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# Valentine's Day Dessert Recipes



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# Chocolate Peanut Butter Swirl Icebox Cake

PREP TIME: 20 MINUTES // TOTAL TIME: 20 MINUTES // YIELD: 8-10 SLICES

A quick and easy dessert that requires no cooking and is gluten-free as well as vegan. Inspired by [This Rawsome Vegan Life](#) and [The Barefoot Contessa](#).

## INGREDIENTS:

### For the Filling:

2½ cup raw cashews, soaked in water for at least 4 hours  
½ cup melted coconut oil  
¼ cup cane sugar syrup  
1 cup creamy peanut butter  
Beans from 1 vanilla bean pod or 1 teaspoon gluten-free vanilla extract  
2 bananas  
¼ cup filtered water  
½ cup gluten-free, vegan mini chocolate chips

### For the Crust:

1 cup gluten-free oats  
1 cup fresh, pitted, and roughly chopped Med-jool dates  
½ cup raw almonds

### For the Topping:

¼ cup gluten-free, vegan mini chocolate chips  
¼ cup creamy peanut butter, melted

## INSTRUCTIONS:

### To Make the Crust:

Line the bottom of an 8-inch springform pan with parchment paper and set aside. Pulse the oats, dates, and almonds in the bowl of a food processor fitted with the S-blade until the dough sticks together and the pieces are all uniform in size. Press the oat mixture into the bottom of the springform pan and place it in the fridge.

### To Make the Filling:

Combine the cashews, coconut oil, cane sugar syrup, peanut butter, vanilla beans, bananas, and water in the bowl of a food processor fitted with the S-blade. Process until smooth and creamy, stopping to scrape down the sides a few times. Once the filling is completely smooth, about 5 minutes, add in the ½ cup mini chocolate chips and pulse until incorporated. (There should be enough heat in the filling from the long processing time to melt the chocolate chips.) Pour the filling on top of the crust and smooth the surface. Gently tap the pan against the counter a few times to work out any air bubbles that are trapped in the filling.

### Decorate:

Sprinkle the chocolate chips across the top of the cake and gently press them into the filling. Place the cake in the freezer for 8 hours, preferably overnight. Before serving, remove the cake from the freezer, drizzle the melted peanut butter across the top of the cake, and let it sit at room temperature for 15 minutes. Release the springform pan from the cake right before serving. Store in the refrigerator if not eating right away. The cake will last for up to 5 days in the fridge.



# Matcha Shortbread Cookies



*These matcha shortbread cookies are perfect alongside a warm drink. The grassy flavor of the matcha works surprisingly well with buttery shortbread cookies. Rolled out and cut into sweet little hearts, these cookies are incredibly simple to make, yet have an air of sophistication about them.*

PREP TIME: 50 MINUTES // COOK TIME: 20 MINUTES // TOTAL TIME: 1 HOUR, 10 MINUTES // YIELD: ABOUT 3 DOZEN

## INGREDIENTS:

1/2 pound (2 sticks) unsalted butter, room temperature  
1 cup powdered sugar  
2 cups all-purpose flour, plus more for rolling  
2 tablespoons ceremonial-grade matcha powder  
1/2 teaspoon fine-grain sea salt

## INSTRUCTIONS:

Place the softened butter into a large bowl. Using an electric hand mixer (or alternatively, use a stand mixer with the paddle attachment), cream the butter on medium speed for a few minutes, until light and fluffy. Add the powdered sugar and continue to cream for about 2 minutes more.

Place a fine mesh sifter over the bowl with the butter mixture in it. Measure the flour, matcha powder, and salt, and sift over the butter, ensuring there are no lumps in the dry ingredients. Combine using the electric mixer on low speed, scraping the sides of the bowl with a spatula a few times. The mixture should be somewhat crumbly, but the dough should stick together when pinched between your fingers.

Dust a clean countertop with flour. Scrape the shortbread dough out onto the counter, and use your hands to gather it together to form a disk. Cover with plastic wrap and place in the refrigerator to chill for at least 30 minutes.

Preheat oven to 325°F. Line two baking sheets with parchment paper.

Roll the chilled dough to 1/4-inch thickness, and using cookie cutters, cut into shapes. Using a metal spatula, transfer the shapes to the prepared baking sheets. Gather the dough scraps together, re-roll, and cut shapes again.

Bake cookies until firm and just barely starting to become a golden color around the edges, about 15-20 minutes. Transfer to a wire rack to cool completely.

Matcha shortbread cookies can be stored in an airtight container at room temperature for one week, or in the freezer for up to one month.

PLEASE NOTE: THE DOUGH CAN BE KEPT IN THE REFRIGERATOR FOR UP TO THREE DAYS, OR TIGHTLY WRAPPED IN PLASTIC WRAP, FROZEN FOR UP TO ONE MONTH. TO USE FROM FROZEN, THAW OVERNIGHT IN THE REFRIGERATOR — I DON'T LIKE TO RE-ROLL DOUGH TOO MANY TIMES, SO AFTER TWO ROLLS I OFTEN ROLL THE DOUGH INTO A LOG, CHILL, AND SLICE ROUND COOKIES FROM IT.





# Chocolate Coconut Bacon Doughnuts

*Homemade vegan doughnuts dipped in rich chocolate glaze and coconut bacon. Sweet, salty, and totally addictive - you can't eat just one!*

PREP TIME: 30 MINUTES // COOK TIME: 20 MINUTES // TOTAL TIME: 50 MINUTES // YIELD: 10 MINI DOUGHNUTS

## INSTRUCTIONS:

### To Make the Coconut Bacon:

Preheat oven to 325°F. Line a baking sheet with parchment paper.

Whisk together the liquid smoke, tamari, maple syrup, water, paprika, and ground black pepper in a medium bowl. Add the coconut flakes and toss to coat. Transfer the coconut to the baking sheet and spread it out in an even layer.

Bake the coconut for about 10 minutes, until it's browned and crisp, stirring after 5 minutes. Coconut bacon goes from done to burnt really quickly, so you'll want to keep a close eye on it after the 5 minute mark to make sure it doesn't burn. Remove from oven and set aside.

### To Make the Doughnuts:

Increase the oven temperature to 350°F. Lightly coat two 6-count mini doughnut tins with coconut oil or an oil mister. (If you only have one tin, you can make the doughnuts in batches.)

Whisk together the flaxseed and warm water in a small mixing bowl; set aside. In a medium mixing bowl, whisk together the flours, baking powder, and salt.

Once the flaxseed mixture has achieved a gel-like consistency, stir in the sugar, vanilla extract, coconut oil, and almond milk. Pour the wet mixture into the flour mixture and stir with a wooden spoon until just incorporated.

Spoon the batter into the doughnut tin or transfer it to a zip-top bag and pipe it in as shown here. You'll want it to fill each doughnut cup 3/4 of the way up.

Bake the doughnuts for 8-10 minutes, or until they've puffed up and spring back when gently poked. Let the doughnuts cool in the tin for 5 minutes, then transfer to a cooling rack to finishing cooling.

### Make the Glaze:

Once the doughnuts have cooled to room temperature, make the glaze by whisking together the powdered sugar and cocoa powder in a shallow bowl. You'll want to make sure any lumps are broken up. Stir in 1 tablespoon of almond milk and the vanilla extract. Keep stirring until the sugar is fully incorporated. If the glaze is too thick, add additional almond milk 1 teaspoon at a time — you want the glaze to be on the thick side, though, so I've found 1 additional teaspoon is usually perfect.

### Top the Doughnuts:

Use your hands to break up and crumble the coconut bacon and transfer it to a small plate. Place a baking sheet or paper towels under the cooling rack to catch any drips.

Dip the tops of each doughnut in the glaze, then gently press the glazed doughnuts into the crumbled coconut bacon. Put the doughnuts back onto the cooling rack for the glaze to set — if there are some spots on the doughnuts that are bare, sprinkle a little additional bacon on those spots. If you're using smoked salt, sprinkle a small amount onto the doughnuts while the glaze is still wet. Eat immediately or store in an airtight container for up to 3 days.



## INGREDIENTS:

### For the Coconut Bacon:

- 1/2 tablespoon liquid smoke
- 1/2 tablespoon tamari or soy sauce
- 1/2 tablespoon maple syrup
- 1 teaspoon water
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup unsweetened flaked coconut

### For the Chocolate Glaze:

- 1/2 cup powdered sugar
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon almond milk (+ more if needed)
- 1/2 teaspoon vanilla extract

### For the Doughnuts:

- 1 tablespoon ground flaxseed
- 3 tablespoons warm water
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/3 cup granulated sugar
- 1 teaspoon vanilla extract
- 3 tablespoons melted coconut oil
- 1/2 cup almond milk

### Optional Toppings:

- A pinch or two of smoked sea salt

# Chocolate Beet Cake with Raspberry Sauce



*This rich and moist chocolate beet cake is flavored with hints of vanilla, espresso and cinnamon. It's perfect for any special occasion. The fresh raspberry sauce topping makes this dessert a real show stopper!*

PREP TIME: 50 MINUTES // COOK TIME: 30 MINUTES // TOTAL TIME: 1 HOUR, 20 MINUTES // SERVES: 8

## INGREDIENTS:

### For The Cake:

1 medium-large beet, greens trimmed and discarded  
6 tablespoons unsalted butter, softened at room temperature  
3/4 cups packed brown sugar  
1/4 cup white sugar  
1 egg, room temperature  
3/4 cups buttermilk, room temperature  
1 teaspoon vanilla extract  
1 teaspoon instant espresso powder  
1 cup all-purpose flour

1/2 cup cocoa powder  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon ground cinnamon  
1/2 teaspoon salt

### For the Raspberry Sauce:

2 cups fresh raspberries  
3 tablespoons white sugar  
1 tablespoon fresh squeezed lemon juice  
1 tablespoon water

## INSTRUCTIONS:

Place the beet into a small pot and cover with water. Place over high heat, and bring the water to a boil. Lower heat and allow to cook until it can be easily pierced with a small paring knife, about 30 minutes. Drain and set aside to cool slightly. Once the beet is cool enough to handle, peel off and discard the skin. Then roughly chop the beet and place it into the bowl of your food processor fitted with the S-blade attachment. Process until a puree is formed, stopping to scrape down the sides of the bowl as necessary. Measure out 1/2 cup of the puree. Any remaining puree is leftover and can be used for another purpose.

Preheat your oven to 350°F. Line the bottom of a 9-inch springform pan with a round of parchment paper. Spray the parchment paper and the sides of the springform pan with non-stick cooking spray. Set aside.

Place the butter and sugars into a large mixing bowl, or into the bowl of a stand mixer. Use an electric mixer or the stand mixer with the paddle attachment to cream together the butter and sugars on medium-high speed until light and fluffy, about 2-3 minutes. Beat in the egg. Then beat in the buttermilk, vanilla extract and instant espresso powder. Beat in the beet puree. The batter may appear slightly lumpy at this point. This is normal and it will smooth out as you continue to mix in the remaining ingredients.

In a separate bowl, sift together the flour, cocoa powder, baking soda, baking powder, cinnamon and salt. With your mixer on low, slowly add in the dry ingredients, beating until fully incorporated.

Spread the cake batter into your prepared springform pan. Then bake in your pre-heated oven for 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Remove the pan from the oven and set it on a wire rack to cool completely. Once cooled, you can remove the outer ring and slice the cake for serving.

While the cake is baking, make the raspberry sauce. In a saucepan over medium heat, combine all of the ingredients for the sauce. Bring the mixture to a low simmer and cook, stirring frequently, until the raspberries have broken down and the sugar is completely dissolved, about 3 minutes. Remove the saucepan from the heat and allow the sauce to cool to room temperature before using.

To serve, spoon the raspberry sauce over slices of the cake. Dust with powdered sugar, if desired. Enjoy!



## Vegan Chocolate Chip Cheesecake Stuffed Strawberries

*A dessert you don't have to feel guilty about! Fresh strawberries filled with raw, vegan chocolate chip cheesecake. Inspired by Food Family & Finds' [Vanilla Cheesecake Stuffed Strawberries](#).*

PREP TIME: 3 HOURS, 30 MIN // TOTAL TIME: 3 HOURS, 30 MIN // YIELD: ABOUT 15 STRAWBERRIES

### INGREDIENTS:

3/4 cup raw whole cashews, soaked in water overnight (8 hours)	1 tablespoon cacao nibs or chopped dark chocolate
2-3 tablespoons water	1 pound strawberries, hulled
1 tablespoon coconut oil	1 tablespoon ground flaxseed
2 tablespoons lemon juice	1 teaspoon ground cinnamon
1 tablespoon Grade B maple syrup (or raw agave nectar if you're following a strict raw diet)	

### INSTRUCTIONS:

Combine cashews, 2 tablespoons of water, coconut oil, lemon juice, and maple syrup in blender or food processor. Blend until smooth, scraping sides of blender if necessary. If mixture is too thick or the blade of the blender gets stuck, add an additional tablespoon of water. Fold in cacao nibs or chocolate chips. Place mixture in bowl, cover, and refrigerate until firm, 2-3 hours.

Combine flaxseed and cinnamon in a small bowl. Use a spoon to fill each strawberry with cheesecake. (If you want to serve the strawberries upright on a platter, slice off the tips of each strawberry; you can fill them with a little more cheesecake if you're standing them up.) Sprinkle tops with flaxseed mixture and serve.

PLEASE NOTE: YOU CAN ADD AN EXTRA TABLESPOON OF MAPLE SYRUP IF YOU'D LIKE THE CHEESECAKE TO BE SWEETER. PREP TIME INCLUDES TIME SPENT CHILLING IN FRIDGE.



# Spiced Sweet Potato Caramels



*These sweet potato caramels are rich, decadent, and yes, they really taste like sweet potatoes.*

PREP TIME: 45 MINUTES // COOK TIME: 1 HOUR // TOTAL TIME: 1 HOUR, 45 MINUTES // YIELD: 36 CARAMELS

## INGREDIENTS:

4 tablespoons unsalted butter (plus more for greasing the baking dish)	2 cups granulated sugar
1 small sweet potato, pierced with fork	1/2 cup light corn syrup
1/2 teaspoon cinnamon	1/3 cup maple syrup
1/8 teaspoon ground ginger	1/4 cup water
1/8 teaspoon allspice	1 teaspoon lemon juice
1 1/2 cups heavy cream	pepitas, pecans, or sea salt for garnish (optional)

PLEASE NOTE: THE CARAMELS ARE VERY TEMPERMENTAL – TOO MUCH HUMIDITY, SUGAR CRYSTALS ON THE SIDE OF THE PAN, AND EVEN SLIGHT VARIATIONS IN TEMPERATURE CAN MAKE THEM TOO HARD, TOO SOFT, OR CRYSTALLIZED.

## INSTRUCTIONS:

Preheat oven to 400°F. Line the bottom and sides of an 8 x 8 inch baking dish with parchment paper. (If you cut a slit in each corner of the paper, lining the sides is easy—for a visual demonstration, check out [Lining Pans with Parchment](#) on Good Life Eats.) Lightly grease the paper with butter.

Place sweet potato on a small baking sheet lined with aluminum foil. Bake until tender, about 35-45 minutes (depending on size and shape of potato). Allow to cool slightly.

Once potato has cooled, remove the skin and cut into large chunks. Add potato pieces to food processor; process until smooth and no chunks remain. Measure 2/3 cup of the puree; if there's any puree remaining, save it for something else or eat it now. It's delicious!

Transfer puree to a small saucepan. Stir in cinnamon, ginger, and allspice until well-combined. Stir in heavy cream and heat on medium, continuing to stir. Bring to a simmer and set aside.

In a heavy 4-quart saucepan, stir together sugar, corn syrup, maple syrup, and water with a wooden spoon and bring to a boil over medium-high heat. Use a heat-proof pastry brush dipped in warm water to brush sugar crystals from side of saucepan. Once mixture has come to a boil, place candy thermometer into sugar mixture and continue to cook until temperature reaches 244°F (don't stir it!). Remove from heat.

Gradually (and carefully!) add cream mixture to sugar mixture, stirring as you pour. The mixture will bubble up at this point, so please be careful and pour the cream in slowly. Return to a boil, then reduce heat to medium-low. Continue cooking until mixture reaches 240°F (this could take up to 30 minutes). As temperature rises, begin to stir more frequently.

Once caramel mixture reaches 240°F, remove saucepan from heat. Stir in butter and lemon juice until well-combined. Pour into lined baking dish. (If you're topping your caramels with nuts, salt, or pepitas, press them into the top of the caramel after it has cooled for about 15 minutes.) Cool to room temperature before cutting into individual pieces (I cut them into 36, but make them as big or as small as you like!); wrap in waxed paper and store in an air tight container or refrigerate.



# Vegan Banana Cream Pie Mini Tarts



*Creamy, bite-sized banana cream pies - made vegan! This recipe requires a couple of do-ahead steps (namely, soaking the cashews and chilling the coconut milk for the whipped cream), so be sure to plan for that.*

PREP TIME: 6 HOURS, 20 MINUTES // TOTAL TIME: 6 HOURS, 20 MINUTES // YIELD: 24 MINI TARTS

## INGREDIENTS:

1 cup raw cashews	1 tablespoon coconut oil
3 medium bananas, divided*	1 tablespoon pure maple syrup
3 tablespoons fresh lime juice (from 1-2 medium limes), divided	Pinch of salt
2 tablespoons coconut milk or almond milk	24 frozen baked phyllo tart shells, thawed
	1/2 batch coconut whipped cream (follow the instructions in the Raw Chocolate Raspberry Cheesecake Parfaits recipe, page 20)

PLEASE NOTE: I LIKE TO MAKE THIS WITH PERFECTLY YELLOW BANANAS – NOT TOO RIPE, WITH LITTLE TO NO BROWN SPOTS

## INSTRUCTIONS:

Several hours before making the tarts, place the cashews in a medium bowl and cover with 3 cups water. Soak the cashews for 4-6 hours, then drain and rinse. You'll also want to put the coconut milk (for the coconut whipped cream) into the refrigerator to chill.

To make the banana cream filling, place the soaked cashews into the pitcher of a blender or a food processor fitted with an S-blade. Add 2 bananas, 2 tablespoons lime juice, coconut milk or almond milk, coconut oil, syrup and salt. Puree until completely smooth, about 1 minute. Spoon the filling into a medium container with an airtight lid. Cover the top of the pudding with plastic wrap, taking care to expel any air bubbles - the less the filling is exposed to the air, the less brown it will turn. Cover with the lid and refrigerate until chilled, 1-2 hours.

Set the tart shells out. Spoon the filling into a pastry bag affixed with the tip of your choice or a zipper bag with the corner snipped off. Pipe the filling into the tart shells, dividing evenly between each shell (depending on your shells, you should be able to fill them almost to the top).

Make the coconut whipped cream (see page 20).

Place the coconut whipped cream into another pastry bag or zipper bag and pipe over the top of the banana filling. If you'd like to avoid the pudding turning brown on the top, take care to cover the filling entirely with the whipped cream, so that it's not exposed to the air.

Thinly slice the remaining banana and place it on a plate or in a bowl. Drizzle remaining 1 tablespoon lime juice over the tops of the bananas and toss gently. Top each tart with a banana slice.

Serve immediately.

# Strawberry Mimosa Cupcakes



Strawberry mimosas in cupcake form! Adapted from Sprinkle Bakes' [Sparkling Champagne Cupcakes](#) and Smedette's [Strawberry Sauce](#).

PREP TIME: 1 HOUR // COOK TIME: 40 MINUTES // TOTAL TIME: 1 HOUR, 40 MINUTES // YIELD: 12 CUPCAKES

## INGREDIENTS:

### For the Filling:

1/2 cup butter, softened  
1 cup granulated sugar  
2 eggs  
1 teaspoon vanilla  
1 3/4 cups all-purpose flour  
1/2 teaspoon baking soda  
1/4 teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup sour cream  
1/2 cup champagne or ginger ale  
zest from 1 small orange

### For the Strawberry Filling:

1 cup strawberries  
1/4 cup champagne or ginger ale  
1/4 cup sugar

### For the Frosting:

4 ounces cream cheese, softened  
1 stick butter, softened  
1 pound powdered sugar  
1 tablespoon orange zest  
2 tablespoons strawberry filling

## INSTRUCTIONS:

Preheat oven to 350°F. Place 12 cupcake wrappers in cupcake tin.

In a large mixing bowl, cream butter and sugar using a hand mixer. (You can use a stand mixer for this part too if you have one.) Add eggs and vanilla, beating well.

In a separate bowl, whisk together flour, baking soda, baking powder, and salt. In a third bowl, whisk together champagne and sour cream. Gradually beat flour and champagne mixtures into butter mixture.

Divide batter evenly among cupcake wrappers and bake for 17-20 minutes. Cool completely.

To make the strawberry filling, combine strawberries and champagne in a small non-reactive saucepan over medium heat. Bring to a boil.

Once filling comes to a boil, use a wooden spoon to mash strawberries. Add sugar and continue to cook on medium heat for 10 minutes, or until sauce has thickened. Cool to room temperature.

When cupcakes and filling have cooled, you can begin to fill the cupcakes. Use a paring knife to cut a divot into the center of each cupcake. Put about a tablespoon of filling into the hole you've made, then replace divot. Reserve 2 tablespoons of filling for frosting.

To make the frosting, combine cream cheese and butter in a large bowl using a hand or stand mixer at low speed. (If using a stand mixer, use the paddle attachment.) Once mixture is well-combined and fluffy, gradually add powdered sugar with mixer on low. When powdered sugar is fully incorporated, beat in orange zest and strawberry filling.

Pipe frosting onto cupcakes. Garnish with a small orange slices (as shown) or strawberries, if desired.

PLEASE NOTE: THE FROSTING HAS JUST ENOUGH STRAWBERRY IN IT TO GIVE IT A PINK TINT AND A LIGHT STRAWBERRY FLAVOR WITHOUT ADDING FOOD COLORING OR ARTIFICIAL FLAVOR. IF YOU PLAN ON FROSTING YOUR CUPCAKES WITH A SPATULA INSTEAD OF PIPING IT, YOU CAN ADD MORE STRAWBERRY SAUCE FOR A DARKER COLOR AND MORE INTENSE FLAVOR



# Hot Chocolate Raw Brownies

*These brownies are packed with natural aphrodisiacs including cacao, cinnamon, ginger, nutmeg, cardamom, vanilla and spicy cayenne pepper – so they're literally hot, even though there's no cooking involved in the recipe.*

PREP TIME: 1 HOUR, 10 MINUTES // TOTAL TIME: 1 HOUR, 10 MINUTES // YIELD: 9 BROWNIES



## INGREDIENTS:

2 cups pitted Medjool dates, soaked in hot water for 10 minutes	1 teaspoon ground cinnamon
1 cup shelled pecan halves	½ teaspoon ground ginger
1 cup shelled walnut halves	¼ teaspoon ground nutmeg
½ cup cacao powder	¼ teaspoon ground cardamom
1 teaspoon vanilla extract	Pinch salt

## INSTRUCTIONS:

Line a 9 x 9 inch or smaller square dish with parchment paper.

Place all ingredients into the bowl of a food processor fitted with an S-blade. Pulse until ingredients are well blended, but a few small chunks of nuts remain. The mixture should hold when pressed together with your hands.

Press the mixture into the prepared dish. Chill until the mixture is firm, at least one hour.

Remove the mixture from the dish and cut into squares. Optionally, garnish with a sprinkle of cinnamon and a few pecan halves. Serve.



# Orange Cardamom Chocolate Mousse



*Cardamom is the perfect compliment to the classic combination of chocolate and orange. This mousse is so rich and decadent, no one will suspect that it's dairy-free!*

PREP TIME: 1 HOUR, 5 MINUTES // TOTAL TIME: 1 HOUR, 5 MINUTES // SERVES: 4

## INGREDIENTS:

1-3 ounces high quality dark chocolate bar, broken into pieces  
1-12.3 ounce package shelf-stable firm silken tofu (like Mori-Nu), cut into large chunks  
1/4 cup orange juice  
1 tablespoon unsweetened cocoa powder  
1 tablespoon agave nectar, maple syrup, or honey (if you're not vegan)  
1 teaspoon ground cardamom  
zest from 1 whole orange

## INSTRUCTIONS:

Place chocolate bar pieces in a microwave-safe bowl and microwave at 20 second intervals until melted (stirring after each interval). You can use a double-boiler instead if you prefer.

Combine tofu and orange juice in a blender or food processor; process until smooth. Add remaining ingredients and process until well-combined. Chill in refrigerator for 1 hour before serving.



# Vegan Crème Brûlée

*A blend of creamy silken tofu and cashews is the secret to this luscious dairy-free crème brûlée. The pudding can be made up to a day in advance – just cover the ramekins with plastic and store in the refrigerator until you're ready to add the final sugar coating.*

PREP TIME: 15 MINUTES // COOK TIME: 40 MINUTES // TOTAL TIME: 55 MINUTES // SERVES: 4

## INGREDIENTS:

1 (12 ounce) package silken tofu	2 tablespoons vanilla extract
1/2 cup coconut sugar (or another granulated sugar), plus 2 tablespoons for topping	2 tablespoons cornstarch
1/2 cup unsweetened almond milk	1 tablespoon nutritional yeast
1/4 cup raw cashews, soaked in water 4 to 8 hours and drained	1/4 teaspoon salt or kala namak (for eggy flavor)
	Pinch cardamom (optional)

## INSTRUCTIONS:

Preheat oven to 350°F.

Bring a large pot of water to a boil. Remove from heat and set aside. Place 4 ramekins (8 ounce capacity or more) into a large rectangular baking dish.

Place all ingredients into a blender except for the 2 tablespoons of coconut sugar that will be for topping. Blend until smooth, stopping to scrape down the sides of the pitcher as needed.

Divide the mixture among the ramekins. Carefully pour the hot water into the baking dish, so that it comes about halfway up the sides of the ramekins.

Place into the oven and bake for about 30 minutes, until the mixture is just barely set, and still wobbly in the center. Remove the baking dish from the oven, and then remove the ramekins from the baking dish. Allow to cool completely.

When the ramekins have cooled, sprinkle the tops evenly with remaining 2 tablespoons of sugar. If you own a kitchen torch, use it to caramelize the sugar. Otherwise, place ramekins under the broiler, as close as your oven will allow, and broil just until the sugar caramelizes evenly. Serve.



# Vegan Fresh Raspberry Truffles



Fresh raspberries are rolled in vegan ganache to make these easy truffles. Adapted from Gourmet's [Chocolate Covered Raspberry Truffles](#).

PREP TIME: 10 MINUTES // COOK TIME: 5 MINUTES // TOTAL TIME: 15 MINUTES // YIELD: ABOUT 36 TRUFFLES

## INGREDIENTS:

6 tablespoons canned full-fat coconut milk  
6 ounces bittersweet chocolate, finely chopped  
6 ounces fresh raspberries, patted dry  
2 tablespoons unsweetened cocoa powder



PLEASE NOTE: PREP TIME DOES NOT INCLUDE REFRIDGERATION TIME.

## INSTRUCTIONS:

Line a baking sheet with parchment paper.

Bring the coconut milk to a simmer in a small saucepan over medium heat. Remove from heat and stir in the chocolate with a rubber spatula.

Once the chocolate mixture is smooth, add the raspberries 6-8 at a time. Use the spatula to stir the chocolate and coat the berries, then use 2 forks to remove each raspberry, transferring from one fork to the other to let the excess ganache drip off. Place the raspberries on the parchment paper and repeat until all the raspberries are coated.

Refrigerate the truffles until firm, about an hour, then place the cocoa powder in a zip-top bag. Put the truffles in the bag with the cocoa powder and toss to coat. Remove the truffles from the bag, shaking off any excess cocoa powder.

Return the truffles to the refrigerator until ready to serve, up to 2 days.

# Raw Strawberry Chocolate Dessert Pizza

*Rich and decadent ... plus raw and vegan too! Strawberries and chocolate join together in this gorgeous no-bake dessert pizza. Oh happy sweet tooth!*

PREP TIME: 4 HOURS, 40 MINUTES // TOTAL TIME: 4 HOURS, 40 MINUTES // YIELD: 8 SLICES

## INGREDIENTS:

### *For the Cashew Cream "Sauce":*

1 cup raw cashews, soaked for at least 2-4 hours, drained, and rinsed  
1/2 cup water  
2 teaspoons freshly squeezed lemon juice  
2 tablespoons agave syrup  
Pinch of salt

### *For the Chocolate Sauce:*

2 tablespoons coconut oil, in liquid form  
1 teaspoon agave syrup  
2 tablespoons cacao powder or cocoa powder  
1/4 teaspoon pure vanilla extract

### *For the Topping:*

1 1/2 cups sliced strawberries

### *For the Crust:*

1 cup pitted and chopped Medjool dates  
1/2 cup raw almonds  
1/2 cup rolled oats  
2 tablespoons raw cacao powder or cocoa powder  
1/2 tablespoon coconut oil, in solid state + more for greasing the pan  
1/2 teaspoon pure vanilla extract  
Generous pinch of kosher salt  
1/2 cup dark chocolate chips

## INSTRUCTIONS:

### *Make the Crust:*

Lightly grease the bottom and 1 1/2 inches up the sides of a 9-inch springform pan with coconut oil and set aside.

Combine the dates, almonds, and oats in the bowl of a food processor fitted with the S-blade. Process for 1-2 minutes, until all of the ingredients come together like dough and are similar in size, with no large chunks remaining. Add the cacao powder, coconut oil, vanilla extract, and salt, then process to incorporate.

Add the dark chocolate chips to the processor and pulse until the chips are incorporated into the dough, but not chopped.

Transfer the dough to the prepared pan and gently press the crust into it, beginning in the center and working towards the edges. Be mindful to keep the crust even across the bottom, then work the dough about an inch up the side of the pan to form the crust. Set aside.

### *Make the Cashew Cream Sauce:*

In a food processor fitted with the S-blade, combine the cashews, water, lemon juice, agave, and salt. Blend until smooth, 3-5 minutes (depending on your machine).

Pour the blended sauce into the center of the prepared crust and gently spread it towards the edges, leaving a 1-inch border. Cover with plastic wrap and freeze for at least 4 hours, or up to overnight.

### *Make the Chocolate Sauce:*

In a small bowl, whisk together the melted coconut oil, agave, cacao powder, and vanilla. If you have a small squeeze bottle, you can transfer the syrup to the bottle at this point, otherwise you can drizzle the syrup with a spoon later. Set aside in a warm place -- don't refrigerate this mixture or it will solidify!

### *Top the Pizza:*

Remove the springform pan from the freezer 10 minutes before you want to start decorating the pizza; allowing the crust to thaw slightly will help it separate from the pan. Remove the pizza from the pan and transfer it to a serving platter. Layer strawberries on the crust, starting at the 12 o'clock position on the outer edge of the cashew cream and working in a circle towards the center, gently overlapping each layer until you have reached the middle. If you have any strawberry slices left, gently tuck them in wherever you see a gap.

Drizzle the strawberries with chocolate sauce, cut the pizza into wedges, and serve immediately. You can also store the pizza in the refrigerator for up to 2 hours until ready to serve.

PLEASE NOTE: PREP TIME INCLUDES 4 HOURS FOR FREEZING THE CRUST AND SOAKING THE CASHEWS. IF YOU DON'T HAVE A SPRINGFORM PAN, YOU CAN MAKE THE CRUST ON A SHEET PAN LINED WITH PARCHMENT PAPER. YOU JUST WON'T BE ABLE TO BUILD UP THE EDGES AS MUCH AS YOU CAN WITH THE HELP OF A SPRINGFORM PAN.





# Vegan Lemon Baked Coconut Doughnuts

*Supremely tender cake doughnuts drenched in a zingy lemon glaze and sprinkled with flaked coconut--perfect for spring. And they're vegan, too!*

PREP TIME: 10 MINUTES // COOK TIME: 10 MINUTES // TOTAL TIME: 20 MINUTES // YIELD: 6 DOUGHNUTS

## INGREDIENTS:

### *For the Doughnuts:*

1 tablespoon flaxseed meal  
3 tablespoons water  
1/3 cup granulated sugar  
1 tablespoon lemon zest (from approximately 2 small lemons)  
1 cup all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 tablespoons solid coconut oil  
1/2 cup canned lite coconut milk  
1 tablespoon freshly-squeezed lemon juice

### *For the Glaze:*

1 cup powdered sugar  
2 tablespoons fresh-squeezed lemon juice  
1 tablespoon canned lite coconut milk

### *For the Topping:*

1/2 cup sweetened flaked coconut



## INSTRUCTIONS:

Preheat oven to 350°F. Grease a six-count non-stick doughnut pan with coconut oil or an oil mister.

In a small bowl, mix together the flaxseed meal and water. Set aside.

In a large bowl, mix together the sugar and lemon zest, using your fingers to rub the zest with the sugar to release the oils. Add the flour, baking powder, and salt, stirring together with a whisk until combined.

Drop the coconut oil into the flour mixture. Use a pastry blender or your clean fingers to distribute the coconut oil throughout the mixture until it resembles coarse crumbs.

Add the coconut milk and lemon juice to the small bowl with the flaxseed mixture. Stir.

Make a well in the middle of the dry ingredients and pour in the wet ingredients. Stir with a wooden spoon just until incorporated.

Scoop batter into a large zipper bag and squeeze the contents toward one of the bottom corners. Snip off the corner and use the bag to pipe the dough into each doughnut cup. Divide dough evenly between each cup—I usually go around each cup once or twice, then if I have any batter left over, I go back and add to each cup. You can also use a pastry bag affixed with a plain round tip.

Bake for 8-10 minutes, or until doughnuts are puffed and spring back when gently poked.

Allow the doughnuts to cool in the pan for five minutes, then use a butter knife to gently loosen the edges. Invert the doughnuts onto a baking rack set over a rimmed baking sheet and let cool completely.

To make the glaze, place the powdered sugar, lemon zest, and coconut milk into a small bowl and beat with a fork until it forms a liquid about the consistency of molasses. Dip each doughnut in the glaze and set glaze-sideup back on the baking rack. Sprinkle doughnuts with coconut.

PLEASE NOTE: DOUGHNUTS KEEP AT ROOM TEMPERATURE  
IN AN AIRTIGHT CONTAINER FOR UP TO 3 DAYS.



# Chocolate Lambic Cupcakes with Raspberry Cream Cheese Frosting

*Decadent cupcakes made with Framboise Lambic and topped with raspberry cream cheese frosting. Adapted from Dave Lieberman's [Chocolate Stout Cupcakes](#).*

PREP TIME: 25 MINUTES // COOK TIME: 25 MINUTES // TOTAL TIME: 50 MINUTES // YIELDS: 24 CUPCAKES

## INGREDIENTS:

### *For The Cupcakes:*

3/4 cups unsweetened cocoa  
2 cups sugar  
2 cups all-purpose flour  
1 teaspoon baking soda  
pinch of salt  
12 ounces Framboise Lambic  
1/2 cup (1 stick) butter, melted  
1 tablespoon vanilla extract  
3 large eggs  
3/4 cup sour cream

### *For the Frosting:*

8 ounces cream cheese  
5 tablespoons butter, softened  
2 tablespoons vanilla extract  
2 cups powdered sugar  
6 ounces fresh raspberries, pureed

## INSTRUCTIONS:

Preheat oven to 350°F. Line 24 muffin tins with paper liners or spray with cooking spray.

Whisk together cocoa, sugar, flour, baking soda, and salt in a small mixing bowl.

In a large mixing bowl, stir together Lambic, melted butter, and vanilla. With hand mixer on low, beat in one egg at a time and then add sour cream. Mix until smooth.

With hand mixer still on low speed, slowly add dry mixture into the wet mixture. Beat until well-combined.

Pour batter into muffin tins, filling each 3/4 of the way full. Bake for 12 minutes; rotate pans. Bake for another 12-13 minutes or until toothpick inserted into the center of cupcake comes out clean. Cool completely before frosting.

While cupcakes are cooling, start making frosting. Use a hand mixer to beat together cream cheese, butter, and vanilla extract in a small mixing bowl. Gradually beat in powdered sugar. Fold in raspberry puree. Generously frost each cupcake.

# Chocolate Bakalava Cups



*These chocolate baklava cups are an easy and quick spin on the classic dessert. Mini phyllo shells are filled with nuts, honey, orange zest and chopped chocolate. Serve them warm or at room temp.*

PREP TIME: 15 MINUTES // COOK TIME: 10 MINUTES // TOTAL TIME: 25 MINUTES // YIELD: 15 MINI CUPS

## INGREDIENTS:

1 (15 count) package frozen mini phyllo cups	1 tablespoon grapeseed oil
1/4 cup finely chopped pistachios	3/4 teaspoon orange zest
1/3 cup finely chopped raw walnuts	1/2 teaspoon vanilla extract
1/3 cup finely chopped raw pecans	1/2 teaspoon ground cinnamon
1/4 cup finely chopped semi-sweet chocolate	Pinch of salt
1/3 cup honey	

PLEASE NOTE: ANOTHER NEUTRAL OIL CAN BE SUBSTITUTED FOR GRAPESEED OIL. - IF YOU CAN'T FIND MINI PHYLLO CUPS YOU CAN MAKE YOUR OWN! THAW ONE PACKAGE OF FROZEN PHYLLO SHEETS. WIPE OR SPRAY A MINI MUFFIN TIN WITH THE NEUTRAL OIL USED IN THE RECIPE. CUT THE PHYLLO SHEETS INTO RECTANGLES AND FORM TO THE MUFFIN CUP. BAKE AT 375°F FOR 10 MINUTES OR UNTIL GOLDEN BROWN.

## INSTRUCTIONS:

Preheat the oven to 350°F. Place the phyllo cups on a parchment-lined baking sheet and set aside.

In a medium bowl, mix together the pistachios, walnuts, pecans, chocolate, honey, oil, orange zest, vanilla, cinnamon, and salt until well combined. Spoon an equal amount of the filling into each of the phyllo cups (they will be heaping).

Bake for about 9 to 10 minutes, until lightly browned and fragrant. Serve warm or at room temperature.





# Mexican Chocolate Mousse

*Is there any treat more romanticized than chocolate? Perhaps only champagne or oysters, but who needs those when you've got these lush little pots of chocolate mousse. They're intensely chocolately, velvety smooth, and, because the Aztecs had it right when it comes to chocolate, spiced with cinnamon and cayenne pepper.*

PREP TIME: 40 MINUTES // TOTAL TIME: 40 MINUTES // SERVES: 4

## INGREDIENTS:

2 very ripe medium-sized bananas  
2 ripe avocados  
6 tablespoons melted coconut oil  
½ cup good quality cocoa or cacao powder  
1 teaspoon ground cinnamon  
1/8 – ¼ tsp cayenne pepper  
Pinch of fine-grain sea salt  
1-2 Tablespoons maple syrup (optional)

## INSTRUCTIONS:

Place the avocados, bananas, and melted coconut oil into the bowl of a food processor fitted with an S-blade. Pulse a few times to combine, and then run until the mixture is smooth.

Add the cocoa, cinnamon, cayenne, and salt, and run the food processor again, stopping to scrape the sides once or twice to make sure the cocoa is well combined.

Taste the mousse and decide whether or not you want to use the maple syrup (this will likely depend on how sweet your bananas are) and adjust seasonings to taste.

Spoon the mousse into four ramekins or dessert glasses. Chill for at least 30 minutes to allow the mousse to set.

To serve, garnish with little sprinkle of cinnamon or some chili flakes.

PLEASE NOTE: FOR THE MOST ACCURATE MEASUREMENT, MELT THE COCONUT OIL BEFORE YOU MEASURE IT. — START WITH 1/8 TEASPOON OF CAYENNE PEPPER, AND ADD MORE IF YOU'D LIKE. REMEMBER YOU CAN ALWAYS ADD MORE HEAT, BUT YOU CAN'T TAKE IT AWAY!

# Raw Chocolate Raspberry Cheesecake Parfaits with Whipped Coconut Cream

Layers of rich cashew-based vegan cheesecake, fresh raspberries, and whipped coconut cream, these decadent little parfaits are totally vegan and (almost completely) raw.

PREP TIME: 20 MINUTES // TOTAL TIME: 20 MINUTES // YIELD: 6-8 PARFAITS

## INGREDIENTS:

### For the Chocolate Cheesecake Layer:

2 cups raw cashews, soaked in water 4-8 hours, rinsed and drained  
1/3 cup cacao powder  
1/3 cup raw blue agave nectar  
2 tablespoons lemon juice  
2 tablespoons water  
1/4 teaspoon salt

### For the Raspberry Layer:

2 cups fresh raspberries  
2 teaspoons raw blue agave nectar (optional, depending on how sweet your raspberries are)

### For the Whipped Coconut Cream Layer:

2 (14-ounce) cans full fat coconut milk or coconut cream, refrigerated overnight (until cream and solids have separated)  
3-4 tablespoons raw blue agave (or to taste)

## INSTRUCTIONS:

### To Make the Chocolate Cheesecake Layer:

Place all of the ingredients into the bowl of a food processor fitted with an S-blade. Process until smooth and creamy, stopping to scrape down sides of bowl as needed and thinning with a bit of extra water if needed.

### To Make the Raspberry Layer:

If you're using agave nectar for this layer, set aside a one or two raspberries per parfait for garnish, then place the remaining raspberries and agave into a medium bowl and toss to coat.

### To Make the Whipped Coconut Cream Layer:

Open the cans of coconut milk or cream and scoop the solids into a medium mixing bowl. Discard the liquid or save for another use (it's great for smoothies!).

Using an electric mixer, beat the coconut cream on high speed until it's light and fluffy, about 1 minute, scraping down the sides of the bowl as needed. Add the agave and beat until fully blended.

### Assemble the Parfaits:

Divide the chocolate cheesecake mixture among six to eight parfait cups or 1-cup mason jars. Place the raspberries over top of chocolate cheesecake layer, and then divide the coconut whipped cream over the raspberries. Top each parfait with one or two of the reserved raspberries. Optionally, dust with a bit of cacao powder to garnish.

PLEASE NOTE: FEEL FREE TO SUBSTITUTE COCOA POWDER FOR CACAO POWDER OR NON-RAW AGAVE OR MAPLE SYRUP FOR THE RAW BLUE AGAVE. THESE INGREDIENTS WORK JUST AS WELL, BUT AREN'T RAW.





# Baked Banana Wontons with Coconut Caramel Sauce

*These crispy baked banana wontons are perfect by themselves, but they're even better when served with ice cream and coconut caramel sauce!*

PREP TIME: 15 MINUTES // COOK TIME: 10 MINUTES // TOTAL TIME: 25 MINUTES // SERVES: 4

## INGREDIENTS:

### *For the Baked Banana Wontons:*

1 medium banana, mashed with a fork  
1/8 teaspoon ground cinnamon  
16 wonton wrappers (see note)  
1 teaspoon coconut oil, melted (or oil mister/  
cooking spray)

### *For The Coconut Caramel Sauce:*

1/3 cup coconut milk (not light—you need the  
full-fat kind)  
1/2 teaspoon vanilla  
pinch of salt  
1/4 cup sugar  
2 tablespoons water

## INSTRUCTIONS:

### *To Make the Baked Banana Wontons:*

Preheat oven to 400°F.

Combine cinnamon and banana in a small bowl. Place a heaping teaspoon of banana filling in the center of each wonton wrapper. Brush edges of wrapper with a small amount of water, fold into a triangle, and press edges together to seal.

Brush both sides of each finished wonton with coconut oil (or spray both sides with oil or cooking spray). Place wontons on a baking sheet.

Bake for 8-10 minutes or until corners are browned and crispy.

### *To Make the Coconut Caramel Sauce:*

Whisk together coconut milk, vanilla, and salt in a small bowl. Set aside. Combine sugar and water in a small heavy-duty saucepan over medium-high heat. Do not stir! Allow mixture to come to a boil. Once it begins to boil, watch it like a hawk. Eventually the mixture will start to smell like caramel and turn a golden color, then light brown. This will take about 6 minutes. When you see that it's started to turn brown, slowly pour in coconut milk mixture, whisking constantly and quickly. If the sugar hardens around the whisk, don't worry; it will melt. Just keep whisking! Continue to heat over medium-high until mixture has thickened and is a light caramel color, about 5 minutes more. Drizzle over wontons and ice cream.

PLEASE NOTE: MANY SUPERMARKET BRANDS OF WONTON WRAPPERS CONTAIN EGG, BUT EGGLESS BRANDS ARE EASY TO FIND AT ASIAN MARKETS. YOU CAN ALSO MAKE YOUR OWN WONTON WRAPPERS — HERE'S A [VEGAN WONTON WRAPPER RECIPE](#) FROM FOOD.COM.





# Vegan Cannoli Bites

*No frying, special equipment or dairy required! These vegan cannoli bites are quick, easy, delicious and cute to boot!*

PREP TIME: 45 MINUTES // COOK TIME: 10 MINUTES // TOTAL TIME: 55 MINUTES // YIELD: 36 BITES

## INGREDIENTS:

### For the Shells:

2 cups all-purpose flour  
1/4 cup brown sugar  
1 tablespoon ground flax seeds  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
1/2 cup unflavored soy or almond milk  
1/4 cup coconut oil (or your favorite baking oil)

### For the Topping:

1 cup mini vegan chocolate chips or shavings

### For the Vegan Cannoli Filling:

1 1/2 cups raw cashews, soaked in water 4-8 hours and drained  
1/2 pound extra firm tofu, drained  
3 tablespoons unflavored soy or almond milk  
1 tablespoon lemon juice  
1 teaspoon vanilla extract  
1/4 teaspoon salt  
1 cup powdered sugar

PLEASE NOTE: WORK IN BATCHES IF YOU DON'T HAVE TWO MINI MUFFIN TINS. JUST ALLOW THE TIN TO COOL A BIT BEFORE STARTING YOUR SECOND BATCH. ENJOY LIFE BRAND MINI CHIPS ARE VEGAN AND THE PERFECT SIZE FOR THESE CANNOLI BITES.

## INSTRUCTIONS:

### To Make the Shells:

Preheat oven to 400°. Lightly oil two mini-muffin tins.

In medium mixing bowl, stir together flour, brown sugar, flax, cinnamon, salt and baking powder. Add soy or almond milk and oil, and stir well with a fork to incorporate. Work into a dough and gently knead a few times until smooth and elastic. Divide dough into 2 balls. Lightly flour a work surface and use a rolling pin to roll each ball into about a 12-inch square, about 1/8 inch thick. Using a pastry cutter or drinking glass, cut 2 1/2-inch circles into dough. Gently lay circles into prepared mini muffin tin, lightly pressing down if needed to ensure the circles conform to the inner surfaces of muffin cups.

Bake 10-12 minutes, until lightly browned. Remove from oven and transfer to a cooling rack. Allow to cool completely.

### To Make the Vegan Cannoli Filling:

Place cashews, tofu, milk, lemon juice, vanilla and salt into food processor bowl and blend until relatively smooth, stopping to scrape down sides of bowl as needed. Add powdered sugar and continue to blend until smooth, adding a bit extra powdered sugar if the mixture seems too thin, and a bit extra milk if it seems too thick.

Transfer to a bowl, cover and chill for at least 30 minutes.

### To Make the Vegan Cannoli Bites:

Transfer filling to a piping bag or a plastic bag with the corner snipped off, and pipe into shells, or simply spoon the filling into shells. Sprinkle with mini chocolate chips or shavings.

