

{ 2013 }



BOOK OF RECIPES

PEANUT BUTTER COOKIE DOUGH TRUFFLES

Recipe adapted from Chloe Coscarelli's Cookie Dough Truffle recipe chefchloe.com *Barbi Lazarus*

Ingredients

- ½ cup earth balance, softened a bit but not totally melted
- ¾ cup packed light brown sugar
- ¼ tsp salt
- 1 tbsp pure vanilla extract
- 2 tbsp water
- 3 tbsp peanut butter
- 1 ¼ cups all-purpose flour
- ½ cup dark chocolate chips
- 14 ounces dark chocolate

Instructions

Line two baking sheets with parchment paper or silpats.

Using a mixer, beat Earth Balance, brown sugar, salt, vanilla, peanut butter and water until combined. Add flour and beat until incorporated. Fold in chocolate chips. Cover dough and refrigerate for 1 hour or a bit longer.

Roll chilled dough into 1-inch balls with the palms of your hands. Place on prepared baking sheets. Freeze for 25 minutes.

Melt the remaining 14 ounces chocolate on the stove or in the microwave. Let cool to room temperature a bit. Remove one tray of cookie dough balls from the freezer. Dip each ball into the melted chocolate and remove using two forks or two spoons. Place the coated balls back onto the baking sheet and transfer to the refrigerator. Repeat with the second tray of cookie dough balls. Chill until the chocolate is set. Store in refrigerator until serving.



HEALTHY BANANA CAROB CHIP MUFFINS

The lovemuffin bakery www.thelovemuffinbakery.com *Lesley Black*

Ingredients

- 3-4 large very ripe bananas
- ½ cup applesauce
- ¼ cup canola oil
- ¼ cup agave nectar
- 2 tbsp molasses
- 2 cups flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ½ tsp salt
- ½ cup carob chips

Instructions

Preheat oven to 350°.

Mash the bananas really well, add sugar thru molasses. Mix it up. Sift in flour thru salt. Mix until just combined. Fold in carob chips. Fill the muffin tins almost to the top. Bake for 18-20 minutes. Eat and enjoy!



The lovemuffin bakery creates delicious vegan and gluten-free baked goods. Our healthy muffins are made with ingredients such as unsweetened applesauce, unsweetened almond milk, agave nectar and very little sugar or oil. Our decadent cookies are made with the highest quality ingredients, such as unbleached organic wheat flour, maple syrup, and organic sugar.



THE TRIPLE WHAMMY CUPCAKE

Deanna Harris www.friendlytreatsbaking.ca

Ingredients

Cupcake

- 1 tbsp apple cider vinegar
- 1 cup almond milk
- 1 ¼ cup gluten free flour mix (one with xanthan gum)
- ½ cup cacao powder
- 2 tsp baking powder
- 1 ½ tsp baking soda
- ½ tsp salt
- ½ cup grape seed oil
- 2 tsp vanilla extract
- ¾ cup coconut sugar
- 1 cup Enjoy life (dairy, soy, and gluten free) chocolate chips

Icing

- 1 cup Earth balance soy free spread (room temperature)
- 2 ½ cups powdered sugar
- 2 tsp vanilla extract
- 2 tbsp almond milk

Mix all ingredients with an electric mixer.

Caramel Sauce

- 1 cup medjool dates (soak for 30 minutes)
- 1 ½ tsp vanilla extract
- ⅓ cup almond milk
- ½ tsp salt
- 1 tsp lemon juice
- 3 tsp maple syrup

Mix all ingredients with an electric mixer.

Blend icing and caramel sauce in a food processor until smooth.

Use to top frosted cupcakes.

Instructions

Directions for Cupcake

1. Preheat oven to 350°.
2. In a medium mixing bowl combine almond milk & apple cider vinegar.
3. In a large mixing bowl combine flour, cacao powder, baking powder, baking soda, salt, and coconut sugar.
4. Add grape seed oil and vanilla to the milk mixture.
5. Add wet ingredients to the dry and mix until well combined. Add in chocolate chips.
6. Divide batter into cupcake liners and bake for 15-20 minutes.
7. Let cupcakes cool and then decorate.



DASHING DAN'S PEANUT BUTTER DREAM

Dan Pitman

Ingredients

Cookie Layer

You can use your favourite chocolate chip cookie recipe (only need 1/2 recipe for the bars, but it's easier to make the full one and have cookies on the side.) The one I used is the Chocolate Chip Cookies from "Vegan Cookies Invade Your Cookie Jar." (This is the full cookie recipe, so if you don't want extra cookies, cut these in half.)

- ½ cup Brown Sugar
- ¼ cup White Sugar
- ⅓ cup olive oil (or Canola oil)
- ¼ cup unsweetened almond milk
- 1 tbsp tapioca flour
- 2 tsp vanilla extract
- 1 ½ cups all-purpose flour
- ½ tsp baking soda
- ½ tsp salt
- ¾ cup chocolate chips

Peanut Butter Layer

- 1 ½ cups natural peanut butter
- 2 tbsp earth balance
- 1 cup icing/powdered sugar

Chocolate layer

- 1 ½ cups semi-sweet chocolate chips
- ½ cup unsweetened almond milk
- 1 tbsp coconut oil

Instructions

Prepare the cookies first

1. Preheat oven to 350°, lightly grease an 8x8 glass baking dish.
2. Combine the brown and white sugar, oil, almond milk and tapioca flour in a mixing bowl. Mix with a fork very well until it resembles a smooth caramel. Mix in the vanilla.
3. Add 1 cup of flour, the baking soda and salt. Mix until well incorporated. Mix in the rest of the flour. Fold in the chocolate chips.
4. Take half of the cookie dough, and press down into the 8x8 glass baking dish, making a thin layer, but reaching all sides.
5. Bake for about 10 minutes, or until it's a light golden brown.
6. Once baked, cool on the oven for 5-10 minutes, and then move to the fridge to cool further (30-45 minutes), until firm to the touch, and cold.
7. The other half of the dough, roll into ping pong ball size balls, flatten in your hands, and place on a greased baking sheet. Baking for 8 minutes.

Then the Chocolate layer

1. If you have a double broiler, use that. If you don't, in a small pot, melt the chocolate chips over very low heat, stirring constantly. Once most of the chocolate chips have melted, add the almond milk and coconut oil, and continue stirring until smooth.
2. Once the cookie layer has cooled, take 1/3 of the chocolate sauce and cover the cookie layer with chocolate. Return to the fridge to let the chocolate set. (another 30-45 minutes)

Then the Peanut Butter layer

1. In a medium sized pot, melt the peanut butter and earth balance on low heat (this helps make it a smoother layer, especially if the peanut butter is cold or hard). Once smoothed out, remove from heat and add the icing sugar, stirring all together until the peanut butter firms up - but still spreadable. (if it's still runny, add a little bit extra icing sugar).
2. Once the cookie layer and 1st chocolate layer is cooled/set. Spread Peanut Butter layer otop, and then add the rest of the chocolate sauce on the top spreading evenly.
3. Put the final product back into the fridge. It's best to let set overnight so that it firms up completely, but if you can't wait that long, after an hour it should be set, but will still be soft. Still delicious though!!



“How Do You MILK ALMONDS ANYWAYS?” HOT MILK CAKE

Jessica Ford TheAntiqueAppetite.com

Ingredients

Cake

- 2 eggs made with egg replacer
[see package for substitution instructions]
- 1 cup sugar
- 1 cup flour
- 1 tsp baking powder
- ¼ tsp salt
- ½ c. hot almond milk
- 2 tbsp organic Earth Balance, softened

Icing

- 3 tbsp organic Earth Balance, softened
- 2 tbsp almond milk
- 5 tbsp brown sugar
- ½ cup unsweetened shredded coconut

Instructions

Preheat oven to 350°F.

In a medium bowl, sift together the flour, baking powder and salt. In another large bowl, beat eggs made with egg replacer and sugar together.

Heat the almond milk in a small saucepan and melt in the butter. Add the dry ingredients to the egg mixture in two batches, alternating with the hot milk. Mix gently.

Pour the batter into lined muffin tins or an 8"x8" square pan and bake for 25-30 minutes.

Meanwhile, beat the remaining Earth Balance, brown sugar and almond milk together until smooth. Stir in the coconut. After the cake has baked, spread icing over the top and broil in the oven until bubbling.



BANCHOcNUT

Alessandra Cortis

Ingredients

- ½ cup brown rice flour
- ½ cup cocoa powder
- 2 bananas (1 per 6 cupcakes)
- 1 cup hot water
- ¼ cup slivered almonds
- ⅓ cup vegan chocolate chips
- ¼ cup maple syrup
- ¼ cup brown sugar
- 1 pinch sea salt
- 1 tsp baking soda
- ½ cup sunflower oil
- 1 tsp vanilla extract
- 1 tsp white vinegar

Instructions

1. Preheat oven to 350 degrees F. Grease cupcake/ muffin pan (12 muffin holes needed for this recipe).
2. Boil one cup of water and mix one teaspoon white vinegar. Let stand for five minutes.
3. In a large bowl, combine brown rice flour, cocoa powder, baking soda, and sugar. Sift together.
4. In a separate bowl combine sunflower oil, vanilla extract, maple syrup, two mashed bananas, and salt. After five minutes of standing, add the hot water with vinegar.
5. Combine wet and dry ingredients, blend together until smooth.
6. Fold in chocolate chips and almonds.
7. Bake at 350F for 50-55 minutes.
8. Let them cool for 5 minutes. Decorate as you please.
9. Taste and enjoy!



VEGAN ESPRESSO BROWNIES



Ann Leriche-Brydson

This recipe was converted to a vegan recipe in Nov. 2012 taken from my favourite Espresso Brownie recipe made since June 2004. Partially adapted from 'Espresso Fudge Brownie' from Vegan Cookies Invade your Cookie Jar by Moskowitz/Romero.

Ingredients & Instructions

Preheat oven to 350°

In small saucepan add:

- 3 oz. Unsweetened chocolate, Camino Brand 9 squares - broken up in pieces
- ¾ stick or 5 tbsp of Earth Balance margarine

Melt on lowest heat on stove until melted, set aside to cool while preparing below.

In mixer beat until smooth:

- 1 cup Raw organic Cane Sugar (or white sugar ok)
- ⅓ cup Almond milk (or soy milk ok)
- 1 tbsp Arrowroot powder
- 2 tsp Instant Espresso powder (or use regular instant coffee)
- 1 tsp Real Vanilla
- 2 tbsp Kahlua
- 3 tbsp Cocoa powder, Fry's - or Camino

Add chocolate mixture to above and beat until smooth.

In a Separate bowl mix together;

- ¾ cup + 2 tbsp Unbleached white flour
- ½ tsp. Baking powder
- Large pinch of sea salt

Add this mixture to sugar/chocolate mixture above. Blend well until no lumps and smooth. Prepare 8x8 baking pan lined with parchment paper. Best to use a foil or metal baking pan. Scrape mixture in pan and spread well to all edges. Tap on surface to remove any bubbles. Bake for 18-20 minutes or until just puffed. Always best to have them slightly underdone to remain fudgy. Especially important NOT to over bake or the recipe will be ruined- will get over dry. This recipe must be fudgy.

If sides are higher than rest, pat down to make even all over. Cool completely on wire rack. Add ganache when cooled (can add while warm) but leave at room temperature until completely cooled before putting in fridge - or you will have a cloudy/streaky ganache.

Ganache topping:

- 3 tbsp Camino Semi Sweet chocolate chips
- 2 tbsp Earth Balance margarine
- 1 tbsp Almond Milk

Melt in bowl in microwave, or in saucepan on lowest heat. Pour over brownies to cover all surface well. Cool completely then place in fridge to chill. Do not cover to prevent condensation. Later, slice into 20 squares, or smaller if you want as they are very rich. Use a wet hot knife wiped down each time with wet paper towels for clean cuts. Store in container and keep in fridge or freeze.

When serving from frozen, thaw at room temp for 15 minutes for immediate eating, or place in fridge to serve later. Brownies are best eaten cold. I like to make the base at night left on rack covered with dish towel and then finish with ganache the next morning. These freeze extremely well.

NOT FOR DIETS FLORENTINE

Greg Lauzon

Ingredients

- 2 cups of all-purpose spelt flour
- 2 ½ cups of coconut sugar
- 2 cups of quick oats
- 2 ½ cups of dark chocolate chips
- 2 cups of chopped walnuts or pecans
- 1 ½ cups of unrefined coconut oil
- 8 tsp. egg replacer mixed with 1 cup of water (Pane Riso brand)
- 2 Tbsp vanilla extract
- 1 tsp salt
- 300 g dark chocolate (optional)

Instructions

1. Mix the unrefined coconut oil with the coconut sugar. Refined coconut oil can be used but the unrefined oil tastes better.
2. Add the egg replacer mixture and vanilla extract.
3. Sift the spelt flour with the salt into the batter.
4. Add the quick oats and then the chocolate chips in that order.
5. Put the batter into the fridge until it is hard.
6. While the batter is still hard, place tablespoon sized balls onto a baking tray about 2" apart. Use an insulated baking tray if possible. Bake for 20 minutes at 300 F. or 350 F. if you are using refined coconut oil. Baking times may vary slightly depending on the oven.
7. Optional. Allow the cookies to cool. Melt the chocolate in a double boiler. Dip the tops of the cookies in the melted chocolate. Allow the chocolate to cool. Enjoy.



VEGAN LEMON DONUTS

Lisa Le www.alimentageuse.com

Ingredients

Prep time: 25 mins Cook time: 15 mins.

Yields: 10 regular donuts or 24 mini donuts.

- 1 cup all-purpose flour
- ⅓ cup agave nectar
- 1½ tsp baking powder
- ¼ tsp salt
- ½ cup rice milk
- 2 tsp flax meal
- 1 tbsp warm water
- ¼ cup no-sodium margarine
- zest of one lemon
- ⅓ cup lemon juice
- 1½ cup powdered sugar

Instructions

1. Mix flax seed and warm water in a small bowl. Stir then let sit for about 2 min.
2. Mix lemon zest, agave nectar, flax seed mixture, milk, and margarine until combined.
3. Add flour, baking powder, and salt. Mix until incorporated, but do not over mix.
4. Pipe into greased donut baking pans about half full (they puff up a lot)
5. Bake for 12-14 minutes at 350F until golden. 12 minutes if using a mini-donut pan, 14 if using a regular-sized donut pan.
6. Remove from oven, let sit in the pan for about 1 min, then remove from pan and let cool on a wire rack until cooled.
7. Mix lemon juice (strained) and powdered sugar until all lumps are broken up.
8. Dip cooled donuts in glaze, let excess drip off, then let them dry on the wire rack.
9. Leave for about 10-15 minutes until dry, then eat!



ONE DROP MACAROONS

Reuben Jong

Ingredients

- 6 tbsp cocoa
- 1 (170 g) package of creamed coconut (in a little box)
- $\frac{3}{4}$ cup coconut milk (in a can)
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ tsp vanilla extract
- 3 cups toasted coconut

Instructions

Instead of heating up your oven, go and download Bob Marley & the Wailers song "One Drop" if you don't have it already. Or you can do as I do, and put the record on your turntable. One way or another, it is crucial that this song is playing continuously for these to work. Then you slowly heat the first four ingredients together in a pot on the stove, stirring often.

Once they are fully combined and just about to bubble, remove from heat and stir in vanilla. Combine this mixture with the toasted coconut until it is all well coated. Then "one drop" teaspoonfuls on to a cookie sheet covered with waxed paper. Refrigerate for about 24 hours, and they should be ready. Don't forget to feel this drumbeat, as it beats within.

One Love!



Vegans:
Making the world sweeter,
one cupcake at a time!



The Totally Fabulous Vegan Bake-Off started in 2008 as a community celebration of World Vegetarian Day (October 1st). Thank you to all of the vegan bakers who shared their treats with the hungry masses over the past five years. This eBook was designed to help share delicious vegan treats with the world in the hopes that it will support people to live greener, healthier and more peaceful lifestyles.

If you are interested in supporting this and other initiatives of the Toronto Vegetarian Association please consider making a donation by visiting www.veg.ca.