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Vegan Caramels recipe "fluffy". The added cream, will soften the texture of the eggs and will add fat for a more pleasing mouthfeel cashew cream. It can basically be any type of nut cream (like macadamia or even almonds), baking powder. Let s move on. We are still missing some fat and

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Add to Recipe Box. I don t enjoy some vegan cookbooks, but Vegan Everyday: 500 Delicious Recipes is a great cookbook for vegans and meat eaters alike. Doug McNish, the author, is a vegan executive chef, an instructor and consultant, with a strong commitment to health and organics in his cooking.

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