



25 Vegan Dessert Recipes

This selection of vegan dessert recipes also features cakes, candies, pies and delicious ice cream and more!

Check out these irresistible vegan dessert recipes that are so good, you won't even realize they're vegan.



TRAIL MIX COOKIES



INGREDIENTS:

- ❖ ½ cup smooth peanut butter
- ❖ ½ cup non dairy margarine
- ❖ 1½ cups turbinado sugar
- ❖ 1 teaspoon vanilla extract
- ❖ 3 tablespoons flaxseed meal
- ❖ 6 tablespoons water
- ❖ ¼ teaspoon salt
- ❖ 1 cup sorghum flour
- ❖ ½ cup brown rice flour
- ❖ ¼ cup almond meal
- ❖ ½ cup potato starch
- ❖ ¼ cup tapioca flour
- ❖ 1 teaspoon xanthan gum
- ❖ 1 teaspoon baking powder
- ❖ ½ cup shredded coconut (sweetened)
- ❖ 1 cup non dairy chocolate chips
- ❖ ½ cup sliced almonds
- ❖ ½ cup raisins

YIELD: 24 COOKIES

These cookies feature all my favorite flavors of trail mix baked right into a scrumptious cookie. The options for mix-ins are endless.

Try pepitas, dried blueberries, or even your favorite spice blend to shake things up!

DIRECTIONS

1. Preheat oven to 375°F. In a large bowl, cream together the peanut butter, margarine, sugar, and vanilla extract until smooth. In a small bowl, mix the flaxseed meal with the water and allow it to rest for at least 5 minutes, or until thick. Add in the prepared flaxseed meal.
2. In a separate bowl, whisk together the salt, sorghum flour, brown rice flour, almond meal, potato starch, tapioca flour, xanthan gum, and baking powder. Gradually add the flour mixture into the peanut butter mixture and mix until a dough forms.
3. Fold in the coconut, chocolate chips, almonds, and raisins until incorporated. Drop by rounded tablespoonfuls onto an ungreased cookie sheet 2 inches apart.
4. Flatten slightly with the back of a spoon and bake for 12 minutes, or until bottoms are golden. brown. Let cool completely on the rack before enjoying. Store in airtight container for up to 1 week.

If you use a sugar other than turbinado, you may need to add 1 to 2 tablespoons of nondairy milk to get a proper dough to form.

SUPER-SOFT CHOCOLATE CHIP PUMPKIN COOKIES



Just as the name implies, these cookies are super soft and chock-full of pumpkin goodness. I love making these for Halloween parties, as they are always quick to get gobbled up!

DIRECTIONS

1. Preheat oven to 350°F.
2. Cream together the margarine and sugar. Once smooth, mix in the pumpkin.
3. In separate bowl, mix together the rest of the ingredients except for the chocolate chips. Slowly fold the flour mixture into the pumpkin mixture just until mixed. Fold in the chocolate chips.
4. Drop by tablespoonfuls onto an ungreased cookie sheet about 2 inches apart. Bake for 17 minutes.
5. Remove from oven and let cool completely before enjoying. Store in airtight container for up to 1 week.

If using fresh pumpkin with these, be sure to strain the pumpkin very well so that very little liquid remains before adding to the cookies.

INGREDIENTS:

- ❖ ½ cup non dairy margarine
- ❖ 1 cups sugar
- ❖ 1¼ cups canned (or fresh, drained well in cheesecloth) pumpkin puree
- ❖ 1 teaspoon vanilla extract
- ❖ 1 teaspoon baking powder
- ❖ ½ teaspoon baking soda
- ❖ 1 teaspoon sea salt
- ❖ 1¼ cups sorghum flour
- ❖ ¾ cup brown rice flour
- ❖ ½ cup potato starch
- ❖ ¼ cup tapioca flour
- ❖ 1 teaspoon xanthan gum
- ❖ 1 cup non dairy chocolate chips

YIELD: 20 COOKIES

PECAN SANDIES



INGREDIENTS:

- ❖ 1 tablespoon flaxseed meal
- ❖ 2 tablespoons water
- ❖ ½ cup non dairy margarine
- ❖ ½ cup olive oil
- ❖ ½ cup confectioners sugar
- ❖ ½ cup sugar
- ❖ 1¼ cups brown rice flour
- ❖ ½ cup potato starch
- ❖ ¼ cup tapioca flour
- ❖ 1 teaspoon xanthan gum
- ❖ ½ teaspoon baking soda
- ❖ ½ teaspoon cream of tartar
- ❖ ½ teaspoon salt
- ❖ 1 cup chopped pecans, plus 24 whole pecans for topping

YIELD: 24 COOKIES

Be sure to serve with a tall cold glass of almond or rice milk!

DIRECTIONS

1. Preheat oven to 375°F.
2. Mix the flaxseed meal with the water in a very small bowl. Let rest for 5 minutes, or until gelled.
3. In a large bowl, mix together the margarine, oil, sugars, and prepared flaxseed meal until blended.
4. In a separate bowl, whisk together the brown rice flour, potato starch, tapioca flour, xanthan gum, baking soda, cream of tartar, and salt. Add the flour mixture to the sugar mixture and stir well to combine into a slightly oily dough. Add the chopped pecans.
5. Form into 1-inch balls, place 2 inches apart onto an ungreased cookie sheet, and place a single pecan on top of each cookie. Bake for 11 minutes, or until lightly golden on the edges.
6. Let cool completely before serving. Store in airtight container for up to 1 week

FLORENTINES



INGREDIENTS:

- ❖ 1¼ cups sliced almonds
- ❖ ¼ cup superfine brown rice flour
- ❖ 1/3 cup sugar
- ❖ 4 tablespoons non dairy margarine
- ❖ ¼ cup agave
- ❖ ¼ teaspoon salt
- ❖ 1/3 Cup non dairy chocolate, melted
- ❖ 2 tablespoons finely chopped Candied Orange Peels or orange zest

YIELD: 12 COOKIES

Even though the name sounds wholly Italian, these cookies most likely originated in French

kitchens, with the name simply a nod to the Tuscan city. As beautiful as they are tasty, don't be

intimidated by the Florentine; they are a snap to make. Be sure to leave extra space in between each

cookie, as they spread! Aim for about six per standard-size cookie sheet.

DIRECTIONS

1. Preheat oven to 350°F.
2. In a medium bowl, combine the almonds and the brown rice flour. In a small saucepan, mix together the sugar, margarine, agave, and salt and bring to a boil, stirring often. Remove immediately from heat and stir mixture into the almond mixture. Mix until totally combined and drop by heaping tablespoons onto a parchment-lined cookie sheet, about 3 inches apart. Using a lightly greased fork, press down cookies into a flat circle, so that the almonds are in a single layer.
3. Bake for 5 minutes, rotate the cookie sheet, and bake for 4 to 5 minutes more, until the edges of the cookies are golden brown. Let cool completely and then drizzle with melted chocolate and sprinkle with orange peel. Let chocolate firm up before serving. Store in airtight container for up to 1 week.

DATE DROP COOKIES



INGREDIENTS:

FILLING

- ❖ 1¼ cup dates, pitted and finely chopped
- ❖ ½ cup water Pinch salt

COOKIES

- ❖ 2 tablespoons ground flaxseed
- ❖ 4 tablespoons water
- ❖ 1 cup non dairy margarine
- ❖ ¾ cup sugar
- ❖ ¾ cup brown sugar
- ❖ 1/3 cup plain unsweetened non dairy yogurt
- ❖ 1 teaspoon vanilla extract
- ❖ 1¼ cups sorghum flour
- ❖ 1 cup superfine brown rice flour
- ❖ ¾ cup cornstarch
- ❖ ¼ cup sweet white rice flour
- ❖ 1 teaspoon xanthan gum
- ❖ 1¼ teaspoons baking soda
- ❖ ½ teaspoon salt

YIELD: 20 COOKIES

Sticky sweet centers are enveloped in a soft cookie to bring you an ultimate treat.

I'm sure you will rave about their irresistible texture. I particularly like them because they are simple to prepare but look so beautiful when baked. For soy-free cookies, use soy-free yogurt.

DIRECTIONS

1. Place filling ingredients into a 2-quart saucepan and heat over medium heat, stirring often. Cook mixture for 5 minutes, or until thickened. Set aside.
2. Preheat oven to 400°F.
3. In a small bowl, combine the flaxseed meal with water and allow to gel for 5 minutes, or until thick. In a large mixing bowl, cream together the margarine and sugars until smooth. Add in the prepared flaxseed meal, yogurt, and vanilla extract.
4. In a separate bowl, whisk together the rest of the ingredients. Gradually incorporate the flour mixture into the sugar mixture until a clumpy dough forms.
5. On an ungreased cookie sheet, drop a tablespoon of the dough. Next, place a teaspoon of the date filling on top of the dough, and then top with a teaspoon more cookie dough. Repeat with all dough and filling. Bake for 11 minutes; let cool completely before serving. Store in airtight container for up to 1 week.

GINGER SNAPPERS



Crispier than gingerbread, these snappers pack a big ginger flavor into such a small little snack.

INGREDIENTS:

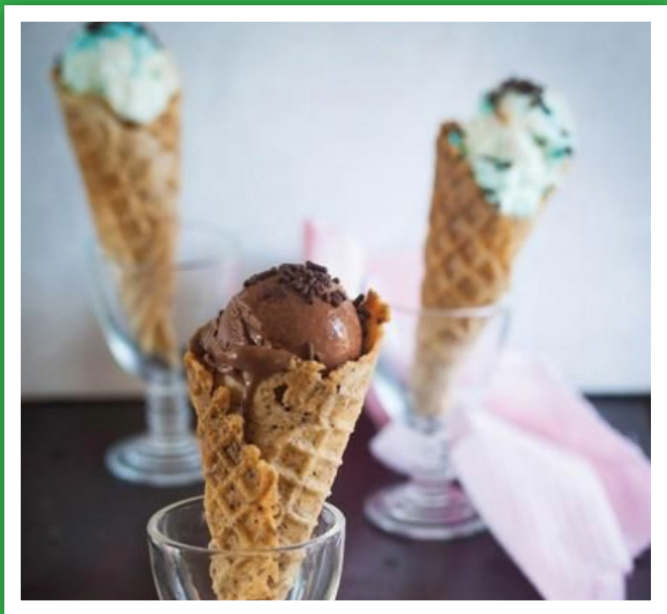
- ❖ 1 tablespoon flaxseed meal
- ❖ 2 tablespoons water
- ❖ 1 cup packed light brown sugar
- ❖ $\frac{3}{4}$ cup olive oil
- ❖ $\frac{1}{4}$ cup molasses
- ❖ 1 cup sorghum flour
- ❖ $\frac{1}{4}$ cup superfine brown rice flour
- ❖ $\frac{1}{2}$ cup potato starch
- ❖ $\frac{1}{4}$ cup tapioca flour
- ❖ 1 teaspoon xanthan gum
- ❖ 2 teaspoons baking soda
- ❖ 1 teaspoon salt
- ❖ 1 teaspoon cinnamon
- ❖ 2 teaspoons fresh grated ginger
- ❖ $\frac{1}{2}$ teaspoon cloves
- ❖ $\frac{1}{3}$ cup turbinado sugar, for rolling

DIRECTIONS

1. In a small bowl, combine the flaxseed meal with water and let rest until gelled, for about 5 minutes. Preheat oven to 375°F.
2. In a large bowl, mix together the brown sugar, olive oil, molasses, and prepared flaxseed meal.
3. In a smaller bowl, whisk together the rest of the ingredients except for the turbinado sugar, and, once mixed, gradually incorporate into the sugar mixture until a stiff dough forms.
4. Roll into 1-inch balls and then coat with turbinado sugar. Flatten slightly using the bottom of a glass and bake for 13 minutes in preheated oven. Let cool completely before serving. Store in airtight container for up to 2 weeks.

YIELD: 24 COOKIES

PIZZELLES



INGREDIENTS:

- ❖ 3 tablespoons flaxseed meal
- ❖ 6 tablespoons water
- ❖ 1 cup white rice flour
- ❖ ½ cup potato starch
- ❖ ¼ cup tapioca flour
- ❖ 2 teaspoons baking powder
- ❖ 1 teaspoon xanthan gum
- ❖ 1 teaspoon vanilla extract
- ❖ 1 cup melted non dairy margarine
- ❖ ¼ cup water

YIELD: 18 COOKIES

These cookies are delicious on their own but also make a fabulous accompaniment to ice cream, especially when shaped into waffle cones.

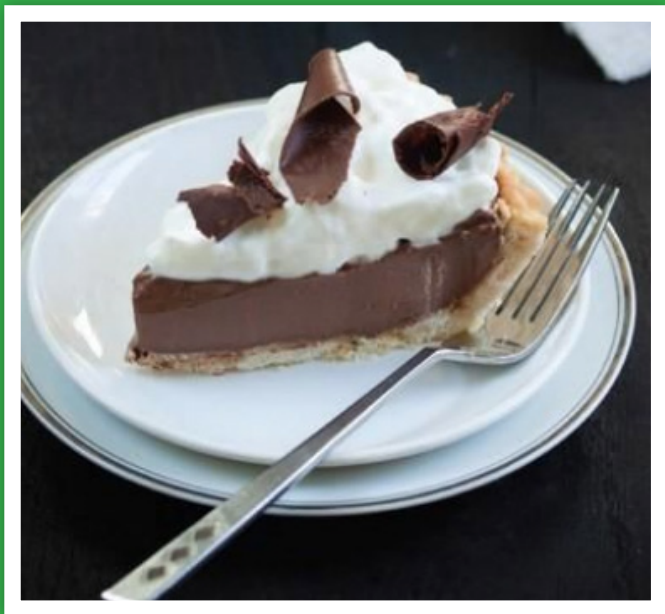
To make these cookies into homemade waffle cones you will need a Pizzelle press, which can be sourced from any typical home goods store.

When hot to the touch, shape the cookie disks into cones, fit inside a small bowl to make waffle bowls; or, leave them flat for classic pizzelle cookies.

DIRECTIONS

1. Preheat the pizzelle press and grease lightly with oil or nonstick spray just before the first batch, and repeat sparingly as needed.
2. In a small bowl, mix the flaxseed meal with water and let rest for 5 minutes, until gelled. In a medium bowl, whisk together the rice flour, potato starch, tapioca flour, baking powder, and xanthan gum. Make a well in the center of the flours and add in the vanilla extract, melted margarine, prepared flaxseed meal, and water. Mix until smooth. Place about 1 tablespoon batter onto the hot press and clamp down to close. Cook until golden brown and then gently remove.
3. To make waffle cones: Using an oven mitt or heat-safe gloved hands, gently shape the cookie into a cone and snugly place in a safe spot to cool, for about 1 hour. Watch that they don't unravel before cooling or they will become stuck in that shape. Let cool completely, and then serve with your favorite frozen treat. Store in airtight container for up to 3 weeks.

CHOCOLATE SILK PIE



INGREDIENTS:

- ❖ ½ recipe Flakey Classic Piecrust
- ❖ 2 (350 g) packages extra-firm silken tofu
- ❖ 2 teaspoons vanilla extract
- ❖ 2 tablespoons cocoa powder (I like extra-dark)
- ❖ ½ cup sugar
- ❖ 1½ cups chopped non dairy chocolate or chocolate chips.

YIELD: 10 SERVINGS

This is one of my favorite desserts to bring to potlucks because of its simplicity and versatility. The secret ingredient is silken tofu, which creates a base that's both firm and silky.

Top each individual piece with Sweetened Whipped Coconut Cream just before serving.

DIRECTIONS

1. Preheat oven to 400°F.
2. Prepare the pie crust according to recipe directions and roll out in between two sheets of parchment paper until about ¼ inch thick.
3. Flip over the parchment to gently place the crust into a standard-size glass pie pan. Fold or flute the crust and pierce bottom several times evenly with fork. Bake for 20 minutes, or until light golden brown. Remove from oven.
4. To prepare the filling, blend the tofu, vanilla extract, cocoa powder, and sugar in a food processor until completely smooth, scraping down sides as needed.
5. In a double boiler, melt the chocolate and drizzle into the tofu mixture and blend until completely incorporated.
6. Spread filling into baked pie shell and let cool at room temperature for 1 hour before transferring to the refrigerator to chill until slightly firm, 4 hours up to overnight. Store in airtight container in refrigerator for up to 3 days.

PECAN PIE



INGREDIENTS:

- ❖ ½ recipe Flakey Classic Piecrust
- ❖ 2 tablespoons flaxseed meal
- ❖ ¼ cup water
- ❖ 1¼ cups packed brown sugar
- ❖ 2 tablespoons superfine brown rice flour, or white rice flour
- ❖ 2 teaspoons vanilla extract
- ❖ ½ cup melted non dairy margarine
- ❖ 1½ cups chopped pecans

YIELD: 10 SERVINGS

The first time I tasted Pecan Pie, I was smitten. Even today when I get around one, it takes a bit of restraint for me to stop eating the whole darn thing!

Best to share with others, or just make two pies, and save yourself the heartache.

DIRECTIONS

1. Preheat oven to 400°F. Prepare the pie crust according to recipe directions and press into a standard-size pie pan, making the crust slightly shorter than the top edge of the pan. Flute or use a spoon to make a design in the top of the crust.
2. In a large bowl, stir together flaxseed meal and water and let set for 5 minutes, until gelled. Transfer to a mixing bowl and whip on high speed using a whisk attachment for 1 minute (or using elbow grease and a whisk), until fluffy. Add the sugar, brown rice flour, vanilla extract, and margarine. Fold in 1 cup of the chopped pecans. Stir well. Spoon filling into unbaked crust and then top with remaining chopped pecans.
3. Bake for 35 to 40 minutes, until crust is golden brown and filling is bubbly. Carefully remove from the oven and let cool completely, for at least 4 hours, before serving. Store in airtight container in refrigerator for up to 2 days.

NEW YORK-STYLE CHEESECAKE



This cheesecake takes a little added patience as it absolutely must be left in the oven 1 to 2 hours to finish baking and then it must be chilled overnight, but it is so worth it.

This classic dessert is just perfect plain but pairs exceptionally well with fruit topping.

Try it with Cherry Vanilla Compote, Broiled Persimmons, Blueberry Lavender Jam, or even plain fruit such as strawberries.

INGREDIENTS:

- ❖ ¼ cup almond meal
- ❖ 4 (8-ounce) tubs nondairy cream cheese, such as Tofutti brand
- ❖ 1¾ cups sugar
- ❖ ½ cup non dairy sour cream or coconut cream
- ❖ ½ cup besan/chickpea flour mixed with ½ cup water
- ❖ ¼ cup superfine brown rice flour or white rice flour
- ❖ 1 teaspoon vanilla extract.

YIELD: 12 SERVINGS

DIRECTIONS

1. Preheat oven to 350°F and lightly grease an 8-inch springform pan. Sprinkle the bottom of the pan evenly with the almond meal. You may use a larger pan, but your cheesecake will be thinner and may need to cook less time.
2. Place all the remaining ingredients into a food processor and blend until very smooth, for about 2 minutes, scraping down the sides as needed. Don't taste the batter as the besan will make it unpleasant until baked!
3. Bake for 45 minutes at 350°F and then reduce heat to 325°F. Bake for an additional 35 minutes, and then turn off oven. Let the cheesecake cool, inside the closed oven, for about 1 to 2 hours. Chill overnight before serving. Store in airtight container in refrigerator for up to 4 days.

CHOCOLATE PISTACHIO TART



INGREDIENTS:

CRUST

- ❖ 2 tablespoons flaxseed meal 3 tablespoons water
- ❖ 1 cup pistachios, pulsed until crumbly (plus additional crushed pistachios for garnish)
- ❖ 3 tablespoons fine yellow cornmeal
- ❖ 2 scant tablespoons sugar
- ❖ ½ teaspoon salt
- ❖ 3 tablespoons olive oil

FILLING

- ❖ 2½ cups nondairy semi-sweet chocolate chips
- ❖ 1/3 cups coconut milk
- ❖ 1 teaspoon vanilla extract
- ❖ 1/8 teaspoon ground cumin
- ❖ ¼ teaspoon sea salt

YIELD: 8 SERVINGS

I love the contrast of the deep chocolate filling against the salty pistachio crust.

This pie freezes beautifully and can be thawed in the refrigerator overnight the day before serving.

DIRECTIONS

1. Preheat oven to 400°F.
2. In a small bowl, combine the flaxseed meal with the water and let rest until gelled, for about 5 minutes. In a separate small bowl, whisk together the pistachios, cornmeal, sugar, and salt until well combined. Evenly mix in the olive oil and flaxseed gel, using clean hands.
3. Press crust into a standard-size pie pan, about ⅛ inch thick. Bake for 10 minutes. Remove and let cool completely.
4. To make the filling, place the chocolate chips in a large heat-safe bowl.
5. In a small saucepan, combine the coconut milk, vanilla extract, cumin, and salt and bring just to a boil over medium heat. Once bubbly, pour over chocolate chips and mix well. Spread the chocolate mixture into the piecrust and let cool at room temperature, for about 1 hour. Sprinkle with crushed pistachios and transfer into the refrigerator to cool completely until firm. Store in airtight container in refrigerator for up to 2 days.

BELGIAN WAFFLES



INGREDIENTS:

- ❖ 1 cup sorghum flour
- ❖ ½ cup superfine brown rice flour
- ❖ ¼ cup potato starch
- ❖ ¼ cup tapioca flour
- ❖ 1 teaspoon xanthan gum
- ❖ 4 tablespoons sugar
- ❖ 4 teaspoons baking powder
- ❖ ¾ teaspoon salt
- ❖ 2 tablespoons lemon juice
- ❖ 5 tablespoons olive oil
- ❖ 1 teaspoon vanilla extract
- ❖ ½ cup canned full-fat coconut milk
- ❖ 1½ cups water

YIELD: 7 WAFFLES

Of course, you don't need a Belgian waffle maker to enjoy these, any type will do, but they are definitely better bigger!

Top with your favorite toppings... I'm partial to Cherry Vanilla Compote or Sweetened Whipped Coconut Cream.

DIRECTIONS

1. In a medium bowl, whisk together the sorghum flour, superfine brown rice flour, potato starch, tapioca flour, xanthan gum, sugar, baking powder, and salt.
2. Form a well in the center of the flour mixture and add the lemon juice, olive oil, vanilla extract, coconut milk, and water.
3. Stir gently with a fork until all ingredients are combined, and then use a whisk to make the batter completely smooth.
4. Heat your Belgian waffle maker and lightly mist with nonstick cooking spray. Pour about 1¼ cups batter (depending on your waffle maker's size) and close. Cook for about 2 minutes, or until waffle is golden brown and easily releases from the waffle iron

CHOCOLATE EARL GREY GELATO



INGREDIENTS:

- ❖ 7 Earl Grey tea bags
- ❖ $\frac{3}{4}$ cup very hot water
- ❖ 1 cup non dairy chocolate chips
- ❖ $\frac{3}{4}$ cup sugar
- ❖ 1 (13.5-ounce) can full-fat coconut milk
- ❖ 1 tablespoon extra-dark cocoa powder
- ❖ Dash salt
- ❖ $\frac{1}{4}$ teaspoon xanthan gum, optional, for creaminess
- ❖ $\frac{1}{2}$ cup non dairy milk

YIELD: 1 QUART

This popular flavor combination gets its time to shine in this recipe.

The floral notes of Earl Grey are subtle, but unforgettable.

DIRECTIONS

1. Steep the tea bags in the hot water for at least 15 minutes. Squeeze and remove the tea bags and set tea aside.
2. Place the chocolate chips in a large heat-safe bowl.
3. Combine the sugar, coconut milk, cocoa powder, salt, and xanthan gum, if using, in a small saucepan over medium heat.
4. Heat just until hot (do not let boil) and pour over chocolate chips to melt. Add the nondairy milk and prepared tea and stir well to combine. Chill the mixture in the refrigerator for 1 hour.
5. Place into an ice cream maker and let run just until thickened to a soft serve ice cream consistency, or follow instructions in this book. Transfer immediately to a flexible airtight container and chill at least 6 hours until firm. Keeps for up to 3 months frozen.

BLACKBERRY CHEESECAKE GELATO



INGREDIENTS:

- ❖ 2 cups blackberries
- ❖ 1 cup non dairy cream cheese
- ❖ 1 cup non dairy milk
- ❖ $\frac{3}{4}$ cup sugar
- ❖ $1\frac{1}{2}$ teaspoons vanilla extract

YIELD: 1 QUART

I dare you to take just one bite of this creamy concoction; the flavor is highly addictive.

The bright purple hue that comes from the blackberries takes this gelato over the top. If blackberries aren't available, feel free to replace with another type of berry, frozen or fresh—all berries go great with cheesecake-flavored gelato!

You can use Sweet Cashew Cream in place of the non dairy cream cheese if you like.

DIRECTIONS

1. Place all ingredients into a blender and blend until smooth. Transfer to the bowl of an ice cream maker and process according to manufacturer's directions, or follow directions in this book.
2. Once frozen, store in a flexible airtight container for up to 2 months.

ROSEMARY APPLE SORBET



INGREDIENTS:

- ❖ 2½ cups apple cider (no sugar added)
- ❖ 1/3 cup sugar
- ❖ 1 sprig fresh rosemary

YIELD: 1 QUART

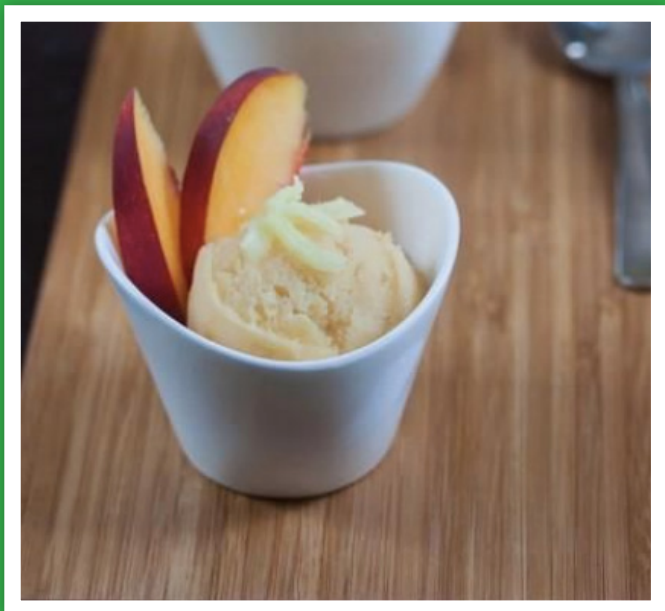
I can't get enough of this sorbet. The apple flavor is really enticing and enhanced elegantly with the addition of rosemary.

Be sure to seek out fresh rosemary, rather than dried, as it will absolutely make a difference.

DIRECTIONS

1. In a small saucepan over medium heat, combine the apple cider, sugar, and rosemary and cook for about 7 minutes, stirring often, until sugar is dissolved and the rosemary has added a hint of fragrance to the cider.
2. Remove syrup from heat and let cool completely, either in the refrigerator, or at room temperature.
3. Process in ice cream maker according to manufacturer's instructions or by following directions in this book. Once frozen, store in an airtight container in the freezer for up to 2 months

GINGER PEACH SHERBET



INGREDIENTS:

- ❖ 4 large ripe peaches (not too soft)
- ❖ 1 teaspoon fresh grated ginger
- ❖ Dash salt
- ❖ 1 cup sugar
- ❖ ½ cup canned full-fat coconut cream (thickest part from a can of milk)
- ❖ ½ cup non dairy milk

YIELD: 1 QUART

Warm ginger combines so beautifully with this cool peach sherbet to bring a dessert that would be welcome at the end of any dinner party.

DIRECTIONS

1. Fill a 2-quart pot about halfway with water and bring to a boil over medium-high heat. Carefully place peaches into the boiling water and cook for 1½ minutes. Drain immediately and gently run the peaches under cold water. Carefully remove the skins and pits and discard.
2. Place the blanched peaches, ginger, salt, sugar, coconut cream, and nondairy milk into a food processor or blender and blend until smooth.
3. Chill in the refrigerator until cold and then transfer to an ice cream maker and process according to manufacturer's instructions, or follow the directions in this book.
4. Transfer to a flexible airtight freezable container and freeze for at least 4 hours before serving. Keeps for up to 3 months frozen.

FALL HARVEST QUINOA PUDDING



Fruits and fall-time spices combine to make one comforting pudding, and the quinoa gives it a dense, creamy, and chewy texture.

DIRECTIONS

1. Over medium heat, in a 2-quart saucepan, warm the coconut oil until melted. Add the pecans, apples, dates, nutmeg, cinnamon, cardamom, and salt. Continue to cook over medium heat, stirring as to not let the mixture burn. Cook for 3 to 5 minutes, or until apples soften and pecans become fragrant.
2. In a small bowl, mix the non dairy milk with the cornstarch and vanilla extract. Whisk together until well combined and no lumps are visible.
3. Add the cooked quinoa to the saucepan. Stir in the brown sugar and nondairy milk mixture.
4. Cook over medium heat for about 2 minutes, or until thickened. Serve warm or chilled. Store in airtight container for up to 1 week in refrigerator

INGREDIENTS:

- ❖ 1 tablespoon coconut oil
- ❖ 1 cup chopped pecan pieces
- ❖ 1 apple, chopped into small pieces
- ❖ ½ cup dried dates, chopped
- ❖ ½ teaspoon ground nutmeg
- ❖ 1 teaspoon ground cinnamon
- ❖ ¼ teaspoon cardamom
- ❖ ½ teaspoon salt
- ❖ ½ cup cold non dairy milk
- ❖ 2 teaspoons cornstarch
- ❖ 1 teaspoon vanilla extract
- ❖ 2 cups cooked quinoa
- ❖ 1 cup brown sugar

YIELD: 6 SERVINGS

PUMPKIN FLAN



This is a traditional method of making pumpkin flan, where the pumpkin is allowed to shine on its own, rather than being masked by spices like cinnamon and cloves.

DIRECTIONS

1. Lightly grease four ramekins or teacups with margarine or cooking spray.
2. In a 2-quart saucepan, whisk together the pumpkin, non dairy milk, sugar, salt, and nutmeg until smooth. Warm over medium heat.
3. Combine the cornstarch with the cold water and stir until no lumps remain. Drizzle into the pumpkin mixture and continue to whisk, constantly, over medium heat until thickened, for about 7 minutes. You will notice a significant strain on your wrist as it becomes thickened.
4. Pour/spoon into lightly greased ramekins and let cool. Transfer to refrigerator and chill completely until cold. Invert onto a small flat plate, or leave in cups for serving.
5. Top with Caramel Sauce. Store in airtight container for up to 1 week in refrigerator.

INGREDIENTS:

- ❖ 1 cup canned pumpkin or strained pumpkin puree
- ❖ 1 cup non dairy milk
- ❖ ½ cup + 1 tablespoon sugar
- ❖ ¼ teaspoon salt
- ❖ Dash ground nutmeg
- ❖ 1/3 cup cornstarch
- ❖ 4 tablespoons cold water

YIELD: 4 SERVINGS

THAI MANGO STICKY RICE



INGREDIENTS:

- ❖ 1 cup short-grain glutinous rice
- ❖ 1½ cups canned full-fat coconut milk
- ❖ 1 cup water
- ❖ 3 tablespoons sugar
- ❖ Dash salt
- ❖ 1 mango, peeled and sliced into strips

FOR THE SAUCE

- ❖ ½ cup canned full-fat coconut milk
- ❖ 1½ tablespoons sugar
- ❖ 1 teaspoon cornstarch
- ❖ 2 teaspoons water
- ❖ Dash salt

YIELD: 2 SERVINGS

One of my favorite parts about visiting a Thai restaurant is enjoying the Mango Sticky Rice when mangoes are in season. Luckily, this addictive treat can be made at home! When making this recipe,

it's important to seek out "glutinous" rice, usually sold as "short grain" or "sticky" rice, which refers to the glue-like stickiness of the rice, not gluten.

DIRECTIONS

1. Soak 1 cup rice in 3 cups of water for 1 hour. Drain and rinse the rice and place into a saucepan with a tight-fitting lid. Stir in coconut milk, water, sugar, and salt, and bring to a boil over medium-high heat. Once it hits a boil, immediately reduce the temperature to low, stir, cover, and simmer for about 20 minutes, or until all liquid is absorbed and rice is tender.
2. To make the sauce, in a small saucepan, combine the coconut milk with the sugar. In a small bowl, whisk together the cornstarch and water until smooth. Whisk the cornstarch slurry and the salt into the coconut milk mixture and cook over medium heat, stirring constantly, until thickened.
3. Place a small mound of cooked rice in a bowl, along with the sliced mangos, and top with the coconut sauce. Serve immediately.

BUTTERY FINGERS



INGREDIENTS:

- ❖ 1 cup sugar
- ❖ 1/3 cup corn syrup
- ❖ 1/3 cup water, room temperature
- ❖ 1 cup creamy peanut butter
- ❖ 1 teaspoon vanilla extract
- ❖ 2 cups couverture, tempered (see recipe)

YIELD: 8 SERVINGS

These irresistible candies taste just like the commercial brand, with addictively crunchy peanut butter candy layers encased in creamy chocolate.

Of course, these are just as nice without the chocolate on the outside ... especially when crumbled up and sprinkled on ice cream.

DIRECTIONS

1. Line a 9 × 13-inch baking sheet with parchment paper or have ready a silicone baking mat the same size.
2. In a 2-quart saucepan combine the sugar, corn syrup, and water. Bring to a boil over medium heat, stirring often with a clean wooden spoon and washing down sides with a silicone brush.
3. Once boiling, reduce stirring to occasionally until mixture reads 290°F on a candy thermometer (or the Soft Crack Stage if using the Cold Water Method).
4. Remove from heat immediately and quickly stir in the peanut butter and vanilla extract and spread about ½ inch thick onto the baking sheet or silicone baking mat. Score lightly using a sharp knife and break into 1 × 2 inch-bars.
5. Cover with tempered couverture and let the candy set until the chocolate becomes firm, for about 1 to 2 hours. Store in an airtight container for up to 1 month.

HONEYCOMB CANDY



INGREDIENTS:

- ❖ ¼ cup water
- ❖ ¼ cup agave or maple syrup
- ❖ 1 cup sugar
- ❖ ¼ cup brown sugar (dark or light)
- ❖ 2 teaspoons baking soda
- ❖ 2 cups non dairy couverture or non dairy chocolate chips, melted (see recipe)

YIELD: 10 SERVINGS

Whether you call it Hokey Pokey, Puff Candy, Sea Foam, Sponge Candy, or another one of its many different and amusing names, this is an especially kid-friendly candy—and a fun project for a rainy afternoon.

DIRECTIONS

1. Place a silicone mat onto a cookie sheet and set on a flat surface.
2. In a stockpot thoroughly combine the water, agave, and sugars. There is no need to stir the candy while it cooks, but a nice and thorough mixing at the beginning is a good thing to do. Clip on your candy thermometer and cook over medium heat until the thermometer reaches about 285°F to 290°F, (or Soft Crack Stage using the Cold Water Method) or until the syrup darkens in color.
3. Be sure to wash down the sides of the pot with a wet silicone brush at the beginning of the cooking stages, so as to not incorporate any sugar crystals into the already dissolved, cooked mixture.
4. When the mixture has reached 285°F, remove from heat and quickly and carefully stir in the baking soda. It will foam up about four times its size! Stir quickly and evenly and then pour out onto the silicone mat, allowing it to freeform into a nice solid blob.
5. Do not try to spread the mixture; just let it rest until it has cooled. Cut into bite-size squares and then cover with the chocolate. Store in airtight container for up to 1 month. If you do not wish to cover these candies, they need to be stored immediately in an airtight, dry plastic bag with all air removed (using a straw, etc.)—uncovered, the honeycomb candy will only keep a short while before changing texture.

DARK AND DREAMY FUDGE



INGREDIENTS:

- ❖ ½ cup sugar
- ❖ 1 teaspoon vanilla extract
- ❖ 2 tablespoons non dairy milk
- ❖ 2 tablespoons non dairy margarine
- ❖ 10 ounces Ricemellow (vegan marshmallow) Cream
- ❖ 3 cups non dairy chocolate chips

YIELD: 64 PIECES

Super rich and extra dreamy, this fudge is best enjoyed in small pieces so that you can savor the intense flavor.

If you like some crunch in your fudge, simply add 1 cup of toasted walnut pieces into the fudge before spreading into a prepared pan, or sprinkle on top.

DIRECTIONS

1. Prepare an 8 × 8-inch pan by lightly greasing with non dairy margarine.
2. In a 2-quart saucepan, combine the sugar, vanilla extract, nondairy milk, and margarine and bring to a boil over medium heat. Cook for 1 minute, stirring often.
3. Stir in the Ricemellow Cream and heat just until warm and all of it has evenly combined with the sugar mixture, for about 4 minutes.
4. Quickly stir in the chocolate chips until they have completely melted and pour the mixture into the prepared pan. Let cool completely and then chill in the refrigerator for at least 2 hours before cutting. Store in an airtight container in the refrigerator for up to 1 month.

PUMPKIN MUFFINS



INGREDIENTS:

- ❖ 1¼ cups brown rice flour
- ❖ ½ cup potato starch
- ❖ ¼ cup tapioca flour
- ❖ 1 teaspoon xanthan gum
- ❖ ¼ teaspoon baking soda
- ❖ 1 teaspoon baking powder
- ❖ 1 teaspoon salt
- ❖ 1 teaspoon cinnamon
- ❖ 1 cup coconut palm sugar
- ❖ ¼ cup olive or coconut oil
- ❖ 1 cup pumpkin puree
- ❖ 1/4 cup + 2 tablespoons non dairy milk
- ❖ 2 tablespoons apple cider vinegar
- ❖ ½ cup pepitas

YIELD: 12 MUFFINS

These tender morsels are studded with raw pumpkin seeds, called pepitas, to add a delightful color and texture to the muffins.

DIRECTIONS

1. Preheat oven to 400°F and line a muffin pan with twelve liners, lightly spritz with nonstick spray, or simply grease a standard-size muffin pan.
2. In a large bowl, whisk together the brown rice flour, potato starch, tapioca flour, xanthan gum, baking soda, baking powder, salt, cinnamon, and coconut palm sugar. Stir in the oil, pumpkin puree, nondairy milk, and apple cider vinegar and mix until smooth. Fold in the pepitas.
3. Divide batter evenly among the twelve cups and bake for about 20 minutes, or until a knife inserted into the center comes out clean. Store in airtight container for up to 3 days.

GINGERBREAD SQUARES



INGREDIENTS:

- ❖ 1 ripe banana, mashed
- ❖ 2 tablespoons blackstrap (or regular) molasses
- ❖ 1 teaspoon freshly grated ginger
- ❖ 1 teaspoon cinnamon
- ❖ ¼ teaspoon cloves
- ❖ ¼ teaspoon salt
- ❖ 2 tablespoons agave or maple syrup
- ❖ 2 tablespoons ground chia seed
- ❖ 1 cup almond meal
- ❖ 1/3 cup teff flour

YIELD: 8 SERVINGS

Sweetened by banana, blackstrap molasses, and agave, this healthy gingerbread tastes just as rich and spicy as the traditional version.

DIRECTIONS

1. In a large bowl, stir together the banana, molasses, ginger, cinnamon, cloves, salt, and agave until smooth.
2. Fold in the chia seed, almond meal, and teff flour. Lightly grease a 4 × 8-inch loaf pan and spread the mixture into the pan.
3. Bake for 30 minutes. Let cool completely and then slice into squares. Store in an airtight container for up to 1 week

CHOCOLATE-COVERED PECAN PIE COOKIES

Recipe

25



INGREDIENTS:

- ❖ 2 teaspoons ground chia seed
- ❖ 2 tablespoons water
- ❖ 1½ cups raw pecans
- ❖ 1 cup raw cashews
- ❖ ¼ cup coconut flour
- ❖ ½ teaspoon salt 6 dates
- ❖ ¾ cup Raw Chocolate, melted

YIELD: 20 COOKIES

With chia seed and nuts, these delicious cookies taste sinful but are made from surprisingly wholesome ingredients. For a slightly more convenient version (and almost refined sugar-free), use non dairy chocolate chips for dipping the bottoms of the cookies instead of Raw Chocolate.

DIRECTIONS

1. Preheat oven to 325°F. In a small bowl, mix together the chia seed and water and let rest until gelled, for about 5 minutes.
2. Place the pecans, cashews, coconut flour, and salt into a food processor and blend until crumbly, for about 1 minute. Do not overmix! Once crumbly, add the dates, two at a time, until the mixture clumps together easily.
3. Process just until dates are well mixed. Shape into disks 1½ inches wide by ½ inch thick and place onto an ungreased cookie sheet. Bake for 15 minutes.
4. Let cool and then dip bottoms of cookies into the Raw Chocolate, placing back onto a silicone mat or wax paper-covered baking sheet. Chill for about 20 minutes in refrigerator until the chocolate has set. Store in airtight container for up to 1 week.