



Where to Find Gluten Free Desserts

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GLUTEN FREE GRAPEFRUIT PANNA COTTA AT BRACERO

Gluten helps food maintain its shape and for some, it can cause celiac disease, which prevents nutrients from properly being absorbed. If you're gluten-intolerant or would like to try a gluten-free treat in honor of the month, visit these San Diego restaurants that provide delicious gluten-free desserts that are sure to satisfy any sweet tooth!

Mixing bold Latin flavors with clever Asian touches, [Barrio Star](#) incorporates vibrant flavors in all of their dishes. Missing out on chocolate indulgences due to your gluten-free diet? The Flourless Chocolate Chipotle Cake is just the dessert for you! Served with ganache and a scoop of vanilla ice cream, this treat comes without gluten... and disappointment!

Searching for your next gluten-free treat in the heart of Little Italy? Search no more because [Sirena Latina Cocina](#) offers a light and healthy dessert to celebrate all month! Enjoy the Raw Carrot Cake that is organic, vegan and made with a dried fruit cake, cashew custard, orange purée, berries sauce and orange sorbet. This bright orange delicacy is as vibrant as the nautical, south-of-the-border décor Sirena is known for.

Sometimes it's hard to find a balance between nutritious and delicious. [Farmer's Bogetta](#) in Mission Hills combines both to create a healthy mix of traditional Italian and American-organic cuisine. Their gluten-free, Cinnamon Raisin French Toast is no exception. Served up with homemade cream and strawberries, the French Toast is a healthy and sweet start to any morning.

Liberty Station's [Fig Tree Café](#) is the perfect place for a gluten-free dinner followed by a dessert that is just as delicious! Dig your fork into their Berry Tart full of creamy ricotta and berries, and topped with a tangy orange marmalade. Or, chocolate lovers, feast your eyes on their Chocolate Stuffed French Toast, with shaved coconut and vanilla ice-cream, that can be made gluten free upon request!

Have a craving for creamy Peanut Butter? [Union Kitchen & Tap](#), an Encinitas' neighborhood favorite, serves a Peanut Butter Cup Gelato Vero that is out of this world! Order the chilly dish and don't forget to add their house-whipped cream, all gluten-free and all absolutely delicious!

[Bracero Cocina de Raiz](#) is known for their cuisine rooted in Mexican tradition, and their dessert menu is not to be overlooked! If you're visiting this downtown hotspot, you must order their Grapefruit Panna Cotta-a dessert known for its gluten-free qualities. You'll be surprised by its burst of bright flavor as soon as you bite into the passion fruit sherbet and coconut foam.

Whether you are gluten intolerant, looking to decrease gluten from your diet or just want to try a gluten-free option, make sure to indulge your sweet tooth and visit these San Diego restaurants in honor of Celiac Disease Awareness Month!