

Veganize Baking



100
Recipes for your
Favorite Cakes and Bakes



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Veganize

Welcome to Veganize Baking cookbook! I'm so glad you decided to move to purchase this book. I'm a vegan recipe developer for health; and wellness. was just another clueless newbie 2 years ago.

Like a lot of vegan newbies, I spent alot of time making really bad dried cake. I've read a lot of books and videos to help me master my craft of baking the kind of treats that traditional treats offer but without adding milk and eggs.

I've watched tons of youtube baking videos that teach you the steps of baking the perfect treats. just couldn't get enough. After learning nutrition myself a PhD in nutrition science.

Now that I've cracked the code on vegan baking, I want to share my expertise in vegan cooking and give you the easiest way to make mouth-watering vegan baked goods you've ever had. This book is for you but will teach you how you can do the same.

I'm sure that your well aware taht a vegan diet is also associated with a lower risk of diseases compared to a standard diet. If you're like me and you have a sweet tooth for the tastiest Easy Apple Pie and Absolutely Perfect Chocolate Cocoa, and Pumpkin Spice Latte, that this book is for you and vegans and non-vegans alike. That's right!

The recipes are for everyone to enjoy. Let's get baking!

BINDERS, EMULSIFIERS, AND THE MYSTERIOUS INGREDIENTS

It's easy to read an omnivorous recipe (meant for people who eat meat) and feel odd about replacing the eggs. It can be a recipe for a cake, but is not quite a real cake. And it's certainly not like your cake isn't really a cake, either. So let's

Baking

Elaine. Congratulations on making the right
pe blogger with a passion for all things food,
s vegan baker when I first went vegan 7 years

me online googling recipes and eating a lot of
on vegan baking but none of them seemed to
f food I wanted. The kind of baked goods that
k, eggs or using other dairy products.

and immersed myself in a lot of blog articles
cake, cookies and all kinds of delicious vegan
g SO much about vegan baking decided to get

king. So I've made it my mission to share my
exact recipes for baking all the most delicious
tasted. Now that these recipes can only feed
me.

diet offers many great health benefits. It is
an lower rates of obesity than the american
a sweet tooth, then get ready to whip up the
ect Pumpkin Pie, Holiday Trifle, Nuts for Hot
ok offers. cakes. This book is suitable for both

et started!

S AND USION OF EGGS

aning a recipe for veggie and meat eaters)
n feel as if your baked good is disguised as a
rtainly easy to let other people make you feel
's explore the function of eggs in baking and

look at some other options that will make sure your cake is as real as they come.

Within a baked good, there are certain elements you'll almost always have: a dry base, something to leaven it (make it rise), some sort of fat and something to bind it. In traditional baked goods, the binder is usually an egg. The binder, or emulsifier, acts as a substance that helps hold the baked good. It provides structure, retains moisture, provides a little leavening and helps determine the crumb (texture) of an item. It also helps give the baked good a shelf life. That's a lot of responsibility for one element to achieve. So why eggs? I have no idea. Who saw an egg and thought, "Wow, this will make my cake taste great"? While I'm not sure how eggs became a baking staple, I will tell you that those folks really stopped short of a world of effective, delicious and cholesterol-free options.

There are many binding options to explore. Once you start playing around and reaping the rewards of your experimentation you will realize that these aren't egg replacers, because the eggs never belonged there in the first place! There are so many different textures in baking, you will also see how having more options, rather than using a default ingredient, can really fine-tune a recipe. Here is a breakdown of some common egg replacers and how to use them:

EGG REPLACER	EQUIVALENT TO 1 EGG	WORKS BEST IN...
Unsweetened applesauce	cup	Cakes, bars, quick breads, muffins and cookies
Plain or vanilla soy yogurt	cup	Cakes, bars, quick breads and muffins
Ground flaxseed	1 tablespoon ground flaxseed plus 3 tablespoons water, whipped up and then left to set for a few minutes (it gets thick like an egg white)	Things that are chewy, such as brownies and cookies, and also yeasted breads, especially sweet ones

EGG REPLACER	EQUIVALENT TO 1 EGG	WORKS BEST IN...
Silken tofu	cup, puréed	Cakes that are slightly dense in texture, pies, quick breads and muffins
Buttermilk	1 teaspoon mild vinegar (white or apple cider) plus enough milk to make cup	Cakes, quick breads and muffins; this is a hybrid leavener and binder, making things rise and stay moist
Assorted puréed/ shredded fruits or veggies (like canned pumpkin, mashed banana, zucchini, carrots, or pears)	cup; if your recipe already calls for fruits or veggies, you can typically take out the eggs and add 1 tablespoon of milk per egg to replace the liquid content	Quick breads, muffins, cakes
Ener-G egg replacer	See directions on box	This boxed egg-replacer is not my favorite, but it is easy to find and shelf stable. It is starch-based, so I don't recommend it for things that you want to stay really moist, such as cake.

When you are veganizing a recipe, you might find that you don't even need to pick a binder because there are already elements in the recipe binding it together, like in banana bread or pumpkin cookies. If you play around with the traditional versions of those recipes, you'll just need to add a little more liquid to make up for the lost moisture, as noted

above, but it's easy to see that the eggs served no purpose at all!

You'll see throughout the book that I tend to stick to the same few binders. This is not because the other ones are bad, these are just my preferences. As you veganize your own recipes, don't despair if one substitute doesn't work out the first time. Give it a try with another one.

So you have this kick-ass cookbook with over 100 delicious vegan baking recipes in it, but you know what? Eventually, you'll work through the recipes and start dreaming of something different.

I have good news! You have, in your hands, the ability to create endless amounts of treats using a little creativity. In many recipes, I've given you ideas to get you started: Boston Cream Pie can be Banana Cream Pie, or with a little blue food coloring Red Velvet Cupcakes can become Velvet Elvis Cupcakes.

There is an art to baking bread. But it is primarily a science - the science of chemistry. And as with any chemical formula, the slightest variation can make a big difference in the end result. This is why we provide gram weights for most dry ingredients. Most American recipes measure ingredients by volume: teaspoons, tablespoons and cups. But volume measurements can be inaccurate, especially when it comes to powdered ingredients.

You will also see metric measurements provided for temperatures and liquid volumes. This is so our many friends around the world don't have to go searching for conversions. We want to make it easy for you too!

If you find you want to veganize a recipe that doesn't use standard U.S. measurements or you're in a kitchen filled with metric measuring tools, here are some handy conversions:

1 teaspoon	5 milliliters
1 tablespoon	15 milliliters
1 cup	240 milliliters
1 pint (2 cups)	470 milliliters
1 quart (4 cups)	.95 liter
1 gallon (4 quarts)	3.8 liters
1 fluid ounce	30 milliliters/28 grams
1 ounce	28 grams
1 pound (16 ounces)	454 grams
350°F/400°F	175°C/200°C

WHOLE FOODS VEGAN BASICS

The Veganize Baking Cookbook features delectable baked goods that have been transformed into better-for-you versions of the classics. Each recipe uses only natural, whole food, plant-based ingredients, meaning no refined flour, no processed sugar, and no oil or butter.

When you try the recipes in this cookbook, you'll be amazed at how delicious healthy baking can be. With a few easy substitutions, an oil free vegan apple pie will have all the flavor of Grandma's original recipe, but none of the unhealthy, artery-clogging, processed ingredients. This way, you can be kind to your body while indulging in some seriously drool-worthy decadence.

Whole food vegan baking is different from conventional vegan

Whole Food Vegan Basics baking in that it uses only whole food ingredients and leaves out processed and refined foods. These omissions do not have to make The vegan diet is made up of fruits, vegetables, nuts, seeds, and whole food vegan baking complicated. Just master a few simple grains and excludes meat, dairy, and any other animal products.

A ingredient swaps, and you'll be baking healthy, whole food treats whole food, plant-based diet is quite different. It excludes processed before you know it no additional time,

HEALTHY INGREDIENTS MATTER

Common baking ingredients- all-purpose flour, butter, refined sugar, and shortening- add extra calories, fat, and sugar, which your body doesn't handle well. These ingredients can cause spikes in insulin, leaving you feeling lethargic and craving more.

Luckily, there are many healthy and delicious alternatives that do not compromise flavor or texture. In this chapter, you'll learn about the most essential whole food baking ingredient substitutions, and how to use them effectively.

Plus, you'll find charts with additional ingredient substitutions, which will come in handy when you become inspired to create your own recipes for fabulous whole food baked goods.

WHOLE FOOD VEGAN FATS

Many whole food fats can be used to replace butter and oil in baked good recipes. In this book, you'll find recipes that use applesauce, pumpkin puree, nut and seed butters, and tofu as substitutes for these fats.



APPLESAUCE

Applesauce is my go-to oil replacer. It works wonderfully in all baked goods-cakes, cupcakes, muffins, breads, scones, cookies, brownies, and more. Make sure you use unsweetened applesauce to avoid refined sugar. You can also make your own applesauce at home.



PUMPKIN PUREE

Pumpkin puree is another great oil replacer. It is denser than applesauce and creates a slightly heavier texture. If you aren't making your own pumpkin purée, be sure to purchase cans of 100 percent pure pumpkin purée, not pumpkin pie filling, which has added spices and other unnecessary ingredients.



NUT AND SEED BUTTERS

Nut and seed butters are much richer and denser than applesauce or pumpkin purée. Any type of nut butter will replace dairy butter well, but be aware that if you use peanut butter, your recipe will likely have a peanut butter flavor. Other nut and seed butters, such as almond butter and sunflower seed butter, have much subtler flavors and are not as detectable in the final product.



TOFU

Tofu comes in several different textures-soft, medium firm, firm, and extra firm. The firmer the tofu, the higher the fat content. All varieties work well as butter substitutes when puréed. Soft tofu will yield the lightest and fluffiest baked goods, whereas extra firm will yield the densest. Tofu is a great ingredient to use in rich, creamy desserts.

NO OIL?

Oil is extracted from plants in a process that strips out all its fiber and most of its vitamins and minerals. So although oil comes from whole foods, it is 100 percent fat-with no fiber or protein to keep you feeling full.

Although olive oil and coconut oil are touted as having loads of health benefits, they are as void of nutrition as any other oil. A more nutritious way to consume healthy fats is to eat whole olives and whole coconuts. You will get all-important healthy fats, as well as receive the benefits of the rest of the whole food-fiber, protein, vitamins, and minerals.

DAIRY-FREE BAKING

Getting rid of dairy in baked goods while maintaining the expected viscosity and texture is one of the hardest accomplishments in dairy-free gluten-free baking.

BAKING WITHOUT EGGS

Baking without eggs is much easier than you might think! Eggs provide moisture, richness, structure, binding, and leavening to baked goods.

There are many different whole food substitutions that can be used to replace eggs. In this book, you'll find ground flaxseed, ground chia seeds, applesauce, pumpkin purée, mashed banana, nut butters, and puréed tofu used as egg replacers.

When a traditional recipe uses eggs for binding, I turn to ground flaxseed and ground chia seeds.

When you combine 1 tablespoon of either seed with 3 tablespoons of water, a gel-like consistency forms, and this mixture acts as the perfect binder in baking recipes. Ground flaxseed and ground chia seeds perform very similarly to each other in baked goods and can be used interchangeably. Applesauce, pumpkin purée, mashed banana, and puréed soft tofu work wonderfully to replace eggs in vegan baking when the egg is there simply to provide moisture. Tofu will yield a neutral flavor, but applesauce, pumpkin puree, and mashed banana will each add a slight bit of their natural flavor to the recipe (applesauce being the subtlest).

For the best results when using mashed banana, allow your bananas to turn nice and brown. If you're not ready to bake when your bananas are perfectly overripe, simply peel them and store them in a resealable bag in the freezer, then defrost as needed. Nut butters also work well to replace the fat content of eggs.

VEGAN EGG SUBSTITUTES FOR BAKING

TO REPLACE 1 LARGE EGG, USE ANY OF THE FOLLOWING INGREDIENTS / MIXTURES



1 TABLESPOON GROUND FLAXSEED
+ 3 tablespoons water



1 TABLESPOON GROUND CHIA
+ 3 tablespoons water



¼ CUP PUREED SOFT TOFU
+ 3 tablespoons water



1 CUP OF UNSWEETENED APPLE



¼ CUP PUMPKIN PURÉE



¼ CUP MASHED BANANA



3 TABLESPOONS NUT OR SEED BUTTER

BAKING WITHOUT MILK

With various nondairy milks available in most grocery stores, it's easy to skip the dairy version in your baked goods. Any kind of nondairy milk can be used as a substitute. In this book, you'll find almond milk and coconut milk used most often.

When purchasing almond milk, check the ingredient list to make sure it's unsweetened. Either unsweetened plain or unsweetened vanilla-flavored nondairy milk will work well in the recipes in this cookbook.



UNSWEETENED ALMOND MILK, SOY OR OAT MILK

It doesn't matter whether you use almond milk from a shelf-stable carton or from the refrigerated section of the grocery store. Almond milk is thinner than dairy milk but thicker than water, and it has a very mild flavor that is not noticeable in baked goods.

When a recipe in this cookbook calls for coconut milk, it's referring to the coconut milk that you can purchase in a shelf-stable carton or from the refrigerated section of the grocery store. Be sure to buy unsweetened coconut milk. It is slightly thicker than almond milk and has a very subtle coconut flavor.



COCONUT MILK

When you see canned light coconut milk called for in this cookbook, it's referring to cans of coconut milk that you will find in the baking section or the Asian section of your grocery store.

Even the "light" version is much thicker than the type sold in a carton, and it works best in rich, creamy desserts.

FLOURS

The main flours used in this book are whole wheat flour, white whole wheat flour, oat flour, chickpea flour, almond flour, and coconut flour.

Let's take a look at these healthier-for-you flours, and what kinds of recipes they work best in.



WHOLE WHEAT FLOUR

Whole wheat flour is a hearty flour that is heavier and denser than all-purpose flour. It performs best in breads and biscuits. White whole wheat flour and spelt flour are slightly lighter than regular whole wheat flour, and they are great for replacing all-purpose flour in most cake, cupcake, muffin, and cookie recipes.



SPELT FLOUR

Spelt is a bit sweeter than white whole wheat and produces a spongier texture, so is best for cakes and cupcakes, although it can yield some spectacular cookies as well.



OAT FLOUR

Oat flour is simply whole oats ground into a fine powder. Oat flour will make baked goods moister, fluffier, and slightly sweeter than whole wheat flour can. It's great for breads, cookies, brownies, scones, muffins, and cakes. Note that although oats are naturally gluten-free, sometimes cross-contamination can occur during production. If gluten is a concern, be sure to purchase only those brands that have the gluten-free certification on the label.

MORE BAKING FLOURS



CHICKPEA FLOUR

Chickpea flour, made from ground chickpeas, is another wonderful gluten-free flour. It's high in protein and quite dense, making it a powerful binder in recipes. It's great for cookies, muffins, and piecrusts.



ALMOND FLOUR

Almond flour is made from ground blanched almonds, making it a gluten-free, higher-protein, and low-carb flour. It adds a subtle nutty, sweet flavor to baked goods. Almond flour works beautifully in muffins and scones.



COCONUT FLOUR

Coconut flour, made from ground desiccated coconut, is another gluten-free, low-carb flour. This type of flour absorbs a lot of moisture in recipes, which can be resolved by adding extra liquid and egg replacers to prevent dryness.

Coconut flour can be tricky to work with in vegan baking, so the only place you'll find it in this book is in my No-Bake Fudge Brownies.

NATURAL SWEETENERS

Maple syrup, dates, bananas, and coconut sugar are the natural sweeteners used in this book.

MAPLE SYRUP



Maple syrup is one of the healthiest sweeteners available. It's lower on the glycemic index than refined sugar, meaning it won't spike your blood sugar the way regular refined sugar does. It contains many essential vitamins and minerals, and it is minimally processed. It's also full of antioxidants! In baked goods, maple syrup produces a full-bodied, rich sweetness with hints of caramel and vanilla. Maple syrup is fantastic for sweetening any kind of baked goods—from breads to cookies to pies, and more! Be sure to buy pure maple syrup, not a “breakfast syrup” containing high-fructose corn syrup and all kinds of artificial ingredients.

DATES, BANANAS & NUTS



Dates and bananas are fantastic whole food sweeteners. Dates are best used in no-bake recipes, as they act as the perfect, sticky binder.

Also, dates mixed with nuts are the classic raw vegan piecrust you'll find a few variations in this book! Bananas work great for adding moisture and sweetness to breads and muffins.

COCONUT SUGAR



Coconut sugar is made from the sap of the coconut palm tree, and it makes for a delightful, minimally processed substitute for refined sugar. It can replace refined sugar in any recipe using a 1:1 ratio.

Because it is less processed than white sugar, it still contains some of the vitamins, minerals, and antioxidants found in the coconut palm tree. Like maple syrup, coconut sugar is also lower on the glycemic index than refined sugar.

For those looking for a sugar-free sweetener, granulated erythritol is my favorite. It has no aftertaste or calories, and it tastes just as sweet as regular sugar. In the recipes in this book that call for coconut sugar, you swap in equal amounts of granulated erythritol.

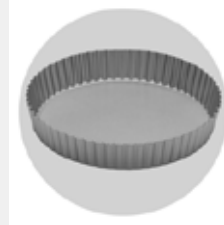
ESSENTIAL TOOLS

Having the right equipment can make healthy baking much more efficient and enjoyable. Here are the essential pieces of equipment used in this cookbook:



HIGH SPEED BLENDER / FOOD PROCESSOR

These countertop appliances are used for processing thick batters, making your own oat flour, and pulverizing raw nuts and dates.



TART PAN

You will use this pan to make pies and tarts.



MIXING BOWLS

You will need a few mixing bowls of various sizes to prepare dough for cookies, cakes, and more.



7-INCH SPRINGFORM PAN

This pan has a removable bottom, which makes serving creamy pies and vegan cheesecakes much easier and less messy.



8-INCH SQUARE BROWN PAN (NON-STICK)

You will use this pan to make brownies, bars, and cakes.



9-BY-5-INCH LOAF PAN

You will use this pan to make quick breads and cakes.



9-INCH ROUND CAKE PAN

You will use this pan to make cakes



RIMMED BAKING SHEET

One or more baking sheets will help you make the cookies and scones in this cookbook.



9-INCH PIE PAN

You will use this pan to make pies.



PARCHMENT PAPER

Because there is no oil used in whole food baking, nonstick cooking spray doesn't make the cut.



SPATULAS

So many uses! But a must have in any kitchen. If you are new to the kitchen a full set of kitchen utensils may be more beneficial.



DONUT PANS

When we went vegan, Larisha refused to give up donuts. Thankfully, having some donut pans on hand tremendously helped us get it the right shape.

ABOUT THE RECIPES

About the Recipes Each recipe is labeled with its special characteristics gluten-free, nut-free, soy-free, and no-bake so you can be sure to choose the baked goods that are perfect for any occasion.

You'll also find These recipes have been carefully crafted to be as healthy, easy, and some great tips sprinkled throughout the cookbook, which will help make delicious as possible.

In each recipes you'll find all the information you you with ingredient substitutions, recipe variations, prep shortcuts, need to make it perfectly serving size, preparation time, cook time, serving suggestions, storage guidelines, and more!

Now that you've learned all the basics, it's time to get over to rest time, necessary equipment, and, of course, a no-fail, step-by-stePS list of detailed instructions on how to prepare the recipe. the kitchen and get started on your whole food, plant-based baking journey!

I hope you love these recipes and have a blast creating and enjoying your delicious, healthy treats. Happy baking, friends!

Breakfast Bakes

Baked Oats

New York-Style Crumb Cake

Raspberry Swirl Coffee Cake

Chocolate Babka

Easy Samosa Pastry

Puff Pastry Cinnamon Rolls

Tiramisu Pancakes

New Orleans Beignets

Apple Cider Donut Holes

Baked Chocolate Donuts

Lemon Poppy Seed Muffins

Chocolate Croissants

Easy Mini Croissants

Homemade Granola

Fluffy Waffles



Baked Oats

Prep Time: 5 Minutes

Cook Time: 40 Minutes

Cook Time: 40 Minutes

Enjoy this Vegan Baked Oats, a simple and plant-based breakfast. These oats are baked to perfection, offering a warm and comforting start to your day. It's an easy and delicious way to enjoy a vegan-friendly morning meal.

INGREDIENTS:



Serves 4

- 150g porridge oats
- 2 tsp vanilla extract
- 225ml unsweetened almond milk, plus extra to serve (optional)
- 1 large, very ripe banana, peeled
- 185g frozen mixed berries (ours had a combination of strawberries, blackberries and currants)
- 1 tsp maple syrup (optional)
- 1-2 tbsp toasted flaked almonds
- 1 tsp maple syrup (optional)
- 1-2 tbsp toasted flaked almonds

PREPARATION:

1. Heat the oven to 190C/170C fan/ gas 5. Tip the oats into a heatproof bowl, then pour over 450ml boiling water from the kettle. Stir well, then stir in the vanilla and almond milk.
2. Mash the banana, then spread over the base of a medium baking dish (ours was a 20 x 28cm oval) and stir in the frozen fruit to fully combine.
3. You want the banana to sweeten the berries, but you can add 1 tsp maple syrup, if you like. Pour over the oat mixture and scatter with the almonds. Bake for
4. 30-40 mins until set and the fruit juices are bubbling at the edges of the dish. Scoop into bowls and serve with a little extra milk, if you like..

NUTRITIONAL VALUES

228 kcal

CARBS

33g

FAT

6g

S.FAT

1g

PROTEIN

7g

SUGAR

9g

SODIUM

0mg



New York-Style Coffee Cake

Prep Time: 10 Minutes Cook Time: 20 Minutes Total Time: 35 Minutes

Enjoy a classic New York-Style Coffee Cake. It's a moist, buttery cake with a tasty layer of cinnamon and sugar crumble. Perfect with your morning coffee, and easy to bake at home.

INGREDIENTS



YIELD: 8 INCH ROUND CAKE

FOR THE CAKE:

- 1 1/2 cup flour (can be gluten-free)
- 1 1/2 cup sugar
- 1 teaspoon salt
- 2 1/2 teaspoons baking powder
- 1/4 cup vegetable shortening, softened
- 3/4 cup vanilla non-dairy milk
- 2 tablespoons ground flaxseed
- 1 1/2 tablespoons water

FOR THE CAKE TOPPING:

- 1/3 cup brown sugar
- 1/4 cup flour (can be gluten-free)
- 1 teaspoon cinnamon
- 3 tablespoons vegan butter
- 2 tablespoons ground flaxseed
- 1 1/2 tablespoons water

PREPARATION:

1. Preheat oven to 375F and grease an 8x8 cake pan either square or round. I use parchment paper.
2. Make your flax egg by combining 2 tablespoons ground flaxseed and 1 1/2-2 tablespoons water and set aside to thicken.
3. In a large bowl, combine 1 1/2 cups of flour, white sugar, salt, baking powder, vegetable shortening, and non-dairy milk. Pour your flaxseed/water mixture over the top and mix until combined. Pour the coffee cake batter into your cake pan.
4. To make the cinnamon streusel topping, get out a medium bowl and combine brown sugar, 1/4 cup flour, cinnamon, and vegan butter. Stir until the texture is gravelly and crumbles, this is exactly what you want it to be like.
5. Pour the streusel topping over the batter until it is evenly spread.
6. Bake the vegan coffee cake for 20-25 minutes or until a toothpick or knife comes out clean. Every oven is different so do this test starting at 20 minutes. Ensure the top is a light golden-brown.
7. Serve hot or cold and enjoy!

NUTRITIONAL VALUES

4012 kcal

514.8g

FAT	204.4g
S.FAT	23.6g
PROTEIN	37g
SUGAR	232.6g
SODIUM	2971mg



Raspberry Swirl Coffee Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Raspberry Swirl Cake is a deliciously moist cake with a generous ribbon of raspberry through the middle. Lightly sweet, it works as a bundt cake dessert or coffee cake.

INGREDIENTS:



Makes One 8-Inch Cake

FOR THE STREUSEL TOPPING:

- ¼ cup all-purpose flour
- 1 cup roughly chopped pecans
- ½ cup brown sugar
- 1 tbsp ground cinnamon
- ½ tsp nutmeg
- 3 tbsp canola oil

- ½ cup sugar
- ¼ cup brown sugar
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- 1 cup soy, almond, or rice milk
- ½ cup canola oil
- 1 tbsp white or apple cider vinegar
- 2 tsp pure vanilla extract
- 2 cups raspberries, fresh or frozen

FOR THE CAKE:

- 2 cups all-purpose flour

PREPARATION:

To make the streusel topping:

1. Combine the flour, pecans, brown sugar, cinnamon, and nutmeg in a medium mixing bowl. Toss with two forks, as if tossing salad, until the mixture looks crumbly. Crumbles should be about the size of small peas.

To make the cake:

2. Preheat the oven to 180°C/350°F. Lightly grease an 8-inch-square pan. Whisk together the flour, sugar, brown sugar, baking soda, baking powder, and salt in a large mixing bowl. In a separate bowl, whisk together the non-dairy milk, oil, vinegar, and vanilla extract. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing. Fold in the raspberries gently.
3. Fill the prepared pan halfway with batter, then evenly top with the streusel topping. Bake for 50 minutes, or until a toothpick inserted into the center comes out dry with a few crumbs attached. Allow to cool before slicing.

NUTRITIONAL VALUES

CALORIES

494 kcal

CARBS

66g

FAT
24g

S.FAT
3g

PROTEIN
4g

SUGAR
38g

SODIUM
340mg

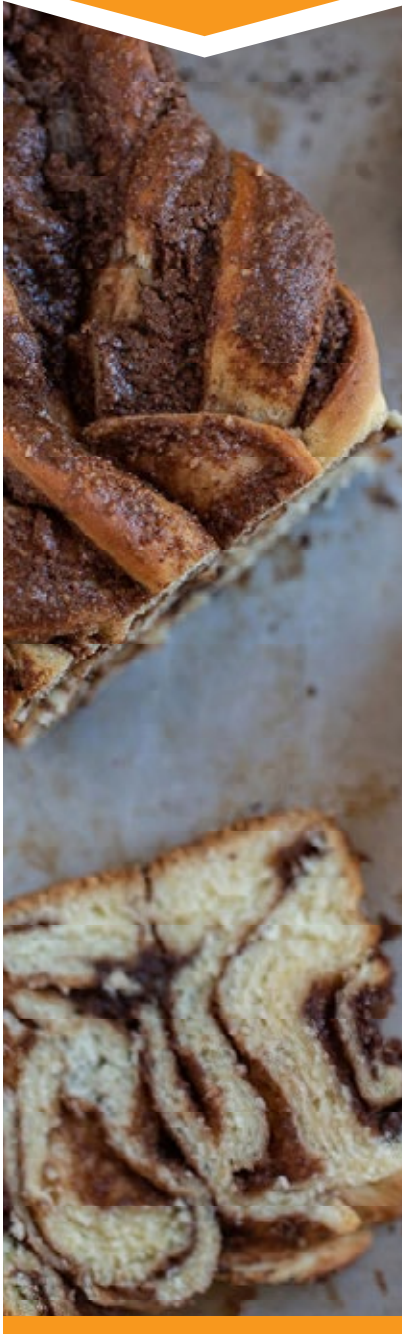
4. Recipe Notes: The cake batter and streusel topping can be combined in the pan, wrapped in plastic wrap, and refrigerated overnight. The next morning, bake fresh.
5. Fill the prepared pan halfway with batter, then evenly top with the streusel topping. Bake for 50 minutes, or until a toothpick inserted into the center comes out dry with a few crumbs attached. Allow to cool before cutting.

Recipe Notes

6. The cake batter and streusel topping can be combined in the pan, wrapped in plastic wrap, and refrigerated overnight. The next morning, bake fresh.



Breakfast Bakes



Chocolate Babka

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

From the rich, soft dough to the most luscious chocolate fudge filling (ever), this vegan chocolate babka tastes just as heavenly as it looks.

INGREDIENTS



Makes 6 to 8 Servings

FOR THE FILLING:

- 2/3 cup brown sugar
- ¼ cup all-purpose flour
- 2 tbsp unsweetened cocoa powder
- 2 tsp ground cinnamon
- 4 tbsp vegan margarine, room temperature
- 1/8 tsp salt

FOR THE STREUSEL TOPPING:

- ¼ cup sugar
- 3 tbsp all-purpose flour
- ½ tsp ground cinnamon
- ¼ tsp salt
- 2 tbsp vegan margarine, room

temperature

- Soy, almond, or rice milk for brushing

FOR THE DOUGH:

- 2 cups all-purpose flour, plus extra for rolling
- ¼ cup sugar
- 1 (1½ tsp) packet active dry yeast
- ½ tsp salt
- ¾ cup soy, almond, or rice milk, heated to 43°C/110°F
- 8 tbsp vegan margarine
- 2 tsp pure vanilla extract
- Canola oil, for greasing 1/8 tsp salt

PREPARATION:

To make the filling:

1. In a medium bowl, mix all ingredients and set aside.

To make the streusel topping:

2. To make the streusel topping, combine sugar, flour, cinnamon, and salt in a medium mixing bowl. Toss with two forks, as if tossing salad, until the margarine is melted, and the mixture is crumbly. Crumbles should be about the size of small peas.

To make the dough:

3. Combine flour, sugar, yeast, and salt in the bowl of a stand mixer fitted with a dough hook or whisk attachment. Heat non-dairy milk and margarine in a medium saucepan to 43°C/110°F. Remove from the heat and stir in the vanilla extract.

NUTRITIONAL VALUES

CALORIES

180 kcal

CARBS

26.6g

8g FAT

1.2g S.FAT

1.9g PROTEIN

18.1g SUGAR

175mg SODIUM

4. While mixing on low speed, gradually add the milk mixture to the flour mixture. When everything is combined, increase the speed to medium and beat for 10 to 12 minutes. The dough will be sticky and wet. Place the dough on a lightly poured surface and knead it with your hands for a minute or two. If necessary, add a pinch of flour to prevent the dough from sticking to your hands.
5. Transfer the dough to a large, well-oiled mixing bowl and rotate the dough ball to coat it completely with oil. This will keep the dough from sticking to the sides of the bowl as it rises. Place in a warm area of the kitchen and cover with a dry kitchen towel. Allow it to stand until it has doubled in volume (about 1 1/2 hours) (see tip).

To assemble and bake the babka:

6. Lightly grease an 8½- x 4-inch loaf pan and line with parchment paper long enough to overhang the 2 long edges.
7. Roll out the dough into a 20-by-12-inch rectangle on a lightly poured surface. Crumble the filling over the dough, leaving a 12-inch border on all sides.
8. Roll the dough up evenly as if it were a sleeping bag or yoga mat, with the short end facing you. Brush the top of the dough roll with non-dairy milk, then sprinkle with half of the streusel. Use your fingertips to press the streusel into the dough.
9. Fold the roll in half, then lift and twist it once or twice (as if wringing a towel) before placing it in the prepared pan. Twisting the dough creates layers and distributes the chocolate filling throughout the babka. Brush the top with the remaining non-dairy milk and sprinkle with the streusel. Cover with a dry kitchen towel and place in a warm part of the kitchen (see tip) for the second rise, about 1 1/2 hours, or until the babka has doubled in size.
10. Preheat the oven to 165°C/325°F once the babka has risen. Bake for 50 minutes, uncovered, until the top is golden. Allow the babka to cool completely before removing it from the mold. Cut into slices and serve. The next day, slice and toast the leftover babka.

Recipe Notes

After the assembled unbaked babka has risen, cover it in plastic wrap in the pan and place it in the refrigerator overnight. Remove the plastic wrap and bake the following day according to the recipe directions.



Breakfast Bakes



Easy Samosa Pastry

Prep Time: 10 Minutes

Cook Time: 40 Minutes

Total Time: 10 Minutes

Fill this basic samosa dough with anything spicy and delicious stuffing for a perfect evening snack treat. You can serve this snacks to your guests.

INGREDIENTS:



Serves: 4

- 2 Cups refined flour (sifted)
- 1 tsp salt 2 tbsp oil
- Cold water (to knead)

PREPARATION:

1. Add the salt to the flour, and rub the oil into it.
2. Add water and knead into a stiff dough (It is important for the dough to be stiff)
3. Leave to rest for 15 minutes or so.
4. Shape dough into smooth balls, and roll the balls into thin rounds.
5. Cut these into halves.
6. Take one half, wet the edges, and fold the straight edge at the center and join by one half overlapping the other to form into a cone.
7. Press the overlapping portion, and fill the cone with desired filling, and press the edges together to seal.
8. The oil should be hot when you add the samosas to it, then lower the heat and let cook till brown.

NUTRITIONAL VALUES

340 kcal

CARBS

60g

FAT

7g

S.FAT

1g

PROTEIN

7g

SUGAR

0g

SODIUM

586mg



Puff Pastry Cinnamon Rolls

Prep Time: 10 Minutes Cook Time: 15 Minutes Total Time: 25 Minutes

Enjoy these Swedish cinnamon buns during your coffee break (fika) or whenever you crave a delightful treat. They have a milder sweetness compared to American cinnamon rolls, but feel free to adjust the sugar to your taste.

INGREDIENTS:



Serves: 12 Rolls

- 1 roll fresh puff pastry
 - ½ cup soft butter or vegetable margarine (100 gram)
 - ¼ cup sugar (50 gram)
 - 2 tablespoon cinnamon
 - 3 teaspoon cardamom
 - 1 teaspoon flour
 - soy milk
- PEARL SUGAR**
- ¼ cup sugar (50 gram)
 - 2 teaspoon water

PREPARATION:

1. Preheat your oven to 390°F (200°C).
2. In a bowl, mix together the soft butter, sugar, cardamom, cinnamon, and flour.
3. Roll out the puff pastry or crescent dough and evenly spread the butter mixture over it.
4. Fold the pastry into thirds lengthwise and then fold the top third over the folded section.
5. Using a pizza cutter, slice the dough into approximately 2-centimeter (0.8-inch) strips. Take a strip, twist it into a spiral shape, and secure one end on the counter. Then, wrap the twist around itself, hiding the end underneath the cinnamon bun. Repeat for all the rolls.
6. Optionally, brush the cinnamon rolls with soy milk or a beaten egg.
7. Bake the cinnamon rolls for about 15 minutes.

PEARL SUGAR

8. While the cinnamon rolls are baking, prepare pearl sugar. In a saucepan, combine sugar and water. Stir until the sugar clumps together. Remove it from the heat before it changes color. Sprinkle the pearl sugar over the cinnamon rolls to decorate. Enjoy your delicious treat!

NUTRITIONAL VALUES

152 kcal

CARBS

14g

FAT
11g

S.FAT
5g

PROTEIN
2g

SUGAR
9g

SODIUM
99mg

Breakfast Bakes



Tiramisu Pancakes

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Make Tiramisu Pancakes: Delicious fluffy pancakes with a coffee and cream twist. Easy to cook and perfect for a special breakfast treat.

INGREDIENTS



Makes 2 to 3 Servings

- 1 cup all-purpose flour
- 1 tbsp baking powder
- 1 tbsp instant espresso powder
- ½ tsp salt
- ¾ cup water
- ¼ cup maple syrup
- 1 tbsp dark rum
- 1/3 cup semisweet chocolate chips (dairy-free)
- Canola oil, for greasing
- Powdered sugar, for serving
- Coconut Whipped Cream

PREPARATION:

1. In a large mixing bowl, combine flour, baking powder, espresso powder, and salt. In a separate small bowl, whisk together the water, maple syrup, and dark rum. Add the liquid to the flour mixture and whisk until just combined. Do not overmix; the batter should have some lumps. Fold in chocolate chips gently.
2. Heat a large non-stick skillet or griddle over medium-high heat, lightly oiled. 1/4 cup batter should be poured into the skillet. It's time to flip the pancake when bubbles appear in the center. Cook for 1 minute more on the other side, or until lightly browned and cooked through. Rep with the rest of the batter, adding more oil to the skillet as needed.
3. If the batter becomes too thick, add a tablespoon of water at a time. Dust pancakes with powdered sugar and top with a dollop of coconut whipped cream to serve.

NUTRITIONAL VALUES

CALORIES

495 kcal

CARBS

80.1g

FAT

16.9g

S.FAT

8.2g

PROTEIN

5g

SUGAR

37.1g

SODIUM

442mg

Breakfast Bakes



New Orleans Beignets

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy these Irresistible deep-fried doughnuts dusted with powdered sugar, a beloved Crescent City classic. Enjoy this sweet treat!

INGREDIENTS



Makes About 70 Beignets

- ¼ cup vegan margarine
- 1 cup soy, almond, or rice milk
- 1½ cups water
- ½ cup sugar
- 1 (1½ tsp) packet active dry yeast
- 6 cups bread flour, plus extra for rolling
- 1¼ tsp salt
- Canola oil for frying
- Powdered sugar, for serving
- Chocolate Sauce, optional
- Raspberry Sauce, optional

PREPARATION:

1. Melt margarine in a medium saucepan over medium heat. Stir in the nondairy milk, water, and sugar until it reaches a temperature of 43°C/110°F to 45°C/115°F. Remove from the heat, add the yeast, and set aside for 5 minutes.
2. Meanwhile, combine flour and salt in the bowl of a stand mixer fitted with a whisk or paddle attachment. Mix in the yeast mixture on low until it is completely incorporated.
3. Beat for 1 minute more, or until the dough is wet and sticky. Place the dough on a lightly floured surface and knead it with your hands for about two minutes. Add more flour if necessary to keep the dough from sticking to your hands.
4. Transfer the dough to a large, well-oiled mixing bowl and rotate the dough ball to coat it completely with oil. This will keep the dough from sticking to the sides of the bowl as it rises. Refrigerate the bowl for 3 hours or overnight, covered with plastic wrap.

NUTRITIONAL VALUES

CALORIES

56 kcal

CARBS

10.5g

FAT

1g

S.FAT

0.2g

PROTEIN

1.3g

SUGAR

1.7g

SODIUM

104mg

4. Remove the dough from the refrigerator and punch it down. Roll out the dough on a lightly floured surface until it is about 14-inch thick. Cut the dough into 2-inch squares with a pizza cutter or a sharp knife.
5. Fill a deep-sided heavy skillet or deep fryer with about 2 inches of oil. Preheat the oven to 165° C/350° F. Fry the beignets in batches in hot oil. The oil should sizzle around the beignets. Allow each beignet to fry for about 2 minutes, then flip and fry for another 1 minute, or until golden brown.
6. Drain on paper towels. Serve immediately, dusted liberally with powdered sugar.



Breakfast Bakes



Apple Cider Donut Balls

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy these bit-sized Apple Cider Donut cozy donuts with the warm flavor of apple cider. A delightful snack or dessert for all.

INGREDIENTS



Makes About 40 Doghnuts

FOR THE COATING:

- 1 cup sugar
- 1 tsp ground cinnamon

FOR THE DONUTS:

- 2 2/3 cups all-purpose flour
- 2/3 cup sugar
- 2 tsp baking soda
- 1 tsp ground nutmeg
- 1 tsp ground cinnamon
- 1 tsp salt
- 1 cup apple cider or juice
- 1/4 cup canola oil
- 1/4 cup white or apple-cider vinegar
- 1 tsp pure vanilla extract
- Canola oil, for frying

PREPARATION:

To make the coating:

1. In a small bowl, combine sugar and cinnamon. Set aside.

To make the Donuts:

2. In a large mixing bowl, combine flour, sugar, baking soda, nutmeg, cinnamon, and salt. In a medium mixing bowl, combine apple cider, oil, vinegar, and vanilla. Stir the wet ingredients into the dry ingredients until just combined. Avoid overmixing.
3. Refrigerate the batter for 3 hours or overnight, covered. When the batter has been chilled, 2 inches of oil in a deep-sided heavy skillet or deep fryer Preheat the oven to 180°C/350°F, or until a small spoonful of batter sizzles in the oil.
4. Scoop about 1 1/2 tbsp of batter into the hot oil with a cookie scoop. Cook in batches to avoid overcrowding the skillet.

NUTRITIONAL VALUES

CALORIES

81 kcal

CARBS

1.2g

FAT

6g

S.FAT

1.9g

PROTEIN

5.3g

SUGAR

0.5g

SODIUM

828mg

- 5.** Around the Donuts, the oil should sizzle. Allow each doughnut to fry for about 4 minutes, flipping once or twice, until crispy and lightly browned on all sides. To check for doneness, cut into one doughnut to ensure it is fully cooked. Adjust the frying time as needed.
- 6.** If the donuts begin to lose their shape while frying, place them in the refrigerator for about 10 minutes. Roll in cinnamon sugar after draining on paper towels. Serve right away.



Breakfast Bakes



Baked Chocolate Donuts

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Bake these Chocolate Donuts: Delicious, homemade chocolate treats that are easy to make. Perfect for satisfying your sweet tooth

INGREDIENTS



Makes 3-4 Donuts

FOR THE DONUTS:

- ½ cups all-purpose flour
- 1 cup sugar
- 3 tbsp unsweetened cocoa powder
- 2 tsp instant espresso powder
- 2 tsp baking soda
- 1 tsp salt
- 1¼ cup soy, almond, or rice milk
- ¼ cup canola oil
- ¼ cup white or apple-cider vinegar
- 1 tsp pure vanilla extract

FOR THE CHOCOLATE GLAZE:

- ¼ cup semisweet chocolate chips (dairy-free)
- 2 tbsp plus 1 tsp soy, almond, or rice milk
- ½ cup powdered sugar

OPTIONAL TOPPINGS:

- Chocolate sprinkles, chopped toasted almonds, shredded coconut, and/or mini chocolate chips

PREPARATION:

To make the Donuts:

1. Preheat the oven to 190°C/375°F. Lightly grease two doughnut pans. In a large mixing bowl, combine the flour, sugar, cocoa powder, espresso powder, baking soda, and salt.
2. In a medium mixing bowl, combine non-dairy milk, oil, vinegar, and vanilla extract. Whisk the wet ingredients into the dry ingredients until just combined. Avoid overmixing. The batter will be extremely sticky.
3. Pipe the batter into the prepared doughnut pans with a pastry bag or plastic bag with a cut tip and bake for 10 to 12 minutes.
4. Remove the baking sheets from the oven and set aside for 5 minutes before unmoulding.

NUTRITIONAL VALUES

CALORIES

278 kcal

35.8g

FAT
15.5g

S.FAT
9.7g

PROTEIN
1.8g

SUGAR
23.3g

SODIUM
376mg

To make the glaze:

5. Melt chocolate chips and non-dairy milk together in a double boiler or microwave. Mix in the powdered sugar until smooth. Allow for 5 to 10 minutes to allow the glaze to thicken and any powdered sugar clumps to dissolve.

To assemble the Donuts:

6. Coat the tops of the doughnuts with the glaze. To give the doughnut a nice finish and prevent dripping, twist it as you remove it from the glaze. Sprinkle the topping over the glaze right away and set aside to set.





Lemon Poppy Seed Muffins

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Create your own batch of Lemon Poppy Seed Muffins: These muffins are bursting with tangy lemon flavor and speckled with delightful poppy seeds. They're a breeze to make and perfect for a cheerful and tasty treat.

INGREDIENTS



Makes 14 Muffins

FOR THE MUFFINS:

- 2 cups all-purpose flour
- $\frac{3}{4}$ cup sugar
- 1 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 cup coconut milk
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{4}$ cup lemon juice
- 2 tbsp lemon zest (about 2 lemons)
- 1 tbsp pure lemon extract
- 1 tbsp poppy seeds

FOR THE ICING:

- 1 cup powdered sugar
- 3 to 4 tsp lemon juice
- 1 tbsp water
- 1 tsp lemon zest

PREPARATION:

To make the muffins:

1. Preheat the oven to 200°C/400°F. Line a 12-cup cupcake pan with cupcake liners.
2. In a large mixing bowl, combine the flour, sugar, baking powder, baking soda, and salt. Whisk together the coconut milk, oil, lemon juice, zest, and lemon extract in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Mix in the poppy seeds. Avoid overmixing.
3. Fill the cupcake liners about two-thirds of the way with batter. Bake for 15 minutes, or until a toothpick inserted into the center of the muffin comes out dry with a few crumbs attached. Allow the muffins to cool completely before icing.

NUTRITIONAL VALUES

CALORIES

168 kcal

CARBS

17.4g

FAT

7.7g

S.FAT

1.7g

PROTEIN

7.9g

SUGAR

3.3g

SODIUM

64mg

To make the icing:

4. In a small mixing bowl, combine the powdered sugar, lemon juice, water, and zest.
5. Cover each muffin with a thin layer of icing.

Recipe Notes

Muffins can be made ahead of time and frozen for up to a month. Thaw and ice before serving.





NUTRITIONAL VALUES

CALORIES

350kcal

CARBS

36g

FAT
21g

S.FAT
17g

PROTEIN
5g

SUGAR
8g

SODIUM
176mg

Chocolate Croissants

Prep Time: 90 Minutes Cook Time: 20 Minutes Total Time: 1hr:10 Minutes

Create your own batch of Lemon Poppy Seed Muffins: These muffins are bursting with tangy lemon flavor and speckled with delightful poppy seeds. They're a breeze to make and perfect for a cheerful and tasty treat.

INGREDIENTS



Makes 12 Croissants

- 2 teaspoons active dry yeast
- 3 tablespoons warm water (not hot!)
- Pinch of sugar
- 1 teaspoon salt
- 2 tablespoons granulated sugar
- 1 cup + 2 tablespoons coconut oil, divided
- 1 1/4 cups almond milk, divided
- 2 1/2 + 1/3 cups all purpose flour, divided
- 2 tablespoons agave nectar

PREPARATION:

To make the croissants:

1. Combine yeast, warm water, and a pinch of sugar in a small bowl. Set aside for 5 minutes.
2. In a stand mixer with a paddle attachment, mix the yeast mixture, salt, 2 tablespoons of sugar, 2 tablespoons of melted coconut oil, and 1 cup of almond milk on medium. Gradually add all-purpose flour until a dough forms. Add more flour if it's too sticky.
3. Roll out the dough into a 1/2-inch thick rectangle, about 12 by 10 inches, and chill on a small cookie sheet in the refrigerator for 30 minutes.
4. After chilling, knead 1 cup of solid coconut oil with 1/3 cup of all-purpose flour and form it into a small rectangle.
5. Roll out the chilled dough into a 13 by 9 inch rectangle. Place the coconut oil rectangle on the lower half, fold the upper half over, and press the edges together. Roll it into a 10 by 24 inch rectangle, then fold it like a letter. Repeat this rolling and folding process 3 more times.

6. Roll out the pastry dough into a 12 by 16 inch rectangle. Cut it into 12 squares. Slightly stretch each square, add chocolate chips, and fold it up. Seal the edges.
7. Place the formed croissants on the prepared baking sheets.
8. Mix 1/4 cup almond milk with agave nectar and brush it on top of each croissant.
9. Bake for 15-18 minutes or until golden brown on top.



Breakfast Bakes



Prep Time: 25 Minutes Resting Time: 2hrs Total Time: 2hr: 25 Minutes

Delicious vegan chocolate-filled croissants made with coconut oil, perfect for breakfast or a tasty snack! Savor them for breakfast or as a delightful mid-day treat!

INGREDIENTS



Makes 4 Croissants

- 2 cups white flour
- 2 teaspoons salt
- 1/4 cup caster sugar
- 1/2 cup plant-based butter
- 1/2 cup plant-based yogurt
- 1/2 cup plant-based milk
- 25 grams of fresh yeast
- 3 tablespoons maple syrup

FOR THE MAPLE GLAZE:

- 50 ml Soy Milk

PREPARATION:

MIX THE INGREDIENTS TOGETHER

1. Combine the white flour, salt, sugar, plant-based yogurt, plant-based butter, and plant-based milk in the bowl of a stand mixer.
2. Start the mixer at speed 2 or 3, ensuring all the ingredients are thoroughly mixed together.
3. After 3 minutes at speed 2 to 3, add the yeast and continue mixing for another 3 minutes.
4. You may need to add a couple of extra spoonfuls of white flour to achieve the ideal elastic texture for the dough – not too wet and not too dry.
5. Allow the dough to rest for 2 hours.

NUTRITIONAL VALUES

CALORIES

210kcal

CARBS

25g

FAT
11g

S.FAT
3g

PROTEIN
5g

SUGAR
5g

SODIUM
305mg

SHAPE THE CROISSANTS AND COOK

6. Pin Roll the dough to approximately 5mm thickness.
7. Cut the dough into triangles and begin rolling them into croissant shapes.
8. Combine the soy milk and maple syrup, and use this mixture to brush the triangles.
9. Place the brushed croissants on a tray lined with parchment paper.
10. Bake for about 10 minutes, adjusting the time as needed based on the croissant size.
11. Remove from the oven once they achieve a golden brown color.



Breakfast Bakes



NUTRITIONAL VALUES

CALORIES

193 kcal

CARBS

19g

FAT
11.2g

S.FAT
2.1g

PROTEIN
5.7g

SUGAR
8g

SODIUM
69mg

Homemade Granola

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Total Time: 40 Minutes

Enjoy this Homemade Granola: It's like cereal, but better! A crunchy, wholesome mix of oats, nuts, and dried fruits, sweetened just the way you like it. Enjoy it with your favorite vegan milk, or straight from the jar for a tasty and nutritious breakfast or snack.

INGREDIENTS



Makes 5 Cups

- 3 cups rolled oats
- ¾ cup sliced almonds
- 2 tsp ground cinnamon
- ¼ tsp salt
- ½ cup maple syrup or agave
- 2 tbsp canola oil
- 1 tsp pure vanilla extract
- 1 cup raisins

PREPARATION:

1. Preheat the oven to 165°C/325°F. Line a large baking sheet with parchment paper or Silpat.
2. Mix oats, almonds, cinnamon, and salt in a large mixing bowl with a large spoon.
3. Stir in the maple syrup, oil, and vanilla extract until the oats are evenly coated.
4. Bake for 30 to 40 minutes, turning occasionally with a spatula, on a prepared baking sheet.
5. Remove from the oven, allow to cool completely, and then stir in the raisins.

Recipe Notes

6. Can be made ahead of time and frozen for up to two months.

Breakfast Bakes



NUTRITIONAL VALUES

CALORIES

259 kcal

CARBS

36g

FAT
10g

S.FAT

8g

PROTEIN

5.8g

SUGAR

8g

SODIUM

429mg

Fluffy Waffles

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Total Time: 30 Minutes

Try these fantastic fluffy Waffles! They're crispy, fluffy, and easy to make with pantry staples. I've got some great tips to ensure they turn out perfectly and are great for breakfast or even a snack.

INGREDIENTS



Serves 6

- 3/4 cups all-purpose flour
- 1/4 cup fine cane sugar 2 tbsp baking powder
- 1/2 tsp salt 3 cups rice milk
- 1/3 cup orange juice, freshly squeezed
- 1–2 tsp vanilla extract
- 1/3 cup canola oil
- 1 generous splash of rum
- maple syrup (for flavor)
- Fresh fruit for toppings

PREPARATION:

1. To make the batter, combine the flour, cane sugar, baking powder, and salt in a bowl.
2. In a separate bowl, whisk the rice milk with the orange juice and vanilla extract and leave to thicken for 5 minutes, then add the canola oil and rum and stir all of the liquid ingredients together until smooth.
3. Combine the liquid and dry ingredients to create a smooth batter. The batter shouldn't be left to stand for too long, so use it quickly.
4. Preheat the waffle iron and spray it generously with an oil spray. Add a ladle of batter to the iron and cook.
5. Repeat to make one waffle after another. Carefully remove the waffles from the iron and serve immediately with jam, fresh fruit, powdered sugar, and/or soy cream..

Recipe Notes

vegan oil spray (or vegan margarine), for greasing the iron jam, fresh fruit, powdered sugar, or whipped soy cream (as desired), to serve.

Cookies & Bars

Lemon Bars

Pecan Bars

Chocolate Peanut Butter Fudge

Beach Cookies

Double-Crust Fudge Bars

Chocolate Chip Cookies

Chocolate Chip Cookies

Peanut Banana Cookies

Almost Oh-ree-oh's

Vermont Maple Cookies

Peanut Butter Cookies

Animal Cookies

Black and White Cookies

Mojita Chocolate Chip Cookies

Chewy Ginger Molasses Cookies

Snowball Cookies

Decadent Chocolate Brownies

Raw Almond Brownies

Coconut Chocolate Pecan Bars

Oatmeal Raisin Chilli Cookies

Pineapple Squares

Spicey Ginger Snaps

Spicy Gingersnaps



Lemon Bars

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

When I was growing up, it was always the best day ever when my mom served me her delicious homemade banana bread for breakfast. She'd give me two little slices that I'd devour with glee before school.

INGREDIENTS:



Makes 16 2-Inch Bars

FOR THE CRUST:

- ½ cup vegan margarine
- 1½ cups all-purpose flour
- 1/3 cup sugar
- ¼ tsp salt

- 6 tbsp cornstarch or arrowroot
- ¼ cup all-purpose flour
- 2 cups sugar
- 2/3 cup lemon juice
- 2 tbsp lemon zest (about 2 lemons)
- Natural yellow food colouring, optional
- Powdered sugar, for serving

FOR THE FILLING:

- 1 cup soy, almond, or rice milk, divided

PREPARATION:

To make the crust:

1. Preheat the oven to 180°C/350°F. Line an 8-inch square pan with parchment paper that is long enough to overhang the edges. Grease the parchment paper lightly.
2. Pulse margarine, flour, sugar, and salt in a food processor until crumbly. In a pre-pared pan, press the dough. 18 minutes in the oven.
3. Remove from the oven and set aside to cool.

To make the filling:

4. 1/2 cup non-dairy milk, cornstarch, and flour, whisked until completely smooth, in a small bowl Place aside.

NUTRITIONAL VALUES

CALORIES

247 kcal

CARBS

422g

6.3g

S.FAT

1.1g

PROTEIN

4.6g

SUGAR

5g

SODIUM

110mg



5. Bring the remaining 1/2 cup non-dairy milk, sugar, and lemon juice to a boil in a medium saucepan.
6. Reduce the heat to medium and gradually whisk in the cornstarch mixture.
7. Continue to cook, whisking constantly, for about 5 minutes, or until the mixture is very thick, like pudding.
8. Remove from the heat and stir in the lemon zest and, if using, the food colouring.

To make the lemon bars:

9. Bake for 15 minutes after pouring the filling over the crust. Allow to cool before chilling in the refrigerator for 8 hours or overnight.
10. Lift the parchment paper to release the bars from the pan and unmould once they have chilled and set.
11. Cut into 2-inch squares with a sharp knife and dust with powdered sugar.
12. Before serving, the lemon bars should be chilled in the refrigerator for 8 hours or overnight.





Pecan Bars

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Whip up these Pecan Bars at home! Get ready to create gooey, nutty goodness with a buttery crust. Your kitchen is about to smell amazing, and you'll have irresistible pecan bars to snack on

INGREDIENTS:



Makes 16 2-Inch Bars

FOR THE SHORTBREAD:

- ½ cup vegan margarine
- 1½ cups all-purpose flour
- 1 1/2 cup sugar
- ¼ tsp salt

- ¼ cup sugar
- 4 tbsp vegan margarine
- ¼ cup agave
- 2 tbsp soy, almond, or rice milk
- 2 cup pecans, toasted and roughly chopped
- 1 tsp pure vanilla extract

FOR THE FILLING:

- 1/3 cup brown sugar

PREPARATION:

To make the shortbread:

1. Preheat the oven to 180°C/350°F. Line an 8-inch square baking pan with parchment paper that is long enough to hang over the edges.
2. Pulse margarine, flour, sugar, and salt in a food processor until crumbly. Bake for 25 minutes, pressing firmly into the prepared pan. Remove from the oven and set aside to cool.

To make the filling:

3. Bring brown sugar, sugar, margarine, agave, and non-dairy milk to a boil in a medium saucepan. Reduce heat to low and allow to simmer for 5 minutes. Remove from the heat and add the pecans and vanilla extract.
4. Cover the shortbread crust with the filling. Allow to cool completely before placing in the refrigerator for 8 hours or overnight, or until the filling has set.
5. Lift the parchment paper to release the bars from the pan and unmould once they have chilled and set. Cut into 2-inch squares with a sharp knife.

NUTRITIONAL VALUES

294 kcal

60.5g

7g	FAT
1.3g	S.FAT
4.4g	PROTEIN
46.1g	SUGAR
20mg	SODIUM



Chocolate Peanut Butter Fudge

Prep Time: 10 Minutes Bake Time: 25 Minutes Total Time: 35 Minutes

Ready to make Choc Peanut Butter Fudge? It's super easy, and you'll be the fudge master! Just follow the steps and soon you'll be enjoying creamy chocolate and peanut butter delight.

INGREDIENTS:



Makes 16 -Inch Squares

FOR THE SHORTBREAD:

- ½ cup vegan margarine
- 1½ cups all-purpose flour
- 1½ cup sugar
- ¼ tsp salt

- ¼ cup sugar
- 4 tbsp vegan margarine
- ¼ cup agave
- 2 tbsp soy, almond, or rice milk
- 2 cup pecans, toasted and roughly chopped

FOR THE FILLING:

- 1/3 cup brown sugar

- 1 tsp pure vanilla extract

PREPARATION:

To make the shortbread:

1. Preheat the oven to 180°C/350°F. Line an 8-inch square baking pan with parchment paper that is long enough to overhang the edges.
2. In a food processor, combine margarine, flour, sugar, and salt until crumbly.
3. Bake for 25 minutes after pressing firmly into the prepared pan. Remove from oven and set aside to cool.

To make the filling:

4. Bring brown sugar, sugar, margarine, agave, and non-dairy milk to a boil in a medium saucepan. Reduce the heat to low and allow to simmer for 5 minutes.

NUTRITIONAL VALUES

CALORIES
249 kcal

CARBS
40.7g

FAT
7.4g

S.FAT
1.1g

PROTEIN
4.7g

SUGAR
7.6g

SODIUM
104mg

1. Remove from the heat and stir in the pecans and vanilla extract.
2. Spread the filling over the shortbread crust. Allow to cool
3. completely before chilling in the refrigerator for 8 hours or overnight, until the filling has set.
4. When the bars have chilled and set, lift the parchment paper to release them from the pan and unmould them.
5. Cut the dough into 2-inch squares with a sharp knife.

Recipe Notes

Before serving, the bar cookies should be chilled in the refrigerator for 8 hours or overnight.





Beach Cookies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy these Chocolate Fudge Cookies together! It's a fun and tasty adventure in your kitchen. Follow these simple steps, and you'll soon have rich, chewy chocolate fudge cookies to enjoy with a glass of your favorite vegan milk or as an anytime treat. Happy baking

INGREDIENTS:



Makes 24 Cookies

- ½ cup vegan margarine, melted
- 2 cups vegan cookie cracker crumbs.
- 1 cup canned coconut milk, mixed well before measuring
- ¼ cup agave or maple syrup
- 1 tsp pure vanilla extract
- 1/8 tsp salt
- 2 tbsp cornstarch or arrowroot
- 1½ cups shredded coconut
- 2 cups semisweet chocolate chips (dairy-free)
- ½ cup chopped walnuts, toasted, optional

PREPARATION:

1. Preheat the oven to 180°C/350°F.
2. Fill a 9-x-13-inch baking pan with the melted margarine. Tilt the pan to swirl the margarine around until the entire bottom is coated.
3. Crumble the crumbs evenly into the pan until the bottom is evenly coated. Gently pat down.
4. In a medium mixing bowl, combine the coconut milk, agave, vanilla, salt, and cornstarch.
5. Drizzle this mixture over the crumb layer evenly. Layer the shredded coconut in the pan, followed by the chocolate chips and walnuts.
6. Gently pat the chocolate chips into the cookie with the palm of your hand.

NUTRITIONAL VALUES

CALORIES
249 kcal

CARBS
40.7g

FAT	7.4g
S.FAT	1.1g
PROTEIN	4.7g
SUGAR	7.6g
SODIUM	104mg

1. Bake for 25–30 minutes, or until the center appears thick and slightly bubbly, with lightly browned edges. Allow to cool before refrigerating for 8 hours or overnight. Cut into small squares with a sharp knife.

Recipe Notes

Before serving, the cookies should be chilled in the refrigerator for 8 hours or overnight.





Double-Crust Fudge

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Time to whip up some Double-Crust Fudge! Don't worry, it's easier than it sounds. Just follow these simple steps, and you'll have a delightful fudge treat with a double layer of chocolatey goodness. Let's get started and enjoy the yumminess!

INGREDIENTS:



Makes 16 2-Inch Bars

FOR THE SHORTBREAD:

- 2 cups all-purpose flour
- 1 cup vegan margarine
- ½ cup sugar
- ½ tsp salt

FOR THE FILLING:

- ¾ cup canned coconut milk, mixed well before measuring
- 2 cups semisweet chocolate chips (dairy-free)
- ¼ cup sugar
- ½ cup chopped walnuts, optional

PREPARATION:

To make the shortbread:

1. Preheat the oven to 180°C/350°F. Lightly grease an 8-inch square pan and line with parchment paper long enough to overhang the edges.
2. Pulse flour, margarine, sugar, and salt in a food processor until crumbly. 1 cup of the dough should be reserved for the topping, and the remaining dough should be pressed into the prepared pan.

To make the filling:

3. Combine the coconut milk, chocolate chips, and sugar in a medium saucepan. Stir constantly over low heat until the chocolate is melted. Take the pan off the heat and stir in the nuts.

To make the bars:

4. Pour the filling over the unbaked crust and crumble the reserved shortbread dough on top, leaving some in larger clumps.

NUTRITIONAL VALUES

CALORIES
383 kcal

CARBS
37.3g

FAT
24.5g

S.FAT
9.4g

PROTEIN
2.9g

SUGAR
20.7g

SODIUM
209mg



6. Bake for 35 minutes in the oven Allow to cool before chilling in the refrigerator for 8 hours or overnight.
7. Lift the parchment paper to release the bars from the pan and unmould once they have chilled and set. Cut into 2-inch squares with a sharp knife and serve.

Recipe Notes

8. Before serving, the cookies should be chilled in the refrigerator for 8 hours or overnight.





Chocolate Chip Cookies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Time to bake some delicious Chocolate Chip Cookies! These cookies are a breeze to make and will fill your kitchen with a wonderful aroma. Just follow the simple steps, and you'll soon be enjoying warm, gooey chocolate chip cookies that are perfect for sharing or snacking.

INGREDIENTS:



Makes about 62- Inch Cookies

- 2¼ cups all-purpose flour
- 1 tbsp cornstarch or arrowroot
- 1 tsp baking soda
- ¾ tsp salt
- 1 cup vegan margarine
- ¾ cup brown sugar
- ¾ cup sugar
- ¼ cup water
- 1 tbsp pure vanilla extract
- 1½ cups semisweet chocolate chips (dairy-free)
- 1 cup chopped pecans, optional

PREPARATION:

Preheat the oven to 180°C/350°F. Line 2 or 3 large baking sheets with parchment paper or Silpat.

In a medium bowl, whisk together flour, cornstarch, baking soda, and salt. Set aside.

Using a stand or hand mixer, cream together the margarine, brown sugar, sugar, water, and vanilla extract until smooth. Slowly incorporate the flour mixture. Add the chocolate chips and pecans after the flour mixture has been thoroughly combined.

NUTRITIONAL VALUES

CALORIES
193 kcal

CARBS
24.6g

FAT	8.4g
S.FAT	0.9g
PROTEIN	6.9g
SUGAR	1.9g
SODIUM	171mg



Protein Banana Cookies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Gives these Protein Banana Cookies a try! They're not just delicious but also good for you. Simply follow these simple steps, and you'll have soft, banana-infused cookies that are high in protein. Ready to bake and satisfy your cravings in a healthier way?

INGREDIENTS:



Makes about 62- Inch Cookies

- 2 cups of oats
- 1/2 tsp each of: cinnamon, baking powder, baking soda
- 30g protein powder (flavored or plain)
- Sprinkle of salt
- 2 large mashed bananas
- 2 tbsp maple syrup
- 80g peanut butter
- 15ml Oat milk
- Optional add ins: sprinkle of choc chips, raisins, nuts, seeds etc

PREPARATION:

1. Mix mashed bananas with the other wet ingredients until it's smooth.
2. In a separate bowl, combine the dry ingredients and then add them to the wet mixture.
3. Add any optional extras you like and mix them in.
4. Use a spoon to scoop out the mixture onto a baking tray. You should make around 12 cookies.
5. Bake in a fan oven at 180°C for approximately 15 minutes.
6. *Note: You can try two variations, one with oats blitzed into flour and the other with whole oats. The unblitzed oats give the cookies a slightly more textured bite.

NUTRITIONAL VALUES

CALORIES

132 kcal

CARBS

18g

FAT

6g

S.FAT

2g

PROTEIN

36g

SUGAR

11g

SODIUM

74mg

7. Scoop 1 rounded tbsp of dough at a time onto prepared baking sheets, leaving about 2 inches between scoops.
8. Bake for 10–12 minutes, or until the edges are golden brown. Allow to cool on the pan before serving.

Recipe Notes

Cookie dough can be made ahead of time and refrigerated for up to a week or frozen for up to a month.





Almost Oh-ree-oh's

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

These famous aero cookies are made but with a twist. Just follow these simple steps, and you'll have your own homemade version of these tasty treats.

INGREDIENTS:



Makes 18 Sandwich Cookies

FOR THE COOKIES:

- 1¼ cups all-purpose flour
- 1 cup sugar
- ½ cup unsweetened cocoa powder
- ¼ tsp salt
- ¼ tsp baking soda
- ½ cup vegan margarine

- 3 tbsp soy, almond, or rice milk
- 1 tsp pure vanilla extract

FOR THE FILLING:

- ¼ cup non-hydrogenated vegetable shortening
- ¼ cup vegan margarine
- 2 cups powdered sugar
- 1 tsp pure vanilla extract

PREPARATION:

To make the cookies:

1. In a food processor, combine flour, sugar, cocoa, salt, and baking soda. Mix in the margarine, milk, and vanilla extract.
2. Continue to pulse until the mixture comes together.
3. Transfer the mixture to a large mixing bowl and knead with your hands until it comes together, and all of the flour has been incorporated.
4. Place the dough in the refrigerator for 1 hour to chill.
5. Preheat the oven to 180°C/350°F. 2 large baking sheets should be lined with parchment paper or a Silpat.
6. Roll a heaping tablespoon of dough into a ball and place it on prepared baking sheets, leaving about 3 inches between each ball.

NUTRITIONAL VALUES

CALORIES

242 kcal

CARBS

40.6g

FAT

8.5g

S.FAT

1.7g

PROTEIN

2.5g

SUGAR

24.3g

SODIUM

108mg

7. Bake for 12 to 14 minutes, or until the dough is evenly flattened with the palm of your hand. Allow to cool on the pan.

To make the filling:

8. Beat the shortening and margarine together with a handheld or stand mixer until smooth and fluffy. With the mixer on low, add the powdered sugar and vanilla extract and mix until combined. Increase the speed to high and continue to beat for 2 minutes, or until the mixture is light and fluffy.

To assemble the cookies:

9. Spread a layer of filling on the bottom side of each cookie. Place another cookie on top of the filling, bottom side down. Press the cookies together lightly. Rep with the remaining cookies.

Recipe Notes

Cookie dough can be made ahead of time and refrigerated or frozen for up to 1 week.





Vermont Maple Cookies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Let's whip up some Vermont Maple Cookies! These cookies have that irresistible maple flavor. Follow these easy steps, and you'll soon be enjoying soft, sweet cookies that capture the taste of Vermont. Ready to bake and savor these delicious treats?

INGREDIENTS:



Makes 16 Sandwich Cookies

FOR THE COOKIES:

- 3 to 4 tbsp water
- 2 tsp pure maple extract
- 2½ cups all-purpose flour
- 1 cup sugar
- ½ tsp baking soda

- 1 cup vegan margarine

FOR THE FILLING:

- ½ cup vegan margarine
- 1½ cups powdered sugar
- ½ tsp pure maple extract
- 1 to 2 tbsp pure maple syrup

PREPARATION:

To make the cookies:

1. Preheat oven to 180°C/350°F. Line 2 or 3 large baking sheets with parchment paper or Silpat.
2. Combine 3 tbsp water and maple extract in a small bowl Place aside. Combine the flour, sugar, and baking soda in a food processor. Mix in the margarine and water mixture. Pulse until the mixture is soft and doughy. If necessary, add 1 tbsp more water.
3. Roll the dough out on a lightly floured surface until it is 14 inch thick, working with half the dough at a time. Cut out as many shapes as you can with a 3-inch cookie cutter. You can use any leftover scraps to roll and cut more cookies.
4. If the dough becomes too soft to work with, place it in the refrigerator for 10 to 15 minutes. Place the shapes 12 inch apart on the prepared baking sheets. Bake for 10 to 12 minutes, or until the edges are lightly golden. Allow to cool on the pan.

NUTRITIONAL VALUES

CALORIES

89 kcal

CARBS

5g

FAT

6.8g

S.FAT

2.4g

PROTEIN

2.5g

SUGAR

2.7g

SODIUM

42mg

To make the filling:

5. Beat the margarine with a handheld or stand mixer until smooth. As needed, add powdered sugar, maple extract, and maple syrup to the mixer on low speed. Increase the speed to high and continue to beat for 2 minutes, or until the mixture is light and fluffy.

6. To assemble the cookies:

7. Spread a layer of filling on the bottom side of each cookie. Place another cookie on top of the filling, bottom side down. Press the two cookies together lightly. Rep with the remaining cookies.

Recipe Notes

Cookie dough can be made ahead of time and refrigerated or frozen for up to a week.





Peanut Butter Cookies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

These peanut butter cookies are a classic favorite. Just follow these simple steps, and you'll have warm, peanut buttery treats in no time. Ready to enjoy a delicious batch of cookies? Let's start baking!

INGREDIENTS:



Makes 20 3-Inch Cookies

- ¼ cups all-purpose flour
- ¾ tsp baking soda
- ½ tsp salt
- ½ cup peanut butter, creamy or crunchy
- ½ cup vegan margarine
- 1 cup brown sugar
- 2 tsp pure vanilla extract
- 1 tbsp water

PREPARATION:

1. Preheat the oven to 180°C/350°F. Line 2 or 3 large baking sheets with parchment paper or Silpat.
2. In a medium mixing bowl, combine the flour, baking soda, and salt. Place aside.
3. Using a stand or hand mixer, cream together the peanut butter, margarine, brown sugar, vanilla extract, and water until smooth. Slowly incorporate the flour mixture.
4. Scoop about 2 tablespoons of dough at a time onto the prepared baking sheets, leaving about 4 inches between scoops.
5. Using the back of a fork, score the dough (see notes). 10 to 12 minutes, or until the edges are lightly browned Allow to cool on the pan before serving.

NUTRITIONAL VALUES

CALORIES

154 kcal

CARBS

19.6g

7.2g ^{FAT}

^{S.FAT}

1.3g

^{PROTEIN}

3.1g

^{SUGAR}

7g

Recipe Notes

- ▶ Peanut butter cookies are easily identified by their bakery-style grid design, which adds crunch. To achieve this look, gently roll the prongs of a fork across the top of each scoop of cookie dough. Repeat the motion perpendicular to your first mark.
- ▶ Cookie dough can be made ahead of time and refrigerated or frozen for up to a week.





Animal Cookies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

These cookies are as delightful to make as they are to eat. Just follow the simple steps, and you'll have a batch of cute and delicious animal-shaped cookies. It's a great activity for the whole family, and they taste fantastic.

INGREDIENTS:



Makes 60 1-Inch Cookies

FOR THE COOKIES:

- 1 ¼ cups all-purpose flour
- ½ cup sugar
- ¼ tsp baking soda
- ½ cup vegan margarine
- 1 to 2 tbsp water
- ½ tsp pure vanilla extract
- Cookie Icing
- Sprinkles

PREPARATION:

To make the cookies:

1. Preheat oven to 180°C/350°F. Line 2 or 3 large baking sheets with Silpat or parchment paper.
2. Combine the flour, sugar, and baking soda in a food processor. 1 tbsp margarine, 1 tbsp water, and vanilla extract Pulse until the mixture is soft and doughy. If necessary, add 1 tbsp more water.
3. Place half of the dough between two large sheets of floured parchment paper, working with half at a time. Roll out the dough until it is 14 inch thick. Peel off the top sheet of parchment paper gently. Cut out as many shapes as you can with a 1-inch cookie cutter. You can use any leftover scraps to roll and cut more cookies.
4. Place the shapes 12 inch apart on the prepared baking sheets. Bake for 8 to 10 minutes, or until the edges are lightly golden. Allow to cool on the pan.

To decorate the cookies:

5. Place the cookies on a wire rack and generously ice them, allowing excess icing to drip down the sides. Sprinkle with sprinkles right away. Allow the icing on the cookies to set before serving.

Recipe Notes

Cookie dough can be made ahead of time and refrigerated or frozen for up to a week.

NUTRITIONAL VALUES

CALORIES

376 kcal

CARBS

58.7g

FAT

9.4g

S.FAT

1.2g

PROTEIN

13.5g

SUGAR

4.5g

SODIUM

66mg



Black And White Cookies

INGREDIENTS:



Makes About 10 4-Inch Cookies

FOR THE COOKIES:

- 1 3/4 cups all-purpose flour
- 1 cup sugar
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/8 tsp salt
- 1/2 cup canola oil
- 1/3 cup soy, almond, or rice milk

- 1 tbsp white or apple-cider vinegar
- 2 tsp pure vanilla extract

FOR THE ICING:

- 4 cups powdered sugar
- 8 tbsp soy, almond, or rice milk, divided
- 1 tsp pure vanilla extract
- 2 tbsp unsweetened cocoa powder



PREPARATION:

To make the cookies:

1. Preheat the oven to 180°C/350°F. Line 2 or 3 large baking sheets with parchment paper or Silpat.
2. In a large mixing bowl, combine the flour, sugar, baking powder, baking soda, and salt. Whisk together the oil, non-dairy milk, vinegar, and vanilla in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing. The batter will be fairly thick.
3. Scoop 1/4 cup batter at a time onto prepared baking sheets, leaving about 3 inches between scoops. Bake for 9 to 12 minutes, or until the edges are golden. Allow to cool on the pan.

To make the icing:

4. In a medium mixing bowl, combine powdered sugar, 7 tbsp non-dairy milk, and vanilla extract until smooth. 1 cup of the icing mixture should be transferred to a separate small bowl and whisked in cocoa and the remaining 1 tbsp non-dairy milk.

To assemble the cookies:

5. Spread a thin layer of white icing over the entire bottom side of each cookie with a small offset spatula or knife. Refrigerate for 10 to 15 minutes, or until completely set. On top of the white icing, spread a thin layer of chocolate icing over half of each cookie.

NUTRITIONAL VALUES

CALORIES
515 kcal

CARBS
100.5g

11.6g

S.FAT

1g

PROTEIN

4.4g

SUGAR

67.2g

SODIUM

83mg



Mojito Chocolate Chip Cookies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

These chocolate chip cookies put a fun twist on the classic chocolate chip flavor by adding a refreshing hint of mint. Just follow the simple steps, and you'll have a batch of delicious homemade treats.

INGREDIENTS:



Makes About 36 Cookies

- 2 cups all-purpose flour
- ½ tsp baking powder
- ¼ tsp salt
- ¾ cup vegan margarine
- 1 cup powdered sugar
- ½ cup brown sugar
- 4 tbsp dark rum
- 2 tbsp lime zest (about 2 or 3 limes)
- 1 tsp pure peppermint extract
- ¾ cup semisweet chocolate chips (dairy-free)

PREPARATION:

1. Preheat oven to 180°C/350°F. Line 2 or 3 large baking sheets with parchment paper or Silpat. In a medium bowl, whisk together flour, baking powder, and salt.
2. Beat margarine with a stand or hand mixer until light and fluffy. Mix in the powdered sugar, brown sugar, and rum until well combined. 12 cup at a time, mix in the flour mixture, then add the zest, mint extract, and chocolate chips and mix until combined.
3. Scoop about 2 tablespoons of dough at a time onto the prepared baking sheets, leaving about 2 inches between scoops. Flatten the dough with the palm of your hand to make crispy cookies. Leave the scoop alone for soft cookies. Cook for 12 minutes, or until the edges are lightly browned. Allow to cool on the pan.
4. **Recipe Notes**
5. Cookie dough can be made ahead of time and refrigerated for a week or frozen for up to a month.

NUTRITIONAL VALUES

CALORIES
334 kcal

CARBS
43.9g

FAT
12.3g

S.FAT
2.7g

PROTEIN
13.7g

SUGAR
4.5g





Chewy Ginger Molasses Cookies

Total Time: 40 Minutes

Indulge in the irresistible charm of Chewy Ginger Molasses Cookies. These delightful treats are the perfect combination of warm ginger and rich molasses, with a soft, chewy texture that's simply delightful.

INGREDIENTS:



Makes About 34 Cookies

- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1½ tsp ground ginger
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground cloves
- ½ cup vegan margarine
- ¾ cup sugar, plus extra for rolling
- ½ cup molasses
- 1 tbsp water

PREPARATION:

1. Preheat the oven to 180°C/350°F. Line 2 or 3 large baking sheets with parchment paper or Silpat.
2. Whisk together the flour, baking soda, baking powder, ginger, cinnamon, nutmeg, and cloves in a medium mixing bowl. Place aside.
3. Using a stand or hand mixer, combine margarine, sugar, molasses, and water. Slowly incorporate the flour mixture.
4. Scoop 1 rounded tbsp of dough at a time and roll the domed portion of each scoop in sugar.
5. Bake for 10 to 12 minutes, depending on the size, on the prepared baking sheets. Allow to cool on the pan.

6. Recipe Notes

7. Cookie dough can be made ahead of time and refrigerated for a week or frozen for up to a month.

NUTRITIONAL VALUES

CALORIES

83 kcal

CARBS

14g

FAT

2.8g

S.FAT

0.5g

PROTEIN

0.8g

SUGAR

7.1g

SODIUM

72mg



Snowball Cookies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Prepare to be enchanted by Snowball Cookies, a delightful treat known for its melt-in-your-mouth texture. These cookies are easy to make and covered in a snowy blanket of powdered sugar.

INGREDIENTS:



Makes About 30 Cookies

- ¾ cup vegan margarine
- 1½ cups all-purpose flour
- ½ cup powdered sugar, plus extra for dusting
- 2 tsp pure vanilla extract
- ¼ tsp salt
- 1 cup semisweet chocolate chips (dairy-free)

PREPARATION:

1. Preheat oven to 180°C/350°F. Line 2 or 3 large baking sheets with parchment paper or Silpat.
2. Beat the margarine with a stand or hand mixer until fluffy. Mix in the flour, 12 cup powdered sugar, vanilla, and salt until well combined. Mix in the chocolate chips.
3. Scoop 1 rounded tbsp of dough at a time onto prepared baking sheets, leaving about 2 inches between scoops.
4. Bake for 12 minutes, or until the edges are lightly golden. Remove from the oven and sift powdered sugar over the warm cookies. Allow to cool before dusting with powdered sugar again.

NUTRITIONAL VALUES

CALORIES

142 kcal

CARBS

5.3g

FAT

13.1g

S.FAT

1.9g

PROTEIN

2.7g

SUGAR

0.3g



Decadent Chocolate Brownies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Indulge in the pure decadence of Decadent Chocolate Brownies. These rich, fudgy squares of chocolate delight are easy to make and will satisfy your sweet cravings. Follow the simple steps to create these heavenly homemade brownies and enjoy a little slice of chocolate heaven.

INGREDIENTS:



Makes 16 Brownies

- 2 cups (256 g/9 oz) unbleached all-purpose flour
- 2 cups (307 g/10.8 oz) Sucanat
- ¾ cup (70 g/2.4 oz) unsweetened natural cocoa powder
- 1 tsp (5 g/0.17 oz) baking powder
- 1 tsp (3 g/0.1 oz) kosher salt
- 1 cup (236 g/8.3 oz) water
- 1 cup (160 g/5.6 oz) liquid coconut oil
- 1 tsp (4 g/0.14 oz) vanilla extract
- Vegan confectioners' sugar, sifted, for garnish

PREPARATION:

1. Preheat the oven to 180°C/350°F. Coat the bottom and sides of a 9-by-13-inch baking pan with non-stick cooking spray.
2. Combine the flour, Sucanat, cocoa powder, baking powder, and salt in a large mixing bowl. Make a well in the center of the dry ingredients, then add the water, coconut oil, and vanilla extract and mix until combined.
3. Pour the batter into the prepared pan in an even layer. Cook for 20–25 minutes, or until the top is no longer shiny.
4. Allow to cool for at least 30 minutes in the pan on a wire rack before cutting into sixteen 2 1/2-by- 3 1/2-inch rectangles. Sift confectioners' sugar over the top.

NUTRITIONAL VALUES

CALORIES	81 kcal	FAT	1.8g
CARBS	14.6g	S.FAT	1.2g
		PROTEIN	2.4g
		SUGAR	0.6g
		SODIUM	173mg



Raw Almond Brownies

Prep Time: 25 Minutes

1 Day soaking

3 hours chilling

Discover the wholesome goodness of Raw Almond Brownies. These no-bake treats are a nutritious twist on traditional brownies, made with almonds and natural ingredients. Follow the simple steps to prepare these delightful raw brownies, perfect for a guilt-free sweet indulgence.

INGREDIENTS:



Makes 16 Brownies

- 2 cups whole almonds
- 1/2 cup raisins
- 1 1/4 cups cocoa nibs (roasted pieces of cocoa bean from a health food store or organic supermarket)
- 1 cup cocoa powder
- 1/4 cup maple syrup
- 2 tablespoons baobab powder (from a health food store, vegan supermarket, or online retailer)
- 6 tablespoons coconut oil

PREPARATION:

1. Start by soaking the almonds in a generous amount of water.
2. After soaking, thoroughly drain the almonds and coarsely grind them in a food processor.
3. Add the rest of the ingredients to the food processor and blend until you have a consistent mixture.
4. Sprinkle the bottom of a cake pan with coconut flakes.
5. Transfer the mixture to the pan and evenly smooth it out.
6. Allow it to sit in the refrigerator for approximately 2-3 hours.
7. Remove the mixture from the pan onto a cutting board and cut it into 9-12 pieces.

NUTRITIONAL VALUES

CALORIES

194 kcal

CARBS

14.6g

FAT

186g

S.FAT

83g

PROTEIN

27g

SUGAR

132g

FIBER

45g



Coconut Chocolate Pecan Bars

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

These homemade coconut chocolate pecan bars are a real treat with. They include a perfect blend of flavors, Savor the irresistible combination of coconut, chocolate, and pecans

INGREDIENTS:



Makes 24 Bars

ALMOND CRUST:

- 1¾ cups (165 g/5.8 oz) almond flour
- 1/3 cup (41 g/1.4 oz) organic whole wheat spelt flour
- Pinch of kosher salt
- 1/3 cup (98 g/3.5 oz) maple syrup
- 1/3 cup (74 g/2.6 oz) liquid coconut oil

COCONUT FILLING:

- One 14-ounce (397-g) can coconut milk (regular or lite)
- 2/3 cup (102 g/3.6 oz) Sucanat
- 1 tbsp (12 g/0.42 oz) vanilla extract
- 1½ cups (255 g/9 oz) vegan semisweet chocolate morsels
- 2 cups (180 g/6.3 oz) unsweetened desiccated coconut
- 1 cup (100 g/3.5 oz) pecans, chopped

PREPARATION:

MAKE THE CRUST:

1. Preheat the oven to 180°C/350°F. Coat the bottom and sides of a 9-by-13-inch baking pan with non-stick cooking spray.
2. In a medium mixing bowl, combine the almond flour, spelt flour, and salt. In a small bowl or glass measuring cup, combine the maple syrup and coconut oil, then fold the liquids into the flour mixture until combined. Press the almond mixture into the bottom of the prepared pan, completely covering it. 8 to 10 minutes, or until lightly browned While you make the filling, cool the crust in the pan on a wire rack. Keep the oven on.

NUTRITIONAL VALUES

CALORIES
193 kcal

CARBS
19g

FAT
11.2g

S.FAT
2.1g

PROTEIN
5.7g

SUGAR
8g

SODIUM
69mg

MAKE THE FILLING:

- 3.** In a medium saucepan over medium heat, combine the coconut milk and Sucanat and bring to a simmer. Reduce the heat to medium-low and continue to whisk occasionally for about 10 minutes, or until slightly thickened. Remove the pan from the heat and set aside for 5 minutes to cool.
- 4.** Incorporate the vanilla extract into the coconut milk mixture. Sprinkle the chocolate morsels over the crust, followed by the coconut and pecans. Pour the coconut milk mixture on top slowly.
- 5.** Bake for 20 to 25 minutes, or until the bars are golden brown and bubbly. Allow the bars to cool completely in the pan on a wire rack.
- 6.** Refrigerate the bars for at least 3 hours, preferably overnight, before cutting into squares and serving.

Recipe Notes

Unsweetened desiccated coconut is not the same as shredded coconut. Desiccated coconut is shredded, dried, and ground into a fine flake. It is widely available online, as well as in many health food stores and supermarkets.





Oatmeal Raisin Chili Cookies

These Oatmeal Raisin Chili Cookies are an absolute revelation! The classic combination of oats and raisins gets a fiery twist with a hint of chili. The flavors are bold and exciting, creating a culinary experience like no other.

INGREDIENTS:



Makes 18 Large Cookies

- 1 cup (128 g/4.5 oz) unbleached all-purpose flour
- ½ tsp (2.5 g/0.09 oz) baking soda
- ½ tsp (1.5 g/0.05 oz) kosher salt
- 1 tsp (2 g/0.07 oz) ground cinnamon
- ½ tsp (1 g/0.03 oz) ground cloves
- ½ tsp (0.5 g/0.017 oz) freshly grated nutmeg
- ½ tsp (1 g/0.03 oz) chili powder
- ¾ cup (170 g/6 oz) vegan butter
- 1 cup (216 g/7.6 oz) light brown sugar
- ½ cup (100 g/3.5 oz) Sucanat
- 1 tsp (5 g/0.17 oz) vanilla extract
- ½ cup (121 g/4.3 oz) soy milk
- 3 cups (240 g/8.5 oz) old-fashioned rolled oats (not quick-cooking)
- 1 cup (140 g/5 oz) black raisins

PREPARATION:

1. Position 2 racks near the center of the oven and preheat the oven to 180°C/350°F. Line 2 baking sheets with parchment paper or silicone baking mats.
2. In a medium mixing bowl, combine the flour, baking soda, salt, and spices. Place aside.
3. In the bowl of an electric mixer fitted with the paddle attachment, beat the butter, brown sugar, Sucanat, and vanilla on high speed for 2 minutes, or until smooth and light.
4. Reduce the speed to low and blend in the soy milk, scraping down the sides of the bowl as needed (the mixture may separate and appear curdled at this point, which is okay).

NUTRITIONAL VALUES

CALORIES
155 kcal

CARBS
27.8g

2.6g

S.FAT

0.3g

PROTEIN

4.2g

SUGAR

10.4g



Pineapple Squares

These Pineapple Squares are a real tropical sensation! The sweetness of the pineapple is absolutely crucial, and we're looking for that perfect balance of sweet and tangy. The base needs to be spot-on, so make sure you follow the recipe to the letter.

INGREDIENTS:



Makes 24 Bars

SHORTCRUST:

- ▶ 2½ cups (320 g/11.3 oz) unbleached all-purpose flour
- ▶ ¾ tsp (2.25 g/0.08 oz) kosher salt
- ▶ 2 tbsp (25 g/0.88 oz) evaporated cane juice sugar
- ▶ ½ cup (113 g/4 oz) vegan butter, cut into ½-inch cubes and chilled
- ▶ ½ cup (96 g/3.4 oz) vegan shortening, chilled
- ▶ ¼ cup plus 2 tbsp (88 g/3.12 oz) ice-cold water
- ▶ 1 tbsp (15 g/0.5 oz) apple cider vinegar

PINEAPPLE FILLING:

- ▶ 2 cups (483 g/17 oz) pineapple juice
- ▶ ½ cup (123 g/4.3 oz) canned crushed pineapple
- ▶ 3 tbsp (22 g/0.8 oz) arrowroot powder
- ▶ 2 tbsp (13 g/0.47 oz) agar agar powder
- ▶ ½ cup (100 g/3.5 oz) evaporated cane juice sugar
- ▶ ½ cup (150 g/5.3 oz) brown rice syrup
- ▶ ¼ cup (60 g/2.1 oz) soy milk or coconut milk
- ▶ 2 tsp (8 g/0.28 oz) vanilla extract
- ▶ 1½ tsp (6 g/0.21 oz) orange extract
- ▶ 1 tbsp (14 g/0.5 oz) liquid coconut oil
- ▶ Vegan confectioners' sugar for dusting

PREPARATION:

MAKE THE CRUST:

1. Preheat the oven to 180°C/350°F. Coat the bottom and sides of a 9-by-13-inch baking pan with non-stick cooking spray.
2. In a medium mixing bowl, combine the flour, salt, and sugar. Mix in the butter cubes and shortening with your fingers until they are evenly distributed, and the mixture is crumbly.
3. Make a well in the center and fill it with water and vinegar. Stir the liquids into the dry ingredients with a wooden spoon or rubber spatula until a smooth dough forms.

NUTRITIONAL VALUES

CALORIES
314 kcal

CARBS
58.6g

FAT
5.9g

S.FAT
1.5g

PROTEIN
6g

SUGAR
7.2g

SODIUM
82mg

MAKE THE FILLING AND BAKE THE BARS:

- 4.** In a medium saucepan over medium heat, combine the pineapple juice, crushed pineapple, arrowroot, agar agar, sugar, brown rice syrup, soy milk, vanilla and orange extracts, and coconut oil. Cook, whisking constantly, for about 5 minutes, or until the mixture begins to thicken.
- 5.** Pour the hot mixture on top of the baked pie crust. Refrigerate for 30 minutes, or until completely set. Sift vegan confectioners' sugar over the top and serve in squares.

Recipe Notes

Raw pineapple contains enzymes that prevent it from gelling when combined with gelling agents such as agar agar. However, cooking the fruit first deactivates these enzymes, allowing the pineapple to gel. Because canned pineapple is heated during the canning process, it perfectly sets up.





Spicy Ginger Snaps

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Spice up your baking with Spicy Ginger Snaps! These cookies are all about the perfect blend of ginger and warm spices, delivering a deliciously spicy kick. Follow the simple steps to create these mouthwatering homemade treats, perfect for a cozy and flavorful snack.

INGREDIENTS:



Makes 18 Large Cookies

- 2 cups (256 g/9 oz) unbleached all-purpose flour
- 1 tbsp (9 g/0.32 oz) ground ginger
- 2 tsp (10 g/0.35 oz) baking soda
- 1 tsp (2 g/0.07 oz) ground cinnamon
- ½ tsp (1.5 g/0.05 oz) kosher salt
- ¼ tsp (0.5 g/0.02 oz) ground black pepper
- ¾ cup (144 g/5 oz) vegan shortening
- 2/3 cup plus ½ cup (233 g/4.7 oz) evaporated cane juice sugar
- 1/3 cup firmly packed (71 g/2.5 oz) dark brown sugar
- 3 tbsp (45 g/1.6 oz) soy milk or rice milk
- ¼ cup (80 g/2.8 oz) unsulfured molasses

PREPARATION:

1. In a large bowl, whisk together the flour, ginger, baking soda, cinnamon, salt, and pepper. Set aside.
2. Cream the shortening with 2/3 cup of the cane juice sugar and the brown sugar in the bowl of an electric mixer fitted with the paddle attachment on high speed until light, about 2 minutes.
3. Reduce the speed to medium-low, add the soy or rice milk, and mix until completely smooth, scraping down the sides of the bowl with a rubber spatula as needed.
4. Add the flour mixture 1/2 cup at a time, mixing after each addition, until a soft dough forms and no flour traces remain. Scrape the dough onto a work surface and shape it into a 9-inch-long, 2-inch-diameter log.
5. Wrap the log tightly in plastic wrap and place it in the refrigerator for about 2 hours, or until firm. Preheat the oven to 180°C/350°F and place two racks near the center.

NUTRITIONAL VALUES

CALORIES

142 kcal

CARBS

5.3g

FAT
13.1g

S.FAT

1.9g

PROTEIN

2.7g

SUGAR

0.3g

SODIUM

43mg

6. 2 baking sheets should be lined with parchment paper or silicone baking mats. Place the rest of the in a shallow bowl, combine 1/2 cup evaporated cane juice sugar.
7. Unwrap the dough log and cut it into 1/2-inch rounds, rolling the logs 90 degrees between cuts to keep the edges round. Dip one side of each slice in sugar and place it, sugar side up, on the prepared baking sheets, 2 inches apart.
8. Bake the cookies for 11 to 13 minutes, rotating the baking sheets halfway through, or until the tops are crackled and dry. Cool for 10 minutes on wire racks on the baking sheets. Place the cookies on the racks to cool completely.



Pies & Tarts

Easy Apple Pie

Old-school Pumpkin Pie

Peach Cobbler

Banana Bread Cobbler

Cherry Hand Pies

Raspberry Lemon Tart

Apple Roses

Chocolate Cream Pie

Mocha Mud Pie

Coconut Cream Pie

Gorgeous Pumpkin Pie



Easy Apple Pie

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the comforting simplicity of Easy Apple Pie. This classic dessert is a crowd-pleaser, and it's a breeze to make. Follow the straightforward steps to create your homemade apple pie and savor the delicious combination of sweet, tender apples in a flaky crust.

INGREDIENTS



Makes One 9-Inch Pie

- ½ cup sugar, plus extra for sprinkling
- 2 tbsp all-purpose flour
- 1 tsp ground cinnamon
- 5 or 6 apples, peeled and thinly sliced
- 1 recipe double piecrust or 2 store-bought piecrusts
- Soy, almond, or rice milk for brushing

PREPARATION:

- ▶ Preheat oven to 190°C/375°F. Lightly grease a 9-inch pie pan.
- ▶ In a large mixing bowl, combine 1/2 cup sugar, flour, and cinnamon. Mix in the apples with a large spoon until they are evenly coated.
- ▶ Take the double piecrust dough out of the fridge. If the dough is difficult to roll, leave it at room temperature to soften until it is easier to work with.
- ▶ Roll out 1 disc of dough until it is about 1/8 inch thick on a lightly floured surface. Lift the dough carefully and place it in the prepared pan, allowing about 1 inch to hang over the sides. Fill the pie shell halfway with apple filling.

NUTRITIONAL VALUES

CALORIES

1248 kcal

CARBS

316.6g

FAT

4.2g

S.FAT

0.2g

PROTEIN

7.1g

SUGAR

219.1g

SODIUM

436mg

- ▶ Roll out the second disc of dough until it is about 1/8 inch thick on a lightly floured surface.
- ▶ Tuck the excess and overhanging dough into the pie shell and place it on top of the apples. To make a decorative border, crimp the dough between your two index fingers. Make slits in the dough's top layer.
- ▶ For an extra-sweet and crisp top, brush the top and edges of the piecrust with non-dairy milk and sprinkle with sugar. Bake for 50–55 minutes, or until the crust is golden brown.





Pecan Baked Pie

Prep Time: 15 Minutes Cook Time: 25 Minutes Total Time: 40 Minutes

Delight in the rich and nutty goodness of Pecan Baked Pie. This classic dessert features a sweet and gooey filling packed with pecans, all nestled in a flaky crust. Follow the simple steps to create your own homemade pecan pie and enjoy a slice of indulgence.

INGREDIENTS



Makes One 9-Inch Pie

- 2.5 cups of Oats
- 0.75 cups of Oat Flour
- 3 cups of Plant Milk
- 1 tablespoon of Maple Syrup
- 2 tablespoons of Chia Seeds
- 2 teaspoons of Vanilla
- 1.5 teaspoons of Cinnamon
- 1 teaspoon of Baking Powder
- 1/4 teaspoon of Salt
- 1/4 cup of Pecan Pieces
- For the Oat Base:
 - 1/3 cup coconut yogurt
 - 1/2 scoop of vanilla protein powder

PREPARATION:

Instructions:

1. In a 9-inch pie pan, combine the ingredients for your oat base until well combined. Fold in your pecan pieces.

For Candied Pecans:

2. To make candied pecans, place your pecan halves in a pan with olive oil, maple syrup, and a pinch of salt. Cook over medium heat for 3-4 minutes.

Assembly and Baking:

3. Arrange the candied pecans on top of the oat mixture in a circular pattern.
4. Bake for 35-40 minutes at 350°F (175°C).

For the Sweetened Yogurt:

5. Mix together your coconut yogurt and vegan vanilla protein powder for sweetness.
6. Enjoy your delicious creation!

NUTRITIONAL VALUES

CALORIES

342 kcal

CARBS

41g

FAT
14g

S.FAT
2.1g

PROTEIN
7.2g

SUGAR
9.8g

SODIUM
169mg



Old School Pumpkin Spice

Prep Time: 15 Minutes Cook Time: 20 Minutes Total Time: 30 Minutes

Step back in time with the nostalgic flavors of Old School Pumpkin Spice. This classic blend of spices brings a warm and cozy taste of fall. Follow the simple steps to create your own homemade pumpkin spice blend, perfect for adding that timeless autumn flavor to your favorite recipes.

INGREDIENTS



Makes One 9-Inch Pie

- 1 (15-ounce) (425g) can pumpkin puree
- 1 (13.5-ounce) (383g) can coconut milk
- ¼ cup melted vegan margarine
- 1 cup sugar
- 6 tbsp cornstarch
- 2 tsp pure vanilla extract
- ½ tsp salt
- 1 tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- 1 recipe Single Piecrust or 1 store-bought piecrust

PREPARATION:

1. Preheat the oven to 180°C/350°F. Lightly grease a 9-inch pie pan. Combine pumpkin puree, coconut milk, margarine, sugar, cornstarch, vanilla, salt, cinnamon, ginger, nutmeg, and cloves in a blender.
2. Blend until smooth. Take the single pie crust dough out of the fridge. If the dough is difficult to roll, leave it at room temperature to soften until it is easier to work with.
3. Roll out the dough on a lightly floured surface until it is about 1/8-inch thick.
4. Lift the dough carefully and place it in the prepared pan. Trim any overhanging dough with scissors or a sharp knife and set aside scraps for decorative leaves.

NUTRITIONAL VALUES

CALORIES

168 kcal

CARBS

17.4g

FAT

7.7g

1.7g

PROTEIN

7.9g

SUGAR

3.3g

SODIUM

64mg

1. Fill the pie shell almost to the brim with the pumpkin mixture. It's possible that you won't need to use the entire pumpkin mixture.
2. Bake for 60 minutes, considering that the center will not be completely set when done. If the edges of the piecrust brown too quickly, wrap a piece of foil (about 25 inches long) loosely around the rim. Allow the finished pie to cool completely before placing it in the refrigerator to chill overnight before serving.





Peach Cobbler

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Embrace the comfort of a classic Peach Cobbler. This timeless dessert is a warm, fruity delight. Follow the simple steps to create your homemade peach cobbler and savor the sweet, juicy peaches under a golden, buttery crust.

INGREDIENTS



Makes 6 Servings

FOR THE DOUGH:

- 1/3 cups all-purpose flour
- 2 tbsp sugar, plus extra for sprinkling
- 1½ tsp baking powder
- ½ tsp salt
- ¼ cup canola oil or vegan margarine
- ½ cup soy, almond, or rice milk, plus extra for brushing

FOR THE FRUIT:

- ½ cup sugar
- 2 tbsp all-purpose flour
- 1 tsp ground cinnamon
- 5 fresh peaches, peeled, pitted, and sliced (or about 16 ounces frozen peaches)

PREPARATION:

To make the dough:

1. In a medium mixing bowl, combine the flour, sugar, baking powder, and salt. Whisk the oil and nondairy milk in a separate small bowl before adding to the flour mixture. Mix with a wooden spoon until everything is combined and the mixture is sticky and doughy. Avoid overmixing.

To prepare the fruit:

2. Whisk together the sugar, flour, and cinnamon in a medium mixing bowl. Toss the peaches with a large spoon until they are coated with the sugar mixture.

NUTRITIONAL VALUES

CALORIES

185 kcal

CARBS

25.5g

FAT

9.7g

S.FAT

0.7g

PROTEIN

1.9g

SUGAR

15.7g

SODIUM

205mg

To assemble and bake the cobbler:

3. Preheat the oven to 190°C/375°F.
4. Spread the peaches evenly in an 8- or 9-inch baking pan or 6 ramekins. Scoop lumps of dough on top of the peaches with a tbsp. Brush non-dairy milk over the top of the dough and generously sprinkle with sugar. Bake for 45 minutes, or until the dough is thoroughly cooked and the top is lightly browned. Make sure to rotate it after 20 minutes to ensure even baking.





Banana Bread Cobbler

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

This tasty Banana Bread Cobbler is the ideal summer treat. As you bake it, your kitchen will be filled with the enticing scent of ripe bananas. The result is a warm, fruity delight with a crisp, golden topping, perfect for savoring during those sunny summer days.

INGREDIENTS



Makes One 8-Inch Cobbler

FOR THE STREUSEL TOPPING:

- 1 cup rolled oats
- ¾ cup brown sugar
- ½ cup all-purpose flour
- ½ cup vegan margarine, softened

FOR THE COBBLER:

- 1 cup all-purpose flour
- 2/3 cup sugar
- 1½ tsp baking powder
- ½ tsp salt
- 1 cup soy, almond, or rice milk
- ½ cup vegan margarine, melted
- 3 ripe bananas, sliced
- Vanilla Ice Cream, optional, for serving

PREPARATION:

1. Preheat the oven to 190°C/375°F. Lightly grease an 8-inch square pan.

To make the streusel topping:

2. Mix oats, sugar, flour, and margarine in a medium mixing bowl until crumbly.

To make the cobbler:

3. In a large mixing bowl, combine the flour, sugar, baking powder, and salt. Combine non-dairy milk and melted margarine in a small mixing bowl. Avoid overmixing.
4. Place the banana slices on top of the cobbler batter in the prepared pan. Cover the bananas with the streusel topping and bake for 40 minutes, or until golden brown and a toothpick inserted in the center comes out clean with a few crumbs clinging to it.
5. If desired, serve warm or at room temperature with a scoop of vanilla ice cream.

NUTRITIONAL VALUES

CALORIES

47 kcal

CARBS

3.7g

FAT
2.9g

S.FAT
1.9g

PROTEIN
1.8g

SUGAR
0.8g

SODIUM
272mg



Cherry Hand Pies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the simplicity and charm of Cherry Hand Pies. These individual, handheld treats are perfect for a quick, sweet indulgence. With a flaky, golden crust and a delicious cherry filling, they make for a delightful snack on a warm summer day or a convenient dessert on the go.

INGREDIENTS



Makes 8 to 10 Hand Pies

- ½ cup sugar, plus extra for sprinkling
- 2 tbsp cornstarch
- 1/8 tsp salt
- 2 cups fresh cherries, stemmed and pitted, or 12 ounces frozen
- pitted cherries, quartered
- 1 recipe Double Piecrust, or store-bought pie dough
- All-purpose flour, for work surface
- Soy, almond, or rice milk for brushing

PREPARATION:

- ▶ Preheat oven to 180°C/350°F. Line a large baking sheet with parchment paper or Silpat.
- ▶ In a large mixing bowl, combine 1/2 cup sugar, cornstarch, and salt. Stir in the cherries with a large spoon until they are evenly coated with the sugar mixture.
- ▶ Take the piecrust dough out of the refrigerator. Roll out each disc of dough until it is about 18-inch thick on a lightly floured surface. Using a large pastry cutter or the rim of a bowl, cut out 5- or 6-inch circles. Line the prepared baking sheet with dough circles and fill each with a heaping tbsp of cherry filling. Half the dough circle should be folded over the filling and pressed together with your fingertips. You may need to use a few drops of water to seal the edges.
- ▶ Make a slit in the center of each hand pie. Brush the hand pies' tops with non-dairy milk and generously sprinkle with sugar. Bake for 30–35 minutes, or until golden brown. Allow to cool for a few minutes before serving.

NUTRITIONAL VALUES

CALORIES

184 kcal

CARBS

34.1g

FAT

4.5g

S.FAT

0.7g

PROTEIN

2.3g

SUGAR

14.4g

SODIUM

106mg



Raspberry Lemon Tart

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Savor the bright and tangy flavors of a Raspberry Lemon Tart. This dessert combines the zing of fresh lemons with the sweetness of raspberries, all in a buttery, flaky crust. It's the perfect summer indulgence, a burst of sunshine in every bite, and a delightful treat to share with friends and family

INGREDIENTS



Makes One 9 Inch Tart

FOR THE CRUST:

- 1½ cups all-purpose flour
- 1/3 cup sugar
- ¼ tsp salt
- ½ cup vegan margarine

- 1 tsp pure vanilla extract
- 2 tsp pure lemon extract
- 2 tbsp lemon zest (about 2 lemons)
- Natural yellow food colouring, optional
- 1 pint fresh raspberries
- Powdered sugar, for serving

FOR THE CUSTARD:

- ¼ cup soy, almond, or rice milk
- ¼ cup cornstarch or arrowroot
- 1 (13.5-ounce) (383g) can coconut milk
- ½ cup sugar
- 1/8 tsp salt

PREPARATION:

To make the shortbread crust:

1. Preheat the oven to 180°C/350°F.
2. In a food processor, combine the flour, sugar, and salt. Pulse in the margarine until it is crumbly. Press the shortbread dough firmly into a 9-inch tart pan.
3. Bake for 20–25 minutes, or until the edges are golden brown. Remove from the oven and set aside to cool completely.

To make the lemon custard:

1. Set aside after thoroughly mixing non-dairy milk and cornstarch in a small bowl with a whisk or fork.

NUTRITIONAL VALUES

CALORIES

261 kcal

CARBS

55.1g

FAT

5.3g

S.FAT

0.6g

PROTEIN

4.7g

SUGAR

27.2g

SODIUM

212mg

2. Whisk together coconut milk, sugar, and salt in a medium saucepan and heat over medium-high heat until just boiling. Reduce the heat to medium and slowly drizzle in the cornstarch mixture, whisking constantly. Allow to cook until the mixture thickens.

Recipe Notes

Before serving, chill the tart in the refrigerator for 8 hours or overnight.





Apple Roses

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Create a stunning and delicious dessert with Apple Roses. Thin slices of apple are artfully arranged to resemble rose petals, nestled in a delicate pastry crust. The result is a beautiful and delectable treat that's perfect for special occasions or adding a touch of elegance to your summer table

INGREDIENTS



Makes One 9 Inch Tart

FOR THE CRUST:

- 1 package of puff pastry dough (vegan)
- 1 apple
- 1 teaspoon of cinnamon
- 1 teaspoon of white sugar (make sure it's vegan)
- 1 teaspoon of powdered sugar for dusting

PREPARATION:

1. Preheat your oven to 350°F (180°C).
2. Allow the vegan puff pastry dough to thaw outside the fridge.
3. Slice the apple into very thin slices using a mandoline slicer or by hand.
4. Once the puff pastry is thawed, roll it out and cut it into 6 strips using a pizza slicer.
5. Sprinkle vegan sugar and cinnamon evenly on the pastry dough.
6. Place the apple slices on the pastry strips and roll them up.
7. Fold in the bottom to make it smooth.
8. Put them in a muffin tin and bake in the oven for about 15 minutes.
9. After baking, remove them from the muffin tin while they're still warm, as it can be harder when they cool.
10. Dust the Apple Roses with powdered sugar before serving.

NUTRITIONAL VALUES

CALORIES

261 kcal

CARBS

42g

FAT
31g

S.FAT
7g

PROTEIN
6g

SUGAR
4g

SODIUM
202mg





Chocolate Cream Pie

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Savor the luscious richness of Chocolate Cream Pie. This classic dessert features a velvety chocolate filling nestled in a flaky, buttery crust. Perfect for satisfying your sweet tooth on a warm summer evening, this pie offers a delightful blend of creamy goodness and deep, chocolatey flavor.

INGREDIENTS



Makes One 9-Inch Pie

FOR THE CRUST:

- 1½ cups chocolate cookie crumbs (dairy-free)
- ¼ cup vegan margarine, melted

FOR THE FILLING:

- ¼ cup soy, almond, or rice milk
- ¼ cup cornstarch or arrowroot

- 1 (13.5-ounce) (383g) can coconut milk
- ½ cup sugar
- 1/8 tsp salt
- 1 cup semisweet chocolate chips (dairy-free)
- Coconut Whipped Cream
- Shaved chocolate, for garnish

PREPARATION:

To make the crust:

1. Preheat oven to 180°C/350°F. Lightly grease a 9-inch pie pan.
2. In a food processor, combine cookie crumbs and melted margarine and pulse until combined. Spread the crumbs evenly and firmly into the prepared pie pan, about 3/4 up the sides. 10 minutes in the oven. Allow to cool completely.

To make the filling:

3. Set aside after thoroughly mixing non-dairy milk and cornstarch in a small bowl with a whisk or fork.

NUTRITIONAL VALUES

CALORIES

3651 kcal

CARBS

401.2g

FAT
233.6g

S.FAT
139.3g

PROTEIN
16.9g

SUGAR
278.5g

SODIUM
1418mg

4. In a medium saucepan, whisk together the coconut milk, sugar, and salt, and heat over medium-high heat until it begins to boil. Reduce to a low heat and stir in the chocolate chips.
5. Cook, whisking frequently, until the mixture is completely smooth. Raise the heat to medium and gradually drizzle the cornstarch mixture into the saucepan, whisking constantly.
6. Cook for 5 minutes, whisking frequently, until the mixture thickens to the consistency of pudding.

To assemble the pie:

7. Pour the filling into the cookie crust to assemble the pie. Allow the pie to cool completely before refrigerating it for 8 hours or overnight. Garnish with shaved chocolate
8. Add coconut whipped cream (optional).





Mocha Mud Pie

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Celebrate the delectable fusion of coffee and chocolate in a Mocha Mud Pie. This dessert showcases a velvety mocha filling atop a crunchy cookie crust, crowned with a generous serving of whipped cream. It's the perfect treat to indulge in and satisfy your craving for the delightful pairing of rich coffee and decadent chocolate.

INGREDIENTS



Makes One 9 Inch Pie

FOR THE CRUST:

- 1½ cups chocolate cookie crumbs (dairy-free)
- ¼ cup vegan margarine, melted

FOR THE FILLING:

- 2 pints coffee ice cream (dairy-free), softened in the refrigerator for 30 minutes
- Coconut Whipped Cream
- Chocolate Sauce
- ½ cup chopped almonds, toasted

PREPARATION:

To make the crust:

1. Preheat oven to 180°C/350°F. Lightly grease a 9-inch pie pan.
2. In a food processor, pulse the cookies until a fine crumb forms. Pulse in the melted margarine until it is completely incorporated. Spread the crumbs evenly and firmly into the prepared pie pan, about ¾ up the sides. 10 minutes in the oven. Allow to cool before freezing.

To assemble the pie:

3. Transfer the softened ice cream to a large mixing bowl and gently stir to soften even more. Evenly distribute the ice cream in the chilled piecrust. Wrap tightly in plastic wrap and place in the freezer until solid. Allowing the pie to come to room temperature for 10 minutes before serving will make it easier to cut. Drizzle the pie with chocolate sauce, then top with a dollop of whipped cream and garnish with almonds.

Recipe Notes

Can be prepared ahead of time and frozen for up to a month. Allow to thaw slightly before slicing.

NUTRITIONAL VALUES

CALORIES

198 kcal

CARBS

255g

FAT

9.7g

S.FAT

6g

PROTEIN

4g

SUGAR

16.5g

SODIUM

207mg



Coconut Cream Pie

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Relish the creamy perfection of Coconut Cream Pie. This classic dessert boasts a luscious coconut filling nestled within a flaky, golden crust. It's a timeless treat that combines the sweetness of coconut with the allure of a buttery pastry, delivering a delightful dessert for all occasions.

INGREDIENTS



Makes One 9 Inch Pie

- 1 recipe Single Piecrust or 1 store-bought piecrust
- ¼ cup soy, almond, or rice milk
- ¼ cup cornstarch or arrowroot
- 1 (13.5-ounce) (383g) can coconut milk
- ½ cup sugar
- 1/8 tsp salt
- 1 tsp pure vanilla extract
- ½ cup shredded coconut
- Coconut Whipped Cream
- Toasted Coconut

PREPARATION:

1. Preheat oven to 180°C/350°F. Lightly grease a 9-inch pie pan.
2. Take the piecrust dough out of the refrigerator. If the dough is difficult to roll, leave it at room temperature to soften until it is easier to work with. Roll out the dough on a lightly floured surface until it is about 18-inch thick.
3. Lift the dough carefully and place it in the prepared pan. Using scissors or a sharp knife, trim any overhanging dough. Freeze the dough for 30 minutes after poking it a few times with a fork to prevent air bubbles.
4. Bake for 25 minutes, or until the crust is lightly golden. If the crust's edges become too dark while baking, loosely cover them with foil. Before filling, allow the crust to cool completely. Meanwhile, in a small bowl, thoroughly combine nondairy milk and cornstarch with a whisk or fork. Place aside.

NUTRITIONAL VALUES

2334 kcal

244.4g

FAT	151g
S.FAT	100.5g
PROTEIN	16.8g
SUGAR	127.4g
SODIUM	1190mg

5. Whisk together coconut milk, sugar, and salt in a medium saucepan and heat over medium-high heat until just boiling.
6. Reduce the heat to medium and slowly drizzle in the cornstarch mixture, whisking constantly.
7. Cook, whisking frequently, until the mixture thickens to the consistency of pudding, about 5 minutes.
8. Remove from the heat and whisk in the vanilla extract and shredded coconut.
9. To assemble the pie:
10. Fill the crust with the filling. Allow the pie to cool completely before refrigerating it for 8 hours or overnight.
11. Garnish with toasted coconut and top with coconut whipped cream.
12. Recipe Notes
13. Before serving, the pie should be chilled in the refrigerator for 8 hours or overnight.





Gorgeous Pumpkin Pie

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy every bite of this flavorful Pumpkin Pie. This classic dessert captures the essence of fall with its velvety pumpkin filling, warmly spiced, and cradled in a tender, flaky crust. It's the perfect indulgence for autumn, offering a taste of comfort and tradition in every bite

INGREDIENTS



Makes 8 Servings

- Basic Vegan Pie Crust, prepared in a deep-dish pie pan
- 1 ¼ cups (250 g/8.8 oz) evaporated cane juice sugar
- ½ tsp (0.5 g/0.02 oz) freshly grated nutmeg
- 2 ¼ cups (510 g/18 oz) drained soft silken tofu
- ½ tsp (1 g/0.03 oz) ground cinnamon
- 1 cup (240 g/8.4 oz) canned organic pumpkin puree
- ½ tsp (1 g/0.03 oz) ground cloves
- 1 cup plus 1 tbsp (227 g/8 oz) cold vegan cream cheese, cut into 1-inch chunks
- 1 tbsp (15 g/0.5 oz) vanilla extract

PREPARATION:

1. Preheat the oven to 165°C/325°F.
2. In a food processor, combine the tofu and pumpkin puree and process for 45 seconds, or until smooth. Add the cream cheese chunks and the remaining ingredients and process for 1 minute, or until smooth and creamy. Pour the mixture into the prepared pie crust and bake for 50 to 55 minutes, or until the center is just set (it will still be slightly jiggy but should not be liquid). Turn off the oven and leave the pie in for another 30 minutes. Place on a wire rack to cool completely.
3. Before serving, place the pie in the refrigerator for at least 4 hours or overnight.

Recipe Notes

Serve a bowl of my fluffy Coconut Whipped Cream alongside this pie for a truly authentic Thanksgiving experience, or, in a pinch, simply buy some vegan whipped topping to scoop or pipe on top.

NUTRITIONAL VALUES

CALORIES

4174 kcal

CARBS

173.2g

FAT

360.4g

S.FAT

181.8g

PROTEIN

58.4g

29.1g

SODIUM

6178mg

Cakes & Muffins

Spiced Applesauce Cake

Apple Cinnamon Cake Bars

Classic Coconut Layer Cake

Mixed Berry Shortcake

Hazelnut Cupcake

No-Bake Raspberry Cheese Cake

Celebration Cake

Lemon Olive Oil Cake

German Chocolate Cake

Banana Blueberry Cake With Lemon
Buttercream

Hot Fudge Cake

Vanilla Birthday Cupcake

Dark Chocolate Fudge Cake

Yogo Cupcakes

Salted Caramel Cupcakes

Mint Cookies 'N' Cream Cupcakes

Maple Glazed Carrot Cupcakes

Coffee Almond Crunch Cupcakes

Pumpkin Whoopie Pies
Bollywood Cupcakes
Chocolate Beet Cupcakes With Irish
Whiskey Buttercream
Spicy Carrot Cake
Mango Pineapple Cake
Chocolate Eclairs
Decadent Chocolate Layer Cake
Applesauce Cake
Chocolate Coffee Mini Bundt Cakes
Blueberry Muffins
Fudgy Chocolate Muffins
Courgette Cake
3-Ingredient Fruit Cake



Spiced Applesauce Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Delight in the warm and comforting taste of Spiced Applesauce Cake. This moist and flavorful dessert is infused with aromatic spices and the sweetness of applesauce. It's a perfect treat for any season, bringing a cozy and homemade feel to every slice.

INGREDIENTS



Makes 1 Bundt Cake

FOR THE CAKE:

- 2¼ cups all-purpose flour
- 2 tsp baking soda
- 1 tsp salt
- 1½ tsp ground cinnamon
- ½ tsp ground nutmeg
- 2 cups unsweetened applesauce
- 1½ cups brown sugar
- ½ cup canola oil

- ¼ cup white or apple-cider vinegar
- 1 tbsp pure vanilla extract
- ½ cup raisins
- ½ cup chopped walnuts

FOR THE MAPLE ICING:

- 1½ cups powdered sugar
- 3 tbsp maple syrup
- 2 to 3 tbsp water

PREPARATION:

To make the cake:

1. Preheat the oven to 180°C/350°F. Lightly grease a Bundt pan.
2. In a large mixing bowl, combine the flour, baking soda, salt, cinnamon, and nutmeg. In a separate bowl, combine applesauce, brown sugar, oil, vinegar, and vanilla extract. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing. Fold in the raisins and walnuts gently.
3. Fill the prepared pan with batter in an even layer. Bake for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out dry with a few crumbs attached. Halfway through the baking time, rotate the cake. Allow the cake to cool completely before removing it from the mould.

NUTRITIONAL VALUES

CALORIES

9994 kcal

CARBS

2111.7g

FAT
154.2g

S.FAT
11.7g

PROTEIN
87.4g

SUGAR
1552.5g

SODIUM
5114mg

4. To make the maple icing, whisk together powdered sugar, maple syrup, and 1 tbsp water at a time in a medium mixing bowl until the icing is thick but pourable.
5. **To assemble the cake:**
6. When the cake has cooled completely, run a knife around the inside edges of the pan to loosen it. Unmould the cake carefully and place it on a wire rack over parchment paper or a baking sheet. Spread the icing on top of the cake. Transfer to a serving dish and serve.

Recipe Notes

To prevent raisins, nuts, or chocolate chips from sinking to the bottom of a cake while baking, toss them in 1 tablespoon flour before adding them to the batter. This will ensure that the batter is evenly distributed throughout the cake.





Apple Cinnamon Cake Bars

Prep Time: 10 Minutes Bake Time: 45 Sec Minutes Total Time: 55 Minutes

Experience the warmth of these Apple-Cinnamon Cake Bars, a delightful treat with a perfect blend of apple and cinnamon flavors.

INGREDIENTS



Serves: 5

- 2 1/2 cups rolled oats, divided
- 1/2 cup birch xylitol
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 5 small apples, cored, divided (no need to peel)
- 1 cup unsweetened rice milk
- 1 teaspoon vanilla

PREPARATION:

To make the cake:

1. Preheat the oven to 375 degrees F. Line an 8-inch square pan with parchment.
2. Place half of the oats in a food processor, and process until finely ground. Transfer to a large mixing bowl and stir in the remaining oats, xylitol, cinnamon, and sea salt.
3. Place 3 of the cored apples in the food processor, and process until smooth. Finely chop the remaining 2 apples.
4. Add the apple puree and chopped apples to the mixing bowl, along with the rice milk and vanilla. Stir well.

NUTRITIONAL VALUES

CALORIES

150kcal

CARBS

32g

FAT

2g

S.FAT

0g

PROTEIN

3g

SUGAR

11g

SODIUM

130mg



Classic Coconut Layer Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Savor the timeless elegance of a Classic Coconut Layer Cake. This exquisite dessert features layers of moist, coconut-flavored cake with luscious coconut cream frosting. It's a delightful masterpiece perfect for special occasions or indulging in a slice of coconut heaven anytime.



INGREDIENTS



Makes Two 9 Inch Layers

FOR THE CAKE:

- 3 cups all-purpose flour
- 2 cups sugar
- 2 tsp baking soda
- 1 tsp salt
- 2 cups soy, almond, or rice milk
- 1 cup canola oil
- ¼ cup white or apple-cider vinegar
- 2 tbsp pure vanilla extract
- 1½ cups shredded coconut
- Vanilla Frosting
- 2 cups shredded coconut

PREPARATION:

To make the cake:

1. Preheat the oven to 180°C/350°F. Lightly grease two 9-inch round cake pans and line the bottoms with parchment paper.
2. In a large mixing bowl, combine the flour, sugar, baking soda, and salt. Whisk together the non-dairy milk, oil, vinegar, and vanilla in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing. Fold in the coconut gently.
3. Fill each prepared cake pan with batter in an even layer. Bake for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out dry with a few crumbs attached. Halfway through the baking time, rotate the cakes. Allow the cakes to cool completely before assembling them.

NUTRITIONAL VALUES

CALORIES

184 kcal

CARBS

15.5g

FAT

13.1g

S.FAT

1.8g

PROTEIN

6.4g

SUGAR

10.2g

SODIUM

237mg

To assemble the cake:

4. After the cakes have completely cooled, run a knife around the inside edge of each cake pan to loosen and gently unmould them. If desired, peel off the parchment paper and slice the dome of the top of each cake for even assembly.
5. Place one cake on a serving plate or cardboard cake circle, and slide strips of parchment paper under the bottom edges of the cake to keep the frosting from getting on the plate. Spread a thick layer of frosting over the top of the cake.
6. Place the second cake on top of the first and cover with a thick layer of frosting. Frost the sides of the cake and sprinkle coconut on top. Before serving, remove the parchment paper.

Recipe Notes

Cake layers can be prepared ahead of time and frozen unfrosted for up to 1 month. Before serving, allow to thaw and de-frost.





Mixed Berry Shortcake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the vibrant burst of flavors with Mixed Berry Shortcake. This delightful dessert combines a medley of fresh, juicy berries nestled between tender, crumbly shortcakes. It's a perfect summer treat, offering a refreshing and sweet taste of seasonal goodness in every bite.

INGREDIENTS



Makes Two 9-Inch Layers

FOR THE CAKE:

- 3 cups all-purpose flour
- 2 cups sugar
- 2 tsp baking soda
- 1 tsp salt
- 2 cups soy, almond, or rice milk
- 1 cup canola oil
- ¼ cup white or apple-cider vinegar

- 2 tbsp pure vanilla extract

FOR THE TOPPING:

- 3 cups fresh berries (sliced strawberries, blueberries, raspberries, or blackberries)
- Coconut Whipped Cream

PREPARATION:

To make the cake:

1. Preheat the oven to 180°C/350°F. Lightly grease two 9-inch round cake pans and line the bottoms with parchment paper.
2. In a large mixing bowl, combine the flour, sugar, baking soda, and salt. Whisk together the non-dairy milk, oil, vinegar, and vanilla in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.
3. Fill each prepared cake pan with batter in an even layer. Bake for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out dry with a few crumbs attached. Halfway through the baking time, rotate the cakes. Allow the cakes to cool completely before assembling them.

NUTRITIONAL VALUES

CALORIES

2710 kcal

CARBS

391g

FAT

120.2g

S.FAT

13.5g

PROTEIN

21.8g

SUGAR

215.2g

To assemble the cake:

1. When the cakes have completely cooled, run a knife around the inside edge of each cake pan to loosen, and then gently unmould the cake.
2. If desired, peel off the parchment paper and slice the dome of the top of each cake for even assembly.
3. One cake should be placed on a serving plate or a cardboard cake circle. On top of the cake, spread a layer of coconut whipped cream.
4. Half of the berries should be placed on top of the whipped cream. Place the second cake on top of the first and cover with whipped cream. Serve with the remaining berries on top of the cake.

Recipe Notes

5. Cake layers can be prepared ahead of time and frozen unfrosted for up to 1 month. The coconut whipped cream can be made ahead of time and refrigerated. Before serving, thaw the cakes and assemble them.





Hazelnut Cupcakes

Prep Time: 30 Minutes Cook Time: 25 Minutes Total Time: 55 Minutes

These sweet Hazelnut cupcake treats feature a rich hazelnut flavor and a moist, fluffy texture. Perfect for any occasion, these cupcakes offer a delightful combination of sweetness and the warm, comforting taste of hazelnuts.



INGREDIENTS



Makes Two 9-Inch Layers

FOR THE CAKE:

- 1 3/4 cups all-purpose flour
- 1 1/3 cups ground hazelnuts
- 3/4 cup fine cane sugar
- 1 1/2 tsp baking powder
- 1 1/8 cups vanilla soy milk
- 1/2 cup canola oil

FOR THE FILLING

- 1 cup soy cream (suitable for whipping, well chilled)
- 1 tsp cream stiffener
- 1/2 cup cranberry jam or hazelnut praline (plus extra for decorating)
- Some vanilla powder for the nutty filling.

FOR THE FROSTING

- 1 1/8 cups soy milk
- 3 tbsp cornstarch
- 2-3 tsp vanilla extract
- 1/4 cup fine cane sugar
- 7 tbsp soft vegan margarine (beaten until creamy)
- 1 1/2 lb (675g) chestnut purée
- 3 tbsp rum
- 3-4 tbsp powdered sugar

PREPARATION:

1. Preheat the oven to 350°F (180°C).

To make the cupcakes

2. Combine the flour, ground hazelnuts, cane sugar, and baking powder in a bowl.
3. In a separate bowl, whisk together the soy milk and canola oil. Add the liquid ingredients to the dry ingredients and combine.
4. Put 2 Put paper liners into the wells of a muffin tray and fill evenly with the mixture.
5. Bake the cupcakes in the center of the oven for about 25 minutes.

NUTRITIONAL VALUES

CALORIES

464 kcal

CARBS

53g

FAT
35.2g

S.FAT

4g

PROTEIN

6g

SUGAR

25g

1. Make the frosting by cooking the soy milk, cornstarch, vanilla extract, and cane sugar in a pan over medium heat, stirring constantly, until you have a custard, then leave to cool.
2. Beat vigorously with an electric mixer, then stir in the margarine.
3. Add the chestnut purée and rum, sift over the powdered sugar, and stir everything together until you have a smooth frosting.
4. **For the filling**
5. Both the fruity and the nutty version—whip the cream with some cream stiffener.
6. For the fruity version, stir in the jam; for the nutty version, stir in the hazelnut praline and vanilla powder.
7. Use a tablespoon to scoop out a slight hole in each cupcake (ideally in a single piece), put in some of the filling, then pop the piece of cupcake you hollowed out back on top.
8. Transfer the frosting into a piping bag with a round nozzle attached and pipe swirls on top of the cupcakes.
9. Decorate each one with some jam or finely chopped hazelnut praline. (optional)





No-Bake Raspberry Cheese Cake

Prep Time: 15 Minutes Freeze Time: 2.30 hrs Total Time: 2hrs:45mins

Are these treats cupcakes or cheesecakes? Actually, they're a bit of both. This recipe makes a delightful dessert! This easy-to-make dessert combines creamy cheesecake with sweet raspberries, creating a delicious treat for any occasion

INGREDIENTS



Makes 12

FOR THE CAKE:

- 4 of your preferred cookie or cracker
- 5 tbsp vegan butter, melted
- 1/2 cup raspberries, mashed
- 2 tbsp pure vanilla extract
- 2/3 cup vegan cream cheese
- 4 tbsp full-fat coconut cream
- 2 tsp vanilla extract
- 1 cup confectioners sugar (no need to sift)

PREPARATION:

To make the cake:

1. Crush 4 graham crackers, either using a food processor or by placing them in a ziplock bag and gently smashing them with a rolling pin. Transfer the crushed crackers to a bowl and combine them with 5 tbsp of melted vegan butter. Mix until well incorporated and set aside.
2. In a large bowl, beat 2/3 cup of vegan cream cheese with 4 tbsp of full-fat coconut cream until fully combined, using a hand-held or stand mixer on high.
3. At low speed, slowly add 1 cup of confectioners sugar. Then, increase the mixer speed to high and beat the mixture for about 3 minutes, scraping down the sides of the bowl as needed.
4. Add 2 tsp vanilla extract and mashed raspberries. Beat on high for 2 more minutes, making sure to scrape down the sides. The mixture should become thick and fluffy.

NUTRITIONAL VALUES

CALORIES

425 kcal

CARBS

39g

FAT

30g

S.FAT

20g

PROTEIN

4g

SUGAR

215.2g

5. Now, let's put together the cheesecakes. If you like, you can line each cupcake cup with parchment paper for easy removal. Put 2 tbsp of the graham mixture into each cup, and use a glass with a similar size to the cup's bottom to flatten the graham mixture.
6. Fill each cup with the cheesecake mixture to the top. Smooth out the tops. Place the pan of cheesecakes in the freezer and freeze for at least 2.5hrs.
7. After the cheesecakes have frozen, let them sit at room temperature for around 2 minutes. To remove them from the cupcake pan, gently loosen the sides with a flat metal spatula and tilt them out
8. Enjoy the cheesecakes immediately or store them in a freezer-safe container in the freezer.





Celebration Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the joy and festivity of a Celebration Cake. This cake is a delightful centerpiece for special occasions, featuring layers of moist, tender cake and delicious frosting. It's the perfect dessert to mark any milestone and share with your loved ones.



INGREDIENTS



Makes Two 9-Inch Layers

FOR THE CAKE:

- 3 cups all-purpose flour
- 2 cups sugar
- 2/3 cup unsweetened cocoa powder
- 2 tsp baking soda
- 1 tsp salt
- 2 cups cold coffee or water
- 1 cup canola oil
- ¼ cup white or apple-cider vinegar
- 1 tbsp pure vanilla extract
- Vanilla frosting
- Fresh raspberries, for garnish
- Powdered sugar, for serving

PREPARATION:

To make the cake:

1. Preheat the oven to 180°C/350°F. Lightly grease two 9-inch round cake pans and line the bottoms with parchment paper.
2. In a large mixing bowl, combine the flour, sugar, cocoa, baking soda, and salt. Whisk together the coffee, oil, vinegar, and vanilla in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.
3. Fill each prepared cake pan with batter in an even layer. Bake for 30 minutes, or until a toothpick inserted into the center of the cake comes out dry with a few crumbs attached.
4. Make a point of rotating the cakes halfway through the baking time. Allow the cakes to cool completely before assembling them.

NUTRITIONAL VALUES

CALORIES

2551 kcal

CARBS

377g

114.8g

S.FAT

10.6g

PROTEIN

25g

SUGAR

218.3g

SODIUM

2469mg



NUTRITIONAL VALUES

CALORIES
193 kcal

CARBS
24.6g

FAT	8.4g
S.FAT	0.9g
PROTEIN	6.9g
SUGAR	1.9g
SODIUM	171mg

Lemon Olive Oil Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Get ready to enjoy Lemon Olive Oil Cake, a delightful dessert that marries zesty lemons with rich olive oil for a unique and moist treat. Whether for a special occasion or a simple indulgence, this cake is a winner.

INGREDIENTS



Makes 1 Bundt Cake

- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- ½ cup extra-virgin olive oil
- ¾ cup maple syrup
- ¾ cup water
- ¼ cup lemon juice
- 2 tbsp lemon zest (about 2 lemons)
- 1 tbsp lemon extract
- Powdered sugar, for garnish
- Fresh berries, for garnish

PREPARATION:

To make the cake:

1. Preheat the oven to 180°C/350°F. Lightly grease a Bundt pan.
2. In a large mixing bowl, combine the flour, baking soda, baking powder, and salt.
3. Whisk together the oil, maple syrup, water, lemon juice and zest, and lemon extract in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.
4. Fill the prepared Bundt pan with batter in an even layer. Bake for 30 minutes, or until a toothpick inserted into the cake comes out dry with a few crumbs attached.
5. Halfway through the baking time, rotate the pan. Allow the cake to cool completely before removing it from the mould.

To serve:

6. Sift powdered sugar over a slice of cake and serve. Garnish with fresh berries if desired.



German Chocolate Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Discover the rich and delectable taste of German Chocolate Cake. This classic dessert features moist chocolate cake layers paired with a gooey coconut-pecan frosting. It's a favorite for celebrations and a true indulgence for chocolate lovers.

INGREDIENTS



Makes 16 Slices

FOR THE FILLING:

- ¼ cup cornstarch or arrowroot
- 3 tbsp water
- 1 (13.5-ounce) (383g) can coconut milk
- 1¾ cups brown sugar
- 1 tbsp pure vanilla extract
- 1 cup chopped toasted pecans
- 4 cups shredded coconut
- 2 cups sugar
- 1/3 cup unsweetened cocoa powder
- 2 tsp baking soda
- 1 tsp salt
- 2 cups canned coconut milk, mixed well before measuring
- 1 cup canola oil
- ¼ cup white or apple-cider vinegar
- 1 tbsp pure vanilla extract

FOR THE CAKE:

- 3 cups all-purpose flour

PREPARATION:

To make the filling:

1. In a small bowl, thoroughly whisk cornstarch and water until smooth and set aside.
2. In a medium saucepan, whisk together the coconut milk and brown sugar, then heat over medium-high heat until just boiling.
3. Reduce the heat to medium and slowly drizzle in the cornstarch mixture, whisking constantly. Cook, whisking frequently, until the mixture thickens to the consistency of pudding, about 5 minutes. Remove from the heat and stir in the vanilla extract, pecans, and coconut flakes. Allow to cool slightly before chilling in the refrigerator for 3 hours, or until cool to the touch.

NUTRITIONAL VALUES

658 kcal

65.2g

FAT
44.4g

S.FAT
19.6g

PROTEIN
6.3g

SUGAR
39.9g

SODIUM
322mg

To make the cake:

4. Preheat the oven to 180°C/350°F. Lightly grease two 9-inch round cake pans and line the bottoms with parchment paper.
5. In a large mixing bowl, combine the flour, sugar, cocoa, baking soda, and salt. In a separate bowl, combine the coconut milk, oil, vinegar, and vanilla extract. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.
6. Fill each prepared cake pan with batter in an even layer. Bake for 30 minutes, or until a toothpick inserted into the center of the cake comes out dry with a few crumbs attached.
7. Make a point of rotating the cakes halfway through the baking time. Allow the cakes to cool completely before assembling them.

To assemble the cake:

8. When the cakes have completely cooled, run a knife around the inside edge of each cake pan to loosen, and then gently unmould the cake. If desired, peel off the parchment paper and slice the dome of the top of each cake for even assembly.
9. One cake should be placed on a serving plate or a cardboard cake circle. Spread a thick layer of filling over the top of the cake. Place the second cake on top of the first and cover with a thick layer of filling. If desired, frost the sides and serve.



Banana Blueberry Cake With Lemon Buttercream

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Introducing a delightful Banana Blueberry Cake with Lemon Buttercream, where ripe bananas and fresh blueberries come together in harmony, crowned with a luscious lemon buttercream. Perfect for any celebration or as a sweet indulgence, this cake promises a unique and delicious flavor experience in every bite.

INGREDIENTS



Makes 16 Slices

FOR THE CAKE:

- 2 cups all-purpose flour
- 1 cup sugar
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp salt
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground cloves
- ½ tsp ground ginger
- 1 cup mashed bananas (about 2 or 3 very ripe bananas mashed on a plate using the back of a fork)

- 1 cup canned coconut milk, mixed well before measuring
- ½ cup canola oil
- 1 tbsp white or apple-cider vinegar
- 1 tbsp pure vanilla extract
- 1½ cups fresh or frozen blueberries, plus extra for garnish

FOR THE BUTTERCREAM:

- 1 cup non-hydrogenated vegetable shortening
- 3 cups powdered sugar
- 1 tbsp lemon zest
- 3 to 5 tbsp lemon juice

PREPARATION:

To make the cake:

1. Preheat the oven to 170°C/350°F. Lightly grease two 9-inch round cake pans and line the bottoms with parchment paper.
2. Whisk together the flour, sugar, baking powder, baking soda, salt, cinnamon, nutmeg, cloves, and ginger in a large mixing bowl. In a separate bowl, combine the bananas, coconut milk, oil, vinegar, and vanilla extract. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing. Fold in the blueberries gently.

NUTRITIONAL VALUES

CALORIES

447 kcal

CARBS

57.6g

23.8g ^{FAT}

^{S.FAT}

6.7g

^{PROTEIN}

2.5g

^{SUGAR}

41.4g

^{SODIUM}

190mg

3. Fill each cake pan to the brim with batter. Bake for 32–35 minutes, or until a toothpick inserted into the cake comes out clean. Halfway through the baking time, rotate the cakes. Allow the cakes to cool completely before serving.

To make the buttercream:

4. Shortening should be beaten until smooth with a stand or hand mixer. With the mixer on low, gradually add powdered sugar, lemon zest, and 1 tbsp lemon juice, 1 tbsp at a time, until the frosting reaches a spreadable consistency.
5. Increase the speed to high and continue to beat for 2 minutes, or until the mixture is light and fluffy.

To assemble the cake:

6. When the cakes are cool enough to handle, run a knife around the inside edge of each cake pan to loosen and gently unmould the cake. If desired, peel off the parchment paper and slice the dome on top of each cake for even assembly.
7. One cake should be placed on a serving plate or a cardboard cake circle. Spread a thick layer of frosting over the top of the cake. Place the second cake on top of the first and cover with a thick layer of frosting. Serve garnished with fresh blueberries, if desired.





Hot Fudge Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Indulge in the irresistible decadence of Hot Fudge Cake. This warm dessert combines rich, gooey fudge with a moist, tender cake, creating a heavenly treat. Perfect for satisfying your sweet cravings and sharing with loved ones.

INGREDIENTS



Makes One 8-Inch Pan

FOR THE CAKE LAYER:

- 1 cup all-purpose flour
- ¾ cup sugar
- 2 tbsp unsweetened cocoa powder
- 2 tsp baking powder
- ¼ tsp salt
- ½ cup soy, almond, or rice milk

- 3 tbsp canola oil
- 1 tsp pure vanilla extract

FOR THE FUDGE LAYER:

- ½ cup brown sugar
- ½ cup sugar
- ¼ cup unsweetened cocoa powder
- 1½ cups boiling water

PREPARATION:

To make the cake layer:

1. Preheat the oven to 180°C/350°F. Lightly grease an 8-inch square cake pan.
2. In a large mixing bowl, combine the flour, sugar, cocoa, baking powder, and salt. Whisk together the non-dairy milk, oil, and vanilla in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing. Spread the batter evenly in the prepared pan.

To make the fudge layer:

3. Whisk together brown sugar, sugar, and cocoa in a small bowl. Sprinkle this mixture on top of the cake batter in the pan. Pour boiling water over the batter slowly and evenly. Stirring is not permitted. 45 minutes in the oven Allow for a 25-minute cooling period before serving.

NUTRITIONAL VALUES

CALORIES

1771 kcal

CARBS

340g

45.7g

4.2g

15.3g

221.4g

SODIUM

698mg



Vanilla Birthday Cupcakes

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the classic charm of Vanilla Birthday Cupcakes. These sweet treats are perfect for celebrating special occasions or adding a touch of delight to any day. With their simple yet delicious vanilla flavor, they're a crowd-pleaser for everyone.

INGREDIENTS



Makes 14 Cupcakes

- 1½ cups all-purpose flour
- 1 cup sugar
- 1 tsp baking soda
- ½ tsp salt
- ¾ cups soy, almond, or rice milk
- ½ cup canola oil
- 2 tbsp white or apple-cider vinegar
- 1 tbsp pure vanilla extract
- Vanilla Frosting
- Pink or red natural food colouring, optional
- Sprinkles, optional

PREPARATION:

To make the cupcakes:

1. Preheat the oven to 180°C/350°F. Line a 12-cup cupcake pan with cup- cake liners.
2. In a large mixing bowl, combine the flour, sugar, baking soda, and salt. Whisk together the non-dairy milk, oil, vinegar, and vanilla in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.
3. Fill the cupcake liners about two-thirds of the way with batter. Bake for 18 to 20 minutes, or until a toothpick inserted into the center of the cupcake comes out dry with a few crumbs attached. Allow the cupcakes to cool completely before frosting them.

Recipe Notes

Cupcakes can be baked ahead of time and frozen unfrosted for up to a month. Before serving, thaw the cupcakes and frost them.

NUTRITIONAL VALUES

CALORIES

310 kcal

CARBS

53.2g

FAT

8.4g

S.FAT

0.7g

PROTEIN

5.1g

SUGAR

14.5g

SODIUM

177mg



Dark Chocolate Fudge Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Delight in the rich and decadent flavors of Dark Chocolate Fudge Cake. This dessert is an indulgent experience, with layers of intense dark chocolate and a fudgy texture. It's the perfect choice for chocolate lovers and special occasions.



INGREDIENTS



Makes Two 9-Inch Round Layers

FOR THE CAKE:

- 1 ¾ cups all-purpose flour
- 2 cups sugar
- ¾ cup unsweetened cocoa powder
- 2 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 1 cup canned coconut milk, mixed well before measuring
- ½ cup canola oil
- ¼ cup white or apple-cider vinegar
- 1 tsp pure vanilla extract
- 1 cup fresh hot coffee
- Fudge Frosting

PREPARATION:

To make the cake:

1. Preheat the oven to 180°C/350°F. Lightly grease two 9-inch round cake pans and line the bottoms with parchment paper.
2. Whisk together the flour, sugar, cocoa, baking soda, baking powder, and salt in a large mixing bowl. In a separate bowl, combine the coconut milk, oil, vinegar, and vanilla extract.
3. Pour the wet mixture into the dry mixture, then stir in the hot coffee. Whisk until everything is combined. Avoid overmixing.

NUTRITIONAL VALUES

2406 kcal

394.6g

FAT
91.5g

S.FAT
33g

PROTEIN
30.2g

SUGAR
218.9g

SODIUM
2530mg



Yoga Cupcakes

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Take a break and enjoy Yoga Cupcakes – these sweet treats are like a moment of Zen in every bite. Perfect for when you need a little relaxation and indulgence

INGREDIENTS



Makes 13-14 Mini Cupcakes

FOR THE CUPCAKES:

- 1½ cups all-purpose flour
- 1 cup sugar
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp salt
- 1 cup water

- ½ cup canola oil
- 2 tbsp white or apple cider vinegar
- 1 tbsp pure vanilla extract

FOR THE FROSTING:

- 1 cup semisweet chocolate chips (dairy-free)
- 3 tbsp soy, almond, or rice milk
- Fresh raspberries, for garnish

PREPARATION:

To make the cupcakes:

1. Preheat the oven to 180°C/350°F F. Line two 24-cup mini cupcake pan with 34 mini cupcake liners.
2. In a large mixing bowl, combine the flour, sugar, cocoa, baking soda, cinnamon, and salt. In a separate bowl, combine the water, oil, vinegar, and vanilla extract. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.
3. Fill the cupcake liners about two-thirds of the way with batter. Bake for 12–15 minutes, or until a tooth pick inserted into the center of the cupcake comes out clean with a few crumbs clinging to it. Allow the cupcakes to cool completely before frosting.

NUTRITIONAL VALUES

CALORIES

127 kcal

CARBS

21.9g

FAT

3.5g

S.FAT

0.3g

PROTEIN

2.3g

SUGAR

6g

SODIUM

74mg

To make the frosting:

4. Melt margarine in a medium saucepan and whisk in brown sugar, non-dairy milk, and salt. Bring to a gentle boil and continue to cook for 3–4 minutes. Remove from the heat, stir in the vanilla, and set aside to cool.
5. Slowly beat the caramel mixture with the powdered sugar with a stand or hand mixer. If the frosting is too thick, add 1 tablespoon non-dairy milk at a time until it is spreadable. On high, beat until smooth.

To assemble the cupcakes:

6. Spread a thin layer of frosting on the cupcakes and top with a few Fleur de sel flakes.

Recipe Notes

Cupcakes can be baked ahead of time and frozen unfrosted for up to a month. Frosting can be kept in the fridge for up to two weeks.

Before serving, thaw the cupcakes and frost them.





Salted Caramel Cupcakes

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the tasty Salted Caramel Cupcakes, where sweet caramel meets a touch of salt for a balanced and delightful dessert.

INGREDIENTS



Makes 12 Cupcakes

FOR THE CUPCAKES:

- 1½ cups all-purpose flour
- 1 cup sugar
- 1 tsp baking soda
- ½ tsp salt
- ¾ cups soy, almond, or rice milk
- ½ cup canola oil
- 2 tbsp white or apple- cider vinegar
- 1 tbsp pure vanilla extract

FOR THE FROSTING:

- ½ cup vegan margarine
- 1 cup dark brown sugar
- ¼ cup soy, almond, or rice milk, plus more as needed
- ¼ tsp salt
- 1 tsp pure vanilla extract
- 3 cups powdered sugar
- Fleur de sel, for sprinkling



PREPARATION:

To make the cupcakes:

1. Preheat the oven to 180°C/350°F. Line a 12-cup cupcake pan with cup- cake liners.
2. In a large mixing bowl, combine the flour, sugar, baking soda, and salt. Whisk together the nondairy milk, oil, vinegar, and vanilla in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.
3. Fill the cupcake liners about two-thirds of the way with batter. Bake for 20 minutes, or until a toothpick inserted into the center of a cupcake comes out dry with a few crumbs clinging to it. Allow the cupcakes to cool completely before frosting them.

NUTRITIONAL VALUES

CALORIES

615 kcal

CARBS

106.2g

FAT

18.8g

S.FAT

2.9g

PROTEIN

6.4g

SUGAR

60.4g

SODIUM

313mg

To make the frosting:

4. Melt margarine in a medium saucepan and whisk in brown sugar, non-dairy milk, and salt. Bring to a gentle boil and continue to cook for 3–4 minutes. Remove from the heat, stir in the vanilla, and set aside to cool.
5. Slowly beat the caramel mixture with the powdered sugar with a stand or hand mixer. If the frosting is too thick, add 1 tablespoon non-dairy milk at a time until it is spreadable. On high, beat until smooth.

To assemble the cupcakes:

6. Spread a thin layer of frosting on the cupcakes and top with a few Fleur de sel flakes.

Recipe Notes

- ▶ Cupcakes can be baked ahead of time and frozen unfrosted for up to a month. Frosting can be kept in the fridge for up to two weeks.
- ▶ Before serving, thaw the cupcakes and frost them.





Mint Cookies 'N' Cream Cupcakes

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the delightful Mint Cookies 'N' Cream Cupcakes, where the refreshing taste of mint blends perfectly with the classic cookies and cream goodness.



INGREDIENTS



Makes 16 Cupcakes

FOR THE CUPCAKES:

- 1½ cups all-purpose flour
- 1 cup sugar
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup cold coffee or water
- ½ cup canola oil
- 2 tbsp white or apple-cider vinegar
- 1 tbsp pure vanilla extract
- 1 cup crushed store-bought chocolate sandwich cookies (dairy-free) or Oh Ree O's

FOR THE FROSTING:

- 1 cup non-hydrogenated vegetable shortening
- 2 cups powdered sugar
- 1 tsp pure peppermint extract
- 3 to 5 tbsp soy, almond, or rice milk
- 2 cups crushed store-bought chocolate sandwich cookies (dairy-free) or Oh Ree O's

PREPARATION:

To make the cupcakes:

1. Preheat the oven to 180°C/350°F. Line two 12-cup cupcake pans with 16 cupcake liners.
2. In a large mixing bowl, combine the flour, sugar, cocoa, baking soda, and salt.
3. Whisk together the coffee, oil, vinegar, and vanilla in a separate bowl.
4. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing. Crumbled cookie pieces should be folded in.

NUTRITIONAL VALUES

CALORIES

460 kcal

CARBS

63.2g

FAT
20.9g

S.FAT

3.8g

PROTEIN

4.9g

SUGAR

28.3g

SODIUM

165mg

5. Fill about two-thirds of the cupcake liners with batter. Bake for 16–20 minutes, or until a toothpick inserted into the center of a cupcake comes out dry with a few crumbs clinging to it. Allow the cupcakes to cool completely before frosting them.

To make the frosting:

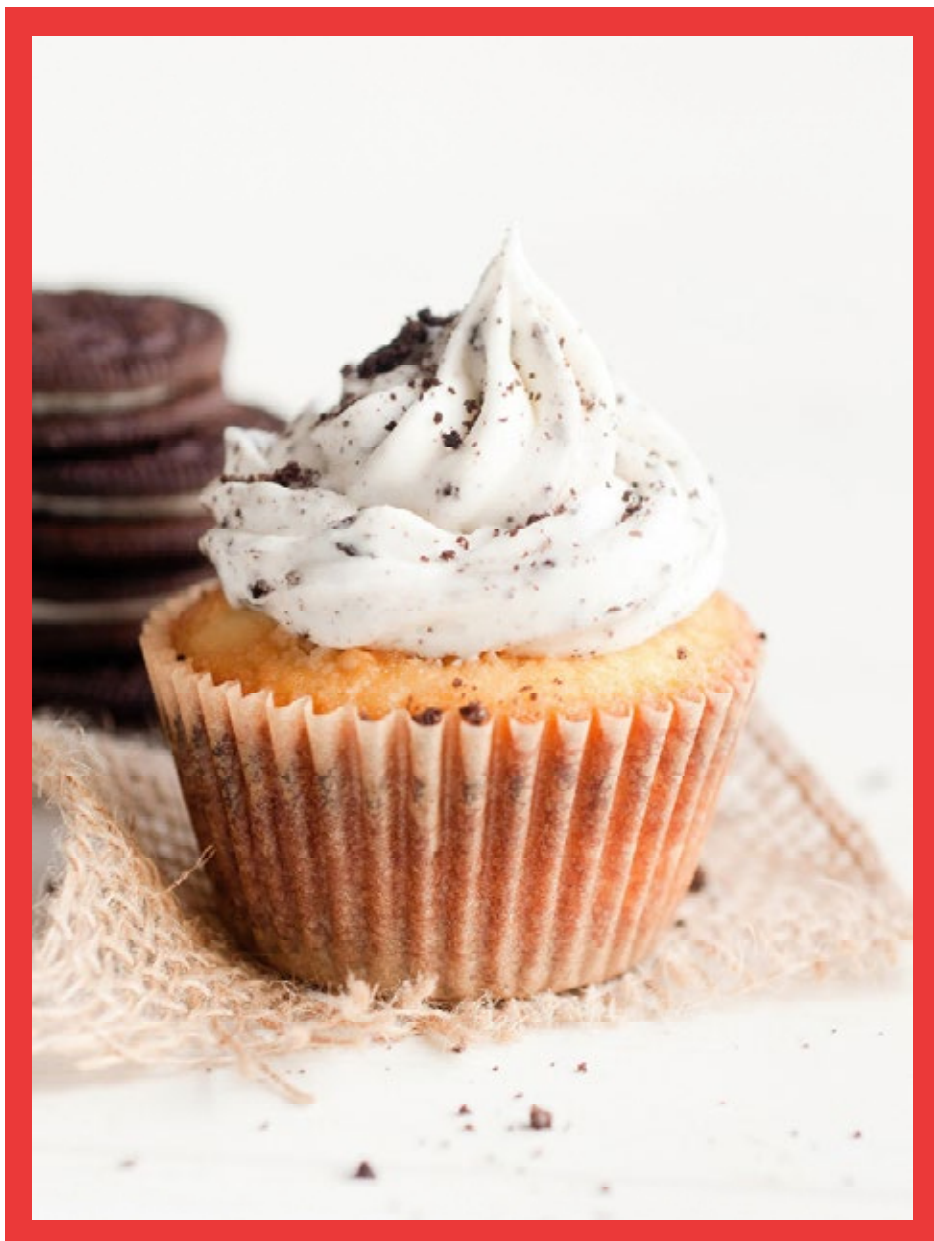
6. Shortening should be beaten until smooth with a stand or hand mixer. With the mixer on low, gradually add powdered sugar, peppermint extract, and 1 tbsp non-dairy milk at a time, until the frosting is spreadable. Increase the speed to high and continue to beat for 2 minutes, or until light and u y appear. Mix in the crushed cookie pieces until well combined. If necessary, add more non-dairy milk.

To assemble the cupcakes:

7. On the cupcakes, spread a layer of mint cookie frosting.

Recipe Notes

Cupcakes can be baked ahead of time and frozen unfrosted for up to a month. Frosting can be kept in the fridge for up to two weeks. Before serving, thaw the cupcakes and frost them.





Maple Glazed Carrot Cupcakes

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the deliciousness of Maple Glazed Carrot Cupcakes. These treats feature carrots with a tasty maple glaze. They're a cozy and delightful dessert option.

INGREDIENTS



Makes 18 Cupcakes

FOR THE CUPCAKES:

- 2 cups all-purpose flour
- 1 cup sugar
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp salt
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 cup carrot or orange juice
- ½ cup canola oil

- 1 tbsp white or apple-cider vinegar
- 1 tbsp pure vanilla extract
- 2 cups peeled, grated carrots (about 3 large carrots)
- 1 cup raisins

FOR THE GLAZE:

- 1½ cups powdered sugar
- 3 tbsp maple syrup
- 2 to 3 tbsp water

PREPARATION:

To make the cupcakes:

1. Preheat the oven to 180°C/350°F. Line two 12-cup cupcake pans with 16 cupcake liners.
2. Whisk together the flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg in a large mixing bowl. In a separate bowl, combine the carrot or orange juice, oil, vinegar, and vanilla extract. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing. Fold in the carrots and raisins gently.
3. Fill about two-thirds of the cupcake liners with batter. Bake for 20 minutes, or until a toothpick inserted into the center of a cupcake comes out dry with a few crumbs clinging to it.

NUTRITIONAL VALUES

CALORIES

460 kcal

CARBS

63.2g

FAT
20.9g

S.FAT

3.8g

PROTEIN

4.9g

SUGAR

28.3g

SODIUM

165mg

4. Allow the cupcakes to cool completely before frosting them.

To make the glaze:

5. In a medium mixing bowl, combine powdered sugar, maple syrup, and 1 tbsp water at a time, whisking until smooth.

To assemble the cupcakes:

6. Drizzle the glaze over the tops of the cupcakes. Allow to cool before serving.

Recipe Notes

Cupcakes can be baked ahead of time and frozen unfrosted for up to a month. Before serving, thaw the cup cakes and glaze them.





Coffee Almond Crunch Cupcakes

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the taste of Coffee Almond Crunch Cupcakes, where coffee and almond crunch come together for a delightful dessert experience.



INGREDIENTS



Makes 14 Cupcakes

FOR THE CUPCAKES:

- 1½ cups all-purpose flour
- 1 cup sugar
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup canned coconut milk, mixed well before measuring
- ½ cup canola oil
- 2 tbsp white or apple-cider vinegar
- 1 tbsp pure vanilla extract
- 2 tsp instant espresso powder

- 3 cups powdered sugar
- 1 tsp pure vanilla extract
- 3 tbsp instant espresso powder dissolved in ¼ cup water

FOR THE GANACHE:

- 1 cup semisweet chocolate chips (dairy-free)
- ¼ cup canned coconut milk, mixed well before measuring
- 2 tbsp canola oil
- 1 cup chopped toasted almonds
- Chocolate-covered espresso beans for garnish

FOR THE FROSTING:

- 1 cup non-hydrogenated vegetable shortening

PREPARATION:

1. To make the cupcakes: Preheat the oven to 180°C/350°F. Line two 12-cup cupcake pans with 14 cupcake liners.
2. In a large mixing bowl, combine the flour, sugar, cocoa, baking soda, and salt. Whisk together the coconut milk, oil, vinegar, vanilla, and espresso powder in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.

NUTRITIONAL VALUES

CALORIES

718 kcal

CARBS

92.9g

FAT
36.4g

S.FAT
11.6g

PROTEIN
7.4g

SUGAR
49.9g

SODIUM
177mg

3. Fill about two-thirds of the cupcake liners with batter. Bake for 16 to 20 minutes, or until a toothpick inserted into the center of the cupcake comes out dry with a few crumbs attached. Allow the cupcakes to cool completely before frosting.
4. To make the frosting, cream shortening with a stand or hand mixer until smooth. Mix in the powdered sugar and vanilla extract with the mixer on low speed. As needed, add 1 tbsp of espresso liquid at a time until the frosting reaches the desired consistency and espresso flavour. Increase the speed to high and continue to beat for 2 minutes, or until light and fluffy appear.
5. Melt the chocolate chips and coconut milk in a double boiler or in the microwave to make the ganache. Whisk in the oil until it is completely smooth.
6. Once the cupcakes have completely cooled, slice the dome off the top of each one and pipe with a layer of frosting. Replace the cupcake top on top of the frosting.
7. Cover the dome of the cupcake with a thin layer of ganache and sprinkle with almonds. Garnish with a bit more frosting and an espresso bean.





Pumpkin Whoopie Pies

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Delight in the fall flavors with Pumpkin Whoopie Pies. These treats combine the seasonal goodness of pumpkin with a creamy filling. They're a perfect indulgence for autumn or any time you crave a taste of comfort.

INGREDIENTS



Makes 16 Whoopie Pies

FOR THE PIES:

- 2 cups all-purpose flour
- 1 cup sugar
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp salt
- 1 tsp ground ginger
- 1 tsp ground nutmeg
- ½ tsp ground cloves
- ½ tsp ground cinnamon
- 1 cup pumpkin puree, canned or cooked fresh
- 1 cup canned coconut milk, mixed well before measuring

- ½ cup canola oil
- 1 tbsp white or apple-cider vinegar
- 1 tbsp pure vanilla extract

FOR THE BUTTERCREAM:

- 1 cup non-hydrogenated vegetable shortening
- 2 cups powdered sugar
- 1 tbsp pure maple syrup
- 1 tsp pure maple extract
- 3 to 5 tbsp soy, almond, or rice milk
- Powdered sugar, for serving

PREPARATION:

To make the pies:

1. Preheat the oven to 180°C/350°F. Lightly grease a whoopie pie pan or line a large baking sheet with parchment paper.
2. Whisk together the flour, sugar, baking powder, baking soda, salt, ginger, nutmeg, cloves, and cinnamon in a large mixing bowl. In a separate bowl, combine pumpkin puree, coconut milk, oil, vinegar, and vanilla extract.
3. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.

NUTRITIONAL VALUES

CALORIES

198 kcal

CARBS

255g

FAT

9.7g

S.FAT

6g

PROTEIN

4g

SUGAR

16.5g

SODIUM

207mg

4. Scoop about 2 to 3 tbsp batter into each whoopie pie cup or onto the prepared baking sheet, leaving about 4 inches between each whoopie.
5. Bake for 10–12 minutes, or until a tooth pick inserted into the whoopie comes out clean. Allow the whoopies to cool completely in the pan before removing from the pan.

To make the buttercream:

6. Beat the shortening with a stand or hand mixer until smooth. With the mixer on low, gradually add powdered sugar, maple syrup, maple extract, and 1 tbsp non-dairy at a time, until the frosting is spreadable.
7. Increase the speed to high and continue to beat for 2 minutes, or until the mixture is light and fluffy.

To assemble the pies:

8. Spread a layer of buttercream on the bottom side of 16 pies and sandwich together with the remaining pies. Before serving, dust with powdered sugar.





Bollywood Cupcakes

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the savory taste of these Bollywood Cupcakes. These treats bring the taste of India to your dessert table, offering a blend of aromatic spices and rich, sweet goodness. They're a delightful and unique choice for your dessert adventure.



INGREDIENTS



Makes 12 Cupcakes

FOR THE CUPCAKES:

- ¾ cups soy, almond, or rice milk
- ½ tsp saffron threads
- 1½ cups all-purpose flour
- 1 cup sugar
- 1 tsp baking soda
- ½ tsp salt
- ½ cup canola oil
- 2 tbsp white or apple cider vinegar
- 1 tbsp pure vanilla extract

FOR THE BUTTERCREAM:

- 1 cup non-hydrogenated vegetable shortening
- 3 cups powdered sugar
- 1 tsp pure vanilla extract
- 3 to 5 tbsp soy, almond, or rice milk
- 1 tbsp ground cardamom
- Gold pearls or dust for garnish, optional

PREPARATION:

To make the cupcakes:

1. Preheat the oven to 180°C/350°F. Line a 12-cup cupcake pan with cup-cake liners and spray with non-stick cooking oil.
2. Combine non-dairy milk and saffron in a small saucepan. Bring to a boil, then remove from the heat and set aside to cool.
3. In a large mixing bowl, combine the flour, sugar, baking soda, and salt. Whisk together the cooled saffron mixture, oil, vinegar, and vanilla in a separate bowl.
4. Whisk the wet mixture into the dry mixture until just combined.
5. Avoid overmixing.

NUTRITIONAL VALUES

CALORIES	645 kcal	FAT	27.2g
CARBS	93.3g	S.FAT	4.8g
		PROTEIN	6.1g
		SUGAR	46.6g
		SODIUM	209mg

6. Fill about two-thirds of the cupcake liners with batter. Bake for 20 minutes, or until a toothpick inserted into the center of the cupcake comes out clean, with only a few crumbs clinging to it.

To make the buttercream:

7. Beat the shortening with a stand or hand mixer until smooth. With the mixer on low, gradually add powdered sugar, vanilla, cardamom, and 1 tbsp non-dairy milk at a time, until the frosting is spreadable. Increase the speed to high and continue to beat for 2 minutes, or until the mixture is light and fluffy.

To assemble the cupcakes:





Chocolate Beet Cupcakes With Irish Whisky Buttercream

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Total Time: 40 Minutes

Savor the deliciousness of Chocolate Beet Cupcakes with Irish Whiskey Buttercream. These cupcakes blend chocolate with a touch of Irish Whiskey in the frosting. They're a delightful treat for special moments or when you want something unique and tasty.

INGREDIENTS



Makes 14 Cupcakes

FOR THE CUPCAKES:

- 1½ cups all-purpose flour
- 1 cup brown sugar
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup stout beer
- ½ cup canola oil
- 2 tbsp white or apple cider vinegar
- 1 tbsp pure vanilla extract

FOR THE BUTTERCREAM:

- 1 cup non-hydrogenated vegetable shortening
- 3 cups powdered sugar
- 1 tsp pure vanilla extract
- 2 to 5 tbsp soy, almond, or rice milk
- 3 to 4 tsp Irish whiskey

FOR THE FIG CARMEL:

- 8 dried figs
- ½ cup maple syrup
- 2 tbsp water
- ¼ tsp ground cinnamon

PREPARATION:

To make the cupcakes:

1. Preheat the oven to 180°C/350°F F. Line two 12-cup cupcake pans with 14 cupcake liners.
2. In a large mixing bowl, combine the flour, brown sugar, cocoa, baking soda, and salt. Whisk together the beer, oil, vinegar, and vanilla in a separate bowl. Whisk the wet mixture into the dry mixture until just combined.
3. Fill about two-thirds of the cupcake liners with batter. Bake for 18 to 22 minutes, or until a toothpick inserted into the center of the cupcake comes out dry with a few crumbs attached. Allow the cupcakes to cool completely before serving.

NUTRITIONAL VALUES

599 kcal

89.8g

FAT
23.6g

S.FAT
4.3g

PROTEIN
5.9g

SUGAR
47.4g

SODIUM
180mg

To make the buttercream:

4. Shortening should be beaten until smooth with a stand or hand mixer. With the mixer on low, add powdered sugar, vanilla, and 1 tbsp nondairy milk at a time, as needed, until the frosting is spreadable. 1 tsp at a time, add whiskey until desired whiskey flavor is achieved. Increase the speed to high and continue to beat for 2 minutes, or until the mixture is light and fluffy.

To make the fig caramel:

5. Bring the figs in a small saucepan with enough water to cover to a gentle boil. Allow the dates to gently boil for 10 minutes. Drain and rinse with cold water until the surface is cool to the touch.
6. Chop the figs coarsely. In a blender, combine the maple syrup, water, and cinnamon. Blend until completely smooth. Refrigerate until completely chilled.

To assemble the cupcakes:

7. On the cupcakes, pipe or spread a layer of buttercream. Sprinkle with cocoa powder. Using a fork or a squeeze tube, drizzle the caramel over the cupcakes.





Spicy Carrot Cake

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Total Time: 40 Minutes

Enjoy the warmth and flavor of Spicy Carrot Cake. This dessert combines the sweet and earthy taste of carrots with a hint of spice. It's a perfect treat for those who love a little extra flavor in their cake.



INGREDIENTS



Makes 8 Cake Servings

- 1½ cups (188 g/6.6 oz) whole wheat flour
- ½ cup (64 g/2.2 oz) unbleached all-purpose flour
- 2 tsp (10 g/0.34 oz) baking powder
- 1 tsp (5 g/0.17 oz) baking soda
- 1¼ cups (250 g/8.8 oz) evaporated cane juice sugar
- 1 cup (246 g/8.6 oz) canned crushed pineapple (with juice)
- 2/3 cup (160 g/5.6 oz) soy yogurt
- ¼ cup (56 g/2 oz) liquid coconut oil
- 2 tsp (10 g/0.34 oz) vanilla extract
- 1 tsp (3 g/0.1 oz) ground cardamom
- 1 tsp (5 g/0.18 oz) ground cinnamon
- 1 tsp (5 g/0.18 oz) freshly grated nutmeg
- 1 tsp (5 g/0.18 oz) ground ginger
- 1 tsp (3 g/0.1 oz) kosher salt
- 2 cups (180 g/6.34 oz) shredded organic carrots (about 2 medium carrots)
- ½ cup (70 g/2.4 oz) golden raisins
- ½ cup (56 g/2 oz) chopped walnuts
- Vegan Cream Cheese Frosting

PREPARATION:

MAKE THE CAKE:

1. Preheat the oven to 180°C/350°F. Coat the bottom and sides of two 8-inch cake pans with non-stick cooking spray and set aside.
2. Set aside the whole wheat flour, all-purpose flour, baking powder, and baking soda in a large mixing bowl.
3. In a medium mixing bowl, combine the sugar, crushed pineapple, soy yogurt, coconut oil, vanilla, cardamom, cinnamon, nutmeg, ginger, and salt.

NUTRITIONAL VALUES

184 kcal

15.5g

FAT
13.1g

S.FAT
1.8g

PROTEIN
6.4g

SUGAR
10.2g

SODIUM
237mg

4. Incorporate the pineapple mixture into the dry ingredients until well combined. Combine the shredded carrots, raisins, and walnuts in a mixing bowl.
5. Bake for 25 to 30 minutes, or until a toothpick inserted into the center of the cakes comes out clean. Cool the cakes in their pans for 15 minutes on a wire rack. Invert the cakes onto a cooling rack to cool completely.

FROST THE CAKE:

6. Place one of the cake layers on a cardboard round or flat plate and top with a generous layer of frosting, spreading it to the cake's edges with a metal spatula. Frost the top and sides of the cake with the remaining frosting, then top with the remaining layer.

Recipe Notes

7. I try to drink carrot juice every day because it is high in vitamins. I like to combine it with fresh ginger for a refreshing drink. Carrot juice should never be stored for more than a day because it attracts bacteria and spoils quickly.





NUTRITIONAL VALUES

668 kcal

106.1g

19.8g^{FAT}

0.4g

14.6g^{PROTEIN}6.8g^{SUGAR}282mg^{SODIUM}

Mango Pineapple Cake

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Total Time: 40 Minutes

Savor the tropical goodness of Mango Pineapple Cake. This dessert combines the sweetness of mangoes with the tangy freshness of pineapples. It's a delicious treat for any time you want to enjoy a taste of the tropics.

INGREDIENTS



Makes 10-12 Servings

MANGO CAKE:

- 2 cups (256 g/9 oz) all-purpose flour
- 2 tsp (5 g/0.17 oz) cornstarch
- 2½ tsp (12.5 g/0.44 oz) baking powder
- 1 large (538 g/19 oz) ripe mango
- 12 tbsp (170 g/6 oz) vegan butter
- 1 cup (200 g/7 oz) evaporated cane juice sugar
- 1½ cups (363 g/12.8 oz) soy milk
- ¼ cup (44 g/1.5 oz) canned or fresh dark Maraschino cherries, pitted and chopped
- ¼ cup (28 g/1 oz) chopped walnuts

ASSEMBLY:

- Coconut Whipped Cream or 1½ cups non-dairy whipped topping
- 2 cups canned crushed pineapple, drained

PREPARATION:

MAKE THE CAKE:

1. Preheat the oven to 170°C/350°F. Coat two 8-inch cake pans with non-stick cooking spray.
2. Sift together the flour, cornstarch, and baking powder in a medium mixing bowl and whisk to combine.
3. Cut the sides of the mango off on either side of the pit with a sharp knife. Cut the flesh from each pitiful mango piece lengthwise and crosswise just down to the skin (do not cut through the skin) to form small squares of flesh.
4. Then, while holding the knife horizontally to the skin, cut the mango squares off the skin. Process them in a food processor or blender until smooth. For the cake, you'll need 34 cup mango puree. Set aside the puree.

5. Beat the vegan butter with the cane juice sugar in the bowl of an electric mixer fitted with the paddle attachment on medium speed until well combined, about 2 minutes.
6. Add the reserved mango puree and blend until smooth, scraping down the sides of the bowl as needed with a rubber spatula to ensure the mixture is evenly blended (the mixture will look curdled at this point).
7. Reduce the speed to low and add the dry ingredients in three additions, alternating with the soy milk in two, mixing just until combined.
8. Remove the bowl from the mixer stand and gently fold in the Maraschino cherries and walnuts. Divide the batter evenly between the prepared pans and bake for 35 to 40 minutes, or until the cakes are golden and a toothpick inserted into the center comes out clean. Cool the cakes in the pans on wire racks for 15 minutes before inverting them onto the racks to cool completely.

ASSEMBLE THE CAKE:

9. Place one of the cake layers on a cake plate and spread half of the Coconut Whipped Cream over the top, leaving an inch border around the edge.
10. Half of the crushed pineapple should be placed on top of the cream, followed by the remaining cake layer. Garnish the top with the remaining crushed pineapple and frost with the remaining cream.





NUTRITIONAL VALUES

49 kcal

CARBS

6g

14.8g^{FAT}

S.FAT

1g

PROTEIN

3g

SUGAR

1g

SODIUM

102mg

Chocolate Eclairs

Prep Time: 10 Minutes

Cook Time: 30 Minutes

These Eclairs is vegan, dairy-free and egg-free French pastry classic. They feature light, airy choux pastry shells filled with a rich chocolate cream and topped with a glossy chocolate glaze. They are a sophisticated and decadent treat perfect for any occasion

INGREDIENTS



Makes 14: Servings

Eclairs

- 1/2 cup milk (plant-based)
- 1/2 cup water
- 1 tsp sugar
- 1/4 tsp salt
- 1 cup flour
- yellow food coloring

Vegan Egg

- 1/4 cup aquafaba
- 3 tsp corn starch

Graze

- 100 g chocolate chip
- 20 g vegan butter
- 1 tbsp water

PREPARATION:

MAKE THE CAKE:

1. In a medium saucepan, combine water, milk, butter, sugar, and salt. Bring it to a boil and then remove from heat.
2. Add sifted flour and whisk vigorously to combine the mixture.
3. Return the pan to medium heat and cook while stirring for about 1 minute. Then, remove from heat.
4. Mix in vegan eggs - one tablespoon at a time using a mixer.
5. Transfer the dough to a pastry bag and pipe 3-inch strips onto a parchment paper-lined baking sheet.
6. Bake at 400°F for 10-12 minutes, depending on your oven.
7. Once baked, allow the eclairs to cool.
8. Melt chocolate with vegan butter and water. Use the chocolate glaze to coat each eclair.



Decadent Chocolate Layer Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Indulge in the ultimate chocolate experience with Decadent Chocolate Layer Cake. This showstopper dessert features layers of rich, moist chocolate cake, layered with velvety chocolate frosting. It's a true delight for chocoholics and the perfect centerpiece for special occasions



INGREDIENTS



Makes 12 Servings

CHOCOLATE CAKE LAYERS:

- 2 cups (256 g/9 oz) unbleached all-purpose flour
- 1½ cups (170 g/6 oz) unsweetened natural cocoa powder
- 2¼ tbsp (27 g/0.9 oz) baking powder
- 2¼ tbsp (27 g/0.9 oz) baking soda
- ¾ tsp (2.25 g/0.08 oz) kosher salt
- 1 cup plus 2 tbsp (258 g/9.2 oz) extra-firm tofu

- 1 cup plus 2 tbsp (266 g/9.3 oz) water
- ½ cup plus 2 tbsp (134 g/4.7 oz) liquid coconut oil
- 1 cup (242 g/8.5 oz) soy milk
- 1 cup (296 g/10.4 oz) maple syrup
- 1½ tbsp (18 g/0.6 oz) vanilla extract
- 1½ tbsp (22 g/0.8 oz) apple cider vinegar

FROSTING:

- Decadent Chocolate Mousse
- 2 tbsp (14 g/0.5 oz) unsweetened natural cocoa powder

PREPARATION:

MAKE THE CAKE LAYERS:

1. Preheat the oven to 160°C/325°F. Coat the bottom and sides of two 9-inch round cake pans with non-stick cooking spray and set aside.
2. Whisk together the flour, cocoa powder, baking powder, baking soda, and salt in a large mixing bowl. Place aside.
3. Process the tofu and water in a food processor until smooth, about 40 seconds. In a separate medium mixing bowl, whisk together the coconut oil, soy milk, maple syrup, vanilla, and vinegar.

NUTRITIONAL VALUES

193 kcal

24.6g

8.4g^{FAT}

^{S.FAT}

0.9g

^{PROTEIN}

6.9g

^{SUGAR}

1.9g

4. Whisk in the dry ingredients until well combined. Bake for 20 to 25 minutes, or until a toothpick inserted into the centres of the cakes comes out clean.
5. Cool the cakes in the pans for 15 minutes on wire racks before inverting them onto the racks to cool completely.

MAKE THE FROSTING:

6. Prepare the Decadent Chocolate Mousse according to package directions, but do not refrigerate it yet.
7. In a food processor, combine the cocoa powder and the mousse until well combined.
8. Refrigerate the frosting for a few minutes after the cake layers have completely cooled.

FROST THE CAKE:

9. Top one of the cake layers with a layer of frosting on a cardboard cake round or serving plate. Top with the remaining cake layer and frost the top and sides with the remaining frosting.
10. Refrigerate until ready to serve or serve immediately.

Recipe Notes

Fill a container halfway with warm water and dip a sharp, non-serrated knife into it, wiping the blade dry with a paper towel before cutting. After each slice, wipe your knife clean with a wet paper towel.





Applesauce Cake

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Discover the simple yet delightful pleasure of Applesauce Cake. This classic dessert combines the warmth of spices with the natural sweetness of applesauce, resulting in a moist and flavorful treat. Perfect for any occasion, it's a comforting dessert that's easy to love.

INGREDIENTS



Makes 8-9 Servings

- 2 cups (250 g/8.8 oz) whole wheat flour
- 1/2 tsp (1.5 g/0.05 oz) kosher salt
- 1 1/2 tsp (7.5 g/0.26 oz) baking soda
- 1 tsp (2 g/0.07 oz) ground cinnamon
- 1/3 cup (71 g/2.5 oz) liquid coconut oil
- 3/4 cup (150 g/5.3 oz) evaporated cane juice sugar
- 1 1/2 cups (363 g/12.8 oz) organic unsweetened applesauce

PREPARATION:

1. Preheat the oven to 180°C/350°F. Coat an 8-inch square baking pan with non-stick cooking spray.
2. In a medium mixing bowl, combine the flour, salt, baking soda, and cinnamon.
3. In a separate medium mixing bowl, combine the oil and sugar. Incorporate the applesauce. Whisk in the dry ingredients until well combined.
4. Bake for 35 to 40 minutes, or until the cake is nicely browned and a toothpick inserted into the center comes out clean.
5. Cool the cake in the pan on a wire rack before serving or serve warm. To serve, cut the cake into squares right out of the pan.

NUTRITIONAL VALUES

172 kcal

38.6g

^{FAT}
0.9g

^{S.FAT}
0.5g

^{PROTEIN}
3.1g

^{SUGAR}
15.5g

^{SODIUM}
900mg

Recipe Notes

Applesauce freezes well and can be kept in the freezer for up to 6 months in an airtight container. Thaw it overnight in the refrigerator or, if you're in a hurry, microwave it on 50% power for a few minutes, stirring occasionally.



NUTRITIONAL VALUES

CALORIES

420 kcal

CARBS

71.6gFAT
6.2gS.FAT
0.7gPROTEIN
17.2gSUGAR
21.9gSODIUM
413mg

Chocolate Coffee Mini Bundt Cakes

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Total Time: 40 Minutes

These Chocolate Coffee Mini Bundt Cakes delights feature the rich depth of chocolate and a hint of coffee, all in a cute, individual serving. Perfect for a special treat or dessert, these mini bundt cakes offer a delightful blend of flavors and a touch of elegance.

INGREDIENTS



Makes 12 Mini-Bundt Cakes

- 1½ cups (192 g/6.7 oz) unbleached all-purpose flour
- 1 cup (200 g/7 oz) evaporated cane juice sugar
- ¾ cup (84 g/3 oz) unsweetened natural cocoa powder, sifted
- 1 tsp (5 g/0.17 oz) baking powder
- ¾ tsp (3.75 g/1.8 oz) baking soda
- ½ tsp (1.5 g/0.05 oz) kosher salt
- 2 tbsp (24 g/0.84 oz) liquid coconut oil
- 2 tbsp (24 g/0.84 oz) vegan shortening
- ¼ cup (48 g/1.7 oz) egg replacer mixed with 1 cup water
- 1½ tsp (6 g/0.21 oz) vanilla extract
- 1 cup (242 g/8.5 oz) almond milk or soy milk
- 1 cup (236 g/8.3 oz) brewed coffee, at room temperature
- ¼ cup (43 g/1.5 oz) vegan semisweet chocolate morsels
- Vegan confectioners' sugar, for dusting (optional)

PREPARATION:

1. Preheat the oven to 190°C/375°F. Coat two 6-cup mini-Bundt pans with non-stick cooking spray.
2. Whisk together the flour, cane juice sugar, cocoa powder, baking powder, baking soda, and salt in a large mixing bowl. Place aside.
3. Beat the coconut oil, shortening, egg substitute mixture, and vanilla in the bowl of an electric mixer fitted with the whisk attachment on high speed until emulsified, about 2 minutes.
4. In a large mixing bowl, whisk together the almond or soy milk and coffee, then gradually whisk in half of the dry mixture. Whisk in the coconut oil mixture, followed by the rest of the dry ingredients.
5. Divide the batter among the mini Bundt pans and bake for 30 to 40 minutes, or until a toothpick inserted into the centres of the cakes comes out clean (be careful not to hit a melted chocolate morsel!).

6. Cool the cakes in the pans for 20 minutes on wire racks before inverting them onto the racks to cool completely.
7. If desired, dust with sifted confectioners' sugar.

Recipe Notes

When dusting desserts with confectioners' sugar, I like to wait until just before serving—if you dust too soon, the sugar can be absorbed by the oil in the cake, resulting not only in a loss of the pretty snow-white effect but also in sogginess. When serving a cake in wedges or slices, sifting a little confectioners' sugar on individual plated slices can be nice.





Blueberry Muffins

Prep Time: 10 Minutes Cook Time: 20 Minutes Cooling Time: 10 Minutes

Start your day right with delicious Blueberry Muffins. These tender, bakery-style muffins are packed with juicy blueberries, making them a perfect breakfast or snack. Enjoy the sweet bursts of blueberry goodness in every bite.

INGREDIENTS:



Makes 4 Servings

- 1½ cups gluten-free quick oats
- 1 cup coconut sugar
- 1 tablespoon baking powder
- Pinch salt
- 1 cup unsweetened applesauce (and thawed)
- 1 teaspoon pure vanilla extract
- 1 cup blueberries (fresh or frozen)

PREPARATION:

1. Preheat the oven to 350°F. Line 8 cups of a standard muffin tin with cupcake liners.
2. Put the quick oats in a blender and blend into a fine powder.
3. Transfer the oat flour to a large mixing bowl and add the sugar,
4. baking powder, and salt. Whisk to combine.
5. In a medium mixing bowl, whisk together the applesauce, vanilla, and ½ cup water.
6. Pour the wet ingredients into the dry ingredients and mix well.
7. Fold in the blueberries.
8. Spoon the batter into the prepared muffin tin, filling each cupcake liner about three-quarters of the way.
9. Bake for 20 minutes or until a toothpick inserted in the center comes out clean.
10. Remove the muffins from the oven, and let them cool for 10 minutes before serving.

NUTRITIONAL VALUES

CALORIES
128kcal

CARBS
20g

FAT	1.7g
S.FAT	0.2g
PROTEIN	2
SUGAR	8g
SODIUM	287mg

NOTES:

Store these muffins in an airtight container or wrapped in aluminum foil in the refrigerator for up to 5 days or in the freezer for up to 3 months. making gluten-free.



Fudgy Chocolate Muffins

Prep Time: 10 Minutes Cook Time: 20 Minutes Cooling Time: 30 Minutes

These muffins are perfectly fudgy and super chocolatey. Their brownie-like taste and texture make it hard to believe that they are actually loaded with super healthy ingredients.

INGREDIENTS:



Makes 12 Muffins

- 1 cup spelt flour
- 1 ¼ cup quick oats
- 2 tablespoons chia seeds
- ½ cup cocoa powder
- ½ cup coconut sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- Pinch salt
- 1 cup applesauce
- 1 cup of almond milk
- 1 tbs of vanilla extract
- ½ cup vegan chocolate chips

PREPARATION:

1. Preheat the oven to 350°F. Line 12 cups of a standard muffin tin with cupcake liners.
2. Combine flour, oats, chia seeds, cocoa powder, sugar, baking powder, baking soda, and salt in large mixing bowl and whisk.
3. Add the remaining ingredients; mix well.
4. Spoon the batter into the prepared muffin tin, filling each cupcake liner about three-quarters of the way.
5. Bake for 20 to 22 minutes, until a toothpick inserted into the center comes out clean.
6. Remove the muffins from the oven, and let them cool for at least 30 minutes before serving; they will firm up as they cool.

NOTES:

Store these muffins in an airtight container wrapped in aluminum foil in the refrigerator for up to 5 days.

NUTRITIONAL VALUES

CALORIES

260kcal

CARBS

34g

FAT
15g

S.FAT
5g

PROTEIN
3

SUGAR
20g

SODIUM
99mg





Courgette Cake

Cook Time: 1 hour

Use up a glut of courgettes and bake this vegan loaf cake with tangy lemon drizzle. Ideal for a coffee morning or afternoon tea

INGREDIENTS:



Makes 10-12 Slices

- 80g vegan butter block, softened, plus extra for the tin
- 175g golden caster sugar
- 2 lemons, zested, 1 juiced
- 100ml plant milk (we used oat)
- 100g ground almonds
- 1 tsp maple syrup (optional)
- 1-2 tbsp toasted flaked almonds
- 175g self-raising flour
- ½ tsp baking powder
- 175g courgettes, coarsely grated
- For the icing
- 200g icing sugar

PREPARATION:

1. Heat the oven to 180C/160C fan/gas 4. Butter and line a 900g loaf tin. Beat together the vegan butter block, sugar and lemon zest until combined.
2. Add the plant milk and beat slowly to combine. Add the ground almonds, flour and baking powder, along with the grated courgette, and stir to combine.
3. Spoon the batter into the prepared tin (it will be quite thick) and level the top. Bake for 55-60 mins until a skewer inserted into the middle comes out clean. Transfer to a wire rack and leave to cool completely in the tin.
4. To make the icing, sieve the icing sugar into a bowl and add 1 tbsp of the lemon juice and stir to combine. Add a little more lemon juice if needed, ½ tsp at a time, until you reach your desired consistency.
5. Remove the cake from the tin and drizzle over the icing, allowing it to drip down the sides. Leave to set for 20-30 mins. Cut into slices to serve.

NUTRITIONAL VALUES

285 kcal

CARBS

44g

FAT
10g

S.FAT
4g

PROTEIN
4g

SUGAR
32g

FIBER
1g



3-Ingredient Fruit Cake

Prep Time: 15 Minutes Cook Time: 2 Hours

This fruit cake recipe with only 3 ingredients may sound unbelievable, but once you see the final result fresh out of the oven, you can savor a wonderfully moist and delicious fruit cake

INGREDIENTS:



Serves: 6-8 Slices

- 1 kg mixed dried fruit
- 2 1/2 cup fruit juice
- 2 cups self-raising flour

PREPARATION:

1. In a saucepan, combine mixed dried fruit with 2 cups of fruit juice. Bring to a boil, then simmer on low heat for 3 minutes. Remove from heat and let it cool for 2 hours.
2. Preheat your oven to 150°C (fan-forced) or 170°C (conventional). Line a 20cm round springform tin with baking paper.
3. Sift self-raising flour over the soaked fruit, and stir until well combined. If needed, use the remaining half cup of juice to achieve a moist mixture.
4. Pour the mixture into the cake tin and bake on the lowest oven shelf for 2 hours.
5. Once baked, remove the cake from the oven and allow it to cool completely in the tin.
6. Wrap the cake in foil and store it in an airtight container for 2-3 days before slicing and serving.

NUTRITIONAL VALUES

305 kcal

CARBS

75g

FAT
3g

S.FAT
1g

PROTEIN
6g

SUGAR
38g

FIBER
2g



Spoon Desserts

Sticky Toffee Pudding

Rum Raisin Rice Pudding

Easy Chocolate Mug Cake

Cinnamon Mocha Cupcakes



Sticky Toffee Pudding

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Total Time: 40 Minutes

Savor the sweet and comforting delight of Sticky Toffee Pudding. This classic dessert features warm, moist cake drizzled with a rich toffee sauce. It's the ultimate treat to satisfy your sweet cravings and add a touch of warmth to your day.

INGREDIENTS



Makes 14 Pudding Cakes

FOR THE GLAZE:

- 1 cup canned coconut milk, mixed well before measuring
- 1 cup dark brown sugar
- 4 tbsp vegan margarine
- ¼ tsp salt

FOR THE PUDDING CAKES:

- 16 (about 8 ounces) (227g) Medjool dates, pitted

- 1 cup canned coconut milk, mixed well before measuring
- 2 cups all-purpose flour
- ½ tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- ½ tsp ground cinnamon
- 1 cup brown sugar
- ½ cup canola oil
- 2 tsp white or apple-cider vinegar
- 1 tbsp pure vanilla extract

PREPARATION:

To make the glaze:

1. Combine coconut milk, brown sugar, margarine, and salt in a medium saucepan. Bring to a boil, stirring occasionally, over medium-high heat. Allow to cook for 5 minutes before removing from heat.

To make the cakes:

2. Preheat the oven to 180°C/350°F. Grease two 12-cup cupcake pans lightly. Fit a grid cooling rack on top of a large baking sheet to make it ready.
3. Bring dates to a slow boil in a small saucepan with enough water to cover. Allow the dates to gently boil for 10 minutes. Drain and combine with coconut milk in a food processor or blender. Set aside after processing until combined.

NUTRITIONAL VALUES

CALORIES

405 kcal

CARBS

66.3g

FAT

15.3g

S.FAT

4.8g

PROTEIN

3.4g

SUGAR

43.9g

1. Whisk together the flour, baking soda, baking powder, salt, and cinnamon in a large mixing bowl.
2. In a stand mixer bowl, combine the date mixture, brown sugar, oil, vinegar, and vanilla extract. Slowly add the flour mixture, mixing until just combined.
3. Fill the cupcake cups about two-thirds of the way up. Bake for 18 to 20 minutes, or until a toothpick inserted into the center of the cake comes out clean with a few crumbs attached.
4. Remove from oven and immediately, using a toothpick, tilt the cakes so that they sit at an angle in the cupcake pans.
5. Pour 2 tablespoons glaze into each cupcake cup, then nudge the cakes back into the cups. Allow to soak for about 10 minutes before flipping onto the prepared cooling rack. Top each cake with an additional tbsp of glaze and serve right away.
6. Serve with vegan vanilla ice-cream or vegan whipped cream (Optional)



1. Beat in the powdered sugar for 1 to 2 minutes, or until fluffy. Beat in the cooled chocolate mixture until it is completely incorporated. Allow to chill in the refrigerator, covered, for 8 hours or overnight. Divide the mixture evenly among 10 chocolate cups. Each serving will be about 14 cup of mousse.

Recipe Notes

2. Before serving, the Chocolate Mousse should be chilled in the refrigerator for 8 hours or overnight.
3. Add your favorite fruit for toppings (Optional)





Rum Raisin Rice Pudding

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Delight in the comforting flavors of Rum Raisin Rice Pudding. This creamy dessert combines the richness of rum-soaked raisins with the velvety goodness of rice pudding. It's a delightful treat, perfect for a cozy indulgence or to add a touch of warmth to your day.

INGREDIENTS



Makes 10 Servings

- ¾ cup raisins
- 3 tbsps dark rum
- 1 cup uncooked Arborio or other medium-grain white rice
- 5 cups soy, almond, or rice milk
- ½ cup sugar
- ½ tsp salt
- ¼ tsp ground cinnamon
- 1 tsp pure vanilla extract

PREPARATION:

1. Set aside raisins that have been soaked in rum in a small bowl.
2. Combine rice, non-dairy milk, sugar, salt, and cinnamon in a large pot. Bring to a boil over medium-high heat, then turn down to a low setting.
3. Cook, uncovered, for 45 to 50 minutes, or until the sauce thickens. In a large mixing bowl, combine the vanilla, raisins, and rum.
4. Allow to cool completely before wrapping in plastic wrap and chilling in the refrigerator for 8 hours or overnight.

NUTRITIONAL VALUES

CALORIES

171 kcal

CARBS

12.7g

FAT

13.4g

S.FAT

6.2g

PROTEIN

4g

SUGAR

4.8g

SODIUM

55mg



Easy Chocolate Mug Cake

Prep Time: 5 Minutes Microwave Time: 40 Sec Total Time: 5: 40 Minutes

The best chocolate vegan mug cake out there! Super fudgy, moist and perfect anytime you need a chocolate fix, quick! Ready in just 5 minutes.

INGREDIENTS



Serve:1

- 2 tablespoons all purpose flour
- 2 tablespoons cocoa powder
- 2 tablespoons granulated sugar
- 1/8 teaspoon salt
- 1/4 teaspoon baking powder
- 1 tablespoon canola oil, melted
coconut oil or vegan butter
- 1 tbsp white vinegar (or use
lemon juice, rice vinegar, or white
wine vinegar)"
- 3 tablespoons non-dairy milk
- 1/2 teaspoon pure vanilla extract
- 2 tablespoons dairy free
chocolate chips 1 tbsp vanilla
extract

PREPARATION:

To make the cake:

1. Add the flour, cocoa powder, sugar, salt and baking powder to a mug. Stir or whisk to combine.
2. Pour in the oil, non-dairy milk and vanilla into the mug with the dry ingredients and stir well with a spoon. Sprinkle the chocolate chips on top.
3. Cook in the microwave for 40 seconds. It will likely be a little undercooked in the middle at this point, which is my preference, but if you want it cooked more, microwave it another 10-20 seconds.
4. Serve immediately.

NUTRITIONAL VALUES

CALORIES

319kcal

CARBS

44g

FAT
154.2g

S.FAT

2g

PROTEIN

5g

SUGAR

25g

SODIUM

318mg

Recipe Notes

- ▶ For the best results, use white flour for the mug cake, but whole wheat or gluten-free flour works too. Natural or Dutch-processed cocoa powder is both fine.
- ▶ You can replace regular sugar with coconut sugar or reduce the sugar for a less sweet dessert.
- ▶ Choose from canola oil, melted coconut oil, vegan butter, or your preferred oil for the recipe. Applesauce can be used for an oil-free option, though it may be less rich in flavor.





Cinnamon Mocha Cupcakes

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Enjoy the delightful blend of flavors in Cinnamon Mocha Cupcakes. These treats combine the warmth of cinnamon with the richness of mocha, creating a perfect balance. They're a sweet and flavorful choice for your dessert cravings.

INGREDIENTS



Makes 14 Cupcakes

FOR THE CUPCAKES:

- 1½ cups all-purpose flour
- 1 cup sugar
- 1/3 cup unsweetened cocoa powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp salt
- 1 cup canned coconut milk, mixed well before measuring
- ½ cup canola oil
- 2 tbsp white or apple cider vinegar

- 1 tbsp pure vanilla extract
- 2 tsp instant espresso powder

FOR THE FROSTING:

- 1 cup non-hydrogenated vegetable shortening
- 3 cups powdered sugar
- 1 tsp pure vanilla extract
- 1 tsp ground cinnamon, plus extra for dusting
- 2 tbsp instant espresso powder dissolved in ¼ cup water
- Chocolate curls, for garnish

PREPARATION:

To make the cupcakes:

1. Preheat the oven to 170°C/350°F. Line two 12-cup cupcake pans with 14 cupcake liners.
2. In a large mixing bowl, combine the flour, sugar, cocoa, baking soda, cinnamon, and salt. Whisk together the coconut milk, oil, vinegar, vanilla, and espresso powder in a separate bowl. Whisk the wet mixture into the dry mixture until just combined. Avoid overmixing.
3. Fill about two-thirds of the cupcake liners with batter. Bake for 16–20 minutes, or until a toothpick inserted into the center of a cupcake comes out clean.
4. Allow the cupcakes to cool completely before frosting them.

NUTRITIONAL VALUES

CALORIES

152 kcal

CARBS

13.4g

FAT
10.4g

S.FAT
1.4g

PROTEIN
5.2g

SUGAR
8.9g

SODIUM
178mg

To make the frosting:

5. Shortening should be beaten until smooth with a stand or hand mixer. With the mixer on low, combine the powdered sugar, vanilla, and 1 teaspoon cinnamon. As needed, add 1 tbsp of espresso liquid at a time until the frosting reaches the desired consistency and espresso flavour. Increase the speed to high and continue to beat for 2 minutes, or until the mixture is light and fluffy.

To assemble the cupcakes:

6. On the cupcakes, pipe or spread a layer of frosting. Garnish with cinnamon and shaved chocolate.

Recipe Notes

- ▶ Run a vegetable peeler along one edge of a chocolate bar to make chocolate curls. The chocolate is too hard if it breaks into small pieces.
- ▶ To soften the chocolate enough to form curls, microwave it for about 10 seconds. Place the curls on a plate and refrigerate immediately to prevent them from becoming crushed.
- ▶ Hook and pick up the curls with a toothpick and place them on your dessert.



Breads

Whole Wheat Burger Buns

Easy Banana Bread

Ciabatta Rolls

British Teatime Scones



NUTRITIONAL VALUES

CALORIES

142kcal

CARBS

33g

FAT

1g

S.FAT

0g

PROTEIN

6.4g

SUGAR

3g

SODIUM

590mg

Whole Wheat Burger Buns

Prep Time: 10 Minutes Cook Time: 30 Minutes Total Time: 40 Minutes

Make your own Whole Wheat Burger Buns. These buns use whole wheat for a hearty and healthier option to hold your burgers. They're a tasty choice to enjoy with your favorite fillings.

INGREDIENTS:



Makes 6 Buns

- 2 cups whole wheat flour (240 g)
- 1 tsp baking soda
- 1 tsp baking powder
- 1/3 cup almond milk (80 ml)
- 3 tbsp soy yogurt
- 1/3 cup water (80 ml)
- 3 tbsp applesauce
- 1 tbsp lemon juice
- 1 tbsp of Salt
- **OPTIONAL TOPPINGS**
- Rolled oats
- Black or white sesame
- Pumpkin seeds

PREPARATION:

1. Preheat your oven to 400 °F (200 °C) and line a baking sheet with parchment paper.
2. Start by sifting your flour, salt, baking soda and baking powder into a large bowl.
3. Add water, almond milk, soy yogurt and lemon juice to the flour mix. Combine everything with a spoon, then knead with your hands until a smooth but still sticky dough forms.
4. Divide the whole wheat dough into 6 pieces, shape them into buns and line them on your prepared baking sheet at about an inch distance.
5. Brush the buns with almond milk, and top with rolled oats, black sesame and pumpkin seeds.
6. Bake for 30 minutes or until golden. Then, remove from the oven and let the buns cool slightly before serving.

NOTES:

You can make these buns with either sweetened or unsweetened milk, yogurt and applesauce.

This recipe can easily be doubled or tripled to make more buns in one go. You can swap some of the whole wheat flour for spelt flour or regular all-purpose flour – we haven't tried making gluten-free.



NUTRITIONAL VALUES

CALORIES

0kcal

CARBS

0g

FAT

0g

S.FAT

0g

PROTEIN

0g

SUGAR

0g

SODIUM

0mg

Easy Banana Bread

Prep Time: 10 Minutes Cook Time: 50 Minutes Cooling Time: 10 Minutes

Enjoy the simplicity and deliciousness of Easy Banana Bread. This classic homemade treat is the perfect way to use ripe bananas, resulting in a moist and flavorful bread. Whether for breakfast or a snack, it's a delightful choice for all banana lovers.

INGREDIENTS:



Makes 1 loaf (10 Slices)

- 4 overripe bananas
- ¼ cup unsweetened applesauce
- 1 teaspoon pure vanilla extract
- 2 cups whole wheat flour
- ½ cup coconut sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon salt

PREPARATION:

1. Preheat the oven to 350°F. Line a 9-by-5-inch loaf pan with parchment paper.
2. In a medium mixing bowl, mash the bananas. Add the applesauce, vanilla, and ½ cup water; mix well.
3. In a large mixing bowl, whisk together the flour, sugar, baking powder, cinnamon, baking soda, and salt.
4. Pour the wet ingredients into the dry ingredients and mix until well combined.
5. Transfer the batter to the prepared pan and bake for 40 to 50 minutes, until a toothpick inserted into the center comes out clean.
6. Remove the bread from the oven, and let it cool for 10 minutes before serving.



Ciabatta Rolls

Prep Time: 10 Minutes Cook Time: 60 Minutes

Enjoy a quick and delicious vegan scone recipe, a beloved tradition in both British and Irish tea times, ready in just 30 minutes.

INGREDIENTS:



Makes 9 Scones

- 2 1/4 teaspoons active dry yeast
- 2 cups all-purpose flour, with some extra for dusting
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon fine cane sugar
- 3 1/2 tablespoons soy milk for brushing (optional)

PREPARATION:

1. Pour 2/3 cup lukewarm water into a big bowl. Sprinkle yeast over the water, cover it, and let it sit in a warm place for about 10 minutes.
2. Stir with a whisk, then add flour, olive oil, salt, and sugar. Knead it until it becomes a flexible dough. Cover it and let it rise in a warm place for 30-45 minutes until it doubles in size.
3. Preheat your oven to 400°F (200°C). On a floured surface, shape the dough into a long log and roll it out to about the thickness of your finger.
4. To make ciabatta rolls, cut this sheet into 8-10 equal-sized rectangles, cover them, and let them rise for another 20 minutes.
5. You can either sprinkle the ciabatta rolls with flour or, if you prefer a smooth surface, brush them with soy milk.
6. Bake the rolls in the center of the oven for 15-20 minutes. Remove them and let them cool slightly.

NUTRITIONAL VALUES

164kcal

CARBS

43g

FAT

3g

S.FAT

1g

PROTEIN

8g

SUGAR

1g

FIBER

4g



British Teatime Scones

Prep Time: 15 Minutes Cook Time: 10 Minutes

Enjoy British Teatime Scones, perfect for tea or a cozy afternoon. These pastries have a light, crumbly texture and are a classic treat that goes well with your favorite brew.

INGREDIENTS:



Makes 9 Scones

- 4 cups (500 g) plain flour
 - 2 tablespoons baking powder
 - 2 tablespoons (25 g) sugar (granulated or caster)
 - 1 teaspoon salt
 - 1/3 cup (75 g) vegan butter
 - 1 1/4 cups (300 ml) soy milk
 - 1/3 cup (75 g) optional raisins or chocolate chips
- For brushing:
- 1 tablespoon soy milk
 - 1 teaspoon maple syrup or sugar (your choice)

PREPARATION:

1. Preheat your oven to 220°C (430°F) with the fan setting.
2. In a mixing bowl, combine flour, baking powder, sugar, and salt.
3. Use a pastry cutter, fork, or your fingertips to mix in vegan butter until the mixture looks like coarse crumbs.
4. Add soy milk and, if you like, raisins or chocolate chips. Mix until you have a loose, sticky dough.
5. Place the dough on a floured surface and press it down to about 1 inch (2.5 cm) thick, or use a rolling pin.
6. Cut out circles using a 3-inch (8cm) cutter dipped in flour. Place the circles on a baking sheet lined with parchment paper. Gather any leftover dough and make more scones. You can shape the last one by hand.
7. To make a glaze, mix soy milk with maple syrup (refer to notes). Brush the tops of the scones with this mixture for a nice golden brown finish.
8. Bake the scones at 220°C (430°F) with the fan on for 10-12 minutes, or until the tops turn golden brown.
9. Let the scones cool on a wire rack or enjoy them while still warm after resting for 10 minutes.

NUTRITIONAL VALUES

285 kcal

CARBS

49g

FAT
9g

S.FAT
4g

PROTEIN
7g

SUGAR
4g

FIBER
2g



Potato or Spinach-Turkish Börek

Prep Time: 10 Minutes Cook Time: 20 Minutes Total Time: 30 Minutes

Enjoy these vegan Turkish Börek rolls—crispy and flavorful, they make a delightful snack or side dish. Quick and easy to prepare, this dish is a perfect combination of taste and nutrition, thanks to the addition of okara for balance.

INGREDIENTS:



Serves: 15 Rolls

TURKISH BÖREK

- 1 package of Yufka pastry sheets / Phyllo dough * see notes
- ¼ cup Plant-based milk + 2 tbsp oil to brush
- Black cumin, nigella, sesame

POTATO FILLING

- 1 kg Potatoes
- 1 Onion
- 150 mL Plant-based milk
- 125 g Okara (Soy pulp)
- 40 g Parsley

PREPARATION:

Potato Filling Borek

1. Peel and chop the potato into chunks. Steam until it's soft and can be easily pierced with a fork. Set aside.
2. While the potato is steaming, dice the onion into small pieces and sauté it on low to medium heat for about 10 minutes.
3. Mash the steamed potato thoroughly and add cayenne pepper, salt, and black pepper.
4. Stir in the milk, olive oil, vinegar, chopped parsley, and okara. Mix well.

Roll the Börek:

5. Preheat your oven to 180°C (360°F) using both top and bottom heat.
6. Gently unfold the filo sheets. Be careful, as they can tear easily (but it's not a big problem if they do). You can use scissors to cut the dough sheets in half.
7. Take a triangle or rectangle-shaped yufka dough sheet and place it on a clean surface with the wide side facing you (for triangles). Moisten the edges with a wet brush; this helps the edges stick together while rolling.
8. Add 1-2 tablespoons of the potato filling about 2 cm away from the wide edge. Leave a 2 cm gap on each side, then roll it once.

NUTRITIONAL VALUES

1050 kcal

CARBS

154g

FAT

7g

S.FAT

14g

PROTEIN

22g

SUGAR

8g

SODIUM

920mg

1. Fold the outer corners in and continue to roll the borek tightly. Repeat this process with the remaining yufka and filling.
2. If you want to create a spiral shape, oil a pie dish and place the filled dough sausage into the dish. Try to keep it as stable as possible, as it can be fragile. Begin with the outer edge and gradually unroll the spiral until it forms a snail shape.
3. Brush the borek with a mixture of soy milk and oil. Sprinkle black cumin and sesame seeds on top.
4. Bake in the preheated oven (180°C - 360°F) for approximately 30 minutes, or until the borek becomes golden brown and crispy.
5. Serve and enjoy!



Recipe Notes

- ▶ Yufka pastry : There are shapes available on the market. Some are already cut in triangles, these are perfect to roll börek as cigars. Other yufka are big rectangle shapes, I usually cut these ones in half and use them like that to roll as cigars or as a spiral.