

Transformations: Vegan Recipes You Can Live By

Desserts and Treats

Almond-Oat Bites§

- 1 cup rolled oats
- 1/4 cup flaxseed meal
- 1/4 cup almonds, chopped in a food processor
- 2 tablespoon chia seeds
- 1/8 teaspoon ground cinnamon
- pinch sea salt
- 2 tablespoons **Vegan Butter Substitute**, or regular butter
- 1/4 cup almond butter, or peanut butter
- 6 tablespoons honey
- 1 teaspoon vanilla extract
- 2 tablespoon mini dark chocolate chips
- 1/2+ cup almonds with any other nuts of choice, ground in a food processor, as a coating

This makes a delicious and actually quite healthy raw cookie-like pastry. Too, it's unbaked, that is, raw. Makes about 18 balls.

Combine oats, chopped almonds, flax seed, chia seeds, salt and cinnamon in a large bowl and stir.

Melt **Vegan Butter Substitute** in a sauce pan and stir in almond butter over medium-to-low heat to create a slurry. Remove from heat and stir in honey and vanilla and cool. Once the mixture has cooled slightly, pour it over the oat mixture and mix well with a spatula. Fold in the chocolate chips. The chips will partially melt and the mixture will be quite sticky.

Place the chopped nuts in a small plastic bowl, one with a cover on it.

Using a small ice cream scoop, form the mixture into small bowls. One at a time, roll a 'blob' of the sticky mixture in ground almonds, coating all sides.

DO NOT use a coffee grinder to grind the nuts. Otherwise you'll end up something closer to nut butter than ground nuts. To facilitate covering the balls, close the plastic bowl and roll the 'blob' around.

Set the coated balls in 9×13 inch parchment paper lined pan. Cool in the refrigerator until firm.

Confections need to be kept covered in the refrigerator. They can also be stored in freezer bags and frozen for a relatively short period of time.

Apple Cake§

FOR THE CAKE

- coconut oil
- 2 cups flour
- 1/2 teaspoon sea salt
- 4 teaspoons ground cinnamon
- 4 teaspoons baking powder
- 4 eggs
- 2 cups cane sugar
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup walnuts, chopped
- 4 cups apples, optionally peeled, cored and sliced

CAKE TOPPING

- 4 teaspoons cane sugar
- 1 teaspoon ground cinnamon

Preheat oven to 350°F.

Lightly grease a 9×13 inch pan with coconut oil.

In a small bowl combine flour, salt, cinnamon and baking powder. Set aside.

In a large bowl, beat eggs and sugar for 5 minutes on high speed with an electric mixer. Add oil and blend in. Add flour mixture, mixing well with a spatula first, and then with an electric mixer to blend. (This prevents the flour from blowing everywhere when mixed with the electric mixer.) Blend in vanilla. Fold in apples and nuts.

Place a 9×13 inch pan on a cookie sheet (in case the cake overflows when baking). Pour batter into the 9×13 inch pan. In a small bowl, mix 4 teaspoons sugar with 1 teaspoon cinnamon. Sprinkle over cake with a spoon. Bake at 350°F for 50 to 60 minutes or until a toothpick inserted into center of cake comes out clean.

Allow to cool before serving. Store in the refrigerator covered with aluminum foil.

Apple Cinnamon Granola Bars

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 5913) The Experiment Kindle Edition

- 1/2 cup cashew butter, see notes
- 1/4 cup maple syrup
- 1/4 cup brown rice syrup, or additional maple syrup

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- 1 teaspoon vanilla extract
- 2 cups rolled oats
- 1 cup dried apple or dried apricot, finely chopped in a food processor
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1 teaspoon ground cinnamon

To make cashew butter, place cashews in a food processor. Add a little olive oil or melted coconut and process until cashews breakdown and start to form into a paste. Be careful to not add too much oil.

The first time I made this the kitchen timer that I was using malfunctioned. In the process I got side tracked and this entrée got burned to a crisp. There was no choice but to compost it. Watch the baking process carefully. It's an expensive set of ingredients to send to the composting process.

Preheat oven to 350° F.

Line an 8×8 in baking dish with parchment paper making sure that the paper flows over the edge of the pan. (You'll need to grip the paper later to remove the cooled bars.)

In a large sauce pan, combine the cashew butter, maple syrup and brown rice syrup. Heat only until ingredients blend and is a liquid sufficient to pour.

Remove the mixture from the heat. Stir in vanilla extract, rolled oats, dried apple, salt and cinnamon. Mix well.

Press mixture into baking dish, keeping fingers wet to minimize sticking. Press firmly into backing pan.

Bake for 18 minutes until bars are lightly browned.

Remove pan from oven and allow to cool for 10 minutes.

Remove the bars by lifting out the parchment paper and placing the bars on the parchment paper on a cooling rack.

Once cooled, use a large knife slice the bars into two inch squares. Store the bars in a tightly sealed container kept at room temperature.

Apple Cinnamon Parfait

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 522) Flatiron Books Kindle Edition

CASHEW CREAM

- 2 cups cashews, soaked in filtered water for 1 hour
- 1/2 cup maple syrup
- 1/4 cup lemon juice
- 1 teaspoon vanilla extract

- 1/2 cup coconut oil, melted
- pinch of sea salt

BAKED APPLES

- 2 apples, peeled, cored and sliced
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- pinch of sea salt

BUCKWHEAT CRUNCHIES

- 2 cups buckwheat grouts, soaked in filtered water for at least 1 hour
- 1/2 cup maple syrup
- 2 teaspoons ground cinnamon
- 1 teaspoon sea salt
- 1/8 teaspoon stevia

Preheat oven to 200°F.

Drain cashews and combine CASHEW CREAM in a blender. Blend until smooth and creamy.

Toss apple slices in coconut oil, cinnamon and vanilla extract.

Alternately, previously made granola instead of BUCKWHEAT CRUNCHIES.

Bake on a parchment paper lined baking sheet in preheated oven for 1 hour, or until apples are tender.

Drain the groats and rinse several times. Add the remaining BUCKWHEAT CRUNCHIES ingredients. Stir to combine.

Layer on a second parchment paper lined baking sheet. Bake for 1 hour to dry.

Alternately layer CASHEW CREAM, BAKED APPLES and BUCKWHEAT CRUNCHIES in desert cups.

Refrigerate until ready to serve.

Apple Crisp Cups

- coconut oil

FILLING

- 3 large McIntosh apples, peeled, cored, and chopped
- 1/4 cup filtered water
- 2 tablespoons cane sugar
- 1/2 teaspoon ground cinnamon, or to taste

CRUST

- 2 cups flour
- 2 cups rolled oats
- 1 1/2 cups brown sugar

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- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg, optional
- 1 1/2 cups **Vegan Butter Substitute**

Preheat oven to 350°F.

Grease 4 12-cup mini-muffin tins with coconut oil. Mix apples, water, white sugar, and 1/2 teaspoon of cinnamon together in a sauce pan, and bring to a simmer over medium low heat, stirring occasionally. Simmer until apples are partially cooked, about 5 minutes. Remove from heat.

Combine flour, oats, brown sugar, 1 teaspoon of cinnamon, and nutmeg in a large bowl. Cut the **Vegan Butter Substitute** into the flour mixture with a pastry cutter until the mixture looks like coarse crumbs.

Place a heaping tablespoon of the crust mixture into a mini muffin cup, and press it into the cup so that it covers the bottom and pushes up the sides of the cup. Make the crust go all the way to the top of the little muffin cup, and patch any holes with more crust mixture. There will be crust mixture left over.

Place about 2 teaspoons of apple filling in the crust. Sprinkle about 1 teaspoon of the remaining crust mixture on the filling. Bake in the preheated oven until golden brown, 15 to 20 minutes.

Apple Pie§

- 1 package pre-made pie shells
- 6-8 cups (about 8-10 apples) apples, peeled, cored thinly sliced
- 3/4 cup cane sugar
- 1 tablespoon **Vegan Butter Substitute**, or regular dairy butter
- 1 teaspoon ground cinnamon
- 2-3 tablespoons almond milk
- additional cane sugar
- 2-3 tablespoons **Vegan Butter Substitute**, cut into up to 12 small chunks, or regular dairy butter
- French vanilla ice cream, optional

Preheat oven to 450°F.

Wash, quarter, core, peel, and slice apples and measure to 6-8 cups. Combine sugar and cinnamon. The amount of sugar used depends on how tart your apples are.

Arrange apples in layers in pastry lined pie plate. Sprinkle each layer with sugar and cinnamon. Dot top layer with small pieces of **Vegan Butter Substitute**. Cover with top crust. Spread a layer of milk or half-and-half over the top of the crust and sprinkle with sugar. Dot with additional pieces of **Vegan Butter Substitute**.

Place on lowest rack in preheated oven. Bake for 10

minutes, and then reduce oven temperature to 350°F. Bake for 30 to 35 minutes longer.

Optionally, serve warm with French vanilla ice cream.

Apple or Blueberry Crisp

- 6 tart apples (or 4 cups of blueberries), peeled, cored, and sliced if using apples
- 1/2 cup **Vegan Butter Substitute**, melted
- 1 cup flour
- 1 cup cane sugar
- 1 cup rolled oats
- 2 tablespoons ground cinnamon, divided
- 1/4 cup **Vegan Butter Substitute**, cut into pieces

Preheat oven to 350°F.

Place apples in a 9×13 inch baking dish. In a bowl, mix melted **Vegan Butter Substitute**, flour, sugar, oats, and 1 tablespoon cinnamon to form a crumbly mixture. Sprinkle over apples. Dot with remaining 1/4 cup **Vegan Butter Substitute**. Sprinkle with remaining 1 tablespoon cinnamon. Bake 50 minutes in the preheated oven, until lightly browned and apples are tender.

Banana Berry ‘Nice’ Cream§

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 4053-4073). Houghton Mifflin Harcourt. Kindle Edition.

- 8 frozen bananas
- pinch of ground cinnamon
- 1 teaspoon vanilla extract
- 1 cup raspberries, thawed if frozen
- 1 cup strawberries, hulled
- additional berries, as a garnish

The original recipe called for the “seeds scraped from 1/2 vanilla bean”. Given the cost of vanilla beans, I changed it to vanilla extract. Any kind of berries or other frozen fruit can be used. I used peaches instead of strawberries.

Put the bananas, cinnamon, vanilla extract and orange juice in the food processor and blend until smooth. Use a wooden spoon to press down mixture until bananas are uniformly smooth. Scrape the banana mixture into the mixing bowl with a spatula. Rinse out the food processor.

Puree the raspberries and strawberries blending until smooth. Fold pureed mixture into blended bananas. Alternately, the berries can be mixed in directly with the bananas in the food processor, but doing so will lose the ‘swirled’ effect.

This dessert can be kept in the freezer for about 2 hours, but after that it will start to freeze solid and will need to be chopped up and blended again to come back

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to a creamy consistency.

Banana Cherry Garcia Soft Serve

<http://www.simple-veganista.com/2013/05/banana-cherry-garcia-soft-serve.html>

- 2 frozen bananas, sliced
- 1 1/2 cups cherries, pitted and frozen (divided)
- splash of coconut or almond milk
- scant 1/4 cup dark chocolate chunks or cacao nibs or raw chocolate chips

Place banana slices, 1 cup cherries and splash of milk into a food processor.

Using a wooden spoon and alternating on/off cycles, mash the mixture until fully mixed and forms into a smooth consistency.

Add in chocolate and remaining 1/2 cup cherries, pulse until just combined. Serve immediately topped with shaved dark chocolate, cacao nibs or raw chocolate chips.

Baron's Blackberry Cobbler

FILLING

- coconut oil
- 1/2 cup cane sugar
- 2 tablespoons cornstarch
- 6 cups blackberries
- 1/4 cup **Vegan Butter Substitute**, melted

TOPPING

- 2 1/2 cups flour
- 1 1/2 cups cane sugar
- 1 tablespoon baking powder
- 1 teaspoon sea salt
- 2 cups almond milk
- 1 tablespoon vanilla extract
- 1/4 cup **Vegan Butter Substitute**, melted

Preheat an oven to 350°F.

Lightly oil a 9×13-inch baking dish with coconut oil.

Whisk 1/2 cup sugar with the cornstarch in a small bowl; set aside.

Place the blackberries into a mixing bowl, and drizzle with 1/4 cup of melted **Vegan Butter Substitute**. Sprinkle with the cornstarch mixture, and toss to evenly coat. Spread the berries into the prepared baking dish.

In a separate bowl, whisk together the flour, 1 1/2 cup sugar, baking powder, and salt until evenly blended. Stir in the milk, vanilla extract, and 1/4 cup melted **Vegan Butter Substitute** until combined but still slightly lumpy. Pour the batter over the berries.

Bake in the preheated oven until the berries are tender and the crust is golden brown, 55 minutes to an hour.

Blackberry-Peach Cobbler

https://www.forksoverknives.com/recipes/blackberry-peach-cobbler/?utm_medium=Mailchimp&utm_campaign=Fruit-Desserts-5/6&utm_source=Email&utm_term=Blackberry-Peach-Cobbler

FRUIT

- 1-1 1/2 cups fresh peaches, pitted and sliced (or frozen sliced peaches, thawed)
- 2 cups blackberries, thawed if frozen

FRUIT SAUCE

- 3 medjool dates, pitted, chopped, and soaked in water (to cover) for about 30 minutes
- 2 tablespoons lime or lemon juice
- 1/2 cup filtered water
- 1/2 teaspoon ground allspice
- 1/4 cup oat flour

TOPPING

- 1/2 large banana, sliced
- 3 dates pitted, chopped, and soaked in water (to cover) for about 30 minutes
- 1/2 cup almond milk
- 1/4 teaspoon ground allspice
- 1-1 1/2 teaspoons baking powder
- 1 teaspoon vanilla extract

Preheat oven to 375° F.

Put the 6 dates into 2 separate dishes to soak.

Place peaches and blackberries into a large bowl. Set aside.

For the FRUIT SAUCE, blend the dates, lime or lemon juice, water, allspice and flour in a blender until smooth. Pour into the bowl of fruit and toss. Pour the fruit mixture into a 9×9 inch baking dish and spread out evenly. For the TOPPING, using a food processor, blend the banana, dates, and non-dairy milk together until smooth. Transfer this mixture to a bowl and add the oat flour, allspice, baking powder and vanilla extract. Mix with a fork until the texture is somewhere between dough and batter (fairly thick).

Spread the topping over the fruit filling evenly, or drop by spoonfuls, leaving gaps of fruit between.

Bake at 375° for between 25 and 30 minutes, or until topping is lightly browned. Let sit for at least 10 minutes before serving.

Blueberry Crumb Cake

CRUMB TOPPING

- coconut oil

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- 1 cup flour
- 2/3 cup cane sugar
- 1 teaspoon lemon zest
- 1 stick **Vegan Butter Substitute**, melted

CAKE

- 1 3/4 cups flour
- 1 cup cane sugar
- 2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon sea salt
- 3 eggs
- 1 cup sour cream
- 1 teaspoon vanilla extract
- 2 cups blueberries or blackberries, thawed if frozen

Preheat an oven to 350 degrees.

Grease and flour 8×8 inch baking pan with coconut oil and dust with flour.

To make the crumb topping, in a small bowl, stir together the flour, sugar and lemon zest. Add the melted **Vegan Butter Substitute** and stir with a fork until the mixture is crumbly. Set aside.

To make the cake, combine the flour, sugar, baking powder, baking soda, cinnamon and salt in a small bowl. In the large or medium bowl combine the eggs, sour cream and vanilla and beat until well blended. With the mixer on low, slowly add flour mixture. Beat on medium until smooth, about 2 minutes. Spoon the batter into the prepared pan and spread evenly.

Cover evenly with the berries. Sprinkle the crumb topping evenly over the berries.

Bake until the topping is golden brown and a toothpick inserted into the center of the cake comes out clean, conservatively 45-50 minutes; more likely 60-65 minutes, or even as much as 75-80 minutes. (When I made these the center was still quite undone even after 60 minutes of baking.)

Transfer the pan to a wire rack and let cool for 20 minutes.

Serve warm or at room temperature.

Blueberry Pie§

- 2 pre-made pie shells
- 1/2 cup cane sugar
- 1/3 cup flour
- 1/2 teaspoon ground cinnamon
- 4 cups blueberries, thawed
- 1 tablespoon lemon juice

- 2 tablespoons **Vegan Butter Substitute**, cut into pieces
- 1 egg
- 1 tablespoon filtered water
- 1/4 cup cane sugar
- French vanilla ice cream, optional

Heat oven to 425 degrees.

Lay one pie shell in the bottom of a 9 inch pie plate.

Stir together sugar, flour and cinnamon in a large bowl. Mix in berries.

Turn into pie shell in pie plate. Sprinkle with lemon juice and dot with **Vegan Butter Substitute**.

Cover with top crust. Make an egg wash by beating egg and water together. Brush surface with egg wash (there will be egg wash left over) and sprinkle sugar on top. Place on a parchment paper lined pan and bake for 45-60 minutes, or until obviously browned on top.

Pie is done with juice begins to bubble through slits in the crust.

Once sufficient cooled, serve topped with French vanilla ice cream.

Blueberry Sorbet

<http://chocolateandcarrots.com/2013/07/blueberry-sorbet>

- 1 medium banana, peeled
- 1/2 cup pomegranate juice
- 1/4 cup maple syrup
- 1 1/2 cup frozen blueberries

In this case commercial pomegranate juice can be used or you can make your own fresh juice in an electric juicer.

Blend all of the ingredients together in a food processor and place in a freezer safe container.

Freeze until solid, then serve.

Brown Sugar Oatmeal Cookies§

- 2 cups brown sugar, packed
- 1 cup **Vegan Butter Substitute**
- 2 teaspoons vanilla extract
- 2 eggs
- 1 1/2 cups flour
- 1 teaspoon sea salt
- 1/2 teaspoon baking soda
- 3 cups rolled oats

Cookies are, without a doubt, one of the 'foods to die for'. In including ingredients I've at least endeavored to include wholesome ingredients and 'real food'. To be sure, I would absolutely not call a cookie 'healthy';

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or even balanced. In fact, I wouldn't call desserts healthy—at least most aren't. They are, as famous chef would say, "ooh so good!"

Preheat oven to 350°F.

In a large bowl beat together brown sugar and **Vegan Butter Substitute** with an electric mixer until fluffy. Beat in the vanilla extract. Add the eggs one at a time scrapping the bowl after each addition.

Mix together the flour, salt and baking soda in a medium bowl. Add it into the creamed mixture in 2-3 batches, mixing until just combined. Stir in oats until just combined.

Using a small ice cream scoop, drop cookies onto a parchment paper lined baking sheet well separated as much as possible. Bake until dark and chewy, 12-13 minutes. Cookies will flatten out in oven.

Remove cookies from oven and cool slightly. Use a pizza cutter to slice cookies apart as necessary and place on cooling racks to harden. After about 10 minutes (when you take the next pan of cookies out of the oven), store them in a large plastic containers with wax paper between layers of cookies, to prevent them from sticking together.

Buttermilk Carrot Cake§

BASIC CAKE

- coconut oil
- 2 cups flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon sea salt
- 2 cups carrots, peeled and shredded
- 1 8 ounce can crushed pineapple, well drained - it must be canned crushed pineapple
- 2 cups brown sugar
- 1 cup walnuts or pecans, finely chopped
- 4 eggs
- 1/2 cup buttermilk
- 1/2 cup vegetable oil

BUTTERY CREAM CHEESE FROSTING

- 2 8 ounce packages cream cheese, softened
- 2 sticks unsalted butter, softened
- 4 cups powdered sugar

One of the BEST carrot cake recipes I've ever encountered! However, it's not even close to healthy. It's just so dog gone good that I had to include it in this book, even it several of the ingredients are absolutely not

good for you.

Preheat oven to 350°F.

Coat a 9×13 inch baking pan.

In a medium bowl, combine flour, baking powder, baking soda, cinnamon, allspice, and salt. Mix well.

In a large bowl, combine remaining CAKE ingredients. Stir flour mixture into carrot mixture until well combined. Pour batter into pan.

In one instance I substituted fresh pineapple for the canned pineapple indicated. The end result was a disaster. The cake absolutely refused to solidify, even after baking for almost 2 hours. Essentially I ended up with carrot cake pudding goop. As indicated in the ingredient list, 8 ounces of well-drained canned pineapple is the only kind of pineapple that will work in this recipe.

Bake 30 to 35 minutes, or until a toothpick inserted in center comes out clean. Let cool 10 minutes.

The following makes a LOT of frosting, as in "I like a little cake with my frosting". Excess frosting seems to be the norm for carrot cakes but feel free to reduce the ingredients listed to 2/3 of what is specified.

In a large bowl, beat 2 softened 8-ounce packages cream cheese, and 2 sticks softened unsalted butter until creamy.

The instruction to add SIFTED powdered sugar is a bit confusing. While you CAN use a standard flour sifter—the idea is to finely break up the sugar—a large medium sieve works much better. The more the sugar is broken up the fluffier the frosting ... and using a sieve to shake the sugar through makes for a VERY fluffy frosting.

Gradually add 4 cups SIFTED powdered sugar, beating 1 to 2 minutes, or until smooth.

Frost cooled cake with frosting. Cover cake with plastic wrap.

Carrot Cake Bars§

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 954) Page Street Publishing Kindle Edition

CRUST

- 4 medium carrots, peeled and washed
- 1/2 cup walnuts or pecans, chopped
- 1/2 cup raisins
- 2 tablespoons maple syrup
- 1 tablespoon coconut oil
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves

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FILLING

- 1 cup cashews, optionally soaked in filtered water for 4 hours and drained
- 1 orange, juiced
- 1 teaspoon orange zest
- 1/4 cup almond milk
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract

TOPPING

- 1/2 cup pistachios (or other nuts of choice), chopped in a food processor

Originally titled “Just Because Carrot Cake Bars”, I simplified it to “Carrot Cake Bars”. Makes 6 bars.

Grate the carrots in a good processor and add contents to a large sauce pan. Set aside.

Chop the nuts and raisins in a food processor together with the maple syrup. Stop before a paste is formed. Set aside.

Add the coconut oil to the carrots and heat over a medium-low heat. Add the carrots and CRUST spices. Cook for 5-7 minutes, until carrots are softened. Turn off heat and fold in nut and raisin mixture.

Lay the crust in a small 5×7 (or 8×8) parchment paper lined baking dish.

Blend all the FILLING ingredients in a blender and pour over the crust.

Top with chopped pistachios (or other nuts of choice).

Place pan in freezer to freeze. Once frozen, cut into bars in 9 pieces and store each piece in a plastic sandwich bag. Keep bags in freezer.

Bars can be allowed to thaw for 30 minutes for a creamier texture.

Cherry Pecan Granola Bars

Sroufe, Del: Forks Over Knives-The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1319) The Experiment Kindle Edition

- 2 cups rolled oats
- 1/2 cup pitted dates, chopped
- 1/2 cup orange juice
- 1/4 cup pecans, chopped
- 1 cup dried cherries, chopped
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- pinch of sea salt, or to taste

Makes 12 breakfast bars.

Preheat oven to 325°F.

Spread the oats on a large parchment paper lined bak-

ing sheet. Bake for 10 minutes, or until they start to brown. Remove from the oven and place the oats in a large mixing bowl.

While the oats are browning, combine the dates and orange juice in a small sauce pan and cook over medium heat for 15 minutes. Pour the mixture into a blender and process until smooth and creamy.

Combine the browned oats, the orange and date sauce and the remaining ingredients in a bowl.

Press mixture into a parchment paper lined 8×8 inch baking dish. Bake for 20 minutes until the top is golden brown.

Cool before slicing into bars. Wrap bars individually in aluminum foil to keep fresh make convenient to carry.

Cherry Soft-Serve Ice Cream

https://www.forksverknives.com/recipes/cherry-soft-serve-ice-cream/?utm_medium=Mailchimp&utm_campaign=Fruit-Desserts-5/6&utm_source=Email&utm_term=Cherry-Ice-Cream

- 4 medium-sized bananas, cut into 1-inch pieces and frozen
- 1 cup frozen cherries
- 1/2 teaspoon vanilla extract
- 1 tablespoon to 1/4 cup almond milk, as needed
- 2 tablespoons chocolate chips

In a food processor, combine the frozen banana pieces, cherries, and vanilla extract.

Process until creamy, adding almond milk one tablespoon at a time as necessary.

Pulse in the chocolate chips. Serve immediately.

Chewy Coconut Cookies

- 1 1/4 cups flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/2 cup **Vegan Butter Substitute**, softened
- 1/2 cup brown sugar
- 1/2 cup cane sugar
- 1 egg
- 1/2 teaspoon vanilla extract
- 1 1/3 cups shredded coconut

Preheat oven to 350°F.

Combine the flour, baking soda, and salt and set aside.

In a medium bowl, cream the **Vegan Butter Substitute**, brown sugar, and white sugar until smooth. Beat in the egg and vanilla until light and fluffy. Gradually blend in the flour mixture, then mix in the coconut.

Drop dough by teaspoonfuls onto a parchment paper lined cookie sheet. Cookies should be about 3 inches

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apart. Bake for 8 to 10 minutes in the preheated oven, or until lightly toasted.

Cool on wire racks.

Chocolate Banana Crunch Ice Cream§

Originally "Chocolate Banana Ice Cream". <http://www.diettaste.com/desserts/chocolate-banana-ice-cream.html>

- 6-7 medium bananas, cut in chunks, or partially thawed frozen bananas can be used
- 1 15 ounce can coconut milk
- 1/2 cup cocoa powder
- 2 teaspoons stevia
- 1 quality dark chocolate bark, broken into pieces, or cacao nibs (about 1 cup)

Add sliced bananas to a food processor and allow to sit for 15-20 minutes, until bananas become mushy.

Combine banana and coconut milk using food processor until smooth.

Add cocoa powder and stevia and blend until incorporated.

Stir in chocolate shavings.

Pour into a container and place in freezer. Stir with a fork every 30 minutes to break up large ice particles.

Originally the recipe called for two avocados, which did not work very well. I changed it to coconut milk, which works much better. The chocolate pieces are optional though the entrée is definitely better with the chocolate pieces.

Chocolate Chip Oatmeal Raisin Cookies

- 1/2 cup almond butter
- 1/4 cup unsweetened applesauce
- 1/4 cup coconut sugar
- 1 teaspoon vanilla extract
- 1 cup oat flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1 tablespoon ground cinnamon
- 1 cup rolled oats
- 1/2 cup dried cranberries
- 1 cup dark chocolate chips
- 1/2 cup walnuts, chopped

Preheat oven to 350 F.

Line 2 baking sheets with parchment paper. In a large mixing bowl, use a fork to beat the almond butter, applesauce and sweetener. Once smooth, mix in vanilla. Add in the oat flour, baking soda, salt, and cinnamon. Mix well and then stir in the oats and cranberries. Mix well. The dough will be stiff. Add chocolate chips and walnuts and continue to mix well.

Roll the dough into walnut sized balls and place on the prepared baking sheets. Flatten the cookies a bit, so they resemble thick disks they won't spread very much while baking. Bake 8-10 minutes. Remove the cookies and let them cool at least 5-10 minutes.

Chocolate Peanut Pulp Balls

Calbom, Cherie. The Juice Lady's Healthy Holidays Cookbook. Pages 50-51

- 1 cup carrot, shredded
- 1 cup medjool dates (about 14)
- 1/2 cup cocoa powder
- 3/4 cup crunchy peanut butter
- 1/2 cup shredded coconut, (or peanuts, ground)

Place shredded carrots in a large bowl.

Place dates, cocoa powder, and peanut butter in a food processor. Blend until relatively smooth scraping the sides during the process.

Add blended mixture to the bowl with the pulp and knead it together with your hands.

Roll the mixture into balls, slightly smaller than walnuts.

Place unsweetened coconut (or ground peanuts) in a small bowl.

Roll the balls in the coconut or peanut mixture.

Store in the refrigerator or freezer.

Chocolate Swirl Cake

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 290) Page Street Publishing Kindle Edition

DRY INGREDIENTS

- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- pinch of sea salt
- 1 tablespoon cocoa

WET INGREDIENTS

- 2 bananas, peeled and mashed
- 3/4 cup almond milk
- 1/4 cup coconut oil
- 1/2-2/3 cup maple syrup or agave syrup
- 2 tablespoons almond butter
- 1 teaspoon vanilla extract

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Preheat oven to 350°F.

Mix all DRY INGREDIENTS in a bowl, EXCEPT cocoa, and set aside.

Mix all WET INGREDIENTS in a bowl. Combine the DRY INGREDIENTS and the WET INGREDIENTS.

Pour about two-thirds of the batter into a small baking 8×8 baking pan.

Mix the cocoa powder into the remaining third of the batter and pour the chocolate batter over the white batter layer. Create marbling by swirling a fork once through both layers.

Bake for 45-50 minutes until a tooth pick inserted in the center of the cake comes out clean.

Let cake cool for at least one hour before serving.

Coconut Ginger Oatmeal Raisin Cookies

- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3 tablespoons fresh ginger root, peeled and grated
- 1 lemon, juiced
- 1/2 cup **Vegan Butter Substitute**, softened
- 1/2 cup cane sugar
- 2 eggs, beaten
- 1 cup rolled oats
- 1 cup shredded coconut
- 1 cup seedless raisins

Preheat oven to 375°F.

Line a baking sheet with parchment paper.

Combine flour, baking powder, and baking soda together in a bowl. Mix ginger and lemon juice together in a separate bowl. Beat **Vegan Butter Substitute** and sugar together in a bowl until smooth and creamy. Add egg and beat until light and creamy. Stir oats, coconut, raisins, and ginger mixture into creamed **Vegan Butter Substitute** mixture until well mixed. Add flour mixture to butter-oats mixture and stir until dough is well mixed.

Spoon dough onto the prepared baking sheet about 2 inches apart. Bake in the preheated oven until cookies are lightly golden brown, about 10 minutes. Cool cookies in a wire rack.

Cranberry Buckle Cake§

FOR THE CAKE

- 1 3/4 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon sea salt

- 1 stick **Vegan Butter Substitute**, at room temperature, plus more for the pan
- 3/4 cup cane sugar
- 1 teaspoon orange zest
- 2 eggs
- 1 tablespoon vanilla extract
- 1/2 cup sour cream
- 2 cups cranberries, frozen

FOR THE CRUMB TOPPING

- 1 cup flour
- 3/4 cup cane sugar
- 1/4 cup brown sugar
- 1/4 teaspoon sea salt
- 1 stick unsalted butter, cold, cut into 1/4-inch cubes
- 1 tablespoon vanilla extract

FOR THE CAKE

Preheat the oven to 350°F.

Butter an 8×8 inch square baking pan.

Combine the flour, baking powder, and salt together in a bowl. Cream the butter, sugar, and orange zest together on medium high speed until light and fluffy, 3 to 5 minutes. Add the eggs, 1 at a time, scraping down the sides of the bowl after each addition. Add the vanilla.

Switch to a spoon and add the flour mixture in 3 additions, alternating with the sour cream in 2 additions, beginning and ending with the flour mixture and scraping the sides of the bowl with each addition. Fold in 1 cup of cranberries with a spatula.

Spread the batter (which will be very thick) in the prepared pan and sprinkle the remaining 1 cup cranberries over the cake.

FOR THE CRUMB TOPPING

Combine the flour, sugars, salt, and butter in the bowl of a food processor or a stand mixer with the paddle attachment. Pulse or mix on low speed until the mixture is the texture of coarse crumbs. Drizzle the vanilla over the mixture and either pulse briefly just until incorporated.

Spoon crumb topping over the cranberries and batter, spreading to fill in open spots.

Bake the buckle for 45 to 50 minutes, until lightly golden and firm on top. Let cool in the pan on a wire rack before slicing and serving.

The cake will keep, tightly wrapped in plastic wrap, at room temperature for 2 to 3 days.

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Cranberry Orange Biscotti

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 5812) The Experiment Kindle Edition

- 1/3 cup orange juice
- 2 tablespoons flaxseed meal
- 3/4 cup cane sugar
- 1/4 cup unsweetened applesauce
- 1/4 cup almond butter
- 1 teaspoon vanilla extract
- 1 2/3 cups flour
- 2 tablespoons cornstarch
- 2 teaspoon baking powder
- 1/2 teaspoon ground allspice
- 1/2 teaspoon sea salt
- 3/4 cup dried cranberries

Preheat oven to 350°F.

Line a large baking sheet with parchment paper.

In a large mixing bowl, mix together orange juice and flaxseed meal.

Stir in sugar, applesauce, almond butter and vanilla extract.

Sift in flour, cornstarch, baking powder, allspice. Add salt and mix until well combined.

Fold in dried cranberries. The dough will be stiff.

On the prepared baking sheet, form the dough into a rectangle about 12 inches long by 3 to 4 inches wide. Bake for 26 to 28 minutes, or until lightly puffed and browned. Remove the sheet from the oven and let cool for 30 minutes.

Turn the oven temperature up to 375°F.

With a heavy, very sharp knife, slice the biscotti into 1/2 inch thick slices. The best way to do this is in one motion, pushing down; don't "saw" the slices or they may crumble. Lay the slices down on the Cookie sheet and bake for 10 to 12 minutes, flipping the slices half-way through.

Allow to cool for a few minutes on the baking sheet before transferring the slices to cooling racks.

Creamy Mango Ice Cream

Originally "Creamy Mango Ice Cream Recipe". <http://www.superhealthykids.com/creamy-mango-ice-cream/>

- 2 cups mango, sliced and frozen
- 2 medium frozen bananas, sliced
- 2 oranges, juiced

The original recipe called for using a Vitamix blender. I added the orange juice so this could be made in a food processor.

Combine the mango, banana and orange juice in a food processor.

Using a wooden spoon and alternating on/off cycles, mash the mixture until fully mixed and forms into a smooth consistency.

Scoop up and enjoy with your favorite toppings to serve.

Creamy Raspberry 'Nice Cream'

<https://cleanfoodcrush.com/raspberry-nice-cream-scoops/>

- 6 ounces raspberries, thawed if frozen
- 1/2 cup cashews, soaked in warm water at room temperature for at least 2 hours, then drained well
- up to 1/4 cup filtered water, cold, optional
- 2 frozen bananas, sliced

This recipe introduces and interesting technique for freezing the ice cream made, and solves one of the obvious problems with hard frozen banana-based recipes: Making the ice cream easy to remove from the freezer. Cup cake papers could be used, too.

Purée raspberries and cashews in a food processor until smooth, adding up to 1/4 cup icy cold water if needed to completely purée.

Add bananas and blend again, scraping down the sides several times, until very smooth.

Line a cupcake pan with plastic wrap. Scoop the nice cream into the individual holes. Cover pan with additional plastic wrap and freeze to make individual servings.

Crunch Time Chocolate Crispies

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 923) Page Street Publishing Kindle Edition

- 1/2 cup coconut oil, melted
- 2 tablespoons peanut butter
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup cocoa powder
- 1/4 cup chopped pistachios (or other nuts of choice)
- 3/4 cup crisp rice cereal, preferably gluten free

OPTIONAL TOPPPINGS

- 1/4 cup dried cranberries, sliced in half
- 1/4 cup cacao nibs

Makes 6 bars.

Line a small baking pan, 5×7 baking pan with parchment paper.

Place the melted coconut oil and peanut butter in a big bowl and mix well. Add the maple syrup, vanilla, cocoa

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powder and salt and mix again. Finally, add the nuts and rice cereal and mix.

Pour mixture into prepared pan. Add toppings if desired.

Freeze for at least 4 hours. Remove from freeze and slice into bars to serve.

Mixture will be stick to eat. Bring napkins.

Fruit Parfait with Orange Nut Crème

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 4375-4397). Houghton Mifflin Harcourt. Kindle Edition.

- 3 navel oranges, peeled, seeded and diced
- 1-2 teaspoons orange zest
- 3/4 cup unsalted macadamia nuts or cashews
- 5 Medjool dates, pitted and chopped
- 12 raspberries, preferably fresh
- 12 blueberries, preferably fresh
- 12 strawberries, washed, hulled and sliced

This makes 4 parfaits. Adjust ingredients accordingly for the number of servings desired. This parfait will not keep in the refrigerator for any length of time.

Combine orange pieces with orange zest, nuts and dates. Blend until a thick sauce is formed scraping the sides of the blender as necessary.

Alternate layers of the orange crème and the berries in the parfait glasses, starting and ending with 2-3 tablespoons of crème per layer. Serve immediately, or cover and refrigerate for up to 3 hours.

Ginger Peach Muffins

Sroufe, Del: *Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year* (Kindle Location 6109) The Experiment Kindle Edition

- muffin pan liners
- cooking spray
- 1 cup Better Than Milk
- 1 tablespoon flaxseed meal
- 1 teaspoon Bragg's apple cider vinegar
- 2 1/4 cups flour
- 3/4 cup cane sugar
- 1 tablespoon baking powder
- 1/2 teaspoon sea salt
- 2 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 3/4 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 2 cups peaches, thawed if frozen, finely diced

Preheat an oven to 350°F.

Line a muffin pan with 12 muffin papers. Spray with cooking spray (to facilitate removal later).

In a large measuring cup, combine Better Than Milk, flaxseed meal and apple cider vinegar. Mix for about 1 minute, until it appears foamy. Set aside.

In a medium mixing bowl, combine flour, sugar, baking powder, salt, ginger and cinnamon.

Make a well in the center of the mixture. Pour in milk mixture. Add the applesauce and vanilla extract. Stir batter to incorporate the wetter ingredients.

Fold in peaches.

Fill each muffin cup to the top. Bake for 24-27 minutes, or until an inserted toothpick comes out clean.

Remove muffins and allow to cool for 20 minutes. Use a knife to carefully cut muffins out of papers to serve.

Gluten Free Vegan Apple Crisp

<http://minimalistbaker.com/gluten-free-vegan-apple-crisp/> with variations by Emmale

- coconut oil

FILLING

- 6 cups apples, peeled, cored and chopped
- dash lemon juice
- 1/3 cup coconut palm sugar
- 1 tablespoon cornstarch
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- pinch of kosher salt

TOPPING

- 1/3 cup brown sugar, packed
- 1/4 cup rice flour
- 1/2 cup rolled oats
- 1/4 cup protein powder
- 1/4 teaspoon ground cinnamon
- pinch of kosher salt
- 1/3 cup butter, melted

Preheat oven to 375°.

Lightly grease 9×12 baking dish with coconut oil.

Add apples to a large bowl or plastic bag and sprinkle with lemon juice. Toss to coat with granulated sugar, cornstarch, cinnamon, nutmeg and salt.

Transfer mixture to a baking dish and set aside.

Rinse and dry the bowl. Add brown sugar, flour, oats, protein powder, cinnamon and salt and stir. Stir in melted butter.

Sprinkle topping over the apples and bake until apples are soft and topping is golden brown, 45 minutes to 1 hour.

Let rest 10-15 minutes before serving.

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Good Morning Tiramisu§

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 139) Page Street Publishing Kindle Edition

LEMON CUSTARD LAYER

- 3/4 cup cashews
- 3/4 cup full-fat coconut milk
- 1/3 cup maple syrup
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon vanilla extract
- 1 tablespoon chia seeds

COFFEE LAYER

- 1 cup cashews
- 1/4 cup almond milk
- 1/3 cup maple syrup
- 1/4 cup coffee, previously brewed
- 3 tablespoons cocoa powder
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla extract
- 1 tablespoon chia seeds

BETWEEN THE LAYERS

- 1 cup granola

While considered a breakfast entrée by the original source, this is classified under Desserts and Treats here. It needs to be made overnight, or at least early in the day, to allow time for it to chill.

When I made this the lemon and chocolate filling seemed potentially too thin so I added 1 tablespoon of chia seeds to each batch as a thickening agent. By the time these were spooned into their respective glasses, the mixture was thoroughly thickened. The chia seeds may not have been necessary but they seemed to add a nice creamy texture to the layers.

Blend LEMON CUSTARD ingredients in a blender on high. Scrape out with a spatula into a plastic cup and set aside. The blender does not need to be washed.

Blend ingredients in COFFEE LAYER in a blender on high. Scrape out with a spatula into a plastic cup.

Starting with a thin layer of granola, cover with some of the COFFEE LAYER followed by more granola followed by LEMON CUSTARD layer. Keep repeating with granola, COFFEE LAYER, more granola, and finally topped with LEMON CUSTARD until all the custard is added. (You may need to use a spoon to equalize layers.) Top with additional granola.

Refrigerate for at least 4 hours before serving.

Makes four servings.

Homemade Peach Ice Cream§

<https://yurielkaim.com/homemade-peach-ice-cream/>

- 2 cups frozen bananas, sliced
- 1 can coconut milk
- 2 cups peaches, diced
- mint sprigs, as a garnish, optional

Place the frozen bananas, peaches and coconut milk in a food processor. Process until peaches have started to break down.

This is a very thick mixture. When I made this I found it necessary to preprocess the mixture in my Ninja blender and then place this mixture in the food processor. The contents were frozen in the food processor and stirred ever hour to keep the 'ice cream' smooth and soft.

Spoon the soft serve into bowls and serve immediately or freeze, stirring occasionally to prevent from freezing hard.

Garnish fresh mint if desired.

Mango Blueberry Nice Cream

<http://asunshinemission.com/eat/tasty-tuesday-mango-blueberry-nice-cream/>

- 2 frozen bananas, sliced
- 1 cup mango, cut into pieces and frozen
- 1/4 cup blueberries, frozen
- coconut or almond milk, as needed

Add bananas, mango, and blueberries to food processor.

Process until broken down into small pieces.

Add in coconut or almond milk a little bit at a time, until your nice cream gets smooth and creamy.

Transfer to a bowl to serve.

No Churn Cinnamon Snickerdoodle Ice Cream§

<https://www.twopeasandtheirpod.com/no-churn-cinnamon-snickerdoodle-ice-cream/>

- 1 14 ounce can coconut milk
- 1/2 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 2 cups cold heavy cream
- 1 1/2 cups snickerdoodle cookies, chopped and divided (about 10 cookies)

Creamy cinnamon ice cream with snickerdoodle cookie pieces. This easy no churn ice cream is good; not excellent. It's workable but probably not ideal.

In a medium bowl, stir together coconut milk, vanilla extract, and cinnamon. Set aside.

In the bowl of a stand mixer, using the whisk attachment, beat cream on high until stiff peaks form, about

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3 minutes. With a rubber spatula, gently fold whipped cream into the sweetened coconut milk mixture. Stir in 1 1/4 cups of the snickerdoodle cookie pieces.

Pour ice cream mixture into a glass baking dish. Smooth with a spatula and sprinkle remaining cookie pieces over the top. If desired, sprinkle a little cinnamon sugar over the top too. Cover with plastic wrap and freeze until firm, about 6 hours.

When ready to serve, remove from freezer and scoop away!

Oatmeal-Raisin Cookies 1

- 1 cups rolled oats, pulverized in a food processor
- 2 cups oat flour
- 1 cup rolled oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 large ripe bananas, peeled and mashed
- 1 cup apple juice
- 1/2 cup raisins

Preheat the oven to 375°F.

Mix the dry ingredients in a large bowl. In a food processor, blend the bananas and juice until smooth. Slowly add the dry ingredients while mixing.

Pour the batter into the large bowl, and add the raisins. Drop by spoonfuls onto a parchment paper lined baking sheet. Press down with the bottom of a glass to flatten. Bake for 10 minutes.

Oatmeal-Raisin Cookies 2

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Locations 5770-5771) The Experiment Kindle Edition

- 1/4 cup almond butter
- 1/4 cup unsweetened applesauce
- 1/2 cup cane sugar
- 1 teaspoon vanilla extract
- 1 flour
- 1.2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/2 teaspoon ground cinnamon
- 1 cup rolled oats
- 1/2 cup raisins

Line a large baking sheet with parchment paper.

In a large bowl beat together applesauce, almond butter and sugar. Once relatively smooth mix in vanilla extract.

Add in the flour, baking soda, salt and ground cinnamon. Fold in oats and raisins.

Roll the dough into walnut-size balls and place on the prepared baking sheets, 2 inches apart. Flatten the cookies a bit, so that they resemble thick discs.

Bake for 8 to 10 minutes. The longer you bake them, the crispier they will be.

Remove cookies from sheet after allowing to cool for 5 minutes and then transfer to a cooling rack.

Original Nestlé® Toll House® Chocolate Chip Cookies§

- 2 1/4 cups flour
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- 1 cup **Vegan Butter Substitute**, softened
- 3/4 cup cane sugar
- 3/4 cup brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups Nestlé® Toll House® Semi-Sweet Chocolate Morsels
- 1 cup nuts, chopped

Herein is the mother of all cookies. It's included here ... because it's a classic ...

Preheat oven to 375°F.

Combine flour, baking soda and salt in small bowl. Beat **Vegan Butter Substitute**, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture Stir in morsels and nuts.

Drop by rounded tablespoon onto parchment paper lined baking sheets. Bake for 9 to 11 minutes or until golden brown. WATCH VERY CAREFULLY to prevent burning.

Cool on baking sheets for 2 minutes. Remove to wire racks to cool completely.

Peach Pie§

- 2/3 cup cane sugar
- 1/3 cup flour
- 1/4 teaspoon ground cinnamon
- 5-6 cups peaches, peeled, pitted and sliced, about 6-7 medium peaches
- lemon juice from one lemon
- 2 9 inch unbaked pre-made pie crusts
- French vanilla ice cream, optional

Place parchment lined cookie sheet on oven rack (to catch any potential boil over from the pie). Preheat oven to 400°F.

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Line a 10-inch pie plate with one of the pre-made crust.

In large bowl, mix sugar, flour and cinnamon. Rinse the peaches in a salad spinner. Add peaches and lemon juice. Stir to combine ingredients.

Spoon peach mixture into crust.

Place top crust and cover pie filling. Cut numerous slits into pie crust and seal top and bottom crust around edge.

Bake on cookie sheet about 45 minutes or until crust is golden brown and juice is thick and bubbly. Cool on cooling rack at least 2 hours.

Optionally, serve with French vanilla ice cream.

Pie will keep several days if covered with aluminum foil and refrigerated.

Peanut Butter Banana Ice Cream§

<http://www.theendlessmeal.com/peanut-butter-banana-ice-cream/>

- 4 frozen banana, sliced
- 1/4 cup peanut butter
- 1/4-1/2 cup dark chocolate chips, optional

Absolutely delicious, especially if made with home-made peanut butter.

Place the bananas in your food processor or high-powered blender. Blend on high, scraping down the edges, until the ice cream is very creamy, about 2-3 minutes. Add the peanut butter and blend till combined.

Scrape the ice cream into a medium sized bowl and stir in the optional dark chocolate chips.

You can either eat it right away (it will be soft) or cover the top with plastic wrap and freeze for up to an hour. (You can freeze it for longer than an hour, but the texture will change and won't be quite as good.)

Peanut Butter Granola Bars

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 5936) The Experiment Kindle Edition

- 1/2 cup smooth peanut butter
- 1/4 cup maple syrup
- 1/4 cup brown rice syrup
- 1 teaspoon vanilla extract
- 2 cups rolled oats
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cinnamon

Preheat oven to 350°F.

Line an 8×8 in baking dish with parchment paper making sure that the paper flows over the edge of the pan. (You'll need to grip the paper later to remove the cooled bars.)

In a large sauce pan, combine peanut butter, maple syrup and brown rice syrup. Heat only until ingredients blend and is a liquid sufficient to pour.

Remove the mixture from the heat. Stir in vanilla extract, rolled oats, salt and ground cinnamon. Mix well.

Press mixture into baking dish, keeping fingers wet to minimize sticking. Press firmly into backing pan.

Bake for 18 minutes until bars are lightly browned.

Remove pan from oven and allow to cool for 10 minutes.

Remove the bars by lifting out the parchment paper and placing the bars on the parchment paper on a cooling rack.

Once cooled, use a large knife slice the bars into two inch squares. Store the bars in a tightly sealed container kept at room temperature.

Penny's Pecan Shortbread Cookies

Calbom, Cherie. The Juice Lady's Healthy Holidays Cookbook. Pages 48-49

- 2 1/2 cup almond flour
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- 1 cup pecans, toasted and chopped
- 5 tablespoons coconut nectar
- 1/2 cup **Vegan Butter Substitute**
- 1 tablespoon vanilla extract

Preheat oven to 350 degrees.

Combine flour, salt, baking soda, and pecans in a large bowl.

Mix coconut nectar, **Vegan Butter Substitute**, and vanilla in a small bowl.

Combine wet ingredients with dry.

Place dough on a cutting board that is covered with parchment paper and form into a log about 2 1/2 inches in diameter and wrap with the parchment paper.

Place in the freezer for 1 hour, or until firm, and then unwrap. Cut into 1/4 inch slices.

Place slices on parchment lined baking sheet. Bake 7-10 minutes, or until golden brown.

Cool and enjoy!

Pumpkin Cranberry Cookies§

<http://www.forksoverknives.com/recipes/pumpkin-cranberry-cookies/>

- 1 cup cornmeal
- 1 tablespoon baking powder
- + 1 teaspoon baking powder
- 2 teaspoons ground cinnamon

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- 1 teaspoon ground nutmeg
- 1 teaspoon allspice
- 2 pinches of sea salt
- 1 15-ounce can pumpkin
- 1/3 cup maple syrup, or cane sugar
- 1/3 cup tahini
- 1/2 cup rolled oats
- 1 1/2 cups, dried cranberries
- cooking spray, as needed

Nothing to get overly excited about, these make about 3 dozen sugar and gluten free cookies.

Preheat the oven to 350° F.

Line a baking sheet with parchment paper.

Combine cornmeal, baking powder, cinnamon, nutmeg, allspice, and salt in a bowl.

In another bowl, place pumpkin, maple syrup, and tahini and mix well. Add dry ingredients to wet and mix well. Add oats and cranberries and mix well.

Drop spoonfuls of batter onto the prepared baking sheet in about 1/4 cup scoops, about 2 inches apart.

Spray the flat side of a pancake turner with cooking spray and flatten the cookies a bit, so that they resemble thick discs. (The cooking spray minimizes sticking.) They won't spread much at all during baking. Repeat spraying as necessary.

Bake for 45 to 50 minutes.

Remove pan from oven and let cool on a cooling rack for 10 minutes.

Eat cookies immediately or store in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 2 months.

Pumpkin Spice Chia Breakfast Cookies

http://www.rebootwithjoe.com/pumpkin-chia-breakfast-cookie-recipe/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+jointhereboot%2FuoBr+%28Reboot+With+Joe%29

- 1 cup rolled oats
- 1 teaspoon pumpkin spice
- 2 tablespoons maple syrup
- 3 tablespoons peanut butter or almond butter
- 2 teaspoons dehydrated coconut
- 1 tablespoon chia seeds
- dash of sea salt

Preheat oven to 400°F.

In a mixing bowl, combine all ingredients and form into cookies.

Place on a tray lined with parchment paper.

Bake the cookies in the oven for 10-12 minutes or until

golden brown.

Serve as a breakfast option or as a snack or dessert.

Quick Parfait

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 107) Page Street Publishing Kindle Edition

- 1 cup frozen strawberries
- 1/2 cup cashews
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1 cup vegan granola, see notes
- pomegranate seeds, or chopped nuts, as a topping, optional

*For the vegan granola, there are several recipes included in this book: **Almond Granola**, **Chocolate Tahini Granola**, **Grainless Granola**, **Granola 1**, **Granola 2**, **Granola 3** and **Granola 4**. There are also commercial varieties available, some of which are even gluten free.*

Blend all the ingredients, except the granola and pomegranate seeds, in a high-speed blender until smooth. Assemble in cups by layering the cream and granola. Use pomegranate seeds or nuts as decoration which definitely adds to the look, texture and taste.

Rainbow Juice Pops

<http://www.rebootwithjoe.com/rainbow-juice-pops/>

RED LAYER

- 1 small beet, washed
- 1 red apple

ORANGE LAYER

- 1 orange, peeled
- 1 carrot, peeled

YELLOW LAYER

- 1/4 small pineapple, peeled and cut into juicer sized pieces
- 1/2 lemon, peeled, optional

Juice the red ingredients and fill the popsicle container up by a 1/3, freeze for two hours.

Juice the orange ingredients and fill another 1/3, and freeze for another two hours.

Juice the yellow ingredients and fill popsicle container and freeze overnight.

You can also combine all ingredients together so you don't have to freeze in batches which will cut down on preparation time, although you will lose the color combinations.

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Raisin Breakfast Bars

- 1 cup raisins
- 1 1/4 cups rolled oats
- 1/4 cup flaxseed meal
- 1 cup walnuts or pecans, chopped
- 1/2 cup pitted dates, minced
- 1 cup dried mango, or dried apricot
- 1/2 cup orange juice
- 1/2 cup whole grain flour
- filtered water, as needed, optional

Preheat oven to 300°F. Use a power mixer to mix the ingredients. If too thick, add water if needed until the consistency is like thick dough.

Line a 9×13 inch with parchment paper being sure to overlap the edges of the pan. Scoop batter into pan and smooth out. Bake for 30 minutes, until well set and browned. After cooling flip the baked result onto a cutting board and use a bread knife to cut into bars. Store in plastic bags in the refrigerator to retain freshness.

Raw Apple Pie Bars

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 972) Page Street Publishing Kindle Edition

CRUST LAYER

- 1/2 cup pecans
- 3/4 cup raisins

TOP LAYER

- 1 cup cashews
- 1/4 cup fresh apple juice
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 cup almond milk
- 1 tablespoon coconut oil

GARNISH

- apple slices

Put all the ingredients in the CRUST LAYER in food processor. Process until mixture becomes sticky. Press into a parchment paper line 5×7 inch baking dish.

Another piece of parchment paper can be used to prevent the mixture from sticking to your fingers when flattened into the pan.

Place crust in freezer to solidify.

Mix all the TOP LAYER ingredients in a blender. Remove the crust from the freezer and pour in the blended mixture.

Cover with parchment paper and return to freezer.

Once frozen, cut into bars.

Before serving allow to come up to room temperature for 10-30 minutes. Optionally, garnish with freshly sliced apples to serve.

Raw Caramel Slices

BASE

- 1/4 cup almonds
- 1/2 cup pecans
- 6 dates
- pinch of sea salt

CARAMEL FILLING

- 1 1/4 cup cashews
- 6 dates
- 1/4 cup almond butter
- 6 tablespoons coconut oil
- 1/4 cup honey
- 1/2 teaspoon sea salt
- 1 teaspoon vanilla extract

CHOCOLATE LAYER

- 1/4 cup cocoa powder
- 1/4 cup honey
- 1/4 cup coconut oil

Soak the cashews 2-4 hours, then drain and rinse well. Line a 10 x 6 baking pan with parchment paper. For the base, coarsely process the almonds and pecans in a food processor until a crumb consistency forms. Add the dates and sea salt until well mixed.

Press the mixture into the pan evenly. Refrigerate for at least 1 hour.

For the filling, blend the cashews, dates, almond butter, coconut oil, rice malt, sea salt and vanilla in a food processor to get a smooth consistency. Blend until smooth and creamy. Pour the filling into the pan to cover the base evenly and place in the refrigerator for a further 2 hours or more.

For the chocolate layer, on low heat in a medium sauce pan, combine the coconut oil, cacao and honey until smooth and runny. Allow to cool slightly then pour onto the caramel layer once this has set well. Place in the refrigerator for another 1-2 hours to firmly set. Remove from the fridge and cut into squares and store in refrigerator.

Raw Mint Chocolate Bars

BASE

- 1 1/2 cups brazil nuts
- 1 1/2 dates

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- 2 teaspoons honey
- 1/4 cup cacao powder
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- pinch of sea salt

MINT FILLING

- 2 cups cashews
- 1/2 cup shredded coconut
- 1/3 cup coconut oil
- pinch of sea salt
- 1/4 cup honey
- 4-6 drops of peppermint oil
- 1 large handful baby spinach

CHOCOLATE TOPPING

- 1/2 cup coconut oil
- 1 teaspoon honey
- 1/2 cup cocoa powder
- 1 teaspoon vanilla extract
- pinch of sea salt
- 2 tablespoons cacao nibs

Process the brazil nuts until a crumb consistency forms in a blender or food processor. Add the dates, honey, cacao, vanilla and sea salt until well mixed. Press the mixture into the pan evenly then put into the freezer while preparing the mint layer.

Add all the mint filling ingredients to a food processor and process until smooth. Spread this mixture on top of the base and place back into the freezer.

Warm and melt the coconut oil and honey together stirring well, then add the remaining chocolate. Layer ingredients and mix well. Add the chocolate layer to the top of the mint layer and sprinkle the cacao nibs over the top. Replace back into the freezer and leave for 1 hour. Once dish has hardened enough you can cut up into small squares and store this in the freezer or refrigerator in an air-tight container.

Snickerdoodles

<https://www.bettyrocker.com/recipes/snickerdoodles/7ffc92a9-d847-4869-9ecb-99de3b751b14>

- 1 1/2 cups sugar
- 1/2 cup butter, softened
- 1/2 cup shortening
- 2 eggs
- 2 3/4 cups flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup sugar
- 2 teaspoons ground cinnamon

They may have an unusual name, but these rich cinnamon-sugar cookies are great for the holidays or anytime you want a tasty cinnamon treat.

Heat oven to 400° F.

Mix 1 1/2 cups sugar, the butter, shortening and eggs in large bowl. Stir in flour, cream of tartar, baking soda and salt.

Shape dough into 1 1/4-inch balls. Mix 1/4 cup sugar and the cinnamon. Roll balls in cinnamon-sugar mixture. Place 2 inches apart on ungreased cookie sheet.

An easy way to coat the cookies is to place the sugar and cinnamon in a bowl. Once the cookie is formed (as a ball), place the ball in the container, seal it, and shake to coat the ball. This works much better than trying to roll the ball in the sugar-cinnamon mixture.

Bake 8 to 10 minutes or until set. Remove from cookie sheet to wire rack.

Raw Vegan “Cheesecake”

Calbom, Cherie. The Juice Lady’s Healthy Holidays Cookbook. Pages 54-55 and <http://nata-shaskitchen.com/2009/11/23/best-cheesecake-with-blueberry-topping/>

FILLING

- 3 cups cashews, soaked 4 hours to overnight
- 1/2 cup lemon juice
- 1/4 cup coconut nectar, or pure maple syrup
- stevia extract, as needed
- 1/2 cup coconut oil, melted
- 2 teaspoons vanilla extract
- filtered water, as needed

PECAN CRUST

- 1 cup flaked unsweetened coconut
- 1 cup pecan pieces
- 1/2 cup coconut flour or almond flour
- 2 teaspoons ground cinnamon
- 2 tablespoons coconut nectar or pure maple syrup
- 5 tablespoons coconut oil

GLAZE

- 2 tablespoons coconut sugar
- 1/4 cup filtered water
- 2 tablespoons cornstarch
- 1 tablespoon lemon juice
- 4 cups blueberries or blackberries

FILLING

Drain cashews. Put soaked cashews, lemon juice, sweetener, coconut oil, and vanilla in a food processor and process until creamy.

Add water as needed; usually around 1/4 cup is needed. Add small amounts of water at a time; you don’t want it

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to be too liquid.

Adjust stevia to taste once mixture is well blended.

A Vitamix juicer is ideal, and will render a creamier consistency, but a food processor is the next best choice.

PECAN CRUST

Place all dry ingredients in a food processor and pulse until the mixture is crumbly.

Add sweetener and coconut oil and pulse several times in short bursts until crumbs are moist and begin to fall from the sides of the bowl.

Put crumbs into a pie plate and spread them evenly. Using your fingers, gently press crumbs across the bottom and up the sides of the pie plate.

Place in the freezer for at least thirty minutes to set.

Then pour in the filling and refrigerate for at least an hour.

GLAZE

While included in the picture, the recipe for the glaze is from Natasha's Kitchen (see source above), slightly modified.

In a medium saucepan over medium heat, combine 2 tablespoons of coconut sugar, water, cornstarch and lemon juice. As soon as it starts to thicken, add 4 cups of blueberries and cook until lightly bubbly. Don't boil. Let cool to room temp and spread on top of the cheesecake when serving. You can make this sauce ahead of time and serve the next day as well.

The sauce needs to be well cooled before applying to the cheesecake. Refrigerate cheesecake once topping has been added.

Serves 6-8.

Strawberry Nice Cream§

<http://www.twopeasandtheirpod.com/2-ingredient-strawberry-banana-ice-cream/>

- 4 large very ripe bananas, sliced
- 1 pound strawberries, washed and hulled
- 2 oranges, juiced

Arrange banana slices and strawberry slices in a single layer on a large plate or baking sheet. Freeze for 2 hours or overnight.

Place the frozen banana, strawberries and orange juice in a food processor.

Using a wooden spoon and alternating on/off cycles, mash the mixture until fully mixed and forms into a smooth consistency.

This will take a while. Don't worry, the bananas and strawberries will come together. Keep pushing the solids down and mixing!

Serve immediately for soft-serve ice cream consistency to serve.

If you prefer harder ice cream, place in a freezer container and freeze. When ready to serve, let the ice cream sit out for 5 minutes. It will be hard right from the freezer, but it will soften up and you will be able to scoop it.

Strawberry Parfait Popsicle

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 222) Page Street Publishing Kindle Edition

STRAWBERRY PARFAIT CREAM

- 1 cup frozen strawberries, broken apart if necessary
- 1/2 cup cashews
- 1/2 cup full-fat coconut milk
- 1/3 cup maple syrup
- 1 teaspoon vanilla extract
- pinch of sea salt

FILLINGS

- 1 cup **Vegan Chocolate Granola**, melted, optional
- dark chocolate, melted, optional

This recipe makes 4-6 pops, depending on how full the freezing chamber is in the popsicle mold. This mixture can also be served as a parfait-type dessert independent of freezing.

Combine strawberries, cashews, coconut milk, maple syrup, vanilla extract and salt in a food processor. Transfer mixture to a bowl and stir in granola.

Fill several popsicle molds with cream mixture using a spoon. Keep in freezer overnight.

Optionally, dip in melted chocolate to serve.

It may be possible, and more practical, to place the melted chocolate at the bottom of the popsicle mold and then fill the mold with the strawberry cream mixture. In so doing, the chocolate and strawberry cream will freeze together.

Tahini Confection

Originally "Yes Thanks I'll Halvah The Whole Tray". Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 1753) Flatiron Books Kindle Edition

- 2 cups **Tahini**
- 1/2 cup maple syrup
- 1/4 cup coconut oil, melted
- 1 tablespoon vanilla extract
- 3 tablespoons cacao nibs

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This is along the lines of a peanut brittle type of confection minus the sugar, and the peanut butter for that matter. It sounds like it would be good, as a treat, as long as it was eaten before it thawed.

Combine all the ingredients except the cacao nibs in a food processor.

Spread mixture into a parchment paper lined 9×12 pan.

Sprinkle with cacao nibs and place in freezer to freeze.

When hard, about 1 hour, cut into to inch pieces. Store in a freezer back in freezer.

Keep frozen until ready to serve.

Thumbprint Cookies

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Locations 5747-5748) The Experiment Kindle Edition

- 1/3 cup applesauce
- 1/4 cup almond butter
- 1/2 cup cane sugar
- 1 tablespoon flaxseed meal
- 2 teaspoons vanilla extract
- 1 3/4 cup flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/3 cup rolled oats
- 1/2 cup walnuts, chopped
- 1/3 cup raspberry jam

Preheat oven to 350°F.

Line a large baking sheet with parchment paper.

In a large bowl beat together applesauce, almond butter, sugar and flaxseed. Once relatively smoothly mixed in vanilla extract.

Add the flour, baking soda and salt. Mix well. Fold in oats and nuts.

Roll about 2 tablespoons of batter into a ball and place on the prepared baking sheet. Repeat with the remaining batter until you have 18 balls.

Moisten your thumb (or index finger) and make a deep indent in the center of each cookie. Fill hole with 1/2 teaspoon of raspberry preserves.

Bake for 10 to 12 minutes, or until the bottoms of the cookies are golden brown.

Remove cookies from sheet after allowing to cool for 5 minutes and then transfer to a cooling rack.

Vanilla Cherry Nice Cream

<http://www.thisrawsomeveganlife.com/2015/07/vanilla-cherry-nice-cream.html#.VZi8o8ZViko>

NICE CREAM

- 4 frozen bananas, sliced
- 1/3 cup cherries, pitted
- 1 teaspoon vanilla extract
- 2-3 oranges, juiced

TOPPING

- 1/3 cup cherries, pitted

Combine NICE CREAM ingredients in a food processor.

Using a wooden spoon and alternating on/off cycles, mash the mixture until fully mixed and forms into a smooth consistency.

Top with cherries to serve.

Vanishing Oatmeal Raisin Cookies§

- 1 cup **Vegan Butter Substitute**, softened
- 1 cup brown sugar
- 1/2 cup cane sugar
- 3 eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon sea salt
- 3 cups rolled oats
- 1 cup raisins

The name says it all.

Preheat oven to 350°F.

Combine **Vegan Butter Substitute** and sugars. Add 3 eggs, and vanilla extract and combine. Add flour, baking soda, cinnamon and salt. Mix well. Stir in oats and raisins.

Place by rounded tablespoons on parchment paper lined baking sheets. Cookies will flatten out when baked. Bake for 10-12 minutes, until golden brown. Remove and slice cookies apart, as necessary, with a pizza cutter. Placing on waxed paper lined newspapers. Once cooled, store in a large plastic storage container.

Vegan Avocado and Banana Soft Serve Ice Cream with Pistachios

<http://divinehealthyfood.com/vegan-avocado-banana-soft-serve-ice-cream-pistachios/>

- 2 frozen bananas, sliced
- 1/2 avocado, peeled and pitted
- 1/4 cup pistachios, shelled and divided
- 1 tablespoon shredded coconut

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- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract

Take a small handful of pistachios. Crush it with something flat and set it aside to be used later. Put all the ingredients except the small handful of crushed pistachios in a food processor.

Blend until it's completely smooth and runny.

Optionally, partially freeze for a more solid dessert.

Spoon it in a bowl and add the pistachios on top to serve.

Vegan Chocolate Peanut Butter Ice Cream

<https://thelemonbowl.com/2014/06/vegan-chocolate-peanut-butter-ice-cream-no-machine-required.html>

- 2 large frozen bananas, sliced
- 2 tablespoons cocoa powder
- 2 tablespoons peanut butter
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- pinch kosher salt

Place all ingredients in food processor and slowly pulse, 15 seconds at a time, until mixture is smooth and creamy, scraping down the sides as you go.

This process may take a couple minutes so be patient.

Serve immediately or freeze in an air-tight container for up to 5 days.

Watermelon Cashew Cream Dessert Wedges

- 1 large slice watermelon, peeled and cut into bite sized pieces
- 1 cup strawberries, sliced
- 1 cup blueberries, washed
- 15-20 leaves fresh mint
- 1 batch Cashew Cream, optional

This is okay when it really should be excellent. Emmale is right: It probably would be better without the Cashew Cream. Nevertheless, if adding Cashew Cream, use only 1/3 cup of water when making this sauce. Any more than this makes for a runny sauce.

Combine watermelon, strawberries, blueberries and mint in a large bowl. Optionally, make the Cashew Cream and add it to the bowl. Toss to coat the fruit with the Cashew Cream.

Refrigerate, covered, until ready to serve. Stir before serving with a slotted spoon.

Watermelon-Basil Ice

https://www.forksoverknives.com/recipes/watermelon-basil-ice/?utm_medium=Mailchimp&utm_campaign=Fruit-Desserts-5/6&utm_source=Email&utm_term=Watermelon-Basil-Ice

- 6 cups ripe watermelon, cubed
- 1/2 cup packed fresh basil leaves, washed
- 1 tablespoon lemon juice

Place the watermelon, basil, and lemon juice in a blender. Process just until smooth.

Pour the mixture into a shallow airtight freezer container. For best results, freeze for 3 to 4 hours until the texture is frozen yet scoopable. Use a metal ice cream scoop to portion into serving dishes.

Freeze any leftovers. To serve again, thaw at room temperature for about 10 minutes before scooping.