



# Gluten Free Ice Cream Sandwiches

## Allergen Information

📅 April 28, 2020. Share: [f](#) [🐦](#)

*Upgrade your menu and serve your gluten free customers right*

The Italians have been making ice-cream sandwiches for years but the trend is now spreading. With the growing demand for gluten free desserts, we've investigated some gluten free ice cream sandwich options.

### Taco ice cream sandwich

Very popular in New York where all sorts of tacos are used. For the gluten free option, choose **corn tortillas**. This popular ice cream sandwich is often served with a topping, like nut crumble, fruit or popcorn and a generous pouring of chocolate or caramel sauce.

### Meringue ice cream sandwich

The **chewy texture of meringue** goes perfectly with ice cream. You can go for exotic summer flavours – like coconut meringue with passion fruit ice cream, meringue with strawberries and ice cream – or warmer tastes like hazelnut meringue with chocolate ice cream or coffee meringue with pear ice cream.

### Gluten free ice cream waffles

A warm waffle with cold ice cream is hard to resist. Not a new combination, but give it a twist with by creating a charcoal ice cream waffle! Or create a cone shaped waffle with the ice-cream tucked inside. Very popular in Hong Kong! Create **gluten free buckwheat waffles, sweet potato waffles, or tapioca waffles**. Serve with the ice cream of your choice and a fruit compote or salted caramel.

### Macaroon ice cream sandwich

Macaroon ice cream sandwiches are **trending**. Go for an easy option and fill a macaron with ice cream and then sprinkle over toasted nuts. Or do it like David Myers of restaurant Adrift in Singapore; he makes a more complex dessert of his ice cream **sandwich with a parfait of matcha crème** and a macaron with muscovado and vanilla cream.

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