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Small Bites

*DIPS, DISHES AND DESSERTS
FOR YOUR ENTERTAINING NEEDS*



Now Find Gluten Free's **Small Bites** Dips, Dishes and Desserts for Your Entertaining Needs

by Jessica MacDonald Lee and Renée Lumbreras

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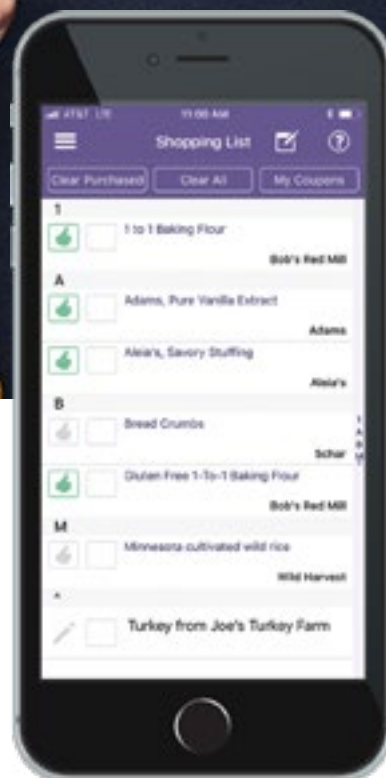
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Introduction

Food helps define and set the tone for an occasion. An elaborate, eight-course meal presents a very different message than a tailgate or cocktail party.

Finger food is fun food. It has a lightness that puts everyone at ease and allows people to taste a lot of different foods.

It is frustrating to show up at a party, where everything is fried and the only gluten free option is the veggie tray. Anyone who is gluten free has been in this position before.

A few years ago, I hosted my niece's bridal shower. As I was developing the menu for the day, I asked her for a list of her favorite foods. Her response was that she loves any food that is finger food. Some of the shower guests, besides myself, needed to be gluten free, so we created an entire gluten free menu. The guests were delighted to be able to sample a little of this and a little of that. It was a lovely day.

Several of the recipes in this e-book had their beginnings at her shower.

We often find ourselves hosting a weekend crowd or tailgating. Since no one wants to

spend hours cooking and a sit down dinner may not be an option, putting together a variety of finger foods is a great alternative.

Whether for a baby or bridal shower, card night, family get together or tailgating, the recipes in this e-book are perfect.

The recipes are easy to make and prepare in advance, making it easier to feed a hungry crowd with delicious gluten free food. All the recipes can be made a couple days in advance or prepped and frozen to have on hand.

Take our recipes and add your own unique touches. Never again will you be caught unprepared for any impromptu occasion.

Delicious, gluten free food without the worry. That's how all gluten free entertaining should be. Enjoy!

Cheddar Bacon Dip

This dip is best when made 2-3 days in advance.



INGREDIENTS

1 lb	bacon – cut into bite size pieces	¼ Cup	finely diced onion
2 Cups	shredded sharp cheddar cheese	¼ tsp	dry mustard
8 oz	cream cheese – cut into small pieces	¼ tsp	garlic, finely minced
½ Cup	milk or non-dairy milk alternative	2-3 dashes	hot sauce (optional)
		¾ Cup	sour cream

Makes: 3 cups

Prep Time: 15 minutes

TO MAKE AHEAD

- ▶ Dip can be made and refrigerated for up to 4 days in advance.
- ▶ Bacon can be cooked and refrigerated for a week in advance or frozen in an airtight container for up to 3 months.

DIRECTIONS

1. Cut bacon into small bite size pieces and cook until crispy.
 2. Set aside 2 tablespoons of cooked bacon for garnish.
 3. In a saucepan, measure out cheddar, cream cheese and milk. Over medium low heat, stir until the cheese has melted and is well incorporated.
 4. Remove from heat.
 5. Add onion, dry mustard and garlic and stir well.
 6. Add sour cream and stir well until well combined.
 7. Add cooked bacon bits to mixture and stir until combined.
 8. Refrigerate until needed. If dip has become stiff, add an additional $\frac{1}{4}$ cup of sour cream and stir well.
 9. Garnish with reserved bacon bits before serving.
-

Caramelized Onion Dip

This dip is best made a couple of days in advance to allow the flavors to fully incorporate.



INGREDIENTS

2 Tbsp	olive oil	½ tsp	brown sugar
5 Cups	thinly sliced sweet onions – about 3 medium onions	1 ½ Cups	sour cream
½ tsp	salt	1 Cup	mayonnaise
¼ Cup	red wine vinegar	½ tsp	dried oregano
1 tsp	granulated sugar	1 Tbsp	parsley, finely minced
		2-3 dashes	hot sauce (optional)

Makes: 3 cups
Prep Time: 25 minutes
Cook Time: 25 minutes

TO MAKE AHEAD

- ▶ Caramelized onions can be made and refrigerated for 3-4 days or frozen for up to three months.
- ▶ The dip can be made and refrigerated in an airtight container up to 4 days before needed.

TO CARMELIZE ONIONS

1. Add olive oil to a skillet and heat on medium-low.
2. In an even layer, add thinly sliced onions and cook on medium low, stirring occasionally.
3. Total caramelizing time will be 25-30 minutes, depending on how thinly the onions are sliced.
4. After ten minutes, add salt and sugars and continue cooking on low, stirring occasionally, until onions are a rich brown color.
5. Once the desired color is reached, stir in red wine vinegar, scraping bottom of sauce pan to deglaze. Cover sauce pan and reduce on low until vinegar has been cooked off.
6. Remove from heat and allow to cool.
7. If cooking onions in advance, refrigerate in an airtight container until needed.

TO ASSEMBLE DIP

1. In a bowl, mix mayonnaise, sour cream, oregano and parsley.
2. Add caramelized onions and mix well until well incorporated. If desired, add hot sauce and mix well.

Walking Tacos

Make a double or triple batch of the taco meat and keep it warm in a slow cooker to serve a hungry crowd.



INGREDIENTS

2 lbs	ground beef
2 pkts	gluten free taco seasoning – I used McCormick©
12	Lunch or snack size bags of chips – I used Fritos©

TOPPINGS

4-6 Cups	shredded cheese
¼ - ½ Cup	jalapeno slices
¼ Cup	black olives, chopped
3	tomatoes, finely chopped
3	green onions, finely chopped
•	sour cream
•	guacamole
•	avocado

Makes: 12 walking tacos

TO MAKE AHEAD

- ▶ Cook beef and store in an airtight container in the refrigerator for up to 4 days or in the freezer for up to 3 months.

DIRECTIONS

1. Place ground beef and taco seasoning in a skillet and brown until thoroughly cooked.
2. While beef is browning, prepare toppings.
3. Break up chips inside each chip bag before opening. Once chips are broken up, open bags at the top or cut a hole in the center.

TO ASSEMBLE

1. Into the open chip bags, scoop ½ cup of taco meat.
2. Top with desired fillings.
3. Insert fork, mix and enjoy.

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Chicken Nachos

*This recipe makes enough for two very generous large platters of nachos.
Consider making one spicy platter and one, mild.*



INGREDIENTS

1	roasted chicken, home cooked or gluten free store bought rotisserie
10 oz can	diced tomato with green chilies
8 oz can	tomato sauce
2 large bags	sturdy tortilla chips – I use Milagro
6 Cups	shredded cheese

SUGGESTED TOPPINGS

½ - 1 Cup	jalapeno slices
½ - 1 Cup	black olives, chopped
3	finely chopped tomatoes
3	finely chopped green onions
•	sour cream
•	guacamole
•	avocado

Prep Time: 15 minutes

CookTime: 15 minutes

TO MAKE AHEAD

- ▶ Roast chicken and refrigerate whole or shredded for up to 4 days or store shredded chicken in an airtight container and freeze for up to 3 months in advance.
- ▶ Chicken, tomato and chilies mixture can be cooked and refrigerated up to 4 days in advance or frozen for up to 3 months in advance.

DIRECTIONS

1. To roast chicken- salt and pepper chicken then roast at 350° until an instant read thermometer inserted into the thigh reads 165°. Allow to cool.
2. Remove chicken meat from bones.
3. Put shredded chicken into a large sauce pan and add diced tomato with green chilies and tomato sauce.
4. On medium, cook chicken mixture, stirring occasionally until the liquid is reduced and all flavors are fully incorporated.
5. Assemble an even layer of tortilla chips on an oven safe baking dish.
6. Sprinkle chips with an even layer of cheese and then a layer of chicken.
7. Sprinkle evenly with desired toppings and top with another sprinkle of cheese.
8. Lay a slightly smaller second layer of chips on top of the first layer. Repeat with fillings.
9. Repeat layering tortilla chips until you have 4-5 layers of chips and fillings, each slightly smaller than the one before. Finish top with more cheese.
10. Heat in a 350° oven for 5-10 minutes until the cheese has completely melted.

Meatball Sliders



INGREDIENTS

2 lbs	meatloaf mix (equal parts ground beef, ground pork, and ground veal)	2 Cups	gluten free matzo crackers – I use Yehuda. If you cannot find gluten free matzo, use gluten free crackers
2 tsp	minced garlic	1 – 1 ½ Cup	lukewarm water
2	large eggs, room temperature	1 32 oz	jar gluten free marinara sauce
1 Cup	Romano cheese, freshly grated	16 oz	soft mozzarella cheese
1 ½ Tbsp	flat Italian parsley, finely chopped	6 oz	jar gluten free basil pesto
•	salt & pepper	16	small gluten free soft bread rolls

Makes: 16 sliders

Prep Time: 20 minutes

Cook Time: 25 minutes, then 15 minutes

TO MAKE AHEAD

- ▶ Cook meatballs, allow to cool completely and then refrigerate 4 days in advance or freeze up to 3 months until needed.
- ▶ To freeze, place meatballs on a parchment paper lined baking sheet and place in freezer until completely frozen. Once frozen, remove meatballs from baking sheet and place in a freezer safe storage bag or container until needed. On day of serving, remove meatballs from freezer and allow to defrost before heating.

DIRECTIONS

1. In a food processor, break up matzo crackers and process into fine crumbs. If not using a food processor, place crackers in a large plastic bag and with a rolling pin, crush crackers until fine crumbs.
2. Place meat in a large bowl.
3. Add garlic, eggs, cheese, parsley, salt and pepper.
4. Mix until incorporated.
5. Add matzo cracker crumbs to bowl and mix until incorporated.
6. ¼ cup at a time, add water to meat mixture, gently mixing after each addition. Continue adding only enough water to meat mixture until it is moist but still holds its shape.
7. Shape into 1 ½ - 2" meatballs.
8. Bake at 400° for 25 minutes, turning as needed to brown on all sides.

TO ASSEMBLE SLIDER

1. Preheat oven to 300°. Place meatballs in a 9x13 pan sprayed with cooking spray.
2. Pour half of the jar of marinara sauce over the meatballs and bake until thoroughly heated through.
3. While meatballs are heating, slice rolls and cheese and spread pesto on the inside of each roll.
4. Once meatballs are heated through, before removing from oven place mozzarella cheese slices on each meatball and allow cheese to melt, about 5 minutes.
5. Place meatballs on pesto covered rolls, top with heated marinara sauce.
6. Serve with reserved heated marinara sauce.

Pizza Puffs and Pigs in a Blanket Dough

One dough recipe, two delicious recipes. This recipe will make 2 ½ dozen pizza puffs or 6 ½ dozen pigs in a blanket.



INGREDIENTS

1 ¼ Cup	unflavored carbonated water	3 Tbsp	dry milk powder
¼ Cup	olive oil	¼ Cup	psyllium husk
2	large eggs, room temperature	1 tsp	salt
2 Tbsp	honey	3 Tbsp	granulated sugar
1 tsp	apple cider vinegar, may substitute rice vinegar	2 tsp	baking soda
3 Cups	gluten free all-purpose mix with xanthan gum	½ tsp	baking powder, gluten free
		2 pkts	rapid rise yeast
		•	egg wash

Prep Time: 15 minutes

TO MAKE AHEAD

- ▶ After dough is smooth, do not roll dough out. Wrap well in plastic wrap and place in a large plastic storage bag. Refrigerate dough for up to 5 days. On day of serving, remove dough from plastic bag and set on countertop to warm up for about 10 minutes before rolling.

DIRECTIONS

1. In a stand mixer, measure out carbonated water, olive oil, eggs, honey and vinegar. Mix on low until blended.
2. In a separate bowl, measure out all dry ingredients, except for yeast. Whisk until combined.
3. With mixer on low, slowly add dry ingredients to the wet ingredients, mixing well and scraping the bowl between each addition.
4. When all dry ingredients are added, blend on medium high for one minute.
5. Add both yeast packets to the bowl and blend on low until incorporated.
6. Blend on medium high for two minutes. The dough will be very sticky.
7. On a clean surface, sprinkle a small amount of gluten free flour mix. Place dough on floured surface and sprinkle with more gluten free flour.
8. Gently pat dough into a rectangle. With a scraper, gently fold dough in half, press down and then fold in half again, sprinkling a small amount of gluten free flour when sticky. The dough should be smooth after folding a couple of times.
9. Clean off work surface and cover with plastic wrap. Sprinkle with a small amount of gluten free flour mix.
10. Place dough in the center and cover with plastic wrap. Roll out dough into a 1/8" thick rectangle.
11. Cover with a clean kitchen towel to keep from drying out while preparing pizza puffs or pigs in a blanket.

Pizza Puffs

Prep these ahead of time to pop in the oven on the day you need them.



INGREDIENTS

1	recipe dough	2+ Cups	shredded mozzarella
½ pound	ground beef	•	pepperoni, if desired
½ pound	Italian sausage, mild or spicy	•	egg wash – one egg beaten with 2
2 Cups	gluten free marinara sauce		tsp water
		½ Cup	grated parmesan cheese

Makes: 2 ½ dozen puffs

Prep Time: 15 minutes

Passive time: 30 minutes

Cook time: 20 minutes

TO MAKE AHEAD

- ▶ After puffs are completely prepped, wrap filled baking sheet tightly with plastic wrap and refrigerate until needed.
- ▶ On day of serving, remove baking sheet from refrigerator, remove plastic wrap and allow ten minutes for puffs to come to room temperature. Then follow directions for rising and baking.

DIRECTIONS

1. Prepare one recipe of dough according to directions.
2. Prepare filling: Brown ground beef and Italian sausage, breaking up into small pieces. Drain any excess fat.
3. In a medium pot on medium heat, measure out marinara sauce, 2 cups of shredded mozzarella and browned beef and sausage. Stir until warmed through.
4. With dough rolled out to a ⅛" rectangle, cut 3" x 3" squares.
5. Keep dough covered to prevent it from drying out while assembling puffs.
6. Remove two squares from under the towel. Rub egg wash around the edges of one square.
7. Place 1 tablespoon of filling on other square and place a piece of pepperoni on top, if desired.
8. Place the egg washed square, egg wash side down on top of filling square and press edges together firmly.
9. Pick up puff and pinch all the way around outside edges. Place on a parchment paper covered baking sheet.
10. Repeat with all squares.
11. After filling all puffs and placing on parchment paper covered baking sheet. Cover with a clean kitchen towel and set in a warm place to rise, approximately 30 minutes.
12. Once risen, brush with egg wash and then bake in a 350° oven for 20 minutes, or just golden brown.
13. Remove from oven and immediately sprinkle shredded parmesan cheese on top of each puff.
14. Serve immediately with additional marinara sauce for dipping.

Pigs in a Blanket



INGREDIENTS

1 recipe dough
2-14 oz packages of gluten free little smokies

1 egg wash – one egg beaten with 2 tsp water

Makes: 6 ½ dozen
Prep Time: 15 minutes
Passive time: 20 minutes
Cook time: 10-15 minutes

TO MAKE AHEAD

- ▶ After all the smokies are wrapped, securely cover the baking sheet with plastic wrap and refrigerate up to 4 days in advance. On the day of serving, remove from refrigerator, remove plastic wrap and allow ten minutes to come to room temperature then follow directions for rising and baking.

DIRECTIONS

1. Prepare dough according to recipe and roll out into a ⅛" thick rectangle.
2. With a pizza cutter, cut rolled out dough into 1" strips.
3. For each smokie, cut a 2" long strip from one of the long dough strips.
4. Roll dough around center of each smokie, pinching the seam and then rolling in your hand to secure dough around each smokie. Place on a parchment paper covered baking sheet.
5. While rolling the Pigs in a Blanket, keep dough covered with a clean kitchen towel, to prevent it from drying out.
6. The day of serving: Cover dough wrapped smokies with a clean kitchen towel, set in a warm place to allow dough to rise, 20-30 minutes.
7. Brush with egg wash, then bake in a 350° oven for 10-15 minutes until golden brown.
8. Serve immediately.

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Potato Salad Bites



INGREDIENTS

1 ½ lbs	small tender skinned potatoes like fingerlings or baby red potatoes	3	green onions, finely chopped
3 Tbsp	mayonnaise, regular or vegan	¼ tsp	dill relish
1 large	hard-boiled egg, finely chopped	¼ tsp	mustard
1	celery stalk, finely chopped	•	salt & pepper to taste

Makes: 3-4 dozen

Prep Time: 20 minutes

TO MAKE AHEAD

- Potato salad bites can be assembled and refrigerated in an airtight container for up to 5 days.

DIRECTIONS

1. Clean potatoes and place in a pot and cover with water.
 2. Bring to a boil and let cook until just fork tender, about 10-15 minutes.
 3. While potatoes are boiling, place egg in a small pot, cover with water and bring to a boil. Turn off heat and allow to sit in hot water for 12 minutes.
 4. Strain and rinse with cool water. Set on towel to dry.
 5. When potatoes have cooled enough to handle, slice a small piece of the bottom of each potato so that it stands up straight.
 6. With a paring knife or small melon baller, carefully hollow out each potato. Place insides of potatoes into a bowl.
 7. Into that bowl add mayonnaise, finely chopped hard-boiled egg, celery, onions, dill relish and mustard. Mix well to incorporate.
 8. Salt and pepper to taste. If the potato salad is too dry for your personal preference, add an additional teaspoon of mayonnaise.
 9. Place potato mixture into a pastry bag with a large round tip or a large plastic storage bag. If using a plastic bag, snip the bottom corner.
 10. Squeeze potato salad into each potato. Refrigerate in an airtight container until well chilled.
-

Slow Cooker Candied Nuts



INGREDIENTS

2	egg whites	$\frac{3}{4}$ Cup	brown sugar
2 tsp	vanilla	2 $\frac{1}{2}$ tsp	cinnamon
24 oz.	almonds, pecans or mixed nuts	$\frac{1}{2}$ tsp	salt
$\frac{3}{4}$ Cup	granulated sugar	$\frac{1}{4}$ tsp	cayenne
		$\frac{1}{4}$ Cup	water

Makes: 8 cups
Prep Time: 10 minutes
Prep Time: 3 hours

TO MAKE AHEAD

- Candied nuts will last for up to 1 month if stored in a cool, dark place in an airtight container or up to 6 months in the freezer.

DIRECTIONS

1. In a bowl, whisk egg whites and vanilla until frothy.
 2. In a separate bowl, measure out sugars, cinnamon, salt and cayenne and whisk until combined.
 3. Spray slow cooker well with cooking spray.
 4. Add nuts to slow cooker and pour egg white mixture over the nuts. Mix well.
 5. Add sugar mixture to nuts and stir until mixed well.
 6. Cover and cook on low for 2 ½ hours.
 7. Add ¼ cup water and mix well.
 8. Cover again and cook on low for an additional thirty minutes.
 9. Scoop out onto wax paper in a single layer until completely dry, 4-8 hours. I let mine dry overnight.
 10. Store in an airtight container.
-

Nutty Bars

A no-bake dessert that can be made well in advance. For peanut allergies, substitute allergy-safe nuts and chips.



INGREDIENTS

16 oz	dry roasted peanuts	3 Tbsp	unsalted butter
14 oz	can sweetened condensed milk	6 Cups	plain mini marshmallows
12 oz	peanut butter chips	12 oz	semi-sweet morsels
		1 tsp	vegetable oil

Makes: 20 3"x3" bars
Prep Time: 5 minutes
Cook time: 10 minutes
Passive time: 2 hours

TO MAKE AHEAD

- ▶ Completed bars can be wrapped well and refrigerated for a week to 10 days in advance.
- ▶ To freeze - do not add chocolate, slice nut bars and store in a freezer safe container for up to 3 months. On day of serving, remove bars from freezer and melt chocolate. Dip bars into chocolate or drizzle chocolate over the tops of the bars. Allow chocolate to set before serving.

DIRECTIONS

1. Spray a 9x13 pan with cooking spray.
2. Chop peanuts into small pieces. I use a food processor and simply pulse it several times.
3. Spread half of the chopped peanuts in an even layer on the bottom of the pan.
4. In a medium pot, add condensed milk, chips and butter. Cook on medium, stirring until melted, about 5 minutes.
5. Slowly add marshmallows to the pot, stirring after each addition. Stir until all marshmallows have been incorporated and have melted, about 5 minutes.
6. Add rest of chopped peanuts to the pot and stir until well incorporated.
7. Pour mixture over chopped peanuts in an even layer. Use an inverted spatula or back of a spoon sprayed with cooking spray, pressing firmly to smooth out the layer.
8. Refrigerate until well chilled.
9. In a medium bowl, add semi-sweet morsels and oil. Microwave for 30 seconds at a time, stirring each time, until the morsels are completed melted.
10. Pour melted chocolate evenly over the chilled peanut marshmallow layer. Refrigerate until well chilled.
11. Cut into bars and serve.

Cake Pops

I use melted chocolate to cover my cake pops, but you can easily use gluten free almond bark or candy coating.



INGREDIENTS

8x8 or 9"	pan of your favorite gluten free cake	12 oz	white chocolate chips or gluten free white candy coating
¼ - ½ Cups	gluten free frosting, your favorite flavor	¼ Cup	sunflower oil or other light neutral flavored oil
12 oz	milk chocolate chips or gluten free chocolate candy coating	•	gluten free sprinkles and sanding sugar for decorating
		•	lollipop sticks
		•	styrofoam or florist foam

Makes: 20-24 pops

Prep Time: 10 minutes

Passive time: 30 minutes

Cook time: 30 minutes

TO MAKE AHEAD

- ▶ After the cake balls are frozen, place in an airtight container and freeze until needed.
- ▶ Completed cake pops can be well wrapped or stored in air tight containers separated by wax paper and refrigerated for up to 7 days. If coating with chocolate, refrigerate pops upright until firm before stacking, separated with wax paper.

DIRECTIONS

1. Crumb cake into a large bowl. You will need about 4 cups.
2. Measure out frosting and add it to the crumbs. Mix the crumbs and frosting well until the frosting has been completely incorporated in to the crumbs. It will still look like crumbs, but will hold together when pressed together.
3. Pressing firmly, roll the mix into 1" balls. It is important to compact the mixture so it does not fall apart during coating.
4. Place balls on a parchment paper covered baking sheet and place in the freezer until frozen solid – about 30 minutes.
5. While the cake balls are freezing, set up your work area for dipping. I use styrofoam to press the sticks into, so the pops can set and wax paper to cover my work area.
6. Place ¼ cup of desired coating in a microwave. Microwave for 30 seconds at a time, stirring well in between each time until completely melted. If using chocolate, add a ¼ teaspoon of vegetable oil to the chocolate. This will help create a smooth coating.
7. Remove one cake pop from the freezer at a time. If using lollipop sticks, dip a stick end in chocolate and then insert that end into the bottom of the pop to the center, being careful not to push out the top of the pop. Spoon chocolate over the pop, turning slowly over the bowl. Gently shake the pop to allow excess chocolate to go back into the bowl. Hold the pop over the bowl, rotating slowly, until the chocolate begins to harden – this will take a minute or two.
8. If using white or light colored coating, two coats may be needed. Coat once, allow to set, then coat a second time.
9. If sprinkles or sugar are desired, gently dip pop into decorations before chocolate has set.
10. If drizzling cake pop with another chocolate, allow pop to set completely before applying drizzle.
11. Set pop into styrofoam, firmly pressing down on stick, not the pop. Allow to dry completely.
12. Continue with the rest of the cake pops, removing one at a time from the freezer, melting coatings and adding oil as needed.
13. Allow your pops to set completely. If using chocolate for your coating, they will need to be refrigerated and will start to become soft at room temperature.
14. To display cake pops, cut a piece of styrofoam or florist foam slightly larger than your serving piece and press into place tightly. Firmly press pop sticks into foam. Once all pops are in place, cover any noticeable foam with tissue paper.

Afterword

Over the last few years, we have met people who are not only new to cooking, but have just become aware of their food allergies. When many of them spoke about not knowing where to start their party preparations and all the stress that the unknown creates, we knew we could help.

We put together this collection of recipes so that anyone can successfully host amazing, allergy friendly celebrations for their family and friends.

We hope that you enjoy using this Small Bites e-book as much as we enjoyed putting it together for you. Please tell your friends about this e-book, our websites at nowfindfoods.com and our family of apps. Please like and share us on social media.

Thank you and best regards from the team at Now Find Foods!

About The Authors

Jessica MacDonald Lee and **Renée Lumbreras** are friends and fellow foodies, who are committed to spreading the word that living with food allergies and sensitivities does not have to be boring, but can be exciting and delicious.

Every day they can be found in the kitchen, cooking and baking to create their allergy

friendly take on all types of food, from classics to new favorites.

Jessica and Renée are aided in their quest for amazing, allergy-friendly recipes by their families, as their always willing and brutally honest team of testers.

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