ENGLISH EDITION

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Gluten-Free Snacks & Cookies

Practical, popular recipes designed for everyday cooking







Chef Hannah

Always check the labels on packaged ingredients and choose gluten-free versions.

RECIPE 01

Brazilian Cheese Bread

A Brazilian classic, soft inside and lightly crisp outside. Made with tapioca starch and cheese, it is perfect with coffee or as a snack.



Budget-friendly | Gluten-free | Baked | Snack

CALORIES	PREP TIME	YIELD	LEVEL
95 kcal / piece	**35 min**	**18 pieces**	**Easy**

INGREDIENTS

- 2 cups sweet tapioca starch
- 1 cup shredded mozzarella
- 1/2 cup grated Parmesan
- 1/2 cup milk
- 1/4 cup oil
- 1 egg
- 1 tsp salt

DOUGH

- Scald the tapioca starch with the hot milk and oil.
- Mix in the cheeses until incorporated.
- Add the egg and knead to the right consistency.

METHOD

1. Gather all the ingredients.
2. Heat the milk, oil and salt.
3. Pour over the tapioca starch and mix.
4. Add the egg and grated cheeses.
5. Mix to form a soft dough.
6. Shape into evenly sized balls.
7. Bake until puffed and lightly golden.
8. Serve while still hot.

HOW TO SERVE

Serve warm, while still soft inside, with coffee or tea, or as a snack at gatherings and afternoon breaks.

CHEF'S TIPS

• Use room-temperature ingredients to make the dough easier to work.
• If the dough is too soft, add a little more tapioca starch.
• Avoid overbaking to keep the inside soft.

RECIPE 02

Baked Tapioca Starch Crackers



Light, crisp and moreish, these baked tapioca starch crackers are perfect for snacking at any time. They are dry and crisp, with a classic bakery flavor.

Light | Gluten-free | Baked | Snack

CALORIES	PREP TIME	YIELD	LEVEL
35 kcal / piece	**30 min**	**25 pieces**	**Easy**

INGREDIENTS

- 3 cups sour tapioca starch
- 1/2 cup water
- 1/2 cup milk
- 1/4 cup oil
- 1 egg
- 1 tsp salt
- 2 tbsp grated Parmesan, optional

DOUGH

- Scald the tapioca starch with the hot liquids.
- Mix in the egg to form a creamy dough.
- Use a piping bag to shape.

METHOD

1. Gather all the ingredients.
2. Bring the water, milk, oil and salt to a boil.
3. Mix the liquids into the tapioca starch.
4. Add the egg and stir well.
5. Transfer to a piping bag.
6. Pipe sticks onto a baking sheet.
7. Bake until puffed and dry.
8. Let cool slightly and serve.

HOW TO SERVE

Serve slightly cooled as a quick snack, with coffee, or as a crunchy snack to take with you.

CHEF'S TIPS

• Add Parmesan for extra flavor if desired.
• Leave space between the sticks on the baking sheet.
• Store in a tightly closed container to keep them crisp.

RECIPE 03

Crispy Cheese Balls

With a golden crust and soft filling, these cheese balls are irresistible for gatherings, snacks or special moments at home.



Crisp | Gluten-free | Baked | Snack

CALORIES	PREP TIME	YIELD	LEVEL
82 kcal / piece	**40 min**	**20 pieces**	**Easy**

INGREDIENTS

- 2 cups cooked, mashed potatoes
- 1 cup mozzarella cubes
- 1/2 cup grated Parmesan
- 1/2 cup rice flour
- 2 tbsp cornstarch
- 1 egg
- Chopped parsley and scallions, salt and pepper to taste

METHOD

1. Gather all the ingredients.
2. Mix the potatoes, flour and seasonings.
3. Add the egg and Parmesan.
4. Take portions of dough in your hands.
5. Fill with mozzarella cubes.
6. Shape into evenly sized balls.
7. Bake until golden outside.
8. Serve while still hot.

ASSEMBLY

- Mix the base to form a firm dough.
- Fill with small mozzarella cubes.
- Lightly coat in fine cornmeal.

HOW TO SERVE

Serve hot, with the cheese melting inside, alongside homemade tomato sauce, seasoned mayonnaise or ketchup.

CHEF'S TIPS

- Let the potatoes cool until warm before mixing the dough.
- Use firm cheese to avoid leaks during cooking.
- Serve just after baking to enjoy the crisp texture.

RECIPE 04

Tapioca and Cheese Cubes

Crisp outside and soft inside, tapioca and cheese cubes are a classic Brazilian snack. Flavorful, golden and easy to serve.



Crisp | Gluten-free | Snack | Cheese

CALORIES	PREP TIME	YIELD	LEVEL
120 kcal / 2 pieces	**2 hr 10 min**	**20 cubes**	**Easy**

INGREDIENTS

- 2 cups granulated tapioca
- 2 cups milk
- 1 cup grated queijo coalho (Brazilian firm grilling cheese)
- 1/2 cup grated Parmesan
- 1 tsp salt
- Black pepper to taste
- Oregano, optional

DOUGH

- Mix the tapioca with very hot milk.
- Add the cheeses and season.
- Spread in a pan and chill until firm.

METHOD

1. Gather all the ingredients.
2. Heat the milk until almost boiling.
3. Mix the milk into the tapioca.
4. Add the cheeses and seasonings.
5. Spread the mixture in a pan.
6. Refrigerate until firm.
7. Cut into cubes and bake until golden.
8. Serve while still hot.

HOW TO SERVE

Serve the golden cubes with chili jelly, sweet-and-sour sauce or herb sauce for an extra-special snack.

CHEF'S TIPS

• Use granulated tapioca, rather than the hydrated starch used for skillet tapioca.
• Let it set firmly before cutting into cubes.
• Finish with dried herbs if desired.

RECIPE 05

Chicken Coxinhas with Cassava Dough

With soft dough and a well-seasoned filling, these gluten-free coxinhas are perfect homemade snacks for gatherings, parties or special treats.



Homemade | Gluten-free | Savory | Snack

CALORIES	PREP TIME	YIELD	LEVEL
165 kcal / piece	**1 hr 10 min**	**14 pieces**	**Medium**

INGREDIENTS

- 500 g cooked, mashed cassava
- 1 tbsp butter
- 1/2 cup rice flour
- 2 cups shredded chicken
- 1/4 cup chopped onion
- 2 tbsp tomato sauce
- Chopped parsley and scallions, salt and pepper to taste
- 1 egg and fine cornmeal for coating

FILLING

- Sauté the chicken with onion and tomato sauce.
- Use a cold filling to make shaping easier.
- Coat before baking for extra crunch.

METHOD

1. Gather all the ingredients.
2. Sauté the chicken with the seasonings.
3. Mash the cassava with the butter.
4. Mix in the flour until the dough reaches the right consistency.
5. Flatten portions of dough in your hand.
6. Fill and shape into teardrop-shaped coxinhas.
7. Coat and bake until golden.
8. Serve while still hot.

HOW TO SERVE

Serve hot, with a golden crust and moist filling, with mild chili sauce or seasoned mayonnaise.

CHEF'S TIPS

- Cook the cassava thoroughly for a smoother dough.
- Keep the filling well drained so the dough does not split.
- Lightly grease your hands for easier shaping.

RECIPE 06

Rice and Cheese Bites

A great way to use leftover rice, these bites are golden, soft and full of flavor. A simple snack much loved in Brazil.



Budget-friendly | Gluten-free | Baked | Leftovers

CALORIES	PREP TIME	YIELD	LEVEL
90 kcal / piece	**30 min**	**16 pieces**	**Easy**

INGREDIENTS

- 2 cups cooked rice
- 1 egg
- 1/2 cup grated cheese
- 1/4 cup rice flour
- 2 tbsp cornstarch
- 2 tbsp milk
- Chopped parsley and scallions, salt and pepper to taste

DOUGH

- Mix everything until the dough can be shaped.
- Place cheese in the center if desired.
- Shape the bites by hand.

METHOD

1. Gather all the ingredients.
2. Put the rice in a bowl.
3. Add the egg, cheese and seasonings.
4. Add the flour and cornstarch.
5. Mix to form a dough.
6. Shape the bites.
7. Bake until golden outside.
8. Serve while still hot.

HOW TO SERVE

Serve hot as an afternoon snack or appetizer, with yogurt sauce, ketchup or seasoned mayonnaise.

CHEF'S TIPS

• Use drier rice to make shaping easier.
• Fresh herbs add even more flavor.
• For extra crunch, brush with a little olive oil before baking.

RECIPE 07

Cassava and Beef Croquettes

Flavorful and homestyle, these croquettes combine creamy cassava with a well-seasoned beef filling. A perfect family snack.



Homemade | Gluten-free | Baked | Snack

CALORIES	PREP TIME	YIELD	LEVEL
130 kcal / piece	**55 min**	**16 pieces**	**Medium**

INGREDIENTS

- 500 g cooked, mashed cassava
- 1 cup sautéed ground beef
- 1/2 cup rice flour
- 1 tbsp butter
- 1/4 cup chopped onion
- Chopped parsley and scallions, salt and pepper to taste
- 1 egg and fine cornmeal for coating

FILLING

- Use well-drained ground beef.
- Mix the cassava to form a firm dough.
- Shape into traditional croquettes.

METHOD

1. Gather all the ingredients.
2. Sauté the beef with the seasonings.
3. Mash the cassava with the butter.
4. Add the flour and mix well.
5. Flatten portions of dough.
6. Fill and shape the croquettes.
7. Coat and bake until golden.
8. Serve while still hot.

HOW TO SERVE

Serve the golden croquettes with mild chili sauce, garlic sauce or a squeeze of lemon to bring out the flavor.

CHEF'S TIPS

• The meat should be cold for easier shaping.
• If the dough is soft, add a little more rice flour.
• Make evenly sized croquettes so they bake uniformly.

RECIPE 08

Mini Chicken Pies with Rice Flour

With delicate pastry and a well-seasoned filling, these gluten-free mini pies are great for snacks, parties or an everyday treat.



Oven-baked | Gluten-free | Savory | Snack

CALORIES	PREP TIME	YIELD	LEVEL
140 kcal / piece	**50 min**	**12 pieces**	**Medium**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup cornstarch
- 4 tbsp butter
- 1 egg
- 2 tbsp ice-cold water
- 1 tsp salt
- 1 cup sautéed shredded chicken

PASTRY AND FILLING

- Mix the dry ingredients with the butter until crumbly.
- Add the egg and ice-cold water.
- Fill with chicken that has cooled.

METHOD

1. Gather all the ingredients.
2. Mix the flour, cornstarch and butter.
3. Add the egg and ice-cold water.
4. Work together to form a dough.
5. Line small molds with the dough.
6. Add the chicken filling.
7. Cover with dough and bake until golden.
8. Serve warm.

HOW TO SERVE

Serve warm, with soft, lightly golden pastry, for afternoon coffee, snack platters or parties at home.

CHEF'S TIPS

• Keep excess liquid out of the filling.
• Use small molds for a prettier appearance.
• Brush with egg yolk for better browning if desired.

RECIPE 09

Crispy Sweet Potato Chips

Light, crisp and full of flavor, these sweet potato chips are a simple homemade way to satisfy a snack craving.



Light | Gluten-free | Baked | Snack

CALORIES	PREP TIME	YIELD	LEVEL
110 kcal / serving	**35 min**	**4 servings**	**Easy**

INGREDIENTS

- 2 medium sweet potatoes
- 1 tbsp olive oil
- 1 tsp salt
- 1/2 tsp paprika
- Black pepper to taste
- Dried rosemary, optional

PREPARATION

- Cut very thin slices.
- Dry before seasoning.
- Spread on a baking sheet without overlapping.

METHOD

1. Gather all the ingredients.
2. Wash and cut the sweet potatoes into thin slices.
3. Dry the slices thoroughly.
4. Season with olive oil and spices.
5. Spread on a baking sheet without overlapping.
6. Bake until they begin to dry.
7. Turn the slices and finish browning.
8. Let cool and serve crisp.

HOW TO SERVE

Serve cooled as a light snack, with spreads or as a quick bite at any time of day.

CHEF'S TIPS

• The thinner the slices, the crisper they become.
• Use parchment paper to prevent sticking.
• Let cool before storing to preserve the texture.

RECIPE 10

Cheese and Oregano Sticks

Crisp, golden and delicious, these cheese and oregano sticks are great as an appetizer, afternoon snack or accompaniment to spreads.



Crisp | Gluten-free | Baked | Snack

CALORIES	PREP TIME	YIELD	LEVEL
78 kcal / piece	**40 min**	**18 pieces**	**Easy**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1 egg
- 3 tbsp butter
- 1 tbsp oregano
- 1 tsp salt

DOUGH

- Mix the dry ingredients.
- Add the cheese, egg and butter.
- Shape thin strips before baking.

METHOD

1. Gather all the ingredients.
2. Mix the flour, tapioca starch and salt.
3. Add the cheeses and oregano.
4. Add the egg and butter.
5. Mix to form a dough.
6. Shape evenly sized sticks.
7. Bake until golden and crisp.
8. Serve warm or cool.

HOW TO SERVE

Serve warm or cool with spreads, requeijão (Brazilian creamy cheese spread), homemade tomato sauce or as a handy snack.

CHEF'S TIPS

- Make thin sticks for extra crunch.
- Sprinkle with a little more oregano before baking.
- Store in a closed container after cooling.

RECIPE 11

Parmesan Cheese Crackers

Crisp, flavorful and easy to make, these Parmesan crackers are perfect for snacking at any time. Gluten-free and full of flavor.



Budget-friendly | Protein source | Gluten-free | Ideal for snacks

CALORIES	PREP TIME	YIELD	LEVEL
120 kcal / serving	**30 min**	**30 pieces**	**Easy**

INGREDIENTS

- 2 cups sweet tapioca starch
- 1/2 cup finely grated Parmesan
- 1/2 cup shredded mozzarella
- 1/4 cup oil
- 1/4 cup water
- 2 eggs
- 1/2 tsp salt
- 1 tsp oregano, optional

DOUGH

- Mix the water, oil and eggs.
- Add the cheeses, salt and oregano.
- Gradually add the tapioca starch until the dough reaches the right consistency.

METHOD

1. Gather all the ingredients.
2. Mix the water, oil and eggs in a bowl.
3. Add the grated cheeses, salt and oregano.
4. Gradually add the tapioca starch.
5. Mix to form a soft dough.
6. Shape evenly sized balls.
7. Bake until lightly golden.
8. Let cool until warm and serve.

HOW TO SERVE

Serve at room temperature with coffee, tea or fresh juice. They also pair well with spreads and snack boards.

CHEF'S TIPS

• Use finely grated Parmesan for a stronger flavor.
• If the dough is dry, add 1 tbsp water.
• Store in a tightly closed container to preserve the texture.

RECIPE 12

Corn and Cheese Bites

Crisp outside, soft inside and filled with creamy cheese, these homemade corn bites are a family favorite.



Budget-friendly | Gluten-free | Crisp | Snack

CALORIES	PREP TIME	YIELD	LEVEL
95 kcal / piece	**35 min**	**15 pieces**	**Easy**

INGREDIENTS

- 1 can sweetcorn, drained
- 1/2 cup milk
- 1 egg
- 1/2 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1/2 cup fine cornmeal
- 2 tbsp cornstarch
- 1 tbsp grated onion
- Chopped parsley and scallions, salt and pepper to taste
- 1 tsp baking powder

FILLING

- Small mozzarella cubes.
- Shape the bites with cheese in the center.
- For baking, brush with a little olive oil.

METHOD

1. Blend the corn with the milk.
2. Transfer to a bowl and add the egg.
3. Add the cheeses, cornmeal, onion, parsley and scallions.
4. Season with salt and pepper and mix well.
5. Add the cornstarch.
6. Gently add the baking powder last.
7. Take portions of dough, fill and shape the bites.
8. Bake until golden and serve while hot.

HOW TO SERVE

Serve hot with yogurt sauce, seasoned mayonnaise or mild chili sauce.

CHEF'S TIPS

• Use well-drained corn.
• If the dough is soft, add a little more cornmeal.
• You can also fry them in hot oil if preferred.

RECIPE 13

Baked Mini Chicken Turnovers

Light, golden and flavorful, these baked chicken turnovers are perfect for parties, snacks and gatherings at home.



Gluten-free | Baked | Savory | Snack

CALORIES	PREP TIME	YIELD	LEVEL
160 kcal / piece	**50 min**	**12 pieces**	**Medium**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 3 tbsp butter
- 1 egg
- 4-6 tbsp ice-cold water
- 1 tsp salt
- 1 cup sautéed shredded chicken
- 2 tbsp requeijão (Brazilian creamy cheese spread)
- Chopped parsley and scallions to taste

PASTRY AND FILLING

- Mix the dry ingredients with the butter until crumbly.
- Add the egg and ice-cold water to bring the dough together.
- Use cold chicken for the filling.

METHOD

1. Gather all the ingredients.
2. Mix the flour, tapioca starch, salt and butter.
3. Add the egg and ice-cold water.
4. Work into a smooth dough.
5. Roll out and cut into discs.
6. Fill with chicken and a little requeijão.
7. Fold closed, press the edges and arrange on a baking sheet.
8. Bake until golden and serve warm.

HOW TO SERVE

Serve warm, on their own or with homemade tomato sauce. Ideal for a flavorful snack platter.

CHEF'S TIPS

• Avoid an overly wet filling.
• Brush with egg yolk for better browning.
• Freeze before baking if desired.

RECIPE 14

Crispy Chicken Strips

Golden outside and juicy inside, these crispy chicken strips make an easy, irresistible snack.



Gluten-free | Protein source | Crisp | Snack

CALORIES	PREP TIME	YIELD	LEVEL
180 kcal / serving	**40 min**	**4 servings**	**Easy**

INGREDIENTS

- 500 g chicken breast, cut into strips
- 2 garlic cloves, chopped
- Juice of 1/2 lemon
- 1 tsp salt
- 1/2 tsp paprika
- Black pepper to taste
- 1 egg
- 1/2 cup cornstarch
- 3/4 cup fine cornmeal
- Oil for frying or baking

COATING

- Season the chicken and allow the flavors to develop.
- Dip in egg and then the dry mixture.
- Fry in hot oil or bake until golden.

METHOD

1. Gather the chicken strips and ingredients.
2. Season the chicken with garlic, lemon and spices.
3. Beat the egg in a bowl.
4. Mix the cornstarch with the cornmeal.
5. Dip the chicken in the egg.
6. Coat in the dry mixture.
7. Fry or bake until golden.
8. Drain and serve while hot.

HOW TO SERVE

Serve with honey mustard sauce, garlic mayonnaise or homemade ketchup. Perfect as a snack or side dish.

CHEF'S TIPS

- Marinate for 20 minutes for extra flavor.
- Avoid putting too many strips in the oil at once.
- For baking, brush the tops with olive oil.

RECIPE 15

Crispy Onion Rings

Crisp, light and delicious, these gluten-free onion rings are perfect as an appetizer or snack.



Gluten-free | Crisp | Snack | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
140 kcal / serving	**35 min**	**4 servings**	**Easy**

INGREDIENTS

- 2 large onions, sliced into rounds
- 1/2 cup rice flour
- 1/2 cup sweet tapioca starch
- 1 egg
- 1/2 cup milk
- 1 tsp salt
- 1/2 tsp paprika
- Oil for frying or baking

METHOD

1. Slice the onions and separate the rings.
2. Gather the remaining ingredients.
3. Mix the rice flour, tapioca starch and salt.
4. Add the egg, milk and paprika.
5. Stir to make a creamy batter.
6. Dip the rings in the batter.
7. Fry or bake until golden and crisp.
8. Drain and serve immediately.

COATING

- Carefully separate the rings.
- Make a creamy batter with the ingredients.
- Fry or bake until golden.

HOW TO SERVE

Serve with a mayonnaise-and-ketchup sauce, seasoned mayonnaise or ketchup. Great with snacks and homemade burgers.

CHEF'S TIPS

• Use large onions for better-looking rings.
• For extra crunch, also coat with fine cornmeal if desired.
• Add sauce only when serving to preserve the texture.

RECIPE 16

Cassava and Cheese Bites

Crisp outside and creamy inside, these cassava and cheese bites are a delicious, much-loved homemade snack.



Gluten-free | Homemade | Savory | Snack

CALORIES	PREP TIME	YIELD	LEVEL
150 kcal / piece	**45 min**	**18 pieces**	**Medium**

INGREDIENTS

- 500 g cooked, mashed cassava
- 1/2 cup shredded mozzarella
- 2 tbsp grated Parmesan
- 2 tbsp rice flour
- 1 egg
- Salt and pepper to taste
- Chopped parsley and scallions
- Mozzarella cubes for filling
- Oil for frying or baking

DOUGH

- Mix the cassava with the egg, cheeses and seasonings.
- Add flour until the dough reaches the right consistency.
- Fill and shape into round bites.

METHOD

1. Cook the cassava and mash well.
2. Gather the other ingredients.
3. Add the egg, cheeses, parsley and scallions.
4. Season and add the rice flour.
5. Mix until the dough can be shaped.
6. Flatten portions, fill with cheese and seal.
7. Shape the bites and fry or bake.
8. Serve hot to enjoy the creamy filling.

HOW TO SERVE

Serve piping hot with mild chili sauce or herb mayonnaise. Perfect for guests or a special snack at home.

CHEF'S TIPS

- Let the cassava cool slightly before mixing.
- Grease your hands for easier shaping.
- Semi-cured Minas cheese also works well in this recipe.

RECIPE 17

Mini Tapioca Pizzas

Easy, light and delicious, these mini tapioca pizzas are perfect for a quick snack or a fun appetizer.



Gluten-free | Quick | Snack | Easy to make

CALORIES	PREP TIME	YIELD	LEVEL
130 kcal / piece	**20 min**	**8 pieces**	**Easy**

INGREDIENTS

- 1 cup hydrated tapioca starch
- 1/2 cup tomato sauce
- 1 cup shredded mozzarella
- 1 tomato, seeded and chopped
- Oregano to taste
- Sliced olives, optional
- Basil leaves, optional

TOPPING

- Use a little sauce to avoid excess moisture.
- Finish with cheese and oregano.
- Tomato and basil add freshness.

METHOD

1. Heat a nonstick skillet.
2. Spread small portions of tapioca starch to form discs.
3. Cook until the bases hold together.
4. Flip to brown the other side.
5. Add a little tomato sauce.
6. Add the cheese, tomato and oregano.
7. Cover the skillet until the cheese melts.
8. Finish and serve while hot.

HOW TO SERVE

Serve hot as an appetizer or snack, accompanied by fresh juice.

CHEF'S TIPS

• Make thin discs for a lighter texture.
• Vary the toppings with shredded chicken or corn.
• Avoid too much sauce so the tapioca does not tear.

RECIPE 18

Cheese-Stuffed Potato Rolls

Soft and golden, with a melting filling, these potato and cheese rolls are perfect for snacks and afternoon coffee.



Gluten-free | Baked | Snack | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
160 kcal / piece	**55 min**	**12 pieces**	**Medium**

INGREDIENTS

- 2 medium potatoes, cooked and mashed
- 1 cup sweet tapioca starch
- 1/2 cup rice flour
- 1/4 cup oil
- 1 egg
- 1 tsp salt
- Mozzarella cubes for filling

DOUGH

- Mix the potatoes, oil, egg and salt.
- Gradually add the tapioca starch and flour.
- Fill with cheese cubes and shape into balls.

METHOD

1. Cook the potatoes and mash well.
2. Gather the remaining ingredients.
3. Mix the potatoes, oil, egg and salt.
4. Add the tapioca starch and rice flour.
5. Mix to form a soft dough.
6. Flatten portions, fill with cheese and seal.
7. Shape small rolls and place in the oven.
8. Bake until golden and serve warm.

HOW TO SERVE

Serve warm, on their own or with coffee. Great for sharing with family and friends.

CHEF'S TIPS

• Use well-drained potatoes to keep the dough light.
• Brush with egg yolk before baking if desired.
• Queijo coalho or semi-cured Minas cheese can also be used for the filling.

RECIPE 19

Crispy Polenta

Crisp outside and soft inside, this baked polenta is a simple, affordable and delicious snack.



Gluten-free | Baked | Snack | Budget-friendly

CALORIES	PREP TIME	YIELD	LEVEL
120 kcal / serving	**45 min**	**4 servings**	**Easy**

INGREDIENTS

- 1 cup fine cornmeal
- 4 cups water
- 1 tbsp olive oil
- 1 tsp salt
- 1/2 cup grated Parmesan, optional
- 1/2 tsp garlic powder, optional
- Dried herbs to taste

PREPARATION

- Cook the polenta until thick.
- Spread in a pan and let set.
- Cut into sticks or cubes before baking.

METHOD

1. Gather the ingredients.
2. Bring the water, salt and olive oil to a boil.
3. Gradually add the cornmeal, stirring constantly.
4. Cook until very thick.
5. Mix in the Parmesan and seasonings.
6. Spread in a pan and let set.
7. Cut into sticks and place in the oven.
8. Bake until golden and serve crisp.

HOW TO SERVE

Serve with tomato sauce, herb mayonnaise or as a side dish with meat.

CHEF'S TIPS

• Spread in a layer that is not too thick for better browning.
• Turn the sticks halfway through cooking.
• A little paprika sprinkled on top also works well.

RECIPE 20

Crispy Air Fryer Cassava

Crisp outside, soft inside and full of flavor, this air fryer cassava is perfect for snacking at any time.



Gluten-free | Air fryer | Snack | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
170 kcal / serving	**35 min**	**4 servings**	**Easy**

INGREDIENTS

- 600 g cooked cassava, cut into sticks
- 1 tbsp olive oil
- 1 tsp salt
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Black pepper to taste
- Dried herbs to taste

SEASONING

- Mix the olive oil, paprika, garlic powder and herbs.
- Gently coat the sticks.
- Cook in the basket without overlapping.

METHOD

1. Cook the cassava until tender but still holding its shape.
2. Drain and let cool slightly.
3. Gather the seasonings in a bowl.
4. Mix the cassava with the olive oil and seasonings.
5. Preheat the air fryer.
6. Arrange the sticks in the basket without overlapping.
7. Cook until golden, turning halfway through.
8. Serve hot and crisp.

HOW TO SERVE

Serve hot with garlic mayonnaise, herb sauce or homemade ketchup.

CHEF'S TIPS

• Dry the cassava thoroughly before seasoning.
• Try curry powder or chimichurri for variety.
• Finish with lemon juice just before serving if desired.

RECIPE 21

Rice Flour Butter Cookies

Light, delicate and homemade in flavor, these gluten-free butter cookies are perfect with coffee or tea. Soft to bite into and lightly crisp outside.



Gluten-free | Homemade | Cookies | Snack

CALORIES	PREP TIME	YIELD	LEVEL
72 kcal / piece	**35 min**	**24 pieces**	**Easy**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup cornstarch
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 1 tsp vanilla essence
- 1 tsp baking powder

DOUGH

- Cream the butter and sugar.
- Add the egg and vanilla.
- Add the dry ingredients until the dough can be shaped.

METHOD

1. Gather all the ingredients.
2. Mix the butter with the sugar.
3. Add the egg and vanilla.
4. Add the rice flour and cornstarch.
5. Mix to form a soft dough.
6. Shape into balls and flatten slightly.
7. Bake until set and golden around the edges.
8. Let cool and serve.

HOW TO SERVE

Serve at room temperature with coffee, tea or hot chocolate. They are also ideal for filling homemade cookie jars for guests.

CHEF'S TIPS

- Use softened butter for easier mixing.
- Avoid overbaking to preserve the buttery texture.
- Store in a tightly closed container to keep well.

RECIPE 22

Traditional Cornstarch Cookies

Classic and delicate, these gluten-free sequilhos melt in the mouth and pair perfectly with coffee. An easy, affordable and much-loved recipe.



Gluten-free | Homemade | Sweet | Coffee

CALORIES	PREP TIME	YIELD	LEVEL
65 kcal / piece	**30 min**	**28 pieces**	**Easy**

INGREDIENTS

- 2 cups cornstarch
- 1/2 can sweetened condensed milk
- 3 tbsp butter
- 1 egg yolk
- 1 tsp vanilla essence, optional

DOUGH

- Mix the butter, yolk and condensed milk.
- Gradually add the cornstarch until the dough reaches the right consistency.
- Shape small balls and flatten with a fork.

METHOD

1. Gather all the ingredients.
2. Mix the butter, yolk and condensed milk.
3. Gradually add the cornstarch.
4. Mix until the dough is smooth.
5. Make evenly sized balls.
6. Flatten slightly with a fork.
7. Bake until set without becoming too dark.
8. Let cool and serve.

HOW TO SERVE

Serve cool with filter coffee or tea. They also look lovely in glass jars for guests or gifts.

CHEF'S TIPS

• If the dough sticks, add a little more cornstarch.
• Bake at a low oven temperature to avoid drying out.
• Store in a tightly closed container.

RECIPE 23

Coconut Cornstarch Cookies

Light and fragrant with a tropical touch, these gluten-free coconut sequilhos are perfect for afternoon coffee. Delicate, flavorful and melt-in-the-mouth.



Gluten-free | Coconut | Sweet | Snack

CALORIES	PREP TIME	YIELD	LEVEL
70 kcal / piece	**35 min**	**26 pieces**	**Easy**

INGREDIENTS

- 2 cups cornstarch
- 1/2 can sweetened condensed milk
- 3 tbsp butter
- 1 egg yolk
- 1/2 cup shredded coconut
- 1 tsp vanilla essence, optional

DOUGH

- Mix the liquids and butter first.
- Add the coconut and cornstarch until the dough can be shaped.
- Make small balls and flatten gently.

METHOD

1. Gather all the ingredients.
2. Mix the butter, yolk and condensed milk.
3. Add the shredded coconut.
4. Gradually add the cornstarch.
5. Mix to form a smooth dough.
6. Shape small balls.
7. Bake until set and lightly golden underneath.
8. Let cool and serve.

HOW TO SERVE

Serve cool with coffee or tea. Delicious on cookie trays for guests or simple parties at home.

CHEF'S TIPS

• Use finely shredded coconut for a more delicate texture.
• Avoid overbaking so they do not become hard.
• Store in a closed container to keep them soft.

RECIPE 24

Cornmeal Cookies

Crisp outside and pleasantly soft inside, these gluten-free cornmeal cookies bring a homemade flavor that pairs well with coffee. Simple, affordable and delicious.



Gluten-free | Homemade | Cornmeal | Coffee

CALORIES	PREP TIME	YIELD	LEVEL
68 kcal / piece	**35 min**	**30 pieces**	**Easy**

INGREDIENTS

- 1 cup fine cornmeal
- 1 cup rice flour
- 1/2 cup cornstarch
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 1 tsp baking powder
- 1 tsp fennel seeds, optional

METHOD

1. Gather all the ingredients.
2. Mix the butter and sugar.
3. Add the egg and stir well.
4. Add the cornmeal, flour and cornstarch.
5. Add the fennel seeds and baking powder.
6. Mix to form a soft dough.
7. Shape and bake until lightly golden.
8. Let cool and serve.

DOUGH

- Mix the butter, sugar and egg.
- Add the cornmeal, flour and cornstarch.
- Shape and flatten before baking.

HOW TO SERVE

Serve at room temperature with freshly brewed coffee. They are also ideal for snack tables or homemade cookie jars.

CHEF'S TIPS

- Fine cornmeal gives a more even texture.
- Avoid making very thick cookies.
- Let cool for a crisper texture.

RECIPE 25

Coconut Cookies

Fragrant, crisp and full of flavor, these gluten-free coconut cookies make a simple, delicious snack. They pair very well with coffee or tea.



Gluten-free | Coconut | Homemade | Snack

CALORIES	PREP TIME	YIELD	LEVEL
76 kcal / piece	**35 min**	**24 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 3/4 cup shredded coconut
- 1 tsp baking powder

DOUGH

- Beat the butter, sugar and egg.
- Add the coconut, flour and cornstarch.
- Shape the cookies before baking.

METHOD

1. Gather all the ingredients.
2. Mix the butter and sugar.
3. Add the egg.
4. Add the shredded coconut.
5. Add the flour, cornstarch and baking powder.
6. Mix until the dough can be shaped.
7. Make small balls or discs and bake.
8. Let cool and serve.

HOW TO SERVE

Serve cool with coffee, cappuccino or tea. Delicious as cookies to keep in a jar or give as homemade gifts.

CHEF'S TIPS

• Use dried, unsweetened shredded coconut for balance.
• If the dough is wet, add a little more rice flour.
• Store in a tightly closed container.

RECIPE 26

Mini Cheese Turnovers

Golden and crisp with a creamy filling, these gluten-free mini cheese turnovers are ideal for parties, snacks and gatherings at home. A simple, much-loved treat.



Gluten-free | Savory | Snack | Light meal

CALORIES	PREP TIME	YIELD	LEVEL
145 kcal / piece	**45 min**	**12 pieces**	**Medium**

INGREDIENTS

- 2 cups rice flour
- 1/2 cup sweet tapioca starch
- 3 tbsp butter
- 1 egg
- 4-5 tbsp ice-cold water
- 1 tsp salt
- 1 cup shredded mozzarella
- 1/2 cup requeijão (Brazilian creamy cheese spread)
- Oregano to taste

PASTRY AND FILLING

- Mix the dry ingredients with the butter until crumbly.
- Add the egg and ice-cold water until the dough comes together.
- Fill with cheese and seal, pressing the edges firmly.

METHOD

1. Gather all the ingredients.
2. Mix the flour, tapioca starch, salt and butter.
3. Add the egg and ice-cold water.
4. Work into a smooth dough.
5. Roll out and cut into discs.
6. Fill with mozzarella, requeijão and oregano.
7. Close, press the edges and arrange on a baking sheet.
8. Bake until golden and serve warm.

HOW TO SERVE

Serve warm, on their own or with homemade tomato sauce. Perfect for a snack platter or special treat.

CHEF'S TIPS

• Avoid an overly runny filling.
• Use a fork to seal the edges firmly.
• Brush with egg yolk for better browning if desired.

RECIPE 27

Salt Cod and Potato Fritters

Traditional and full of flavor, these gluten-free cod and potato fritters are soft inside and golden outside. A classic snack for any occasion.



Gluten-free | Snack | Homemade | Crisp

CALORIES	PREP TIME	YIELD	LEVEL
110 kcal / piece	**55 min**	**18 pieces**	**Medium**

INGREDIENTS

- 400 g salt cod, desalted and shredded
- 500 g cooked, mashed potatoes
- 1/2 onion, grated
- 1 egg
- 2 tbsp chopped parsley and scallions
- 2 tbsp rice flour
- Black pepper to taste
- Oil for frying or baking

DOUGH

- Mix the potatoes, cod and seasonings.
- Add the egg and rice flour to bind.
- Shape the fritters before frying or baking.

METHOD

1. Cook and mash the potatoes.
2. Shred the desalted cod.
3. Mix the potatoes, cod, onion, parsley and scallions.
4. Add the egg and rice flour.
5. Season and mix until the mixture holds together.
6. Shape the fritters by hand.
7. Fry or bake until golden.
8. Drain and serve hot.

HOW TO SERVE

Serve hot with lemon, mild chili sauce or herb mayonnaise. Great for gatherings and special starters.

CHEF'S TIPS

• Use well-drained cod so the dough does not become soft.
• Lightly grease your hands when shaping.
• A touch of lemon brings out the flavor.

RECIPE 28

Crispy Homemade Chicken Nuggets



Juicy inside and crisp outside, these gluten-free homemade nuggets are an easy, delicious option for snacks. A favorite with children and adults.

Gluten-free | Chicken | Crisp | Snack

CALORIES	PREP TIME	YIELD	LEVEL
150 kcal / serving	**45 min**	**4 servings**	**Easy**

INGREDIENTS

- 500 g chicken breast, cubed
- 1/2 small onion
- 2 garlic cloves
- 1 tsp salt
- 1/2 tsp paprika
- Black pepper to taste
- 1 egg
- 1/2 cup rice flour
- 1 cup fine cornmeal or crushed flaked cornmeal
- 2 tbsp olive oil

COATING

- Process the chicken with onion and seasonings.
- Shape the nuggets by hand.
- Dip in egg and cornmeal before baking or frying.

METHOD

1. Gather all the ingredients.
2. Process the chicken with onion, garlic and seasonings.
3. Transfer the chicken mixture to a bowl.
4. Shape the nuggets as desired.
5. Dip in beaten egg.
6. Coat in cornmeal.
7. Bake or fry until golden and crisp.
8. Serve while hot.

HOW TO SERVE

Serve with homemade ketchup, seasoned mayonnaise or a mayonnaise-and-ketchup sauce. Also great for children's snacks.

CHEF'S TIPS

• Grease the baking sheet for easier baking.
• Avoid making overly thick pieces.
• For extra crunch, spray with a little olive oil before baking.

RECIPE 29

Guava Cookies

Delicate and buttery with little pieces of guava paste, these gluten-free cookies are perfect for a sweet homemade treat. Pretty and delicious.



Gluten-free | Sweet | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
82 kcal / piece	**40 min**	**22 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 150 g guava paste, cut into small cubes
- 1 tsp baking powder

DOUGH

- Make a buttery dough with the ingredients.
- Shape into balls or discs.
- Place guava cubes in the center or mix them into the dough.

METHOD

1. Gather all the ingredients.
2. Mix the butter and sugar.
3. Add the egg.
4. Add the flour, cornstarch and baking powder.
5. Mix to form a soft dough.
6. Shape into balls and add guava paste.
7. Bake until set and lightly golden.
8. Let cool and serve.

HOW TO SERVE

Serve at room temperature with coffee or tea. They also look lovely in cookie jars for gifts or sale.

CHEF'S TIPS

• Coat the guava cubes in a little cornstarch to reduce melting.
• Avoid overbaking.
• Let cool so the guava paste can firm up.

RECIPE 30

Peanut Cookies

Flavorful and crisp, with a distinctive peanut taste, these gluten-free cookies are simple to make and perfect for afternoon coffee.



Gluten-free | Peanut | Homemade | Coffee

CALORIES	PREP TIME	YIELD	LEVEL
85 kcal / piece	**35 min**	**24 pieces**	**Easy**

INGREDIENTS

- 1 cup roasted, crushed peanuts
- 1 cup rice flour
- 1/2 cup cornstarch
- 3/4 cup brown or white sugar
- 4 tbsp butter
- 1 egg
- 1 tsp baking powder

DOUGH

- Mix the butter, sugar and egg.
- Add the crushed peanuts and dry ingredients.
- Shape small cookies before baking.

METHOD

1. Roast and crush the peanuts.
2. Gather the remaining ingredients.
3. Mix the butter, sugar and egg.
4. Add the crushed peanuts.
5. Add the flour, cornstarch and baking powder.
6. Mix until the dough is uniform.
7. Shape the cookies and bake until golden.
8. Let cool and serve.

HOW TO SERVE

Serve at room temperature with coffee, milk or tea. Great for quick snacks and packing in small containers.

CHEF'S TIPS

- Avoid grinding the peanuts too finely to preserve texture.
- Make fork marks on top if desired.
- Store in a tightly closed container to keep crisp.

RECIPE 31

Chocolate Cookies

Crisp outside and soft inside, these gluten-free chocolate cookies are perfect for satisfying a homemade sweet craving. Delicious, easy and ideal with coffee or milk.



Gluten-free | Chocolate | Homemade | Snack

CALORIES	PREP TIME	YIELD	LEVEL
112 kcal / piece	**35 min**	**20 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 1/2 cup cocoa powder
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 1/3 cup milk
- 1 tsp baking powder
- 1/2 cup gluten-free chocolate chips

DOUGH

- Mix the butter, sugar, egg and milk.
- Add the flour, cornstarch, cocoa and baking powder.
- Finish with chocolate chips and shape the cookies.

METHOD

1. Gather all the ingredients.
2. Mix the butter and sugar.
3. Add the egg and milk.
4. Add the flour, cornstarch, cocoa and baking powder.
5. Mix to form a soft dough.
6. Add the chocolate chips.
7. Shape the cookies and arrange on a baking sheet.
8. Bake, let cool and serve.

HOW TO SERVE

Serve at room temperature with coffee, milk or cappuccino. Great for homemade cookie jars or an afternoon snack.

CHEF'S TIPS

• Use good-quality chocolate chips.
• Avoid flattening too much to keep the centers soft.
• Store in a tightly closed container to preserve the texture.

RECIPE 32

Peanut Chocolate Chip Cookies



Flavorful and lightly crisp, these gluten-free peanut chocolate chip cookies are delicious with afternoon coffee. The peanuts add a distinctive flavor that pairs perfectly with chocolate.

Gluten-free | Peanut | Chocolate | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
118 kcal / piece	**35 min**	**18 pieces**	**Easy**

INGREDIENTS

- 1 cup roasted, crushed peanuts
- 1 cup rice flour
- 1/2 cup cornstarch
- 3/4 cup brown or white sugar
- 4 tbsp butter
- 1 egg
- 1 tsp baking powder
- 1/2 cup gluten-free chocolate chips

DOUGH

- Mix the butter, sugar and egg.
- Add the peanuts, flour, cornstarch and baking powder.
- Finish with chocolate chips and shape.

METHOD

1. Roast and crush the peanuts.
2. Gather the remaining ingredients.
3. Mix the butter, sugar and egg.
4. Add the crushed peanuts.
5. Add the flour, cornstarch and baking powder.
6. Mix until the dough is uniform.
7. Add the chocolate chips and shape.
8. Bake, let cool and serve.

HOW TO SERVE

Serve at room temperature with coffee, tea or milk. Also great for quick snacks or gifts in small jars.

CHEF'S TIPS

- Avoid grinding the peanuts too finely to preserve texture.
- Make fork marks on top if desired.
- Store in a tightly closed container to keep crisp.

RECIPE 33

Coconut Chocolate Chip Cookies



With tropical flavor and pieces of chocolate, these gluten-free coconut cookies are an easy, delicious everyday choice. Lightly golden, soft inside and irresistible.

Gluten-free | Coconut | Chocolate | Snack

CALORIES	PREP TIME	YIELD	LEVEL
106 kcal / piece	**35 min**	**20 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 1/2 cup shredded coconut
- 1/2 cup gluten-free chocolate chips
- 1 tsp baking powder

DOUGH

- Mix the butter, sugar and egg.
- Add the coconut, flour, cornstarch and baking powder.
- Add the chocolate and shape the cookies.

METHOD

1. Gather all the ingredients.
2. Mix the butter and sugar.
3. Add the egg and stir well.
4. Add the shredded coconut.
5. Add the flour, cornstarch and baking powder.
6. Mix to form a soft dough.
7. Add the chocolate and shape.
8. Bake, let cool and serve.

HOW TO SERVE

Serve cool with coffee, tea or cappuccino. Delicious for simple snacks and homemade gifts.

CHEF'S TIPS

• Use dried shredded coconut for a better texture.
• Avoid overbaking so they do not become hard.
• Store in a tightly closed container.

RECIPE 34

Banana and Cinnamon Cookies



Soft, fragrant and homestyle, these gluten-free banana and cinnamon cookies are perfect for using ripe bananas. Delicate, flavorful and ideal with coffee or tea.

Gluten-free | Banana | Cinnamon | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
96 kcal / piece	**30 min**	**18 pieces**	**Easy**

INGREDIENTS

- 2 ripe bananas, mashed
- 1 cup rice flour
- 1/2 cup gluten-free quick oats
- 1/2 cup cornstarch
- 1/3 cup brown sugar
- 2 tbsp butter
- 1 tsp ground cinnamon
- 1 tsp baking powder

DOUGH

- Mix the bananas, butter and sugar.
- Add the flour, oats, cornstarch, cinnamon and baking powder.
- Spoon into portions and bake.

METHOD

1. Mash the bananas thoroughly.
2. Gather the remaining ingredients.
3. Mix the bananas, butter and sugar.
4. Add the flour, oats and cornstarch.
5. Add the cinnamon and baking powder.
6. Mix to form a creamy dough.
7. Spoon portions onto a baking sheet.
8. Bake, let cool until warm and serve.

HOW TO SERVE

Serve warm or cool with coffee or tea. Also great as a quick snack or everyday homemade sweet.

CHEF'S TIPS

• Use very ripe bananas for more flavor.
• Sprinkle cinnamon on top before baking if desired.
• Eat within 2 days for the best texture.

RECIPE 35

Cocoa Cookies

With intense flavor and a delicate texture, these gluten-free cocoa cookies are great for a balanced chocolate treat. Simple, attractive and delicious with afternoon coffee.



Gluten-free | Cocoa | Cookies | Coffee

CALORIES	PREP TIME	YIELD	LEVEL
88 kcal / piece	**35 min**	**22 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 1/3 cup cocoa powder
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 1 tsp baking powder
- 3 tbsp milk

DOUGH

- Mix the butter, sugar and egg.
- Add the flour, cornstarch, cocoa and baking powder.
- Adjust the consistency with milk and shape the cookies.

METHOD

1. Gather all the ingredients.
2. Mix the butter and sugar.
3. Add the egg.
4. Add the flour, cornstarch and cocoa.
5. Add the baking powder and milk.
6. Mix to form a soft dough.
7. Shape the cookies and place on a baking sheet.
8. Bake, let cool and serve.

HOW TO SERVE

Serve at room temperature with coffee, cappuccino or milk. Also great in homemade cookie jars.

CHEF'S TIPS

• Use good-quality cocoa.
• If the dough becomes dry, add a little more milk.
• Avoid overbaking to keep the texture light.

RECIPE 36

Chicken and Potato Bites

Soft inside and golden outside, these gluten-free chicken and potato bites are a much-loved homemade snack. Delicious for gatherings, snacks and appetizer platters.



Gluten-free | Chicken | Snack | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
132 kcal / piece	**45 min**	**16 pieces**	**Easy**

INGREDIENTS

- 2 cups cooked, mashed potatoes
- 1 cup seasoned shredded chicken
- 1/2 cup shredded mozzarella
- 1/4 cup chopped onion
- 2 tbsp chopped parsley and scallions
- 1 egg
- 1/2 cup rice flour
- Salt and pepper to taste
- Oil for frying or olive oil for baking

DOUGH

- Mix the potatoes, chicken, cheese and seasonings.
- Add the egg and flour to bind.
- Shape the bites and fry or bake.

METHOD

1. Cook and mash the potatoes.
2. Gather the chicken and remaining ingredients.
3. Mix the potatoes, chicken and cheese.
4. Add the onion, parsley, scallions and seasonings.
5. Add the egg and rice flour.
6. Mix until the dough can be shaped.
7. Shape the bites and arrange on a baking sheet or prepare to fry.
8. Bake or fry until golden and serve.

HOW TO SERVE

Serve hot with herb mayonnaise, a mayonnaise-and-ketchup sauce or homemade ketchup. Also great as an afternoon snack.

CHEF'S TIPS

• Use drier potatoes for easier shaping.
• Place a small cheese cube in the center for extra creaminess if desired.
• Serve just after cooking for the best texture.

RECIPE 37

Chicken and Corn Croquettes



Flavorful, golden and homestyle, these gluten-free chicken and corn croquettes combine a soft filling with a crisp crust. Great for parties, gatherings and special snacks.

Gluten-free | Chicken | Corn | Snack

CALORIES	PREP TIME	YIELD	LEVEL
126 kcal / piece	**45 min**	**16 pieces**	**Medium**

INGREDIENTS

- 2 cups shredded chicken
- 1/2 cup sweetcorn, drained
- 2 cups cooked, mashed cassava
- 1/4 cup chopped onion
- 2 tbsp chopped parsley and scallions
- 1/2 cup rice flour
- 1 egg
- 1/2 cup fine cornmeal for coating
- Salt and pepper to taste

FILLING AND DOUGH

- Mix the chicken with corn and seasonings.
- Add the cassava and flour to bind.
- Shape croquettes, coat and bake or fry.

METHOD

1. Cook and mash the cassava.
2. Gather the chicken, corn and remaining ingredients.
3. Sauté the chicken with onion and seasonings.
4. Add the corn, parsley and scallions.
5. Mix in the cassava and rice flour.
6. Shape the croquettes by hand.
7. Dip in egg and coat with cornmeal.
8. Bake or fry until golden and serve.

HOW TO SERVE

Serve with mild chili sauce, seasoned mayonnaise or a mayonnaise-and-ketchup sauce. Delicious for snack platters and starters.

CHEF'S TIPS

- Use a well-drained filling.
- Make them all the same size so they cook evenly.
- Freeze before cooking if desired.

RECIPE 38

Sesame Crackers

Light, dry and very crisp, these gluten-free sesame crackers are ideal for snacking or serving with spreads. Easy to make and attractive on boards and snack platters.



Gluten-free | Crackers | Sesame | Snack

CALORIES	PREP TIME	YIELD	LEVEL
55 kcal / piece	**35 min**	**28 pieces**	**Easy**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/4 cup white sesame seeds
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp dried herbs
- 4-5 tbsp water

DOUGH

- Mix the dry ingredients.
- Add olive oil and water to form a dough.
- Roll thinly, cut and bake until crisp.

METHOD

1. Gather all the ingredients.
2. Mix the flour, tapioca starch, sesame seeds and salt.
3. Add the olive oil.
4. Gradually add the water.
5. Mix to form a firm dough.
6. Roll the dough very thinly.
7. Cut the crackers and arrange on a baking sheet.
8. Bake until lightly golden and let cool until crisp.

HOW TO SERVE

Serve cool with spreads, hummus, requeijão (Brazilian creamy cheese spread) or as a light snack. Also ideal for snack boards.

CHEF'S TIPS

• Roll the dough as thinly as possible.
• Prick with a fork for even baking.
• Store in a tightly closed container to keep crisp.

RECIPE 39

Flaxseed and Chia Crackers

Crisp, light and full of texture, these gluten-free flaxseed and chia crackers make a lighter snack. They pair well with spreads and everyday snacks.



Gluten-free | Crackers | Flaxseed | Chia

CALORIES	PREP TIME	YIELD	LEVEL
60 kcal / piece	**35 min**	**28 pieces**	**Easy**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 2 tbsp flaxseeds
- 2 tbsp chia seeds
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp oregano
- 4-5 tbsp water

DOUGH

- Mix the dry ingredients with the seeds.
- Add olive oil and water until the dough comes together.
- Roll thinly, cut and bake until dry.

METHOD

1. Gather all the ingredients.
2. Mix the flour, tapioca starch, flaxseeds, chia and salt.
3. Add the olive oil and oregano.
4. Gradually add the water.
5. Mix to form a firm dough.
6. Roll the dough thinly.
7. Cut the crackers and transfer to a baking sheet.
8. Bake until golden and let cool thoroughly.

HOW TO SERVE

Serve cool with spreads, requeijão (Brazilian creamy cheese spread), hummus or guacamole. Also great as a snack to take with you.

CHEF'S TIPS

- Roll the dough evenly.
- Sprinkle extra seeds on top if desired.
- Let cool completely for a crisp texture.

RECIPE 40

Parmesan Crackers

Lightly golden and very crisp, these gluten-free Parmesan crackers are perfect as a snack or with spreads. The cheese gives them a distinctive, delicious flavor.



Gluten-free | Parmesan | Crackers | Snack

CALORIES	PREP TIME	YIELD	LEVEL
68 kcal / piece	**30 min**	**26 pieces**	**Easy**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup grated Parmesan
- 2 tbsp butter
- 1 egg
- 1/2 tsp salt
- 1/2 tsp oregano
- 2-3 tbsp water, if needed

DOUGH

- Mix the dry ingredients with the Parmesan.
- Add the butter and egg until the dough comes together.
- Roll thinly, cut and bake until crisp.

METHOD

1. Gather all the ingredients.
2. Mix the flour, tapioca starch, Parmesan and salt.
3. Add the butter and egg.
4. Mix until the dough begins to hold together.
5. Add a little water if necessary.
6. Roll the dough very thinly.
7. Cut the crackers and transfer to a baking sheet.
8. Bake until golden and crisp.

HOW TO SERVE

Serve cool with spreads, requeijão (Brazilian creamy cheese spread), tomato sauce or on their own. Great for snack platters and quick bites.

CHEF'S TIPS

- Use finely grated Parmesan for a better texture.
- Prick with a fork before baking.
- Store in a closed container after cooling.

RECIPE 41

Baked Corn Nachos

Crisp and full of flavor, these baked corn nachos are gluten-free and incredibly easy. Perfect with dips, guacamole or fresh salsa. Light, delicious and made to please everyone!



Gluten-free | Baked | Snack | Crisp

CALORIES	PREP TIME	YIELD	LEVEL
210 kcal / serving	**25 min**	**4 servings**	**Easy**

INGREDIENTS

- 10 corn tortillas (100% corn)
- 2 tbsp olive oil
- 1/2 tsp sweet paprika
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 1/2 tsp salt
- Black pepper to taste

SEASONING

- Sweet paprika.
- Garlic powder.
- Oregano.
- Cumin.
- Salt and black pepper.

METHOD

1. Gather all the ingredients.
2. Cut the tortillas into triangles.
3. Place the triangles in a large bowl.
4. Drizzle with olive oil and mix well.
5. Add the seasonings and mix to coat evenly.
6. Spread on a large baking sheet without overlapping.
7. Bake in an oven preheated to 200°C for 12-15 minutes, turning halfway through.
8. Remove from the oven and serve with your chosen accompaniments.

HOW TO SERVE

Serve hot or at room temperature with guacamole, sour cream, fresh salsa, melted cheese, refried beans or pico de gallo.

CHEF'S TIPS

• Avoid overlapping the nachos on the baking sheet so they become crisp.
• Store in a tightly closed container for up to 5 days.
• Top with melted cheese and return to the oven for 2-3 minutes.

RECIPE 42

Corn Chips with Guacamole

Crisp, golden and irresistible! These baked corn chips pair perfectly with fresh, creamy, flavorful guacamole. A light, healthy and completely gluten-free snack for any occasion.



Gluten-free | Snack | Corn | Fresh dip

CALORIES	PREP TIME	YIELD	LEVEL
152 kcal / serving	**35 min**	**4 servings**	**Easy**

INGREDIENTS

- 6 corn tortillas
- 2 tbsp olive oil
- 1/2 tsp sweet paprika
- 1/4 tsp smoked paprika, optional
- 1/2 tsp salt
- 1 pinch black pepper

GUACAMOLE

- 2 ripe avocados
- 1 small tomato, chopped
- 1/4 red onion, finely chopped
- Juice of 1/2 lemon
- 2 tbsp chopped parsley and scallions
- Salt to taste
- Black pepper to taste

METHOD

1. Gather all the ingredients.
2. Cut the tortillas into triangles.
3. Drizzle with olive oil.
4. Season with salt and pepper. Mix well.
5. Spread on a baking sheet without overlapping and bake at 200°C for 12-15 minutes or until golden and crisp.
6. Mash the avocados in a bowl.
7. Add the tomato, onion, parsley, scallions and lemon juice.
8. Remove the chips from the oven and serve hot with the guacamole.

HOW TO SERVE

Serve the chips hot with the guacamole in a bowl. Perfect as a starter, for happy hour or with salads and grilled dishes.

CHEF'S TIPS

• Use very ripe avocados for creamier guacamole.
• Avoid overlapping the chips on the baking sheet so they become crisp.
• Store the chips in a tightly closed container once cool.

RECIPE 43

Rustic Paprika Potato Wedges



Crisp outside and soft inside, these paprika potato wedges are baked until golden and full of flavor. Perfect as a side dish, snack or sharing plate for any occasion.

Gluten-free | Baked | Snack | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
180 kcal / serving	**45 min**	**4 servings**	**Easy**

INGREDIENTS

- 800 g potatoes (Asterix or regular white potatoes)
- 3 tbsp olive oil
- 1 tsp sweet paprika
- 1 tsp smoked paprika
- 3 garlic cloves, chopped
- 1 tsp dried oregano
- 1 tsp chopped fresh rosemary
- Salt to taste
- Black pepper to taste

METHOD

1. Wash the potatoes thoroughly.
2. Cut into evenly sized rustic wedges.
3. Place in a large bowl.
4. Add the olive oil, garlic, paprikas and seasonings.
5. Mix well to coat all the wedges.
6. Spread on a baking sheet without overlapping.
7. Bake in an oven preheated to 200°C for 30 minutes. Turn halfway through.
8. Remove from the oven and serve immediately.

SEASONING

- Sweet and smoked paprika.
- Garlic.
- Oregano and rosemary.
- Salt and pepper.

HOW TO SERVE

Serve hot with a yogurt and herb sauce, garlic mayonnaise or homemade ketchup. Great with burgers, roasted meats or as a snack.

CHEF'S TIPS

- Soak the potatoes in cold water for 20 minutes for a drier, crisper result.
- Dry thoroughly before seasoning, as moisture prevents crisping.
- Avoid overlapping on the baking sheet. Cook in two batches if necessary.

RECIPE 44

Cassava Chips

Golden and irresistibly crisp, these cassava chips are the perfect snack for any time. Simple to make and full of flavor! Naturally gluten-free.



Gluten-free | Crisp | Snack | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
160 kcal / serving	**60 min**	**4 servings**	**Easy**

INGREDIENTS

- 1 kg cassava (also called yuca)
- 2 tbsp oil or olive oil
- 1 tsp salt
- 1/2 tsp sweet or smoked paprika
- 1/2 tsp dried rosemary or oregano, optional
- Black pepper to taste

SEASONING

- Salt.
- Paprika.
- Rosemary or oregano.
- Black pepper.

METHOD

1. Peel and wash the cassava, then cut into thin rounds.
2. Soak in water for 10 minutes to remove some of the starch. Drain well.
3. Dry the rounds thoroughly with a clean cloth or paper towels.
4. In a bowl, mix the rounds with the oil or olive oil, salt, paprika, rosemary and pepper.
5. Heat oil in a deep pan and fry a few slices at a time until golden.
6. Remove with a slotted spoon and drain on paper towels to remove excess oil.
7. Repeat until all are fried. If desired, place in a low oven at 120°C for 10 minutes to dry further.
8. Let cool and serve. This keeps them crisp for longer!

HOW TO SERVE

Serve hot or at room temperature with seasoned mayonnaise, aioli, hummus or cottage cheese with herbs. Perfect as a snack or side dish!

CHEF'S TIPS

• Cut very thin rounds for a crisp result.
• Dry thoroughly before frying to prevent oil splashes.
• Store in an airtight container once cool to keep crisp.

RECIPE 45

Plantain Chips

Thin, golden and irresistibly crisp! These plantain chips are a healthy, flavorful snack, perfect for any time of day.



Gluten-free | Crisp | Snack | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
140 kcal / serving	**30 min**	**4 servings**	**Easy**

INGREDIENTS

- 3 green or firm plantains
- 2 tbsp oil or olive oil
- 1/2 tsp salt
- 1/2 tsp smoked paprika, optional
- 1 pinch black pepper

SEASONING

- Salt to taste.
- Smoked paprika.
- Black pepper.

METHOD

1. Carefully peel the plantains.
2. Cut into very thin rounds. Thinner slices become crisper.
3. Soak the slices in water for 5 minutes.
4. Drain and dry thoroughly with paper towels.
5. Transfer to a bowl and mix with the oil or olive oil.
6. Season with salt, paprika and black pepper.
7. Bake in an oven preheated to 200°C for 20-25 minutes, turning halfway through.
8. Remove from the oven and let cool. They become crisp as they cool. Serve and enjoy!

HOW TO SERVE

Serve the crisp chips as a snack or alongside a fresh sandwich, salad or spreads. They are also great for lunchboxes!

CHEF'S TIPS

• Use very firm plantains for crisp chips.
• Slice as thinly as possible for maximum crunch.
• Store in a tightly closed container after cooling to keep crisp.

RECIPE 46

Baked Mini Meatballs

Juicy, tender and full of flavor, these baked mini meatballs are perfect as a snack, for parties or everyday meals with a special sauce. Baked without frying, they are lighter and easy to prepare!



Gluten-free | Baked | Snack | Meat

CALORIES	PREP TIME	YIELD	LEVEL
145 kcal / serving	**45 min**	**24 pieces**	**Easy**

INGREDIENTS

- 500 g ground beef (round or chuck)
- 1/2 onion, grated
- 2 garlic cloves, chopped
- 1 egg
- 2 tbsp chopped parsley
- 3 tbsp rice flour
- 1 tbsp olive oil
- Salt and black pepper to taste

SEASONING

- 1/2 tsp sweet paprika
- 1/2 tsp oregano
- 1/4 tsp cumin
- Optional lemon zest to enhance the flavor

METHOD

1. Gather all the ingredients.
2. In a bowl, combine the ground beef, onion, garlic, egg, parsley, olive oil, salt, pepper and seasonings.
3. Mix well by hand until uniform.
4. Shape walnut-sized mini meatballs.
5. Arrange on a parchment-lined baking sheet and brush lightly with olive oil.
6. Bake in an oven preheated to 200°C for 20-25 minutes, turning halfway through.
7. Remove from the oven and rest for 5 minutes to retain their juices.
8. Serve hot with your preferred sauce.

HOW TO SERVE

Serve hot with homemade tomato sauce, yogurt and herb sauce or barbecue sauce. Delicious on cocktail sticks or alongside salads and mashed vegetables.

CHEF'S TIPS

• Avoid packing the meat too tightly so the meatballs remain tender.
• For extra flavor, refrigerate the mixture for 10 minutes.
• Freeze raw or cooked for up to 2 months.

RECIPE 47

Beef and Potato Bites

Crisp outside and soft inside, these bites combine flavorful beef and creamy potato in every mouthful. Perfect for snacking, serving with meals or pairing with a special sauce.



Gluten-free | Snack | Meat | Homemade

CALORIES	PREP TIME	YIELD	LEVEL
210 kcal / piece	**55 min**	**18 pieces**	**Easy**

INGREDIENTS

- 3 medium potatoes (about 600 g), cooked and mashed
- 500 g ground beef (top round) or seasoned shredded beef
- 1 small onion, chopped
- 2 garlic cloves, chopped
- 1 egg
- 3 tbsp rice flour or cornstarch
- 2 tbsp chopped parsley and scallions
- Salt and black pepper to taste
- Oil for frying or olive oil for baking

DOUGH

- Mix the mashed potatoes with the egg, flour, parsley, scallions, salt and pepper until the dough can be shaped without sticking to your hands.

METHOD

1. Cook the potatoes in salted water until tender.
2. Sauté the onion and garlic until lightly golden.
3. Add the ground beef, season with salt and pepper and cook until the liquid evaporates.
4. Finish with parsley and scallions, stir and set aside to cool slightly.
5. In a bowl, mix the mashed potatoes with the egg, flour, salt, pepper, parsley and scallions.
6. Add the prepared beef and mix until uniform.
7. Shape the bites to your desired size by hand.
8. Fry in hot oil until golden or bake in an oven preheated to 200°C for 25 minutes, turning halfway through.

HOW TO SERVE

Serve hot with tomato sauce, seasoned mayonnaise, garlic sauce or Brazilian chopped tomato-and-onion vinaigrette. Great with rice, a green salad or as a snack.

CHEF'S TIPS

• If the dough is soft, refrigerate for 20 minutes before shaping.
• For baking, brush with olive oil for better browning.
• Freeze uncooked bites for up to 3 months and fry or bake straight from frozen.

RECIPE 48

Crispy Queijo Coalho

Golden outside and soft inside, this crispy Brazilian grilling cheese is perfect for bringing everyone together. Pan-grilled or baked, it is irresistible and gluten-free!



Gluten-free | Natural cheese | Perfect snack | Crisp

CALORIES	PREP TIME	YIELD	LEVEL
210 kcal / serving	**25 min**	**4 servings**	**Easy**

INGREDIENTS

- 500 g queijo coalho (Brazilian firm grilling cheese), cut into sticks or cubes
- 1 egg
- 1/2 cup cornstarch or rice flour
- 1/2 cup fine cornmeal or corn flour
- 1 tsp oregano
- Black pepper to taste
- Olive oil for pan-grilling or greasing

COATING

- Lightly beat the egg on a plate.
- On another plate, mix the cornstarch, cornmeal, oregano and black pepper.

METHOD

1. Cut the queijo coalho into evenly sized sticks or cubes.
2. Lightly beat the egg in a shallow bowl.
3. On another plate, mix the cornstarch, cornmeal, oregano and black pepper.
4. Dip the cheese sticks in beaten egg.
5. Coat thoroughly in the dry mixture.
6. Arrange the coated sticks on a plate.
7. Pan-grill in a nonstick skillet with a drizzle of olive oil until golden on both sides.
8. Serve immediately while crisp and hot.

HOW TO SERVE

Serve hot with a drizzle of sugarcane syrup or mild chili sauce and a touch of lemon.

CHEF'S TIPS

• Use firm queijo coalho so it does not melt on the grill.
• To bake, cook at 220°C for about 20 minutes, turning halfway through.
• Finish with dried oregano and drops of lemon juice to enhance the flavor.

RECIPE 49

Crispy Baked Provolone

Golden outside, soft inside and full of flavor, this crispy baked provolone is perfect for bringing everyone together. Baked without frying, gluten-free and finished with a flavorful touch of herbs.



Gluten-free | Baked | Cheese | Snack

CALORIES	PREP TIME	YIELD	LEVEL
185 kcal / serving	30 min	4 servings	Easy

INGREDIENTS

- 300 g provolone, cut into sticks 1.5 cm thick or into cubes
- 1 large egg
- 1/2 cup cornstarch
- 1 cup fine cornmeal or crushed gluten-free corn flakes
- 2 tbsp grated Parmesan
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- Salt and black pepper to taste
- Olive oil spray or a drizzle of olive oil

METHOD

1. Gather all the ingredients.
2. Cut the provolone into evenly sized sticks or cubes.
3. Coat the sticks thoroughly in cornstarch.
4. Dip in beaten egg, letting the excess drain.
5. Coat in seasoned cornmeal, pressing lightly.
6. Arrange on a lined or greased baking sheet.
7. Spray with olive oil and bake in an oven preheated to 200°C for 20-25 minutes, turning halfway through.
8. Serve immediately to keep crisp!

COATING

- Cornstarch to seal.
- Beaten egg to help the coating stick.
- Seasoned cornmeal for crunch.

HOW TO SERVE

Serve hot with homemade tomato sauce, chili jelly or barbecue sauce. Great as a starter, snack or accompaniment to a cheese and cold-cut board.

CHEF'S TIPS

- For extra crunch, use crushed gluten-free corn flakes.
- Bake at a high temperature and avoid overcrowding the baking sheet.
- Freeze uncooked coated sticks for up to 1 month and bake straight from frozen.

RECIPE 50

Mini Chicken and Vegetable Skewers



Colorful, juicy and full of flavor, these mini chicken and vegetable skewers are perfect for any occasion. Easy to make, quick to cook and loved by the whole family! Light, nutritious and naturally gluten-free.

Gluten-free | Chicken | Snack | Baked

CALORIES	PREP TIME	YIELD	LEVEL
210 kcal / serving	**35 min**	**12 skewers (4 servings)**	**Easy**

INGREDIENTS

- 500 g chicken breast, cubed
- 1 red bell pepper, cubed
- 1 yellow bell pepper, cubed
- 1 zucchini, cut into thick half-rounds
- 1 red onion, cut into petals
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- 1 tsp sweet paprika
- 1 tsp salt
- Black pepper to taste

SEASONING

- Juice of 1/2 lemon
- Chopped parsley and scallions to taste

METHOD

1. Gather all the ingredients.
2. Season the chicken with garlic, lemon, salt, black pepper, paprika and olive oil. Mix and marinate for 15 minutes.
3. Cut the vegetables into medium, evenly sized pieces so they cook uniformly.
4. Assemble the skewers, alternating chicken, peppers, onion, zucchini and cherry tomatoes.
5. Arrange on a baking sheet or in the air fryer basket.
6. Bake in an oven preheated to 200°C for 20-25 minutes or air fry at 200°C for 15-18 minutes, turning halfway through.
7. Brush with a little olive oil halfway through cooking for extra juiciness.
8. Remove, finish with parsley and scallions and serve immediately.

HOW TO SERVE

Serve hot with yogurt and herb sauce or garlic sauce. Great with rice, a green salad or simple farofa (toasted cassava flour).

CHEF'S TIPS

• Marinate the skewers for more flavor.
• Avoid cutting the vegetables too small so they do not dry out.
• If using wooden skewers, soak them in water for 20 minutes before assembling to prevent burning.

RECIPE 51

Cornmeal-Crusted Chicken

Crispy, well-seasoned strips with an irresistible gluten-free coating.

Gluten-free | Homemade | Snack

CALORIES	PREP TIME	YIELD	LEVEL
190 kcal / serving	**40 min**	**4 servings**	**Easy**

INGREDIENTS

- 500 g chicken breast, cut into strips
- 1 egg
- 1 cup fine cornmeal
- 1/3 cup rice flour
- 2 garlic cloves
- Juice of 1/2 lemon
- Salt, paprika and pepper to taste
- Olive oil for baking

METHOD

1. Season the chicken with garlic, lemon juice and salt.
2. Marinate for 15 minutes.
3. Beat the egg in a bowl.
4. Mix the cornmeal, rice flour and paprika.
5. Dip the strips in the egg.
6. Coat with the dry mixture.
7. Bake or fry until golden and cooked through.
8. Drain or let rest, then serve hot.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Press the coating firmly onto the chicken.
• For baking, brush with a little olive oil.
• Cut strips to a similar size so they cook evenly.

RECIPE 52

Tapioca Cheese Bites

A golden crust, soft center and melted cheese in a simple gluten-free bite.

Gluten-free | Homemade | Snack

CALORIES	PREP TIME	YIELD	LEVEL
105 kcal / piece	**35 min**	**18 pieces**	**Easy**

INGREDIENTS

- 1 cup hydrated tapioca starch
- 1 cup shredded mozzarella
- 1/2 cup grated Parmesan
- 1 egg
- 2 tbsp sweet tapioca starch
- Oregano to taste
- Salt to taste

METHOD

1. Mix the cheeses in a bowl.
2. Add the hydrated tapioca starch.
3. Add the egg, salt and oregano.
4. Add the sweet tapioca starch and mix.
5. Refrigerate the dough for 10 minutes.
6. Shape into evenly sized balls.
7. Bake at 200°C until golden.
8. Serve while still hot and soft.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Chilled dough is easier to shape.
• Go easy on the salt because of the cheeses.
• The uncooked balls can be frozen.

RECIPE 53

Pumpkin and Dried Beef Croquettes

Creamy and aromatic, with a distinctly Brazilian filling, perfect for a snack platter.

Gluten-free | Homemade | Snack

CALORIES	PREP TIME	YIELD	LEVEL
150 kcal / piece	**60 min**	**16 pieces**	**Medium**

INGREDIENTS

- 500 g cooked, mashed kabocha squash
- 250 g carne-seca (Brazilian salt-cured dried beef), desalted and shredded
- 1/2 cup rice flour
- 1 egg
- 1/2 onion, chopped
- 2 tbsp chopped parsley and scallions
- Salt and pepper to taste
- Fine cornmeal for coating

METHOD

1. Cook the squash and mash thoroughly.
2. Sauté the dried beef with the onion.
3. Cook off the moisture in the filling and let cool.
4. Mix the egg and flour into the squash.
5. Season the dough and let cool until warm.
6. Flatten portions of dough, fill and seal.
7. Coat, then bake or fry until golden.
8. Serve hot with a mild chili sauce.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Kabocha squash produces a drier dough.
• Desalt the dried beef thoroughly.
• Add a little more rice flour if necessary.

RECIPE 54

Cassava and Calabresa Sausage Croquettes

Soft cassava dough with a well-seasoned calabresa sausage filling and a golden crust.

Gluten-free | Homemade | Snack

CALORIES	PREP TIME	YIELD	LEVEL
155 kcal / piece	**55 min**	**16 pieces**	**Medium**

INGREDIENTS

- 600 g cooked, mashed cassava
- 250 g calabresa sausage labeled gluten-free
- 1/2 cup rice flour
- 1/2 onion, chopped
- 1 egg
- 2 tbsp chopped parsley and scallions
- Salt and pepper to taste

METHOD

1. Cook the cassava until tender.
2. Mash and let cool.
3. Sauté the sausage with the onion.
4. Add the parsley and scallions and let the filling cool.
5. Mix the egg and flour into the cassava.
6. Flatten portions of dough and fill with sausage.
7. Shape, then bake or fry until golden.
8. Serve hot.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

- Use sausage labeled gluten-free.
- Drain excess fat from the filling.
- Well-drained cassava is easier to shape.

RECIPE 55

Potato and Chicken Croquettes

Golden croquettes with a mild potato dough and a creamy shredded chicken filling.

Gluten-free | Homemade | Snack

CALORIES	PREP TIME	YIELD	LEVEL
140 kcal / piece	**55 min**	**16 pieces**	**Medium**

INGREDIENTS

- 600 g cooked, mashed potatoes
- 2 cups shredded chicken
- 1/2 cup rice flour
- 2 tbsp requeijão (Brazilian creamy cheese spread), labeled gluten-free
- 1/4 onion, chopped
- 1 egg
- Chopped parsley and scallions, salt and pepper to taste

METHOD

1. Cook and mash the potatoes.
2. Sauté the chicken with the onion and seasonings.
3. Mix the requeijão into the chicken and let cool.
4. Add the egg and flour to the potatoes.
5. Mix until the dough can be shaped.
6. Flatten portions and place the filling in the center.
7. Seal and bake until golden.
8. Serve warm so the filling stays creamy.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Use a dry, floury potato variety such as Asterix.
• Avoid an overly wet filling.
• Coat in cornmeal for extra crunch if desired.

RECIPE 56

Crustless Mini Cheese Quiches

Creamy, easy and crustless, perfect for snacks, parties and gatherings.

Gluten-free | Homemade | Savory

CALORIES	PREP TIME	YIELD	LEVEL
95 kcal / piece	**35 min**	**12 pieces**	**Easy**

INGREDIENTS

- 4 eggs
- 1 cup milk
- 1 cup shredded mozzarella
- 1/2 cup grated Parmesan
- 2 tbsp cornstarch
- Oregano to taste
- Salt and pepper to taste

METHOD

1. Preheat the oven to 180°C.
2. Grease muffin cups.
3. Beat the eggs with the milk.
4. Dissolve the cornstarch in the mixture.
5. Add the cheeses and oregano.
6. Season with salt and pepper.
7. Divide among the cups, leaving space at the top.
8. Bake until set and lightly golden.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Wait 5 minutes before removing from the molds.
• Vary with chopped tomato or herbs.
• Do not overfill, as the mixture rises.

RECIPE 57

Crustless Mini Chicken Quiches

Light and protein-rich, with a chicken filling and creamy texture, with no crust to prepare.

Gluten-free | Homemade | Savory

CALORIES	PREP TIME	YIELD	LEVEL
105 kcal / piece	**40 min**	**12 pieces**	**Easy**

INGREDIENTS

- 4 eggs
- 1 cup milk
- 1 1/2 cups shredded chicken
- 1/2 cup grated cheese
- 2 tbsp cornstarch
- 1/4 onion, chopped
- Chopped parsley and scallions, salt and pepper to taste

METHOD

1. Preheat the oven to 180°C.
2. Grease the molds.
3. Mix the chicken, onion, parsley and scallions.
4. Beat the eggs, milk and cornstarch.
5. Season the liquid mixture.
6. Divide the chicken among the molds.
7. Pour the mixture over it and finish with cheese.
8. Bake until set and golden.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Use well-drained chicken.
• Let cool until warm before unmolding.
• Freeze after baking and cooling, if desired.

RECIPE 58

Vegetable Tartlets with Rice Flour

Colorful, soft and easy, with everyday vegetables in a gluten-free batter.

Gluten-free | Homemade | Savory

CALORIES	PREP TIME	YIELD	LEVEL
115 kcal / piece	**45 min**	**12 pieces**	**Easy**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup cornstarch
- 2 eggs
- 1 cup milk
- 1/4 cup oil
- 1 small carrot, grated
- 1/2 zucchini, chopped
- 1/2 cup sweetcorn
- 1 tsp baking powder
- Salt and herbs to taste

METHOD

1. Preheat the oven to 180°C.
2. Mix the eggs, milk and oil.
3. Add the rice flour and cornstarch.
4. Stir until smooth.
5. Add the carrot, zucchini and corn.
6. Season and fold in the baking powder.
7. Divide among greased molds.
8. Bake until risen and golden.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Chop the vegetables into small pieces.
• Avoid adding too many wet vegetables.
• Let cool until warm before unmolding.

RECIPE 59

Savory Corn and Cheese Muffins

Fluffy, golden and full of flavor, great as a snack or in individual portions.

Gluten-free | Homemade | Savory

CALORIES	PREP TIME	YIELD	LEVEL
130 kcal / piece	**40 min**	**12 pieces**	**Easy**

INGREDIENTS

- 1 can sweetcorn, drained
- 2 eggs
- 1/2 cup milk
- 1 cup rice flour
- 1/2 cup cornstarch
- 1 cup grated cheese
- 1/4 cup oil
- 1 tsp baking powder
- Salt and chopped parsley and scallions to taste

METHOD

1. Preheat the oven to 180°C.
2. Blend half the corn with the eggs, milk and oil.
3. Transfer to a bowl.
4. Add the rice flour and cornstarch.
5. Add the cheese and remaining corn.
6. Season and mix in the baking powder.
7. Divide among muffin cups.
8. Bake until golden and a toothpick inserted in the center comes out clean.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

- Drain the corn thoroughly.
- Semi-cured Minas cheese adds a stronger flavor.
- Leave the remaining corn whole for texture.

RECIPE 60

Savory Ham and Cheese Muffins

Soft and easy, with the classic combination of ham and cheese for any time of day.

Gluten-free | Homemade | Savory

CALORIES	PREP TIME	YIELD	LEVEL
145 kcal / piece	**40 min**	**12 pieces**	**Easy**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup cornstarch
- 2 eggs
- 3/4 cup milk
- 1/4 cup oil
- 1 cup chopped ham labeled gluten-free
- 1 cup chopped mozzarella
- 1 tsp baking powder
- Oregano and salt to taste

METHOD

1. Preheat the oven to 180°C.
2. Mix the eggs, milk and oil.
3. Add the rice flour and cornstarch.
4. Stir until smooth.
5. Add the ham, cheese and oregano.
6. Add the baking powder last.
7. Divide among muffin cups, without overfilling.
8. Bake until risen and golden.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Check the ham label.
• Cut into small cubes for even distribution.
• Wait a few minutes before unmolding.

RECIPE 61

Savory Onion Crackers

Crisp and aromatic, perfect with spreads, coffee and quick snacks.

Gluten-free | Homemade | Crackers

CALORIES	PREP TIME	YIELD	LEVEL
62 kcal / piece	**35 min**	**28 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 4 tbsp butter
- 1 egg
- 2 tbsp finely grated onion
- 1/2 tsp salt
- 1 tsp baking powder
- Oregano to taste

METHOD

1. Preheat the oven to 180°C.
2. Mix the butter and egg.
3. Add the grated onion and salt.
4. Add the rice flour and cornstarch.
5. Add the baking powder and oregano.
6. Mix until the dough can be shaped.
7. Shape small discs and place on a baking sheet.
8. Bake until lightly golden and let cool.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

- Squeeze the onion if it is very wet.
- Make thin crackers for extra crunch.
- Store in a tightly closed container.

RECIPE 62

Savory Garlic and Herb Crackers

Crisp, fragrant and full of flavor, ideal with spreads and cheeses.

Gluten-free | Homemade | Crackers

CALORIES	PREP TIME	YIELD	LEVEL
60 kcal / piece	**35 min**	**28 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 4 tbsp butter
- 1 egg
- 1 garlic clove, finely crushed
- 1 tsp dried herbs
- 1/2 tsp salt
- 1 tsp baking powder

METHOD

1. Preheat the oven to 180°C.
2. Mix the butter, egg and garlic.
3. Add the salt and herbs.
4. Gradually add the rice flour.
5. Add the cornstarch and baking powder.
6. Mix until the dough no longer sticks to your hands.
7. Shape and flatten the crackers.
8. Bake until the edges are golden and let cool.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Use garlic sparingly to avoid bitterness.
• Rosemary, oregano and thyme work well.
• Let cool before storing.

RECIPE 63

Parmesan Tapioca Starch Crackers

Light, crisp and cheesy, perfect with coffee or as an afternoon snack.

Gluten-free | Homemade | Crackers

CALORIES	PREP TIME	YIELD	LEVEL
48 kcal / piece	**35 min**	**30 pieces**	**Easy**

INGREDIENTS

- 2 cups sour tapioca starch
- 1/2 cup milk
- 1/2 cup water
- 1/4 cup oil
- 1 egg
- 1/2 cup grated Parmesan
- 1/2 tsp salt

METHOD

1. Preheat the oven to 200°C.
2. Bring the milk, water, oil and salt to a boil.
3. Pour the hot mixture over the tapioca starch to scald it.
4. Mix and let cool until warm.
5. Add the egg and Parmesan.
6. Stir until the dough is creamy and firm.
7. Shape sticks or rings on a baking sheet.
8. Bake until puffed and dry.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

- Use a piping bag to shape.
- Leave space between the crackers.
- Do not open the oven during the first few minutes.

RECIPE 64

Cheese and Herb Crackers

Golden, aromatic and full of cheesy flavor, ideal for snacking.

Gluten-free | Homemade | Crackers

CALORIES	PREP TIME	YIELD	LEVEL
72 kcal / piece	**35 min**	**24 pieces**	**Easy**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1 egg
- 3 tbsp butter
- 1 tsp dried herbs
- Salt to taste

METHOD

1. Preheat the oven to 180°C.
2. Mix the rice flour and tapioca starch.
3. Add the cheeses and herbs.
4. Add the butter and egg.
5. Mix to form a soft dough.
6. Shape into balls and flatten slightly.
7. Arrange on a baking sheet with space between them.
8. Bake until golden and let cool.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Use fragrant dried herbs.
• Finely grated Parmesan mixes in more easily.
• Store only once completely cool.

RECIPE 65

Cinnamon Cookies

Delicate, fragrant and lightly crisp, perfect with coffee or tea.

Gluten-free | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
70 kcal / piece	**35 min**	**24 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 1 1/2 tsp ground cinnamon
- 1 tsp baking powder

METHOD

1. Preheat the oven to 180°C.
2. Mix the butter and sugar.
3. Add the egg and beat lightly.
4. Add the flour and cornstarch.
5. Add the cinnamon and baking powder.
6. Mix to form a soft dough.
7. Shape discs and arrange on a baking sheet.
8. Bake until set and let cool.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Sprinkle with a little cinnamon before baking.
• Avoid overbaking so they do not dry out.
• Store in an airtight container.

RECIPE 66

Lemon Cookies

Light, citrusy and aromatic, with a fresh flavor for afternoon coffee.

Gluten-free | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
68 kcal / piece	**35 min**	**24 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- Zest of 1 lemon
- 1 tbsp lemon juice
- 1 tsp baking powder

METHOD

1. Preheat the oven to 180°C.
2. Mix the butter and sugar.
3. Add the egg, lemon zest and juice.
4. Add the rice flour.
5. Add the cornstarch and baking powder.
6. Mix until the dough can be shaped.
7. Shape small balls and flatten.
8. Bake until set, without letting them become too dark.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Grate only the colored part of the peel.
• Use a fresh lemon for a stronger aroma.
• Let cool before storing.

RECIPE 67

Orange Cookies

Delicate and fragrant, with an orange aroma and a soft center.

Gluten-free | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
70 kcal / piece	**35 min**	**24 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- Zest of 1 orange
- 2 tbsp orange juice
- 1 tsp baking powder

METHOD

1. Preheat the oven to 180°C.
2. Beat the butter and sugar.
3. Add the egg, zest and juice.
4. Add the rice flour.
5. Add the cornstarch and baking powder.
6. Mix to form a soft dough.
7. Shape and arrange on a baking sheet.
8. Bake until the edges are lightly golden.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Avoid the white pith, which tastes bitter.
• If the dough is too soft, refrigerate for 10 minutes.
• Serve completely cool.

RECIPE 68

Coconut Ring Cookies

Soft and delicate, with coconut in every bite, perfect for a homemade snack.

Gluten-free | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
78 kcal / piece	**40 min**	**22 pieces**	**Easy**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 1/2 cup shredded coconut
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 1 tsp baking powder
- 2-3 tbsp milk

METHOD

1. Preheat the oven to 180°C.
2. Mix the butter and sugar.
3. Add the egg.
4. Add the coconut, flour and cornstarch.
5. Add the baking powder and gradually add the milk.
6. Mix until the dough can be shaped without sticking.
7. Roll into ropes and join the ends to make rings.
8. Bake until set and lightly golden.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

- Use dried coconut to control moisture.
- Make all rings the same size.
- Let cool before storing.

RECIPE 69

Condensed Milk Ring Cookies

Sweet, soft and delicate, with a classic flavor that pairs with freshly brewed coffee.

Gluten-free | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
82 kcal / piece	**40 min**	**24 pieces**	**Easy**

INGREDIENTS

- 2 cups cornstarch
- 1/2 can sweetened condensed milk
- 3 tbsp butter
- 1 egg yolk
- 1/2 cup rice flour, if needed
- 1 tsp vanilla essence, optional

METHOD

1. Preheat the oven to 170°C.
2. Mix the butter, yolk and condensed milk.
3. Add the vanilla.
4. Gradually add the cornstarch.
5. Adjust the consistency with rice flour if necessary.
6. Roll into thin ropes.
7. Join the ends to form rings.
8. Bake until set, without browning too much.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Bake at a lower temperature to keep them pale.
• Add only as much flour as needed.
• Store in a closed container after cooling.

RECIPE 70

Guava Sandwich Cookies

Delicate cookies joined with guava paste, with a pretty appearance and traditional flavor.

Gluten-free | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
95 kcal / piece	**45 min**	**20 pieces**	**Medium**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 4 tbsp butter
- 1/2 cup sugar
- 1 egg
- 1 tsp vanilla
- 150 g soft or melted guava paste

METHOD

1. Preheat the oven to 180°C.
2. Mix the butter and sugar.
3. Add the egg and vanilla.
4. Add the flour and cornstarch.
5. Mix until the dough is smooth.
6. Shape small discs and bake until set.
7. Let cool completely.
8. Sandwich two cookies together with a small amount of guava paste.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Make equally sized discs.
• Use a small amount of guava paste so it does not run out.
• Assemble only when the cookies are cool.

RECIPE 71

Gluten-Free Cinnamon Sugar Fritters

Soft inside and golden outside, with the classic cinnamon sugar coating.

Gluten-free | Homemade | Sweet

CALORIES	PREP TIME	YIELD	LEVEL
90 kcal / piece	**30 min**	**20 pieces**	**Easy**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup cornstarch
- 2 eggs
- 1/2 cup milk
- 1/3 cup sugar
- 1 tsp baking powder
- Sugar and cinnamon for coating
- Oil for frying

METHOD

1. Mix the eggs, sugar and milk.
2. Add the rice flour and cornstarch.
3. Stir to make a thick batter.
4. Gently fold in the baking powder.
5. Heat the oil over medium heat.
6. Use two spoons to drop small portions into the oil.
7. Fry until golden and drain well.
8. Roll in cinnamon sugar and serve.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Overly hot oil browns the outside while leaving the inside raw.
• Make small portions.
• Serve while still warm.

RECIPE 72

Gluten-Free Mini Churros

Crisp outside and soft inside, perfect served with dulce de leche.

Gluten-free | Homemade | Sweet

CALORIES	PREP TIME	YIELD	LEVEL
105 kcal / piece	**40 min**	**20 pieces**	**Medium**

INGREDIENTS

- 1 cup water
- 2 tbsp butter
- 1 tbsp sugar
- 1 pinch salt
- 3/4 cup rice flour
- 1/4 cup cornstarch
- 2 eggs
- Sugar and cinnamon for coating
- Dulce de leche labeled gluten-free, for serving

METHOD

1. Bring the water, butter, sugar and salt to a boil.
2. Add the flour and cornstarch all at once.
3. Stir until the dough pulls away from the pan.
4. Let cool until warm.
5. Gradually add the eggs, mixing well.
6. Transfer to a piping bag fitted with a star tip.
7. Shape and fry until golden.
8. Roll in cinnamon sugar and serve with dulce de leche.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

- Let the dough cool until warm before adding the eggs.
- Make small churros so they fry evenly.
- Check the dulce de leche label.

RECIPE 73

Milk Powder Cookies

Delicate, soft and simple, with a mild milky flavor and quick preparation.

Gluten-free | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
72 kcal / piece	**30 min**	**24 pieces**	**Easy**

INGREDIENTS

- 1 cup milk powder
- 1 cup cornstarch
- 1/2 cup rice flour
- 1/2 cup sugar
- 4 tbsp butter
- 1 egg
- 1 tsp vanilla, optional

METHOD

1. Preheat the oven to 170°C.
2. Mix the butter and sugar.
3. Add the egg and vanilla.
4. Add the milk powder.
5. Add the cornstarch and rice flour.
6. Mix to form a soft dough.
7. Shape into balls and flatten with a fork.
8. Bake until set and let cool.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Avoid overbaking to keep them soft.
• If the dough is sticky, add a little cornstarch.
• Store in a tightly closed container.

RECIPE 74

Chocolate and Dulce de Leche Sandwich Cookies

Soft cocoa cookies with a creamy filling, ideal for an extra-special sweet treat.

Gluten-free | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
115 kcal / piece	**50 min**	**18 pieces**	**Medium**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup cornstarch
- 1/3 cup cocoa powder
- 3/4 cup sugar
- 4 tbsp butter
- 1 egg
- 1 tsp baking powder
- 150 g dulce de leche labeled gluten-free

METHOD

1. Preheat the oven to 180°C.
2. Mix the butter and sugar.
3. Add the egg.
4. Add the flour, cornstarch, cocoa and baking powder.
5. Mix until the dough can be shaped.
6. Shape small discs and bake.
7. Let cool completely.
8. Fill and sandwich the cookies with dulce de leche.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

- Use good-quality cocoa.
- Assemble only after cooling.
- Store filled cookies in a tightly closed container.

RECIPE 75

Cheese and Paprika Crackers

Savory, fragrant and crisp, with cheese and a special touch of paprika.

Gluten-free | Homemade | Crackers

CALORIES	PREP TIME	YIELD	LEVEL
68 kcal / piece	**35 min**	**26 pieces**	**Easy**

INGREDIENTS

- 1 cup rice flour
- 1/2 cup sweet tapioca starch
- 1 cup grated cheese
- 3 tbsp butter
- 1 egg
- 1 tsp sweet paprika
- 1/2 tsp salt
- Oregano to taste

METHOD

1. Preheat the oven to 180°C.
2. Mix the rice flour and tapioca starch.
3. Add the cheese, paprika and oregano.
4. Add the butter and egg.
5. Mix until the dough is uniform.
6. Shape into balls and flatten slightly.
7. Arrange on a baking sheet with space between them.
8. Bake until golden and let cool.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Smoked paprika gives a stronger flavor.
• Go easy on the salt because of the cheese.
• Store only after cooling.

RECIPE 76

Rosemary Tapioca Starch Sticks

Light, crisp and fragrant, great with spreads or as a snack.

Gluten-free | Homemade | Crackers

CALORIES	PREP TIME	YIELD	LEVEL
42 kcal / piece	**35 min**	**30 pieces**	**Easy**

INGREDIENTS

- 2 cups sour tapioca starch
- 1/2 cup water
- 1/2 cup milk
- 1/4 cup oil
- 1 egg
- 1 tsp dried rosemary
- 1/2 tsp salt

METHOD

1. Preheat the oven to 200°C.
2. Heat the water, milk, oil and salt.
3. Pour the hot mixture over the tapioca starch to scald it.
4. Let cool for a few minutes until warm.
5. Add the egg and rosemary.
6. Mix to form a creamy dough.
7. Pipe sticks using a piping bag.
8. Bake until puffed, dry and lightly golden.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

- Crush the rosemary between your fingers before using.
- Make thin, evenly sized sticks.
- Let cool for a crisper texture.

RECIPE 77

Sweet Potato and Cheese Bites

Soft, mildly sweet and filled with cheese, excellent as a baked snack.

Gluten-free | Homemade | Snack

CALORIES	PREP TIME	YIELD	LEVEL
120 kcal / piece	**45 min**	**16 pieces**	**Easy**

INGREDIENTS

- 500 g cooked, mashed sweet potato
- 1/2 cup rice flour
- 1 egg
- 1/2 cup grated Parmesan
- 150 g mozzarella, cubed
- Chopped parsley and scallions to taste
- Salt and pepper to taste

METHOD

1. Cook and mash the sweet potato.
2. Let cool until warm.
3. Mix in the egg, Parmesan and seasonings.
4. Gradually add the rice flour.
5. Flatten small portions of dough.
6. Fill with mozzarella cubes and seal.
7. Bake at 200°C until golden.
8. Serve warm to enjoy the melted cheese.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Drier sweet potato makes shaping easier.
• Lightly grease your hands.
• These can also be cooked in an air fryer.

RECIPE 78

Gluten-Free Mini Chicken Sfiha

Soft dough and a seasoned filling, in the perfect size for parties and snacks.

Gluten-free | Homemade | Savory

CALORIES	PREP TIME	YIELD	LEVEL
145 kcal / piece	**65 min**	**12 pieces**	**Medium**

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cup sweet tapioca starch
- 1/2 cup cornstarch
- 1 tsp dry yeast
- 1 tsp sugar
- 1 egg
- 3/4 cup warm water
- 2 tbsp olive oil
- 1 1/2 cups seasoned shredded chicken
- Salt to taste

METHOD

1. Mix the yeast, sugar and warm water.
2. Add the egg and olive oil.
3. Add the flour, tapioca starch, cornstarch and salt.
4. Mix to form a soft dough.
5. Rest for 25 minutes.
6. Divide the dough and flatten into small discs.
7. Fill with chicken and shape into sfiha pastries.
8. Bake at 200°C until golden.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

• Avoid an overly wet filling.
• Lightly grease your hands to flatten the dough.
• Serve warm.

RECIPE 79

Coconut Cornstarch Cookies

Melt-in-the-mouth cookies with few ingredients and a homemade coconut touch.

Gluten-free | Homemade | Cookies

CALORIES	PREP TIME	YIELD	LEVEL
64 kcal / piece	**30 min**	**28 pieces**	**Easy**

INGREDIENTS

- 2 cups cornstarch
- 1/2 cup shredded coconut
- 1/2 cup sugar
- 4 tbsp butter
- 1 egg yolk
- 2-3 tbsp milk, if needed

METHOD

1. Preheat the oven to 170°C.
2. Mix the butter and sugar.
3. Add the yolk.
4. Add the shredded coconut.
5. Gradually add the cornstarch.
6. Adjust the consistency with a little milk if necessary.
7. Shape balls and mark with a fork.
8. Bake until set, without browning too much.

HOW TO SERVE

Serve at room temperature with coffee, tea or juice. Let cool completely before storing to preserve the texture.

CHEF'S TIPS

• Use finely shredded dried coconut.
• Do not overwork the dough.
• Store in an airtight container after cooling.

RECIPE 80

Corn and Calabresa Sausage Bites

Flavorful, golden bites with calabresa sausage, great for parties and gatherings.

Gluten-free | Homemade | Snack

CALORIES	PREP TIME	YIELD	LEVEL
135 kcal / piece	**45 min**	**16 pieces**	**Medium**

INGREDIENTS

- 1 can sweetcorn, drained
- 200 g chopped calabresa sausage labeled gluten-free
- 1 egg
- 1/2 cup fine cornmeal
- 1/3 cup rice flour
- 1/2 onion, chopped
- 2 tbsp chopped parsley and scallions
- 1 tsp baking powder
- Salt and pepper to taste

METHOD

1. Sauté the sausage with the onion.
2. Drain excess fat and let cool.
3. Blend half the corn with the egg.
4. Transfer to a bowl and add the remaining corn.
5. Add the cornmeal, rice flour and seasonings.
6. Mix in the sausage, parsley and scallions.
7. Add the baking powder and shape into portions.
8. Bake or fry until golden and serve hot.

HOW TO SERVE

Serve at the temperature indicated in the recipe, preferably just after preparation, with sauces, coffee, tea or accompaniments that suit the snack.

CHEF'S TIPS

- Use sausage labeled gluten-free.
- Let the filling cool before mixing.
- For baking, brush the bites with olive oil.