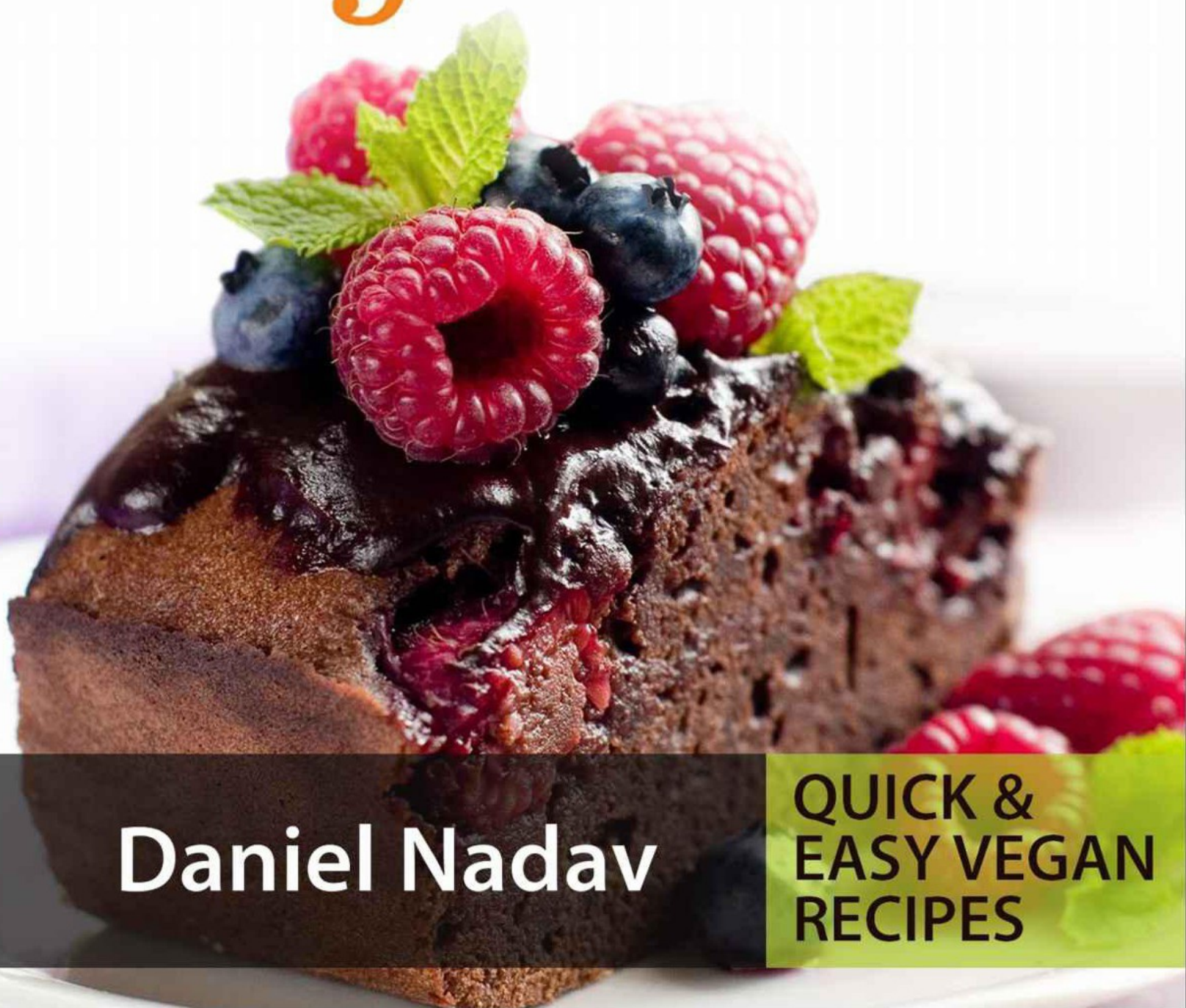


101 Healthy Vegan Desserts



Daniel Nadav

**QUICK &
EASY VEGAN
RECIPES**

101 Healthy Vegan Desserts

(Cakes, Muffins, Cookies & Ice cream Vegan Recipes)

Daniel Nadav

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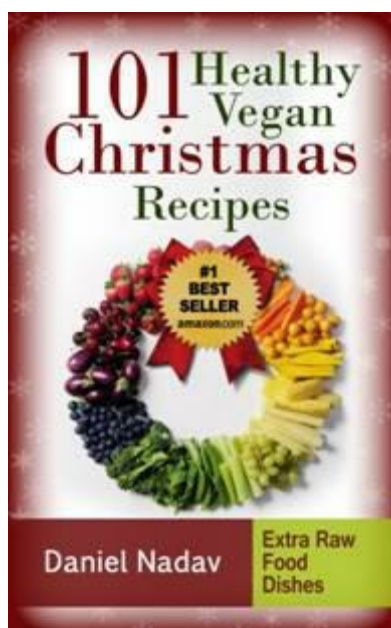
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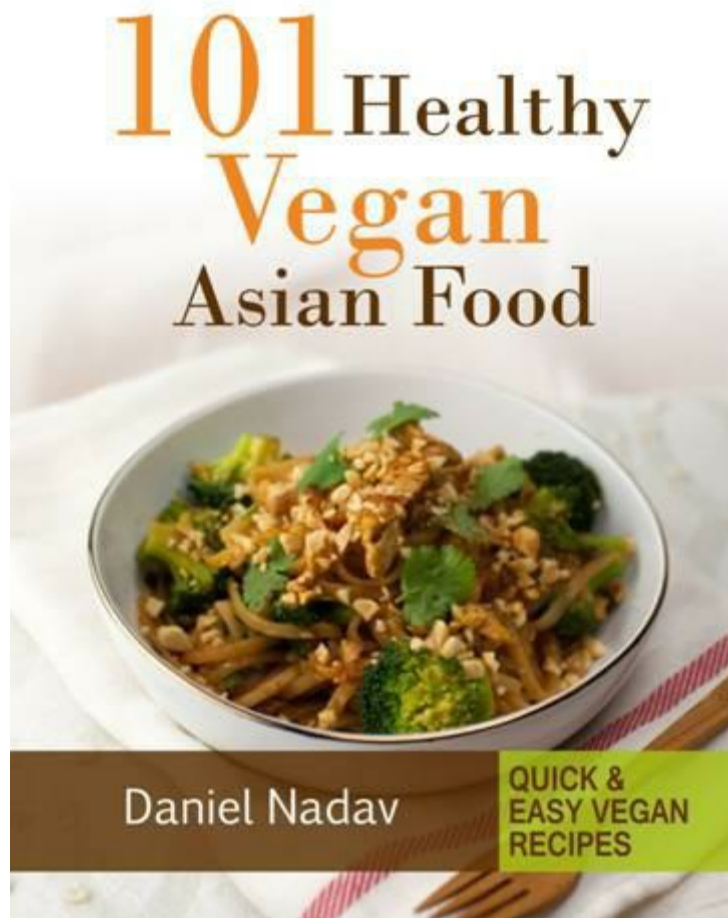
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Introduction



Congratulations on your smart and brilliant move in stepping forward to the prospect of a wonderful and harmonious life with nature! Not everyone chooses to make the biggest and most important change and, for that, I applaud you! Now you are going to be exposed to the world of delicious and creative recipes—101 wonderful vegan desserts. Unlike many prejudices that suggest that vegans don't have desserts at all, this book is going to surprise you!! You will learn that there are dozens of wonderful and nutritious ways to end a meal in a harmonious and healthy way.

To become vegan is the smartest decision you can make. What can be better than food that is sweet and healthy at the same time? I know that in the next chapters you'll be happy when you see the amazing and delicious desserts that we've collected for you.

Past research has proven that one of the benefits of a balanced vegan diet is weight loss. The fact that vegans are skinnier was proven in a long series of studies whose results were quite consistent: When the amount of meat you consume is small, so the BMI (body mass index—the most important measure assessing obesity) is lower. Vegetarians tend to be slimmer than meat eaters and vegans thinner than vegetarians. In fact, in the United States where obesity is an epidemic, studies have shown that vegans are the only population whose BMI is not in the overweight category.

Unlike eating "classic" sweets that, after consumption, leave the person feeling remorseful and heavy, vegan desserts lead to a surge of joy, energy, vigor and strength. This is due to the natural and healthy ingredients in them. You could say that this is a Win-Win situation:

I certainly remember when I used to eat sweet deserts. The desserts were delicious, but my growing belly and the extra pounds suggested that there must be another way. When I started my vegan life, I was afraid that I would not find delicious desserts. Now I realize how wrong I

was...

In this wonderful book we will encounter amazing vegan dessert recipes. The following recipes I wrote with the help of friends from the wonderful vegan community. Many friends sent me original recipes for all kinds of desserts and the purpose of this book is to show that there are dozens of original ways to create wonderful recipes without harming any animal.

Just before we begin, I just want to say thanks to all of the amazing people who shared with me their unique and delicious recipes. In my opinion, this collection of recipes is wonderful proof of the unique mutual support shared by vegans worldwide. My belief is that we all, together, can really make a difference in the world. And, of course, I want to say, once again, thank you for purchasing "101 healthy vegan burgers" and I wish us all a fascinating learning process—tasty, healthy and nutritious! Let's get going!

Chapter 1: Vegan Cakes

I have to admit, I'm addicted to cakes. I can eat them morning, noon and night (and sometimes right before bedtime). In the past, the apparent lack of vegan cakes held me from turning into a vegan. When I decided to eventually become one, I realized that I had to take responsibility for my sweet appetite and find vegan cake recipes. At first, it seemed that all cookbooks agree that cakes are always based on eggs, butter, cream and other cow products. But it's surprising to find out how the dependence on animal products is unnecessary. Vegan cakes can be equally successful. This chapter answers the need for vegan cakes and has 36 wonderful recipes for impressive & tasty cakes that will astound your guests!



Coconut Cake with Chocolate Ganache

This moist and fragrant cake is covered with a silky ganache which gives it an exquisite feel that makes it even more delicious.

Servings: 4-6 dishes

Ingredients:

Cake:

3/4 cup almond butter, room temperature

1 cup sugar

4 tablespoons flax seeds, ground

8 tablespoons water

3/4 cup coconut flour

1 1/2 cup all purpose flour

2/3 cup cocoa powder

1 teaspoon baking powder

1/2 teaspoon baking soda

1 1/4 cup coconut milk

1 teaspoon vanilla extract

1 pinch of salt

Dark chocolate ganache:

5 oz dark chocolate

4 oz coconut cream

1 tablespoon almond butter

Directions:

1. Mix the ground flax seeds with water and let them soak 5-10 minutes.
2. In a bowl, mix the butter and sugar for 4-5 minutes until fluffy and light in color. Stir in the flax seeds and vanilla extract.
3. In another bowl, sift together the flours, cocoa powder with 1 pinch of salt, baking powder and baking soda.
4. Start incorporating the flour into the butter mixture, alternating it with milk. Begin and end with flour. Once all the ingredients are incorporated, turn your mixer to high heat and mix for 2 minutes.
5. Pour the mixture in a greased pan and bake in a preheated oven at 350F for 30-40 minutes.
6. To make the ganache: heat the coconut cream then stir in the chopped chocolate. Mix well to combine then add the butter. Pour the ganache over the cake.



Orange Cranberry Cake

Easy to make and with just a few ingredients, this cake is perfect even for breakfast next to a cup of tea or a glass of warm milk. Simply enjoy its amazing flavors.

Servings: 4-6 dishes

Ingredients:

1 1/2 cup all purpose flour

1 teaspoon baking powder

1 tablespoon orange zest

1 cup sugar

1 cup coconut milk

1/2 cup fresh cranberries

1 pinch of salt

Directions:

1. In a bowl, mix the sugar with the salt, milk and orange zest.
2. Stir in the flour and baking powder then fold in the cranberries.
3. Pour this batter into a small cake pan greased with oil.
4. Bake in a preheated oven at 350F for 30 minutes or until golden brown or fragrant.



Marbled Banana Bread

Banana bread is a classic dessert, often eaten even for breakfast. It is also a very versatile recipe as you can add coconut or chocolate chips and you have a whole new recipe to make and enjoy.

Servings: 4-6 dishes

Ingredients:

1 cup mashed bananas
1/2 cup brown sugar
1 teaspoon vanilla extract
3 tablespoons vegetable oil
1/3 cup soy milk
1 1/4 cup whole wheat flour
1 teaspoon baking soda
1/2 teaspoon baking powder
4 tablespoons cocoa powder
6 tablespoons hot water
1 pinch of salt

Directions:

1. Line a loaf pan with parchment paper and set aside.
2. In a bowl, mix together the bananas, sugar, vanilla, oil and soy milk.
3. In another bowl, combine the whole wheat flour, baking soda and powder, as well as a pinch of salt.
4. Combine the wet ingredients with the dry ingredients and mix until well combined.
5. Divide the batter into two equal parts. In one part, mix 3 tablespoons of water and, in the other, besides the 3 tablespoons of water, add the cocoa powder as well.
6. Pour the batters into your prepared pan, one at a time, then marble the mixture with a skewer.
7. Bake in a preheated oven at 350F for 30-40 minutes.
8. Serve cold with a sprinkle of powdered sugar.



Chocolate Mint Cake

Chocolate cake is a classic, but add a little twist with a bit of mint and you will have a real delight to enjoy.

Servings: 4-6 dishes

Ingredients:

1/4 cup olive oil

1/4 cup melted chocolate

1/4 cup sugar

1 tablespoon flax seeds, ground

2 tablespoons water

1/2 cup flour

1 teaspoon mint extract

1/2 teaspoon baking powder

1 pinch of salt

Directions:

1. In a bowl, mix the flax seeds with water and set aside to soak for 10 minutes.
2. Stir in the sugar, then incorporate the oil and melted chocolate, followed by the flour and baking powder and mint extract, as well as a pinch of salt.
3. Grease a small cake pan with oil and pour in the chocolate batter.
4. Cook in a preheated oven at 350F for 30-40 minutes.



Red Wine Chocolate Cake

Red wine and chocolate is a great combination and this cake is moist and flavorful, delicious for a grown-ups' party or dinner.

Servings: 4-6 dishes

Ingredients:

3 tablespoons flax seeds, ground

6 tablespoons water

1/2 cup brown sugar

6 tablespoons olive oil

3/4 cup red wine

1 teaspoon vanilla extract

1 cup all purpose flour

2 tablespoons cocoa powder

1/2 teaspoon cinnamon

1 teaspoon baking powder

1 pinch of salt

Directions:

1. In a bowl, mix the ground flax seeds with water and let it soak for 5 minutes.
2. Stir in the oil and sugar and mix well until combined.
3. In another bowl, sift together the flour, baking powder, cinnamon, cocoa and salt. Incorporate the dry ingredients into the oil mixture, alternating it with red wine.
4. Grease a 9-inch round pan and pour in the batter.
5. Bake in the preheated oven at 350F for 30-40 minutes. Let cool in the pan then transfer to a serving plate and sprinkle with powdered sugar.

Coconut and Orange Cake

Having a tropical aroma, this cake will exceed your expectations with its moisture and fragrance. If you like coconut, don't hesitate to make it. You will love it.

Servings: 4-6 dishes

Ingredients:

1/2 cup coconut flour

4 tablespoons flax seeds, ground

8 tablespoons water

1/4 cup coconut milk

1/4 cup coconut oil

1/2 cup brown sugar

1 teaspoon orange zest

1 pinch of salt

1 teaspoon baking powder

1/2 teaspoon baking soda

4 tablespoons orange juice

1 pinch of salt

Directions:

1. In a bowl, mix together the flax seeds with water and set aside for 5 minutes.
2. Stir in the sugar, vanilla, orange zest and juice. Add the coconut oil, melted and chilled, then incorporate the coconut flour, baking powder and baking soda, as well as a pinch of salt.
3. Pour the batter into a greased 9-inch cake pan and bake in a preheated oven at 350F for 30-40 minutes
4. Let cool in the pan then sprinkle with powdered sugar and serve cut into slices



Applesauce Spice Cake

Applesauce is very healthy and makes this cake very moist, loaded with autumn flavors, such as walnuts and cinnamon. It will flood your house with lovely flavors while baking.

Servings: 4-6 dishes

Ingredients:

2 cups all purpose flour

3/4 cup sugar

1 teaspoon baking soda

1/2 teaspoon baking powder

1 teaspoon cinnamon

1 teaspoon ground ginger

1/2 cup golden raisins

1/2 cup chopped walnuts

4 tablespoons olive oil

1 1/2 cups applesauce

1 pinch of salt

1 teaspoon vanilla extract

Directions:

1. In a bowl, mix the flour, sugar, baking soda and baking powder, as well as cinnamon and ground ginger.
2. Mix in the raisins and walnuts then stir in the applesauce, olive oil and vanilla extract, as well as a pinch of salt.
3. Pour this batter into a round cake pan lined with baking paper.
4. Bake in a preheated oven at 350F for 30-40 minutes.
5. Let cool in the pan then sprinkle with powdered sugar and serve cut into slices.



Red Velvet Beet Cake

The classic red velvet cake can be made with beets instead of food coloring and you obtain a healthy version of the amazing red velvet cake. It is very suited to kids or people who have to avoid food coloring due to health problems.

Servings: 4-6 dishes

Ingredients:

1 medium size beet, steamed, peeled and pureed

1/3 cup coconut oil

1 cup sugar

1 cup all purpose flour

1/4 cup whole wheat flour

2 tablespoons cocoa powder

1 teaspoon baking powder

1/2 teaspoon baking soda

1 1/4 cup coconut milk

1 teaspoon vanilla extract

1 pinch of salt

Directions:

1. In a bowl, mix well the beet puree with coconut oil then stir in the sugar and vanilla. Sift together the flours, cocoa powder, salt and baking powder and soda.
2. Incorporate this mixture into the beet one, alternating with coconut milk. Start and end with the dry ingredients.
3. Pour the batter into a round cake pan, lined with baking paper.
4. Bake the cake in a preheated oven at 350F for 30 to 40 minutes.
5. Let cool in the pan then transfer to a serving plate and serve powdered with sugar.

Simple Chocolate Cake

Sometimes you want to make something sweet, but you don't want something too difficult to make. And that is when this cake steps in because it's very easy to make and tastes amazing.

Servings: 4-6 dishes

Ingredients:

1 cup all purpose flour

1 cup sugar

4 tablespoons cocoa

1 teaspoon vinegar

1 cup cold water

1 teaspoon vanilla extract

1 pinch of salt

1 teaspoon baking powder

Directions:

1. Simply mix all the ingredients together in a large bowl then pour the batter into a round cake pan, lined with baking paper.
2. Bake in a preheated oven at 350F for 20-30 minutes or until a skewer inserted in the center of the cake comes out clean.
3. Serve sprinkled with powdered sugar.

Coconut Bread

If you are a coconut fan, this bread will be a delight with its strong coconut flavor and amazing texture. Being vegan, it is also healthier than other versions of the same bread.

Servings: 4-6 dishes

Ingredients:

1/2 cup unsweetened applesauce
1 1/3 cup almond or soy milk
1 teaspoon vanilla extract
1 1/3 cups all purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon cinnamon
1 cup sugar
1 1/2 cup sweetened coconut flakes
6 tablespoons coconut oil
1 teaspoon lemon juice
1 pinch of salt

Directions:

1. In a small bowl, mix well the applesauce, milk and vanilla extract.
2. In another bowl, mix together the flour, baking powder and soda, cinnamon and a pinch of salt. Stir in the coconut flakes and sugar then pour in the milk mixture. Give it a good mix to combine well then pour the batter into a round cake pan, lined with baking paper.
3. Bake in a preheated oven at 350F for 30-40 minutes, or until slightly golden brown on the edges and fragrant.

Ginger and Applesauce Cake

Ginger has a strong flavor so make sure you only use a bit in this recipe. Other than that, the cake is delicious and it preserves a lot of moisture from the applesauce.

Servings: 2-4 dishes

Ingredients:

2 cups whole wheat flour
1 cup sugar
2 oz candied ginger, chopped
2 tablespoons cornstarch
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
2 1/2 cups applesauce
1 tablespoon lemon juice
1 teaspoon vanilla extract
1 pinch of salt
2 tablespoons maple syrup

Directions:

1. In a bowl, mix together the applesauce, lemon juice and vanilla.
2. Stir in the sugar, flour, cornstarch, baking soda and powder, cinnamon and a pinch of salt. Mix well then fold in the candied ginger.
3. Pour this batter into a round cake pan, lined with parchment paper.
4. Bake the cake in a preheated oven at 350F for 30-40 minutes. To check if it's done, insert a skewer into the center. If it comes out clean, the cake is done, if not, bake it 10 more minutes.
5. Let it cool in the pan then powder it with sugar and serve cut into slices.

Walnut Carrot Cake

Carrot cake with walnuts tastes great because walnuts add a bit of texture, but also an earthy flavor that pairs wonderfully with carrots.

Servings: 4-6 dishes

Ingredients:

10 dates, pits removed
2 cups grated carrots
1/2 cup sweetened applesauce
1/2 cup golden raisins
1 teaspoon cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground cloves
3/4 cup whole wheat flour
1/4 cup all purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 cup walnuts, chopped
1 pinch of salt

Directions:

1. Put the dates in a small blender or food processor and pulse a few times until a paste forms. Transfer them into a bowl then stir in the carrots, applesauce, raisins, cinnamon, ginger and a pinch of salt.
2. Mix until well combined then fold in the flour, baking powder and soda. Spoon the batter into a greased round cake pan then sprinkle the chopped walnuts on top.
3. Bake in a preheated oven at 350F for 30-40 minutes.
4. Let it cool in the pan and serve sprinkled with powdered sugar.



Strawberry Cake

Strawberries must be one of the most loved fruits worldwide, but they also make excellent desserts, such as this flavorful and crumbly cake.

Servings: 4-6 dishes

Ingredients:

1 1/2 cups all purpose flour

2/3 cup sugar

1/3 cup soy yogurt

1 teaspoon baking soda

2/3 teaspoon baking powder

1 teaspoon vanilla extract

1 cup soy milk

2 cups fresh strawberries, coarsely chopped

2 tablespoons cornstarch

1 pinch of salt

Directions:

1. In a bowl, mix together the flour, sugar, baking powder and soda as well as a pinch of salt. Stir in the yogurt, vanilla and soy milk. Give it a good mix then pour the batter into a round 9 inch cake pan.
2. Mix the strawberries with the cornstarch and sprinkle them on top of the batter.
3. Bake the cake in a preheated oven at 350F for 40-50 minutes.
4. When done, let it cool in the pan then transfer to a serving plate and sprinkle with powdered sugar.

Banana Blueberry Cake

Banana cakes are generally very moist and fragrant, but this cake is even better with the addition of blueberries. Baked to perfection, this cake is a great choice for any party or even a fancy dinner.

Servings: 4-6 dishes

Ingredients:

3 ripe bananas, mashed
1 teaspoon lemon juice
1/2 cup soy milk
1 teaspoon vanilla extract
1/3 cup agave nectar
1/4 cup sugar
2 cups whole wheat flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1 cup fresh blueberries
1 pinch of salt

Directions:

1. Grease a 9 inch round cake pan and set aside.
2. In a bowl, mix the soy milk with the lemon juice and let it sit for 5 minutes.
3. Stir in the bananas and agave nectar and sugar and mix well.
4. In another bowl, mix the flour with the baking powder, salt and baking soda. Pour in the banana mixture and give it a good mix. Fold in the blueberries and pour the batter into the prepared pan.
5. Bake the cake in a preheated oven at 350F for 40-50 minutes. Let it cool in the pan then transfer to a serving plate and sprinkle with powdered sugar.

Cinnamon Swirl Cake

Cinnamon can be very strong, but this cake only uses a bit for flavor and creates an amazing swirl that enhances the visual effect of the slice.

Servings: 4-6 dishes

Ingredients:

1 cup all purpose flour
1 cup whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon ground ginger
2 tablespoons flax seeds, ground
4 tablespoons water
1/2 cup soy yogurt
3/4 cup orange juice
1/2 cup soy milk
1/2 cup agave syrup
1/4 cup sugar
1 pinch of salt

Directions:

1. In a small bowl, mix the ground flax seeds with water and set aside.
2. In another bowl, mix the flours, baking powder and baking soda, as well as cinnamon and ground ginger. In another bowl, mix the yogurt, orange juice, agave syrup and sugar.
3. Pour this mixture over the dry ingredients then add the flax seeds and a pinch of salt.
4. Pour this batter into a round cake pan that has been lined with parchment paper.
5. Bake the cake at 350F for 40-50 minutes and serve sprinkled with powdered sugar.



Banana Coffee Cake

Banana coffee cake doesn't mean the cake contains coffee, but the cake is being layered with cinnamon sugar then baked until the layers blend together, creating a nice slice when cut.

Servings: 4-6 dishes

Ingredients:

1 tablespoons flax seeds, ground

2 tablespoons water

1/4 cup sugar

3/4 cup soy yogurt

1/3 cup soy milk

1 teaspoon vanilla extract

1/3 cup agave nectar

1 teaspoon cinnamon

1 cup all purpose flour

1/2 cup whole wheat flour

1 teaspoon baking powder

2 ripe bananas, mashed

1 pinch of salt

Directions:

1. Grease a 9 inch round pan and turn your oven on. Set the temperature to 350F.
2. In a small bowl, mix the ground seeds with water and set aside to soak. In another bowl, mix the sugar with cinnamon and set aside.
3. Mix the soy yogurt with milk, vanilla extract and agave nectar. Stir in the flax seeds then the flour, baking powder and a pinch of salt. Mix well then fold in the mashed bananas. Pour the batter into the pan and sprinkle the sugar mixed with cinnamon.
4. Bake in the preheated oven for 40-50 minutes. Let it cool in the pan then transfer to a serving plate.

Date and Walnut Cake

Dates and walnuts complement each other perfectly because they both have an earthy flavor so the final cake is absolutely delicious and moist.

Servings: 4-6 dishes

Ingredients:

1 2/3 cups whole wheat flour
1/4 cup all purpose flour
1/2 cup coconut oil
3/4 cup sugar
1 cup soy milk
1 cup water
1 cup dates, pitted
1/2 cup walnuts
1 teaspoon instant coffee
2 tablespoons cocoa powder
1/4 cup cocoa nibs
1 teaspoon baking powder
1/2 teaspoon baking soda
1 pinch of salt

Directions:

1. Grease or line with parchment paper a 9 inch round pan. Pour the milk into a small saucepan and bring to the boiling point. Remove from heat and stir in the instant coffee and cocoa powder. Add the pitted dates and let it stand for 20 minutes.
2. In a bowl, mix the flours with the baking powder, baking soda and a pinch of salt. Add the sugar then pour in the milk and dates, the water and oil. Mix well then fold in the walnuts.
3. Pour the batter into the prepared pan and bake in a preheated oven at 350F for 50 minutes. Serve sprinkled with powdered sugar.



Chocolate Zucchini Cake

Zucchini in a cake! You may think it's weird; but think about carrot cake, it's pretty much the same. Zucchini's don't have an overpowering flavor so the cake tastes more like chocolate, but still has more moisture and creaminess than other cakes.

Servings: 4-6 dishes

Ingredients:

1 cup whole wheat flour
1 cup all purpose flour
1 teaspoon baking powder
1/2 cup coconut oil
1/2 cup applesauce
1/2 cup sugar
1/2 cup brown sugar
2 tablespoons flax seeds, ground
4 tablespoons water
1 medium size zucchini, grated
1/2 cup cocoa powder
1 teaspoon instant coffee
1/4 cup coconut milk
1 pinch of salt

Directions:

1. In a small cup or bowl, mix the ground flax seeds with water and let them soak.
2. In a bowl, mix together the flours, cocoa, baking soda and powder as well as a pinch of salt.
3. In another bowl, mix the coconut oil with the applesauce, sugars and instant coffee.
4. Stir in the flax seeds then the flour mixture. Fold in the zucchini and pour the batter into a 9-inch greased cake pan.
5. Bake in a preheated oven at 350F for 40-50 minutes.
6. Let it cool in the pan then transfer to a serving plate and sprinkle with plenty of powdered sugar.

Cranberry Carrot Cake

Cranberries used in this cake are fresh so the cake is very flavorful and a bit tangy. The cranberries are like small delights hidden in the batter.

Servings: 4-6 dishes

Ingredients:

3 cups all purpose flour

1 cup sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1 pinch of salt

10 oz crushed pineapple

1 cup unsweetened applesauce

3/4 cup soy yogurt

1/4 cup coconut oil

1 cup shredded carrots

1 cup fresh cranberries

Directions:

1. In a bowl, sift together the flour, baking powder, soda and salt. Add the sugar.
2. In another bowl, mix the crushed pineapple, applesauce, yogurt and oil then pour this mixture over the dry ingredients. Mix well.
3. Fold in the shredded or grated carrots and the fresh cranberries.
4. Pour this batter into a round cake pan or a loaf pan and bake in a preheated oven at 350F for 30-40 minutes or until a skewer inserted in the center of the cake comes out clean.
5. Serve when cold with a generous sprinkle of powdered sugar.



Orange Poppy Seed Cake

Poppy seed cakes are a classic. This particular recipe uses orange as the second flavor so the final result has a strong aroma and an incredible taste.

Servings: 4-6 dishes

Ingredients:

2 oranges

2 bananas

3 tablespoons poppy seeds

2 1/2 cups almond meal

1/4 cup all purpose flour

3/4 teaspoon baking powder

2 tablespoons coconut oil

1 pinch of salt

Directions:

1. Pour a few cups of water in a medium size pan and throw in the oranges, whole.
2. Bring to a boil and simmer on low heat for 1-2 hours until soft. Drain and let them cool. Cut them into large chunks and remove the seeds, if any, then put them in a blender with the. Pulse a few times until well blended.
3. In another bowl, mix together the almond meal with flour and baking powder, as well as a pinch of salt. Pour in the orange mixture and give it a good stir. Fold in the poppy seeds and pour the batter into a greased 9-inch round pan.
4. Bake in a preheated oven at 375F for 40-50 minutes.



Lemon Poppy Seed Cake

Lemon combined with poppy seeds is an all-time duo that most people like due to its interesting, tangy flavor and crunchy texture.

Servings: 4-6 dishes

Ingredients:

2 cups all purpose flour
3 tablespoons poppy seeds
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 pinch of salt
2/3 cup almond milk
1/2 cup brown sugar
3 tablespoons lemon juice
1 tablespoon lemon zest
1 teaspoon vanilla extract
1 pinch of salt

Directions:

1. In a bowl, mix the flour, baking powder, baking soda, salt and the poppy seeds.
2. In another bowl, mix together the wet ingredients: Almond milk, sugar, lemon juice, zest and vanilla extract. Combine the two mixtures and stir well.
3. Pour the batter into a greased small cake pan and bake in a preheated oven at 350F for 40-50 minutes or until slightly golden brown.

Chocolate Banana Carrot Cake

Chocolate, bananas and carrots may seem like a lot to put in one cake, but they complement each other and the final result is surprisingly good.

Servings: 4-6 dishes

Ingredients:

4 bananas, mashed

2 large carrots, grated

1 3/4 cups flour

3/4 cup brown sugar

1 teaspoon baking powder

1 teaspoon baking soda

3/4 cup cocoa powder

1/2 cup coconut oil

1 cup coconut milk

1 teaspoon vanilla extract

1 pinch of salt

Directions:

1. In a bowl, mix the mashed bananas with the grated carrot then stir in the milk and coconut oil and also the vanilla extract.
2. In another bowl, sift the flour with the cocoa powder, baking powder and baking soda, as well as a pinch of salt.
3. Combine the dry ingredients with the wet ones and mix well.
4. Pour the batter into a round cake pan and bake in a preheated oven at 350F for 40-50 minutes.
5. Let it cool in the pan then transfer to a serving plate and sprinkle over a generous amount of powdered sugar before serving.

Coconut Cake with Caramel Sauce

Coconut and caramel taste great together and this cake is amazing due to that. If you like either coconut or caramel, you should really try this cake as you will not regret it.

Servings: 4-6 dishes

Ingredients:

1 1/2 cups whole wheat flour

1/4 cup all purpose flour

1 teaspoon baking powder

3/4 teaspoon baking soda

1/2 cup sugar

1 cup coconut milk

1/3 coconut oil

1 teaspoon lemon juice

1 tablespoon flax seeds, ground

2 tablespoons water

For the caramel sauce:

1 cup sugar

2 tablespoons coconut oil

1/2 cup water

Directions:

1. In a bowl, mix together the two types of flour with the baking powder and soda, but also the sugar and a pinch of salt. In another bowl, mix the lemon juice with the flax seeds and water.
2. Let them soak for 5 minutes then stir in the coconut milk and coconut oil. Add the dry ingredients and give it a good mix to combine well.
3. Grease a round cake pan then pour the batter into the pan.
4. Bake in a preheated oven at 375F for 30-40 minutes.
5. To make the sauce: Melt the sugar in a heavy saucepan. When it has an amber color, stir in the coconut oil then pour in the water. Mix well until smooth then remove from heat.
6. Serve the cake with a drizzle of caramel sauce.

Cardamom Carrot Cake

Carrot cake is a classic, but you can add a little twist if you are adventurous. This recipe uses a bit of cardamom to spice it up and create an amazing cake for you to enjoy.

Servings: 4-6 dishes

Ingredients:

1 1/2 cups whole wheat flour
1 cup all purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cardamom
1/2 teaspoon cinnamon
1 teaspoon lemon juice
1/2 cup soy yogurt
1/2 cup applesauce
1 cup maple syrup
1/2 cup coconut oil
2 cups grated carrots
1 teaspoon vanilla extract
1 pinch of salt

Directions:

1. In a large bowl, sift the flours with baking soda, baking powder, cardamom and lemon juice, as well as a pinch of salt. In another bowl, mix the lemon juice, yogurt, applesauce, maple syrup, vanilla and coconut oil.
2. Combine the two mixtures then fold in the grated carrots.
3. Pour the batter into a greased 9-inch cake pan then bake in a preheated oven at 350F for 40-50 minutes or until a skewer inserted in the middle of the cake comes out clean.
4. Serve sprinkled with powdered sugar.



Mandarin Cake

Mandarins are similar to oranges, but their flavor is a bit different. This cake is easy to make and perfect as a dessert, topped with coconut cream or as an afternoon snack.

Servings: 2-4 dishes

Ingredients:

1 cup all purpose flour

3/4 cup whole wheat flour

1/2 cup brown sugar

1 teaspoon baking soda

1 cup mandarin juice

1/4 cup coconut milk

1/4 cup coconut oil

1 pinch of salt

1 teaspoon vanilla extract

Directions:

1. In a bowl, mix the flours with baking soda, salt and brown sugar.
2. Stir in the mandarin juice, then the coconut milk, oil and vanilla extract.
3. Grease a 9-inch cake pan and pour the batter into the pan.
4. Bake in a preheated oven at 350F for 40-50 minutes, or until slightly golden brown and fragrant.



Chocolate Orange Cake

Chocolate and orange is one of the best combinations I can think of because the orange mellows down the flavor of the chocolate, while the chocolate enhances the flavor of the orange.

Servings: 4-6 dishes

Ingredients:

1 1/2 cups all purpose flour
1 cup whole wheat flour
1/2 cup cornstarch
1 1/2 cups sugar
1 teaspoon baking soda
1/2 cup cocoa powder
3/4 cup soy yogurt
1 teaspoon cinnamon
1/2 cup fresh orange juice
1 tablespoon orange zest
1 teaspoon vanilla extract
1 pinch of salt

Directions:

1. In a large bowl, combine the flour with the sugar, cornstarch, baking soda and cocoa powder.
2. Stir in the soy yogurt, cinnamon, orange juice, vanilla extract, salt and orange zest. Beat well with a hand mixer for 2 minutes then pour the batter into a greased round cake pan.
3. Bake in a preheated oven at 350F for 30-40 minutes.
4. To serve, glaze with chocolate, melted with a few tablespoons of butter or heavy cream.

Peach Upside-Down Cake

Upside down cakes are great because the fruits on the bottom turn very soft and they are similar to a cream so, when you turn the cake upside down, the top will be very silky and juicy, infusing the batter underneath as well.

Servings: 4-6 dishes

Ingredients:

- 1 1/2 cups all purpose flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1/2 cup sugar
- 1 pinch of salt
- 1 cup soy milk
- 1 teaspoon lemon juice
- 1 teaspoon lemon zest
- 1 pound peaches, cut into slices
- 2 tablespoons brown sugar

Directions:

1. In a bowl, combine the flour with baking powder, cinnamon, ginger, sugar and salt. In another bowl, pour in the soy milk and lemon juice.
2. Mix well and let it stand for 5 minutes. Pour this over the flour then fold in the lemon zest.
3. Grease a heavy skillet with oil and sprinkle the brown sugar on the bottom. Arrange the peach slices over the sugar then spoon over the batter.
4. Bake in a preheated oven at 350F for 30-40 minutes. When done, remove from oven, let it cool in the pan for 10 minutes then turn the cake on a serving plate.



Pineapple Upside-Down Cake

Pineapple is amongst the most used fruits when it comes to upside down cakes because it's juicy, but not overly juicy and it bakes to perfection each time.

Servings: 4-6 dishes

Ingredients:

1 can pineapple slices, drained

1 cup quick oats

1 cup whole wheat flour

1/2 cup sugar

1 teaspoon baking powder

1 tablespoons flax seeds ground

2 tablespoons water

1 teaspoon cinnamon

1 teaspoon ground ginger

1 pinch of salt

1 teaspoon vanilla extract

1/3 cup unsweetened applesauce

3 tablespoons water

1 teaspoon lemon juice

Directions:

1. In a bowl, mix together the flax seeds with water and let them soak for 5 minutes. Add the applesauce, water, vanilla and lemon juice.
2. Stir in the quick oats, flour, sugar, baking powder, cinnamon and ginger, as well as a pinch of salt. Grease a 9-inch round cake pan and arrange the pineapple slices on the bottom.
3. Spoon the batter over the pineapple and bake in a preheated oven at 350F for 30-40 minutes. When done, remove from oven and let it cool for 10 minutes. Turn the cake on a serving plate and serve when chilled.

Raspberry Chocolate Cake

Chocolate works with any fruits, but with raspberries this cake turns into a real delight, able to awaken your senses with its strong flavors.

Servings: 4-6 dishes

Ingredients:

3 cups all purpose flour

1 cup sugar

2 teaspoons baking soda

1/2 cup cocoa

1/4 cup coconut oil

1/2 cup raspberry jam

1/4 cup applesauce, unsweetened

2 teaspoons white wine vinegar

2 cups water

1 pinch of salt

1/2 cup raspberry jam to glaze

Directions:

1. In a bowl, mix the flour with the sugar, baking soda, cocoa and a pinch of salt.
2. Stir in the oil, raspberry jam, applesauce, water and white wine vinegar. Using a hand mixer, beat for 2 minutes then pour the batter into a 9-inch round cake pan, lined with parchment paper.
3. Bake the cake in a preheated oven for 30-40 minutes or until a skewer inserted in the cake comes out clean.
4. Remove from oven and let it cool in the pan. Once cold, cut it in half lengthwise then spread raspberry jam between the cake layers.

Cherry, Walnut and Banana Cake

Basically, this is a banana and walnut cake, but the addition of cherries improves its texture and gives it a bit more freshness. It's also a combination of earthy flavors and spring, fresh aromas.

Servings: 4-6 dishes

Ingredients:

3 ripe bananas, mashed
2 teaspoons lemon juice
1/4 cup unsweetened applesauce
1/2 cup brown sugar
1 cup whole wheat flour
1 cup all purpose flour
1/2 cup dried cherries
1 teaspoon baking powder
1 teaspoon baking soda
2/3 cup walnuts, chopped
1 pinch of salt

Directions:

1. Mix the bananas with the lemon juice in a bowl.
2. Stir in the applesauce and sugar then add the flours, baking powder, baking soda and salt. Mix well to combine and fold in the dried cherries and walnuts.
3. Pour the batter into a greased round cake pan and bake in a preheated oven at 350F for 40-50 minutes or until slightly golden brown and fragrant.
4. Serve cold with a generous sprinkling of powdered sugar.

Cherry Snack Cake

Incorporating rolled oats, this cake makes an excellent choice for breakfast, but it also works as a snack and it's delicious.

Servings: 4-6 dishes

Ingredients:

1 cup rolled oats
1 tablespoon flax seeds
1 1/2 cup whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon all spice powder
1/3 cup maple syrup
1/2 cup cherry juice
1 cup pitted cherries
1/2 cup applesauce
1 pinch of salt

Directions:

1. Put the oats and flax seeds in a food processor or blender and pulse a few times until ground.
2. Transfer to a bowl and stir in the flour, baking powder and baking soda, as well as the all spice powder and a pinch of salt. Add the cherry juice, maple syrup and applesauce. Fold in the pitted cherries and pour the batter into a greased small cake pan.
3. Bake in a preheated oven at 350F for 40-50 minutes or until a skewer inserted in the center of the cake comes out clean.

Chocolate Zucchini Mud Cake

Moist and creamy, this cake proves that healthy baking can be done with vegetables as well. Don't be put off by the use of zucchinis because they make this cake as delicious as it is.

Servings: 4-6 dishes

Ingredients:

2 cups whole wheat flour
1 1/2 cup raw sugar
3/4 cup cocoa powder
3/4 cup chickpea flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 pinch of salt
3/4 cup coconut oil
1 cup water
1 1/2 cups grated zucchini
1 teaspoon vanilla extract
1 teaspoon cinnamon

Directions:

1. In a bowl, mix the flour with the raw sugar, cocoa powder, chickpea flour, baking soda, baking powder, salt and cinnamon.
2. Stir in the coconut oil, water, vanilla and grated zucchini. Mix well then spoon the batter into a greased bund pan and bake in a preheated oven at 350F for 1 hour or until a toothpick inserted in the middle of the cake comes out clean.
3. When done, let the cake cool in the pan then transfer to a wire rack. If you want, you can glaze it with melted vegan chocolate.

Vegan Basic Vanilla Cake

This is probably one of the most basic recipes and it can be a good base for other desserts as you can fill it with jam or cream, frost it and transform it into a beautiful celebration cake.

Servings: 4-6 dishes

Ingredients:

3/4 cup brown rice flour

1/2 cup tapioca flour

1/2 cup almond meal

1/2 cup coconut flour

1 pinch of salt

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon xanthan gum

2/3 cup coconut milk

1 cup water

1/4 cup coconut oil

1/4 cup applesauce

1 tablespoon vanilla extract

1 teaspoon lemon juice

Directions:

1. In a bowl, mix all the flours with the salt, baking powder, baking soda and xanthan gum.
2. In another bowl, combine the water with the coconut milk, coconut oil, applesauce, vanilla extract and lemon juice. Pour it over the flour and mix until smooth.
3. Grease a 9-inch cake pan or line it with baking paper then pour the batter into the pan.
4. Bake in a preheated oven at 350F for 1 hour or until a skewer inserted in the middle of the cake comes out clean. Let it cool in the pan before serving.



Olive Oil Rosemary Semolina Cake

Although it sounds more like a savory cake, it's not. In fact, it's such a flavorful and delicious day to day dessert that you will save the recipe for a next time as well.

Serving: 4-6 dishes

Ingredients:

2/3 cup olive oil
2 tablespoons chopped rosemary
1 pinch of salt
3 cups warm water
3 1/2 cups semolina flour
3 tablespoons ground flax seeds
Juice from 1 orange
1 cup sugar

Directions:

1. Pour the olive oil into a saucepan and heat it. Add the rosemary then let it infuse 20 minutes. Drain and discard the rosemary.
2. In a bowl, mix the yeast with the warm water and let it bloom for 10 minutes.
3. Stir in the orange juice, sugar, flax seeds and semolina flour, as well as a pinch of salt.
4. Let it soak for 10 minutes then add the olive oil. Cover the bowl and let the batter rise for at least 2 hours.
5. Grease a bundt pan with oil and flour it slightly then pour the risen batter into the pan.
6. Bake in a preheated oven at 350F for 40-60 minutes or until risen and golden brown. Let it cool in the pan before serving.

Apfelkuchen

Apfelkuchen is a German recipe and it translates to apple cake. The recipe is vegan and it yields an outstanding, flavorful and delicious cake.

Servings: 4-6 dishes

Ingredients:

2 pounds apples, peeled, cored and sliced

1/2 cup solid coconut oil

1/2 cup raw sugar

1/2 cup applesauce

1/4 cup soy milk

2 teaspoons baking powder

1 cup whole wheat flour

1/2 cup all purpose flour

1 pinch of salt

1 teaspoon cinnamon

Directions:

1. In a bowl, mix the coconut oil with the sugar until creamy then stir in the applesauce and soy milk. Add the flours, salt and baking powder, then spoon the batter into a 9-inch baking pan, greased or lined with baking paper.
2. Top the batter with apple slices and sprinkle with cinnamon.
3. Bake in a preheated oven at 375F for 30-40 minutes. Let it cool in the pan before serving.



Blueberry Chocolate Cake

Blueberries and chocolate come together in this recipe to create one of the best cakes you will ever taste. It's moist and fragrant, absolutely delicious and it's worth a try.

Servings: 4-6 dishes

Ingredients:

1 cups whole wheat flour

1/4 cup all purpose flour

1/4 cup cocoa powder

1 teaspoon baking powder

1/2 teaspoon baking soda

1 teaspoon ground flax seeds

3/4 cup water

1/2 cup maple syrup

1 cup blueberries

1 pinch of salt

Directions:

1. In a medium bowl, mix the flours, cocoa powder, baking powder, soda and salt, as well as the ground flax seeds.
2. Pour the water into a blender and add the blueberries. Pulse a few times until smooth. Stir this mixture into the dry ingredients, together with the maple syrup.
3. Pour the batter into a greased medium-size cake pan. Bake in a preheated oven at 350F for 40-50 minutes.
4. Serve sprinkled with powdered sugar and a pinch of cinnamon.

Chapter 2: Vegan Muffin Recipes

Vegan muffins are amazing! leaving out eggs, milk, and butter really doesn't have to render a recipe tasteless. Here you can find 20 recipes – A whole spectrum of muffin types to suit your every taste and need. The muffins are delicious and rich, earthy and fluffy, and are amazingly delicious when served as your morning meal along with a cup of warm tea or coffee.



Blueberry Whole Wheat Muffins

These muffins are not only delicious, but also very healthy due to their high content of fiber and antioxidants. The blueberries can easily be replaced with strawberries or raspberries if you wish to customize the recipe to your own taste and preference.

Servings: 12 muffins

Ingredients:

1½ cups whole wheat flour

½ cup oat flour

2 teaspoons baking soda

1 pinch salt

½ cup agave syrup

2 tablespoons ground flax seeds

¼ cup water

½ cup coconut oil, melted

½ cup almond milk

1 teaspoon apple cider vinegar

1 cup fresh or frozen blueberries

Directions:

1. In a bowl, mix the flour with the oat flour, baking soda and salt. Set aside.
2. In a different bowl, combine the flax seeds with the water.
3. Allow them to soak for 10 minutes then add the agave syrup, coconut oil, almond milk, and cider vinegar.
4. Stir in the dry ingredients you mixed earlier and give it a good stir.
5. Gently fold in the blueberries and spoon the batter into your muffin cups lined with muffin papers.
6. Bake in a preheated oven at 350°F for 20-30 minutes or until slightly golden brown and fragrant. Allow the muffins to cool in the pan before serving.



Chocolate Chip Cookie Dough Muffins

The dough for these muffins is similar to a cookie, so the final muffins are a bit denser but just as delicious. Actually the taste of these cookies certainly makes you think about chocolate chip cookies!

Servings: 6 muffins

Ingredients

½ cup pecans, ground

½ cup shredded coconut

¼ cup almond butter

2 tablespoons flax seeds, ground

¼ cup coconut milk

¼ cup agave syrup

1 vanilla extract

¼ cup vegan chocolate chips

Directions:

1. Mix the almond butter with the agave syrup until creamy.
2. Stir in the coconut milk, and then add the pecans, coconut, flax seeds, and vanilla.
3. Fold in the chocolate chips then spoon the batter into muffin cups lined with muffin papers.
4. Bake in a preheated oven at 350°F for 25 minutes or until golden brown and fragrant.
5. Serve these muffins once they have cooled fully.

Banana and Sunflower Muffins

Servings: 12 muffins

Ingredients:

2 tablespoons ground flax seeds

¼ cup cold water

1 cup oat flour

¼ cup cornstarch

½ cup almond flour

½ cup sunflower seeds, ground

1 pinch salt

1 teaspoon baking powder

½ cup sunflower oil

2 ripe bananas, mashed

½ cup maple syrup

Directions:

1. In a bowl, mix the ground flax seeds with the cold water and allow them to soak for 10 minutes.
2. Stir in the mashed bananas, sunflower oil, and maple syrup.
3. In a different bowl, combine the oat flour, cornstarch, almond flour, ground sunflower seeds, salt, and baking powder.
4. Stir in the wet ingredients and mix well. Spoon the batter into your muffin cups and bake in a preheated oven at 350°F for 20 minutes or until golden brown and fragrant.

Fudgy Chocolate Muffins

The special ingredient of these muffins is the beet purée which adds an interesting earthy flavor and makes them fudgy and delicious. You can customize this recipe any way you want in terms of flavors: add dark rum or some fresh fruit if you wish.

Servings: 12 muffins

Ingredients:

2 tablespoons ground flax seeds

2 tablespoons water

1 large beet, pureed in a blender

¼ cup agave syrup

¼ cup maple syrup

¼ cup coconut oil

¼ cup coconut milk

1 pinch salt

1 teaspoon baking soda

½ cup cocoa powder

1 cup all-purpose flour

½ cup oat flour

Directions:

1. Mix the flax seeds with the water, beet purée, agave syrup, maple syrup, coconut oil, and coconut milk in a bowl.
2. Stir in the rest of the ingredients and mix really well.
3. Spoon the batter into your muffin cups and bake in a preheated oven at 350°F for 20 minutes or until golden brown and fragrant.
4. When done, remove the muffins from the oven and allow them to cool in the pan before serving.



Tropical Coconut Muffins

This recipe focuses on the amazing mix and taste of coconut, pineapple, and mango to create a moist and delicious dessert using healthy ingredients. Feel free to use different fruits though; it's entirely up to you!

Servings: 12 muffins

Ingredients:

1½ cups rolled oats

1½ cups oat flour

½ cup coconut flakes

1 teaspoon baking powder

1 teaspoon baking soda

1 pinch salt

½ cup soy yogurt

½ cup coconut cream

½ cup maple syrup

¼ cup coconut oil

1 ripe banana, mashed

½ cup crushed pineapple, drained

½ cup mango dices

Directions:

1. Mix the rolled oats with the oat flour, coconut flakes, baking powder, baking soda, and salt. Set aside.
2. In a different bowl, mix the soy yogurt, coconut cream, maple syrup, coconut oil, and banana. Pour this mixture over the dry ingredients and give it a good mix.
3. Fold in the pineapple and mango then spoon the batter into your muffin cups lined with muffin papers.
4. Bake in a preheated oven at 350°F for 20-25 minutes or until golden brown and fluffy. Remove the muffins from the oven and serve them once they have cooled down.



Melon Muffins

Melons or cantaloupes are the staple of summer with their lovely, intense flavor, but you can use that flavor to create delicious desserts too, such as these moist muffins.

Servings: 12 muffins

Ingredients:

1 cup whole wheat flour

½ cup all-purpose flour

1 teaspoon baking soda

1 pinch salt

1 pinch ground ginger

1 small melon, peeled and cubed

¼ cup agave syrup

1 teaspoon vanilla extract

¼ cup coconut oil

Directions:

1. Mix the melon with the agave syrup, vanilla and coconut oil in a blender.
2. Purée until smooth and then stir in the flours, baking soda, salt, and ginger.
3. Spoon the batter into your muffin cups lined with muffin papers and bake in a preheated oven at 350°F for 25 minutes or until the surface turns golden brown.

Multigrain Muffins

Multigrain automatically means that these muffins contain a multitude of nutrients and fiber, and are therefore perfect for breakfast. Served with a cup of tea or a glass of fresh juice in the morning, you can start your day on a high note.

Servings: 12 muffins

Ingredients:

2 tablespoons ground flax seeds

2 tablespoons cold water

1 cup almond milk

1 teaspoon apple cider vinegar

1½ cups all-purpose flour

¾ cup rolled oats

½ cup quinoa

1 teaspoon baking powder

1 pinch salt

½ teaspoon cinnamon powder

1½ cups pumpkin purée

½ cup maple syrup

¼ cup pumpkin seeds

¼ cup sunflower seeds

2 tablespoons poppy seeds

Directions:

1. In a bowl, mix the flax seeds with the cold water.
2. After 5 minutes of soaking, stir in the almond milk, vinegar, pumpkin purée, and maple syrup.
3. Stir in the flour, rolled oats, quinoa, baking powder, salt, and cinnamon powder.
4. Fold in the pumpkin seeds, sunflower seeds, and poppy seeds.
5. Spoon the batter into your muffin cups lined with muffin papers and bake in a preheated oven at 350°F for 25-30 minutes or until golden brown and fragrant.
6. Allow the muffins to cool in the pan before serving or storing.

Almond Cranberry Muffins

How about a fluffy, fragrant muffin for breakfast or your afternoon snack?! These muffins sure are perfect with their moist inside and crunchy, flavorful topping.

Servings: 12 muffins

Ingredients:

2 cups rolled oats

1 ripe banana, mashed

1 cup pumpkin purée

¼ cup almond butter

¼ cup almond milk

¼ cup maple syrup

½ cup dried cranberries, chopped

¼ teaspoon cinnamon powder

1 pinch salt

½ teaspoon baking soda

½ cup sliced almonds for topping

Directions:

1. Mix the mashed banana with the pumpkin purée, almond butter, almond milk, and maple syrup.
2. Stir in the rolled oats, cranberries, cinnamon, and salt as well as the baking soda.
3. Spoon the mixture into your muffin cups and top with sliced almonds.
4. Bake in a preheated oven at 350°F for 25-30 minutes or until crunchy and golden brown.
5. Allow the muffins to cool in the pan before serving.



Ginger and Banana Muffins

It's not unusual to combine ginger with bananas, but these muffins certainly bring out the most from this combination. They are moist like any banana muffin, but they are also special with their mild, lovely ginger aroma.

Servings: 12 muffins

Ingredients:

2¼ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 pinch salt
1 teaspoon ground ginger
⅓ cup coconut oil
½ cup applesauce
2 ripe bananas, mashed
⅔ cup coconut milk

Directions:

1. Combine the flour with the baking soda, baking powder, and salt. Stir in the ginger, coconut oil applesauce, bananas, and coconut milk.
2. Spoon the batter into your muffin cups and bake in a preheated oven at 350°F for 20-30 minutes or until fragrant and golden brown.
3. Allow the muffins to cool completely before serving or storing.

Plum Muffins

Plums are so underestimated. These muffins not only emphasize the taste of the plums, but also their juiciness and deliciousness. However, you can use other fruits if you prefer.

Servings: 12 muffins

Ingredients:

1³/₄ cups oat flour

1 pinch salt

1 teaspoon baking soda

½ teaspoon cinnamon powder

½ cup agave syrup

1 cup silken tofu

1 teaspoon vanilla extract

¼ cup coconut oil, melted

2 tablespoons ground flax seeds

8 plums, pitted and diced

Directions:

1. Mix the oat flour with the salt, baking soda and cinnamon and set aside.
2. In a blender, combine the silken tofu with the agave syrup, vanilla extract, coconut oil, and flax seeds.
3. Pour this mixture over the dry ingredients and mix well.
4. Fold in the plums then spoon the batter into your muffin cups lined with muffin papers and bake in a preheated oven at 350°F for 25 minutes or until risen and golden brown.

Blackberry Corn Muffins

The cornstarch makes these muffins slightly grainier, but they are still delicious and moist due to the cranberries which infuse the corn batter with their taste.

Servings: 12 muffins

Ingredients:

1 cup cornstarch

1 cup all-purpose flour

1 teaspoon baking powder

1 pinch cinnamon powder

1 pinch salt

¾ cup applesauce

1 cup coconut milk

½ cup agave syrup

1 teaspoon vanilla extract

1 cup blackberries

Directions:

1. Combine the flours with the baking powder, cinnamon, and salt. Stir in the applesauce, coconut milk, agave syrup, and vanilla.
2. Fold in the blackberries then spoon the batter into your muffin pan lined with muffin papers.
3. Bake in a preheated oven at 350°F for 20-30 minutes.
4. To check that these muffins are cooked through, insert a toothpick in the center of one muffin.
5. If it comes out clean, the muffins are ready, if it comes out with traces of batter, then the muffins require a few more minutes baking.
6. Allow the muffins to cool in the pan when ready.

Sweet Potato Ginger Muffins

I'm sure you've had pumpkin muffins before, but sweet potato has a similar consistency so why not use it in baking as well? The final muffins are fragrant and moist, but also rich and filling.

Servings: 12 muffins

Ingredients:

2 cups whole wheat flour
1 teaspoon baking soda
1 pinch salt
1 teaspoon cinnamon powder
½ teaspoon ground cloves
1 teaspoon grated ginger
1 teaspoon vanilla extract
½ cup coconut oil
2 tablespoons ground flax seeds
½ cup almond milk
½ cup maple syrup
1 large sweet potato, baked and mashed
1 sweet potato, peeled and grated
½ cup pecans, chopped

Directions:

1. In a bowl, mix the flour with the baking soda, salt, cinnamon, ground cloves, and flax seeds. Set aside.
2. In a different bowl, combine the coconut oil, grated ginger, vanilla, milk, maple syrup, and baked sweet potato.
3. Stir in the dry ingredients then fold in the grated sweet potato and the chopped pecans.
4. Spoon the batter into your muffin cups lined with muffin papers.
5. Bake in a preheated oven at 350°F for 20-25 minutes or until golden brown and fragrant. Allow the muffins to cool in the pan before serving.



Quinoa Raspberry Muffins

Quinoa is the super food of the century, but apart from using it as and in savory dishes, it can also be added to your desserts to boost the nutritional content.

Servings: 12 muffins

Ingredients:

½ cup quinoa, toasted

½ cup orange juice

2 cups all-purpose flour

½ cup cornstarch

1½ teaspoons baking powder

1 pinch salt

½ cup agave syrup

2 tablespoons orange zest

1 cup almond milk

½ cup orange juice

¼ cup coconut oil, melted

1 teaspoon vanilla extract

1½ cups fresh raspberries

Directions:

1. In a bowl, mix the quinoa with the half cup of orange juice and allow to soak overnight if you can, although this isn't compulsory.
2. Stir in the agave syrup, almond milk, orange zest, the other half cup of orange juice, coconut oil, and vanilla.
3. Incorporate the flour, cornstarch, salt, and baking powder.
4. Give it a good mix then fold in the raspberries.
5. Spoon the batter into your muffin cups lined with muffin papers and bake in a preheated oven at 350°F for 20-30 minutes or until golden brown and well risen.
6. Allow the muffins to cool in the pan before serving.

Applesauce Cardamom Muffins

The applesauce in these muffins pairs wonderfully with the ground cardamom. You can also add a few dices of fresh apple if you wish to enhance the taste and flavors.

Servings: 12 muffins

Ingredients:

1 cup coconut milk

1 cup applesauce

¼ cup agave syrup

1 teaspoon lemon juice

2 tablespoons ground flax seeds

1 pinch salt

1 teaspoon baking soda

1 teaspoon ground ginger

1 teaspoon ground cardamom

1½ cups all-purpose flour

½ cup almond flour

Directions:

1. In a bowl, mix the coconut milk with the applesauce, agave syrup, and lemon juice.
2. Stir in the flax seeds, flours, salt, baking soda, ground ginger, and cardamom.
3. Spoon the batter into your muffin pan and bake them in a preheated oven at 350°F for 30 minutes or until golden brown and fragrant. Serve these muffins once cooled.

Chocolate and Goji Berry Muffins

The Goji berries have a high content of antioxidants and fiber so adding them to your diet is very beneficial to your health. These muffins are moist and dense, almost fudgy-like in consistency, and absolutely delicious.

Servings: 12 muffins

Ingredients:

1 cup whole wheat flour

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon cinnamon powder

1 pinch salt

¼ cup cocoa powder

1 cup almond milk

¼ cup coconut oil

1 teaspoon vanilla extract

¼ cup agave syrup

¼ cup Goji berries, chopped

Directions:

1. In a bowl, combine the whole wheat flour, baking soda, baking powder, cinnamon, and cocoa powder, as well as a pinch of salt.
2. Stir in the almond milk, coconut oil, vanilla extract, and agave syrup.
3. Give it a good mix then fold in the Goji berries.
4. Transfer the batter to your muffin pan lined with muffin papers and bake in a preheated oven at 350°F for 20-30 minutes or until fragrant and golden brown.
5. Remove the pan from the oven and allow the muffins to completely cool before serving.



Walnut and Chia Muffins

These muffins are a bomb of fiber and that makes them perfect for your morning meals. Enjoy them along with a glass of orange juice and you're set to have a great day ahead.

Servings: 12 muffins

Ingredients:

1½ cups almond milk

½ cup applesauce

1 teaspoon apple cider vinegar

1½ cups all-purpose flour

½ cup whole wheat flour

1 teaspoon baking soda

2 tablespoons chia seeds

½ teaspoon cinnamon powder

1 cup walnuts, chopped

1 pinch salt

Directions:

1. Mix the almond milk with the vinegar and applesauce.
2. Stir in the flours, followed by the baking soda, chia seeds, cinnamon powder, and salt.
3. Fold in the walnuts then spoon the batter into your muffin cups.
4. Bake the muffins in a preheated oven at 350°F for 20-30 minutes or until fragrant and golden brown.
5. Allow the muffins to cool before serving.

Pumpkin Millet Muffins

When making vegan muffins, no other kind of ingredients other than plain flour and millet maybe used. However, millet is a great choice as it not only brings taste and texture to these muffins, but also fiber and other nutrients too.

Servings: 16 muffins

Ingredients:

2 tablespoons ground flax seeds

4 tablespoons water

½ cup coconut oil

½ cup agave syrup

1 cup coconut milk

1½ cups pumpkin purée

½ cup rolled oats

1 cup millet

1½ cups whole wheat flour

1 teaspoon baking soda

1 teaspoon baking powder

1 pinch salt

1 teaspoon cinnamon powder

Directions:

1. In a bowl, combine the ground flax seeds with the water.
2. Add the coconut oil, followed by the agave syrup, coconut milk, and pumpkin purée and mix well
3. Incorporate the rolled oats, millet, flour, baking powder, salt, baking soda, and cinnamon.
4. Give it a good mix then transfer the batter to your muffin cups lined with muffin papers and bake in a preheated oven at 350°F for 20-30 minutes or until fragrant and golden brown.
5. Allow the muffins to cool in the pan before serving or storing.

Gluten-Free Cupcakes

If you have a gluten allergy or intolerance, these muffins are perfect for you. They are gluten-free but this recipe does not sacrifice on taste at all. Instead, it combines healthy and nutritious ingredients to create moist, dense, and delicious muffins to help with your sweet cravings.

Servings: 12 muffins

Ingredients:

2 tablespoons ground flax seeds

4 tablespoons cold water

1½ cups pumpkin purée

¼ cup agave syrup

¼ cup sunflower oil

1 teaspoon vanilla extract

½ cup sorghum flour

½ cup rice flour

½ cup oat flour

½ cup arrowroot powder

1 teaspoon baking soda

1 pinch salt

¼ teaspoon ground cardamom

¼ teaspoon ground cloves

½ teaspoon cinnamon powder

Directions:

1. Mix the flax seeds with the cold water, then add the pumpkin purée, agave syrup, oil, and vanilla.
2. Mix well then stir in the flours, arrowroot powder, baking soda, salt, and spices.
3. Mix very well then spoon the batter into your muffin pan lined with muffin papers.
4. Bake the muffins in a preheated oven at 350°F for 20-30 minutes until they rise and turn golden brown.
5. Remove the pan from the oven when ready and allow the muffins to cool in the pan.

Peanut Butter Muffins

Everyone loves peanut butter, but it can also be used to create delicious desserts or snacks, not just to spread on toast. Its flavor infuses the batter so the final muffins are rich and flavorful.

Servings: 10-12 muffins

Ingredients:

1½ cups all-purpose flour

1 cup rolled oats

¼ cup cocoa powder

1 pinch salt

1 pinch nutmeg

½ cup agave syrup

½ cup peanut butter

1 cup almond milk

Directions:

1. Mix the peanut butter with the agave syrup.
2. Add the almond milk then stir in the flour, oats, cocoa powder, salt, and nutmeg.
3. Give it a good mix then spoon the batter into your muffin pan lined with muffin papers.
4. Bake in a preheated oven at 350°F for 20-25 minutes or until golden brown.
5. Remove the pan from the oven and allow the muffins to cool before serving.

Vanilla Muffins

These muffins show you that complicated flavors are great, but nothing compares to vanilla. It may be the most used aroma, but it definitely has a lot to offer and these muffins prove it.

Servings: 16 muffins

Ingredients:

2½ cups all-purpose flour

1 teaspoon baking soda

1 teaspoon baking powder

1 pinch salt

½ cup agave syrup

2 cups coconut milk

½ cup water

1 teaspoon vinegar

1 tablespoon vanilla extract

½ cup coconut oil

1 vanilla pod, split lengthwise

Directions:

1. Mix the flour with the baking soda, baking powder and salt. Set aside.
2. In a different bowl, combine the agave syrup with the coconut milk, water, vinegar, vanilla extract, coconut oil, and the seeds from the vanilla pod.
3. Pour this mixture over the dry ingredients and mix really well.
4. Spoon the batter into your muffin pans and bake in a preheated oven at 350°F for 20-30 minutes until the muffins turn slightly golden brown and fragrant.
5. Allow the muffins to cool in the pan before serving.

Chapter 3: Vegan Cookies

I love to sit at the end of a long day with a cup of tea and a plate of hot, fresh cookies that just came out of the oven. The pleasant smell and the delicious taste of a sweet cookie can turn a regular moment into pure happiness. When I became vegan, I was afraid that those moments would disappear, but thankfully, I realized that, with some minor changes to existing recipes, vegans can enjoy the crunchy and wonderful taste of cookies.

Many are surprised to find out how easy it is to make cookies without eggs and milk. After several attempts you find that, in terms of taste, the egg is not necessary in most desserts, and ‘dairy’ plant blends (soy, almond, etc.) taste better than cows’ milk.

In this wonderful chapter you will find 32 original, very healthy and delicious, vegan cookie recipes. I can promise you that when you start making them, you will fantasize about getting back home as quick as possible to eat them



Simple Chocolate Cookies

Chocolate cookies are loved by everyone, but this particular recipe yields some crisp, flavorful and amazing cookies that can be stored for a long period of time.

Yields: 2 dozen

Ingredients:

1 cup whole wheat flour

1 cup golden raisins

1/2 cup rolled oats

2/3 cup brown sugar

2 tablespoons cocoa powder

4 tablespoons coconut oil

1/4 cup water

1 pinch of salt

Directions:

1. In a bowl, mix the flour with raisins, oats, sugar, cocoa powder and oil.
2. Stir in the water and mix well. If the dough is too dry, add more water, spoon by spoon, until the dough becomes easy to work with.
3. Wet your hands and form small dough balls.
4. Arrange them all on a baking tray lined with baking paper and bake in a preheated oven at 350F for 10-15 minutes.
5. Remove from oven and let them cool in the pan. Transfer to a serving plate.



Banana Breakfast Cookies

Banana cookies, just like breads or cakes, are moist and slightly chewy so if you are a fan of these types of cookies, you will love these.

Servings: 4-6 dozen

Ingredients:

2/3 cup rolled oats

2 ripe bananas, mashed

1/4 cup coconut oil

4 tablespoons agave syrup

1 cup mixed dried fruits, chopped

2/3 cup dark chocolate chip cookies

2/3 cup sliced almonds

2 tablespoons flax seeds, ground

4 tablespoons water

1 teaspoon baking soda

1 pinch of salt

Directions:

1. Mix the flax seeds with water and set aside.
2. In a bowl, mix together the bananas, dark chocolate chip, coconut oil and the agave syrup.
3. Stir in the rolled oats, chopped dried fruits, sliced almonds, flax seeds, baking soda and a pinch of salt. Mix until very well combined.
4. Drop spoonfuls of dough into a pan lined with baking paper.
5. Bake the cookies in a preheated oven at 350F for 20 minutes. Cool in the pan then store in an airtight container until serving.



Chocolate Chip Cookies

A touch of chocolate and some simple cookies turn into a real delight to enjoy in your spoil moments. They are crisp and delicious.

Yields: 2 dozen

Ingredients:

4 tablespoons coconut butter or oil

2/3 cup sugar

1 teaspoon vanilla extract

2 tablespoons almond or coconut milk

1 cup whole wheat flour

1/2 cup almond meal

1 teaspoon baking powder

1/2 teaspoon baking soda

1/3 cup dark chocolate chips

1/3 cup walnuts or other nuts, toasted

1 pinch of salt

Directions:

1. Put the butter and sugar in the bowl of a mixer and whip until creamy and light. Add the vanilla and almond milk and mix to combine well.
2. Stir in the flour then the almond meal, baking soda and baking powder, as well as a pinch of salt. Fold in the chocolate chip cookies and nuts.
3. Take spoonfuls of batter and put them on a baking tray lined with baking paper.
4. Bake the cookies in a preheated oven at 350F for 10-15 minutes.
5. Let them cool in the pan before transferring into an airtight container.



Oatmeal and Chocolate Chip Cookies

Oats and chocolate are a dream come true in the land of healthy eating, especially if you are a chocoholic and can't go a day without a bit of chocolate. These cookies are healthy and nutritious so go ahead and make them.

Yields: 3 dozen

Ingredients:

1 cup almond butter, softened
2/3 cup sugar
2 tablespoons flax seeds, ground
4 tablespoons water
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon vanilla extract
1 2/3 cups all purpose flour
1/2 cup rolled oats
1/2 cup chocolate chips
1 pinch of salt

Directions:

1. In a small bowl, combine the ground flax seeds with water and set aside to soak.
2. In another bowl, mix the sugar with the butter until creamy and fluffy.
3. Stir in the flax seeds then vanilla. Add the flour, rolled oats, baking soda and baking powder, as well as a pinch of salt, and give it a good mix.
4. Fold in the chocolate chips. Drop spoonfuls of batter into the prepared baking pans and bake in a preheated oven at 350F for 15-20 minutes.
5. Store in an airtight container for up to 2 weeks.



Peanut Butter Cookies

Many people like peanut butter, but not many use it in desserts. However, I highly recommend these cookies just because they emphasize the taste of the peanut butter like no other dessert does.

Yields: 3 dozen

Ingredients:

1/2 cup peanut butter

1/2 cup applesauce

1 cup peanut flour (finely ground peanuts)

1/2 cup whole wheat flour

2 tablespoons flax seeds, ground

4 tablespoons water

1/2 cup sugar

1 pinch of salt

1 teaspoon baking powder

1/4 teaspoon baking soda

Directions:

1. In a small bowl or cup, combine the flax seeds with water and set aside to soak.
2. In a bowl, mix the peanut butter, applesauce, soaked flax seeds, sugar and a pinch of salt. Mix with a hand mixer on low speed until well blended.
3. Stir in the flours mixed with baking powder and baking soda.
4. Take spoonfuls of batter and form small balls. Arrange all of them on baking trays lined with baking paper then, using a fork, press them down slightly, making sure each has a mark from the spoon.
5. Bake in a preheated oven at 350 for 15-17 minutes or until fragrant and slightly golden brown. Store in an airtight container for 1-2 weeks.



Banana Maple Oatmeal Cookies

Bananas, maple syrup and oatmeal sounds like a great combination for breakfast, but you can also use those ingredients for dessert, making some delicious and healthy cookies to enjoy in the morning or in the afternoon, whenever you feel like having a snack.

Yields: 3 dozen

Ingredients:

1 1/4 cup rolled oats
1 cup whole wheat flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon cinnamon
1 tablespoon flax seeds, ground
2 tablespoons water
1/2 cup maple syrup
1 ripe banana, mashed
1/2 cup golden raisins
1 teaspoon lemon juice
1 pinch of salt

Directions:

1. In a bowl, mix the flax seeds with water and set aside to soak.
2. In another bowl, mix together the rolled oats, flour, baking powder and soda, 1 pinch of salt and cinnamon, as well as the raisins.
3. Stir in the maple syrup, flax seeds, banana and lemon juice. Mix until well blended, then drop spoonfuls of batter onto your baking pans, lined with parchment paper.
4. Bake the cookies in a preheated oven at 375F for 10-12 minutes until the edges are slightly brown. Cool in the pan then transfer to an airtight container to store.

Tofu Pumpkin Cookies

Tofu is rather mild and doesn't have a strong, distinctive taste. Its saltiness works great with the pumpkin, creating a delicious contrast to enjoy.

Yields: 3 dozen

Ingredients:

1/3 cup whole wheat flour
3/4 cup all purpose white flour
1/2 cup rolled oats
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon ground ginger
1 pinch of nutmeg
1/2 cup agave syrup
3/4 cup canned pumpkin puree
6 oz firm tofu, well crumbled
1 teaspoon vanilla extract

Directions:

1. In a bowl, mix together the flours, oats, baking soda, ginger, cinnamon, nutmeg and a pinch of salt.
2. Stir in the agave syrup, pumpkin puree, crumbled tofu and vanilla extract. Mix until well blended.
3. Drop spoonfuls of batter onto your prepared pans (lined with parchment paper) then bake in a preheated oven at 375F for 15-20 minutes.
4. When done, let them cool in the pan then transfer them into an airtight container to store until serving.



Tofu Coconut Cookies

Tofu and coconut have a similar texture so these cookies are consistent and delicious. Plus, they only contain a few easy to find ingredients.

Yields: 3 dozen

Ingredients:

1/2 cup sweetened coconut flakes

1 1/4 cup all purpose flour

1/2 teaspoon baking soda

1/2 cup sugar

8 oz firm tofu, blended until ground

1 teaspoon vanilla extract

5 tablespoons water

2 tablespoons sugar

Directions:

1. In a bowl, mix the coconut, flour, baking soda and sugar. Add the crumbled tofu, vanilla extract and water and stir well. If the dough is hard to mix, add 2 additional tablespoons of water.
2. Form small balls and arrange each one on your prepared pans (lined with parchment paper).
3. Bake in a preheated oven at 375F for 15-20 minutes or until slightly golden brown.

Vanilla Almond Cookies

Vanilla is the most common flavor, but we all still love it and we can't imagine a dessert without a bit of vanilla. But in these cookies, the vanilla is the star and the cookies are delicious and very fragrant.

Yields: 4 dozen

Ingredients:

1 cup almond meal

2 cups whole wheat flour

1/2 cup all purpose flour

1 cup coconut oil, melted

1/4 cup water

3 teaspoons vanilla extract

1 pinch of salt

1 cup powdered sugar

Directions:

1. In a bowl, mix together the flours with a pinch of salt and the almond meal.
2. Stir in the coconut oil and water then add the vanilla extract.
3. Refrigerate the dough for 1 hour then form small dough balls. Arrange all of them on baking trays lined with baking paper.
4. Bake in a preheated oven at 375F for 10-15 minutes. Remove them from the oven and roll all of them in powdered sugar while still warm.

Pumpkin Gingerbread Cookies

Pumpkin and ginger come together in these cookies to create a dessert that is able to awaken your taste buds and send them to heaven.

Yields: 5 dozen

Ingredients:

3 1/4 cups all purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
3/4 cup sugar
1/3 cup coconut oil
1/4 cup canned pumpkin puree
1/4 cup maple syrup
1/2 cup molasses
1 teaspoon vanilla extract
1 teaspoon cinnamon
1 pinch of nutmeg
1 pinch of salt

Directions:

1. In a bowl, mix the coconut oil with the sugar then stir in the pumpkin puree, molasses, maple syrup and spices, as well as a pinch of salt. Add the flour, baking soda and baking powder, and mix well. The dough will be fairly thick and sticky.
2. Refrigerate for 1 hour then roll the dough on a well floured surface. It should be 1/2cm thick. Using a cookie cutter, cut the desired shapes.
3. Arrange all of them on baking trays lined with baking paper and bake them in a preheated oven at 350F for 15-20 minutes. Let them cool in the pan then transfer to an airtight container to store.

Shortbread Cookies

This recipe is a basic one and it yields some crisp and crunchy cookies. The recipe is also very versatile and you can add a bunch of other ingredients to it, such as chocolate chips or dried fruits.

Yields: 2 dozen

Ingredients:

1 3/4 cups all purpose flour

2 tablespoons rice flour

1 cup almond butter

1/2 cup sugar

1 teaspoon vanilla extract

1/2 teaspoon lemon zest

1 pinch of salt

Directions:

1. In a bowl, combine the all purpose flour with the rice flour.
2. In another bowl, mix well the almond butter with a hand mixer until fluffy and light. Add the sugar and mix well.
3. Stir in the vanilla and lemon zest and then incorporate the flours. Refrigerate the dough for 1 hour.
4. Flour your working surface well then roll the dough in a 1/4 inch thick sheet. Using a cookie cutter, cut your desired shapes. Arrange all the cookies on a baking tray lined with parchment paper.
5. Bake the cookies in a preheated oven at 350F for 10-15 minutes or until slightly golden on the edges.
6. Let them cool in the pan then transfer to an airtight container to store until serving. They can be decorated with any glaze you want, from chocolate to royal icing.

Maple Walnut Cookies

Walnut cookies are amazing because they taste like fall. This particular recipe may take some time to make, but the final result is well worth it.

Yields: 4 dozen

Ingredients:

3/4 cup maple syrup
2 tablespoons flax seeds, ground
4 tablespoons water
1 cup sugar
1 cup almond butter
1 teaspoon cinnamon
1/4 cup honey
1 teaspoon vanilla extract
1 pinch of salt
1/2 cup walnuts, chopped
1/2 cup golden raisins
2 cups whole wheat flour
2/3 cup all purpose flour
2 2/3 cups rolled oats
1 cup soy flour
1 teaspoon baking powder

Directions:

1. In a small cup or glass, mix the ground flax seeds with water and let them soak for 5 minutes.
2. In a large bowl, mix the butter, sugar, maple syrup, honey, cinnamon, vanilla and salt. Stir in the flax seeds then add the walnuts and raisins. Mix in the flours and baking powder.
3. Knead the dough a couple of times. Form small dough balls and arrange all of them on baking trays lined with parchment paper.
4. Bake in a preheated oven at 350F for 20-25 minutes or until slightly golden brown and fragrant.
5. Store in an airtight container until serving.



Chocolate Cherry Cookies

Crisp and fragrant, these cookies will impress any diner or guest with their strong chocolate flavor. Chocolate pairs wonderfully with cakes anyway.

Yields: 4 dozen

Ingredients:

2 tablespoons flax seeds, ground

4 tablespoons water

2 cups sugar

1 cup almond butter, melted

1/2 cup brown rice syrup

1 teaspoon vanilla extract

1/2 teaspoon almond extract

1/2 cup dried cherries

1/2 cup dark chocolate chips

1 cup cocoa powder

1 1/2 cups whole wheat flour

1 cup soy flour

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1 pinch of salt

Directions:

1. In a small bowl, mix the ground flax seeds with water and let them soak for 5 minutes.
2. In another bowl, mix the melted butter, sugar, brown rice syrup, vanilla, a pinch of salt and almond extract. Stir in the flax seeds then the cherries and chocolate chips.
3. In a separate bowl, mix well the flours, cocoa powder, baking powder and baking soda.
4. Combine the three mixtures in one bowl and give it a good mix. The dough might be very thick, so you can knead it a couple of times with your hands to make sure the ingredients are well incorporated.
5. Form small dough balls and arrange them all on baking trays lined with baking paper.
6. Bake in a preheated oven at 350F for 20-25 minutes.
7. When chilled, store them in an airtight container.

Orange Cashew Cookies

Don't you love orange flavor? Even if you are not a huge fan, these cookies are still worth making because you will get to experience a whole new range of flavors and, who knows, you may actually love it.

Yields: 6 dozen

Ingredients:

1/2 cup maple syrup
3/4 cup brown rice syrup
2/3 cup coconut oil
1 teaspoon vanilla extract
1 cup cashews, coarsely chopped
2 cups barley flour
2 cups oat flour
2 tablespoons orange zest
1 teaspoon cinnamon
1 teaspoon baking soda
1 pinch of salt

Directions:

1. In a bowl, mix together the maple syrup with brown rice syrup, coconut oil and vanilla extract. Add the chopped cashews then stir in the flours, orange zest, cinnamon, baking soda and a pinch of salt. Mix well then form small dough balls. Arrange all of them on a baking tray lined with parchment paper.
2. Bake the cookies in a preheated oven at 350F for 15-20 minutes.
3. Store them in an airtight container until serving.

Cranberry and Pistachio Cookies

Pistachios are special because compared with other nuts they have a richer taste, although not too strong. So, paired with cranberries, they create some amazing, delightful cookies.

Yields: 3 dozen

Ingredients:

1 1/2 cups all purpose flour
1 1/2 cups whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon orange zest
1 cup sugar
1/4 cup orange juice
1/2 cup coconut milk
4 tablespoons coconut oil
1 teaspoon vanilla extract
2 tablespoons cornstarch
1 pinch of salt
1 cup dried cranberries
1 cup shelled pistachios, chopped

Directions:

1. In a bowl, mix together the flours, baking powder and baking soda, as well as a pinch of salt. In another bowl, mix the coconut oil with sugar, coconut milk and orange juice and zest, as well as vanilla extract and cornstarch.
2. Beat with a hand mixer for 5 minutes then stir in the dry ingredients. Fold in the dried cranberries and pistachios.
3. Form small dough balls and arrange all of them on baking trays lined with baking paper.
4. Bake the cookies in a preheated oven at 350F for 15-20 minutes. Let them cool in the pan then transfer them into an airtight container to store.



Apple Cookies

Apples are very common and easy to find so using them in all sort of desserts is a good idea. Plus, they are flavorful and, when baked, they turn very soft and creamy.

Yields: 4 dozen

Ingredients:

2 cups quick oats
1 cup whole wheat flour
1/2 cup all purpose flour
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon ground cloves
1/4 cup coconut oil
3/4 cup sugar
1/2 cup applesauce
1 cup almond milk
1 teaspoon vanilla extract
1/2 teaspoon salt
1 cup grated apples
1/4 cup golden raisins

Directions:

1. In a bowl, mix together the flours with the quick oats, baking powder, baking soda, cinnamon, ground cloves and a pinch of salt. Stir in the milk, applesauce, vanilla, sugar and coconut oil. Fold in the grated apples and raisins.
2. Drop spoonfuls of this dough onto the prepared pans (lined with parchment paper).
3. Bake the cookies in a preheated oven at 350F for 15 minutes until slightly golden brown and fragrant.
4. Store in an airtight container until serving.

Double Chocolate Cookies

If simple chocolate cookies aren't enough to satisfy your craving, here is a recipe that uses a double dose of chocolate, creating some delicious, amazing cookies.

Yields: 2 dozen

Ingredients:

2 cups all purpose flour
3/4 cup cocoa powder
1 teaspoon baking powder
1/4 cup coconut oil
1/2 cup maple syrup
3 tablespoons flax seeds, ground
1/2 cup coconut milk
1 teaspoon almond extract
1 cup dark chocolate chips
1/2 cup chopped walnuts
1/4 cup dried cherries
1 pinch of salt

Directions:

1. In a bowl, mix together the flour, cocoa powder, baking powder and a pinch of salt. In another bowl, mix together the coconut oil, milk, flax seeds and almond extract.
2. Combine the two mixtures and mix well. Fold in the chocolate chips, dried cherries and chopped walnuts.
3. Line your baking trays with baking paper and drop spoonfuls of batter onto each tray.
4. Bake in a preheated oven at 375F for 15-20 minutes or until fragrant.
5. Store in an airtight container until serving.



Hazelnut Cookies

Hazelnuts and cocoa are the main ingredients of these cookies so the final result is absolutely delicious and flavorful, with a silky texture, yet crunchy and interesting.

Yields: 2 dozen

Ingredients:

3/4 cup almond milk

2 tablespoons ground flax seeds

1/2 cup sugar

1/2 cup coconut oil

1 teaspoon vanilla extract

1 1/2 cup whole wheat flour

1/2 cup rolled oats

1/3 cup cocoa powder

2 teaspoons baking powder

1 cup hazelnuts, coarsely chopped

1 pinch of salt

Directions:

1. In a large bowl, mix the milk and flax seeds and let them soak for 1 minute.
2. Stir in the sugar, oil and vanilla extract, as well as a pinch of salt. Sift in the flour, cocoa powder and baking powder. Give it a good mix then fold in the chopped hazelnuts.
3. Drop spoonfuls of batter onto your greased pans and bake in a preheated oven at 350F for 15-20 minutes.
4. When done, remove from oven and let them cool in the pan. When chilled, transfer to an airtight container to store.

Barley Flour Vegan Cookies

Barley is not a common ingredient in desserts, but don't let that put you off. It's very healthy and tasty and it will surprise you in a most pleasant way.

Yields: 3 dozen

Ingredients:

1/2 cup peanut butter

1/2 cup almond butter

2/3 cup brown sugar

1/3 cup white sugar

1 teaspoon vanilla extract

2 tablespoons ground flax seeds mixed with 4 tablespoons of water

1 1/2 cup barley flour

1 teaspoon baking soda

1 cup rolled oats

1/2 cup Rice Krispies

1/2 cup walnuts, chopped

1/2 cup golden raisins

1 pinch of salt

Directions:

1. In a bowl, mix together the peanut butter, almond butter and sugar until fluffy and creamy.
2. Stir in the flax seeds and vanilla then add the barley flour, baking soda and a pinch of salt. Fold in the rolled oats, Rice Krispies, walnuts and raisins.
3. Spoon this batter onto baking trays lined with parchment paper.
4. Bake the cookies in a preheated oven at 350F for 20-25 minutes or until slightly golden brown.
5. Store in an airtight container until serving.

Spiced Oatmeal Cookies

Oatmeal and lots of spices make these cookies a real delight for your morning meal, next to a glass of warm milk or a cup of tea.

Yields: 3 dozen

Ingredients:

1/2 cup unsweetened applesauce

1 tablespoon ground flax seeds

1/3 cup brown sugar

1 teaspoon vanilla extract

3/4 cup spelt flour

1 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon cinnamon

1/2 teaspoon ground ginger

1 pinch of nutmeg

1/2 teaspoon ground cloves

1 1/3 cups rolled oats

1/2 cup golden raisins

1 pinch of salt

Directions:

1. In a large bowl, mix together the applesauce and flax seeds and allow to sit for 5 minutes. Add the sugar and salt, mixing well, then stir in the vanilla.
2. In another bowl, sift the flour with baking soda, baking powder, cinnamon, ginger, nutmeg and ground cloves then add the rolled oats.
3. Combine the two mixtures then fold in the golden raisins.
4. Drop spoonfuls of this batter onto the greased baking trays.
5. Bake in a preheated oven at 350F for 15-20 minutes or until slightly golden brown on the edges.
6. Store in an airtight container until serving.



Simple Banana and Oatmeal Cookies

Simple recipes are sometimes the best and these cookies make no exception. With just two ingredients, these cookies are moist and as healthy as can be.

Yields: 1 dozen

Ingredients:

2 large bananas, mashed
1 cup rolled oats

Directions:

1. Mix the two ingredients together then drop spoonfuls of the final dough onto a baking tray lined with parchment paper.
2. Bake in a preheated oven at 375F for 10-15 minutes or until golden brown and fragrant. If you wish to, you can add other ingredients too, such as chopped walnuts, raisins, chocolate chips and so on.



Pumpkin Molasses Cookies

Pumpkin and spices make these cookies a real delight and fall treat.

Yields: 2 dozen

Ingredients:

1 cup pumpkin puree

1 cup raw sugar

1/2 cup coconut oil

1/4 cup molasses

1 teaspoon vanilla extract

1 cup whole wheat flour

1/2 cup tapioca flour

1/2 cup potato starch

1 teaspoon cinnamon

1 teaspoon baking soda

1 teaspoon ground cloves

1 pinch of salt

Directions:

1. In a bowl, mix the pumpkin puree with the sugar, coconut oil, molasses and vanilla.
2. Stir in the flours, starch, cinnamon, cloves, salt and baking soda. Mix well.
3. Drop spoonfuls of this batter onto a baking tray lined with parchment paper then bake in a preheated oven at 375F for 15-20 minutes or until golden brown and fragrant.

Chapter 4: Vegan Ice Cream Recipes

One of the biggest myths is that milk-based ice creams are always better and more refreshing. This chapter goes to show that, if you use healthy ingredients from plants, you can produce amazing ice creams without any dairy ingredients. Because I chose to cut out regular ice cream, I decided to challenge myself and create other frozen sweets. With the help of the vegan community around the world, I gathered for you 31 recipes for sweet, cool, delicious, and healthier—ice creams.

When you make homemade ice cream, you become the ruler—ruler of the components. No preservatives, no flavorings and no artificial colors. You can control how much sugar or other sweeteners are included, and may prefer a fruity frozen dessert over chocolate. The frozen ice cream should be served immediately, and you can serve it in tall glasses with a straw next to the spoon, for the moment when the ice becomes natural milkshake. It is important to note that the ice cream recipes require a simple ice cream machine. Those without an ice cream machine could use a powerful mixer, but then the texture will be more like a milkshake than ice cream.



Coconut and Blueberry Ice Cream

Coconut ice cream is very creamy and silky and has a strong flavor that every coconut lover will enjoy.

Servings: 2-4 dishes

Ingredients:

1/2 cup shredded coconut
1/2 teaspoon fresh, grated ginger
2 cups coconut milk
1 teaspoon lemon juice
3/4 cup fresh blueberries

Directions:

1. In a bowl, crush the blueberries with a fork then stir in the lemon juice. Add the ginger, shredded coconut and coconut milk then pour this mixture into the container of your ice cream maker and churn according to manufacturer's instructions.
2. When done, transfer to an airtight container and store in the freezer until serving.



Coconut Pistachio Ice Cream

The great thing about this ice cream, apart from its taste, is its pretty green color which makes it more appealing. In terms of flavor, the final result will exceed any expectations.

Servings: 2-4 dishes

Ingredients:

1 1/2 cups coconut milk

1/2 cup coconut cream

1/4 cup pistachio paste

2 tablespoons raw sugar

1/4 cup chopped pistachios

Directions:

1. Mix the coconut milk with the coconut cream, pistachio paste and sugar.
2. Pour the mixture into your ice cream maker and churn according to the instructions of your machine. A few minutes before it is finished, throw in the chopped pistachio.
3. Serve right away or store in an airtight container in the freezer until needed.



Simple Coconut Ice Cream

With just a few ingredients, you can create a delicious and amazing ice cream that will prove to you that simplicity is better than tons of ingredients and a complicated way of mixing them.

Servings: 2-4 dishes

Ingredients:

1/2 cup sugar

1 1/2 cups coconut milk

1/2 cup cream of coconut

1 teaspoon vanilla extract

Directions:

1. Mix well all the ingredients in a bowl then pour the mixture into your ice cream maker and freeze according to your manufacturer's instructions.
2. When done, transfer to an airtight container and store in the freezer for as long as it takes.

Salted Caramel Ice Cream

As weird as it may sound, salted caramel is absolutely delicious so don't avoid it. Plus, this ice cream is vegan and healthier than other store bought versions.

Servings: 4-6 dishes

Ingredients:

1 1/2 cups coconut milk

1 1/2 cups almond milk

3/4 cup brown sugar

1 teaspoon vanilla extract

2 tablespoons coconut oil

1/2 teaspoon salt

Directions:

1. In a small saucepan, melt the sugar. When melted, add the coconut oil then stir in the coconut milk and salt.
2. Keep on heat until smooth then let it cool.
3. Stir in the almond milk and vanilla then pour the mixture into your ice cream maker and freeze according to manufacturer's instructions.



Avocado Coconut Ice Cream

Avocado is great, not only for savory foods, but also for desserts, and this ice cream is a perfect example of how avocado works in desserts, creating a delicious ice cream for your summer days.

Servings: 2-4 dishes

Ingredients:

2 ripe avocados

1 cup coconut milk

1/2 cup cream of coconut

3/4 cup sugar

1/4 cup shredded coconut

Directions:

1. Peel the avocados and put the flesh into a blender, together with the rest of the ingredients.
2. Pulse until smooth then pour the mixture into the container of an ice cream maker and churn according to manufacturer's instructions.
3. Store in an airtight container in the freezer for as long as it takes.

Spiced Pumpkin Ice Cream

Pumpkin can be used in ice cream, too; in fact, it tastes better than many other ice cream recipes. The pumpkin puree adds a lot of creaminess while the spices add a bit of kick that you will simply love.

Servings: 4-6 dishes

Ingredients:

1 1/2 cups coconut milk

1 1/2 cups canned pumpkin puree

1/2 cup sugar

1 teaspoon cinnamon

1 pinch of nutmeg

1/2 teaspoon ground cloves

1 teaspoon vanilla extract

1/2 teaspoon ground ginger

Directions:

1. In a bowl, mix the coconut milk with the pumpkin puree and sugar then stir in the spices.
2. Pour this mixture into your ice cream maker and freeze according to manufacturer's instructions.
3. Transfer to an airtight container and store in the freezer.

Peanut Butter Ice Cream

Peanut butter is not just for sandwiches, it's also for ice cream. This particular recipe only uses a few ingredients, but the final result will surprise you with how good it tastes.

Servings: 2-4 dishes

Ingredients:

2 cups full fat coconut milk

1/2 cup sugar

2/3 cups peanut butter

2 tablespoons maple syrup

Directions:

1. In a bowl, mix the peanut butter with the sugar and coconut milk then pour into your ice cream maker.
2. Churn according to the instructions provided by your machine's producer then transfer to an airtight container to store in the freezer.
3. Serve in dessert bowls, drizzled with maple syrup.



Mango Ice Cream

If you like tropical flavors, this ice cream will be familiar as the aroma is strong and the texture is silky.

Servings: 2-4 dishes

Ingredients:

1 1/2 cups coconut milk

1/2 cup sugar

1 teaspoon lime juice

1 large mango, peeled and diced

1/2 teaspoon vanilla extract

Directions:

1. Put all the ingredients into a blender and pulse until well blended.
2. Pour the mixture into an ice cream maker and freeze according to manufacturer's instructions.
3. Scoop into an airtight container in order to store in the freezer.



Cinnamon Ice Cream

Cinnamon has a strong aroma, but paired with coconut it yields a delicious ice cream that can cool you off during those hot summer days or be a nice treat during fall or winter if you enjoy ice cream at that time of year, too.

Servings: 2-4 dishes

Ingredients:

3 cups full fat coconut milk

1/2 cup sugar

1 teaspoon vanilla extract

1 teaspoon cinnamon

Directions:

1. Mix well all the ingredients in a bowl then pour the mixture into your ice cream maker and churn according to manufacturer's instructions.
2. When done, transfer to an airtight container and freeze for at least 1 hour before serving.

Lavender Coconut Ice Cream

Lavender is a bit unusual for desserts, but it has a nice flowery flavor which is very strong so it should be used in small quantities.

Servings: 2-4 dishes

Ingredients:

1 cup coconut milk

1 cup cream of coconut

2 tablespoons edible lavender

2/3 cup sugar

Directions:

1. Pour the coconut milk into a small saucepan and bring to a boil. Remove from heat and stir in the lavender.
2. Let it infuse for 30 minutes then strain and discard the lavender.
3. Stir in the coconut cream and sugar then pour this mixture into your ice cream maker.
4. Freeze according to manufacturer's instructions then transfer to an airtight container and store in the freezer for as long as it takes.

Hazelnut Ice Cream

Nutty, creamy and rich are the best words to describe this amazing ice cream. If you like nuts, this will be a delight in every spoonful.

Servings: 2-4 dishes

Ingredients:

2 cups almond milk

1 cup hazelnuts, toasted and chopped

2 tablespoons dark rum

1/2 cup brown sugar

Directions:

1. In a bowl, mix the almond milk with the brown sugar and dark rum then pour the mixture into your ice cream maker.
2. Churn according to manufacturer's instructions. When almost done, throw in the chopped hazelnuts. Serve immediately or store in the freezer in an airtight container until serving.

Coffee Ice Cream

Coffee makes an excellent ice cream because the aroma is not as strong as in a brewed coffee and it blends perfectly with the coconut and almond milk.

Servings: 4-6 dishes

Ingredients:

1 cup coconut milk

1 cup almond milk

1 cup cream of coconut

4 teaspoons instant coffee

1 teaspoon vanilla extract

Directions:

1. Mix all the ingredients in a bowl and pour the mixture into your ice cream maker.
2. Freeze according to manufacturer's instructions then transfer to an airtight container and store in the freezer for as long as desired.

Sweet Potato Pecan Ice Cream

Yes, sweet potatoes and pecans come together in this recipe to create an ice cream perfect for warming up your days in fall because it also uses a lot of spices to flavor it.

Servings: 2-4 dishes

Ingredients:

2 sweet potatoes, peeled, steamed and mashed

1 cup coconut milk

1/4 cup sugar

1 teaspoon vanilla extract

2/3 cup pecans, chopped

1 teaspoon cinnamon

1 teaspoon ground ginger

Directions:

1. In a bowl, combine the mashed potatoes with the coconut milk, sugar, cinnamon, ginger and vanilla.
2. Pour this mixture into an ice cream maker and churn according to the instructions provided by the manufacturer of your machine. When almost done, throw in the chopped pecans. Serve right away or store in the freezer in an airtight container.



Banana Walnut Ice Cream

Banana and walnuts work great together as they are both rich and can yield a delicious ice cream that will also be very nutritious and filling.

Servings: 2-4 dishes

Ingredients:

4 ripe bananas, sliced and frozen

4 tablespoons coconut cream

1/4 cup walnuts, toasted and chopped

2 tablespoons brown sugar

1 teaspoon vanilla extract

Directions:

1. Put the frozen bananas in a blender or food processor and pulse until smooth.
2. Transfer into a bowl and stir in the coconut cream, brown sugar, vanilla and walnuts. Freeze for 2 hours before serving.



Pear Almond Ice Cream

Although pears are delicate, they do have a mild aroma which gets stronger when cooked. So this ice cream tastes like fall and it's amazing.

Servings: 2-4 dishes

Ingredients:

2 pears

3 tablespoons brown sugar

1 teaspoon lemon juice

1 cup almond milk

1/2 cup coconut cream

1 teaspoon vanilla extract

Directions:

1. In a heavy skillet, melt the brown sugar then stir in the pears, peeled and cut into slices. Cook them for 5-10 minutes in the caramel, adding the lemon juice. Remove from heat and set aside to cool.
2. In a bowl, combine the almond milk with the coconut cream and vanilla extract then pour into an ice cream maker and freeze according to instructions. When almost done, mix in the caramelized pears.
3. Serve right away or store in an airtight container in the freezer.

Raspberry Ice Cream

Raspberries are some of the most flavorsome berries so any dessert that uses them is delicious. Plus, they also have a beautiful color so the ice cream will be rather pink.

Servings: 2-4 dishes

Ingredients:

2 cups coconut milk

1/2 cup sugar

1 teaspoon vanilla extract

1 1/2 cups fresh raspberries

Directions:

1. In a small bowl, smash the raspberries with a fork so that there are only small chunks left. Stir in the sugar, coconut milk and vanilla.
2. Pour this mixture into the container of your ice cream maker and freeze as stated in the instructions of your machine.
3. Serve immediately or store in the freezer until you are ready to tuck in.



Chocolate Marbled Ice Cream

You gotta love interesting designs when it comes to desserts and there are a few tricks to creating nice looking desserts, just like this ice cream.

Servings: 2-4 dishes

Ingredients:

2 cups coconut milk

1/2 cup cream of coconut

2 teaspoon vanilla extract

1/3 cup brown sugar

1/4 cup cocoa powder

1/2 cup almond milk

Directions:

1. In a small saucepan, combine the almond milk with the cocoa powder and bring to a boil.
2. Simmer on low heat for 5-10 minutes. Remove from heat and let it cool.
3. In another bowl, mix the coconut milk, cream of coconut, vanilla and sugar then freeze this mixture in your ice cream maker. When almost done, gradually pour in the cocoa sauce you made earlier. By doing so, the ice cream will be marbled. Serve right away or store in an airtight container in the freezer.

Almond Crunch Vanilla Ice Cream

The almond crunch creates a nice contrast to the creaminess of the ice cream so the final dessert is fun to make and fun to eat.

Servings: 2-4 dishes

Ingredients:

1/2 cup sliced almonds

1/2 cup brown sugar

2 cups coconut milk

Seeds from 1 vanilla pod

4 tablespoons raw honey

Directions:

1. In a bowl, mix the coconut milk with sugar and vanilla seeds.
2. Churn this mixture into your ice cream maker.
3. In a small pan, melt the brown sugar then stir in the almonds.
4. Pour the hot sugar onto baking paper in a pan and let it set and cool. When chilled, break into smaller pieces.
5. Serve scoops of ice cream sprinkled with almond crunch.

Wild Berry Ice Cream

Wild berries have an amazing aroma and taste and they elevate any dessert they are being used in. This ice cream is no exception with its strong flavor and amazing fragrance.

Servings: 2-4 dishes

Ingredients:

1 1/2 cups frozen wild berries

1 cup coconut cream

1 cup almond milk

1/2 cup sugar

1 teaspoon vanilla extract

Directions:

1. In a bowl, mix together the coconut cream with the almond milk, sugar and vanilla extract.
2. Pour this mixture into your ice cream maker and churn according to the instructions provided by the manufacturer. When almost done, mix in the wild berries.
3. Serve immediately or store in an airtight container in the freezer.



Mango Chocolate Chip Ice Cream

Mango, coconut and chocolate come together in this amazing recipe to create a creamy and outstanding ice cream that will awaken your taste buds with its intense aroma.

Servings: 2-4 dishes

Ingredients:

2 ripe mangoes

1 cup coconut milk

1/2 cup coconut cream

1/2 cup raw sugar

1/2 cup chocolate chips

Directions:

1. Place the mango flesh in a blender and puree until smooth. Stir in the sugar, coconut milk, coconut cream and chocolate chips then pour the mixture into your ice cream maker.
2. Churn according to your machine's instructions then serve immediately or store in the freezer in an airtight container.

Spiced Chocolate Ice Cream

Chocolate works great with spices and this recipe uses a lot of spice. Don't say no before you try it; I promise you will be impressed.

Servings: 2-4 dishes

Ingredients:

1 cup coconut milk

1 cup almond milk

1 tablespoon cornstarch

1/2 cup cocoa powder

1/2 teaspoon cinnamon powder

1/4 teaspoon ground cloves

1 pinch cayenne pepper

1 pinch of salt

Directions:

1. Mix the almond milk with the cornstarch, cocoa powder and salt and place over a low heat.
2. Cook for a few minutes until it starts to thicken then remove from heat and let it cool completely.
3. Stir in the coconut milk, cinnamon, ground cloves and pepper then pour the mixture into your ice cream maker.
4. Churn according to your machine's instructions. Serve immediately or store in an airtight container in the freezer.

Summary

Thank you for reading my third book in the series: Quick and Easy Vegan Recipes. I am grateful for the time you've invested in reading and preparing my recipes.

In this book, we've learned that there are dozens of ways to make vegan desserts. We learned that the assertion that vegans don't have impressive desserts has no basis in reality. In addition, we learned that desserts which include only ingredients from plants can be much more delicious than those made with animal products.

Speaking as a person addicted to sweets, I'm sure you'll have great enjoyment from the various recipes. I recommend that you try a new recipe every time you read each chapter to vary your dessert menu. The preparation of the recipes should be fun and enjoyable. As you have already seen, the actual preparation process does not take a long time. If you are consistent with the vegan healthy lifestyle, you'll see improvement in your quality of life. When your diet is balanced and healthy, your quality of life improves—a healthy mind in a healthy body.

Now you have a lot of wonderful recipes, suitable for the whole family and for every occasion. All that's left for you to do is to take action and implement the recipes in your home. I am always happy to get reviews about my books and recipes, so do not hesitate to leave your feedback!

I hope I've contributed to your dessert repertoire with my knowledge and experience. I wish you an abundance of love, health and happiness in your life.

Yours,
Daniel Nadav

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