

Health[®]

4 Gluten-Free Desserts That Will Satisfy Your Sweet Tooth

Next time you're shopping for groceries, stock up on these new gluten-free desserts—they'll add protein-packed chickpeas to your sweet bites!

If you have Celiac disease or Non-Celiac Wheat Sensitivity (NCWS), finding desserts that don't give you a reaction can be difficult. But not to worry: those with a gluten allergy (or anyone simply trying to eat less of it) can still indulge their sweet tooth with store-bought sweets. The secret ingredient in many of the gluten-free treats on supermarket shelves? Protein-packed chickpeas! Here, four of our favorite new gluten-free desserts to keep on hand for when a craving strikes.



Pure Genius Provisions Deep Chocolate Brownie

Not only are these treats gluten-free and vegan, but they're also made in an allergen-free facility without nuts or soy. The good news? This doesn't mean they lack flavor: the rich, chocolate-y brownie taste will have you coming back for more.

To buy: \$28 for 8; amazon.com

