



S C A T T E R

VEGAN SWEETS

Over 85 delicious whole-food, low-fat
& gluten-free sweets for any time of day!

Wendy Gabbe Day



Wendy Gabbe Day

Veg Food & Fit
www.VegFoodandFit.com

Scatter Vegan Sweets
Copyright © 2011 by Wendy Gabbe Day

All rights reserved. No portion of this book, except for brief review,
may be reproduced in any form without the written permission of the publisher.

Published by Veg Food & Fit
A division of Evergreen Northwest Imprints
P.O. Box 25618
Portland, OR 97298
www.vegfoodandfit.com

First edition published January 2011

Cover design and layout by Patrick Floresca
Printed in Portland, Oregon on 100% recycled
post-consumer waste paper

ISBN: 978-0-9718052-1-7

For more information about special discounts
for bulk purchases, please contact:

Veg Food & Fit
www.vegfoodandfit.com
wendy@vegfoodandfit.com

This book is dedicated to my best friend, Erin.
The desserts we created together will forever be the sweetest.

C O N T E N T S

1	Scatter Vegan Sweets: An Introduction	7
2	Cookies & Scones	15
3	Cakes, Cupcakes & Brownies	29
4	Muffins & Quick Breads	39
5	Pancakes, Waffles & Breakfast Bars	51
6	Smoothies & Shakes	61
7	Granolas & Granola Bars	71
8	Treats & Energizing Snacks	83
9	Pies, Crisps & Cobblers	93
10	Frostings, Toppings & Mousses	105
	Ingredient Guide	113
	Recipe Index	118
	Gratitude	120

Scatter Vegan Sweets: An Introduction

Thanks for picking up a copy of my cookbook – well, actually, it is your cookbook now! It's more of a blueprint really, that can help guide you along your journey. So, what makes this cookbook different from all the others? Unlike the majority of cookbooks in existence, these recipes are completely plant-based (that means no animal products, including honey), are made with gluten-free whole grains, and are low in fat and low in sugar, too... I'll give you a minute to take that all in. Oh, and did I mention oil-free as well? Ok, now I did. So you might be scratching your head and wondering how is this all possible? A cookbook full of smoothies, muffins, cakes, cookies, pies, and so much more, that is actually good for me and delicious, too? Yep, that is exactly what you have in your hands! So what are you waitin' for? Let's head to the kitchen!

In case you haven't made it to the kitchen just yet, let me take a moment to introduce myself. I'm 30 years old, living in Portland, Oregon with my husband, Eric, and our much-loved rescued dog (except when she eats cookies off the counter). I've been a vegetarian since birth, and a vegan for most of my life. I played four years of Division 1 college basketball, and I like to be very active – running, hiking, and biking around the beautiful Pacific Northwest.

My dad, David Gabbe, has been creating wonderful plant-based fare for over 20 years (and writing and teaching, too); so you might say my desire to create a vegan sweets cookbook is in my blood – literally. Guilty as charged, I love sweet foods. I could eat sweet foods throughout the entire day – wait a second, I already do! But contrary to common practice, these sweets I thoroughly enjoy (and you will soon, too!) are loaded with whole-food, highly-nutritious ingredients including whole grains, fruits, seeds, nuts and even some beans. You can enjoy these foods as a meal, as an on-the-go snack, and also for dessert! My only mention of caution is that your friends and family will snatch up these treats rather quickly, so make sure you get first dibs! Ok, let's go for it... it's time to create some delicious sweets that are completely guilt-free, and will fill you up before they fill you out.

What are Vegan Sweets?

Before we delve into the “how to’s,” let’s make sure we are on the same page. Vegan foods are completely plant-based. This means they do not contain any animal products, such as dairy, eggs and honey. Vegan foods are loaded with vitamins, minerals, protein, carbohydrates, healthy fats and fiber. Animal-based products are not only fiberless, they are full of cholesterol, saturated fat and are often times hormone-laden. Who wants all that in his or her dessert bowl?

This cookbook is not your typical “sweets” book. First off, it’s vegan (see previous paragraph). And secondly, while it does contain mouth-watering desserts, it is all about sweet foods that you can enjoy throughout your day! All the “sweets” in this book are low in sugar, low in fat, and loaded with nutritious fruits, whole grains, seeds, nuts and beans, too. And finally, these recipes are gluten-free and completely oil-free as well. Not your typical sweets book, huh? I bet your friends and family will be amazed how delicious (and nutritious) vegan sweets can be!

How to Scatter Vegan Sweets

I hope that you will scatter the following recipes amongst your friends, family, co-workers, classmates, and everyone else that you encounter. I love whipping up a batch of sweet treats and sharing them at meetings, potlucks and any event that food can be brought to (practically everywhere!). I’ve found that the best way to turn people on to plant-based foods (especially gluten-free, oil-free, and highly nutritious ones) is by scattering these vegan sweets all around (just make sure you get some for yourself, too) and then stepping back and watching folks devour the goodies and head back for seconds (and thirds). I hope the following information will help you on your sweet journey – and don’t forget to scatter these recipes far and wide!

Whole Grains and Gluten-Free Flours

Whole grains are essential to a healthy diet. With their bran and germ layers still intact, whole grains are a great source of fiber, complex carbohydrates, vitamins and

minerals. Unrefined complex carbohydrates help balance your blood sugar, and because of their high fiber content, whole grains tend to make you feel full longer.

I decided to focus on gluten-free grains in this cookbook because I feel much better eating this way – I feel lighter and my digestion is smoother. Gluten, the protein found in wheat, spelt, kamut, barley and rye, can be difficult to digest for some people, and for those with celiac disease, it must be avoided altogether. Oats are often processed with wheat, which can contaminate them with gluten. If you are avoiding gluten, you can find certain brands of oats marked “gluten-free.”

Many gluten-free recipes call for refined flours and starches (i.e. white rice flour, potato starch, tapioca starch, egg replacement powder, etc.), but not in this cookbook! I call for gluten-free whole grains, and some of my favorites are brown rice, buckwheat, oats, millet and quinoa. I like grinding my own flour as much as possible (this ensures freshness, and is less expensive, too) – I typically grind buckwheat, oats and millet in a standard blender. I've included specific grinding instructions for each of these grains in the Ingredient Guide (pages 113-117). You'll also notice I like using garbanzo bean flour in many muffins, breads and cakes. Not only does garbanzo bean flour add wonderful nutrients, I've found the baked goods come out richer and with a smoother consistency. Just remember, the pre-baked batter might taste really strong (it is beans after all!) – so I wouldn't recommend licking the mixing bowl clean. However, after baking, no one will ever guess you've hidden beans in there!

Sugars and Alternative Sweeteners

Most cookbook recipes for cookies, cakes, muffins, granolas, bars, etc., call for ridiculous amounts of sugar. Don't get me wrong, sugar is delicious, but a minimal approach is the key. You'll notice the recipes in this cookbook call for just enough sugar to make the recipe sweet, while maintaining the recipe's nutritious qualities.

A quick trip to the grocery store may leave you baffled by all of the different types of sugar for sale. Generally speaking, sugar is sugar – I wouldn't rave about the wonderful health benefits of any particular sugar, but I would like to mention that some are better than others due to their gentler impact on your blood sugar levels.

I recommend using evaporated cane juice (light colored) or dehydrated cane juice (dark colored) as my dry go-to sugars. Dehydrated cane juice is dark because it retains its natural molasses. It is great in chocolate, gingerbread, and other recipes with bold flavor. I recommend using evaporated cane juice in place of traditional white sugar, as white sugar is often filtered with animal-derived charcoal – charred bones, actually – yikes!

I also highly recommend maple syrup, brown rice syrup, molasses, fruit juices, and dried fruit – and again, all in minimal amounts. And many vegans find agave nectar to be a great-tasting substitute for honey. You'll notice many fruit-sweetened recipes throughout this book – I love using medjool dates or other dried fruit to create a sweet treat that's free of refined sugar. And lastly, if it's within your budget, I'd recommend buying organic sweeteners (and organic foods) whenever possible to avoid consuming unnecessary pesticides. I've included more information on each of the sweeteners mentioned above in the Ingredient Guide (pages 113-117).

Low Fat and Oil Free

Our bodies need fat to thrive (in small amounts, of course), and I like to get it from healthy, whole-food sources such as seeds, nuts, beans, avocado and coconut. You'll notice there isn't a drop of oil in any of these recipes (except to grease the baking pans and sheets).

Did you know that oil has 120 calories per tablespoon? In looking through a bunch of cookbooks, I've noticed most baked goods typically call for 1/2 cup to 1 cup of oil per recipe. Let's just say the recipe makes 8 servings (I'm being generous here). Then each serving has 120-240 calories just from the oil alone (not to mention the eggs, butter, milk and other calorie- and cholesterol-laden additions). So, I decided to create delicious, oil-free sweet treats (for any time of day) so you can nosh to your heart's content, and fill up on all of the nourishment found in whole grains, beans, fruits, seeds and nuts, without having to worry about a bunch of hidden calories.

Raw Foods

I like including many raw foods into my daily diet. In the summer months I tend to crave more raw foods than in the winter months. But even if it's frigid and snowing outside, I'll still be enjoying my Raw Berry Buckwheat Smoothie (page 62) for breakfast – it's extremely delicious! Basically, raw foods are plant-based goodies that haven't been heated above roughly 115 degrees Fahrenheit. Raw foods are uncooked, unprocessed, and are full of their original nutrients that haven't been diminished by heat.

I've included about 20 raw food recipes in this cookbook, everything from smoothies to cookies. Most of the recipes are simple to make, and take only a little advance preparation (such as overnight soaking).

After looking through many raw food cookbooks, I found that most dessert items are loaded with nuts – meaning lots of fat and calories. Raw food cakes, cookies and brownies are made of lots of ground up nuts, with nut crusts and creamy toppings made from – you guessed it – nuts. Ok, there are a few other ingredients folded into the mix, too. As you may have imagined, this inspired me to get creative and devise some delicious raw treats that are lighter on the nuts, and rich with fresh and frozen fruits, and soaked grains.

Soaking Raw Seeds, Nuts and Grains

You'll notice many of the raw food recipes in this book call for soaked seeds, nuts or grains. People often think they don't have time for this task, but it really just takes a little advance planning. It has become my nightly ritual to place some of these ingredients in a glass jar, fill it with water, and then place it in the refrigerator until morning. Voila. Soaking is complete and I'm ready to eat!

Soaking raw seeds, nuts and grains (and sometimes dried fruit) has a couple of

purposes. I've found my blender has an easier time blending pre-soaked ingredients – which renders a creamier smoothie, pudding, or pie filling. And beyond the blender's ease of use, soaked raw seeds, nuts, and grains are much easier to digest. (This may be due, in part, to the increase in vitamin and enzyme content as soaking begins the germination process – which awakens the dormant seed, nut or grain). After soaking, thoroughly rinse and drain your soaked seeds, nuts and grains – especially buckwheat, as it can be slimy after soaking.

Egg Replacers

Throughout my recipes you'll see various combinations of flax seed meal and blended fruit (typically apples, bananas or medjool dates) that add moisture and help bind the baked good. Why people ever thought to put chicken's eggs into baked goods is beyond me! If you'd like to "veganize" a recipe (from another cookbook, of course), here are some helpful hints:

Flax Seeds:

1 Tablespoon flax seed meal + 3 Tablespoons water (beat with a fork) = 1 egg

To make flax seed meal, finely grind flax seeds in a blender or coffee grinder and store in the freezer. Great for quick breads, muffins, cakes and cookies.

Banana, Applesauce, Prune or Date Puree:

1/4 cup mashed banana, applesauce, date or prune puree = 1 egg

Adds good flavor and moistness especially for quick breads, muffins, cakes and cookies. Make sure the bananas are ripe. Rather than buying applesauce, I just toss a cored, chopped apple or two in the blender.

Tofu or Non-dairy Yogurt:

1/4 cup blended tofu or non-dairy yogurt = 1 egg

This makes cakes, muffins and brownies really moist. I recommend using firm or extra firm tofu.

A lot of people use Ener-G Egg Replacer, but I'd much rather use natural whole-food substitutes like the ones above!

A Few Additional Words of Wisdom

You'll notice all of the baked treats in this book have a baking range, rather than a precise "done" time. I've realized that actual oven temperatures can vary from the set temperatures, that different flours (store-bought vs. home-ground) absorb liquid differently, and the varying consistency and sizes of fruits, seeds and nuts can alter liquid amounts and absorbency, as well. Whew, that's a lot of factors at play! The bottom line is, don't be discouraged if your baking time falls outside the range (typically on the longer side) – just check for doneness by sticking a toothpick in the center, and removing the baked good when the toothpick comes out pretty clean. And be sure to allow the baked good to cool thoroughly, this will allow it to soak up any additional moisture left behind. Remember, we are working with gluten-free whole grains, seeds, nuts, fruits and beans – nothin' but the best, so be patient if your treat has to bake a little longer!

Be Active

Being active is a very important component of living a healthy and balanced life. There isn't one right way to be active, you've just got to find an activity (or a few!) that you truly enjoy – hiking, running, walking, biking, lifting weights, team sports, swimming, dancing or gardening – the possibilities are endless! I'd recommend doing something active every day of the week if possible, or 3-5 times per week if your time is limited (or your workouts are really intense). Don't forget to drink extra water and to fuel up on any of the goodies in this book – they are delicious, nutritious and energizing!

Tools & Equipment

You don't need a bunch of fancy kitchen gadgets for any of these recipes. It's important just to have some basic quality items. Here's a list of the goodies I'd recommend:

A **baking sheet** has shallow sides for making granola and bars. You don't need a separate **cookie sheet** if you've got a baking sheet. I'd recommend having two large non-stick baking sheets.

I use a **blender** practically every day. A \$30 model will do just fine for everything in this book, but if you care to invest in a Vitamix brand blender, you won't regret it!

I often use a **cake pan** (9" round) for most of my cake baking. But a square metal or glass baking dish will work well, too.

A **cooling rack** is a great way to let your baked good cool, without further cooking it on the hot sheet or dish. You can also turn your baked good upside down on a large cutting board to let the steam escape.

A large **cutting board** can be very handy for rolling out cookies and pie crusts, chopping nuts and fruit, and cutting breads and bars into smaller pieces.

I use a **food processor** in a few different recipes, but it isn't a must-have like the other items on this list. Instead of processing, you can chop up the ingredients by hand, or toss the dry ingredients in the blender, and knead the other ingredients together in a bowl.

Glass baking dishes are great for crisps, pies and other fruity things.

A few sharp **knives** will do the trick (like a chef's knife, a paring knife, and a serrated knife) – just pay close attention to what you're chopping.

Measuring cups and **measuring spoons** are good for accuracy – or do as I do, and estimate (once you've made the recipe a few times)!

A large **mixing bowl** is essential for success. You don't need to be sprayin' batter all around the room trying to mix up the ingredients.

Muffin tins are a must-have for muffins and cupcakes. My tin makes 12, but large muffins or mini-muffins will taste great, too (just know the baking times will vary).



Now you are ready for success! Let's get started scattering vegan sweets far and wide!

2 Cookies & Scones

Cookies and scones are so fun to bake because you can make them perfect little shapes or free-formed mounds. I usually opt for the latter so I can get 'em into the oven faster!

- Chocolate Chip Peanut Butter Cookies
- Strawberry Thumbprint Cookies
- Gingerbread Cookies
- Chocolate Cookie Pies
- Fruit Sweetened Chocolate Banana Cookies
- Coconut Oatmeal Cookies (Chocolate Dipped)
- Maple Oatmeal Raisin Cookies
- Trail Mix Cookies
- Nearly Raw Oatmeal Raisin Cookies
- Chocolate Almond Unbaked Cookies
- Raspberry Lemon Scones
- Orange Cranberry Oat Scones

If you are unfamiliar with the ingredients in any of these recipes (or need a little refresher), check out the handy “Ingredient Guide” beginning on page 113. You’ll find flour grinding tips, details on sweeteners, and so much more!

Chocolate Chip Peanut Butter Cookies

Everyone loves homemade chocolate chip cookies! These little guys are irresistibly good, and the best part is they are good for you, too. Created with the whole grain goodness of brown rice flour these cookies are the real deal. If you'd like to make 'em without peanut butter, replace it with your favorite nut butter or one ripe banana!

ABOUT 25 COOKIES

2 cups brown rice flour
½ cup evaporated cane juice
½ cup non-dairy chocolate chips
½ cup chopped nuts (optional)
¼ cup flax seed meal*
2 teaspoons baking powder
½ teaspoon salt

1 ½ cups non-dairy milk or water
⅓ cup peanut butter
1 teaspoon vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil two large cookie sheets.
3. In a bowl, combine the first seven dry ingredients.
4. In a separate bowl, mix the last three ingredients until smooth.
5. Pour the wet ingredients into the dry ones and mix thoroughly.
6. Form the dough into balls and flatten on the cookie sheets.
7. Bake for 20-25 minutes or until golden brown. Allow to cool for a few minutes on the cookie sheet to firm up before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Strawberry Thumbprint Cookies

Thumbprint cookies are one of those classic cookies that you can't get enough of! Get friends and family involved and have them customize their own cookies. Any flavor of fruit jelly or jam will be delicious.

ABOUT 25 COOKIES

- 2 ½ cups brown rice flour
- ½ cup evaporated cane juice (or other dry sugar)
- 2 teaspoons baking powder
- ½ teaspoon salt

- ½ cup nuts (almonds, walnuts, pecans, etc.)
- 1 ½ cups non-dairy milk or water
- 1 Tablespoon orange zest

- ¼ cup strawberry jelly

1. Preheat the oven to 350 degrees F.
2. Lightly oil two large cookie sheets.
3. In a bowl, combine the first four dry ingredients.
4. In a blender, blend the nuts into a coarse flour. It's ok if it all sticks together.
5. Add one cup of the non-dairy milk and blend until smooth. Then add remainder of the milk and orange zest and blend briefly to combine.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. Form the dough into balls and flatten on the cookie sheets.
8. With your thumb make an indentation in the center of each cookie. But don't press too hard.
9. Fill with about 1/2 teaspoon of jelly. Or more if you'd like.
10. Bake for 15-20 minutes or until slightly firm. Allow to cool for a few minutes on the cookie sheets to firm up before moving to a wire rack to finish cooling.

Gingerbread Cookies

Gingerbread cookies are a perfect treat year-round! These cookies are subtly sweet and spicy and a bit chewy, too. Enjoy 'em guilt-free, as these guys are low in fat and made with whole-grain brown rice flour!

ABOUT 25 COOKIES

3 cups brown rice flour
2/3 cup dehydrated cane juice (or other dry sugar)
1/4 cup flax seed meal*
1 Tablespoon baking powder
1 teaspoon cinnamon
1/2 teaspoon each: salt and nutmeg

1/2 cup almonds (or other nuts)
1 apple (cored and chopped)
1/2 cup water
1/4 cup molasses
1 Tablespoon grated ginger (fresh) or 1 teaspoon ground ginger

1. Preheat the oven to 325 degrees F.
2. Lightly oil two large cookie sheets.
3. In a bowl, combine the first seven dry ingredients.
4. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
5. Add the wet ingredients to the blender and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. The batter should be thick, but if it is too dry, add 2-3 Tablespoons more water.
8. Make approximately 1/4 inch thick round cookies or shape with cookie cutters. (If using cookie cutters, lightly flour your cutting board and rolling pin before rolling out dough to avoid cookies from sticking).
9. Bake 20-25 minutes (depending on cookie thickness) or until the edges are crisp. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Chocolate Cookie Pies

These cookie pies were inspired by their close relative, the Whoopie Pie! But these cookie pies have strayed from the family – they are low in fat and low in sugar, too. (And still oh so delicious!) I like to fill 'em with the thick version of Coconut, Orange or Strawberry "Cream."

ABOUT 16 COOKIES or 8 COOKIE PIES

1 ½ cups oat flour*	½ cup almonds (or other nuts)
⅔ cup garbanzo bean flour	2 apples (cored and chopped)
½ cup dehydrated cane juice (or other dry sugar)	1 cup non-dairy milk or water
⅓ cup cocoa powder	1 teaspoon vanilla
⅓ cup non-dairy chocolate chips	
2 teaspoons baking powder	
½ teaspoon salt	

CREAM FILLINGS:

Follow the instructions for "Thick Creams" (pages 107-109)

1. Preheat the oven to 350 degrees F.
2. Lightly oil two large cookie sheets.
3. In a bowl, combine the first seven dry ingredients.
4. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
5. Add the last three wet ingredients to the blender and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. The batter should be thick, but easily spoonable. Add additional water or flour if needed.
8. Make round (evenly-sized) cookies, and flatten them out to about 1/2 - 2/3 of an inch thick.
9. Bake 20-25 minutes. Allow to cool for a few minutes before moving to a wire rack to finish cooling.
10. Once completely cool, spread a generous helping of any of the "Thick Creams" on the cookie bottom, and make a "sandwich" with another cookie.

* See "Ingredient Guide" for grinding tips

Fruit Sweetened Chocolate Banana Cookies

The ripe bananas in these cookies impart a wonderful sweet flavor, and the modest amount of peanut butter adds a nice richness, without too much fat. Mix in a little chocolate and you have yourself a party! These cookies are moist on the inside and filled with fruit-sweetened goodness!

ABOUT 25 COOKIES

- 1 ½ cups brown rice flour
- 1 cup garbanzo bean flour
- ½ cup chopped almonds (or other nuts)
- ½ cup each: cocoa powder and non-dairy chocolate chips
- ¼ cup flax seed meal*
- 2 teaspoons baking powder
- ½ teaspoon salt

- 3 ripe bananas
- 2 cups water
- 1 ½ cups medjool dates (pitted and packed)
- ¼ cup peanut butter
- 2 teaspoons vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil two large cookie sheets.
3. In a bowl, combine the first eight dry ingredients.
4. In a blender, blend the remaining five ingredients until smooth.
5. Pour the blended ingredients into the dry ones and mix thoroughly.
6. Form the dough into balls and flatten on the cookie sheets.
7. Bake 20-25 minutes (depending on cookie thickness) or until the edges are crisp. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Coconut Oatmeal Cookies (Chocolate Dipped)

These cookies are super delicious and easy to make, too! Half dipped in chocolate glaze, these brown rice and oat cookies are sure to satisfy your sweet tooth!

ABOUT 25 COOKIES

- 1 ½ cups brown rice flour
- 1 ½ cups rolled oats
- ⅔ cup evaporated cane juice (or other dry sugar)
- 2 teaspoons baking powder
- ½ teaspoon salt

- ½ cup coconut shreds
- 1 cup non-dairy milk or water
- 1 teaspoon vanilla

- ½ cup non-dairy chocolate chips (for dipping)

1. Preheat the oven to 350 degrees F.
2. Lightly oil two large cookie sheets.
3. In a bowl, combine the first five dry ingredients.
4. In a blender, blend the coconut shreds into a flour.
5. Add the non-dairy milk and vanilla to the blender and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. Form the dough into balls and flatten into roughly 3-inch diameter rounds on the cookie sheets.
8. Bake for 15-20 minutes or until golden brown. Allow to cool for a few minutes on the cookie sheets to firm up before moving to a wire rack to finish cooling.
9. For the chocolate dip: melt the chocolate chips in a double boiler, in the microwave, or in a small saucepan on very low. Dip half of the cookie into the chocolate. Or, you can spread the chocolate onto half of the top of the cookie (much neater this way!). Place the cookies on wax paper and let cool and harden.

Maple Oatmeal Raisin Cookies

These are incredibly good cookies as they're sweet but not too sweet, and the oats and raisins combine to make 'em both delicious and hearty! Watch out, your kitchen is going to be bursting with sweet smells!

ABOUT 25 COOKIES

- 1 ½ cups oat flour*
- 1 ½ cups rolled oats
- ⅔ cup raisins
- ¼ cup flax seed meal*
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt

- ½ cup maple syrup
- ½ cup non-dairy milk or water
- ¼ cup almond butter (or other nut butter)

1. Preheat the oven to 350 degrees F.
2. Lightly oil two large cookie sheets.
3. In a bowl, combine the first seven dry ingredients.
4. In a separate bowl, mix the last three ingredients until smooth.
5. Pour the wet ingredients into the dry ones and mix thoroughly.
6. Form the dough into balls and flatten on the cookie sheets.
7. Bake for 20-25 minutes or until golden brown. Allow to cool for a few minutes on the cookie sheets to firm up before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Trail Mix Cookies

Energizing trail mix is super easy to eat when it's baked into these little cookies! Both low in sugar and naturally sweetened by dried fruit, these cookies are great on the trail or as an on-the-go snack!

ABOUT 25 COOKIES

- 1 ½ cups brown rice flour
- 1 cup rolled oats
- ⅓ cup evaporated cane juice (or other dry sugar)
- ¼ cup flax seed meal*
- ⅓ cup each: raisins and cranberries (or other dried fruit)
- ¼ cup each: pumpkin seeds and sunflower seeds
- ¼ cup chopped almonds (or other nuts)
- 2 teaspoons baking powder
- ½ teaspoon salt

- 1 ¼ cups non-dairy milk or water
- ¼ cup almond butter (or other nut butter)
- 1 teaspoon vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil two large cookie sheets.
3. In a bowl, combine all of the dry ingredients.
4. In a separate bowl, mix the last three ingredients until smooth.
5. Pour the wet ingredients into the dry ones and mix thoroughly.
6. Form the dough into balls and flatten on the cookie sheets.
7. Bake for 25-30 minutes or until golden brown. Allow to cool for a few minutes on the cookie sheets to firm up before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Nearly Raw Oatmeal Raisin Cookies

These cookies are not only unbelievably simple to make, they are delicious and nutritious, too! Within minutes you can be enjoying these little guys and they are super easy to pack to-go as well. Low in fat and sweetened with dried fruit, they're my new favorite cookies!

ABOUT 25 COOKIES

- ½ cup almonds (or other nuts)
- 1 cup medjool dates (pitted and packed)
- 3 cups rolled oats
- 1 Tablespoon cinnamon
- ¼ teaspoon salt
- 6 Tablespoons water
- ½ cup raisins

1. Place the almonds in a food processor[❖] and pulse until finely chopped.
2. Add the dates to the processor and thoroughly process.
3. Add the oats, cinnamon and salt and thoroughly process again.
4. Add the water and process until the whole mixture sticks together. Add more water if needed.
5. Add the raisins and quickly process to combine.
6. With your hands form the mixture into cookies, balls, or other shapes. Eat 'em now, or chill for later.

❖ If you don't have a food processor the nuts can be blended into a coarse flour in a blender. The dates can be finely chopped by hand and kneaded with the nut flour.

Chocolate Almond Unbaked Cookies

These chewy little chocolatey treats are whipped together in a flash, and they solidify in the fridge in less than a half hour. Or, if you can't wait that long, toss some cookie "dough" on top of your favorite non-dairy ice cream or yogurt for a delicious snack packed with hearty oats!

ABOUT 25 COOKIES

¼ cup brown rice syrup
¼ cup maple syrup
¼ cup almond butter (or other nut butter)
1 teaspoon vanilla

¼ cup cocoa powder
¼ teaspoon salt
3 cups rolled oats

1. In a saucepan, combine the first four wet ingredients and heat on low until liquefied.
2. Thoroughly stir in the cocoa powder and salt, then mix in the oats until well coated.
3. With wet hands, pack the mixture into small cookies and place on a large oiled cookie sheet or on wax paper.
4. Refrigerate for 30 minutes or until the cookies solidify.

Raspberry Lemon Scones

I love biting into a baked treat full of sweet berries! Feel free to add any berries you have on hand. These scones have a rich maple and lemon flavor and a smooth texture from the oat and garbanzo bean flours. Enjoy 'em as a meal or a mid-day snack!

ABOUT 18 SCONES

- 1 $\frac{3}{4}$ cups oat flour*
- 1 cup garbanzo bean flour
- $\frac{1}{4}$ cup flax seed meal*
- 1 Tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt

- $\frac{1}{2}$ cup almonds (or other nuts)
- 1 cup water
- $\frac{1}{2}$ cup maple syrup
- 2 Tablespoons lemon zest

- 1 cup raspberries (fresh or frozen)

1. Preheat the oven to 375 degrees F.
2. Lightly oil a large cookie sheet.
3. In a bowl, combine the first five dry ingredients.
4. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
5. Add the remaining wet ingredients (except raspberries) and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly. Stir in the raspberries.
7. The batter should be very thick. Sprinkle in additional flour if the batter is too loose.
8. Shape the dough into long triangles, or thick rounds.
9. Bake 15-20 minutes or until golden. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Orange Cranberry Oat Scones

These scones are great for breakfast or as a snack any time of day. They are bursting with orange and cranberry flavor, but aren't too sweet. These scones get their light texture from the oats and pecans. If you prefer raisins, dried apricots or another dried fruit, feel free to mix it up.

ABOUT 18 SCONES

3 cups oat flour*
2 Tablespoons flax seed meal*
1 Tablespoon baking powder
½ teaspoon salt
⅔ cup dried cranberries

½ cup pecans (or other nuts)
¾ cup orange juice
½ cup maple syrup
1 Tablespoon orange zest

1. Preheat the oven to 375 degrees F.
2. Lightly oil a large cookie sheet.
3. In a bowl, combine the first four dry ingredients. Then mix in the cranberries.
4. In a blender, blend the pecans into a coarse flour. It's ok if it all sticks together.
5. Add the remaining wet ingredients and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. The batter should be very thick. Sprinkle in additional oat flour if the batter is too loose.
8. Shape the dough into long triangles, or thick rounds.
9. Bake 15-20 minutes or until golden. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

3 Cakes, Cupcakes & Brownies

I've got to admit, my favorite recipes are in this chapter. But don't tell, I don't want the other chapters to be jealous! I think every day should be celebrated with some delicious (and wholesome) cake. I can hardly wait for these goodies to bake, much less cool down!

- Orange Chocolate Bean Cake/Cupcakes
- Coconut Cake/Cupcakes
- Banana Split Cake/Cupcakes
- Strawberry Cake/Cupcakes
- Vanilla Chocolate Swirl Cake/Cupcakes
- Caramel Apple Turnover Cake
- Chocolate Bean Brownies
- Fruit Sweetened Carob Brownies

If you are unfamiliar with the ingredients in any of these recipes (or need a little refresher), check out the handy "Ingredient Guide" beginning on page 113. You'll find flour grinding tips, details on sweeteners, and so much more!

Orange Chocolate Bean Cake/Cupcakes

Who said you can't have your cake and eat your beans, too? My new favorite flour to work with is garbanzo bean flour. It adds a nice rich and hearty texture to baked goods. The chocolate and orange flavors really shine through in this recipe, and I swear no one will ever know they are eating beans and brown rice flour, too!

12 CUPCAKES or ONE 9-INCH CAKE

- 1 cup garbanzo bean flour
- 1 cup brown rice flour
- $\frac{2}{3}$ cup dehydrated cane juice (or other dry sugar)
- $\frac{1}{2}$ cup each: cocoa powder and non-dairy chocolate chips
- $\frac{1}{4}$ cup flax seed meal*
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt

- $\frac{1}{2}$ cup almonds (or other nuts)
- 2 apples (cored and chopped)
- 1 $\frac{1}{2}$ cups water
- $\frac{1}{3}$ cup frozen orange juice concentrate
- 2 Tablespoons orange zest

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or one 9-inch round (or similar size) cake pan.
3. In a bowl, combine the first eight dry ingredients.
4. Place the almonds in a blender, and blend into a coarse flour.
5. Add the apples, water, and orange juice concentrate and blend until smooth.
6. Pour the blended ingredients into the dry ones, sprinkle in the freshly grated orange zest, and mix until just combined. Spoon the batter into muffin tins or cake pan.
7. Bake for 35-40 minutes (cupcakes) or 50-60 minutes (cake) or until a toothpick comes out clean. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

I love to top these cupcakes with Orange "Cream" Frosting (page 107) or Chocolate Frosting (page 106).

* See "Ingredient Guide" for grinding tips

Coconut Cake/Cupcakes

This cake – made with brown rice flour and garbanzo bean flour – is surprisingly light and delicate in texture. Even though it's simple to prepare, you'll be excited by the complex coconut flare! And for the frosting, this cake is meant to be topped with your favorite flavor (page 105) and sprinkled with shredded coconut.

12 CUPCAKES or ONE 9-INCH CAKE

- 1 ¼ cups brown rice flour
- ¾ cup garbanzo bean flour
- ⅔ cup evaporated cane juice (or other dry sugar)
- 2 teaspoons baking powder
- ½ teaspoon salt

- ½ cup coconut shreds
- 1 ¾ cups coconut milk*, non-dairy milk or water
- 1 teaspoon vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or one 9-inch round (or similar size) cake pan.
3. In a bowl, combine the first five dry ingredients.
4. Pour the coconut shreds into a blender and blend into a coarse flour.
5. Pour the liquid and vanilla into the blender, and blend to combine.
6. Pour the blended ingredients into the dry ones and mix until just combined. Spoon the batter into the muffin tins or cake pan.
7. Bake 20-25 minutes (cupcakes) or 35-40 minutes (cake) or until a toothpick comes out clean. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for easy to make coconut milk

Banana Split Cake/Cupcakes

Combine dried cherries, almonds, chocolate chips and bananas – and you’ve got a party! Toss in some oat flour and garbanzo bean flour – and you’ve got a complete protein meal! This cake is light in texture and heavy in flavor. I adore it “bare,” or topped with your favorite frosting (page 105).

12 CUPCAKES or ONE 9-INCH CAKE

- 1 $\frac{3}{4}$ cups oat flour*
- $\frac{3}{4}$ cup garbanzo bean flour
- $\frac{2}{3}$ cup evaporated cane juice (or other dry sugar)
- $\frac{1}{2}$ cup non-dairy chocolate chips
- $\frac{1}{2}$ cup each: almonds and dried cherries (both chopped)
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt

- 2 bananas
- 1 $\frac{3}{4}$ cups non-dairy milk or water
- 2 teaspoons vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or one 9-inch round (or similar size) cake pan.
3. In a bowl, combine the dry ingredients.
4. In another bowl, mash the bananas and pour in the liquid and vanilla. Stir until thoroughly mixed.
5. Pour the wet ingredients into the dry ones and mix until just combined. Spoon the batter into the muffin tins or cake pan.
6. Bake 25-30 minutes (cupcakes) or 40-50 minutes (cake) or until a toothpick comes out clean. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See “Ingredient Guide” for grinding tips

Strawberry Cake/Cupcakes

This cake is simply delicious whether you use fresh or frozen strawberries. Sometimes I add grated beets for a little extra pink hue. I love to top this cake with Strawberry "Cream" Frosting (page 109) or Chocolate Frosting (page 106), and sliced strawberries, too.

12 CUPCAKES or ONE 9-INCH CAKE

- 1 ½ cups oat flour*
- ¾ cup garbanzo bean flour
- ⅔ cup evaporated cane juice (or other dry sugar)
- 2 teaspoons baking powder
- ½ teaspoon salt

- ½ cup almonds (or other nuts)
- 2 cups strawberries (fresh or frozen)
- 1 cup non-dairy milk or water
- 1 teaspoon vanilla
- 3 Tablespoons beets (grated)(optional)

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or one 9-inch round (or similar size) cake pan.
3. In a bowl, combine the first five dry ingredients.
4. Pour the almonds into a blender and blend into a coarse flour.
5. Add the strawberries, non-dairy milk, vanilla and beets (optional) to the blender, and blend to combine.
6. Pour the blended ingredients into the dry ones and mix until just combined. Spoon the batter into the muffin tins or cake pan.
7. Bake 25-30 minutes (cupcakes) or 45-55 minutes (cake) or until a toothpick comes out clean. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Vanilla Chocolate Swirl Cake/Cupcakes

I love vanilla and chocolate swirled together as one. Have fun with your swirls – there's no right way to make 'em! This cake is delicious with frosting (page 105) or all on its own with a little non-dairy ice cream!

12 CUPCAKES or ONE 9-INCH CAKE

- 1 ½ cups oat flour*
- ¾ cup garbanzo bean flour
- ⅔ cup evaporated cane juice (or other dry sugar)
- 2 teaspoons baking powder
- ½ teaspoon salt

- ⅓ cup cocoa powder
- ⅓ cup non-dairy chocolate chips

- ½ cup cashews (or other nuts)
- 1 ½ cups non-dairy milk or water
- 1 apple (cored and chopped)
- 2 teaspoons vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or one 9-inch round (or similar size) cake pan.
3. In a bowl, thoroughly combine the first five dry ingredients.
4. Pour half of the dry ingredients into a separate bowl, and add the cocoa powder and chocolate chips to one of the bowls.
5. Pour the cashews into a blender and blend into a coarse flour.
6. Add the non-dairy milk, apple, and vanilla to the blender, and blend to combine.
7. Pour half of the blended ingredients into each bowl of dry ingredients and mix until just combined.
8. Spoon the batter into the muffins tins or cake pan, alternating spoonfuls of chocolate and vanilla. Run a spatula or knife through the batter in a swirling motion to create the swirl effect.
9. Bake 25-30 minutes (cupcakes) or 45-55 minutes (cake) or until a toothpick comes out clean. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Caramel Apple Turnover Cake

This cake is packed with nutritious oat and garbanzo bean flours and a rich apple-cinnamon flavor. It may not be as light as gluten-containing cakes, but it is nutrient-dense and delicious! I like it topped with a little non-dairy ice cream.

ONE 9-INCH CAKE

- 2 apples (cored, peeled and thinly sliced)
- 2 Tablespoons brown rice syrup
- 1 teaspoon vanilla

- 1 $\frac{3}{4}$ cups oat flour*
- $\frac{3}{4}$ cup garbanzo bean flour
- $\frac{2}{3}$ cup evaporated cane juice (or other dry sugar)
- 1 Tablespoon cinnamon
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt

- $\frac{1}{2}$ cup almonds (or other nuts)
- 2 apples (cored and chopped)
- 1 cup non-dairy milk or water

1. Preheat the oven to 350 degrees F.
2. Lightly oil one 9-inch round (or similar size) cake pan.
3. Arrange the peeled apple slices along the bottom of the cake pan in a pattern or randomly.
4. In a small saucepan, gently heat the brown rice syrup and vanilla. Once liquefied, pour over the apples.
5. In a bowl, thoroughly combine the next six dry ingredients.
6. Pour the almonds into a blender and blend into a coarse flour.
7. Add the apples and non-dairy milk to the blender, and blend until smooth.
8. Pour the blended ingredients into the dry ingredients and mix until just combined.
9. Spoon the batter into the cake pan on top of the apples.
10. Bake 50-55 minutes or until a toothpick comes out clean. Allow to cool for a few minutes before flipping onto a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Chocolate Bean Brownies

Chocolate, beans, and brownies, oh my! This winning combo creates a delicious fudgy brownie that is full of chocolatey goodness! And it's a complete protein, too – packed with nutritious oats and bean flour – enjoy 'em to your heart's content!

15 TO 18 BROWNIES

- 1 ¼ cups oat flour*
- ¾ cup garbanzo bean flour
- ⅔ cup cocoa powder
- ⅔ cup dehydrated cane juice (or other dry sugar)
- ½ cup non-dairy chocolate chips
- ¼ cup flax seed meal*
- 2 teaspoons baking powder
- ½ teaspoon salt

- 2 apples (cored and chopped)
- 1 cup non-dairy milk or water
- ¼ cup almond butter (or other nut butter)
- 1 teaspoon vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 9 x 13-inch (or similar size) baking dish.
3. In a bowl, combine the first eight dry ingredients.
4. In a blender, add the remaining ingredients and blend until smooth.
5. Pour the blended ingredients into the dry ones, and mix until just combined. Spoon the batter into the baking dish.
6. Bake 30-35 minutes or until a toothpick comes out clean.

* See "Ingredient Guide" for grinding tips

Fruit Sweetened Carob Brownies

I love the subtle and unique flavor of carob! It is a naturally sweet legume that requires much less sweetener than chocolate when used in recipes. Carob is fat free, and high in fiber, vitamins, and minerals! These nutrient-rich brownies – sweetened with medjool dates – are more like a meal wrapped up into a delicious and nutritious bar!

15 TO 18 BROWNIES

- 1 ¼ cups brown rice flour
- ¾ cup garbanzo bean flour
- ½ cup carob powder
- ½ cup carob or non-dairy chocolate chips (optional)
- ½ cup chopped walnuts (or other nuts)
- ¼ cup flax seed meal*
- 2 teaspoons baking powder
- ½ teaspoon salt

- 2 cups non-dairy milk or water
- 1 cup medjool dates (pitted and packed)
- ¼ cup almond butter (or other nut butter)
- 2 teaspoons vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 9 x 13-inch (or similar size) baking dish.
3. In a bowl, combine the first eight dry ingredients.
4. In a blender, add the non-dairy milk and dates and blend until smooth.
5. Add the last two ingredients, and blend again.
6. Pour the blended ingredients into the dry ones, and mix until just combined. Spoon the batter into the baking dish.
7. Bake 30-35 minutes or until a toothpick comes out clean.

* See "Ingredient Guide" for grinding tips

4 Muffins & Quick Breads

These recipes are totally versatile – they are great as muffins and as breads. I personally prefer muffins because they come out of the oven sooner! Just make sure you stick a toothpick in the center to check if the muffins and breads are done. And let 'em cool before digging in – any extra moisture will be absorbed.

- Gingerbread Muffins
- Apple Walnut Spice Muffins
- Blueberry Lemon Millet Corn Muffins
- Apple Hemp Maple Bread
- Fruit Sweetened Blueberry Banana Muffins
- Carrot Ginger Bean Muffins
- Lemon Cranberry Poppyseed Bread
- Pumpkin Raisin Walnut Muffins
- Vanilla Coconut Cornbread
- Maple Zucchini Bread

If you are unfamiliar with the ingredients in any of these recipes (or need a little refresher), check out the handy “Ingredient Guide” beginning on page 113. You’ll find flour grinding tips, details on sweeteners, and so much more!

Gingerbread Muffins

These hearty muffins are full of molasses and warm spicy flavor. Great for the holidays or any time of year, these muffins combine my favorite ingredients. For an extra treat, top 'em with Lemon Tofu Mousse (page 112).

12 MUFFINS or 2 LOAF BREADS

- 2 cups oat flour*
- 1 cup garbanzo bean flour
- ½ cup dehydrated cane juice (or other dry sugar)
- ¼ cup flax seed meal*
- 1 Tablespoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon each: salt and nutmeg

- ½ cup almonds (or other nuts)
- 2 apples (cored and chopped)
- 1 ¼ cups water
- ¼ cup molasses
- 2 Tablespoons grated ginger (fresh) or 1 ½ teaspoons ground ginger

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine the first eight dry ingredients.
4. Pour the almonds into a blender and blend into a coarse flour.
5. Add the apples, water, molasses and grated ginger to the blender, and blend to combine.
6. Pour the blended ingredients into the dry ones and mix until just combined. Spoon the batter into the muffin tins or loaf pans.
7. Bake 25-30 minutes (muffins) or 40-50 minutes (breads) or until a toothpick comes out clean. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Apple Walnut Spice Muffins

These apple muffins are hearty, moist and very satisfying! They are great for breakfast or as a snack any time of day. Feel free to add more spices if you'd like some extra kick.

12 MUFFINS or 2 LOAF BREADS

- 3 cups oat flour*
- $\frac{2}{3}$ cup chopped walnuts
- $\frac{1}{2}$ cup chopped dried apricots (or other dried fruit)
- $\frac{1}{2}$ cup evaporated cane juice (or other dry sugar)
- 1 Tablespoon baking powder
- 2 teaspoons cinnamon
- $\frac{1}{2}$ teaspoon each: salt, nutmeg and cardamom

- 2 apples (cored and chopped)
- 1 $\frac{1}{2}$ cups water

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine all of the dry ingredients.
4. In a blender, blend the apples with the water until smooth.
5. Pour the blended ingredients into the dry ones and mix thoroughly. Spoon the batter into the muffin tins or loaf pans.
6. Bake for 30-35 minutes (muffins) or 45-55 minutes (breads) or until golden brown and firm. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Blueberry Lemon Millet Corn Muffins

Have you tried baking with millet flour? I dare you to give it a try! These muffins turn out moist, lightly sweet and with a hint of lemon. Yum! Did you know millet is actually a seed? And it's packed with fiber, B-complex vitamins, iron and much more. You can have fresh millet flour ground in your blender in minutes!

12 MUFFINS or 2 LOAF BREADS

- 2 ½ cups millet flour*
- ½ cup evaporated cane juice (or other dry sugar)
- 1 Tablespoon baking powder
- ½ teaspoon salt

- ½ cup almonds (or other nuts)
- 1 ¼ cups water
- 1 apple (cored and chopped)
- 1 cup corn kernels (fresh or frozen)
- ¼ cup lemon juice

- 1 cup blueberries (fresh or frozen)

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine the first four dry ingredients.
4. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
5. Add the wet ingredients to the blender (except blueberries) and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. Mix in the blueberries. The batter will be very loose. Carefully spoon it into the muffin tins or loaf pans.
8. Bake for 30-35 minutes (muffins) or 45-55 minutes (breads) or until golden on top. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Apple Hemp Maple Bread

Hemp seeds are a nutritional powerhouse, and I love incorporating them into baked goods. With a hint of maple and cinnamon, these breads or muffins are sure to disappear fast!

12 MUFFINS or 2 LOAF BREADS

- 3 cups oat flour*
- ½ cup hemp seeds
- 1 Tablespoon baking powder
- 2 teaspoons cinnamon
- ½ teaspoon each: salt and nutmeg

- 2 apples
- 1 cup hemp milk or other non-dairy milk
- ½ cup maple syrup

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine all of the dry ingredients.
4. Grate one of the apples (leave peel on) and set aside.
5. In a blender, blend the other apple (cored and chopped) with the maple syrup and milk until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. Stir in the grated apple. Spoon the batter into the muffin tins or loaf pans.
8. Bake for 30-35 minutes (muffins) or 45-55 minutes (breads) or until golden brown and firm. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Fruit Sweetened Blueberry Banana Muffins

If you are looking for a moist and delicious treat, then these are the muffins for you! And did I mention they are free of refined sugar, too? These date-sweetened muffins are wonderful for breakfast or any time of day. Dates are an excellent energy source and the ripe bananas impart a nice rich flavor.

12 MUFFINS or 2 LOAF BREADS

3 cups oat flour*
2 teaspoons baking powder
½ teaspoon salt

½ cup almonds (or other nuts)
1 cup medjool dates (pitted and packed)
2 ripe bananas
1 cup water

1 cup blueberries (fresh or frozen)

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine the first three dry ingredients.
4. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
5. Add the remaining ingredients (except blueberries) to the blender and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. Mix in the blueberries. Spoon the batter into the muffin tins or loaf pans.
8. Bake for 30-35 minutes (muffins) or 45-55 minutes (breads) or until golden brown and firm. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Carrot Ginger Bean Muffins

These power-packed muffins made from bean and grain flours are delicious and nutritious! Pack 'em as a meal when you are on the go. Mildly sweet and with a kick of ginger, these muffins can't be beat.

12 MUFFINS or 2 LOAF BREADS

- 2 cups brown rice flour
- 1 cup garbanzo bean flour
- ¼ cup flax seed meal*
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt

- ½ cup almonds (or other nuts)
- 2 cups water
- ½ cup maple syrup
- 1 Tablespoon grated ginger (fresh) or 1 teaspoon ground ginger

- 2 cups grated carrots (about two medium carrots)
- ⅔ cup raisins

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine the first six dry ingredients.
4. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
5. Add one cup of the water and blend until smooth. Then add remainder of water and next two ingredients and blend.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. Mix in the grated carrots and raisins. Spoon the batter into the muffin tins or loaf pans.
8. Bake for 30-35 minutes (muffins) or 45-55 minutes (breads) or until lightly brown and firm. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Lemon Cranberry Poppyseed Bread

This bread is wonderfully flavorful and moist. If you are obsessed with lemony baked goods then this is the recipe for you! I like the extra flare that the cranberries provide. No cranberries in sight? Don't despair! Replace them with raisins, chopped dates, or other dried fruit.

12 MUFFINS or 2 LOAF BREADS

- 2 cups oat flour*
- 1 cup garbanzo bean flour
- ½ cup flax seed meal*
- ½ cup evaporated cane juice (or other dry sugar)
- 1 Tablespoon baking powder
- ½ teaspoon salt

- ¾ cup dried cranberries (or other dried fruit)
- ¼ cup poppyseeds

- ½ cup almonds (or other nuts)
- 2 cups non-dairy milk or water
- ¼ cup lemon juice
- 2 Tablespoons lemon zest

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine the first six dry ingredients. Then mix in the cranberries and poppyseeds.
4. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
5. Add one cup of the non-dairy milk and blend until smooth. Then add the remainder of milk, lemon juice, and lemon zest and blend.
6. Pour the blended ingredients into the dry ones and mix thoroughly. Spoon the batter into the muffin tins or loaf pans.
7. Bake for 30-35 minutes (muffins) or 45-55 minutes (breads) or until golden brown and firm. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Pumpkin Raisin Walnut Muffins

The warm spicy flavors of pumpkin pie are infused in these moist muffins. Add a sprinkle of sugar and cinnamon to create a beautiful and crisp muffin top.

12 MUFFINS or 2 LOAF BREADS

- 3 cups oat flour*
- $\frac{2}{3}$ cup raisins
- 1 Tablespoon baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon each: salt and nutmeg

- $\frac{1}{2}$ cup walnuts
- 1 cup pumpkin (steamed or baked)*
- 1 apple (cored and chopped)
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{2}$ cup water

- 1 Tablespoon sugar + 1 teaspoon cinnamon (optional)

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine the first six dry ingredients.
4. In a blender, blend the walnuts into a coarse flour. It's ok if it all sticks together.
5. Add the wet ingredients to the blender and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly. Spoon the batter into the muffin tins or loaf pans.
7. (Optional) In a small bowl, mix together sugar and cinnamon and sprinkle over muffins.
8. Bake for 35-40 minutes (muffins) or 50-60 minutes (breads) or until golden brown and firm. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

❖ You can use fresh pumpkin puree or canned. Steaming a pumpkin: cut a small pie pumpkin into cubes, cut off the skin, and steam in a steamer basket on the stove for 10-15 minutes, or until soft. Baking a pumpkin: place whole pie pumpkin in a large baking dish. Pierce pumpkin with knife in several spots. Bake for 60-75 minutes at 350 degrees, or until pumpkin is soft. Cut cooled pumpkin in half and remove seeds. Scoop out cooked flesh.

Vanilla Coconut Cornbread

This bread is moist, sweet and delicate because of the combination of flours. Coconut is very nutritious and rich in fiber, vitamins and minerals. I love the wonderful flavor of coconut and vanilla together as one!

12 MUFFINS or 2 LOAF BREADS

- 1 ¼ cups cornmeal
- 1 cup coconut flour*
- ¾ cup garbanzo bean flour
- ½ cup evaporated cane juice (or other dry sugar)
- 1 Tablespoon baking powder
- ½ teaspoon salt

- 2 cups non-dairy milk or water
- 2 apples (cored and chopped)
- ⅓ cup coconut butter
- 1 ½ Tablespoons vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine the first six dry ingredients.
4. In a blender, add the remaining four wet ingredients and blend until smooth.
5. Pour the blended ingredients into the dry ones and mix thoroughly.
6. Spoon the batter into the muffin tins or loaf pans.
7. Bake for 35-40 minutes (muffins) or 50-60 minutes (breads) or until golden brown and firm. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

Maple Zucchini Bread

My garden has been producing zucchinis like crazy, so I knew it was time to whip up some zucchini bread! This bread is moist, sweet, lemony and delicious!

12 MUFFINS or 2 LOAF BREADS

1 $\frac{3}{4}$ cups oat flour*
 $\frac{3}{4}$ cup garbanzo bean flour
 $\frac{1}{4}$ cup flax seed meal*
1 Tablespoon baking powder
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup almonds (or other nuts)
 $\frac{1}{2}$ cup non-dairy milk or water
 $\frac{1}{2}$ cup maple syrup
 $\frac{1}{4}$ cup lemon juice
1 Tablespoon lemon zest

2 cups grated zucchini
 $\frac{1}{2}$ cup dried cranberries (or other dried fruit)

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or two 8.5 x 4.5-inch (or similar size) loaf pans.
3. In a bowl, combine the first six dry ingredients.
4. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
5. Add the remaining wet ingredients to the blender (except grated zucchini and cranberries) and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. Mix in the grated zucchini and cranberries. Spoon the batter into the muffin tins or loaf pans.
8. Bake for 25-30 minutes (muffins) or 40-50 minutes (breads) or until golden brown and firm. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See "Ingredient Guide" for grinding tips

5 Pancakes, Waffles & Breakfast Bars

I love to get up early on the weekends and make a big plate of pancakes or waffles and top 'em with fresh fruit, applesauce, non-dairy yogurt and a little maple syrup! And if you need a wholesome grab-and-go breakfast on the road, I've included some bars below that will be perfect for the journey.

- Apple Buckwheat Waffles
- Three-Grain Waffles
- Blueberry Cornmeal Pancakes
- Banana Nut Pancakes
- Chunky Apple Cinnamon Pancakes
- Banana Nut Beany Bars
- Raspberry Oatmeal Bars
- Strawberry Fig Bars
- Rice Garbo Bars

If you are unfamiliar with the ingredients in any of these recipes (or need a little refresher), check out the handy "Ingredient Guide" beginning on page 113. You'll find flour grinding tips, details on sweeteners, and so much more!

Apple Buckwheat Waffles

I simply love fresh waffles for breakfast, topped with some bananas, maple syrup or a little applesauce. Sometimes I make a double batch and store them in the freezer for a quick morning meal. Buckwheat is not related to wheat, it is a highly nutritious seed.

4 WAFFLES (about 2 servings)

⅓ cup buckwheat flour*
⅓ cup brown rice flour (or oat flour*)
1 Tablespoon flax seed meal*
1 teaspoon baking powder
pinch salt and cinnamon

¾ cup non-dairy milk or water
⅓ cup applesauce
2 teaspoons maple syrup

1. Heat a waffle iron and spray or brush very lightly with oil.
2. In a bowl, combine the dry ingredients.
3. In a separate bowl, mix together the wet ingredients.
4. Add the wet ingredients to the dry ones, and mix thoroughly. Add a little additional liquid if the batter is too thick to easily mix.
5. For each waffle, pour about 1/2 - 3/4 cup of the batter onto the grid. Close the lid and bake until the waffle is crisp and lightly brown, about 4 to 5 minutes. Remove the waffle from the iron with a fork, to protect your fingers.
6. Serve immediately, or cool completely and store in an airtight container in the freezer.

Variation: Pancakes

Add a little additional liquid (as needed) so you can easily pour the batter onto a hot skillet. Make small or large pancakes. Cook until bubbles form on the surface, the edges are dry, and the bottom is golden brown. Turn once, cooking the opposite side until golden. The second side will cook much quicker than the first.

* See "Ingredient Guide" for grinding tips

Three-Grain Waffles

How about starting off the day with some power packed three-grain waffles! Feel free to substitute whatever grains you have on hand – the waffles will still be delicious!

4 WAFFLES (about 2 servings)

- ¼ cup oat flour*
- ¼ cup brown rice flour
- ¼ cup buckwheat flour*
- 1 Tablespoon evaporated cane juice (or other dry sugar)
- 1 teaspoon baking powder
- pinch salt and cinnamon

- ⅔ cup non-dairy milk or water
- 2 Tablespoons almond butter (or other nut butter)

1. Heat a waffle iron and spray or brush very lightly with oil.
2. In a bowl, combine the dry ingredients.
3. In a separate bowl, mix together the liquid and nut butter.
4. Add the wet ingredients to the dry ones, and mix thoroughly. Add a little additional liquid if the batter is too thick to easily mix.
5. For each waffle, pour about 1/2 - 3/4 cup of the batter onto the grid. Close the lid and bake until the waffle is crisp and lightly brown, about 4 to 5 minutes. Remove the waffle from the iron with a fork, to protect your fingers.
6. Serve immediately, or cool completely and store in an airtight container in the freezer.

Variation: Pancakes

Add a little additional liquid (as needed) so you can easily pour the batter onto a hot skillet. Make small or large pancakes. Cook until bubbles form on the surface, the edges are dry, and the bottom is golden brown. Turn once, cooking the opposite side until golden. The second side will cook much quicker than the first.

* See "Ingredient Guide" for grinding tips

Blueberry Cornmeal Pancakes

These pancakes are really tasty and simple to make. With a little burst of sweet blueberries throughout, you may want to polish off the whole batch yourself!

ABOUT 2 SERVINGS

- ½ cup cornmeal
- ½ cup oat flour*
- 1 Tablespoon evaporated cane juice (or other dry sugar)
- 1 Tablespoon flax seed meal*
- 1 teaspoon baking powder
- pinch salt

- 1 cup non-dairy milk or water
- ¾ cup blueberries (fresh or frozen)

1. Heat a non-stick skillet (or lightly oiled frying pan) on medium/low.
2. In a bowl, combine the dry ingredients.
3. Add the liquid to the dry ingredients, and mix thoroughly.
4. Mix in the blueberries.
5. Add a little additional liquid if the batter is too thick to easily pour onto the skillet.
6. Make small or large pancakes. Cook until bubbles form on the surface, the edges are dry, and the bottom is golden brown. Turn once, cooking the opposite side until golden. The second side will cook much quicker than the first.

I love to top pancakes with fresh fruit, applesauce, non-dairy yogurt, or a little maple syrup.

* See "Ingredient Guide" for grinding tips

Banana Nut Pancakes

I love making these pancakes with either almond butter or peanut butter – they hold a special place in my heart. Oat flour adds a nice flavor and texture and they're sure to fill you up, too!

ABOUT 2 SERVINGS

- 1 cup oat flour*
- 1 Tablespoon evaporated cane juice (or other dry sugar)
- 1 teaspoon baking powder
- pinch salt

- 1 banana
- 1 cup non-dairy milk or water
- 2 Tablespoons almond or peanut butter
- ½ teaspoon vanilla

1. Heat a non-stick skillet (or lightly oiled frying pan) on medium/low.
2. In a bowl, combine the dry ingredients.
3. In a separate bowl, mash the banana and mix with the wet ingredients.
4. Add the wet ingredients to the dry ones, and mix thoroughly. Add a little additional liquid if the batter is too thick to easily pour onto the skillet.
5. Make small or large pancakes. Cook until bubbles form on the surface, the edges are dry, and the bottom is golden brown. Turn once, cooking the opposite side until golden. The second side will cook much quicker than the first.

I love to top pancakes with fresh fruit, applesauce, non-dairy yogurt, or a little maple syrup.

* See "Ingredient Guide" for grinding tips

Chunky Apple Cinnamon Pancakes

I love the smell of apples and cinnamon cookin' on the stove. Little apple chunks make these pancakes unique, and the oat flour delivers a delicious flavor and smooth texture.

ABOUT 2 SERVINGS

- 1 cup oat flour*
- 1 teaspoon baking powder
- pinch salt and cinnamon

- 1 ¼ cups non-dairy milk or water
- 2 Tablespoons almond butter (or other nut butter)
- 1 Tablespoon maple syrup

- 1 apple (peeled, cored and finely chopped)

1. Heat a non-stick skillet (or lightly oiled frying pan) on medium/low.
2. In a bowl, combine the first three dry ingredients.
3. In a separate bowl, mix the liquid, almond butter and maple syrup.
4. Add the wet ingredients to the dry ones, and mix thoroughly.
5. Stir in the chopped apple pieces. Add a little additional liquid if the batter is too thick to easily pour onto the skillet.
6. Make small or large pancakes. Cook until bubbles form on the surface, the edges are dry, and the bottom is golden brown. Turn once, cooking the opposite side until golden. The second side will cook much quicker than the first.

I love to top pancakes with fresh fruit, applesauce, non-dairy yogurt, or a little maple syrup.

* See "Ingredient Guide" for grinding tips

Banana Nut Beany Bars

Ripe bananas add a wonderful flavor to these nutritious oat and garbanzo bean bars. Perfect for breakfast on-the-go or as a mid-day snack, these bars have a modest amount of maple syrup, and are packed with fruit and nuts – definitely a winning combo!

16 TO 24 BARS

- 2 cups oat flour*
- 1 cup garbanzo bean flour
- $\frac{2}{3}$ cup chopped almonds (or other nuts)
- $\frac{2}{3}$ cup raisins (or other dried fruit)
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt

- 2 ripe bananas
- 1 cup water
- $\frac{1}{2}$ cup maple syrup
- 1 teaspoon vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine all of the dry ingredients.
4. In a blender, blend the remaining four wet ingredients until smooth.
5. Pour the blended ingredients into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet.
7. Bake 25-30 minutes or until golden and firm. Let cool before cutting into bars.

* See "Ingredient Guide" for grinding tips

Raspberry Oatmeal Bars

These fruity breakfast bars are kind of like packing your oatmeal to go... but tastier! You can mix up the fruit-filled centers, and add in some nuts and seeds if you'd like. Make sure to let these thoroughly cool so you can cut 'em into bars.

9 TO 12 BARS

3 cups rolled oats

½ teaspoon salt

1 cup applesauce

½ cup maple syrup

1 teaspoon vanilla

3 cups raspberries (fresh or frozen)

¼ cup maple syrup

¼ cup kuzu* (or arrowroot*)

6 Tablespoons cold water

1. Preheat the oven to 375 degrees F.
2. Lightly oil an 8 x 8-inch (or similar sized) glass baking dish.
3. In a bowl, combine the oats and salt.
4. In another bowl, combine the applesauce, 1/2 cup maple syrup and vanilla. Pour this wet mixture into the oats and mix thoroughly.
5. Spoon 1/2 to 2/3 of the oatmeal batter into the baking dish and evenly smooth it across the bottom. Set the rest of the batter aside.
6. Bake for 15-20 minutes or until lightly golden.
7. While the bottom "crust" is baking, heat the berries and 1/4 cup maple syrup in a small saucepan on medium heat.
8. In a small bowl combine the kuzu with the cold water, mix thoroughly, and then stir it into the berries.
9. Turn heat to low, stir the berries constantly and allow the berries to thicken (about 5 minutes). The consistency should be like a thick jam.
10. Once the "crust" is done baking, evenly spread the berry mixture over the crust.
11. Crumble the remaining oatmeal batter on the top and spread as evenly as possible (it's fine if it's in clumps).
12. Bake 20-25 minutes or until oatmeal topping is lightly golden.
13. Let thoroughly cool before cutting into bars.

* See "Ingredient Guide" for more information on thickeners

Strawberry Fig Bars

I'd been craving "Fig Newtons" for quite some time, so I decided to create a homemade, gluten-free and fat-free version of this classic favorite. I love the subtle strawberry flavor in these fig bars, but any berry can be used, and it will turn out delicious.

16 TO 24 BARS

- 1 cup dried figs
- 1 cup strawberries (fresh or frozen)
- ½ cup medjool dates (pitted and packed)
- ¼ cup water

- 1 ¼ cups brown rice flour
- ¾ cup garbanzo bean flour
- ⅓ cup evaporated cane juice (or other dry sugar)
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- ½ teaspoon salt

- 1 cup water
- 1 apple (cored and chopped)
- 2 teaspoons vanilla

1. Preheat the oven to 350 degrees F.
2. Place the first four ingredients in a food processor and process until well combined.
3. Lightly oil a 9 x 13-inch (or similar size) baking sheet.
4. In a bowl, combine the next six dry ingredients.
5. In a blender, blend the remaining three wet ingredients until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. Evenly spread half of the batter over the baking sheet (the batter will be pretty wet).
8. With a spatula evenly spread the fruit mixture on top of the batter.
9. Then top with the remaining half of the batter, and smooth with the spatula.
10. Bake 25-30 minutes or until golden and firm. Let cool before cutting into bars.

Rice Garbo Bars

These bars are highly nutritious, modestly sweet, and great as an on-the-go snack or as a complete meal. This recipe is a class-favorite in my dad's cooking classes and I had to include it in my cookbook! Check out his classes online: www.davidgabbe.com

16 TO 24 BARS

- 2 cups brown rice flour
- $\frac{3}{4}$ cup chopped almonds (or other nuts)
- $\frac{3}{4}$ cup raisins (or other chopped, dried fruit)
- $\frac{2}{3}$ cup garbanzo bean flour
- $\frac{1}{3}$ cup evaporated cane juice (or other dry sugar)
- $\frac{1}{3}$ cup non-dairy chocolate chips
- $\frac{1}{3}$ cup flax seed meal*
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt

- 2 $\frac{1}{4}$ cups non-dairy milk or water
- 2 Tablespoons almond butter (or other nut butter)
- 2 teaspoons vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 9 x 13-inch (or similar size) baking sheet.
3. In a bowl, combine all of the dry ingredients.
4. In a blender, blend the remaining three wet ingredients until smooth. Or whisk in a bowl.
5. Pour the blended ingredients into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet.
7. Bake 30-35 minutes or until lightly brown. Let cool before cutting into bars.

* See "Ingredient Guide" for grinding tips

6 Smoothies & Shakes

I love smoothies so much that I have one almost every day! Whether I'm tossing in greens, freshly picked blueberries, or frozen fruit, every smoothie seems to have its own distinct personality. The first three smoothies below are complete meals – each contains fruits, grains, and nuts – they are super creamy and satisfying!

- Raw Berry Buckwheat Smoothie
- Tropical Oat Smoothie
- Green Rice Berry Smoothie
- Blueberry Banana Green Smoothie
- Green Pear Smoothie
- So Peachy Smoothie
- Raw Chocolate Almond Shake
- Strawberry Coconut Shake
- Peanut Butter Chocolate Chunk Shake

If you are unfamiliar with the ingredients in any of these recipes (or need a little refresher), check out the handy “Ingredient Guide” beginning on page 113.

Raw Berry Buckwheat Smoothie

I've looked through hundreds of smoothie recipes and I haven't found one yet that uses raw buckwheat groats. It may sound a bit funny... but believe me, this smoothie is awesome! The soaked buckwheat and nuts give this smoothie richness, and the dates and frozen fruit make it sweet and delicious. I have this smoothie almost every day for breakfast – and I can't wait to have another one tomorrow!

ABOUT 6 CUPS (2-3 servings)

- ½ cup raw buckwheat groats
- ⅓ cup raw walnuts (or other nuts)
- 4 medjool dates (pitted)
- 1 cup water
- 2 frozen bananas (chopped)
- 1 ½ cups water
- 1 cup frozen strawberries (or other frozen fruit)
- ½ cup frozen blueberries (or other frozen fruit)

1. In a bowl or jar, combine the buckwheat and nuts and cover with water. Soak overnight or for 4-8 hours. (This water will be discarded.)
2. In a separate bowl or jar, soak the dates in 1 cup of water overnight or for 4-8 hours. If you've got a heavy duty blender, you can skip soaking the dates.
3. Drain and thoroughly rinse the buckwheat and nuts. Place in the blender.
4. Add the dates and date water to the blender. Blend thoroughly.
5. Add the remaining four ingredients and blend until smooth. Add additional water, if needed, for smoother consistency.

Tropical Oat Smoothie

This smoothie is a complete meal wrapped up in a delicious and satisfying beverage! The rolled oats and nuts make this smoothie creamy and the dates and tropical fruit add wonderful flavor. So whip out that blender and whip up this meal to-go! No protein powders needed here – just fresh, whole-food ingredients!

ABOUT 6 CUPS (2-3 servings)

- 1 ½ cups water
- ½ cup rolled oats
- 4 medjool dates (pitted)
- ⅓ cup almonds (or other nuts)
- 2 frozen bananas (chopped)
- 1 ½ cups orange juice
- 1 ½ cups mangoes (fresh or frozen)

1. In a bowl or jar, combine water, oats, and dates. Soak overnight or for 4-8 hours.
2. In a separate bowl or jar, cover the almonds with water. Soak overnight or for 4-8 hours. (This water will be discarded.)
3. Pour the oat-date-water mixture into the blender.
4. Drain and thoroughly rinse the almonds. Place in the blender.
5. Blend until smooth. Add some of the orange juice if necessary.
6. Add the bananas, mangoes and remaining orange juice, and blend thoroughly.



Green Rice Berry Smoothie

Brown rice in my smoothie? Say what? This awesome power-packed smoothie is so delicious (and nutritious!), you won't want to share! The frozen fruit and dates make this smoothie really sweet, and the rice and nut butter give it a creamy texture. Top it off with some leafy greens, and you've got a wonderfully complete meal!

ABOUT 6 CUPS (2 servings)

1 cup cooked brown rice
4 medjool dates* (pitted)
2 Tablespoons almond butter (or other nut butter)
2 cups water

1 orange
1 frozen banana (chopped)
1 cup berries (fresh or frozen)
4 cups spinach or romaine lettuce (packed)

1. Add the rice, dates, almond butter and 1 1/4 cups water to the blender. Blend until smooth. Add additional water if needed to blend smoothly.
2. Add the remaining water and the last four ingredients to the blender. Depending on the size of your blender, you may need to add half the leafy greens at a time. Or, you may need to make the smoothie in two separate batches.
3. Blend thoroughly. Add additional water if needed, for smoother consistency.

❖ If the dates are hard/dry, I'd recommend soaking them in water for a few hours (or overnight), and then using this water in the smoothie. If you've got a heavy duty blender, no need to pre-soak the dates.

Blueberry Banana Green Smoothie

This smoothie is deliciously sweet and extremely nutritious with the addition of leafy greens! What a wonderful way to boost your intake of these nutritional powerhouses! I often have this smoothie as a mid-afternoon snack, but it would also be wonderful for breakfast along with a muffin or scone.

ABOUT 4 CUPS (2 servings)

2 medjool dates* (pitted)
1 ½ cups water
1 cup blueberries (or other berries) (fresh or frozen)
1 frozen banana (chopped)

4 cups spinach or romaine lettuce (packed)

1. Add the dates, water, and fruit to the blender. Blend until smooth. Add additional water if needed.
2. Add the leafy greens to the blender. Depending on the size of your blender, you may need to add half the greens at a time, or make the smoothie in two separate batches.
3. Blend thoroughly. Add additional water, if needed, for smoother consistency.

❖ If the dates are hard/dry, I'd recommend soaking them in water for a few hours (or overnight), and then using this water in the smoothie. If you've got a heavy duty blender, no need to pre-soak the dates.

Green Pear Smoothie

This is a wonderful between-meal or light-breakfast smoothie. I just love the flavor of ripe pears, especially Bartlett and Bosc varieties. And the dried figs add a sweet and distinct flavor to this nutritionally powerful green smoothie! If you've got other dried fruit on hand, feel free to mix it up and mix 'em in.

ABOUT 4 CUPS (2 servings)

2 pears (fresh or frozen)

2 dried figs❖

1 ½ cups water

1 frozen banana (chopped)

4 cups spinach or romaine lettuce (packed)

1. Add the pears, figs, water, and banana to the blender. Blend until smooth. Add additional water if needed.
2. Add the leafy greens to the blender. Depending on the size of your blender, you may need to add half the greens at a time, or make the smoothie in two separate batches.
3. Blend thoroughly. Add additional water, if needed, for smoother consistency.

❖ If the figs are hard/dry, I'd recommend soaking them in water for a few hours (or overnight), and then using this water in the smoothie. If you've got a heavy duty blender, no need to pre-soak the figs.

So Peachy Smoothie

This is one of my favorite smoothies – bursting with the flavor of sweet and juicy peaches. Feel free to replace the orange with more peaches, berries, or any other fruit that's ripe and ready to go!

ABOUT 3 CUPS (2 servings)

- 2 medjool dates* (pitted)
- 1 cup peaches (fresh or frozen)
- 1 orange (peeled)
- 1 frozen banana (chopped)
- 1 cup water

1. Add all of the ingredients to the blender.
2. Blend thoroughly. Add additional water, if needed, for smoother consistency.

❖ If the dates are hard/dry, I'd recommend soaking them in water for a few hours (or overnight), and then using this water in the smoothie. If you've got a heavy duty blender, no need to pre-soak the dates.

Raw Chocolate Almond Shake

Sometimes (ok, pretty much all of the time) I crave a smooth and creamy chocolate shake! The awesome news is that you can enjoy this shake whenever you'd like – it is fruit-sweetened, low-fat, super easy to make, and really delicious. Feel free to replace the almond butter with peanut butter or cashew butter, or even toss in some raw nuts if you don't have any nut butters on hand. Cheers!

ABOUT 3 CUPS (2 servings)

- 4 medjool dates* (pitted)
- 3 frozen bananas (chopped)
- 2 Tablespoons almond butter (raw or roasted)
- 2 Tablespoons cocoa powder (raw or roasted)
- 1 ½ cups water

1. Add all of the ingredients to the blender.
2. Blend thoroughly. Add additional water, if needed, for smoother consistency.

❖ If the dates are hard/dry, I'd recommend soaking them in water for a few hours (or overnight), and then using this water in the shake. If you've got a heavy duty blender, no need to pre-soak the dates.

Strawberry Coconut Shake

Strawberries, dates and a banana are blended together with coconut milk to create this creamy and satisfying shake. Perfect for a mid-day pick-me-up or any time you are craving a delicious fruit-sweetened treat!

ABOUT 4 CUPS (2 servings)

- 2 cups coconut milk[❖]
- 2 medjool dates^{❖❖} (pitted)
- 1 ½ cups frozen strawberries
- 1 frozen banana (chopped)

1. Add all of the ingredients to the blender.
2. Blend thoroughly. Add additional water, if needed, for smoother consistency.

❖ I like to use coconut shreds to make coconut milk. Thoroughly blend ¼ cup coconut shreds with ½ cup water, then add 1 ½ cups water and blend some more. (No need to use a strainer!) If you use canned coconut milk, just thin with water, if desired, for a less-rich, lower-fat milk.

❖❖ If the dates are hard/dry, I'd recommend soaking them in water for a few hours (or overnight), and then using this water in the shake. If you've got a heavy duty blender, no need to pre-soak the dates.



Peanut Butter Chocolate Chunk Shake

This shake is rich, creamy and delicious – and a little bit chunky, too! Instead of using sugary and fatty ice cream, this shake relies on frozen bananas to create its smooth texture!

ABOUT 3 CUPS (2 servings)

- 1 ½ cups non-dairy milk
- 2 frozen bananas (chopped)
- 4 medjool dates* (pitted)
- 3 Tablespoons peanut butter
- 2 Tablespoons cocoa powder
- ¼ teaspoon vanilla

- 2 Tablespoons non-dairy chocolate chips

1. Add all of the ingredients (except chocolate chips) to the blender.
2. Blend thoroughly. Add additional milk, if needed, for smoother consistency.
3. Add the chocolate chips, and blend briefly (so chocolate chunks remain).

❖ If your non-dairy milk is sweetened, the dates may not be necessary. If you are using dates, and the ones you've got are hard/dry, I'd recommend soaking them in non-dairy milk for a few hours (or overnight), and then using this liquid in the shake. If you've got a heavy duty blender, no need to pre-soak the dates.

7 Granolas & Granola Bars

Nothin' beats the delicious creation of homemade granola and bars! It's not only way more cost effective, you won't be needing all of those unnecessary packages and wrappers. And best of all, these granolas and bars aren't loaded with sugar, they're loaded with delicious whole-food ingredients!

- Vanilla Almond Crunch Granola
- Apple Cinnamon Raisin Granola
- Raw Apple Cinnamon Granola
- Chunky Molasses Granola
- Maple Flax Granola
- Raisin Almond Buckwheat "Granola"
- Apple Almond Spice Granola Bars
- Pumpkin Flax Granola Bars
- Maple Hemp Granola Bars
- Cherry Coconut Granola Bars
- Buckwheaty Granola Bars

If you are unfamiliar with the ingredients in any of these recipes (or need a little refresher), check out the handy "Ingredient Guide" beginning on page 113. You'll find flour grinding tips, details on sweeteners, and so much more!

Vanilla Almond Crunch Granola

I absolutely love the flavor combo of vanilla and almonds! This granola is perfect with non-dairy milk, or as a dessert treat on top of some fresh fruit and non-dairy yogurt. Or as a by-the-handful snack any time you need a sweet and crunchy lift!

ABOUT 5 CUPS

4 cups rolled oats
2/3 cup chopped almonds
1/2 cup coconut shreds (optional)
1/4 teaspoon salt

1/2 cup brown rice syrup
1/4 cup maple syrup
1/4 cup water❖
1/4 cup almond butter
2 teaspoons vanilla

1. Preheat the oven to 300 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine the first four dry ingredients.
4. In a small saucepan, combine the remaining five wet ingredients and heat on low until liquefied.
5. Pour the wet mixture into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet.
7. Bake 20 minutes, then stir. Bake for an additional 15-20 minutes or until golden brown. Let cool to crisp up.

❖ If you'd like a more dessert-like granola, replace the water with an additional 1/4 cup maple syrup.

Apple Cinnamon Raisin Granola

You can't beat the apple-cinnamon aroma taking over the kitchen! And did I mention this granola is super easy to make, too? No need to buy store-bought granola ever again. This granola is a delicious blend of crunchiness and sweetness.

ABOUT 5 TO 6 CUPS

- 4 cups rolled oats
- $\frac{2}{3}$ cup chopped walnuts (or other nuts)
- $\frac{1}{4}$ cup flax seed meal*
- $\frac{1}{4}$ cup evaporated cane juice (or other dry sugar)
- 2 teaspoons cinnamon
- $\frac{1}{4}$ teaspoon salt

- $\frac{1}{2}$ cup brown rice syrup
- $\frac{1}{2}$ cup frozen apple juice concentrate

- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup chopped dried apples (or other dried fruit)

1. Preheat the oven to 300 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine the first six dry ingredients.
4. In a small saucepan, combine the brown rice syrup and apple juice concentrate and heat on low until liquefied.
5. Pour the wet mixture into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet.
7. Bake 20 minutes, then stir. Bake for an additional 15-20 minutes or until golden brown.
8. After removing from the oven, add the raisins and dried apples, mix thoroughly and let cool to crisp up.

* See "Ingredient Guide" for grinding tips

Raw Apple Cinnamon Granola

This awesome raw granola was inspired by my recent visit to Café Gratitude in San Francisco. It's simple to create, but the hardest part is the long wait in the dehydrator.❖ I'd recommend sampling it every hour – for scientific research, of course!

ABOUT 8 CUPS

1 cup raw almonds	4 cups grated apple
1 cup raw buckwheat groats	8 medjool dates (pitted)
½ cup raw sunflower seeds	½ cup agave nectar
½ cup coconut shreds	
1 teaspoon cinnamon	
½ teaspoon salt	

1. Place the almonds in a bowl and soak in 2 cups water for 4-8 hours. Place the buckwheat groats and sunflower seeds in a separate bowl and soak in 4 cups water for 4-8 hours.
2. After soaking the almonds, rinse and drain. Place the almonds in a food processor and process for 15 seconds. Spoon the processed almonds into a large mixing bowl.
3. After soaking the buckwheat and sunflower seeds, rinse and drain and spoon into the mixing bowl with the processed almonds. Add the next three dry ingredients and mix well.
4. Puree 1/2 cup of the grated apple with the dates in a food processor.
5. Spoon the date mixture into a bowl, and stir in agave nectar, with the remaining 3 1/2 cups grated apple.
6. Combine these wet ingredients with the dry ones and mix well.
7. Transfer mixture to dehydrator teflex sheets. Use as many sheets as you've got (so the granola will dry faster).
8. Dehydrate at 115 degrees until the granola is dry enough to peel off teflex sheets and to place on grid sheets.
9. Total dehydration time is 16-24 hours depending on thickness.

❖ If you don't have a dehydrator, here's an oven option: Lightly oil a baking sheet and bake at 275 degrees for 50-60 minutes or until slightly crisp (stir half way).

Chunky Molasses Granola

This granola is hearty and flavorful and a great way to start off your day! Blackstrap molasses is a wonderful iron and calcium source, and I absolutely love its distinct flavor!

ABOUT 5 TO 6 CUPS

- 4 cups rolled oats
- 1/3 cup flax seed meal*
- 1/3 cup coconut shreds
- 1/3 cup pumpkin seeds (or sunflower seeds)
- 1/3 cup chopped almonds (or other nuts)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt

- 1/2 cup brown rice syrup
- 1/4 cup molasses
- 1/4 cup water
- 1/4 cup almond butter (or other nut butter)

- 1/2 cup raisins (or other dried fruit)

1. Preheat the oven to 300 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine the first seven dry ingredients.
4. In a small saucepan, combine the next four wet ingredients and heat on low until liquefied.
5. Pour the wet mixture into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet.
7. Bake 20 minutes, then stir. Bake for an additional 15-20 minutes or until slightly crisp.
8. After removing from the oven, add the raisins, mix thoroughly and let cool to crisp up.

* See "Ingredient Guide" for grinding tips

Maple Flax Granola

This granola is packed with nutrient-rich and hearty oats, flax seed meal, dried fruit and nuts – and it's simply delicious to boot! This recipe is also very versatile – feel free to use any nuts or dried fruit you have on hand.

ABOUT 5 CUPS

- 4 cups rolled oats
- $\frac{2}{3}$ cup chopped almonds (or other nuts)
- $\frac{1}{2}$ cup flax seed meal*
- $\frac{1}{4}$ cup evaporated cane juice (or other dry sugar)
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon salt

- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{2}$ cup water (or any fruit juice)

- $\frac{1}{2}$ cup raisins (or other dried fruit)

1. Preheat the oven to 300 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine the first six dry ingredients.
4. In a separate bowl, combine the maple syrup and water.
5. Pour the wet mixture into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet.
7. Bake 20 minutes, then stir. Bake for an additional 15-20 minutes or until golden brown.
8. After removing from the oven, add the raisins, mix thoroughly and let cool to crisp up.

* See "Ingredient Guide" for grinding tips

Raisin Almond Buckwheat "Granola"

This breakfast "granola" was inspired by my dad's Kasha Krunch Cereal (or "KK Cereal" as we called it growing up). This is a great alternative to traditional oat granolas, and it is so yummy and crunchy – kind of like grape nuts, but loaded with nutritious ingredients!

ABOUT 4 CUPS

- 3 cups raw buckwheat groats
- ½ cup chopped almonds (or other nuts)
- ⅓ cup evaporated cane juice (or other dry sugar)
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¼ cup almond butter (or other nut butter)
- ½ cup raisins (or other dried fruit)

1. Preheat the oven to 300 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. Place the buckwheat in a strainer and rinse and drain thoroughly.
4. In a bowl, combine the wet buckwheat, almonds, sugar, cinnamon and salt.
5. Spread evenly on the baking sheet.
6. Bake 20 minutes, then stir. Bake for an additional 15-20 minutes or until lightly brown.
7. After removing from the oven (while the cereal is still hot), place it in a mixing bowl and thoroughly stir in the almond butter. Then mix in the raisins and let cool to crisp up.

Apple Almond Spice Granola Bars

These granola bars are delicious and modestly sweetened with apple juice and brown rice syrup – unlike store-bought bars that are often loaded with sugar. I love baking a batch of bars on Sundays and having snacks for the entire week!

16 TO 24 BARS

- 3 cups rolled oats
- 3 cups crispy rice cereal (store-bought)
- 1 cup chopped dried apples
- ½ cup chopped almonds (or other nuts)
- ¼ cup flax seed meal*
- 2 teaspoons cinnamon
- ¼ teaspoon each: salt and nutmeg

- ½ cup frozen apple juice concentrate (or other juice concentrate)
- ½ cup brown rice syrup
- ¼ cup almond butter (or other nut butter)

1. Preheat the oven to 275 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine the first eight dry ingredients.
4. In a small saucepan, combine the wet ingredients and heat on low until liquefied.
5. Pour the wet mixture into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet and firmly compact it with your hand or a solid spatula.
7. Bake 25-30 minutes or until golden brown and let cool before chopping into granola bars.

* See "Ingredient Guide" for grinding tips

Pumpkin Flax Granola Bars

Instead of buying pre-packaged bars for traveling and hiking (and snacking around the house), here's a nice alternative that is low in sugar and fat – and tasty, too! Feel free to add different kinds of seeds, nuts and dried fruit – whatever you have on hand! The bars will be soft straight from the oven, but give them a chance to cool and they'll firm right up.

16 TO 24 BARS

- 3 cups rolled oats
- ½ cup raisins
- ½ cup pumpkin seeds (or sunflower seeds)
- 1 teaspoon cinnamon
- ¼ teaspoon salt

- ½ cup flax seed meal*
- ½ cup warm water

- ⅓ cup almond butter (or other nut butter)
- ¼ cup brown rice syrup
- ¼ cup maple syrup

1. Preheat the oven to 275 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine the first five dry ingredients.
4. In a small bowl, stir the flax seed meal and water, and let it sit for a few minutes to gel.
5. In a small saucepan, combine the last three ingredients and heat on low until liquefied.
6. Stir flax mixture into the saucepan, then immediately add this heated mixture to the dry ingredients. Mix thoroughly.
7. Spread evenly on the baking sheet and firmly compact it with your hand or a solid spatula.
8. Bake 30-35 minutes or until golden brown and let cool before chopping into granola bars.

* See "Ingredient Guide" for grinding tips

Maple Hemp Granola Bars

I'm a big fan of hemp seeds! These tiny, round seeds contain all of the essential amino acids and have a mild nutty flavor. These bars are not only delicious – they are nutritious little powerhouses because of the combination of oats, raisins and four different seeds!

16 TO 24 BARS

- 3 cups rolled oats
- $\frac{2}{3}$ cup raisins
- $\frac{1}{3}$ cup hemp seeds
- $\frac{1}{3}$ cup each: sunflower seeds and pumpkin seeds
- $\frac{1}{4}$ cup flax seed meal*
- $\frac{1}{4}$ cup brown rice flour (or other flour)
- $\frac{1}{4}$ teaspoon salt

- $\frac{1}{4}$ cup brown rice syrup
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{4}$ cup water
- 1 teaspoon vanilla

1. Preheat the oven to 275 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine the first eight dry ingredients.
4. In a small saucepan, combine the remaining four wet ingredients and heat on low until liquefied.
5. Pour the wet mixture into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet and firmly compact it with your hand or a solid spatula.
7. Bake 25-30 minutes or until golden brown, and let cool before chopping into granola bars.

* See "Ingredient Guide" for grinding tips

Cherry Coconut Granola Bars

*If I had to pick a favorite granola bar (don't tell!), these would probably be them!
I love the combined flavors of dried cherries, coconut, almonds and maple syrup.
Packed with nutrients and flavor, these bars are perfect as a snack and for dessert!*

16 TO 24 BARS

- 3 cups rolled oats
- $\frac{2}{3}$ cup chopped dried cherries
- $\frac{1}{2}$ cup chopped almonds (or other nuts)
- $\frac{1}{2}$ cup coconut shreds
- $\frac{1}{2}$ cup brown rice flour (or other flour)
- $\frac{1}{4}$ teaspoon salt

- $\frac{1}{2}$ cup brown rice syrup
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{4}$ cup water
- 1 teaspoon vanilla

1. Preheat the oven to 275 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine the first six dry ingredients.
4. In a small saucepan, combine the remaining four wet ingredients and heat on low until liquefied.
5. Pour the wet mixture into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet and firmly compact it with your hand or a solid spatula.
7. Bake 25-30 minutes or until golden brown, and let cool before chopping into granola bars.

Buckwheat Granola Bars

The addition of buckwheat to these granola bars adds a little crunch and a lot of nutrients! I love the combination of almonds, raisins and cinnamon, but feel free to mix it up and add any dried fruit, nuts and spices you enjoy!

16 TO 24 BARS

- 1 ½ cups raw buckwheat groats
- 1 ½ cups rolled oats
- ⅔ cup chopped almonds (or other nuts)
- ½ cup raisins
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¼ cup almond butter (or other nut butter)
- ¼ cup brown rice syrup
- ¼ cup maple syrup

1. Preheat the oven to 275 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. Place the buckwheat in a strainer and rinse and drain thoroughly. Set aside.
4. In a bowl, combine the next five dry ingredients.
5. Add the buckwheat to the dry ingredients, and mix thoroughly.
6. In a small saucepan, combine the last three wet ingredients and heat on low until liquefied.
7. Pour the wet mixture into the dry ones and mix thoroughly.
8. Spread evenly on the baking sheet and firmly compact it with your hand or a solid spatula.
9. Bake 25-30 minutes or until golden brown, and let cool before chopping into granola bars.

8 Treats & Energizing Snacks

These treats and snacks are wonderful for dessert, or between meals when you have the munchies (as I often do).

- Raw Berry Almond Buckwheat Bars
- Raw Chocolate Truffles
- Raw Coconut Cherry Truffles
- Maple Oat Peanut Brittle
- Crispy Rice Treats
- Raw Chocolate Banana Puddin’
- Date Coconut Balls
- Chocolate-Dipped Frozen Banana Pops
- Cashew Lemon Bars

If you are unfamiliar with the ingredients in any of these recipes (or need a little refresher), check out the handy “Ingredient Guide” beginning on page 113. You’ll find flour grinding tips, details on sweeteners, and so much more!

Raw Berry Almond Buckwheat Bars

I love raw energy bars, but they're often high in fat. These little nutrient-packed bars include soaked raw buckwheat, which make them really yummy, and much lower in calories and fat! Feel free to mix up the dried fruit and nut flavors and make 'em your own!

ABOUT 10 BARS

¼ cup raw buckwheat groats

⅓ cup almonds (or other nuts)

⅓ cup dried cherries (or other dried fruit)

⅓ cup medjool dates (pitted and packed)

pinch cinnamon (optional)

pinch salt (optional)

1. Place raw buckwheat groats in a jar or bowl and soak in 1 cup water for 4-8 hours.
2. After soaking the buckwheat, rinse and drain. You'll want to pat the buckwheat with a towel to make it as dry as possible (some moisture will remain).
3. Place the almonds in a food processor and pulse until finely chopped. Pour into a bowl and set aside.
4. Place the soaked buckwheat in the processor and process into a paste. Spoon it into the bowl with the almonds, and mix thoroughly.
5. Add the cherries and dates to the processor and process into a paste.
6. Knead the cherry-date mixture into the bowl of almonds and buckwheat with your hands.
7. Shape mixture into flat bars or balls. Place in the refrigerator to firm up. Or, roll them in shredded coconut or flax seed meal to lock in the moisture. Or, dehydrate the bars at 115 degrees for a few hours to dry them out.

Variations: **PB & J Bars:** Substitute 1/3 cup peanuts for the almonds, and 1/3 cup blueberries or other dried fruit for the cherries.

Apricot Pecan Bars: Substitute 1/3 cup pecans for the almonds and 1/3 cup dried apricots for the cherries.

Raw Chocolate Truffles

These raw truffles are super quick to make (and super quick to be devoured, too)! They are rich, chocolatey, and oh so delicious! Sometimes I add cooked brown rice (see note below) if I want a lower calorie version with the same great flavor.

ABOUT 15 TO 20 TRUFFLES

- ½ cup walnuts (or other nuts)
- ½ cup medjool dates (pitted and packed)
- ¼ cup coconut shreds
- 3 Tablespoons cocoa powder (raw or roasted)
- ½ cup cooked short grain brown rice (optional)*

1. Place the nuts in a food processor** and pulse until finely chopped.
2. Add the dates, 2 Tablespoons of coconut shreds, and cocoa powder to the processor and process into a paste.
3. Form the mixture into round truffles with your hands.
4. Place the remaining coconut shreds in a shallow bowl and roll the truffles in the coconut shreds to cover the outside. Eat 'em now, or chill for later.

* Optional: Add cooked short grain brown rice in step 2 and continue as directed. The truffles will no longer be "raw," but they'll be lower in calories, and will make a great on-the-go snack. Add even more rice if you'd like!

** If you don't have a food processor the nuts can be blended into a coarse flour in a blender. The dates can be finely chopped by hand and kneaded with the nut flour.

Raw Coconut Cherry Truffles

The combination of dried fruit and nuts really can't be beat! And this recipe couldn't be simpler, or easier to adapt to your desires (or whatever you have in the kitchen). These make a wonderful dessert, or a nice mid-day snack when you need a little energy boost.

ABOUT 15 TO 20 TRUFFLES

- ½ cup almonds (or other nuts)
- ¼ cup medjool dates (pitted and packed)
- ¼ cup dried cherries
- ½ cup coconut shreds

- ½ cup cooked short grain brown rice (optional)*

1. Place the nuts in a food processor** and pulse until finely chopped.
2. Add the dates, cherries and 1/4 cup of the coconut shreds to the processor and process into a paste.
3. Form the mixture into round truffles with your hands.
4. Place the remaining coconut shreds in a shallow bowl and roll the truffles in the coconut shreds to cover the outside. Eat 'em now, or chill for later.

❖ Optional: Add cooked short grain brown rice in step 2 and continue as directed. The truffles will no longer be "raw," but they'll be lower in calories, and will make a great on-the-go snack. Add even more rice if you'd like!

❖❖ If you don't have a food processor the almonds can be blended into a coarse flour in a blender. The dates and cherries can be finely chopped by hand and kneaded with the almond flour.

Maple Oat Peanut Brittle

I can't say I've ever had what some might call "typical" peanut brittle, but I'm pretty sure the main ingredients are sugar, corn syrup, and peanuts. I must admit, those really aren't my favorite ingredients to indulge in. So I decided to whip up a batch of peanut brittle like none you've seen before. Good ol' hearty oats give this brittle its texture, and the sweet tastes of brown rice syrup and maple syrup bind this brittle together. Enjoy!

ABOUT 10 SERVINGS

- 3 ½ cups rolled oats
- ⅓ cup chopped almonds (or other nuts)
- ⅓ cup non-dairy chocolate chips
- ¼ teaspoon salt

- ½ cup brown rice syrup
- ¼ cup maple syrup
- ¼ cup peanut butter (or other nut butter)
- 2 teaspoons vanilla

1. Preheat the oven to 275 degrees F.
2. Lightly oil a 13 x 18-inch (or similar size) baking sheet.
3. In a bowl, combine the first four dry ingredients.
4. In a small saucepan, combine the remaining four wet ingredients and heat on low until liquefied.
5. Pour the wet mixture into the dry ones and mix thoroughly.
6. Spread evenly on the baking sheet and firmly compact it with your hand or a solid spatula.
7. Bake 25-30 minutes or until lightly golden, and let cool to crisp up.

Crispy Rice Treats

You won't believe how delicious (and addictive) these treats are! The wonderful news is you can enjoy them guilt-free because they aren't loaded with sugar or marshmallows! For a little extra flare, try topping them with some melted non-dairy chocolate chips or chopped nuts. Enjoy!

9 TO 12 TREATS

6 cups crispy rice cereal (store-bought)

½ cup brown rice syrup

¼ cup maple syrup (or agave nectar)

¼ cup peanut butter (or other nut butter)

1. Lightly oil an 8 x 8-inch (or similar size) baking dish.
2. Place the crispy rice cereal in a large mixing bowl.
3. In a small saucepan, combine the remaining three wet ingredients and heat on low until liquefied.
4. Pour the wet mixture onto the cereal and mix thoroughly.
5. Spread evenly in the baking dish and firmly compact it with your hand or a solid spatula.
6. Cover and refrigerate to let it solidify. Cut into squares once it is solid (this may take a few hours in the refrigerator).

Raw Chocolate Banana Puddin'

Who would have thought that an all-raw and low-fat chocolate pudding would taste so rich and creamy?! This pudding is so delicious (and nutritious!) it can be enjoyed for breakfast or dessert.

2 TO 4 SERVINGS

½ cup raw buckwheat groats

1 ripe banana

3 Tablespoons water

2 Tablespoons agave nectar

2 Tablespoons cocoa powder (raw or roasted)

1 Tablespoon almond butter (raw or roasted)

pinch salt

1. Place raw buckwheat groats in a jar or bowl and soak in 2 cups water for 4-8 hours.
2. After soaking the buckwheat, drain and rinse.
3. Place all the ingredients in a blender and blend to a smooth consistency. (You may need to add a little additional water if it isn't blending easily.)
4. Eat it right away, or let it chill and firm up a bit.

Date Coconut Balls

These fruit-sweetened coconuty treats – full of oats – are an excellent mid-day snack. If you give these little guys a chance to chill in the fridge, they'll be nice and firm thanks to the delicious and nutritious coconut butter! But even without the coconut butter (see variation below), they'll still hold tight!

ABOUT 20 BALLS

- 1 cup rolled oats
- ½ cup medjool dates (pitted and packed)
- ¼ cup coconut butter
- 1 teaspoon vanilla
- ⅛ teaspoon salt

1. Place the oats in a food processor❖ and pulse until finely ground.
2. Add the dates, coconut butter, vanilla and salt to the processor and process until the mixture sticks together.
3. Add 1-2 Tablespoons of water if the mixture needs more liquid to stick.
4. Form the mixture into small balls with your hands.
5. Place the balls in the refrigerator to firm up. The coconut butter will help solidify the balls once they cool (about 15 minutes).

Variation: Replace 1/2 cup of rolled oats with 1/2 cup of coconut shreds. Follow same instructions as above (leaving out coconut butter). Add a few additional dates (and 1-2 Tablespoons of water) until the mixture sticks together.

❖ If you don't have a food processor the oats can be blended into a coarse flour in a blender. The dates can be finely chopped by hand and kneaded with the oat flour and other ingredients.

Chocolate-Dipped Frozen Banana Pops

These chocolate-banana pops are a huge hit for little kids and big kids alike! And they are super easy to make, too! Just make sure your bananas are ripe and you've got some popsicle sticks or skewers on hand.

4 BANANA POPS

- 2 large ripe bananas
- $\frac{1}{4}$ cup non-dairy chocolate chips
- 2 Tablespoons non-dairy milk
- $\frac{1}{4}$ cup chopped nuts (optional)

1. Peel the bananas and cut in half crosswise.
2. Insert a popsicle stick or skewer into the flat end of each banana half.
3. Place the bananas on a baking sheet or plate and freeze thoroughly (3 hours or so).
4. After the bananas are frozen, add the chocolate chips and milk together, and melt in a double boiler, in the microwave, or in a small saucepan on low. Stir thoroughly.
5. With a spatula, quickly spread the melted chocolate over a banana and sprinkle chopped nuts on it (optional). The chocolate will firm up right away.
6. Repeat with the other bananas.
7. Keep the chocolate-dipped bananas in the freezer until they are ready to be eaten.

Variation: Instead of chopped nuts, try sprinkling on granola or coconut shreds.

Cashew Lemon Bars

These bars are irresistible! A smooth and tangy filling sits atop a crumbly crust – I love the contrasting flavors and textures! I recommend using fresh lemon juice, as this will impart a wonderful tart flavor.

9 TO 12 BARS

1 recipe Basic Pie Crust (page 94) or Raw Pie Crust (page 95)

$\frac{3}{4}$ cup cashews

$\frac{1}{3}$ cup evaporated cane juice (or other dry sugar)

$\frac{1}{3}$ cup lemon juice

1 Tablespoon lemon zest

1 $\frac{1}{2}$ cups non-dairy milk or water

1 $\frac{1}{2}$ Tablespoons agar flakes*

1. Place the cashews in a bowl, cover with water, and soak for 1-4 hours.
2. Follow the directions for a single recipe Basic or Raw Pie Crust. Instead of using a pie plate, use an 8 x 8-inch (or similar sized) glass baking dish.
3. After soaking, drain and rinse the cashews and place them in a blender with the sugar, lemon juice and lemon zest. Blend until smooth. Keep in the blender, and set aside.
4. In a small saucepan, bring the milk and agar flakes to a slow boil. Reduce the heat to low, and stir occasionally until the flakes are completely dissolved (about 5 minutes).
5. Pour the agar mixture into the blender and blend until well combined.
6. Pour the blended filling into the pre-made crust and place in the refrigerator to chill and firm up (about one hour), before cutting into bars.

* See "Ingredient Guide" for more information on thickeners

9 Pies, Crisps & Cobblers

From raw fruity treats to rich and creamy pies, you're sure to find a crowd pleaser in this chapter. I like to go fruit picking in the summer and whip up a fruity dessert. But in the off-season, I've found frozen fruit works deliciously!

- Basic Pie Crust
- Raw Pie Crust
- Raspberry Apple Pie
- Cinnamon Apple Crisp
- Blueberry Cobbler
- Raw Strawberry Pie
- Kiwi Lime Pie
- Chocolate "Cream" Pie
- Raw Berry "Cheesecake"
- Raw Apple Date Pie
- Unbaked Blackberry Cobbler

If you are unfamiliar with the ingredients in any of these recipes (or need a little refresher), check out the handy "Ingredient Guide" beginning on page 113. You'll find details on sweeteners, thickeners and so much more!

Basic Pie Crust

This brown rice flour crust is light, delicious and very delicate (because it is gluten-free). It's a bit tricky to roll out with a rolling pin, so feel free to flatten it with your hands and don't worry if it breaks apart and you have to pinch the crust back together. It will still turn out wonderfully!

ONE 9-INCH PIE CRUST

¾ cup brown rice flour
¼ cup flax seed meal*
¼ teaspoon salt

½ cup almonds (or other nuts)
¼ cup maple syrup
3 Tablespoons water
1 teaspoon vanilla

DOUBLE 9-INCH PIE CRUST

1 ½ cups brown rice flour
½ cup flax seed meal*
½ teaspoon salt

1 cup almonds (or other nuts)
½ cup maple syrup
6 Tablespoons water
2 teaspoons vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 9-inch (or similar size) pie plate.
3. In a bowl, combine the first three dry ingredients.
4. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
5. Add the remaining wet ingredients to the blender and blend until smooth.
6. Pour the blended ingredients into the dry ones and mix thoroughly.
7. The dough needs to be very thick. Sprinkle in additional flour if it's too thin to form a ball.
8. If making a double-crust pie, set half of the dough aside.
9. Lightly dust your work surface (i.e. large cutting board) with flour, and place the dough ball on the surface. Dust the dough ball with flour too, and gently roll it out with a rolling pin or flatten into a disc with your hands to fit the bottom of your pie plate.
10. Place the rolled out dough in the pie plate and press it up to the edges. It's ok if it tears. Just pinch the dough back together.
11. Bake 15-20 minutes or until golden. Let cool a few minutes before filling the pie crust.
12. For a double-crust pie, repeat step 9 with the remaining dough, and gently slide the crust onto the filled pie.

* See "Ingredient Guide" for grinding tips

Raw Pie Crust

This nutty crust is an awesome foundation for any variety of fillings! Sweetened naturally with dates, it's delicious as a snack, too! Make sure at least some of the "dough" makes it into the pie plate.

ONE 9-INCH PIE CRUST

- 1 cup almonds (or other nuts)
- 6 medjool dates (pitted)
- pinch salt

- 3 Tablespoons coconut shreds

1. Place the almonds in a food processor❖ and pulse until finely chopped.
2. Add the dates and salt and process until well combined. Add an additional date or two if the mixture needs more moisture to stick together.
3. Evenly sprinkle the coconut shreds into the base of a 9-inch (or similar size) pie plate. (This will keep the crust from sticking to the pie plate.)
4. Knead the crust with your hands and flatten it with your palms to about 6 inches in diameter. Place it in the pie plate and evenly spread it with your fingers to cover the whole base and press it up to the edges. It's now ready to be filled.

❖ If you don't have a food processor the almonds can be blended into a coarse flour in a blender. The dates can be finely chopped by hand and kneaded with the almond flour. A little maple syrup or agave nectar can be added if the mixture needs more moisture to stick together.

Raspberry Apple Pie

This apple pie variation is super simple and delicious! Any apple variety will be delightful, but my personal favorites are Fuji, Pink Lady, Gala, Golden Delicious and Granny Smith. Oh, I love them all! Top it with a scoop of your favorite non-dairy vanilla ice cream for an extra special treat!

ONE 9-INCH PIE

Double recipe Basic Pie Crust (page 94)

6 medium apples

2 cups raspberries (fresh or frozen)

¼ cup evaporated cane juice (or other dry sugar)

2 Tablespoons arrowroot* (or cornstarch)

1 Tablespoon lemon juice

1 teaspoon cinnamon

1. Follow the directions for a double recipe Basic Pie Crust.
2. Keep the oven at 350 degrees F.
3. Peel, core and chop the apples into bite-sized pieces, and place them in a large mixing bowl.
4. Add the raspberries, evaporated cane juice and arrowroot, and thoroughly stir.
5. Add the lemon juice and cinnamon and stir again.
6. Spoon the apple filling into the pre-baked crust.
7. Roll out the remaining pie dough and gently slide it on top of the filling. Pinch the sides to connect it with the bottom crust.
8. With a knife cut a few slits in the top crust, so steam can escape.
9. Cover and bake for 40 minutes. Uncover and bake an additional 20-25 minutes, or until top crust is golden brown.
10. Let the pie cool slightly before serving. The rice flour crust will be a bit crumbly while it's still hot.

* See "Ingredient Guide" for more information on thickeners

Cinnamon Apple Crisp

There's nothing better than filling the kitchen with the sweet smell of apples cookin' with cinnamon! This crisp isn't loaded with sugar, which allows the natural sweetness of the apples to really shine through. Most crisps rely on oil or other added fat to crisp up the topping – instead I use a little brown rice syrup, which crisps up quite nicely after it begins to cool.

6 TO 8 SERVINGS

8 medium apples

1 ½ cups rolled oats

¼ cup evaporated cane juice (or other dry sugar)

2 teaspoons cinnamon

¼ teaspoon salt

¼ cup brown rice syrup

1. Preheat the oven to 350 degrees F.
2. Peel, core and chop the apples and place them in an 8 x 8-inch (or similar size) glass baking dish.
3. Cover and bake for 35-45 minutes or until apples are soft, but still retain their shape.
4. While the apples are baking, mix all of the dry ingredients together in a bowl.
5. In a small saucepan, gently heat the brown rice syrup to liquefy it.
6. Pour the brown rice syrup into the dry ingredients and mix thoroughly.
7. Once the apples are done, evenly spread the oat topping over the apples and return it to the oven (uncovered) for 15 minutes or until the oats are golden brown.
8. Let it cool for at least 15 minutes before serving so the oat topping becomes crisp.

Blueberry Cobbler

This is one of my favorite desserts! Fresh picked blueberries are wonderful in this cobbler – and frozen blueberries work deliciously, too. I love this dessert topped with a little vanilla non-dairy ice cream.

6 TO 8 SERVINGS

- ½ cup brown rice flour
- ¼ cup evaporated cane juice (or other dry sugar)
- 2 Tablespoons flax seed meal*
- ¼ teaspoon salt

- ½ cup almonds (or other nuts)
- ⅓ cup water
- 1 teaspoon vanilla

- 6 cups blueberries (fresh or frozen)
- 4 Tablespoons arrowroot* (or cornstarch)
- 2-4 Tablespoons evaporated cane juice (or other sugar)
- 1 Tablespoon lemon juice

1. Preheat the oven to 350 degrees F.
2. In a bowl, combine the first four dry ingredients.
3. In a blender, blend the almonds into a coarse flour. It's ok if it all sticks together.
4. Add the water and vanilla to the blender and blend until smooth. Add a little additional water if needed to blend smoothly.
5. Pour the blended ingredients into the first four dry ones and mix thoroughly. The batter should be thick, but spreadable with a spoon. Set aside.
6. In a mixing bowl, combine the last four ingredients, and stir well. (Use more or less sugar depending on the sweetness of the blueberries.)
7. Place the blueberry mixture in an 8 x 8-inch (or similar size) glass baking dish.
8. Spoon the batter on top of the blueberries, and spread it out. (It's ok if the batter is in clumps, and the blueberries poke through.)
9. Bake for 45 minutes or until the top is golden brown. Let it cool for at least 15 minutes before serving to let it firm up.

* See "Ingredient Guide" for more information

Raw Strawberry Pie

This fruit-filled pie is the perfect summer treat. Feel free to use any seasonal berries or fruit you enjoy. For an additional touch, try topping the pie with Raw Vanilla “Cream.”

ONE 9-INCH PIE

1 recipe Raw Pie Crust (page 95)

2 cups strawberries (or other berries) (fresh or defrosted)

½ cup medjool dates (pitted and packed)

3-4 cups chopped fruit (cherries, peaches, nectarines, etc.)

1 recipe Raw Vanilla “Cream” (optional) (page 110)

1. Follow the directions for a Raw Pie Crust.
2. After making the crust, wipe out the food processor and add the strawberries and dates. Process until smooth.
3. Place the chopped fruit in a mixing bowl, and add the strawberry and date mixture. Mix until combined.
4. Spoon the fruit filling directly into the crust. This will be very loose the first day (still yummy!) but will firm up nicely in the refrigerator overnight.
5. Before serving, top the pie with some Raw Vanilla “Cream” if you'd like.

Kiwi Lime Pie

I can't say I've ever had a Key Lime Pie before. But I felt inspired by the cute little limes in the produce section. Instead of the traditional pie, loaded with fat and sugar, I decided to try a tofu version – and the result is an amazingly rich texture and delicious flavor!

ONE 9-INCH PIE

1 recipe Basic Pie Crust (page 94) or Raw Pie Crust (page 95)

10 oz. firm or extra-firm tofu*

½ cup maple syrup (or agave nectar)

⅓ cup lime juice (about 2 small limes)

2 Tablespoons lime zest

1 cup non-dairy milk

2 Tablespoons agar flakes*

2 Tablespoons non-dairy milk

2 Tablespoons kuzu* (or arrowroot*)

1-2 kiwis (peeled and thinly sliced)

1. Follow the directions for a single recipe Basic or Raw Pie Crust.
2. Bring a small pot of water to a boil. Cut the tofu into several pieces and boil for 5 minutes. Drain the water and submerge the tofu into cold water to cool it. Drain again.
3. In a blender, add the tofu, maple syrup, lime juice and lime zest. Blend until smooth. Keep in the blender, and set aside.
4. In a small saucepan, bring the 1 cup of non-dairy milk and agar flakes to a slow boil. Reduce the heat to low, and stir occasionally until the agar flakes are completely dissolved (about 5 minutes).
5. In a small mixing bowl, combine the 2 Tablespoons non-dairy milk and kuzu, and stir until the kuzu has dissolved.
6. Add both liquid mixtures to the blender and blend until smooth.
7. Pour the pie filling into the pre-made crust. Garnish with kiwis.
8. Place the pie in the refrigerator to let it chill and firm up (about 1 hour).

* See "Ingredient Guide" for more information

Chocolate "Cream" Pie

This pie was inspired by one of my dad's delicious creations he whipped up one Sunday evening. It's super creamy and packed with nutrient-rich tofu (and no one will ever know)!

ONE 9-INCH PIE

1 recipe Basic Pie Crust (page 94) or Raw Pie Crust (page 95)

10 oz. firm or extra-firm tofu*

⅓ cup evaporated cane juice (or other dry sugar)

¼ cup each: cocoa powder and non-dairy chocolate chips

2 teaspoons vanilla

½ teaspoon salt

1 ½ cups non-dairy milk

2 Tablespoons agar flakes*

2 Tablespoons non-dairy milk

2 Tablespoons kuzu* (or arrowroot*)

Coconut shreds (optional garnish)

1. Follow the directions for a single recipe Basic or Raw Pie Crust.
2. Bring a small pot of water to a boil. Cut the tofu into several pieces and boil for 5 minutes. Drain the water and submerge the tofu into cold water to cool it. Drain again.
3. In a blender, add the tofu, sugar, cocoa powder, chocolate chips, vanilla and salt. Blend until smooth. Keep in the blender, and set aside.
4. In a small saucepan, bring the 1 1/2 cups of non-dairy milk and agar flakes to a slow boil. Reduce the heat to low, and stir occasionally until the flakes are completely dissolved (about 5 minutes).
5. In a small mixing bowl, combine the 2 Tablespoons non-dairy milk and kuzu, and stir until the kuzu has dissolved.
6. Add both liquid mixtures to the blender and blend until smooth.
7. Pour the pie filling into the pre-made crust. (Optional) Garnish with coconut shreds.
8. Place the pie in the refrigerator to let it chill and firm up (about 1 hour).

* See "Ingredient Guide" for more information

Raw Berry "Cheesecake"

Let's just say this isn't your typical "cheesecake" – and that's a good thing! This nearly-raw treat is full of berries, rather than sugar and fat! A lot of raw "cheesecakes" rely on excessive amounts of nuts and oil to create a rich texture. Instead of these fatty sources, I use a natural thickener to make this cake smooth and creamy!

ONE 9-INCH PIE

1 recipe Raw Pie Crust (page 95)

½ cup cashews

4 cups berries (fresh or defrosted)

½ cup agave nectar (or maple syrup)

2 Tablespoons lemon juice

¼ teaspoon salt

1 ½ cups water

5 Tablespoons agar flakes*

1. Place the cashews in a bowl, cover with water, and soak for 1-4 hours.
2. Follow the directions for a Raw Pie Crust.
3. After soaking, drain and rinse the cashews and place them in a blender with the berries, agave nectar, lemon juice and salt. Blend until smooth. Keep in the blender, and set aside.
4. In a small saucepan, bring the water and agar flakes to a slow boil. Reduce the heat to low, and stir occasionally until the flakes are completely dissolved (about 5 minutes).
5. Pour the agar mixture into the blender and blend until well combined.
6. Pour the blended filling into the crust and place the pie in the refrigerator to chill and firm up (about 1 hour).

* See "Ingredient Guide" for more information on thickeners

Raw Apple Date Pie

This apple pie is not only delicious and nutritious, it is super fast to make. You'll be devouring it in no time! Feel free to add some raisins, cranberries, or other dried fruit in step 2 if you'd like.

ONE 9-INCH PIE

1 recipe Raw Pie Crust (page 95)

4 apples (peeled, cored and thinly sliced)

2 Tablespoons lemon juice

3 apples (peeled, cored and chopped)

$\frac{2}{3}$ cup medjool dates (pitted and packed)

2 Tablespoons lemon juice

$\frac{1}{2}$ teaspoon cinnamon

1 recipe Raw Vanilla "Cream" (optional) (page 110)

1. Follow the directions for a Raw Pie Crust.
2. In a mixing bowl, combine the sliced apples and 2 Tablespoons of lemon juice.
3. In the food processor, add the chopped apples, dates, 2 Tablespoons of lemon juice and cinnamon and process until pretty smooth.
4. Spoon the processed mixture into the bowl with the sliced apples, and mix thoroughly.
5. Spoon this apple filling directly into the crust. The pie is ready to be served. Or cover it and keep it in the refrigerator for up to three days.
6. Before serving, top the pie with some Raw Vanilla "Cream" if you'd like.

Unbaked Blackberry Cobbler

This cool cobbler is perfect for a hot summer day – or any time of year, really! Mix it up and add any berry that you like. This cobbler is delicious on it its own, or topped with a little Raw Vanilla “Cream” or non-dairy ice cream.

ABOUT 4 SERVINGS

4 cups blackberries (or other berries) (fresh or defrosted)

½ cup medjool dates (pitted and packed)

1 Tablespoon lemon juice

1 cup rolled oats

½ cup almonds (or other nuts)

½ cup medjool dates (pitted and packed)

¼ teaspoon salt

4-5 Tablespoons water

1 recipe Raw Vanilla “Cream” (optional) (page 110)

1. In a food processor, place 2 cups of blackberries, 1/2 cup of medjool dates and the lemon juice and process until smooth.
2. Spoon the blackberry mixture into an 8 x 8-inch (or similar sized) glass dish. Add the remaining 2 cups of blackberries to the dish, and stir well.
3. Wipe out the food processor, add the oats and almonds and process until finely ground.
4. Add the remaining dates and salt to the processor and thoroughly process.
5. Add the water and process until the whole mixture sticks together. Add more water if needed.
6. Spread the oat mixture on top of the blackberries with your hands. It's fine if clumps remain. The pie is ready to be served. Or place it in the refrigerator for later.

10 Frostings, Toppings & Mousses

If you are lookin' for the icing on the cake (or cupcakes, pies, etc.) then I've got some toppings for you! Most frostings and mousses are loaded with sugar – but not these recipes! Creamy and delicious, these frostings can be smeared all over the place, and these mousses can be devoured guiltlessly!

- Chocolate Sauce & Frosting
- Orange "Cream" Frosting
- Coconut "Cream" Frosting
- Strawberry "Cream" Frosting
- Raw Vanilla "Cream"
- Chocolate Tofu Mousse
- Lemon Tofu Mousse

If you are unfamiliar with the ingredients in any of these recipes (or need a little refresher), check out the handy "Ingredient Guide" beginning on page 113. You'll find details on sweeteners, thickeners and so much more!

Chocolate Sauce & Frosting

Chocolate sauce is by far my favorite dessert topping! I love it warm on top of a banana split, or spread on a cake. (Or by the spoonful all on its own!) It isn't loaded with sugar – and, it's oh so smooth and rich.

FOR SUNDAES, 12 CUPCAKES or ONE 9-INCH CAKE

- ⅓ cup non-dairy milk
- ¼ cup non-dairy chocolate chips
- ¼ cup evaporated cane juice (or other dry sugar)
- ¼ cup cocoa powder
- ½ teaspoon vanilla

1. In a small saucepan, combine the first two ingredients and place on low heat. Stir constantly.
2. After the chocolate chips have melted, turn off the heat, add the remaining ingredients and mix thoroughly.
3. Enjoy the sauce warm on non-dairy ice cream sundaes. Or spoon the sauce into a bowl, place it in the refrigerator and let it chill and firm up for 15-30 minutes, and then spread it on top of cupcakes or cake.

Variation: Thick Chocolate Frosting

For a thicker chocolate frosting that will solidify, replace the first two ingredients with 1/4 cup non-dairy milk and 1/2 cup non-dairy chocolate chips. Continue as directed. Spread the frosting on the cupcakes or cake right away.

Orange "Cream" Frosting

Lightly sweet with a hint of orange, this frosting is delicious on chocolate, vanilla and coconut cakes and cupcakes.

FOR 12 CUPCAKES or ONE 9-INCH CAKE

- ⅓ cup non-dairy milk
- ¼ cup evaporated cane juice (or other dry sugar)
- 2 Tablespoons frozen orange juice concentrate
- 1 ½ Tablespoons kuzu* (or arrowroot❖)
- 3 Tablespoons water

1. In a small saucepan, combine the first three ingredients and place on medium/low heat.
2. In a bowl, combine the kuzu and water and stir until the kuzu is dissolved.
3. Pour the kuzu/water mixture into the saucepan and stir well.
4. Simmer 5-10 minutes, stirring frequently, until the cream thickens.
5. Spoon the cream into a glass dish and place it in the refrigerator.
6. After the cream cools, whip it with a fork until smooth. Spread on top of cake or cupcakes.

Variation: Thick Orange "Cream"

Add 1 1/2 additional Tablespoons kuzu and 1 additional Tablespoon water, and continue as directed. This will make the cream thicker for spreading between cookies or between cake layers. Makes enough cream for four Chocolate Cookie Pies (page 19), or one cake layer.

* See "Ingredient Guide" for more information on thickeners

❖ If you substitute arrowroot for kuzu, you may need to add a little additional arrowroot to achieve your desired consistency.

Coconut "Cream" Frosting

What doesn't go well with coconut frosting?! This frosting isn't overly sweet, and it's thick and smooth – after whipping it into shape!

FOR 12 CUPCAKES or ONE 9-INCH CAKE

- ⅓ cup coconut milk* (or other non-dairy milk)
- ¼ cup evaporated cane juice (or other dry sugar)
- 1 Tablespoon coconut butter

- 1 ½ Tablespoons kuzu* (or arrowroot*)
- 3 Tablespoons water

1. In a small saucepan, combine the first three ingredients and place on medium/low heat.
2. In a bowl, combine the kuzu and water and stir until the kuzu is dissolved.
3. Pour the kuzu/water mixture into the saucepan and stir well.
4. Simmer 5-10 minutes, stirring frequently, until the cream thickens.
5. Spoon the cream into a glass dish and place it in the refrigerator.
6. After the cream cools, whip it with a fork until smooth. Spread on top of cake or cupcakes.

Variation: Thick Coconut "Cream"

Add 1 ½ additional Tablespoons kuzu and 1 additional Tablespoon water, and continue as directed. This will make the cream thicker for spreading between cookies or between cake layers. Makes enough cream for four Chocolate Cookie Pies (page 19), or one cake layer.

* See "Ingredient Guide" for more information

❖ If you substitute arrowroot for kuzu, you may need to add a little additional arrowroot to achieve your desired consistency.

Strawberry "Cream" Frosting

I love strawberry frosting in the middle of a Chocolate Cookie Pie (page 19), on top of Coconut Cupcakes (page 31), or on a Strawberry Cake (page 33) decorated with freshly sliced strawberries!

FOR 12 CUPCAKES or ONE 9-INCH CAKE

- 1 cup strawberries (fresh or defrosted)
- $\frac{1}{3}$ cup non-dairy milk
- $\frac{1}{3}$ cup evaporated cane juice (or other dry sugar)
- 2 Tablespoons kuzu* (or arrowroot*)
- 3 Tablespoons water

1. Blend the strawberries and non-dairy milk in a blender until smooth.
2. Pour the mixture into a small saucepan, add sugar, and place on medium/low heat.
3. In a bowl, combine the kuzu and water and stir until the kuzu is dissolved.
4. Pour the kuzu/water mixture into the saucepan and stir well.
5. Simmer 5-10 minutes, stirring frequently, until the cream thickens.
6. Spoon the cream into a glass dish and place it in the refrigerator.
7. After the cream cools, whip it with a fork until smooth. Spread on top of cake or cupcakes.

Variation: Thick Strawberry "Cream"

Add 1 additional Tablespoon kuzu and 1 additional Tablespoon water, and continue as directed. This will make the cream thicker for spreading between cookies or between cake layers. Makes enough cream for four Chocolate Cookie Pies (page 19), or one cake layer.

* See "Ingredient Guide" for more information on thickeners

❖ If you substitute arrowroot for kuzu, you may need to add a little additional arrowroot to achieve your desired consistency.

Raw Vanilla "Cream"

This "cream" is very smooth and delicious! It is excellent on top of fruity pies, crisps and cobblers (page 93) as well as cakes and cupcakes (page 29). Or create a parfait by layering chopped fruit, Raw Vanilla "Cream" and granola (page 71).

ABOUT 1 CUP

1 cup cashews

½ cup water

2 Tablespoons agave nectar (or maple syrup)

1 teaspoon vanilla

pinch salt

1. Place the cashews in a bowl, cover with water, and soak for 1-4 hours.
2. After soaking, drain and rinse the cashews and place them in a blender with the remaining four ingredients. Blend until smooth. Add a little additional water, if needed, for a smoother consistency.
3. Spoon the cream in a glass bowl or jar and refrigerate. It will thicken as it cools.

Chocolate Tofu Mousse

This mousse is rich and creamy, and loaded with nutrient-rich tofu (but no one will ever know!). I've been eating this mousse since I was in elementary school (thanks to my dad's creativity!) and my friends always wanted to share it with me. I've adapted this recipe from my dad's cookbook, From David's Pure Vegetarian Kitchen.

ABOUT 4 SERVINGS

8 oz. firm or extra-firm tofu*

$\frac{3}{4}$ cup non-dairy milk

$\frac{1}{4}$ cup cocoa powder

$\frac{1}{4}$ cup evaporated cane juice (or other dry sugar)

2 Tablespoons peanut butter (or other nut butter)

1 teaspoon vanilla

$\frac{1}{4}$ teaspoon salt

1. Bring a small pot of water to a boil. Cut the tofu into several pieces and boil for 5 minutes.*
2. Drain the water and submerge the tofu into cold water to cool it.
3. Place the tofu and the remaining ingredients in a blender and blend until smooth. Add a little more liquid if necessary.
4. Pour the mousse in a glass bowl and refrigerate. It will thicken as it cools.

* See "Ingredient Guide" for more information

❖ When tofu is used in a dish that doesn't involve cooking, tofu should be boiled in water to kill any bacteria that may be present. (And the quick boil also freshens up tofu's flavor, too.)

Lemon Tofu Mousse

This mousse is smooth and full of lemony flavor. I like to spread it on top of Gingerbread (page 40), but it'd be great on any quick bread that you like. If I'm craving a fruity treat, I'll chop up some strawberries, toss in some blueberries, and top it with this tangy mousse!

ABOUT 4 SERVINGS

8 oz. firm or extra-firm tofu*

¾ cup non-dairy milk

⅓ cup lemon juice

¼ cup evaporated cane juice (or other dry sugar)

1 Tablespoon lemon zest

¼ teaspoon salt

2 Tablespoons arrowroot* (or cornstarch)

2 Tablespoons non-dairy milk

1. Bring a small pot of water to a boil. Cut the tofu into several pieces and boil for 5 minutes.❖
2. Drain the water and submerge the tofu into cold water to cool it. Drain again.
3. Place the tofu and the next five ingredients in a blender and blend until smooth.
4. Pour the blended mixture into a small saucepan, and place on medium/low heat.
5. In a bowl, combine the arrowroot and non-dairy milk and stir until smooth.
6. Pour the arrowroot mixture into the saucepan, reduce heat to low, and stir until the mousse begins to thicken (about 2 minutes).
7. Pour the mousse in a glass bowl and refrigerate. It will thicken as it cools.

* See "Ingredient Guide" for more information

❖ When tofu is used in a dish that doesn't involve cooking, tofu should be boiled in water to kill any bacteria that may be present. (And the quick boil also freshens up tofu's flavor, too.)

I N G R E D I E N T G U I D E

Agar (also known as agar agar) is a vegetarian gelatin substitute made from sea vegetables. It is available in flakes, powder, and bars. To use agar: place in a pot with liquid and simmer 5 minutes to dissolve the agar. The agar mixture begins to thicken as it cools. Generally it takes 1 Tablespoon agar flakes or 1 teaspoon agar powder to gel 1 cup of liquid. More acidic liquids will require larger amounts of agar to gel properly. It is an excellent thickener for gelled desserts, jellies, sauces, puddings, and pie fillings – in any recipe calling for gelatin. In case you didn't know, gelatin is made from the collagen inside animals' skin and bones.

Agave nectar (or syrup) is a sweetener commercially produced in Mexico from several species of agave plants. Agave nectar is sweeter than honey, and is often substituted for it in recipes. Agave nectars are sold in light, amber, dark and raw varieties. Light agave nectar and raw agave nectar are milder than the more assertive, caramel-flavored amber and dark varieties.

Arrowroot is a light, white powder made from the root of a tropical plant. Arrowroot makes sauces clear and thick, and is great for both sweet and savory soups, sauces, pie fillings and puddings.

Baking powder: it's important to buy a brand that is aluminum-free. (Aluminum is believed to play a role in neurological disorders.) Baking powder is made up of baking soda (sodium bicarbonate), one or more acid salts, and a starch (cornstarch or potato starch). It works by releasing carbon dioxide gas into a batter through an acid-base reaction, causing bubbles in the wet mixture to expand. Instead of using **baking soda** and adding an acidic ingredient to the batter, I find it's easier to use baking powder.

Brown rice refers to any whole grain rice – short-grain, long-grain, brown basmati or sweet brown rice. To cook brown rice, I'd recommend combining 2 cups of dry rice with 3 cups of water in a pot, bringing it to a boil, reducing the heat and covering to let it simmer for 45-50 minutes.

Brown rice flour is naturally gluten-free, and is wonderful for baking. It can go rancid quickly, because of the natural fats and oils in the grain. I'd recommend storing it in an airtight container in the refrigerator or freezer. I like buying brown rice flour in the bulk section of health food stores, or from Bob's Red Mill: www.bobsredmill.com

Brown rice syrup is a golden syrup made from grinding brown rice into a meal, cooking it, then adding a natural culture to break down the rice's starches into natural sugars. The liquid is extracted, and then cooked until it thickens. It's about half as sweet as sugar.

Buckwheat flour is naturally gluten-free, and a nice addition to baked goods. It has a gray tint, and a strong flavor, so I like to combine it with other flours. To make homemade buckwheat flour, simply put 1 1/4 cups of buckwheat groats in the blender, and blend for 20-30 seconds. This will render about 1 cup of flour. Repeat for as much flour as you need. I'd recommend storing the flour in an airtight container in the refrigerator or freezer. You can also purchase buckwheat flour in the bulk section of health food stores, or from Bob's Red Mill: www.bobsredmill.com (Note that store-bought buckwheat flour is finer than home ground, so you may need to add a bit more liquid to baked-good recipes.)

Buckwheat groats (not related to wheat) are highly nutritious whole grains (actually seeds) that can be purchased raw or roasted (also called "kasha"). I buy raw buckwheat groats in the bulk section of health food stores, and store them in an airtight container in my refrigerator or freezer. To cook buckwheat, I'd recommend combining 2 cups of dry groats with 3 cups of water in a pot, bringing it to a boil, reducing the heat and covering to let it simmer for 15-20 minutes.

Cocoa powder is the low-fat component of chocolate. Although it is bitter, it imparts a deep chocolate flavor to raw and baked goodies alike. You can purchase it raw or roasted. "Cacao powder" specifically refers to raw, unsweetened powder. I've found raw powder has a milder chocolate flavor than cocoa powder.

Coconut butter is made from whole coconut flesh (it is not the same as coconut oil). Coconut butter will turn solid below 76 degrees F, so you'll need to heat the jar (if it's too cool inside your house) by placing it in a bowl of warm water. Then stir the coconut butter well to make it smooth and creamy. Coconut butter is highly nutritious, and it's also a natural antibacterial, antiviral, and antifungal food. I like to add it to smoothies, sauces, and sweet treats (in place of other nut butters).

Coconut flour is made from coconut meat. The meat is dried, the oil is removed, and then it's finely ground into flour. Coconut flour is high in fiber and protein, and low in carbohydrates. It has a mildly sweet coconut flavor and delicate texture (so I like to combine it with other flours). To make coconut flour at home, put 1 1/3 cups of coconut shreds in a normal blender, and blend for 20-30 seconds. This will render about 1 cup of flour. I'd recommend storing the flour in an airtight container in the refrigerator or freezer. You can also purchase coconut flour from health food stores, or from Bob's Red Mill: www.bobsredmill.com

Coconut milk can easily be made in a normal blender by using coconut shreds. Thoroughly blend 1/4 cup coconut shreds with 1/2 cup water, then add 1 1/2 cups water and blend some more. No need to use a strainer, unless you want it really smooth. Coconut milk can also be purchased in a can or refrigerated carton.

Coconut shreds are made from dried coconut. I'd recommend buying unsweetened coconut shreds or coconut flakes. The shreds are very small and great for baking. The flakes are a bit larger, and perfect for toppings.

Cornmeal is a flour ground from dried corn. It is ground to fine, medium, and coarse consistencies. Finely ground cornmeal is often referred to as corn flour. It can go rancid quickly, so I'd recommend storing it in an airtight container in the refrigerator or freezer. I like buying cornmeal in the bulk section of health food stores, or from Bob's Red Mill: www.bobsredmill.com

Dates are wonderfully delicious and nutritious dried fruits. They contain more natural sugar than any other fruit. I prefer **Medjool** dates as they are soft and sweet. **Deglet Noor** dates are smaller and drier and don't melt in your mouth like the Medjool ones.

Dehydrated cane juice is pure dried sugar cane juice and it retains its natural molasses content. Unlike brown sugar, dehydrated cane juice is grainy and imparts a molasses flavor. It is a wonderful sweetener in chocolate, gingerbread, and other recipes with bold flavor (as its own boldness is masked).

Evaporated cane juice is sugar cane juice that is filtered, dehydrated, and milled. It looks very similar to white sugar, and can be used in its place in the same proportion. (I recommend avoiding traditional white sugar as it is often filtered with animal-derived charcoal – charred bones, actually.)

Flax seed meal is an excellent source of Omega-3 fatty acids and fiber. To make flax seed meal, place 1 cup of flax seeds in a normal blender, and blend for 20-30 seconds. This will render almost 2 cups of flax seed meal. Store it in an airtight container in the freezer.

Garbanzo bean flour is a great addition to baked goods (but not as the only flour, as it can be strong on its own). I'd recommend storing it in an airtight container in the refrigerator or freezer. I like buying garbanzo bean flour in the bulk section of health food stores, or from Bob's Red Mill: www.bobsredmill.com

Hemp seeds have a delicious nut-like flavor. They are great additions to baked goods, granolas, smoothies and salads. They are high in Omega-3's and 6's and an excellent source of protein.

Kuzu (also spelled kudzu) is the starch from a Japanese vine. Kuzu is my go-to thickener for sauces, gelled desserts, and frostings. It is a wonderful alternative to cornstarch, and it seems to thicken more consistently than arrowroot. Kuzu is sold in small white chunks, and it needs to be dissolved in water before mixing into the liquid to be thickened.

Maple syrup is a sweetener made from the sap of sugar maple or black maple trees. I use Grade A and Grade B interchangeably – the grade difference depends on the syrup's translucence. Despite the difference in color, I can't detect much of a difference in flavor.

Millet flour is easy to make in a normal blender. Simply put 1 cup of dry millet in the blender, and blend for 20-30 seconds. This will render about 1 cup of flour. Repeat for as much flour as you need. I'd recommend storing it in an airtight container in the refrigerator or freezer. You can also purchase millet flour from health food stores, or from Bob's Red Mill: www.bobsredmill.com (Note that store-bought millet flour is finer than home ground, so you may need to add a bit more liquid to baked-good recipes.)

Molasses is a byproduct of the processing of sugar cane or sugar beets into sugar. I recommend blackstrap molasses, which is the most nutritious (full of calcium and iron) and rich tasting of the molasses varieties. Buy organic if you can, since commercial blackstrap molasses could contain significant amounts of pesticides and other chemicals sprayed on sugar plants.

Non-dairy milks come in an array of brands, flavors and plant-based sources. At health food stores and many large grocery stores you can find such “milks” as soy milk, almond milk, rice milk, coconut milk, oat milk and hemp milk. They’re not only cholesterol-free and lactose-free, they are smooth and delicious. I’d recommend experimenting with different brands, or making your own homemade milks. There are wonderful books and online resources for making your own.

Nuts (and seeds) are nutrient-dense and great energy sources. I recommend using raw nuts and raw seeds (if these are available to you, rather than roasted and salted). I like buying raw nuts and raw seeds in the bulk section of health food stores.

Oat flour is easy to make in a normal blender. Simply put 1 1/2 cups of rolled oats (thick or thin) in the blender, and blend for 20-30 seconds. This will render about 1 1/4 cups of flour. I like to make a number of batches, and have it ready to go. I’d recommend storing the flour in an airtight container in the refrigerator or freezer. You can also purchase oat flour in the bulk section of health food stores, or from Bob’s Red Mill: www.bobsredmill.com (Note that store-bought oat flour is finer than home ground, so you may need to add a bit more liquid to baked-good recipes.)

Rolled oats are whole oats that have been steamed and rolled into flat flakes under heavy rollers and then lightly toasted. You can buy thick-rolled oats (large whole flakes), thin-rolled oats (smaller flakes), or more fragmented and processed “instant” oats. I’d recommend thick- or thin-rolled oats for all of the recipes in this book as these oats have been processed less than the other oat products.

Tofu is a highly digestible soy-food made from curdled soy milk. It is available in silken, soft, firm, and extra firm varieties. The softer the tofu, the more water it contains, and the less protein it has. I’d always recommend buying firm or extra firm tofu as it’s the best value for your money (and you can blend it up to be silky smooth, too). When tofu is used in a dish that doesn’t involve cooking, tofu should be boiled in water for 5 minutes to kill any bacteria that may be present. (And the quick boil also freshens up tofu’s flavor, too.)

Zest comes from the outer rind of fruit (typically citrus fruit such as lemons, limes and oranges). The outer rind contains the fruit’s wonderful tangy flavor. Before removing the rind, be sure to wash the fruit. Then, remove the rind with a vegetable peeler, a fine grater, or a knife. Inside the outer rind is a bitter white membrane (pith) – so don’t get carried away and go too deep.

R E C I P E I N D E X

Cookies & Scones	15	Muffins & Quick Breads	39
Chocolate Chip Peanut Butter Cookies	16	Gingerbread Muffins	40
Strawberry Thumbprint Cookies	17	Apple Walnut Spice Muffins	41
Gingerbread Cookies	18	Blueberry Lemon Millet Corn Muffins	42
Chocolate Cookie Pies	19	Apple Hemp Maple Bread	43
Fruit Sweetened Chocolate Banana Cookies	20	Fruit Sweetened Blueberry Banana Muffins	44
Coconut Oatmeal Cookies (Chocolate Dipped)	21	Carrot Ginger Bean Muffins	45
Maple Oatmeal Raisin Cookies	22	Lemon Cranberry Poppyseed Bread	46
Trail Mix Cookies	23	Pumpkin Raisin Walnut Muffins	47
Nearly Raw Oatmeal Raisin Cookies	24	Vanilla Coconut Cornbread	48
Chocolate Almond Unbaked Cookies	25	Maple Zucchini Bread	49
Raspberry Lemon Scones	26		
Orange Cranberry Oat Scones	27	Pancakes, Waffles & Breakfast Bars	51
		Apple Buckwheat Waffles	52
Cakes, Cupcakes & Brownies	29	Three-Grain Waffles	53
Orange Chocolate Bean Cake/Cupcakes	30	Blueberry Cornmeal Pancakes	54
Coconut Cake/Cupcakes	31	Banana Nut Pancakes	55
Banana Split Cake/Cupcakes	32	Chunky Apple Cinnamon Pancakes	56
Strawberry Cake/Cupcakes	33	Banana Nut Beany Bars	57
Vanilla Chocolate Swirl Cake/Cupcakes	34	Raspberry Oatmeal Bars	58
Caramel Apple Turnover Cake	35	Strawberry Fig Bars	59
Chocolate Bean Brownies	36	Rice Garbo Bars	60
Fruit Sweetened Carob Brownies	37		

Smoothies & Shakes	61	Treats & Energizing Snacks	83
Raw Berry Buckwheat Smoothie	62	Raw Berry Almond Buckwheat Bars	84
Tropical Oat Smoothie	63	Raw Chocolate Truffles	85
Green Rice Berry Smoothie	64	Raw Coconut Cherry Truffles	86
Blueberry Banana Green Smoothie	65	Maple Oat Peanut Brittle	87
Green Pear Smoothie	66	Crispy Rice Treats	88
So Peachy Smoothie	67	Raw Chocolate Banana Puddin'	89
Raw Chocolate Almond Shake	68	Date Coconut Balls	90
Strawberry Coconut Shake	69	Chocolate-Dipped Frozen Banana Pops	91
Peanut Butter Chocolate Chunk Shake	70	Cashew Lemon Bars	92
 Granolas & Granola Bars	71	 Pies, Crisps & Cobblers	93
Vanilla Almond Crunch Granola	72	Basic Pie Crust	94
Apple Cinnamon Raisin Granola	73	Raw Pie Crust	95
Raw Apple Cinnamon Granola	74	Raspberry Apple Pie	96
Chunky Molasses Granola	75	Cinnamon Apple Crisp	97
Maple Flax Granola	76	Blueberry Cobbler	98
Raisin Almond Buckwheat "Granola"	77	Raw Strawberry Pie	99
Apple Almond Spice Granola Bars	78	Kiwi Lime Pie	100
Pumpkin Flax Granola Bars	79	Chocolate "Cream" Pie	101
Maple Hemp Granola Bars	80	Raw Berry "Cheesecake"	102
Cherry Coconut Granola Bars	81	Raw Apple Date Pie	103
Buckwheaty Granola Bars	82	Unbaked Blackberry Cobbler	104
		 Frostings, Toppings & Mousses	105
		Chocolate Sauce & Frosting	106
		Orange "Cream" Frosting	107
		Coconut "Cream" Frosting	108
		Strawberry "Cream" Frosting	109
		Raw Vanilla "Cream"	110
		Chocolate Tofu Mousse	111
		Lemon Tofu Mousse	112

G R A T I T U D E

This book was so sweet to create because of the love, support and inspiration of my family and close friends.

A big thank you to my wonderful husband, Eric, who sampled all of my creations and was always eager to try the next batch. A special thanks to my brother, C.J., for his keen editing eye, and for walking the veg path beside me as we were growing up. An enormous thank you to my parents, David and Carolyn, who have always believed in me and supported my every endeavor.

I am grateful for all of my amazing girl friends – your support, enthusiasm, and journeying with me has made my life so sweet.

A huge thanks to Patrick Floresca for his layout and design skills and for his incredible patience and eye for detail working on this project.

Thanks to all of the wonderful folks at Northwest VEG – your devotion to the health and well-being of all animals and the planet is truly energizing.

And finally, I am forever grateful for sharing ten amazing years with my best friend, Erin, whose peaceful heart inspired this book and will continue to inspire me for the rest of my life. It is because of you, Erin, that I wish to scatter these recipes far and wide – and sweeten up the world, which so dearly misses you.

SCATTER

Vegan Sweets Far and Wide!

Packed with over 85 delicious and nutritious vegan cakes, cookies, muffins, pies, smoothies, granolas and so much more... that can be enjoyed any time of day!

- ❖ Easy-to-make and quick-to-disappear sweets!
- ❖ Gluten-free whole grains
- ❖ Low-fat and oil-free
- ❖ Low-sugar and fruit-sweetened recipes



Wendy Gabbe Day has been a vegetarian since birth, and a vegan for most of her life. She resides in Portland, Oregon, with her husband, Eric, and their much-loved rescued dog. A life-long athlete, and a former Division 1 college basketball player, Wendy likes to run, hike, and bike around the beautiful Pacific Northwest. When she's indoors, you'll likely find her in the kitchen creating a sweet treat with whole-food ingredients.

Featuring irresistible
whole-food sweets:

Banana Split Cupcakes
Gingerbread Muffins
Maple Oat Peanut Brittle
Strawberry Cupcakes
Chocolate Almond Unbaked Cookies
Vanilla Coconut Cornbread
Raw Berry Buckwheat Smoothie
Vanilla Almond Crunch Granola
Banana Nut Pancakes
Kiwi Lime Pie
Chocolate "Cream" Pie
Raw Coconut Cherry Truffles

\$12.95

Veg Food & Fit • VegFoodandFit.com

Printed on 100% recycled post-consumer waste paper

ISBN 978-0-9718052-1-7
\$12.95
5 1295 >



9 780971 805217