



Plant-based
desserts
cookbook

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Table of Contents

Cake

- 8** Plant based bounty
- 9** Vegan cheesecake
- 10** Coconut cake
- 12** Apple crumble cake
- 14** Banana Pie
- 16** Vegan snikers cake
- 17** Carrot cake
- 18** Oreo cake no bake
- 19** Blondie with chocolate
- 20** Chocolate Zucchini Cake
- 21** Napoleon cake
- 22** Brownie Banana Bread
- 23** Raspberries cake
- 24** Foam cubes
- 25** Mango cheesecake

Cookies, bars & balls

- 26** Oatmeal cookies
- 27** Crumbly oat bars
- 28** Chickpea cookies
- 29** Raspberry coconut balls
- 30** Date power balls
- 31** Nut bars
- 32** Cookie dough balls
- 33** Plum Truffles
- 34** Kiwi Citrus Bars
- 36** Pumpkin cookies
- 37** Chocolate Peanut Butter
Fudge



Table of Contents

Breakfast

- 38** Orange Pancakes
- 39** Omelette apple
- 40** Millet with caramelized pear
- 41** Sweet pizza
- 42** Baked blueberry pancake
- 43** Granola with fruits
- 44** Green smoothie
- 45** Vegan waffles
- 46** Vegan nutella
- 47** Fruity cocktail
- 48** Hot chocolate cupcake
- 50** Purple pancakes
- 51** Porridge with fig
- 52** Cinnamon roll
- 54** Matcha chia pudding
- 55** Coffee cocktail

Snacks

- 56** Mini panna cotta
- 57** Mango cupcake
- 58** Vegan coconut ice cream
- 59** Chocolate Mousse
- 60** Blueberry ice cream
- 61** Homemade chocolate
- 62** Baked apples
- 63** Chocolate muffins



Introduction

Cakes, bars, cookies without milk, eggs, butter, or cream? Yes, this is possible. Once you stock your pantry with a few simple ingredients, making vegan desserts couldn't be easier. Keep vegetable oil on hand to take the place of butter, start reaching for ground flaxseed instead of eggs, and invest in a bottle of pure maple syrup. You might be surprised to find that you don't miss the dairy or eggs one bit!

Below, you'll find my 50 best vegan desserts. I include plant-based twists on classic recipes as well as creative cakes, bars, pancakes, and more! No matter what you're craving or the occasion you're cooking for, you're guaranteed to find a sweet treat you love.

Whether you're vegan, lactose intolerant, or are simply craving something sweet, these indulgent plant-based and dairy-free dessert recipes (from no-bake brownies to ice cream to the creamiest cheesecake) promise to please any palate.



Plant based bounty



Skill Level: EASY

Ingredients

For coconut layer:

- 4 cups of shredded coconut
- 4 tbsp oil
- 1 cup coconut cream or 3/4 cup coconut milk
- 0.5 cup maple syrup

For chocolate layer

- 200g dark chocolate
- 0.5 cup plant milk
- 2 tbsp oil
- 2 tbsp cocoa powder
- 0.5 tsp vanilla extract
- pinch of salt
- 2 tbsp of peanut butter (completely optional)

Instructions

To a bowl add coconut cream, coconut oil and maple syrup - mix well. Add the shredded coconut and mix. Take a square pan and put some baking paper inside for easier release (later on). Put the coconut mix in the pan and press it as tight as you can in the pan. The tighter the better! If it won't be tight, it'll fall apart. Put aside. In a bowl add the chocolate, the oil, the vanilla and the milk and put in the microwave for 1 minute. You can also bien marie on a stove. Take it out and start mixing, while adding the 2 cocoa tbsp. Pour the mixture on the shredded coconut in the pan and put in the fridge for at least 3 hours. To cut, use a sharp knife you can warm with a bit of hot water for sharp cut.

Vegan cheesecake



Skill Level: MEDIUM

Ingredients

Oat base:

- 1.5 oatmeal
- 1.5 tbsp of oil
- 3 tbsp of maple syrup
- 2-3 tbsp of cold water

Millet weight:

- 1 cup of millet
- 2 cups of plant-based milk
- 2 cups of water
- 7-9 tbsp of favorite sweetener
- 1 tbsp of lemon juice
- 1 tsp of salt
- 6 cubes of vegan white chocolate

Nut cream:

- 1 can of chilled coconut milk
- 2-3 tbsp of 100% peanut butter
- 2-3 tbsp of sweetener in the powder

Instructions

Grind oat flakes, add oil and syrup and mix, gradually add water until a plastic mass is obtained. Put on the bottom of a springform pan 22 cm, on the bottom lined with paper, pat and bake for about 15 minutes at 350F. During this time, prepare the mass: rinse the groats with boiling water, pour water and milk, add juice, sweetener and salt and cook over low heat for about 20 minutes, at the end, add the chocolate cubes, mix until it dissolves and blend it into a homogeneous mass. Pour the prepared mass on the toasted bottom (act quickly! The mass freezes immediately and lumps very easily) and chill in the refrigerator for several hours. Prepare the cream: mix the solid part of the milk, peanut butter and sweetener until combined and put on the solid dough.

Coconut cake



Skill Level: MEDIUM

Ingredients

- 2.5 cups flour
 - 2 tbsp cornstarch
 - 1 tbsp baking powder
 - 0.5 tsp salt
 - 1.5 cups granulated sugar
 - 3/4 cup neutral flavored oil or melted vegan butter
 - 1.5 cups coconut milk
 - 2 tsp apple cider vinegar
 - 2 tsp pure vanilla extract
 - 1 tsp coconut extract
- Coconut Cream Cheese Coat:
- 8 oz vegan cream cheese
 - 0.5 cup vegan butter, slightly softened
 - 3-4 cups powdered sugar
 - 1 tsp pure vanilla extract
 - 1 tsp coconut extract
 - 1 cup shredded fine coconut, (optional, for topping cake)

Instructions

Cake:
Preheat the oven to 350F and grease two 8 inch cake pans. Place a circle of parchment paper on the bottom of each pan for easy removal. In a large bowl, add the flour, cornstarch, baking powder, salt and sugar. Whisk well to combine. To the bowl with the dry ingredients, pour in the oil, milk, apple cider vinegar, vanilla and coconut extract. Mix with a large spoon until just combined, but be careful not to over mix the batter or your cake won't be soft and fluffy. Pour into prepared pans and bake for 30-35 minutes, until a toothpick inserted in the middle comes out clean



Instructions

Let the cakes cool in the pan for 10 minutes, then carefully remove them and place on a cooling rack. Allow the cakes to cool completely before frosting; you can move them to the fridge to speed this up.

Coat:

To a large bowl add vegan cream cheese, slightly softened vegan butter (not too soft, or your frosting will be melty), 3 cups of powdered sugar, vanilla and coconut extract. Mix, mix starting on low, then increase to high until all ingredients are combined and smooth. If the frosting seems too runny, add another cup of powdered sugar. If it still is a bit runny, you can stick it in the refrigerator for 30 minutes or so until it firms up a bit. Frost the cake as desired, then sprinkle with shredded coconut and serve.

Apple crumble cake



Skill Level: HARD

Ingredients

Base and Crumble Topping:

- 2 cup of flour
- 7-8 tbsp favorite sweetener
- 0.75 cube of vegan butter (refrigerated, in a block, not margarine)
- 0.5 tsp cinnamon
- 0.25 tsp nutmeg

Sauteed Apples:

- 3 pieces apple (peeled and diced)
- 1 tbsp lemon juice
- 1 tbsp vegan butter
- 1/4 tsp cinnamon
- 3-4 tbsp favorite sweetener
- 1 tsp lemon zest

Vanilla Custard Layer:

- 2 cup of oat milk
- 1.5 tbsp vanilla bean paste or the seeds from one vanilla pod
- 10 tbsp caster sugar
- 2 cup full fat coconut milk
- 6 tbsp corn flour or cornstarch

Instructions

Base and Crumble Topping:

Preheat the oven to 320F. Line a baking tray with baking parchment. Also, line a deep 25x30cm baking tin with baking parchment. Set aside. In a large bowl, place the base/crumble ingredients. Cut together the ingredients until you have a rough sandy texture. Place 2/3 of the mixture into the deep baking tin. Using a flat object such as a spatula or dough scraper, flatten the mixture into one even layer. Place the remaining third of the mixture onto the lined baking tray and spread it out roughly. Place both baking trays in the oven and bake for 15 minutes. Remove both trays from the oven and allow to cool fully.

Sauteed Apples:

Place the peeled, cubed apples into a large frying pan and place over medium heat.



Instructions

Add a few tbsp of water and cover with a lid. Allow to simmer for 3-5 minutes or until the apples are starting to soften. Add the remaining ingredients and stir well. Allow to cook for a further few minutes but do not allow the apples to lose their shape. Remove the pan from the heat and spread the sautéed apples onto a plate and allow them to cool. Once cooled, chill the apples in the fridge until the base is ready.

Custard Layer:

Place the oat milk, vanilla bean paste and caster sugar in a medium saucepan. Place over low heat and stir until the sugar is dissolved. Do not allow the oat milk to boil. In a medium bowl, mix together the coconut milk, corn flour and turmeric. Whisk well. Pour the coconut milk mixture into the saucepan of oat milk mixture and whisk well immediately. With the saucepan still over low heat, keep whisking until the custard becomes very thick. If the custard is not thickening after around 8-10 minutes, turn the heat up slightly. Once the custard is thick, remove the saucepan from the heat and allow to cool for few minutes.

Spread the cooled, sautéed apples evenly across the base in the 25x30cm baking tin. Carefully pour the custard mixture over the apples and spread to create a flat surface with a spatula or pallet knife. Finally, crumble the topping over the custard layer. Allow to cool down to room temperature before chilling in the fridge for at least 3 hours.

Banana Pie



Skill Level: MEDIUM

Ingredients

Almond crust:

- 1.5 cups raw almonds
- 8 large dates pitted
- 2 tbsp oil
- 0.25 tsp cinnamon
- 0.5 tsp vanilla extract
- 0.25 tsp salt

Banana cream pie filling:

- 2 (14-ounce) cans full-fat coconut milk (refrigerated overnight)
- 0.25 cup maple syrup
- 1.5 tsp vanilla extract
- pinch salt
- 3 large ripe bananas peeled and sliced

For garnish:

- raw almonds chopped
- raw pistachios chopped
- 1-2 cubes of dark chocolate

Instructions

Almond crust:

Add the ingredients for the crust to a food processor and process until the almonds are finely chopped (but still fairly chunky), and a sticky mixture is formed. Line an 8-inch springform pan with parchment paper and press the crust mixture into the bottom, creating an even layer. Refrigerate until ready to use.

Filling:

Open the two cans of refrigerated coconut milk and scoop the thick coconut cream into a mixing bowl. Add the pure maple syrup, vanilla extract, and sea salt to the mixing bowl and use a hand mixer to beat the ingredients until thick and fluffy. It's okay if the mixture doesn't have the same consistency as regular homemade whipped cream, so long as it's thick.



Instructions

Pour 1/4 to 1/2 of the coconut whipped cream onto the prepared crust and spread into an even layer. Layer the sliced bananas on top, followed by the remaining coconut whipped cream. Use a rubber spatula to evenly spread the coconut whipped cream.

Cover the pan with plastic wrap and refrigerate for 2 hours. When ready to serve, release the pie from its mold and garnish with grated dark chocolate and chopped almonds and pistachios. Use a sharp knife to cut into triangles and serve immediately.

Note: If you freeze the pie for longer than two hours, you may need to thaw it 8 to 10 minutes before cutting and serving, as the coconut milk will harden. Store in the freezer.

Vegan snikers cake



Skill Level: MEDIUM

Ingredients

Bottom:

- 150g of dates
- 60g coconut shrimps
- 3 tbsp of coconut oil
- 3 tbsp of peanut butter
- 4 tsp of cocoa
- 2 tbsp of agave syrup

Mass:

- 1.5 cups of millet
- 1 cup of almonds
- 0.5 cup of agave syrup
- A can of coconut milk (leave 3 tbsp of coconut milk hard in the fridge)
- Vanilla flavor

Caramel:

- 3 tbsp of the leftover coconut milk
- 2 tsp of peanut butter
- 10 cubes of dark chocolate
- Peanuts

Instructions

Soak the dates for about 10 minutes. Add the rest of the ingredients to the bottom and blend until smooth. Cover the bottom of the baking tray with baking paper and line the dough.

Put it in the fridge overnight. Boil the millet. Add the rest of the ingredients and blend. Put the mixture on the bottom of the cake and put it in the fridge.

Melt the chocolate with 3 tablespoons of coconut milk and 2 teaspoons of peanut butter. Pour the caramel over the mass. Sprinkle with nuts. Put in the fridge.

Carrot cake



Skill Level: EASY

Ingredients

- 4 tbsp of flour
- 3 tbsp carrots, grated on small mesh
- 1 tbsp of cane sugar
- 1 tbsp of vegetable oil
- 5 tbsp of plant-based milk, such as soy or almond milk
- 1/2 tsp of cinnamon
- 1/2 tsp of ginger
- pinch of baking powder

Instructions

Sift the flour and baking powder into a bowl. Add sugar, cinnamon and ginger. Mix. In another bowl, combine the oil, milk, and carrots.

Add wet ingredients to dry ingredients and mix until smooth.

The consistency of the dough should be smooth and quite thin, but not liquid. Put the mass into a porcelain mug and put in the microwave. Set the oven to 800 W for 1.5 minutes.

After baking, turn the cup upside down and put the dessert on a plate. Microwave carrot cake tastes best with coconut whipped cream and cashew nuts.

Oreo cake no bake



Skill Level: EASY

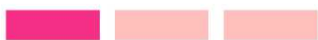
Ingredients

- 4 tbsp of oat flour
- 1 tbsp of cocoa
- 6 pieces of dates
- 2 tbsp of water
- 1.5 tbsp of coconut flour
- 1 tbsp of agave syrup
- 4 tbsp of vegetable milk
- vanilla

Instructions

Blend the flour, cocoa, dates and water together. Form 2 flat cakes. Blend the remaining ingredients. Fold the dough and set aside in the fridge for 30 minutes.

Blondie with chocolate



Skill Level: EASY

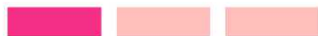
Ingredients

- 4.5 cups of oatmeal blended into flour
- 3 ripe bananas
- 1.5 cups of plant-based milk
- 8 tbsp of oil
- 3 tbsp of agave syrup
- 1 tbsp of apple cider vinegar (optional)
- 1.5 tsp of baking powder
- 0.5 tsp of baking soda (or more baking powder)
- 1 bar of dark chocolate

Instructions

Crush the bananas thoroughly. Add all wet ingredients and mix. Add dry ingredients and mix until smooth. Add diced chocolate to the dough. Pour into a roasting pan (standard size) and bake at 350F for 25-30 minutes.

Chocolate Zucchini Cake



Skill Level: EASY

Ingredients

- 2 cups spelt flour
- 0.5 cup brown sugar
- 0.33 cup cacao powder
- 1.5 tbsp espresso powder (or 1 tsp cinnamon)
- 1 tbsp baking powder
- 1 tsp baking soda
- 0.7oz dark chocolate, chopped
- 1 cup zucchini, finely shredded
- 1 cup vegan yogurt
- 0.5 cup vegetable oil
- 1 tbsp apple cider vinegar
- 3.5oz dark chocolate for coating

Instructions

Place the dry ingredients in a mixing bowl and combine. Place the wet ingredients in a separate bowl and whisk together. Combine wet with dry ingredients with a spatula until you have a smooth mixture (don't over mix). Preheat the oven to 350°F and line a loaf pan with parchment paper. Scoop the batter into the pan and carefully even out with a spoon. Place in the oven for 50-55 minutes until a toothpick inserted comes out clean. Place on a cooling rack and let cool down completely. Melt your chocolate over a water bath and spread over the cake, let cool down completely until the chocolate is firm before slicing.

Napoleon cake



Skill Level: MEDIUM

Ingredients

Cake:

- 4 tbsp of oat flour
- 2 tbsp of peanut butter
- 1.5 tbsp of water
- 2 tbsp of erythritol
- 0.5 tsp of baking powder

Vanilla pudding:

- 0.5 cup of vegetable milk
- 2 tbsp of starch
- 2 tbsp erythritol
- vanilla flavor
- a pinch of turmeric

Instructions

Cake:

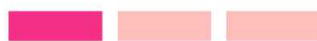
Mix everything together. Put into a baking tin (12 cm) lined with baking paper. Bake at 350F for 15 minutes.

Set aside to cool. Cut lengthwise into 2 parts.

Vanilla pudding:

Combine all ingredients. Cook for 2-3 minutes, stirring constantly. Set aside to cool. Transfer the pudding to the cake and cover with the other half.

Brownie Banana Bread



Skill Level: EASY

Ingredients

- 2 flax eggs
- 2 ripe bananas mashed
- 4 tbsp maple syrup
- 4 tbsp plant milk
- 1 tsp vanilla extract
- 1 cup flour
- 0.5 cup cocoa powder sifted
- 2 tsp baking powder
- pinch of salt
- 4 tbsp chocolate chips to sprinkle
- Raspberries (optional)

Instructions

Preheat oven to 350F and grease your pan. Mix all except chocolate and raspberries (if you're using non-gf flour, combine wet and dry separately, then combine the two but avoid overmixing). Transfer to loaf pan and sprinkle chocolate and raspberries. Bake 40 minutes until knife inserted comes out clean. Cool completely and slice. Keep fridge.

Raspberries cake



Skill Level: MEDIUM

Ingredients

Base:

- 1 cup raw almonds
- 0.5 cup raw buckwheat groats
- 1.5 medjool dates, soaked + dash of date liquid
- 0.25 cup cacao powder
- 1 tsp cinnamon powder

Raspberry Filling:

- 3 cups fresh/frozen raspberries
- 1 cup shreds coconut
- ½ cup maple syrup
- 2 tbsp favorite sweetener
- ¾ cup coconut cream (solid part only)
- ½ cup coconut yoghurt

Chocolate Ganache:

- 6 cubes of chocolate, melted
- ½ cup coconut cream (solid part only)
- 3 tbsp frozen raspberries

Instructions

Base:

Line a 20cm tray/container with baking paper. Blend all the base ingredients until well combined. Press the mixture evenly on the base of your tray/container and set aside.

Raspberry filling:

Blend all the ingredients required for the raspberry filling. Pour the filling over the base mixture and freeze for an hour to set before adding the topping.

Chocolate Ganache:

Melt the chocolate in a bowl over a pot of boiling water. Once melted, take off the heat and gently stir in the coconut cream with a spatula. Quickly pour the ganache over the set raspberry layer and immediately swivel the chocolate so it spreads evenly. Sprinkle over the crumbed raspberries and store in the freezer to set for a couple hours.

Foam cubes



Skill Level: MEDIUM

Ingredients

Bottom:

- 3 tbsp of almonds
- 4 tbsp of peanut butter
- 3 tbsp of oat bran

Foam mass:

- 1.5 cups of plant-based milk
- 1 cup of frozen raspberries
- 0.5 cups of frozen strawberries
- 7-8 tbsp favorite sweetener
- 1.5 tblp of agar

Instructions

Bottom:

Blend the almonds until small pieces remain. Add peanut butter and bran and mix until combined. Put the dough into the dish and put it in the fridge.

Foam mass:

Put the milk, sweeteners and fruit in a pot. Heat it over low heat and, when the fruit is soft, blend it until smooth (you can leave some fruit and add after blending if you want whole pieces). After blending, add the agar and bring the mass to cooking, stirring every moment. Cook for 1-2 minutes and remove from heat. Wait until it cools down and pour it on the bottom. The mass will start to thicken after about 20 minutes.

Mango cheesecake



Skill Level: MEDIUM

Ingredients

Base:

- 1 cup almonds
- 1/3 cup hemp seeds
- 3 tbsp cacao powder
- 1 tbsp coconut sugar
- 2 tbsp oil

Filling:

- 2 cups raw cashews, soaked in water 6-8 hours
- 1 can (15oz/400ml) full-fat coconut milk, canned
- 1/3 cup lime juice
- 1/3 cup maple syrup
- 4 tbsp oil
- 1 tbsp psyllium husk
- 1/2 tsp vanilla powder

Mango layer:

- 1 fresh mango, peeled and pitted
- 2 tbsp maple syrup
- 2/3 cup water
- 1 tbsp agar agar powder

Instructions

Base:

Line a square baking pan with parchment paper.

Place almonds, hemp seeds, cacao powder and coconut sugar in a food processor and pulse until crumbly. Add in the remaining ingredients and pulse until you have a sticky mixture. Transfer to the pan and press down evenly, then place in the freezer.

Filling:

Place all ingredients into a high speed blender and blend until smooth. Pour over the base and even out, then transfer to the freezer for 2 ours or until set.

Mango layer:

Add all ingredients to the blender until smooth. Pour the mixture into a pan and bring to a boil over high heat, then reduce to medium heat and let simmer for 1 minute while whisking continuously.

Pour the mango mixture on the filling (work fast here so it doesn't set) and even out. Place back into the freezer and let set another 2-4 hours before cutting. Store the slices in the freezer for 1 month or the fridge for 2-3 days.

Oatmeal cookies



Skill Level: MEDIUM

Ingredients

- 2 tbsp of oil
- 0.33 cup maple syrup (or date / agave syrup)
- 1 medium banana
- 3 cups of oatmeal
- 6 tbsp of coconut flakes / almond flakes / or fine chopped, favorite nuts
- 4 tbsp of dried fruit (raisins / cranberries)
- optional: 5 cubes of dark chocolate for pouring

Instructions

Heat the oil and syrup in a pot until dissolved. Blend or crush the banana, add oil with syrup, mix until combined. Add oatmeal to the warm mass, mix very well and set aside for a few minutes (the oatmeal will absorb the liquid and it will be easier to form cookies). Add additives, mix. Line a large baking tray from the oven with baking paper, scoop the mass with your hands, form a ball and place it on the baking tray, flattening it and giving it a round shape. Bake for about 25-30 minutes at 350F, until the sides are golden brown (the flatter the biscuits, the faster they will bake and will be crunchy, but generally soft inside). Allow to cool and, optionally, dip in melted chocolate in a water bath.

Crumbly oat bars



Skill Level: MEDIUM

Ingredients

Oat crumble:

- 1.5 cups of oatmeal
- 1 cup of almond flour
- 1 tsp baking powder
- 5-6 tsp favorite sweetener
- 0.5 cup melted vegan butter or oil
- 1 tsp vanilla

Berry filling:

- 2 cups of favorite frozen berries (thawed / microwaved)
- 3 tbsp of lemon juice
- 3-4 tsp favorite sweetener
- 1 tbsp of xanthan gum or 2 tbsp of cornstarch

Instructions

Preheat oven to 350 and grease a square baking dish with vegan butter. Mix together dry oat crumble ingredients lastly adding the melted vegan butter to form the base. Press $\frac{3}{4}$ of the crumble mixture into the bottom of the dish. Combine the filling ingredients and blend until it reaches a gel like consistency, then spread the mixture over the oat layer. Top with the leftover quarter of the oat mixture and bake for 1 hours.

Chickpea cookies



Skill Level: MEDIUM

Ingredients

- 1 can chickpeas
- 1 tbsp maple syrup
- 2/3 tbsp peanut butter
- 1 drop vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1 pinch of salt
- 1 cube of dark chocolate (70-85% cocoa)
- 2 handfuls of black currant or other fruits
- 3-4 tbsp sweetener

Instructions

Drain the chickpeas from the pickle and rinse. Blend chickpeas, maple syrup, peanut butter, vanilla, sweetener until smooth, then add salt, baking powder, and baking soda, blend again. Line a baking dish with baking paper and spread out the dough into an even layer. Sprinkle with pieces of chocolate and black currant. Bake for 22-25 minutes at 350F, until the top is lightly browned or the toothpick inside comes out almost clean. Cut into equal pieces.

Raspberry coconut balls



Skill Level: EASY

Ingredients

- 1 cup frozen raspberries
- 2 cups coconut shrimps
- 1 cup cashews
- 1/2 cup dates
- 1 tsp vanilla extract
- 1/4 tsp salt

Instructions

Blend shrimps coconut, cashews, and dates. Then add vanilla extract, a pinch of salt, and frozen raspberries. Pulse till the mixture is broken down, and is well combined and sticking together. Transfer it to a plate and using your hands, shape the mixture into balls. Place them in the fridge for 30 minutes.

Date power balls



Skill Level: EASY

Ingredients

- 4 pieces of dates
- 2 tbsp almond flakes
- 3 tbsp oatmeal
- 0.5 tsp cocoa
- 0.25 tsp cinnamon

Instructions

Pour water over the dates, wait until they swell. Put all the ingredients into the bowl together with the well drained dates and blend. Shape into balls.

Nut bars



Skill Level: EASY

Ingredients

- 1/2 cup of oatmeal
- 4 tbsp of peanut butter
- 2 tbsp agave syrup (or other liquid sweetener)
- 1/3 a bar of dark chocolate

Instructions

Blend the oatmeal into flour. Mix thoroughly with peanut butter and syrup. Shape into a bar. Pour over the melted chocolate. Put in the freezer for 10-15 minutes until the chocolate hardens.

Cookie dough balls



Skill Level: MEDIUM

Ingredients

- 1/2 cup peanut butter
- 1/4 cup maple syrup
- 1/2 cup almond flour
- 2 tbsp coconut flour (start with 1 tbsp and adjust to taste)
- 1/3 cup dark chocolate chips

Instructions

In a small mixing bowl, combine creamy peanut butter and maple syrup until it forms a creamy paste. Stir in almond flour, coconut flour and chocolate chips. Use the spoon at first then use your hands to squeeze and knead the batter for 30 seconds and form a large dough ball. The dough is very soft, shiny and dry out as go as the coconut flour fiber absorb the liquid. Divide the dough into 16 small cookie dough balls. Roll the balls between your hand palms to shape lovely round balls. Store at room temperature in a box up to 3 days, or place them in the fridge for up to 2 weeks in an airtight box. The balls get harder and dryer in the fridge but still delicious.

Plum Truffles



Skill Level: EASY

Ingredients

- 6 plums, pitted
- 1 tbsp peanut butter
- 6 tbsp dark cocoa + 2 tbsp cocoa for coating
- 100 g of dates

Instructions

Blend everything (except 2 tablespoons of cocoa to coat). We form balls and coat them in cocoa. Put in the fridge for half an hour.

Kiwi Citrus Bars



Skill Level: MEDIUM

Ingredients

Crust:

- 1 cup raw almonds
- 1.5 cups dates
- 0.5 cup chocolate granola
- 2 tbsp melted coconut oil
- Pinch sea salt

Filling:

- 2 cups raw cashews soaked
- 3/4 coconut cream
- 1/2 cup lemon and lime juice freshly squeezed
- 1 tsp vanilla
- 1/2 cup maple syrup
- Pinch sea salt
- 1 tsp spirulina
- 1 tbsp grated ginger
- 4 green kiwis

Instructions

Crust:

Spray oil into a standard sized loaf pan and place parchment paper inside. Place Almonds, dates, oil and salt into food processor and pulse till combined. Add in granola and pulse till incorporated. Press mixture into a loaf pan and put in freezer while you prepare filling.

Filling:

Rinse cashews and place into a blender. Add coconut cream, lemon and lime juice, vanilla, maple syrup and salt. Blend on high until smooth and creamy. Transfer 1/2 of the filling to a bowl and for the time being.



Instructions

Place back in freezer. Place the remainder of the filling back into same blender and add grated ginger, spirulina, and 2 kiwis. Blend again until until smooth. Once the first creamy layer has firmed up, pour the last layer on top. Smooth out any edges. Place back in the freezer and let it rest for 10 minutes before you add sliced kiwis. Thinly slice remaining 2 kiwis and place on top of cake. Place back in the freezer until you are ready to serve. Once ready to serve, remove from freezer for 30 minutes to soften up. Lift cheesecake out of loaf tin and place on cutting board. With a hot sharp knife, cut into bars. Store in freezer.

Pumpkin cookies



Skill Level: MEDIUM

Ingredients

- 0.25 cup pumpkin purée
 - 0.25 cup almond butter
 - 1 cup almond flour
 - 0.25 cup coconut flour
 - pinch of salt
 - 2 tbsp oil
 - 2 tbsp maple syrup (feel free to add more if you want it sweeter)
 - 1 tbsp vanilla extract
 - 0.25 cup dark chocolate chips
- Pumpkin caramel:
- 7 oz dates (soak in warm water to soften)
 - 0.25 cup pumpkin purée
 - 10 tbsp coconut milk
 - 2 tbsp coconut flour
 - pinch of salt
- Chocolate layer:
- 1.5 bar of dark chocolate
 - 2 tbsp oil

Instructions

Line an 8x8-inch baking pan with parchment paper. Mix all your base layer ingredients and blend until you have a dough like texture. Press the dough into the baking pan. Freeze for 10-15 minutes. In the meantime in blend pumpkin caramel base. Mix in all ingredients until it's creamy and spread over your cookie dough. Freeze while melt dark chocolate. Spread the chocolate over the pumpkin caramel layer and freeze for an hour. Slice into square slices. Keep stored in fridge.

Chocolate Peanut Butter Fudge



Skill Level: EASY

Ingredients

- 6 handfuls of dates
- 3.5 tbsp water
- 3.5 tbsp peanut butter
- 1 bar of dark chocolate

Instructions

Cook dates with water until it absorbs and they become soft. Blend them together with the rest of the ingredients until smooth, place in a brownie tray and even the mixture out. Place in the freezer for at least 2 hours. Cut in squares.

Orange Pancakes



Skill Level: EASY

Ingredients

- 1 cup flour
- 2 tbsp cocoa powder
- 250 ml plant milk
- 2 tbsp orange juice
- 1 tsp baking powder
- 0.5 tsp baking soda
- 1 tbsp apple cider vinegar (or sub got 2 tbsp lemon juice)
- coconut oil for frying
- 5 cubes of dark chocolate for topping

Instructions

Add the flour to a bowl and sift in the cocoa, baking powder and baking soda. Combine the liquid ingredients: plant milk, orange juice & apple cider vinegar/lemon juice in a cup. Slowly stir this into the flour/cocoa mix. Whisk well till fully combined. Cover the batter with clingfilm and leave at room temperature for 30 minutes. Don't skip this step: it's necessary to give the apple cider/lemon juice time to work. You'll come back to batter that has bubbles. Melt a little coconut oil in a low/medium heat pan. Add 1-2 tbsp of batter per pancake. Flip when you see bubbles forming and you can lift the edges easily with a spatula. Cook for an additional 30 seconds on the other side and then transfer to a low heat oven while you cook the rest of the batch. Melt the 50g of dark chocolate in a microwave for 30 seconds and pour over your pancakes. Zest some orange rind and dust over some icing sugar.

Omelette apple



Skill Level: MEDIUM

Ingredients

- 0.75 cups of plant-based milk
- 4 tbsp oatmeal
- 2 tbsp of flour
- 1 Tsp of chia seeds
- 1 tsp of baking powder
- cinnamon
- 1 tsp vanilla sugar
- 1 apple (peeled and sliced)
- peanut butter, raspberries (optional)

Instructions

Put all ingredients except the apple into a bowl and blend until smooth. Set the omelette dough aside to thicken. Wash the apple, peel it and dice it. Add the apple to the mass and mix everything thoroughly. Pour the omelette dough into a hot skillet smeared with oil (trying to form a circle) so that the apple is spread evenly in the omelette. Fry the omelette for 5-6 minutes, covered, over medium heat. After this time, turn it over and fry for another 2-3 minutes. (The omelette is tender, so be careful when you turn it). When the omelette is ready, put it on a plate, sprinkle with cinnamon and add your favorite additions, e.g. raspberries, peanut butter.

Millet with caramelized pear



Skill Level: EASY

Ingredients

- 4 tbsp of dry millet
- water or vegetable milk to cook the millet
- 1 piece pear
- maple syrup to caramelize pears
- 2 tbsp solid portion canned coconut milk
- 1 tsp of peanut butter
- cinnamon
- walnuts

Instructions

Boil the millet for 15 minutes. Meanwhile, caramelize the pear in the maple syrup in the pan (if it sticks to the pan, add a little water). Add coconut milk to the millet, put it in a bowl. Put peanut butter and pear on the millet, sprinkle with cinnamon and nuts.

Sweet pizza



Skill Level: MEDIUM

Ingredients

- 2 cups oats
- 0.5 cup raw buckwheat
- 0.5 cup sunflower seeds
- 0.5 cup peanut butter
- 1 tsp cinnamon
- 2 tbsp maple syrup
- 0.25 cup coconut oil, melted
- 0.25 cup water

Instructions

Add oats, buckwheat and seeds to a blender and process until crumbly. Add in all remaining ingredients apart from the water and pulse to combine. Slowly add water and process until the mixture starts to come together. It should stick together easily in your fingers. Line a 9 inch tart tin/pizza tray a press dough in evenly to form the crust. Set aside in the freezer for 10 mins to set. Top with coco yoghurt and your fave toppings!

Baked blueberry pancake



Skill Level: EASY

Ingredients

- 2.5 cups wholemeal flour
- 1 cup plant-based milk
- 2-4 tbsp sugar
- 3 tbsp oil
- 1 tbsp baking powder
- 2 handfuls blueberries
- Coconut yoghurt, to serve (optional)

Instructions

Preheat the oven to 350F. Add all ingredients except the blueberries and yoghurt to a mixing bowl. Mix until combined and there are no more lumps of flour. Add 1 handful blueberries. Pour the pancake batter into a well-seasoned cast iron pan or oven-safe casserole dish. Bake the pancake for 20 minutes or until a skewer can be inserted into the middle and it comes out clean. Top the pancake with coconut yoghurt and remaining blueberries. Serve immediately!

Granola with fruits



Skill Level: EASY

Ingredients

- 4 tbsp oatmeal
- 0.5 handfuls walnuts
- 1 tbsp coconut shreds
- 2 tsp cocoa
- 1 tbsp pumpkin seeds
- 1 oil
- 1-2 tbsp favorite sweetener
- favorite fruits: e.g: strawberries, raspberries, blueberries

Instructions

In a bowl, combine the oatmeal, nuts, cocoa, seeds, and sweetener. Pour with oil. Mix well and put a flat layer on a large baking tray. Bake for 25-35 minutes at 325F, stirring every 10 minutes. After removing from the oven, allow it to cool completely. Then break into pieces, add coconut shreds and fruits and mix well.

Green smoothie



Skill Level: EASY

Ingredients

- 3 handfuls spinach
- 3 handfuls kale
- 1 slice watermelon
- 1 banana
- 1 tsp flaxseed
- 2 handfuls strawberries

Instructions

Blend all ingredients.

Vegan waffles



Skill Level: EASY

Ingredients

- 5 tbsp oatmeal
- 0.5 cup almond milk
- 1 piece banana
- 1 tbsp favorite sweetener

Instructions

Peel the banana and mash it with a fork. Grind the flakes into flour. Put the all ingredients in a bowl. Blend until smooth. Bake the waffles in a hot device.

Vegan nutella



Skill Level: EASY

Ingredients

- 2 cups dry roasted, unsalted hazelnuts
- 2 tbsp coconut oil (melted and cooled)
- 0.66 cup cacao or cocoa powder
- 7 pieces dates (soaked)
- 0.5 cup maple syrup
- 1 cup almond milk (+more if needed)
- Pinch of salt

Instructions

Add hazelnuts to a high powered blender or food processor. Process until smooth and creamy like peanut butter. Next add the remaining ingredients and blend/process until smooth (add more almond milk if needed to thin out).

Fruity cocktail



Skill Level: EASY

Ingredients

- 1 cup of coconut water
- 3 handfuls kale
- 2 tbsp parsley
- 1/2 mango
- 1 orange
- 1 tbsp flaxseed
- 2 handfuls spinach

Instructions

Peel the fruit, cut into cubes.
Combine ingredients
and blend into a cocktail.

Hot chocolate cupcake



Skill Level: MEDIUM

Ingredients

- 1 bar of dark chocolate,
- 0.33 cup oil
- 2 cups + 2 tbsp flour
- 0.25 cup cocoa powder
- 2 tsp baking powder
- 1 tsp baking soda
- 0.25 tsp salt
- 1 cup powdered icing sugar
- 1 cup plant-based milk, room temperature
- 0.5 cup warm water
- 1 tbsp lemon juice

Chocolate fudge sauce:

- 1/4 cup coconut milk
- 3/4 bar of dark chocolate
- 1/4 cup plant-based milk
- 1/8 - 1/4 cup cocoa powder (less cocoa powder will give you a runnier sauce)

Whipped cream frosting:

- 3 1/3 cups coconut whipping cream, chilled overnight
- 2 - 4 tbsp powdered/icing sugar
- chocolate shavings or sprinkles

Instructions

Pre-heat the oven to 350 °F and line a 12-hole muffin tin with cupcake liners. In a heat-proof bowl above a pot of simmering water, melt together the chocolate and oil. Set aside to cool slightly. Sift together the flour, cocoa powder, baking powder, baking soda and salt. Add the sugar and whisk well until everything is evenly distributed. Mix together the milk, warm water and lemon juice, and add them to the dry ingredients. Pour in the melted chocolate + oil mixture, and whisk well until you get a smooth batter with no flour clumps. Transfer the batter into the cupcake liners, so that each cupcake liner is about 3/4 full.

Bake about 20 minutes or until the cupcakes have risen, are spongy/bouncy to the touch and an inserted toothpick/skewer comes out clean. Allow to cool completely on a cooling rack..

Hot chocolate cupcake



Instructions

Chocolate fudge sauce:

Combine all chocolate fudge sauce ingredients in a saucepan, and cook over medium-high heat until the chocolate has melted and you get a glossy mixture. Set aside until needed.

Whipped cream frosting:

Using a stand mixer with the whisk attachment or a hand mixer with the double beater attachment, whip the coconut whipping cream (that's been chilled overnight) until soft peaks form, about 5 – 7 minutes. Add the powdered sugar and whisk for a further minute, until the powdered sugar is fully incorporated.

Assembling the cupcakes:

Use an apple corer or a piping nozzle, turned upside-down, to create a hole in the middle of each cupcake. Fill it with the chocolate fudge sauce. Pipe the whipped cream frosting. Sprinkle with chocolate shavings. Store in the fridge for about 2 - 3 days.

Purple pancakes



Skill Level: MEDIUM

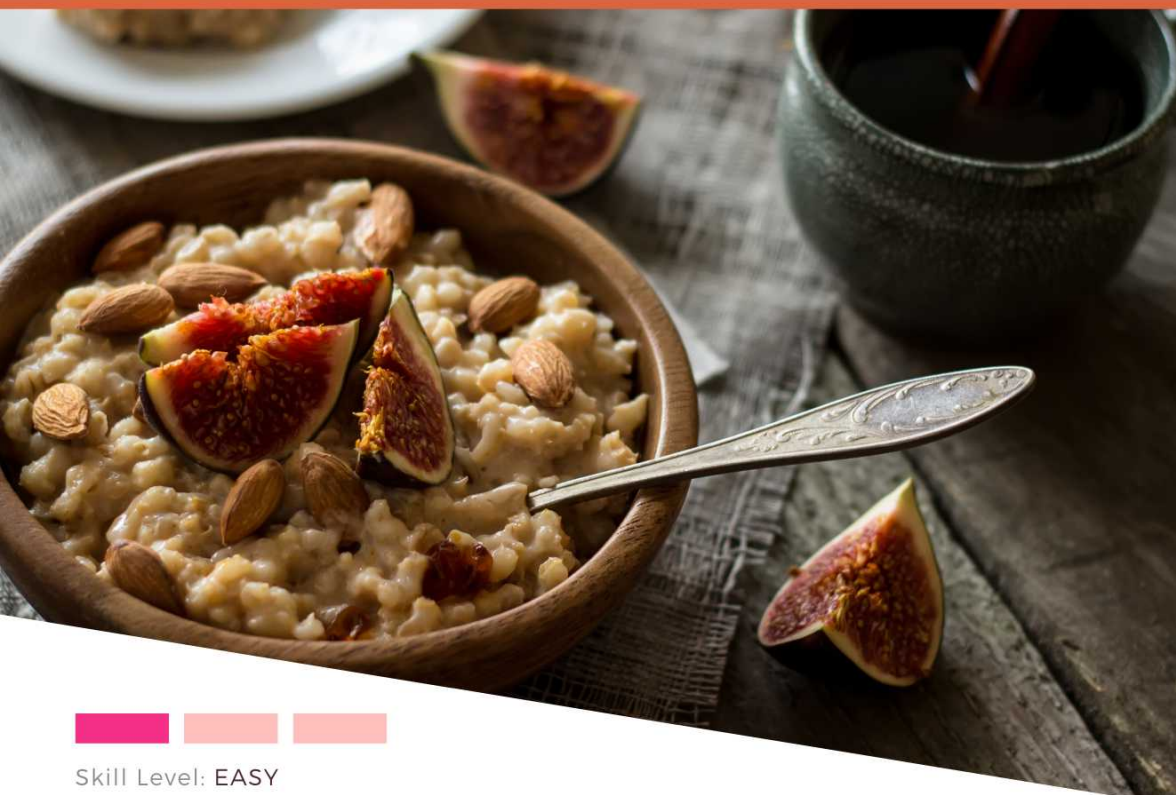
Ingredients

- 1 cup of plant-based milk
- 1 egg flax egg
- 1 tbsp coconut oil
- 1.5 cup of flour
- 1 tbsp favorite sweetener
- 1 tsp baking powder
- pinch of salt
- 2 tsp purple sweet potato powder

Instructions

Dissolve purple sweet potato powder in 50g of milk. In a bowl mix the dry ingredients together. Then add all the wet ingredients (rest of milk-200g) and mix until combined. Pour the batter from the middle and cook pancake on low-medium heat. Cook until bubbles start forming on top and around the surface. Flip pancake and cook around half minute. Repeat the process with the rest of batter.

Porridge with fig



Skill Level: EASY

Ingredients

- 5 tbsp oatmeal
- 1 cup plant-based milk
- ginger, cinnamon, nutmeg, and vanilla as desired
- 1 tsp of your favorite sweetener
- -pinch of salt
- 1 tbsp of peanut butter or tahini
- small figs finely sliced
- favorite nuts
- 1 handful raspberries

Instructions

Put all the ingredients in a pot and cook until the oatmeal has absorbed the water. Transfer the oatmeal to a bowl. Put on the top: chopped figs, peanut butter, nuts and raspberries.

Cinnamon roll



Skill Level: MEDIUM

Ingredients

Dough:

- 4 tbsp spelt flour or regular flour
- 1.75 tbsp unsweetened almond milk
- Pinch of salt
- Pinch of cinnamon
- 1-2 tsp favorite sweetener
- 0.5 tsp baking powder

Filling:

- 1 tsp maple syrup
- 2-3 tsp favorite sweetener
- Pinch of cinnamon
- Pinch of salt

Glaze:

- 1 tbsp powdered sugar
- splash of almond milk

Instructions

In a bowl, add flour, cinnamon, baking powder, salt, and sugar and mix well. Add in milk and mix together with a fork until a dough starts to form. Go in with your hands and knead dough for about 1-2 minutes. If dough is dry, add a small splash of milk. If dough is too wet, add a pinch of flour until it is less sticky. Allow dough to rest for a minute, then take dough to a lightly floured surface and with hands start flattening dough and forming a rectangle. Using maple syrup lightly spread it over the dough surface then add sweetener and cinnamon over top.



Instructions

With a spoon, make sure to spread cinnamon mixture evenly over the dough. Starting from the short end of the dough, start rolling dough tightly to form a log. Cut log into 4 even pieces. Take cinnamon roll pieces and place them in a shallow mug, allowing a little space in between for them to grow. Place mug in the microwave and set to 1 minute. Allow to cook for the first 30 second and open microwave door to allow to rest for a second. Close door again and microwave for the remaining 30 seconds. Allow to rest for a few seconds and then cook for the remaining 15 seconds if buns do not appear done cooking. Once mug cake is cooked, top with icing. If you allow the mug cake to sit for a long time, it will eventually get hard.

Glaze:

Mix 1 tbsp powdered sugar with a splash of almond milk. Mix until the right consistency is achieved.

Matcha chia pudding



Skill Level: EASY

Ingredients

- 3 tbsp chia seeds
- 1 tbsp matcha powder
- 1 1/3 cups plant-based milk
- 1/2 cup granola
- 1 tbsp sweetener
- favorite fruits

Instructions

In a bowl mix the coconut milk, sweetener, matcha powder and whisk until combined. Add the chia seeds and soak for 4-5 hours. Prepare the pudding with granola and fruits of your choice.

Coffee cocktail



Skill Level: EASY

Ingredients

- 1 piece of banana, frozen or fresh
- 2 tbsp of oatmeal
- 1 tbsp of peanut butter
- 1 piece date
- 1 shot of espresso or 2 tsp of instant coffee
- 1 tsp of cocoa
- a pinch of cinnamon
- 1/2 cup of plant-based milk

Instructions

Blend all ingredients.

Mini panna cotta



Skill Level: MEDIUM

Ingredients

Bottom:

- 2 handfuls of dates (soak beforehand)
- 5 tbsp oatmeal
- 3 tbsp coconut shrimps
- 2-3 tbsp of peanut butter
- 1 tbsp of cocoa
- 3 tbsp of water
- pinch of salt
- 4 tbsp of oat flour

Mass:

- 1 can of coconut milk
- 1 tbsp vanilla pudding (powder)
- 1 tsp of xylitol
- 3 tsp of agar
- a few drops of vanilla flavor or fresh vanilla

Instructions

Bottom:

Blend the dates with water, then add the rest of the ingredients and knead. Fill the tartlet molds with the finished mass. (previously I smeared them with oil to make them easier to pull out)

Mass:

Add everything (except for the pudding and 1/3 cup of milk) to the pot, wait for the mass to boil. After boiling, pour the pudding mixed with milk, mix and bring to a boil. Turn off and set aside for a few minutes and then pour into ready-made molds. Put in the fridge for about 1-2 hours until the mass is solid. Serve with raspberries and mint leaves.

Mango cupcake



Skill Level: EASY

Ingredients

- 1.5 cups mango puree
- 0.33 cup oil
- 7-8 tbsp favorite sweetener
- 1 tblsp vanilla
- 1.5 cups flour
- 2 tsp baking powder
- 0.5 tsp baking soda
- 0.5 tsp salt

Frosting:

- 0.5 cup mango puree
- 0.25 cup vegan butter
- 1 cups powdered icing sugar
- Dried mango, (optional, for garnish)

Instructions

Preheat your oven to 350 F. Whip the mango puree, oil, sweetener, and vanilla together to form a light airy batter.

Sift the dry ingredients (flour, baking powder, baking soda, salt) together and stir in to the wet batter 1 cup at a time. Transfer the batter into muffin cups and bake for 20-25 minutes until an inserted toothpick comes out clean.

Meanwhile, using a mixer, whip the mango puree, butter, and icing sugar to make the frosting. Add extra icing sugar as needed to get your desired consistency. Once the cupcakes are baked through, allow them to cool before icing. Store them in fridge.

Vegan coconut ice cream



Skill Level: EASY

Ingredients

- 1/2 cup coconut milk (condensed)
- 3 tbsp coconut shavings
- 100 g of tofu
- Agave sweetener in syrup

Instructions

Pour coconut milk into a tall dish, add agave syrup and tofu. Blend. Add coconut flakes, mix. Pour the mass into ice cream molds and freeze.

Chocolate Mousse



Skill Level: MEDIUM

Ingredients

- 1 cup chickpea water (aquafaba)
- 14 oz - can chickpeas
- 5oz dark vegan chocolate
- a splash plant-based milk
- 1-2 tbsp sugar
- 0.5 tsp vanilla extract

To serve

- Whipped coconut cream or non-dairy yogurt
- 1 tbsp chocolate shreds

Instructions

Break the chocolate into smaller chunks and place it in a microwave safe bowl together with a splash of non-dairy milk. Place the bowl over a water bath and slowly heat up the chocolate. Once the chocolate has melted, mix with a spoon or small whisk until creamy. Take bowl off the heat and allow it to cool down a little. Open a tin or glass of chickpeas and drain the water into a large measuring jar, add vanilla extract. Using an electric hand mixer, beat the aquafaba until whipped and stiff peaks form. This can take about 7-10 minutes. Start adding sugar gradually while whipping until desired sweetness achieved. Once the chocolate has cooled down gently fold it into whipped aquafaba using spatula. Divide the mixture, stirring the mixture between putting it into the glasses. Place them into the fridge for 3 hours at least (or overnight). Serve with whipped coconut cream or non-dairy yogurt. Sprinkle over shredded chocolate.

Blueberry ice cream



Skill Level: EASY

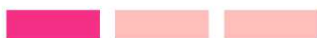
Ingredients

- 2 cups fresh or frozen blueberries
- 0.5 cup maple syrup
- 2 tsp lemon juice
- 1 cup raw cashews, soaked for 3 hours
- 2 x 400ml cans full-fat coconut cream
- 1 tbsp vanilla extract
- 1 tbsp vodka (optional)
- 0.25 tsp salt

Instructions

The night before, add the canned coconut cream to the fridge. The next day, drain cashews, and rinse well. Add cashews to a blender along with the remaining ingredients, and blend until smooth and uniform. Transfer the mixture to a large bowl, and set in the freezer for 30 minutes. Pour chilled ice-cream mixture into blender and blend until uniform. Transfer the ice-cream to ice-cream tin (or loaf tin). Cover the top of the ice cream firmly with baking paper or a repurposed, food-safe plastic bag, taking care to seal the ice-cream well to avoid ice crystals from forming. Freeze for 3 hours, then serve up in waffle cones or a bowl.

Homemade chocolate



Skill Level: EASY

Ingredients

- 1 can - solid part of coconut milk
- 2 tbsp of cocoa
- 1 tbsp of peanut butter
- a handful of your favorite nuts
- 1 tbsp of erythritol

Instructions

Blend the nuts. Beat a solid part of coconut milk, add the remaining ingredients and mix gently. Transfer to a container. Put in the freezer for a few hours.

Baked apples



Skill Level: MEDIUM

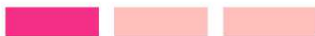
Ingredients

- 2 pieces of apples
- 1 tbsp of almonds
- 1 tbsp almond flakes
- 4 tbsp soy cream
- 1 tbsp of apple juice
- 1-2 tbsp of your favorite sweetener

Instructions

Wash the apples and then cut off the top of each one. Use a small spoon to select the seeds of each apple. In a bowl, combine the ground almonds with the soy cream, sweetener and apple juice. Put some of the filling on the apples. Arrange the apples in an ovenproof dish and cover with the remaining hats. Put in a preheated 350F oven for 30 minutes. Take off the upper parts and keep for later. Fill the apples with the rest of the filling. Sprinkle with almond flakes. Put in the oven for another 15 minutes.

Chocolate muffins



Skill Level: EASY

Ingredients

For 12 muffins:

- 2 cups of oatmeal (or blended oatmeal)
- 3 tbsp of cocoa
- 2 tsp of baking powder
- 3 ripe bananas
- 0.25 cups of peanut butter
- 5 tbsp of sweetener
- 1/2 cup of plant-based milk
- 1 tsp of vanilla extract (optional)
- 1 tbsp of apple cider vinegar (optional)

Instructions

Mix all dry ingredients thoroughly in a large bowl. Crush the bananas thoroughly, add the peanut butter and the rest of the wet ingredients.

Mix. Add wet ingredients to dry ingredients and mix. Put the dough into the muffin pan. Bake for about 15-25 minutes at 350F.