

Sugar, Spice & ANIMAL RIGHTS

A book of vegan desserts



A PORTION OF THE PROCEEDS FROM
THIS BOOK WILL BE DONATED TO
LUCKY YOU! ANIMAL RESCUE

CHOCOLATE CHIP COOKIES

- » Makes 36 Cookies
- » Soft & Chewy
- » Gluten Free Option
- » Freeze for later

Ingredients

- » 3/4 cup refined coconut oil, melted
- » 3/4 cup organic granulated sugar
- » 3/4 cup packed organic brown sugar
- » 1/2 cup unsweetened applesauce
- » 2 teaspoons vanilla
- » 2 1/2 cups all-purpose flour (or substitute gluten-free flour)
- » 1 teaspoon baking soda
- » 1 teaspoon salt
- » 1/2 teaspoons baking powder
- » 1 1/4 cups vegan chocolate chips

FREEZE EXTRA SCOOPS OF DOUGH ON A COOKIE SHEET, THEN TRANSFER TO A FREEZER BAG. IT MAY TAKE LONGER TO BAKE.



Preparation

- » Preheat oven to 350°F and line a baking sheet with parchment paper or a silicone mat.
- » In a large bowl, add the coconut oil, granulated sugar, brown sugar, applesauce and vanilla, and mix well.
- » Stir in the all-purpose flour, baking soda, baking powder and salt until a dough forms. Lastly, mix in chocolate chips until well incorporated.
- » Optional: Set the dough into the refrigerator to chill for 30 minutes or up to 24 hours. This will yield a deeper flavor and a more golden color, plus the cookie will spread less.
- » Using a tablespoon sized scooper, drop mounds of dough onto the baking sheet 2 inches apart. No need to press them down.
- » Place into the oven and bake for 13-14 minutes, or until the edges brown. The cookies will seem soft but they will firm up while they cool.
- » Allow the cookies to rest on the baking sheet for 1 minute after removing them from the oven and then carefully transfer them onto a cooling rack using a spatula. Cool completely.

PUMPKIN CHAI CHEESECAKE

- » Makes 10 Servings
- » No Bake
- » Gluten Free
- » Creamy Filling

Ingredients

Crust

- » 1 cup packed deglet noor or medjool dates (pitted before measuring), chopped
- » 1 cup raw walnuts
- » 1/2 cup pumpkin seeds
- » 1 tablespoon refined coconut oil, melted
- » 1/4 teaspoon pink Himalayan salt

Filling

- » 2 cups raw cashews, soaked and strained
- » 1/2 cup canned full-fat coconut milk
- » 1/2 cup pure maple syrup
- » 1/3 cup + 1 tablespoon pumpkin puree
- » 1/4 cup refined coconut oil, melted
- » 3 tablespoons lemon juice
- » 1 teaspoon pure vanilla extract
- » 1/2 teaspoon ground cardamom
- » 1 teaspoon pumpkin pie spice
- » 1/4 teaspoon pink Himalayan salt

Preparation

- » Prepare a large springform pan. Line the bottom with parchment paper and spray the sides with coconut oil.
- » Add the Deglet Noor dates to a food processor and run until broken down into small pieces. Add in the remaining ingredients and process until a dough forms. If it is too dry, add more melted coconut oil 1/2 tablespoon at a time.
- » Transfer the crust mixture into the springform pan and press it down into a crust to form a bottom layer. Place the pan into the freezer as you prepare the filling.
- » Drain the soaked cashews and add them to a high-speed blender along with all of the filling ingredients and puree until smooth, about 2 minutes.
- » Remove the pan from the freezer and pour in the filling. Tap the pan a few times to release any air.
- » Place the cheesecake into the freezer until firm. Once set, remove the cheesecake from the freezer and allow it to sit at room temperature for about 20 minutes before eating.

TOP WITH DATE SYRUP, COCOWHIP, PUMPKIN SEEDS OR CINNAMON.



MINI CHOCOLATE CAKES

- » Makes 2 Cakes
- » One Bowl
- » Easy to Make
- » Valentine's Treat

Ingredients

Wet

- » 100ml filtered water (just under 1/2 cup)
- » 2 tablespoons coconut oil
- » 1 tablespoon flaxseed meal (or chia seeds)
- » 1 teaspoon vanilla extract
- » 1 teaspoon apple cider vinegar

Dry

- » 1/4 cup all-purpose flour
- » 2 tablespoons cacao powder (or cocoa)
- » 1/4 cup 72% dark chocolate, finely chopped (or chocolate of your choice)
- » 1/4 cup turbinado sugar*
- » 1/4 teaspoon baking powder
- » 1/8 teaspoon baking soda
- » 1/8 teaspoon salt



Preparation

- » Preheat the oven to 350°F.
- » In a medium bowl, mix together all of the wet ingredients. Set aside for 10 minutes to thicken.
- » In the meantime, prepare the ramekins. Lightly oil the inside of the ramekins and then dust them with cacao powder. You can use a small strainer for the dusting or you can add in about 1 tablespoon of cacao powder into the oiled ramekin and move the ramekin around to coat it. Shake off and discard excess cacao powder.
- » Once the wet ingredients have set, add in the dry ingredients. Using a fine mesh strainer, sift in the all-purpose flour and the cacao powder. Add in the remaining dry ingredients and mix everything together with a whisk until uniform. Keep in mind that the batter will be a clumpy due to the chopped dark chocolate.
- » Evenly divide the batter into the prepared ramekins. Place into the oven (directly on the rack) and bake for 15-17 minutes, or until a toothpick runs clean.
- » Remove the cakes from the oven and cool for 10 minutes. Run a knife or thin metal spatula around the sides of each cake. Invert each ramekin onto a serving plate and gently shake out the cake. Dust the cakes with powdered sugar if desired and add garnishes of your choice. Enjoy!



LEMON POPPYSEED LOAF

- » Makes 12 servings
- » Moist and Fluffy
- » Gluten Free Option
- » Good for breakfast

Ingredients

- » 1/2 cup warm unsweetened almond milk
- » 1/2 cup coconut oil, melted
- » 1/4 cup + 2 tablespoons cup lemon juice
- » 2 tablespoons flaxseed meal
- » 1 tablespoon lemon zest
- » 1 teaspoon vanilla extract
- » 2 cups all-purpose flour (or gluten-free)
- » 3/4 cup organic cane sugar
- » 1/3 cup poppyseeds
- » 2 teaspoons baking powder
- » 1/2 teaspoon baking soda
- » 1/2 teaspoon salt
- » 1/4 cup aquafaba
- » 1/4 teaspoon cream of tartar



Preparation

- » Preheat the oven to 350°F and line or oil a bread pan. Set aside.
- » In a large bowl, mix together the almond milk, coconut oil, lemon juice, flaxseed meal, lemon zest and vanilla extract. Allow the mixture to sit for 10 minutes to allow the flaxseed meal to thicken.
- » In another bowl, add in the aquafaba and cream of tartar and whip with a mixer until firm peaks form.
- » Once the flaxseed mixture has set, add in the flour, sugar, poppyseeds, baking powder, baking soda and salt. Mix until well combined. Add in the aquafaba mixture and gently fold it into the batter.
- » Transfer the batter to the lined bread pan. Place into the oven for 40-45 minutes, or until a toothpick comes out clean.
- » In the meantime, prepare the icing. Whisk together 1 cup powdered sugar, 2 tablespoons lemon juice, and a teaspoon of water.
- » Remove the bread from the oven and allow it to cool for 20 minutes before transferring to a cooling rack. Generously drizzle the loaf with the icing and allow it to set for 10 minutes, then slice with a knife and enjoy!



PEANUT BUTTER COOKIES

- » Makes 16 Cookies
- » No Bake
- » Gluten free
- » Clean Cookies

Ingredients

- » 1 cup gluten-free rolled oats
- » 10 medjool dates, pitted (or 1 cup, measured after pitting)
- » 1/2 cup unsalted creamy peanut butter
- » 1 teaspoon vanilla extract (optional)
- » 1/4 teaspoon salt (optional)

IT TAKES JUST TEN MINUTES TO PREPARE THESE THREE INGREDIENT, NO-BAKE, VEGAN, GLUTEN-FREE PEANUT BUTTER COOKIES. PLUS, THEY'RE HEALTHY!



Preparation

- » Place the dates in a bowl of hot water for 10 minutes to soften. Drain and set aside.
- » Add 1/2 cup of rolled oats to the bowl of a food processor and process the oats until they have formed a flour-like consistency.
- » Add the remaining 1/2 cup rolled oats to the food processor along with the soaked dates, peanut butter and optional ingredients if you are using them.
- » Process all of the ingredients together until smooth, scraping down the sides if needed. If the dough seems dry, add in 1 to 1 1/2 tablespoons of water or almond milk to moisten it.
- » Once the dough is smooth, grab a baking sheet and line it with parchment paper or a silicone baking mat.
- » Using a tablespoon, scoop out the dough, roll it into a ball and place it on the baking sheet. Continue until you have rolled out all of the dough.
- » Press the dough down until it is about 1/3-inch thick. You can do this by either pressing down with your fingers or by using a fork in a criss cross.
- » Place the baking sheet into the freezer to set for 30 minutes and then dig in!

BLACK BEAN BROWNIES

- » Makes 16 Brownies
- » Oil Free
- » Gluten free
- » Budget

Ingredients

- » 2 flax eggs (2 tbsp flaxseed meal + 6 tbsp water)
- » 1/2 cup organic cane sugar
- » 1 (15 oz.) can black beans, rinsed
- » 1/4 cup unsalted peanut or almond butter
- » 3/4 cup cacao (or cocoa) powder
- » 2 tablespoons espresso (or strong coffee)
- » 1 teaspoon vanilla extract
- » 1 1/2 teaspoons baking powder
- » 1/2 teaspoons sea salt
- » 2 tablespoons crushed walnuts (optional)
- » 1/4 cup + 2 tsblespoons dairy-free semi-sweet chocolate chunks

Preparation

- » Prepare the flax eggs by mixing the flaxseed meal with the water in a small bowl. Set aside to thicken for about 15 minutes.
- » Preheat the oven to 350°F and line a 9-inch square baking dish with parchment paper or oil.
- » In a food processor, add in the sugar and process it enough to bring it to a finer texture. Add in the black beans and almond butter, and process until smooth.
- » Add in the prepared flax eggs, cacao powder, espresso, vanilla extract, baking powder, and sea salt, and process smooth. You may need to stop and scrape down the sides.
- » Add 1/4 cup of the chocolate chunks and mix them in by hand.
- » Pour the batter into the lined baking dish and use a spatula to smooth out the top. Top with 2 tablespoons of walnuts and the remaining two tablespoons of chocolate chunks.
- » Place into the oven and bake for 25-30 minutes, or until a toothpick runs clean. Remove the brownies from the oven and cool completely before digging in.

SUBSTITUTE SUNFLOWER BUTTER TO MAKE THE BROWNIES NUT-FREE.

