colby-Jack, Six Seed Brown, Artichoke Hearts and Bacon Bits, Savory Spicy Zucchini Bread and Goat Cheese with Caramelized Garlic and Kalamata Olives.

[Everyone Loves Pudding](#) includes delicious raw puddings that do not include grains, gluten, dairy, gums, corn, soy, or sugar. You'll find flavors like Cherry Vanilla, Creamy Pumpkin, Silky Chocolate, Smooth Lemon, and Apple Raisin. You *can* have super smooth and creamy pudding again, made from real food, dairy-free, creamy, and delicious!

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Other Products by Starlene D. Stewart

[30-Day Broth Challenge e-Guide](#) In this e-guide I am going to teach you how to make five broth recipes, starting with meat stock broth which is recommended on the Introduction part of the GAPS Diet. We'll make two chicken meat stocks, beef meat stock and then we'll make chicken bone broth and beef bone broth using the bones from the previous recipes. Get your broth made and drink one cup a day for 30 days!

[Winter Soups Community e-Cookbook](#) is a collection of 52 soups from real food bloggers. You'll find soups in the following categories: Cheese and Cream; Pumpkin, Squash and Root Vegetables; Sweet, Sour and Exotic; Bean and Lentil; Beef, Poultry, Pork, and Seafood Based Soups. Starlene's Crock Pot Spaghetti Sauce Soup is included along with gorgeous photos for every winter soup.

[Naturally Sweetened Treats Community e-Cookbook](#) is a collection of 41 sweet treat dessert recipes from real food bloggers in the following categories: Bars and Balls; Cakes & Pies; Chocolate Snacks; Cookies; Fruity Snacks; Dairy and Dairy-Free Ice Creams and Custards. Starlene's Silky Chocolate Pie is included along with beautiful photos for all of the real food naturally sweetened treats.

[Gluten-Free Snacks Community e-Cookbook](#) is a collection of 34 gluten-free snack recipes from real food bloggers. From Appetizers to Crunchy Snacks, No Bake Sweets, Hors d'oeuvres and Dips, this book is a great place to start if you are gluten-free. Starlene's Pumpkin Poppers are included along with beautiful photos for each real food gluten-free snacks.

[How to Draw Blood from Your Goats e-book](#) will teach you how to do this veterinary task easily and efficiently. Drawing blood is one of those things you can accomplish on your own without waiting on the vet to stop by. Empower yourself by learning simple procedures like these, plus save money in the process!

[Peace Joy Happiness](#) is an adult coloring book which includes 35 intricate kaleidoscopic images, each with a positive word to reflect upon as you color. Every image's backside is blank so you can remove your artwork, frame and display.

Visit the sales site to learn more: <http://www.starlene.com> and sign up for the Baking with Coconut Flour newsletter for announcements.

Subscribe to the Baking with Coconut Flour Newsletter for updates of new releases in the Baker's Dozen series.

As a subscriber you'll receive coupon codes, special announcements, coconut flour baking news and tips, and best of all FREE coconut flour baked goods recipes!