

recipe lecture

November 14, 2020

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# American Buttercream

🕒 20 min 🍴 —

**Note:** The water is only for the texture. For squirting you need a firmer cream than for spreading.

## Basic recipe

Pour the warm butter in a bowl and sieve the powdered sugar on top.

Stir the dough on low to medium speed until the sugar and butter are well mixed. (if the speed is too high many air bubbles will form. This is bad for spraying later!)

Mix in some drops of aroma / vanilla extract / zest of a lemon/orange and water (can be omitted on hot summer days, or when using very soft vegan butter, or if the powdered sugar is old and has soaked in air moisture).

## Variation: Chocolate

Replace half of vegan butter with: 65 g melted dark chocolate couverture. Leave out the aroma.

## Variation: Cocoa

Replace vegan butter and powdered sugar with: 120 g vegan butter, 60 g cocoa powder and 180 g powdered sugar.

## Variation: Cream Cheese

Replace 50 g of vegan butter with: 30 g cream cheese.

## Variation: Snow White

Replace half or complete vegan butter with: Palmin Soft. Probably, you will need more powdered sugar since Palmin Soft is softer than butter.



5.5 oz **vegan butter**

9 oz **powdered sugar**

3 tsp **water**, very warm  
**aroma**



### Cake:

- 1 1/4 cups flour
- 1 cup sugar
- 1/3 cup cocoa powder, *unsweetened*
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup water, *warm*
- 1 tsp vanilla extract, *optional*
- 1/3 cup vegetable oil
- 1 tsp vinegar

### Chocolate Glaze:

- 1/2 cup sugar
- 4 Tbsp vegan butter
- 2 Tbsp soy milk
- 2 Tbsp cocoa powder, *unsweetened*
- 2 tsp vanilla extract, *optional*

## Angry Cake

🕒 2 hours 🍴 8x8 square pan

Preheat oven to 350°F.

With a fork mix together the dry ingredients. Add the liquid ingredients, and again, mix together thoroughly. Use a spatula to scrape down the sides if necessary.

Place in oven and bake for about 30 minutes, or until a knife comes out clean. Cool on a rack completely (2 hours).

For the glaze bring all ingredients (except for vanilla) to a boil. Stir frequently; then reduce heat to a simmer for 2 minutes, stirring constantly. It'll look gloppy, but it's just the bubbles! Remove from heat and stir for another 5 minutes.

Add vanilla, stir, and immediately pour onto cake. Glaze dries really quickly, so spread it immediately and add any sprinkles now. Let this cool for an 1 hour, if you can wait that long!

### Additional suggestions:

- Directly after bake; bring apricot jam to a boil and sift it through a fine sieve. Afterwards pour chocolate glaze on top.
- Pour some frozen raspberries into the chocolate glaze and mix it

# Apple Wine Pie

🕒 1 hour 🍴 10" springform pan

Mix all crust ingredients into a smooth dough. Eventually adding more flour or water. Wrap dough in plastic wrap and let sit in the fridge for about 30 minutes.

Meanwhile peel, pit and cut the apples into cubes. Take the dough from fridge and roll it out. Place in the greased pan with a 5 cm (2 inch) high seam. Spread the apples on the dough.

For the filling pour the apple juice and wine into a pot. In a small bowl mix together some tablespoons with sugar and custard powder until smooth. Bring liquid to a boil, add custard mixture, and boil again. Pour over the apples.

Bake for 60 minutes at 350–400°F. The cake should be slightly browned and have formed a skin. Best to cool it overnight. Then remove from the springform pan.

Whip the cream and spread over the cake. Sprinkle generously with cinnamon!



## Crust:

250 g flour

½ pkg baking powder

125 g sugar

1 pkg vanilla sugar

150 g vegan butter

2 Tbsp water, cold

## Filling:

800 g apples

400 ml apple juice

350 ml apple wine

2 pkgs custard powder

6 Tbsp sugar

1 box whipping cream, Mimiccreme  
Healthy Top

cinnamon





## Avocado with Lentils

🕒 30 min    🍴 5 people

Finely chop and roast onion, carrot and garlic clove. Add uncooked lentils.

Add the tomatoes and vegetable broth 50/50 and cook until soft. Season with salt and pepper.

Cut the avocados in half, peel and fry well. Serve with salt, pepper and roasted lime.

5 avocados  
1 onion  
1 carrot  
1 clove garlic  
300 g lentils, red  
tomatoes, sieved  
vegetable broth  
salt  
pepper

# Banana Cream Pie

🕒 2 hours    🍴 10" springform pan

Prep your crust in a pie pan. Add about 1/2 cup of banana slices to the crust.

In a small sauce pan heat the coconut milk, maple syrup, and agar agar. Heat for about 3 minutes on high heat. Turn off the heat and add in the 2 Tbsp coconut oil. Allow to slowly dissolve in the still-hot liquid.

Pour in a high speed blender and process together with the remaining ingredients. Blend on low -> medium -> high until the mixture is silky. Pour the pudding mixture into the crust. Optionally, add a few more banana slices over top the filling and around the edges. Place in fridge to chill a few hours until firmed.

Whip the topping ingredients (the whipping cream needs to chill at least an hour before whipping). Beat until fluffy and creamy. Make sure the banana has been smoothed into the whip.

Smooth the whip over top the chilled banana pie and return to the fridge. Chilling will allow the white whip layer to firm up a bit. Add fresh banana slices as garnish.



## Banana Pudding:

1 Tbsp agar agar  
3/4 cup maple syrup  
3/4 cup coconut milk, full-fat  
2-3 Tbsp coconut oil, refined  
13 oz silken tofu  
1/3 tsp salt  
1/4 tsp vanilla extract  
1 banana

## White Whipped Top:

1 box whipping cream, Mimiccreme  
Healthy Top  
1 tsp vanilla bean, crushed  
1 small banana, ripe

## Other:

1 Cookie Crust, recipep. 109  
1-2 bananas



## Banana Cream Pie (No-Bake)

🕒 1 hour 30 min    🍴 10" springform pan

Prepare the crust.

Drain the cashews. In a high-speed blender, add all ingredients and blend until completely smooth. Pour over the crust and place back into the freezer.

Prepare the Coconut Whip and gently pour over the filling. Place in fridge for 1 hour to firm up.

### Banana Cream:

**1½ cups** cashews, soaked for few hours

**¾ cup** non-dairy milk

**2** bananas, ripe

**3 Tbsp** coconut oil, refined

### Other:

**1** Cereal Crust, recipep. 107

**1** Coconut Whip, recipep. 139

# Beetroot Soup

🕒 45 min    🍴 3 Personen

Peel onions and beetroot and chop roughly. Steam onions in a pot until translucent. Add beetroot and cumin and fry for 2 minutes.

Add vegetable broth and coconut milk and bring to a boil. Cover and simmer for about 30 minutes.

Chop the remaining ingredients and mix into a spice paste. Add to the pot and puree everything. Season to taste with salt and sugar.



10.5 oz beetroot  
1 onion  
1 tsp cumin  
1¾ cups vegetable broth  
1¾ cups coconut milk  
1 lime, zest and juice  
2" ginger  
3 cloves garlic  
1 stem lemongrass  
1 small chili pepper  
3–4 stems mint  
3–4 stems coriander  
salt  
sugar



4 cups flour  
1 tsp salt  
½ cup sugar, optional  
1–2 cups of water

## Biscuits (unsweetened)

🕒 35 min    🍴 1 baking sheet

**Note:** Leave out the sugar for the unsweetened variation.

Preheat oven to 375°F.

Mix flour and salt, add water little by little. The amount of water depends on the flour, so it is not possible to specify this more precisely. Knead for about 5 minutes.

Between two foils, roll out the dough to about 1/8 to 1/5 inch thick. Cut out biscuits and prick the top with a fork. Place on a greased baking tray or a silicone mat.

Bake on both sides for 20–30 minutes until light brown.

# Blueberry Cake

🕒 45 min   🍴 8" springform pan

Preheat oven to 350°F.

In a medium bowl, mix bottom layer ingredients. Spread nicely in the 8" baking pan. Set aside.

Mix top layer ingredients and spread on the bottom layer nicely. Bake for 20 minutes.



## Bottom Layer:

$\frac{3}{4}$  cup oat flour

2 Tbsp water

1 Tbsp coconut oil, *melted*

1 Tbsp maple syrup

## Top Layer:

$1\frac{3}{4}$  cup blueberries, *pureed*

$1\frac{1}{2}$  cup oat flour

$\frac{1}{2}$  cup applesauce, *unsweetened*

$\frac{1}{4}$  cup maple syrup

$\frac{1}{3}$  cup coconut oil, *melted*



- 1 cup blueberries
- 1 avocado, ripe
- $\frac{3}{4}$  cup cashews, soaked for few hours
- 3–5 Tbsp agave syrup
- 2 Tbsp lemon juice
- 1 tsp vanilla extract
- $\frac{1}{8}$  tsp salt
- 2 Tbsp coconut oil, melted

#### Blueberry Topping:

- 1 cup blueberries, frozen
- 2 Tbsp agave syrup

#### Other:

- 1 Date-Nuts Crust, recipe p. 110

## Blueberry Cream Pie

🕒 1 hour 15 min    🍴 10" springform pan

**Note to self:** The cake does not keep its shape. Either it is frozen or runny after being thawed. There is no in between.

Prepare the crust and set aside in the freezer.

Mix all filling ingredients – except coconut oil – in a high-speed blender. Process until smooth, stopping occasionally to scrape down the work bowl if necessary. With the food processor running, add the oil in a thin stream and process until well combined. Pour into the crust, smoothing the top.

For the topping blend both ingredients until smooth. Spread evenly over the filling once it has firmed up a little.

Put back into the freezer if you're serving it within the hour, or put it in the refrigerator if you're serving it later in the day. Serve cold.

# Blueberry Creme Flan

🕒 6 hours    🍴 28cm flan pan

Start by making the filling: Place yoghurt and cashews in a blender and process until creamy. Add oil and powdered sugar. Blend well. Place in a bowl, cover with plastic wrap and let chill and set in the fridge over night.

Preheat the oven to 190°C (375°F). Grease a flan pan and dust with flour. Set aside.

Place flour, sugar, baking powder, and salt in a bowl and mix well. Add remaining ingredients and whisk until the batter is smooth.

Pour into the pan and bake for 30 minutes. Remove and let cool for 10 minutes. Then carefully remove the cake from the pan. (Use a fork to help with that.) Place it upside down on a baking rack. Let cool completely.

Pour the filling over the cake (if you used a flan pan there's enough space for it!) and top with blueberries. Transfer to the fridge and let set for 2 hours before serving.



## Filling:

300 g soy yoghurt  
2 Tbsp lemon juice  
170 g cashews  
55 g coconut oil, *melted*  
75 g powdered sugar, *sifted*

## Cake:

240 g flour  
150 g powdered sugar, *sifted*  
2½ tsp baking powder  
¼ tsp salt  
240 ml water  
60 g soy yoghurt  
1 tsp vanilla extract  
60 ml vegetable oil

## Topping:

200 g blueberries, *fresh*





### Dough:

- 1½ cups flour
- 2½ Tbsp starch
- ½ tsp baking powder
- 2½ Tbsp chickpea flour
- 6 Tbsp water
- ⅓ cup sugar
- 1 pinch salt
- ½ cup coconut oil, *refined, soft*

### Filling:

- 50 ml rum, *or Kirschwasser*
- 100 g marzipan, *cubed*
- 2 Tbsp sugar
- 100 g raisins
- 50 g almonds, *sliced*

### Streusel:

- ⅓ cup flour
- 1 Tbsp sugar
- 1 Tbsp vegetable oil
- 1 tsp water

## Bobbes

🕒 1 hour 🍴 10

Combine flour, starch, and baking powder in a bowl and mix well. Mix chickpea flour and water then add, together with the remaining ingredients. Use a hand held mixer to form into a dough.

Form a ball, wrap in plastic and transfer to the fridge, cool for 30 minutes.

Line a baking sheet with parchment paper and preheat the oven to 200°C (400°F).

### Filling

Combine Kirschwasser, marzipan and sugar. Mix with a hand held blender or a food processor into a smooth purée.

Carefully roll the dough to 14×12 inches. This works best if you place it between two layers of plastic wrap. Spread the marzipan mass on top, leaving a little margin on all sides.

Sprinkle with raisins and almonds. Now roll the dough into a log very carefully and slowly. Cut into 10 pieces. Place on a baking sheet with the cut side up.

### Streusel

Combine all ingredients and form crumbs. Sprinkle on top of the bobbes and press them into the dough gently. Bake for 12–15 minutes or until golden brown.

Let cool completely before serving. These freeze well! Place them on your toaster to thaw them.

## Bread in a Roman pot

🕒 12 hours   🍴 1 bread

Knead all ingredients for 5 minutes at lowest setting. Another 10 minutes at the second setting until the dough is firm and detaches from the edges of the bowl (dough temperature: 80°F).

Let sit for 2 hours at room temperature (68–71°F). After 1 hour, stretch and fold<sup>1</sup> the dough.

Roll the dough round<sup>2</sup> and place it in the floured Roman pot. With the ends pointing downwards or in the floured fermentation basket with the end pointing upwards.

Cover and allow to mature for 12 hours at 41°F.

Bake for approx. 45–50 minutes in a preheated open pot, or in a cold pot with lid. Bake at 480°F reducing to 430°F.



**540 g** flour, type 812

**60 g** wholemeal flour, rye

**180 g** soy yoghurt

**320 g** water, warm

**18 g** Egg Replacer

**12 g** salt

**3 g** yeast

**12 g** vegetable oil

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Source: ploetzblog.de

<sup>1</sup> <http://www.baeckerlatein.de/dehnen-und-falten/>

<sup>2</sup> <https://www.youtube.com/watch?v=gCUgRsag-PM>



- 1 cup chocolate chips
- ½ cup vegan butter
- 1 cup sugar
- ½ cup non-dairy milk
- 1 tsp vanilla extract
- ½ cup flour
- ¼ cup cocoa powder
- 1½ tsp baking powder
- ¼ tsp salt
- ½ cup walnuts, *optional*

## Brownies Fudge

🕒 45 min    🍴 8×8 square pan

Preheat your oven to 350°F. Grease an 8×8-inch baking pan. I also line it with parchment paper.

In a small saucepan, melt together the chocolate chips and butter, making sure to remove the saucepan from the heat just as it's finished melting to ensure you don't burn the chocolate.

Pour the melted chocolate into a mixing bowl. Add the sugar, non-dairy milk, and vanilla. Mix well. Now add the flour, cocoa, baking powder, and salt. Mix well until combined. (if using, add walnuts)

Pour the batter into the prepared baking pan and bake for 30–35 minutes, until the brownies are pulling away from the sides of the pan and a toothpick inserted in the center comes out with just a few moist crumbs on it. Let the brownies cool and set overnight. This is the key to perfect gooey brownies. To store, cover with foil or plastic wrap and keep at room temperature.

# Brownies with Peanut Butter Cream

🕒 45 min    🍴 1 baking sheet

Preheat oven to 350°F two-sided heat. Line the baking tray with parchment paper.

Sift the flour, cocoa powder and baking soda into a mixing bowl. Add sugar and mix with a whisk.

Add coffee, non-dairy milk, and vegetable oil. Whisk only until the ingredients have combined. Smaller lumps can be ignored, they dissolve during baking. The dough is supposed to be very runny. Place the dough on a baking tray and spread evenly.

Bake in the oven on middle rack for about 18–20 minutes. Testing with a toothpick should not come out dry. Small little bits are fine! Let the brownies cool down.

## Peanut butter cream

Put the margarine and peanut butter in a mixing bowl. Sift the powdered sugar on top. Stir with a hand mixer until everything has combined.

Gradually add vanilla extract and non-dairy milk by the spoonful. The consistency of the cream should be easy to spread. If it is still too firm, add some non-dairy milk.

Spread on the brownies and cut into 5×5 cm (2×2 inch) pieces.



## Brownies:

375 g flour

100 g cocoa powder

¼ tsp baking soda

250 g sugar

200 ml coffee, liquid

280 ml non-dairy milk

350 ml vegetable oil

## Peanut butter cream:

30 g vegan butter

120 g peanut butter

150 g powdered sugar

½ tsp vanilla extract, optional

3½ Tbsp non-dairy milk



**2 cups** walnuts

**1 cup** cocoa powder

**¼ tsp** salt

**2½ cups** dates, *soft, medjool*

**1 cup** almonds, *roughly chopped*

## Brownies, Raw

🕒 15 min    🍴 8×8 square pan

Blend walnuts on high until finely ground. Add the cocoa and salt. Pulse to combine.

Add the dates one at a time through the feed tube of the food processor while it is running. What you should end up with is a mix that appears rather like cake crumbs. But when pressed, will easily stick together (if the mixture does not hold together well, add more dates).

In a large bowl, combine the walnut-cocoa mix with the chopped almonds. Press into a lined cake pan or mold. Place in the fridge until ready to serve. Store in an airtight container.

# Buchteln

🕒 2 hours 30 min 🍴 15

1. Combine soy milk, sugar, and coconut oil in a small pot. Warm gently over low heat until the oil has melted. Let cool until luke warm.
2. Add the flour to a large bowl. Make a well and add the yeast. Pour the liquid mixture into the well and let sit for 10 minutes. Add salt and knead the dough well. It's enough to knead this dough for 2–3 minutes. It should still be sticky and the gluten will continue to develop while you let it rest and rise. So don't worry about it being sticky. Cover with a damp kitchen towel and let rise in a warm place for 45 minutes.
3. Preheat oven to 180°C (350°F). Line a 18×28 cm square pan (7×11 inch) with parchment paper.
4. Knead the dough for one minute. By now it should be smooth and not stick to your hands anymore. If it still does, add a little bit of flour. Divide the dough into 15 equally sized pieces and roll each into a ball. Place under a kitchen towel, so they won't dry out. Take one ball and shape it into a flat circle large enough to hold one teaspoon of filling.
5. Fold over and pinch the edges, then carefully shape into a ball again. Place in the prepared pan, seam side down. Repeat with the remaining dough balls.
6. Cover with a damp kitchen towel again and let rise for another 30 minutes. Bake for 25 minutes or until golden brown. Serve warm with more sea buckthorn jam or vanilla sauce.



270 ml soy milk

50 g sugar

55 g coconut oil

420 g flour

20 g fresh yeast, or 2̄tsp dry yeast

½ tsp salt



## Bulgur Salad

🕒 — 🍴 4 people

Put Bulgur in a bowl. Bring water to the boil and pour enough water over the bulgur to cover the whole bulgur and a little more over it. Cover and leave to stand for about 15 minutes. Then test whether the bulgur is cooked. If not, add more boiling water and let it swell.

Dice onion and cucumber, press garlic or chop finely. Quarter the tomatoes. Drain the beans.

Add all ingredients to the bulgur and mix. Season with more spices if necessary. Arrange on rocket or other green leafy vegetables.

**250 g** bulgur  
water, hot  
**1** onion  
**¼** cucumber  
**2 cloves** garlic  
**15** cherry tomatoes  
**1 can** kidney beans  
**2 Tbsp** olive oil  
**1** lemon, juice  
**1 tsp** sugar  
**½ tsp** salt  
pepper  
paprika powder  
cumin  
chili flakes

## Bullar – Swedish Cinnamon Bun

🕒 2 hours 30 min 🍴 15

1. Mix sugar, flour and salt in a bowl. Dissolve the yeast in the non-dairy milk. Then combine all ingredients and knead into a dough. Cover the dough and let it rise in a warm place for about 50 minutes.
2. For the filling, mix cinnamon and sugar in a small cup. Roll out the dough into an oval form and spread well with vegan butter. Sprinkle the cinnamon sugar mixture over the dough.
3. Now it's getting tricky: Fold the dough in two thirds first, then fold the last third over it so that you have a total of three layers.
4. Cut the folded dough into 1.5 inch thick strips. Carefully stretch the dough while also pressing lightly with your fingers to hold the layers together. Hold at both ends and turn in the opposite directions to form a spiral knot.
5. Leave the rolls on the baking tray to rise for another hour.
6. Preheat the oven to 430°F and bake the Bullar for 15 minutes.
7. If you like, you can coat the Bullar with a gentle icing of powdered sugar and water. Sprinkle with sugar crystals.



26 oz flour  
3.5 oz sugar  
1 tsp salt  
1¼ cups non-dairy milk  
1 yeast cube  
4.3 oz vegan butter  
**Other:**  
cinnamon  
sugar  
sugar crystals





200 g almonds

4 Tbsp sugar

3 Tbsp water

1 tsp cinnamon

## Burnt Almonds

🕒 10 min   🍴 1 bowl

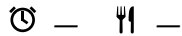
Mix sugar, water and cinnamon in a deep plate. It should be a homogeneous mass.

Add the almonds and mix with the sugar mixture.

Microwave for 2 minutes at 800 watts, then stir briefly but well.

Again microwave for 2 minutes, then stir until the almonds are dry (about 1 minute).

# Caramel Apple Pie



Prepare crust and preheat oven to 425°F.

Prepare your apples. Peel (optional), core and slice. Slice extra thin. Toss the apples in a large bowl with the remaining ingredients. Set aside.

Start your caramel sauce. In a sauce pan, dissolve the starch into the cider. Add the other ingredients. Bring the mixture to a boil – stirring constantly. When the bubbling becomes intense, reduce to medium heat and continue stirring until the mixture thickens a bit. Remove from heat. Pour 2 Tbsp of the caramel sauce over the resting apples – fold well. Pour the remaining sauce into a bowl and chill in the fridge.

Bake the bottom layer crust for a quick 5 minutes before adding filling and top pie crust.

Bake pie in 425°F oven for 15 minutes. Then reduce to 350°F and bake for a remaining 20–25 minutes. If you want your top a bit more brown, leave in for an extra 5 minutes at 350°F.

Cool pie for at least an hour. Serve warm or stick in the fridge if serving at a later time. Don't forget to drizzle warmed caramel sauce over top the pie!



## Caramel sauce:

½ cup apple cider

½ cup vegan butter

¾–1 cup sugar

1 Tbsp starch

1 dash ginger powder

1 dash cinnamon

1 pinch salt

¼ tsp vanilla extract

## Filling:

3 large apples, *tart*

1 tsp cinnamon powder

1 tsp ginger powder

1 pinch salt

2 Tbsp lemon juice

½ tsp vanilla extract

2–3 Tbsp starch

2 Tbsp sugar

2 Tbsp caramel sauce

## Other:

2 **Pie Crust**, *recipe p. 108*



## Carbonara

🕒 5 min   🍴 2 people

Mix all ingredients except soy milk and soy cream with a whisk in a pot.

Add soy milk and bring to a boil. The result is a viscous mass.

Finally, add soy cream to achieve the desired consistency/creaminess.

4 Tbsp nutritional yeast

3 tsp flour

1 tsp salt

1 pinch paprika powder

1 pinch pepper

1 tsp mustard

150 ml soy milk

1/3 pkg soy cream

# Chapatti

🕒 1 hour 30 min    🍴 6–8

1. Knead all ingredients to form a soft and sticky dough. You can lightly oil your hands to prevent the dough from sticking to your hands.
2. Transfer the dough to a well-floured board and knead for 10–15 minutes. Make sure to keep adding flour as needed to aid the kneading. It is important to not overdo it. The dough should end up being soft, elastic and smooth.
3. Cut the dough into 6–8 pieces and let it rest for about 30 minutes.
4. Using a rolling pin roll out the pieces into a round shape. Gently put oil onto the flattened dough. You can use a spoon or brush to spread the oil over the dough. Place the dough on a floured plate, turn over and brush with oil on the other side.
5. Now roll the dough together to make a pipe like shape. Then coil the dough together like a spiral.
6. Once you have finished coiling up all the pieces cover the dough with a damp cloth and let it rest for 10 mins.
7. Have a plate nearby (dusted with flour) then take the coiled-up dough and gently flatten it out. Using a rolling pin, roll the dough from the inside towards the outside, ensuring a round shape.
8. Put some oil in the frying pan and once the pan is hot, place the flat chapatti in. Brush some oil on the other side of the chapatti before flipping it.
9. Cook the chapattis for about 2–3 minutes and flip it until it is golden brown. Use a spatula to press down the edges of the chapatti, you will see it rise up. This makes sure that it is cooked thoroughly.



**3 cups** flour  
**1½ tsp** salt  
**3 Tbsp** vegetable oil  
**1¼ cup** water, lukewarm  
vegetable oil, for frying



**150 g** cashews, soaked for few hours

**30 g** soy sauce

**20 g** nutritional yeast

**30 g** coconut oil, refined

**100 g** paprika, roasted

**50 g** water

**½ tsp** salt

## Cheese Spread with Paprika

🕒 2 hours 30 min 🍴 400g

**Alternative:** Instead of coconut fat, use neutral-tasting rapeseed or sunflower oil. Then use 10 g less water.

Rinse the cashews well with fresh water after soaking. Carefully melt the coconut oil in a water bath.

In a blender at the highest speed, mix all ingredients together for approx. 2 minutes until smooth and creamy.

Pour into a bowl with lid or a glass and allow the spread to harden for 1–2 hours in the refrigerator.

## Cheese: Cream Cheese (Almond)

🕒 8 hours 🥄 200g

First, soak the almonds in sufficient water for at least 8 hours (preferably over night).

Drain the water. In a sieve under cold running water rinse the almonds very well (good soaking and rinsing is important to prevent the marzipan taste).

Melt the coconut oil carefully. Place the rinsed almonds together with the water, lemon juice and salt in a high performance blender or bowl. Mix vigorously for a few minutes or mash with a hand blender. Scratch the mixture off the edges. The mixture should be as homogenous as possible and nicely smooth.

Now add the coconut fat and mix again briefly. Season with salt and lemon juice if necessary. Fold in the herbs and put the almond cream cheese in the fridge for about 2 hours, so that it can develop its full flavour.

**Note:** If the almonds are with skin, simply boil them for exactly 1 minute and quickly put off with cold water. The skin will come off easily.



100 g almonds, *blanched*

60 g water

25 g coconut oil

15 g lemon juice

½ tsp salt

2 Tbsp herbs



## Cheese: Cream Cheese (Soy)

🕒 20 min    🍴 1 bowl

Bring the soy milk to a boil and slowly stir in the lemon juice. Remove the saucepan from the heat while continue stirring. After 15 minutes, place the curdled soy milk in a tea towel in a sieve and press it out (or let it drip).

Season the mixture to taste and keep refrigerated.

**1 l** soy milk, *unsweetened*

**1 small** lemon, *or apple cider vinegar*

salt

herbs

## Cheese: Mozzarella

🕒 8 hours 🍴 —

Mix everything except the yoghurt in a pot and heat while stirring constantly.

As soon as the mixture has reached a creamy consistency, remove from heat and add the soy yoghurt.

Stir again at low heat for about 15 minutes until it starts to become stringy. Then place in the refrigerator overnight in a lightly oiled dish.



3 Tbsp starch

2 Tbsp nutritional yeast

6 Tbsp soy milk

2 tsp vegan butter

1 pinch salt

4 Tbsp soy yoghurt, heaped





## Cheese: Nacho

🕒 1 hour 🍴 400g

Peel the potato and carrot and cut into small cubes. Boil in a little water until completely soft (approx. 10–15 minutes). Drain and puree, in a blender, with all other ingredients until creamy. A hand blender will do.

Put the sauce in a small pot and bring to a boil while stirring until it thickens. Remove from the heat and season with salt and pepper.

1 carrot, approx. 3.5öz

1 potato, approx. 4.5öz

3 Tbsp nutritional yeast

½ paprika, roasted and skinned

50 g cashews

½ tsp garlic powder

1 tsp onion salt

salt

pepper

1 tsp soy sauce

1 Tbsp flour

2 tsp lemon juice

½ tsp mustard

200 ml water

2 Tbsp vegan butter

## Cheese: Nooch Cheese Sauce

🕒 10 min    🍴 1 baking sheet

Melt the vegan butter in a pot. Add the flour and stir in until no more lumps are visible.

Add water and nutritional yeast and stir well again. Finally add the mustard, salt and pepper. Briefly heat everything together – ready.

If it's too thick or thin, simply add a little water or nutritional yeast.



4 Tbsp **vegan butter**  
6 tsp **flour**  
250 ml **water**  
8 Tbsp **nutritional yeast**  
1 Tbsp **mustard**  
**salt**  
**pepper**



100 g almonds, or pine nuts

25 g nutritional yeast

15 g breadcrumbs

1 tsp salt

2 pinches pepper

## Cheese: Parmesan

🕒 10 min 🍴 —

Roast the nuts in a pan – without skin – and then crush them in a mixer or mortar.

Add the remaining ingredients and mix again.

**Note:** If the almonds are with skin, simply boil them for exactly 1 minute and quickly put off with cold water. The skin will come off easily.

## Cheese: Pizza Cheese

🕒 5 min 🍴 —

Mix both in a hot pot until a viscous mass is formed. But don't let it boil!



**1 pkg** soy cream

**2 Tbsp** vegetable oil, or vegan butter



## Cheese: Queso Dip

🕒 2 hours 30 min    🍴 5 cups

Add potatoes to a large pot of water and bring to a boil. Boil until very tender. Drain.

Add all ingredients (except the fresh ones) to a blender and puree until silky smooth. (Optional: for a sauce [instead of dip], use additional vegetable broth).

Finely dice the fresh ingredients and stir in.

Store in an airtight container until ready to use (up to 2 weeks in the refrigerator). Heat up before serving.

**24 oz** red potatoes, *peeled, cubed*  
**2 cups** cashews, *soaked for few hours*  
**1 cup** vegetable broth  
**¼ cup** nutritional yeast  
**¼ cup** vegetable oil, *optional*  
**2 Tbsp** lime juice  
**½ tsp** turmeric  
**½ tsp** paprika powder  
**¼–½ tsp** cayenne, *or chipotle powder*  
**¾ tsp** cumin, *ground*  
salt  
pepper

### Fresh ingredients:

**1 cup** tomatoes, *finely diced*  
**1 cup** onions, *finely diced*  
**1** jalapeño, *finely diced*

## Cheesecake: Crustless Style

🕒 2 hours    🍴 9" springform pan

Preheat oven to 350°F (two-sided heat), grease springform pan and sprinkle with breadcrumbs.

Gradually mash all ingredients together until you get a uniform mixture without lumps. Pour the dough into the mould and smooth down.

Bake for 75 minutes. Switch off after 60 minutes and use the remaining heat! If you like it a bit darker (see photo), let the cake cool down in the oven, otherwise at room temperature.

**Important:** Do not remove the springform pan until the cake has cooled down completely, otherwise it may break apart!

**Note:** This cake doesn't need a shortcrust pastry as a base; it consists almost entirely of "filling". I made it with a 24 cm springform pan, if you like it a bit thicker, just use a smaller pan with the same amount of ingredients.



400 g **tofu**, *natural*  
500 g **soy yoghurt**  
150 g **sugar**  
1 pkg **vanilla sugar**  
1½ pkgs **vanilla pudding**  
75 g **starch**  
3 tsp **lemon juice**  
125 g **vegan butter**



**8 oz** **vegan cream cheese**, *recipe p. 25*  
*oder recipe p. 26*

**12.3 oz** **silken tofu**

**¾ tsp** **salt**

**½–¾ cup** **sugar**

**2–3 Tbsp** **maple syrup**

**½ tsp** **vanilla extract**

**2 Tbsp** **vegan sour cream**,  
*recipe p. 125*

**1 large** **lemon**, *zest and juice*

**2 Tbsp** **starch**, *or arrowroot powder*

**2 Tbsp** **soy creamer**

**½ cup** **cashews**, *soaked for few hours,*  
*optional*

**Other:**

**1** **Cookie Crust**, *recipe p. 109*

## Cheesecake: Custard-Style

🕒 45 min    🍴 10" springform pan

Prepare your crust and preheat oven to 375°F.

Combine all ingredients in a blender – blend until smooth. You can leave out the cashews (alternatively 2 Tbsp vegan butter) if you like, it's there for added richness.

*Optional:* Stir 1.5 Tbsp Egg Replacer with 3 Tbsp water and add to the mixture. Helps the fluffiness of the cheesecake.

Pour filling into crumb-lined pie pan. Bake at 375°F for 45 minutes. Or until top begins to brown a bit. (if you like it a little softer, bake at 350°F for 55 minutes)

Chill in fridge to allow cheesecake to set. You can serve slightly warm if you'd like to savor the custard-style flavor.

## Cheesecake: New York Style

🕒 2 hours    🍴 8" springform pan

Put the cookies in a freezer bag and crush into crumbs. Grease the pan and sprinkle the crumbs on the bottom. Mix all other ingredients and pour on the crust.

Bake at 300°F to 320°F for 1 to 1 1/2 hours. The upper layer should have formed a firm skin and be slightly browned like the picture.

Unfortunately, the cake has to cool down well. You have to be patient!



**3.5 oz** cookies

**12 oz** vegan cream cheese,  
*recipep. 25 oder recipep. 26*

**¾ cup** sugar

**1 pkg** custard powder

**3 Tbsp** vegetable oil

**2 Tbsp** soy flour

**1** lemon, juice





## Chocolate Cream Pie

🕒 2 hours    🍴 10" springform pan

Bake crust according to the instructions until golden-brown.

In a high-speed blender mix together all filling ingredients. Pour into your pie dish and put in the fridge until firm.

Whip up your Coconut Whip according to the instructions and spoon over top. Place in fridge for 1 hour to firm up. Add chocolate sprinkles.

28 oz **silken tofu**

6–8 Tbsp **cocoa powder**

6 Tbsp **agave syrup**

½ cup **coconut oil**, *refined, melted*

¾ tsp **salt**

½ tsp **vanilla extract**

### Other:

1 **Cookie Crust**, *recipe p. 109*

1–2 **Coconut Whip**, *recipe p. 139*

1 Tbsp **chocolate sprinkles**

# Chocolate Pudding

🕒 1 hour   🍴 4 servings

Mix all ingredients in a high speed blender. Blend from low to high until silky smooth. Then whip for an additional 30 seconds to add as much air as possible into the pudding, giving it that mousse-like texture upon chilling.

Pour into serving dishes. Cover with plastic wrap (optional) and chill for at least an hour to firm up.

## Variations:

- peanut or almond butter for a nutty accent
- dash of cinnamon for a spiced choco flavor
- raw coconut flakes
- raw banana
- raspberries
- cayenne for heat
- vanilla bean seeds
- cookies
- frozen fruits



14–16 oz **silken tofu**  
3–4 Tbsp **cocoa powder**  
3–4 Tbsp **agave syrup**  
2 Tbsp **coconut oil**  
¼ tsp **salt**



## Chocolate Pudding Hand Pies

🕒 1 hour 30 min    🍴 7-8

### pudding

Combine all ingredients in a pot on the stove (except the soy yogurt). Heat on med-high, stirring constantly until a bubbly mixture forms. Turn heat to low and continue stirring for a few minutes. You should have a nice lumpy thick mixture.

Transfer the mixture to your blender. Carefully, blend on low-medium until all the pudding runs smoothly. Transfer to a large bowl and fold in the soy yogurt.

Transfer about 1 1/4 cups in a smaller bowl and put in the freezer for 5 minutes. This smaller amount is all you will need for your pies. The rest you can store in the fridge for later!

### Crust

Combine all dry ingredients in a large bowl. Mix. Add in your liquid ingredients and mix until a nice dough is formed. Make sure it is dry enough to roll out – otherwise add a bit more flour.

Roll out as thin as possible on a floured surface. Corn tortilla thickness would be perfect. I like to split my dough into two pieces and roll out one while I place the other in the freezer to stay firm for a few minutes.

Using a medium sized bowl, cut out pie dough circles. Transfer to a greased baking sheet. Repeat for all your dough.

### Assembly

Grab your chilled pudding. Spoon about 1 1/2 Tbsp of pudding into each pie circle. Fold over and crimp the edges with a fork.

*Optionally:* Brush outside of pies with a bit of oil/lemon glaze.

Bake at 400°F for ten minutes. You want them to be golden brown, but not over-done! Remove from oven and cool. As they cool they will harden a bit. Sprinkle with powdered sugar.

#### pudding:

- 16 oz silken tofu
- 1 cup soy milk
- 1 pkg chocolate pudding mix
- 3 Tbsp arrowroot powder
- 1 tsp cinnamon
- 1/4 tsp cayenne
- 1/4 cup chocolate
- 1/4 cup sugar
- 1 tsp vanilla extract
- 1/2 cup soy yogurt, vanilla

#### Crust:

- 2 cups flour, mixture of whole-meal/white
- 2 Tbsp sugar
- 1/4 cup soy yogurt, vanilla
- 1/3 cup water
- 1/4 cup almond meal
- 1 Tbsp flaxseed meal
- 1 Tbsp baking powder
- 1 1/2 tsp salt
- 1/4 cup vegetable oil

#### Other:

- powdered sugar

## Chocolate Teddy Grahams

🕒 30 min 🍴 50

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

In a medium bowl whisk together the dry ingredients. Cut in the coconut oil until small lumps form in the flour.

Add the remaining ingredients and mix until a dough forms. If it is too clumpy still add another Tbsp of non-dairy milk. You might have to use your hands at this point to ensure that the dough fully forms without having to add more liquid than necessary. If the dough is sticky at this point, place in the fridge for 30 minutes to chill.

Roll the dough out between two pieces of parchment paper until 1/8" thick. Cut using a mini teddy bear cookie cutter. Dust with powdered sugar and bake for 8 minutes. Allow to cool to firm up.



- 1 cup buckwheat flour
- 2 Tbsp cocoa powder, dark
- 2 Tbsp sugar
- 1 pinch salt
- ½ tsp baking powder
- 2 Tbsp coconut oil, solid
- 2 Tbsp maple syrup
- 2 Tbsp non-dairy milk



## Chocolate Walnut Date Balls

🕒 10 min 🍴 15

Place the walnuts and salt in a food processor fitted with the S-blade and process until finely ground. Add the dates, cocoa powder, and optional vanilla and process until the mixture begins to stick together. Add the water and process briefly.

**1½ cups** walnuts

**1 dash** salt

**10** dates, *soft, medjool*

**⅓ cup** cocoa powder, *unsweetened*

**½ tsp** vanilla extract, *optional*

**2 tsp** water

## Cinnamon-Sugar Pretzels

🕒 1 hour 30 min 🍴 5-6

For the dough, knead all ingredients well. The dough should be smooth and not stick to your hands. Otherwise, add a little more flour. Cover the dough and set aside for at least an hour.

Divide into 5-6 parts and form each piece into a roll or pretzel.

Bake at 350°F for about 20 minutes until the pretzels have a light golden-yellow color. But not too long, so that the pretzels do not become too dry.

Mix cinnamon and sugar on a plate. Let the pretzels cool down a little. Spread with margarine while they are still warm and immediately press into the cinnamon-sugar mixture.



300 g flour

50 g sugar

75 ml soy milk

75 g soy yoghurt

50 g vegan butter

½ pkg dry yeast

1 pinch salt



1 onion  
1 ginger  
10.5 oz carrots  
½ tsp sugar  
⅔ cup coconut milk  
1 cup vegetable broth  
½ orange, zest and juice  
vegetable oil

## Coconut-Carrot Soup

🕒 45 min    🍴 2 people

Peel and finely chop the onion, ginger and carrots.

In a pot, sauté onion and ginger. Add carrots and sprinkle with sugar. Fry briefly and leave to caramelize.

Deglaze with coconut milk. Add a pinch of salt and the vegetable broth. Cook the carrots until completely soft (otherwise they remain gritty after mashing). Puree the soup and season with a little freshly squeezed orange juice and grated orange peel.

## Cookies: Buttery Crunch Oatmeal

🕒 25 min   🍴 18

Preheat oven to 375°F.

Combine all dry ingredients. Add in liquid ingredients – fold well.

Scoop clumpy balls of cookie dough onto a lightly greased baking sheet.

Bake for 14–18 minutes. For crispier cookies, bake longer – for chewier cookies bake less. The cookies shown baked for about 17 minutes.



**1½ cups** oat flakes  
**¾ cup** flour  
**1 cup** sugar  
**¼ cup** maple syrup  
**6 oz** vegan butter  
**2 Tbsp** vinegar  
**¾ tsp** salt  
**1 tsp** cinnamon  
**½ tsp** ginger powder  
**¾ cup** wheat germ  
**¾ cup** soy milk  
**1 Tbsp** water  
**1½ Tbsp** baking powder  
**1** banana, *optional*





2.5 oz **vegan butter**  
2 oz **brown sugar**  
1 pkg **vanilla sugar**  
1 Tbsp **soy flour**  
3 Tbsp **non-dairy milk**  
3 oz **flour**  
1 tsp **baking powder**, *leveled*  
3.5 oz **chocolate**

## Cookies: Chocolate

🕒 2 hours 30 min 🍴 16

Chop the chocolate into small pieces. The coarser the pieces, the lighter the biscuits and the clearer the chocolate drops.

Beat vegan butter, sugar and vanilla sugar until creamy. Add a tablespoon of soy flour and the non-dairy milk. Mix flour with baking powder and add. Finally, fold in chocolate chips.

Place in the fridge for 2 hours!

Preheat oven to 350°F. Form balls (about the size of walnuts) and place them at a large distance (approx. 2") from each other on the baking tray. Bake for 10–15 minutes, leave on the baking tray for a short time until they are no longer soft. Then remove and allow to cool completely.

# Cookies: Chocolate Chip Walnut

🕒 45 min 🍴 24

In two bowls, mix together the dry and liquid ingredients separately. Stir well, then combine both. Keep stirring until the liquid becomes absorbed by the dry ingredients.

Add water by the tablespoon until your dough is perfectly combined. Now, fold in the chocolate chips and walnuts. Place in the freezer for 20 minutes.

Preheat oven to 375°F and line a baking sheet with parchment paper.

Start scooping the hardened dough into little balls. A scooper can be helpful for keeping measurements of dough on sync for even sized cookies.

Bake for 8–12 minutes then let them rest in the oven for an additional 5 minutes (with the oven turned off). This allows the cookies to puff up nicely.

## Modifications

**Peanut Butter:** Remove walnuts and vegan butter. Decrease vegetable oil to 1/4 cup. Add 1/3 cup creamy peanut butter (in the last step).

**Other:** Instead of applesauce: pumpkin, sweet potato, pear, butternut squash, or plain yoghurt.



### Dry ingredients:

2 cups wholemeal flour

1 Tbsp baking powder

1 tsp salt

1 tsp cinnamon

1/4 tsp cayenne

### Liquid ingredients:

1/2 cup applesauce, *unsweetened*

1 1/2 tsp vanilla extract

1/2 cup maple syrup

1 cup sugar

1/4 cup vegan butter, *melted*

1/2 cup vegetable oil

### Other:

2 cups chocolate chips

1 cup walnuts



70 g wholemeal flour, rice  
40 g starch  
20 g buckwheat flour  
10 g arrowroot powder  
1 Tbsp cocoa  
1 pinch salt  
125 g vegan butter  
50 g sugar  
50 g peanut butter, unsweetened  
150 g chocolate  
70 g peanuts, roasted

## Cookies: Cocoa Peanut Butter

🕒 2 hours 30 min 🍴 20

Mix rice flour, starch, buckwheat and arrow root flour with cocoa and salt. Whip the vegan butter and sugar until creamy using a hand mixer. Stir in the flour mixture briefly. Knead to a smooth dough. Wrap in foil and chill for 2 hours.

Divide the dough into 20 pieces. Form balls with floured hands, press flat. Fill each with 1/2 teaspoon peanut butter. Close the dough again by rolling into a ball. Place on a baking tray lined with parchment paper. Press slightly flat with a floured fork. Bake in the oven at 320°F (circulating air) for approx. 12–15 minutes. Allow to cool.

Chop the chocolate and melt in a water bath. Dip half of the biscuits in it. Drain on a grid. Sprinkle with chopped peanuts. Leave to dry.

## Cookies: Coffee Shortbread

🕒 30 min   🍴 50

Preheat the oven to 150°C. (300°F)

Place almonds in a food processor or blender. Cut the vanilla bean into three to four pieces and add. Grind finely.

With a hand-held blender, beat sugar and vegan butter until fluffy. Add remaining ingredients and beat until a crumbly dough has formed.

Roll out between two sheets of plastic wrap, 1/2 cm or 1/4 inch thick (dough may be crumbly). Cut out cookies and bake for 5–6 minutes or until the edges turn golden.



**¾ cup** almonds

**1** vanilla bean

**1 cup** powdered sugar, *sifted*

**½ cup** vegan butter, *softened*

**1½ cups** flour

**1 tsp** espresso powder



**¾ cup brown sugar**  
**½ cup sugar**  
**½ cup coconut oil**, *refined, softened*  
**¼ cup almond milk**, *unsweetened*  
**2 Tbsp maple syrup**  
**2 tsp vanilla extract**  
**2⅓ cups flour**, *gluten-free, recipep. 68*  
**1 tsp baking powder**  
**½ tsp baking soda**  
**½ tsp salt**  
**1¼ cup chocolate chips**

## Cookies: Gluten-Free PERFECT

🕒 45 min 🍴 24

Preheat oven to 350°F. Line baking sheets with parchment paper.

In large mixing bowl, cream together sugar and coconut oil, 1–2 minutes. Add remaining liquid ingredients and mix until blended.

In medium bowl, sift together dry ingredients and add to the liquid mixture. Fold in chocolate chips and stir until just combined.

Scoop two tablespoon-sized balls onto prepared baking sheet. Slightly flatten with fingers.

Bake cookies for 8–10 minutes. Cookies will be golden brown on edges and soft to the touch. Place cookies on cooling rack to cool completely.

## Cookies: Just Almond and Chocolate Chip

🕒 20 min   🍴 12

Preheat oven to 375°F.

Mix dry ingredients then add liquid ingredients. Fold in the chopped almonds and chocolate chips. If the batter seems a bit too runny add a few pinches of flour. Too dry, add in some soy milk or water.

Spoon 1 1/2 Tbsp balls onto a lightly greased cookie sheet or ungreased parchment paper. Bake for 10 minutes. Allow to cool for 20 minutes before handling.



**1½ cups** wholemeal flour  
**¾ cup** sugar  
**1¼ tsp** baking powder  
**1¼ tsp** salt  
**½ tsp** cinnamon  
**¾ cup** almond meal  
**1½ tsp** vanilla extract  
**¼ cup** vegetable oil  
**1½ Tbsp** soy creamer  
**¼ cup** soy yogurt, vanilla  
**2 Tbsp** almonds, chopped, roasted and salted  
**1¼ cups** chocolate chips  
**1½ Tbsp** flaxseed meal



**2 cups** flour  
**1 tsp** baking powder  
**¾ tsp** salt  
**¾ cup** agave syrup  
**1 cup** peanut butter, salted  
**¼ cup** vegetable oil  
**2–4 Tbsp** water, as needed  
**1 tsp** vanilla extract  
**2 Tbsp** Egg Replacer, with water,  
equiv. to about 3 eggs

## Cookies: Mini Peanut Butter Pillows

🕒 20 min    🍴 1 baking sheet

Preheat oven to 375°F.

Mix together all the ingredients except the Egg Replacer and water. Once you have a firm dough, you will gently fold in the Egg Replacer mixture. This will loosen the dough just enough to hand roll. If the dough is a tad too sticky, you can add in a few pinches of flour.

Roll into tiny balls. Roll in sugar if desired. Place on wax paper or baking sheet. Press out each pillow with a fork.

Bake for about 8 minutes. Do not over bake. These cookies will firm up a bit and continue to cook as they cool.

## Cookies: Nutter Butter Bites

🕒 45 min 🍴 25

Prepare flax "egg" by adding 2 Tbsp water, thickened for 5 minutes.

In a large bowl, whip (e.g. with a fork) the vegan butter and peanut butter until fluffy. Add the remaining liquid ingredients and the flax "egg" and whisk again until well-combined.

In a medium bowl, whisk together the dry ingredients. Slowly add into the liquid mixture until a smooth cookie dough forms. Chill for at least 1 hour.

Preheat your oven to 350°F. Line a baking sheet with parchment paper.

Take 1/3 of the dough and roll it out on the counter between two pieces of parchment paper. Keep the remainder in the freezer. Using a 1 1/2 inch cookie cutter, cut out circles.

Bake for 8 minutes, until the edges are slightly browned. Allow to fully cool on a wire rack.

### Peanut butter filling

Whip together the vegan butter and peanut butter with the back of your fork until fluffy. Add the powdered sugar until light and fluffy but still stiff. If not, add 1/4 cup powdered sugar until it does.

Place into a plastic baggie with a small slit in the corner and pipe approx. 2 tsp onto one cookie. Sandwich with another cookie.



### Liquid ingredients:

1 Tbsp flaxseed meal  
1/4 cup vegan butter, softened  
1/4 cup peanut butter  
1/3 cup sugar  
2 Tbsp non-dairy milk  
2 tsp molasses

### Dry ingredients:

1 cup flour, gluten-free, recipep. 68  
1/4 tsp baking powder  
1/4 tsp salt

### Filling:

1/4 cup vegan butter, softened  
1/4 cup peanut butter  
1 1/2 cup powdered sugar





3.5 oz flour  
3.5 oz oat flakes  
1 Tbsp baking powder  
3 oz vegan butter, *melted*  
2 oz sugar  
1 pkg vanilla sugar  
1 pinch salt  
5 Tbsp water  
4 Tbsp maple syrup

## Cookies: Oatmeal

🕒 1 hour 🍴 12–25

In a bowl, mix flour, oat flakes and baking powder. Set aside. Beat vegan butter with sugar, vanilla sugar and salt until creamy (with a hand mixer 1–2 minutes). Combine both. With a spoon stir water and syrup into the mixture.

Place the dough covered in the fridge for 15 minutes. Meanwhile, preheat oven to 350°F. Line baking sheet with parchment paper.

Stir dough again, then portion by the spoonful. (**Important:** Place 1" apart, they will expand!).

Depending on the size, bake for about 10–15 minutes.

## Cookies: Peanut Butter

🕒 20 min    🍴 12

Preheat oven to 350°F.

Sift together dry ingredients. Fold in the liquid ingredients. Lastly, fold in the chocolate chips and roll into balls. (Adjust consistency with soy milk or sugar/flour)

Bake cookies for 8–10 minutes.



1 cup **flour**  
¾ cup **wholemeal flour**  
1 tsp **baking powder**  
½ tsp **salt**  
¼ tsp **cinnamon**  
1 cup **sugar**  
¼ cup **water**  
⅓ cup **soy milk**  
2 tsp **vanilla extract**  
¼ cup **maple syrup**  
½ cup **vegan butter**, *melted*  
¾ cup **peanut butter**, *salted*  
½ cup **chocolate chips**



3½ cups spelt flour  
¾ tsp salt  
1 tsp baking powder  
1 cup cashews  
1 tsp vanilla  
5 Tbsp soy milk  
1 cup sugar  
4 Tbsp vegan butter

#### Frosting:

1 cup powdered sugar  
1 cup cashews  
2 Tbsp maple syrup  
2 Tbsp vegan butter  
6 oz vegan cream cheese, *recipe. 25*  
*oder recipe. 26*  
¼ tsp vanilla extract  
¼ tsp apple cider vinegar  
¾ tsp salt

## Cookies: Snowy Spelt Sugar

🕒 3 hours 🍴 9

Mix dry ingredients and set aside.

Chop cashews in a food processor. Add remaining ingredients. Blend on medium until smooth and liquid.

Combine both mixtures. Stir and fold by hand until well blended. You should have a nice sticky ball. Add as much flour as you need to properly handle the dough into a nice ball.

Part dough into two balls, wrap both in wax paper and place in fridge for at least 1–2 hours.

### Frosting

Combining all the ingredients in a food processor. Store in the fridge until ready to be used. At least 1–2 hours of 'cooling and firming' is ideal.

### Assembly

Preheat oven to 375°F and line a baking sheet with parchment paper.

Roll out your dough on a surface with a ratio of 2 parts flour, 1 part powdered sugar. Since this dough is so delicate, you may want to hand press out the dough.

Bake for 15–20 minutes. Smaller cookies will take less time. Bake until edges brown. Cookies will harden after cooling.

Cover with frosting and whatever you'd like. These cookies should be stored in the fridge or freezer.

# Curry Banana Sauce

🕒 30 min    🍴 2 people

Blend all ingredients. Season with salt and pepper.

Before serving, heat up (e.g. in the microwave) and sprinkle with chopped almonds.



1 clove **garlic**, *finely chopped*

200 g **soy yoghurt**

1 Tbsp **lemon juice**

3 Tbsp **vegetable oil**

1 Tbsp **curry powder**

1 Tbsp **paprika powder**, *rose sharply*

3 **bananas**

**salt**

**pepper**

**almonds**, *chopped*



## Curry-Lime-Butter

🕒 15 min    🍴 1 bowl

Mix all ingredients with a hand blender. Done.

Roast the ciabatta on both sides with olive oil and do not spread the butter too sparingly.

7 oz **vegan butter**

½ **lime**, *zest and juice*

1 clove **garlic**

1½ tsp **maple syrup**

1½ Tbsp **tomato paste**

1 Tbsp **curry powder**

2 tsp **curry paste**, *mild or hot*

1 tsp **paprika powder**, *sweet*  
**salt**

1 Tbsp **pepper**

¼ bunch **parsley**, *curly*

## Dandelion Honey

🕒 1 hour 45 min    🍴 1 jar

Pick dandelion blossoms and remove all green parts. Rinse off the flowers and boil for approx. 10 minutes with a litre of water.

Drain the resulting juice through a sieve and boil down with the sugar for 1 1/2 hours.

Finally, add the juice of the squeezed lemon and pour into a clean screw jars.



200 g dandelion flowers

1 L water

1 kg sugar

1 lemon



25 dates  
50 almonds  
200 g chocolate

## Date Filled Chocolates

🕒 1 hour 🍴 25

Pit dates if necessary. Cut open lengthwise and remove the core and skin.

Depending on the size of the dates and almonds, press 1–2 almonds (tightly) into each date.

Melt the chocolate (not too hot!) and dip each date individually. Drain any excess chocolate and place covered date on aluminium foil.

# Donauwelle

🕒 2 hours 🍴 8×8 square pan

Preheat oven to 350°F (180°C). Line a 8×8 inch (20×20 cm) square pan with parchment paper.

In a narrow bowl cream together coconut oil and sugar. Add vanilla, salt, and soy yoghurt. Carefully beat into a smooth mass, add 5 Tbsp soy milk and repeat.

In a second bowl, mix flour and baking powder. Add liquid ingredients and mix well. Pour 2/3 of the batter into the pan.

Mix remaining batter with 2 Tbsp of soy milk and cocoa powder. Pour over the light batter and distribute evenly. Place cherries on top and lightly press them into the batter. Bake for 40 minutes.

## Buttercream

Place sugar and starch in a small pot. Add soy milk and bring mixture to a boil, whisking constantly. Boil for about one minute until the mixture has thickened. Set aside and let cool completely. (**important:** If the pudding is warm, the coconut oil will melt while beating the buttercream and your cream will turn into a soup)

Cream coconut oil and add half of the cooled pudding. Beat until the mixture is smooth, then add remaining pudding. Add powdered sugar, beat again and pour over the cake. Distribute evenly.

## Topping

Melt chocolate and oil, mix well. Pour over the buttercream and distribute evenly. Let set for about 10 minutes then use a fork to draw waves into the chocolate.



### Batter:

1/3 cup coconut oil, *refined, very soft*  
1/2 cup sugar  
1 tsp vanilla extract  
1 pinch salt  
1/2 cup soy yoghurt  
7 Tbsp soy milk  
1 2/3 cups flour  
1 tsp baking powder  
1 3/4 Tbsp cocoa powder, *Dutch processed*  
1 1/3 cups tart cherries, *drained well*

### Buttercream:

1/4 cup sugar  
2 1/2 Tbsp starch  
1 cup soy milk  
1 tsp vanilla extract  
1/3 cup coconut oil, *refined, very soft*  
2 Tbsp powdered sugar

### Topping:

4.6 oz chocolate  
1 Tbsp vegetable oil





500 g flour  
40 g starch  
1 pkg dry yeast  
1 pkg vanilla sugar  
8 Tbsp sugar  
1 tsp salt  
300 ml soy drink  
60 g vegan butter

## Donuts

🕒 2 hours    🍴 10

Knead the ingredients into a smooth dough. If necessary add more flour. Leave to rise for about an hour. On a floured work surface roll – about 1 cm thick – and cut out circles with a cup. Then use a shot glass to cut out small circles in the middle.

Place on a baking tray and leave to rise for about 30 minutes.

In a deep fryer, fry donuts until done. Drain on a paper towel.

Allow to cool then decorate. For coloured icing, mix a few drops of food colouring with icing sugar and add a little water (you only need very little). Mix to a spreadable paste. Sprinkle with sprinkles as long as it is still damp.

# Dulce de Leche Sandwich Cookies

🕒 3 hours 🍴 40

Preheat the oven to 180°C (350°F) and line a baking sheet with parchment paper. In a large bowl, beat coconut oil and sugar until fluffy. This will take about 2–3 minutes. Make sure everything is blended well. The mixture should look white and airy when done.

Add remaining ingredients except for soy milk. Beat until crumbly. Now add the soy milk and knead the dough with your hands until the flour is incorporated well. Shape into a ball.

Roll the dough out between two layers of plastic wrap. Mine was between 2–4 mm thick. Cut out cookies with your favourite cookie cutter and place half of the cookies on the baking sheet. They won't spread. Bake for 8–10 minutes, until the edges start to get a golden brown colour. Remove from oven, let cool and transfer to a cookie rack. Bake remaining cookies.

## Filling

Place all ingredients (except coconut oil) in a small pot and bring to a boil. Whisk until the sugar is dissolved and make sure the milk doesn't boil over. Reduce heat and let the mixture simmer for 35–40 minutes, until it has turned into a thick sauce. The mixture should be thick but not very sticky. Make sure to check on the sauce from time to time as the cooking time can vary depending on the setting of your stove top.

Let the sauce cool completely before making the frosting.

Place sauce and coconut oil in a bowl and use a hand-held mixer to beat until fluffy. Spread the bottom of a cookie with 1/2 to 1 teaspoon of frosting and top with a second cookie. Repeat with the remaining cookies.



## Cookies:

80 g coconut oil, *refined*  
50 g powdered sugar, *sifted*  
1 tsp vanilla extract  
210 g flour, *gluten-free, recipep. 68*  
½ tsp baking powder  
¼ tsp salt  
3 Tbsp soy milk

## Filling:

300 ml almond milk  
70 g sugar  
¼ tsp salt  
⅛ tsp vanilla, *ground*  
55 g coconut oil, *refined*



### Dough:

- 1 cup flour
- 1/3 cup water
- 1/2 tsp salt

### Filling:

- 1 Tbsp vegetable oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 10 oz spinach, roughly chopped
- 1/4 tsp nutmeg
- 1/8 tsp allspice
- 1/4–1/2 tsp salt
- pepper
- 1 Tbsp lemon juice
- 5.3 oz tofu, smoked
- vegetable oil, for frying

## Dumplings with Spinach and Smoked Tofu

🕒 2 hours 🍴 2 people

Combine all dough ingredients in a bowl and knead for five minutes. The dough should be firm, elastic and not sticky. Add more flour if necessary. Cover and let rest for 1 hour.

For the filling, heat oil in a large pan or wok and add onion and garlic. Fry for 2–3 minutes, then add the spinach. Cook for about 5 minutes, until the spinach is reduced in size considerably. Add spices and lemon juice. Let the spinach cool for 10 minutes, then transfer to a blender and purée. Add tofu and blend well.

### To make the dumplings

Divide the dough into two equally sized pieces. Roll both into thin rectangles (approx. 38×22 cm or 15×9 inches). Make sure your working surface and your rolling pin are floured so that the dough doesn't stick.

Spread the filling onto one rectangle and carefully place the second on top. Use a plastic dough scraper or something similar with a dull edge to cut the dough into four long strips, using the dough scraper to seal the edges.

Cut each strip into seven pieces, again trying to seal the edges with the scraper. This doesn't have to be perfect, if you have some spinach sticking out, that is okay, too.

Heat a large pan with oil and place about 5–7 dumplings next to each other in the pan. make sure they don't overlap. Fry until crispy, then flip and fry on the other side. Repeat with the remaining dumplings.

Serve with fried onions.

# Elvis Cake

🕒 6 hours 🍴 8" loaf pan

It is best to prepare the frosting the day before!

## Frosting

Mix powdered sugar, vanilla and cinnamon and mix with margarine.

Add peanut butter and bananas.

Put the mixture in the fridge for at least 5 hours to make it spreadable.

## Cake

Preheat oven to 350°F.

Mix the dry ingredients, then add the remaining and mix well.

Split dough into two 8" loaf pans. Immediately put it in the oven and bake for 35 minutes (looks ready after 15 minutes but it is still raw inside. Test with a skewer!)

Place a layer of cake, then a layer of sauce, then again cake and then sauce on top and on the sides.



### Frosting:

1½ cup powdered sugar

¼ cup soy milk, vanilla

¼ tsp cinnamon

4 oz vegan butter

¾ cup peanut butter

1 large banana

### Cake:

1 cup sugar

1⅔ cups flour, gluten-free, recipep. 68

1 tsp baking powder

1 tsp baking soda

1½ Tbsp vanilla

½ tsp salt

2 Tbsp vegan butter

½ cup vegetable oil

1 cup water

1 Tbsp vinegar



**450 g** pinto beans, dry, or black beans

**1** onion

**1 clove** garlic

water

salt

vegetable oil, for frying

## Frijoles Refritos (baked beans)

🕒 1 hour 30 min    🍴 6 servings

Soak the beans overnight (preferably with hot water). Put the beans in a pot with the same soaking water. Cut the onion and garlic roughly and add. Cook until the beans are cooked and soft. Only then season with salt.

Puree the cooked beans (without liquid) either in a food processor or crush them with a potato masher.

Brown the thick puree in a pan (it should be quite thick). Season with salt if necessary.

## German Cinammon Stars

🕒 4 hours 30 min 🍴 1 baking sheet

For the dough, knead all the ingredients together. On a work surface, roll out the dough and cut out stars. Leave to dry at room temperature for about 4 hours. Turn the cookies over mid-time so that the other side can dry too.

Bake on a baking tray lined with parchment paper at 480°F for approx. 3–5 minutes. Do not leave too long in the oven, otherwise they will become too dry. Let the cookies cool down completely.

Make a viscous icing with sifted powdered sugar, cinnamon and a few drops of water. Cover the cinnamon stars with it and let dry well.



7 oz powdered sugar  
2 Tbsp cinnamon  
8 Tbsp water  
1 Tbsp lemon juice  
5.3 oz almonds, ground  
7 oz hazelnuts, ground  
1 Tbsp orange zest, untreated

### Icing:

powdered sugar, sifted  
water  
cinnamon



500 g flour  
1 pkg baking powder  
250 g sugar  
3 tsp gingerbread spice  
4 Tbsp cocoa powder  
4 Tbsp vegetable oil  
200 ml soy milk

## Gingerbread

🕒 1 hour 🍴 1 baking sheet

Knead all ingredients to a thick dough. If the dough is too crumbly, add some soy milk, if it is too sticky, some flour.

Then roll it out on a thick surface sprinkled with flour. The dough must remain approx 1/2 inch thick. Cut out and, if desired, coat with almonds.

Then bake at 350°F for 15–20 minutes (15 min soft, 20 min crispy). After cooling down you can decorate the gingerbread again.

# Gluten-Free Bread

🕒 1 hour 45 min    🍴 8" loaf pan

In a medium bowl combine the warmed non-dairy milk with the yeast and sugar. Allow to proof until frothy (approx. 10 minutes).

Add the water, oil, vinegar, and chia seeds into the yeast mix and whisk until well-combined. Allow to sit for another 2 minutes so the chia seeds expand.

In a large bowl, whisk together the dry ingredients. Pour the liquid ingredients into the dry and stir with a wooden spoon until just combined. Spoon the batter into the loaf pan, smooth out the top and gently press down to ensure there are no gaps in the batter. Allow to rise in a warm, non-drafty area of your kitchen, approx. 30–45 minutes (or until the loaf rise just to the top of the pan).

Preheat oven to 350°F (190°C). Place the loaf in the oven on the middle rack and bake for 60 minutes. Allow to cool on wire rack.



## Liquid ingredients:

1 cup non-dairy milk, warm

2¼ tsp dry yeast

2 tsp sugar

1 cup water, warm

3 Tbsp vegetable oil

2 tsp apple cider vinegar, or lemon juice

5 Tbsp chia seeds, white, ground

## Dry ingredients:

1 cup oat flour

1 cup millet flour

½ cup arrowroot powder

½ cup tapioca starch

¼ cup buckwheat flour

1 tsp baking powder

½ tsp baking soda

½ tsp salt





6 cups **flour**

3 cups **starch**

## Gluten-Free Flour

⌚ 5 min    🍴 9 cups

- 1) You'll need 1–2 starches (light flour) and at least 1 medium flour. Based on the preferred flavor and texture, you can mix in another flour (medium or heavy).
- 2) Spoon out flours with a spoon and level off with a knife.
- 3) Place into an air-tight container and shake well.
- 4) Keep stored in a dark, dry place or in the refrigerator.

## Existing blends

### Cara's All-Purpose Blend<sup>3</sup>

- 3 cups brown rice flour, superfine ground
- 3 cups sorghum flour, superfine ground
- 1.5 cups arrowroot powder
- 1.5 cups potato starch

For the Light Blend<sup>4</sup> (perfect for cakes, cupcakes, muffins, etc.) – replace sorghum with white rice flour.

### Sarah's All-Purpose Blend<sup>5</sup>

- 4 cups brown rice flour
- 2 cups white rice flour
- 2 cups potato starch
- 1/2 cup tapioca flour
- 1/2 cup corn starch
- 5 tsp xanthan gum

## Create your own blend

**Light based flours:** These are all of the starches — a must when creating a blend of gluten free flours.

**Arrowroot Powder** This easy-to-digest starch is extracted from a combination of several plant rootstocks. It can be used as a healthier sub for cornstarch in thickening up sauces and gravies.

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Source: [forkandbeans.com](http://forkandbeans.com)

<sup>3</sup> <https://forkandbeans.com/2013/02/13/the-best-gluten-free-flour-blend/>

<sup>4</sup> <https://forkandbeans.com/2015/11/18/gluten-free-flour-blend-for-cakes/>

<sup>5</sup> <https://sarahbakesfree.com/2012/05/sarabs-gluten-free-flour-blend.html>

**Corn Starch** Ground from corn, this starch makes for a great binder and thickening agent. Check for a great non GMO brand because cornstarch can add a great outer crust for your breads.

**Potato Starch** This is my go-to starch for it's ability to add moisture into baked goods. Please note that potato starch and potato flour are two different things – read the label carefully.

**Tapioca Starch / Tapioca Flour** Extracted and bleached from the cassava root, tapioca starch is typically used as a thickening agent in recipes. This is a flavored starch to use in a blend for its ability to bring a certain lightness in texture to the baked good.

**Medium based flours:** Though nutritious in their own right, these flours are a bit lighter when used in a recipe and are more stable to be used alone paired with a starch.

**Fava Bean** Fava bean can typically be found with a mix of garbanzo bean flour. It yields a really nice rise but has a distinct flavor.

**Garbanzo Bean / Chickpea** One of the best result-producing gluten-free flours, the only catch is its a very distinct bean flavor. The rise in your baked goods will be exceptional and can be used alone with a starch.

**Millet** With a dry and slightly nutty flavor, millet flour is a predominantly starchy grain with a protein content that is similar to whole wheat flour.

**Oat** Ground straight from oats, this flour is rich in vitamins and fiber. It yields a nice even flavor and a great rise to your baked goods. Can be used alone or in a combination of other flours.

**Quinoa** Despite it's very distinct flavor, quinoa is another great medium-based flour that can work alone or in combination to other flours. It's nutritious, dense with minerals and vitamins, and produces a great texture.

**Sorghum** Sorghum tends to mimic the texture and lightness of wheat flour and will give your baked goods a certain tenderness. For this reason, it's one of my go-to flours in my flour blend.

**White Rice** Notorious for yielding a gritty texture, it's important to get the finest ground for this flour. It's a very common flour used in blends for good reason, it's light and gives great results. **Note:** Sweet Rice is different from White

Rice and should be used more like a starch and in smaller amounts.

**Heavy based flours:** These are the more dense and nutritious flours that are rarely used alone and will need to be used in tandem with another medium-based flour.

**Almond** With a nice kick of protein, nut meal is a great way to give your baked goods a buttery flavor. It works best if you add a little into your mix (especially if you do not use eggs) to yield a nice binding result and overall moisture into your recipe. If you are Paleo, nut and coconut flours are your to-go grain-free flours.

**Amaranth** Derived from the seeds of the amaranth plant, this stone ground flour is denser and more nutritious than most flours. It can be used alone in low rise baked goods or in combination with a mix of medium flours.

**Brown Rice** Brown rice flour is very comparable to whole wheat flour, with its dense nutrition and great structure it lends to your recipe. It's best if you use it in superfine ground form – this way you will avoid that gritty texture. It can be used alone with a starch or in combination with another medium flour.

**Buckwheat** Don't be fooled by its name, buckwheat is not derived by wheat but rather a fruit. This flour can give your baked good a nice brown hue, full of nutrition and density. It needs to be used in combination with a starch and medium flour, especially for higher rising recipes.

**Coconut** Coconut has a great way of absorbing the liquid in a recipe, which is why it needs to be used in smaller amounts (think 1/4 cup) and in combo with other flours.

**Corn** A hearty, dense flour, corn flour can add a nice texture to your flour blend, similar to a corn bread toothsome feel.

**Teff** A unique flavored whole grain, Teff is a very common flour used in Ethiopian food. It's light but creates a dense texture at the same time so it's best if used in smaller amounts (like coconut flour) and in combination with other flours.

## Gourmet Nut Butters

🕒 5 min   🥄 1 cup

See picture, from left to right, top to bottom.

### Fluffer-Nutter (yellow)

Sure it's for kids, but I love it, too, especially as a dip for apple or pear slices. It works as a sandwich spread, too.

### Cinnamon-Raisin Peanut (white)

Want your kids to idolize you? Use this and thinly sliced, ripe bananas in their lunch sandwich tomorrow, on whole-grain bread. A classic combo, divine on toast for breakfast.

### Date-Maca-Maple Almond (red)

This was my favorite. The acidic-berry-sweetness of the maca is so unbelievably luscious mashed into the mellow, earthy almond butter.

### Chocolate Peanut (green)

Feel free to substitute hazelnut butter, but this is much more economical.



#### Fluffer-Nutter:

2 Tbsp peanut butter  
1 tsp vegan marshmallow  
¼ tsp vanilla

#### Cinnamon-Raisin Peanut:

2 Tbsp peanut butter  
1 tsp raisins, finely chopped  
1 tsp agave syrup  
1 dash cinnamon, to taste

#### Date-Maca-Maple Almond:

2 Tbsp almond butter  
1 tsp maca powder  
1 date, finely chopped  
¼ tsp vanilla

#### Chocolate Peanut:

2 Tbsp peanut butter  
1 tsp cocoa powder  
1 tsp agave syrup



**100 g** green spelt, *shredded*  
**25 g** sunflower seeds  
**50 g** oat flakes, *fine*  
**1 clove** garlic  
**2 tsp** vegetable broth  
**1** onion  
**1 tsp** salt  
**1 tsp** curry powder  
**1 tsp** basil  
**1 Tbsp** tomato paste  
**6 Tbsp** vegetable oil

## Green Spelt Burger

🕒 2 hours 🍴 5

In a pot mix shredded green spelt, sunflower seeds, oat flakes, finely chopped garlic, and vegetable broth.

Fill up with water until it the mixture is barely covered. Bring to a boild and set aside to soak for another 10 minutes.

Chop the onion and add it to the mixture, together with the herbs and tomato paste. If there is too much water, bring to a boil a second time, or add some flour.

Heat the oil in a frying pan. Pour in tablespoon sized portions into the pan and press flat with a spatula. Fry for 5–10 minutes on each side until golden brown.

## Ground Pork

🕒 15 min   🍴 1 bowl

Hold a few puffed rice cakes under running warm water, turn off the tap. Let it soak in a little and put it in a bowl. Repeat with all remaining.

Add all the ingredients and mix well. Let it sit to draw in the taste for a few hours or overnight. Fill into glasses and keep cool.



**1 pkg** puffed rice cakes

**½ tube** tomato paste

**½ Tbsp** olive oil

**1 large** onion, *finely chopped*

**½ tsp** salt

pepper, *ground*



## Guacamole

🕒 15 min   🍴 1 bowl

Halve the avocado and remove the core. Spoon out the flesh and mash with a fork.

Chop tomatoe and garlic very finely. Mix all ingredients.

1 large avocado

2 small tomatos

1 cloves garlic

¼ lemon, juice

salt

## Hazelnut Brownies

🕒 30 min 🍴 8×8 square pan

Preheat the oven to 180°C (350°F). Line a 8×8 inch (20×20 cm) square pan with parchment paper.

In a food processor, combine yoghurt, oil, sunflower seeds, rum, and vanilla bean. Purée until smooth. Transfer to a bowl. Mix flour, sugar, baking powder and salt. Add to the liquid mixture and stir briefly. Pour the melted chocolate into the mixture and stir everything until well combined. Fold in the hazelnuts.

Pour the mixture into the prepared pan and use a spatula to distribute the batter evenly. Bake for 15 minutes. Use a toothpick and check for doneness. If they appear too gooey in the centre, bake for another 3 minutes. Let cool completely before slicing into squares.

### Notes:

- The recipe calls for sunflower seeds. You can use ground almonds or hazelnuts instead.
- If you have some Kahlúa on hand, it makes a great substitute for the rum. I made both versions and cannot decide with I like best.
- Instead of the vanilla bean, you can use vanilla extract. I recommend using one whole tablespoon and reducing the alcohol to 1 tablespoon.
- These keep very well refrigerated! Just wrap the individual squares tightly using plastic wrap.



½ cup soy yoghurt  
6 Tbsp vegetable oil  
2 Tbsp sunflower seeds  
2 Tbsp rum  
1 vanilla bean  
1 cup flour  
½ cup sugar  
½ tsp baking powder  
½ tsp salt  
6 oz chocolate, dark, melted  
1 cup hazelnuts





**300 g** hazelnuts

## Hazelnut Butter

🕒 30 min 🍴 1 jar

Pour the hazelnuts onto a baking tray and roast in the oven at 350°F for 10 minutes.

Take them out and rub between two towels until the peel comes off. Pour into a coarse sieve and shake so that the loosened peel falls through the sieve.

Mix in a powerful mixer for about 20 seconds.

Using a spoon, press down the hanging hazelnuts on the sides of the blender. Then mix for about 40 seconds. Take a short break so it doesn't overheat and mix again for 30 seconds. Now you should have a nice, creamy mixture.

( For a spread add some agave syrup. )

# Ice Cream Cone

🕒 2 hours 🍴 28

Stir the melted vegan butter with the sugar until smooth. Add the spices and sea salt. Then stir in the soy milk. Finally sieve the flour on top and mix everything to a smooth dough.

Let the dough rest for 30 minutes.

Preheat the wafer iron well and grease it with some vegan butter (I always use a baking brush for this).

Put a small scoop of dough in the middle of the iron, close it and press the lid on well. Depending on the iron, bake the wafer horns for about 4–5 minutes.

Remove the finished waffle from the iron with a wooden or plastic dough scraper and immediately roll it into a roll. You have to be quick when rolling up the waffles, because they become firm while cooling down. Then they can no longer be formed.

## Tip:

The whole cane sugar should not be exchanged for normal sugar, as it has a nice malty taste of its own that gives the typical taste.

If you want to use the dough for ice cream cones, you can also prepare the dough without the spices. Use a pinch of cinnamon and/or vanilla instead and shape the baked waffles into cones.



210 g **vegan butter**

400 g **cane sugar**

760 ml **soy milk**

½ tsp **salt**

2 tsp **cinnamon**

1½ tsp **cardamom powder**

1 tsp **aniseed powder**

540 g **flour**, type 1050



### **Sandwich Part:**

- 7 Tbsp **white rice flour**, *finely ground!*
- 4 Tbsp **maple syrup**
- 2 Tbsp **cashew butter**
- 2 Tbsp **cocoa powder**
- 1 tsp **vanilla extract**
- 1/8 tsp **salt**

### **Ice Cream Filling:**

- 3 **bananas**, *frozen*
- 3 Tbsp **cashew butter**
- 1 Tbsp **maple syrup**
- 1/8 tsp **salt**

## **Ice Cream Sandwiches**

🕒 6 hours    🍴 4" springform pan

Process all sandwich part ingredients in a food processor until the mixture begins to form a ball (note if the mixture is too runny, add a bit more flour, if too dry, add a bit more maple syrup, since the consistency may vary depending on the cashew butter's consistency).

Form the mixture into a ball with your hands and knead briefly, then flatten into a disk. Roll the disk out with a rolling pin between two sheets of parchment into approx. an 1/8" consistency. Use the round base of a 4" springform pan to trace a circle in the dough, cut out the circle and set aside for a moment (this will be the top of your sandwich). Gather the remaining dough, form into a ball then flatten into a disk and roll it out a bit to roughly the size of the springform pan base again. Return the base of your springform pan into the pan. Place the disk of dough inside the assembled pan and press down into a flat crust (this will be the bottom of your ice cream sandwich). Set aside.

Blend all ice cream ingredients in a high power blender into a smooth consistency (use the tamper if using a vitamix to get best results). Pour this filling over the base layer in the springform pan and tap the pan down to smooth out the top. Place the pan in the freezer for 1 hour to allow the mixture to firm up a bit.

Once the mixture is a little bit firmer to the touch, remove from freezer and carefully place the top sandwich layer circle on top of the ice cream layer. Return back to the freezer and freeze for an additional 3–4 hours to let the mixture fully set. Then remove from the springform pan, cut into 6 pieces and enjoy!

**Note:** Store in freezer until serving.

# Indian Curry with Carrots

🕒 2 hours 30 min    🍴 4 people

Cut carrots and onions into small pieces and sauté briefly in oil in a large pan.

Mash the bananas and add them together with cashews, curry powder, turmeric and ginger. Add juice and vegetable broth and cook for 5–10 minutes.

Add coconut milk and season with salt and pepper.

Serve with rice.



**21 oz** carrots  
**1** onion  
**2** bananas  
**1⅓ cups** cashews  
**2 Tbsp** curry powder  
**1 tsp** turmeric  
**1 Tbsp** ginger  
**1 cup** orange juice  
**½ cup** vegetable broth  
**1 cup** coconut milk  
salt  
pepper  
**3 Tbsp** vegetable oil, *for frying*



## Key Lime Pie, Raw

🕒 1 hour 15 min 🍴 26cm springform pan

Prepare your crust and set aside in fridge.

Blend the cashews, agave nectar and coconut oil in a food processor until smooth. Add the avocados, lime juice, lime zest and salt. Blend until airy and smooth.

Spoon the filling into the crust. Refrigerate until firm, at least 2 hours.

1 Tasse Cashewkerne, eingeweicht  
für mehrere Stunden

½ Tasse Agavendicksaft

½ Tasse Kokos Öl

1 Avocado

2 Limetten, Schale und Saft

1 Prise Salz

### Other:

1 Date-Nuts Crust, recipep. 110

# La Bête Noire, The Black Beast

🕒 2 hours 30 min    🍴 10" springform pan

If a nut allergy, omit the crust and line the pan with parchment paper.

## Crust

Toast the almonds in a large pan over low heat. Keep moving the almonds around until they are a uniform light brown. Transfer nuts to a plate to cool.

When the almonds are cool, place them in a food processor and chop them into a fine meal. In a medium bowl, mix with flour, butter and brown sugar. Spread the crust mixture evenly over the bottom of the pan; the crust does not need to be prebaked.

## Cake

1) Preheat oven to 350°F. Wrap 3 layers of aluminum foil around the bottom outside of the spring form pan. Be sure the foil covers the entire outside of the pan; this is to prevent water from penetrating the cake.

2) In the top of a double boiler, whisk the coffee and sugar until the sugar has dissolved. Add the chocolate and butter and stir until the mixture is combined and the chocolate melted.

3) In a food processor, puree the tofu, cornstarch, and chocolate mixture until smooth. Pour the batter over the crust in the pan.

4) Place the springform pan in a larger roasting pan or hotel pan. Place the two pans inside the oven. Carefully add enough water to the outer pan to come half way up the sides of the inner pan. Bake the cake for 45 minutes.

5) Test the cake for doneness by using a wooden spoon or carefully pushing the cake pan. When the center of the cake is no longer wobbly, the cake is done. Remove the springform pan from the water bath, and carefully remove the foil. Allow the cake to cool completely in the pan (takes a long time as it is so dense).

## Ganache

In a small saucepan over medium heat, bring the milk to a simmer. Remove from the heat and add the chocolate chips. Whisk until they are melted and the ganache is smooth.

With the cake still in the pan, pour the ganache over the top. Refrigerate for about 2 hours.



### Crust:

**2 cups** almonds, *blanched*

**1/4 cup** flour, *gluten-free, recipep. 68*

**1/4 cup** vegan butter, *melted*

**1/4 cup** brown sugar

### Cake:

**1 1/2 cups** coffee, *extra-strong*

**1/2 cup** sugar

**16 oz** chocolate, *bittersweet 70%, use the best available!*

**1/3 cup** vegan butter

**14 oz** silken tofu

**2 Tbsp** starch

### Chocolate Ganache:

**1 cup** almond milk, *unsweetened*

**12 oz** chocolate, *semisweet*

**Note:** the cake can be made up to 3 days in advance, covered and refrigerated. The cake can be stored in the refrigerator for up to 2 weeks.

# Lemon Cream Cake

🕒 6 hours 🍴 8" springform pan

## Variation, vanilla cake:

- For the cake, replace 1/2 cup sugar with 1 cup sifted home-made vanilla sugar and leave out the lemon zest.
- Make the topping with soy milk instead of lemon juice and use vanilla sugar instead of powdered sugar.

## Cake

Prepare the cake the day before. Preheat oven to 190°C (375°F). Grease and flour a springform pan and set aside.

Pour soy milk into a bowl. Add vinegar and whisk together, set aside.

Combine sugar and coconut oil and use a hand-held mixer to whip. Whip until light and fluffy, which can take 2–5 minutes. Add flour, baking powder, baking soda and salt. Mix and then add soy milk mixture and remaining ingredients and beat until smooth. The batter has to be very thick and stiff (do not add more liquid!).

Pour into prepared cake pan and bake for 40–43 minutes. A toothpick inserted into the middle of the cake should come out clean.

Remove from oven and let cool completely. Release the cake and set aside over night (covered).

## Topping

Place the lemon juice in a small saucepan. Whisk in the agar agar and bring to a boil. Cook for two minutes and remove from heat. Pour the coconut milk into a tall and narrow bowl. Add agar mixture and mix well. Place in the freezer for 45 minutes to cool.

It should have a light but firm mouuse when you remove it. Add remaining ingredients and beat for two minutes. The topping should now have a thick but runny consistency. Place in the freezer for 1 hour.

Slice the cake into two layers. Spread half of the topping on top of bottom cake layer. Carefully place the second layer on top and cover the rest of the cake with the topping.

Place in the fridge for at least two hours before serving. Use a very sharp knife to carefully slice the cake.



## Cake:

- 1 cup soy milk
- 1 Tbsp apple cider vinegar
- 1¼ cups sugar
- ½ cup coconut oil, *refined, softened*
- 2½ cups flour, *type 405*
- 3 tsp baking powder
- ⅛ tsp baking soda
- ¼ tsp salt
- ¼ tsp vanilla, *ground*
- 1 large lemon, *zest*

## Topping:

- ¼ cup lemon juice
- 1 tsp agar agar
- 1 can coconut milk
- ½ cup powdered sugar
- 2 tsp Egg Replacer
- 3 Tbsp starch
- ⅛ tsp vanilla, *ground*





## Lentil Burger Patties

🕒 1 hour 🍴 10

Boil the lentils, then drain and collect the cooking water. Process 2/3 of the lentils through a meatgrinder.

Mix with all other ingredients. The whole thing should make a well kneadable mass that comes loose from the edge of the bowl. If it is too dry, add more lentil water, it is too moist, add more chickpea flour.

Form into 10 cutlets and sauté.

**1 cup** lentils, *brown*

**½ cup** carrot, *grated*

**2 Tbsp** chickpea flour

**6 Tbsp** oat flakes

paprika powder

nutmeg

cumin

pepper

**1 tsp** salt

**1 small** onion, *finely chopped*

# Lip Balm

🕒 15 min    🍴 1 jar

1. Melt the wax in a small pot at a very low temperature.
2. Add the rest and stir until everything melts homogeneously.

The cocoa butter must not exceed a certain temperature (max. 35°C/95°F). Otherwise, the structure of the fat will be destroyed. On the one hand the mass needs longer to solidify, on the other hand it melts at lower temperatures than usual.

**Note:** In lipsticks of all kinds, avoid sugar-containing additives such as honey, chocolate or fruit puree. These can promote caries through constant lip contact.



3 g carnauba wax

25 g coconut oil

25 g almond oil

50 g cocoa butter



## Malaysian Satay-Skewers with Peanut Sauce

🕒 1 hour 30 min    🍴 24 skewers

**Note:** The taste is closer to beef satay than chicken. If you want a more chicken-like consistency, you should add pureed tofu or chickpea flour to the seitan.

Mix all dry ingredients for the seitan. Then mix all liquid ingredients with the sugar and add to the mixture. Knead to a firm dough. Tear into small pieces (looks better than cutting them with a knife) and spread on a baking tray or two casseroles.

Then put all the ingredients for the marinade in a blender or food processor. Spread everything over the seitan and bake at 350–400°F for about 1 hour. Turn occasionally. Before removing, try whether they are cooked and bake longer if necessary.

Place all pieces in a bowl, mix and let cool. Put about 4 pieces on a bamboo skewer. If necessary, heat up and grill.

Serve Peanut Sauce (p. 105) with the skewers.

### Seitan:

4 cups **gluten**  
4 tsp **coriander**, *ground*  
2 tsp **lemongrass**, *ground*  
1 tsp **chilli**, *ground*  
2 tsp **salt**  
¼ cup **soy sauce**  
2¾ cups **water**  
2 Tbsp **sesame oil**  
3 Tbsp **sugar**

### Marinade:

1 cup **water**  
10 **scallions**  
3 cloves **garlic**  
¾ cup **soy sauce**  
5 Tbsp **sugar**  
1 Tbsp **coriander**, *ground*  
1 Tbsp **chilli**, *ground*  
1 Tbsp **lemongrass**, *ground*  
2 tsp **turmeric**  
2 Tbsp **sesame oil**

# Marble Bundt Cake

🕒 1 hour 15 min 🍴 9" bundt pan

1. Grease a 23 cm (9 inch) bundt pan with coconut oil and dust it with all-purpose flour. Set aside. Preheat oven to 180°C (350°F).
2. Mix flax seeds and hot water and set aside for 10 minutes.
3. Add oil, sugar, and vanilla to a large bowl and beat well for 1 minute. Add flax and soy yoghurt and beat again until everything is combined.
4. Sift in flour, baking powder, baking soda, and salt. Pour milk on top and beat until the batter is smooth but not longer than a minute. Pour half of the batter in a second bowl and add cocoa powder and soy milk.
5. Pour half of the cocoa batter into the bundt pan. Add half of the vanilla batter. Repeat (4 layers total). Run a fork through the batter to create a marbled pattern.
6. Bake for 60–65 minutes until the cake is done. Stick a toothpick into the centre and if it comes out clean the cake is done.
7. Let cool for 60 minutes. Use a small knife (preferably a very flexible plastic knife) to loosen the edges, especially around the tube in the centre. Turn the pan around and let the cake slide on a cookie rack to cool completely.
8. Melt the white and dark chocolate separately. Drizzle the white chocolate over the bundt cake, then pour the dark chocolate on top.



2 Tbsp flaxseed meal  
6 Tbsp water, hot  
1 vanilla bean, seeds  
¾ cup vegetable oil  
1¼ cups sugar  
½ cup soy yoghurt  
3⅓ cups flour  
2½ teaspoons baking powder  
¼ teaspoon baking soda  
¼ teaspoon salt  
¾ cup soy milk  
4 Tbsp cocoa powder, Dutch processed  
2 Tbsp soy milk  
**Glaze:**  
3.5 oz white chocolate  
1.7 oz chocolate



200 g marzipan  
100 g sugar  
75 ml soy milk  
2 Tbsp starch  
¼ tsp baking powder  
50 g flour  
100 g almonds, *sliced*  
150 g chocolate

## Marzipan Almond Crescents

🕒 1 hour 🍴 17

Preheat the oven to 180°C (350°F). Line two baking sheets with parchment paper.

Cut the marzipan into small cubes and place in a bowl. Add sugar and soy milk. Mash with a spoon until the mixture is smooth. (You can also use a hand held mixer or blender for this step.) Add starch, baking powder, and flour. Use a hand held mixer to beat into a smooth paste.

Fill into a a pastry bag with a large, white mouthed tip attached. Pipe on a baking sheet in the form of crescents. Your crescents will look like bent sausages at this point, but they should spread and flatten out while baking. So make sure not to place them to close together!

Sprinkle with almonds and carefully press some of the almonds into the crescents. Bake for 10–12 minutes or until golden brown. Let cool for about ten minutes. Transfer to a cookie rack to cool completely.

Melt the chocolate and dip the crescents into the marzipan. Place on a sheet of parchment paper to dry.

# Matcha Cake

🕒 1 hour 🍴 11×11 square pan

## Sponge cake

Preheat oven to 175°C (350°C). Line a 29×29 cm (11×11 inch) square pan with parchment paper. Sift chickpea flour into a bowl. Add hot water and whisk until you got rid of most lumps. Some small lumps are okay. Add sugar and oil and whisk constantly. Sift in flour, starch and matcha powder and whisk until the batter is smooth. Pour into prepared pan. Make sure to distribute the batter evenly by using a dough scraper. Bake for 15 minutes. Let cool completely.

## Filling

Combine cashews and non-dairy milk in a food processor or blender. Purée until very smooth. In a small pot, melt coconut oil over low heat. Add soy milk mixture and whisk in powdered sugar. Sprinkle agar agar on top, whisk, and bring to a boil. Cook for 2–3 minutes until the mixture has thickened. If it is not that thick yet, don't worry. Most of the thickening will take place as the mixture cools. Let cool completely. The mass will become very solid and a bit rubbery. Now transfer it to your food processor and process until smooth.

## Cake assembly

Spread the cake with a thin layer of chestnut spread. Carefully cut it into four equal strips. Take the first layer of your cake and spread with filling. Place another layer on top, spread with filling, repeat with the other layers. Make sure you have enough filling for each layer but also for the sides of the cake. After you have assembled your cake use the leftover filling to carefully ice the sides. Sift some powdered sugar on top. (You can also use a mixture of matcha powder and sugar.) Place the cake in the fridge for 2–3 hours before serving.



### Cake:

**3 Tbsp** chickpea flour  
**¾ cup** water, hot  
**½ cup** sugar  
**¼ cup** vegetable oil  
**1 cup** flour, type 405  
**1½ tsp** baking powder  
**3 Tbsp** starch  
**2 Tbsp** matcha powder

### Filling:

**1 cup** cashews, soaked for few hours  
**1¼ cups** almond milk  
**½ cup** coconut oil, refined  
**1 Tbsp** powdered sugar  
**1 tsp** agar agar

### Other:

**3.5 oz** chestnut spread  
powdered sugar



125 ml soy milk  
2 tsp lemon juice  
250 ml vegetable oil  
1 tsp vinegar  
1 tsp sugar  
1 tsp mustard  
1 tsp salt

## Mayonnaise

⌚ 5 min    🍴 1 jar

**Note:** milk and oil must both be at room temperature!

I made this with a hand blender. Tzz. Stupid. An electric whisk is much, much better here!

Mix the soy milk with the lemon juice and wait until it becomes slightly thick. Switch on the mixer and let the oil flow in slowly. Slowly! At some point (after 200 ml at the latest) the oil gets thick. Continue, then add the spices, season to taste and you're done.

Put into the fridge – after a few hours it even gets a little firmer.

## Millet Veggies

🕒 45 min   🍴 2 people

Cut spring onions and carrots into fine strips. Sauté in a pan – with a little water or oil – until the vegetables have collapsed.

Pour in the vegetable broth and bring to a boil. Remove the pot from the heat and purée briefly. There should still be some larger pieces of vegetables left.

Add millet and simmer at medium heat, without a lid, until the liquid has almost completely evaporated. Now turn off the stove and use only remaining heat!

Stir in the soy yoghurt and season to taste with the spice mixture. Use 1 Tbsp if you only want the seasoning to be discreet in the background. Use 2 Tbsp if it should be more spicy.

Leave to swell for about 5 minutes.



**1 bunch** spring onions

**3.5 oz** carrots

**¾–1 cup** vegetable broth

**5.5 oz** millet

**2 Tbsp** soy yoghurt

**1–2 Tbsp** Africa spice mixture





## Minty Grasshopper Pie

🕒 1 hour 30 min    🍴 10" springform pan

Prepare your cookie crust.

Bring the coconut milk, soy milk, and agar agar to a boil. Turn off heat. Add in coconut oil – allow to soften in warm mixture.

In a high speed blender, add the remaining ingredients, plus the agar mixture. Blend until smooth. Pour the green pudding into crust. Place in fridge to chill for at least an hour.

When pie has chilled and firmed up whip your whipping cream with peppermint. Add in an even layer to the pie and place back in fridge to chill for at least half an hour.

**1/3 cup** coconut milk, *light*

**1/2 cup** soy milk

**1–3 tsp** agar agar

**3 Tbsp** coconut oil, *refined*

**19 oz** silken tofu

**1 cup** agave syrup

**1 tsp** peppermint extract

**2 tsp** vanilla extract

**1/2 tsp** salt

**1 handful** baby spinach, *for color*

### Other:

**1** Cookie Crust, *chocolate, recipep. 109*

**1 box** whipping cream, *Mimiccreme  
Healthy Top*

**1/4 tsp** peppermint extract

# Moon Pie

🕒 — 🍴 8

Prepare flaxseed by adding 2 Tbsp water, thickened for 5 minutes.

## Cookies

In a large bowl, beat margarine with an electric mixer on medium to high speed about 30 seconds or till softened. Add sugar, molasses, and flaxseed until well-combined.

In a medium bowl, whisk the dry ingredients together. Slowly combine both and stir with a wooden spoon until a nice dough forms. It shouldn't be sticky at this point. If so, add more flour by the tablespoon.

Divide the dough into 2 balls.

Preheat oven to 350°F (190°C). Line a baking sheet with parchment paper.

Roll one ball dough into 1/4" (3 mm) thickness between 2 pieces of parchment paper. If your dough starts to become uncooperative, place in the freezer for 10 minutes. Using a 2 5/8" (68 mm) biscuit cutter, cut dough into circles.

Place on the baking sheet and bake for 5–7 minutes or till edges are firm. Cool on cookie sheet for 1 minute. Transfer cookies to a wire rack.

## Marshmallow filling

In a saucepan over low-medium heat, stir the vegan butter and marshmallows until almost completely melted. Remove from heat and stir in the vanilla.

Allow to cool down and harden up just briefly for a couple of minutes, then by the spoonful scoop onto one cookie and sandwich between the other. Plop a little more onto the top of that cookie and sandwich with another cookies. Double-decker, baby! Allow to set. You can even place in the freezer.

## Chocolate coating

Once the cookie sandwiches have set, melt the non-dairy chocolate chips and add coconut oil or shortening for a shine. Dip each cookie sandwich into the bowl of melted chocolate until it is completely covered. Allow to set on a piece of parchment paper. You can either freeze them for a faster set or leave on the counter, which will take more time.



1/4 cup **vegan butter**

1/4 cup **coconut sugar**

1 Tbsp **molasses**

1 Tbsp **flaxseed meal**

1 cup **flour**, *gluten-free, recipep. 68*

1/4 cup **teff flour**

1/2 tsp **baking soda**

1/2 tsp **cinnamon**

### Marshmallow Filling:

2 cups **vegan marshmallow**

2 Tbsp **vegan butter**

1 tsp **vanilla extract**

### Chocolate Coating:

1 cup **chocolate chips**

1 Tbsp **coconut oil**



## Muffins: Apple-Overload

🕒 30 min 🍴 12

Peel and de-seed the apple and cut into small pieces. Mix all remaining ingredients, fold in apples and fill into 12 muffin cups. Bake at 400°F for about 20 minutes. Allow to cool a little. Add a blob of soy cream and sprinkle with cinnamon.

300 g flour

1½ tsp baking powder

1 pkg vanilla sugar

½ tsp ground cinnamon

250 ml apple juice, freshly pressed

120 g sugar

125 ml vegetable oil

1 apple

### Topping:

soy cream

cinnamon

## Muffins: Lemon

🕒 25 min    🍴 6

Preheat oven to 350°F.

Mix all dry ingredients in a bowl.

Mix oil and soy milk separately, then add 2 Tbsp lemon juice and stir again.

Combine liquid and dry ingredients and stir briefly. Not too long, otherwise the muffins will not rise so nicely.

Fill the dough into muffin dishes and bake for about 20 minutes.



150 g **flour**

50 g **sugar**

1½ tsp **baking powder**

½ tsp **baking soda**

2 Tbsp **starch**

1 pinch **salt**

1 **lemon**, *zest and juice*

100 ml **soy milk**

45 ml **vegetable oil**



## Muffins: Raffaello Cupcakes

🕒 45 min 🍴 —

Mix all ingredients, add coconut flakes and white chocolate at the end. Due to the oily almond paste and the coconut milk you don't need extra oil or margarine for the dough. Pour the mixture into the forms and bake at 350°F for about 30 minutes.

For the topping, whip some whipped cream and mix with melted white chocolate and coconut flakes. After the muffins have cooled down, simply spread the mixture on the top and sprinkle with coconut flakes.

260 g **flour**  
½ pkg **baking powder**  
2 tsp **baking soda**  
90 g **sugar**  
1 pkg **vanilla sugar**  
1 pinch **salt**  
130 g **apple sauce**  
150 g **almond butter**  
1 can **coconut milk**  
100 g **coconut flakes**  
100 g **white chocolate**  
**whipped cream**, *Mimiccreme Healthy*  
*Top*

# Nougat Rings

🕒 — 🍴 15

## Nougat Paste

Pour the hazelnut butter into a food processor. Add powdered sugar and process to combine. The mixture will still be rather liquid and like a batter. If your hazelnut butter is more solid, you can try to add one or two tablespoons of vegetable oil like canola. But I haven't tried this.

Carefully melt the chocolate and the cocoa butter. Pour over the hazelnut mixture and process until smooth. Pour into a container and let cool until solid (less than room temperature, but not rock hard).

## Shortbread cookies

Preheat oven to 180° (350°F). Line two baking sheets with parchment paper

Beat together coconut oil, sugar, and starch. Add flour, baking powder and salt. Beat until the dough comes together. Doing this with my hands always works best. If it doesn't come together, add the soy milk.

Roll out between two sheets of plastic wrap, about 1/2 cm (1/4 inch) thick. Use a cookie cutter or drinking glass to cut out disks. (I used a glass with a diameter of 8 1/2 cm or 3 1/4 inch.) Use a second cookie cutter (3 cm or 1 1/4 inch) to cut a hole in the middle of each disk to form a ring. Gather the remaining dough and repeat until you run out. Place on a baking sheet and bake for 8 minutes or until golden brown. Let cool completely.

## Assembly

Chop coconut oil and place in a bowl with the nougat paste. Beat until smooth. The mixture will be very sensitive to warmth. If it starts to melt while beating, place it in the fridge for 10 minutes and then beat again. Attach a large and wide tip to a pastry bag. Fill with nougat mixture. Again, if it looks like it is melting, place it in the fridge. Pipe the filling onto the cookies and place them in the fridge for 30 minutes.

Melt the chocolate over lowest possible heat and cover the cookies with it. I placed the cookies on a cookie rack and used a teaspoon to pour the chocolate over them. Carefully transfer them to a piece of parchment paper and sprinkle with almonds. Let dry completely. Store in the fridge but let come to room temperature before serving.



### Nougat Paste:

5.3 oz hazelnut butter  
1/2 cup powdered sugar, sifted  
3.5 oz chocolate  
1 oz cocoa butter

### Shortbread Cookies:

1/2 cup coconut oil, refined, room temperature  
1/2 cup powdered sugar, unsifted  
2 Tbsp starch  
1 2/3 flour  
1/4 tsp baking powder  
1 pinch salt  
1 Tbsp soy milk, optional

### Other:

1/4 cup coconut oil, refined  
7–10.5 oz chocolate  
3.5 oz almonds, slivered



## Nut Bundt Cake

🕒 1 hour 🍴 10" bundt pan

Preheat oven to 400°F.

Mix the soy milk with a few splashes of lemon juice or vinegar and set aside.

Mix with all other ingredients and bake in a greased bundt pan for about 40–50 minutes (test with a toothpick).

Allow to cool and cover with couverture (mixed with some coconut oil).

400 ml soy milk  
lemon juice  
400 g flour  
1 pkg baking powder  
1 pkg vanilla sugar  
1 pinch salt  
200 g almonds, ground  
175 g sugar  
125 ml vegetable oil

## Nut Waffles



Preheat your waffle iron. Brush with oil, if you don't have a non--stick iron.

Combine the flours, sugar, hazelnuts, baking powder, locust bean gum, and salt. (Make sure to sift the flours, especially the chickpea flour!) Mix well and add remaining ingredients. Whisk to combine.

Pour the batter into your iron and cook each waffle according to the manufacturer's instructions.

To make the syrup: Combine maple syrup and nuts and pour over the waffles. Serve with fresh fruit.

**Tip:** Of course you can freeze these and reheat them in the toaster.



### Waffles:

120 g **flour**, *gluten-free, recipep. 68*

60 g **chickpea flour**

¼ cup **sugar**

50 g **hazelnuts**, *ground*

1½ tsp **baking powder**

1 tsp **locust bean gum**

¼ tsp **salt**

1½ cups **soy milk**

¼ cup **vegetable oil**

### Nut syrup:

4 Tbsp **maple syrup**

4 Tbsp **hazelnuts**, *chopped*





**1/3 cup** **oat flour**, *gluten-free,*  
*recipe p. 68*

**1/3 cup** **millet flour**

**5 Tbsp** **arrowroot powder**

**1 cup** **non-dairy milk**

**1 Tbsp** **sugar**

**1/2 tsp** **baking powder**

**1 pinch** **salt**

## Pancakes

🕒 45 min    🍴 4

Combine everything together in a high-speed blender. Let it sit for 5 minutes to thicken up.

Heat a skillet on medium-high heat and allow to completely warm up.

Grease the pan with a small slab of vegan butter and pour 1/4 cup of batter into the pan.

When you notice bubbles forming in the tops of the batter and the sides are firmed up, the pancake is ready to flip over. Each side should be nicely browned.

**Note:** If you do find that your batter is runny, add a tablespoon of flour at a time until the right consistency (on the thicker side).

## Pasta Salad

🕒 30 min 🍴 500g

Cook the pasta in salted water until al dente, then rinse with cold water.

Meanwhile, cut the tofu into small cubes and sauté them in a generous amount of oil until they are brown. Take the tofu out of the pan, but leave the oil in the pan!

Please do not skimp on the oil so that the pasta salad does not get too dry. Add soy cream to the oil in the pan and bring to a boil. I have the feeling that boiling up improves the taste of the soy cream.

Add vinegar, salt, pepper, 2–3 splashes of seasoning sauce and season with lemon if desired. I also added cayenne pepper because I like to eat spicy.

Drain the corn and peas and let them drip off. Cut the spring onions into rings and mix everything with the sauce. The pasta salad tastes best freshly prepared.



500 g pasta

2 pkg soy cream

1 pkg tofu, *smoked*

1 can peas

1 can corn

1 bunch leek onion

oil

red wine vinegar

salt

pepper

seasoning sauce

½ lemon, *zest and juice, optional*

cayenne



## Peanut Butter Chocolate Fudge

🕒 30 min    🍴 8×8 square pan

Mix peanut butter, vegan butter and vanilla. Gradually add powdered sugar. Spread on the bottom of a 8 inch square pan (tip: use plastic wrap).

Grate the chocolate and melt over a low heat in the milk. Mix powdered sugar and cocoa in a bowl, then stir in the chocolate and blend.

Spread on the peanut layer and garnish with roasted peanuts.

### Bottom layer:

1 cup peanut butter

4.5 oz vegan butter

1 tsp vanilla

3 cups powdered sugar

### Top layer:

½ cup non-dairy milk

1½ cups chocolate

1½ cups powdered sugar

2 Tbsp cocoa

½ cup peanuts, *roasted, optional*

# Peanut Butter Chocolate Mousse Pie

🕒 3 hours 🍴 10" springform pan

Prepare your cookie crust.

Whip up your Coconut Whip – together with the remaining ingredients – according to the instructions. Add coconut liquid (the thin clear stuff left in the coconut milk can) as needed until a thick/fluffy/buttery cream cheese-like texture is reached. Set aside in fridge.

In a sauce pot, add non-dairy milk and dissolve the cornstarch/arrowroot and/or the pudding mix (see note below). Briefly boil to allow the starch to activate!

Add in the chocolate chips – stir until they are melted and the mixture begins to thicken. Transfer the liquid to a high speed blender or food processor. Add in the silken tofu and remaining chocolate filling ingredients. Blend until smooth.

Pour the chocolate filling over your crust, about 3/4 the way full. Carefully add in the peanut butter mixture and gently swirl the two layers (with a fork).

Set pie in fridge to chill and harden for at least 2 hours.

**Chocolate Pudding Substitute:** 3 Tbsp cocoa powder, 1 cup sugar, 2 Tbsp cornstarch or arrowroot, 1/4 tsp salt.

**Tofu-free option:** I have not tested this method, though I'm pretty confident it will work. Substitute the silken tofu with 1 avocado and 1 cup cashew cream. This cashew cream will be made of 1 cup soaked raw cashews and blended with the soaking water until smooth.



## Peanut Butter Swirl:

3/4 **Coconut Whip**, *recipe p. 139*  
1/3 cup **peanut butter**, salted  
1/4 tsp **salt**  
1 dash **cinnamon**  
1 dash **cayenne**, *optional*

## Chocolate Mousse Filling:

1/2 cup **non-dairy milk**  
1 Tbsp **starch**, *or arrowroot*  
1 pkg **chocolate pudding**, *see notes*  
1/2 cup **chocolate**  
16 oz **silken tofu**  
1/2 tsp **vanilla extract**  
1 dash **cinnamon**  
1 tsp **salt**

## Other:

1 **Cookie Crust**, *chocolate, recipe p. 109*



## Peanut Butter Cream Pie

🕒 3 hours 15 min 🍴 10" springform pan

Bake your cookie crust.

In a sauce pan, add 1/3 cup of maple syrup, non-dairy milk, vanilla, cinnamon, and agar agar. Lastly, melt the coconut oil into this mixture and heat it for a few minutes – stirring to reduce a bit.

Pour the mixture in a high speed blender and add your remaining ingredients (incl. remaining maple syrup). Blend until smooth. Taste test. Adjust sweetener or salt if needed.

Pour your peanut butter tofu pudding over your pie crust. Place in the fridge to chill for at least 3 hours.

When the pudding pie has firmed up enough, whip your whipping cream – add the peanut butter as well. Spoon the fluffy topping onto the pie and smooth out evenly. Place back in the fridge to chill.

- 1 cup non-dairy milk
- 1 cup maple syrup
- 3 tsp agar agar
- 3 Tbsp coconut oil
- 19 oz silken tofu
- 2 tsp vanilla extract
- ¼ tsp cinnamon
- 2–3 Tbsp peanut butter
- ½ tsp salt

### Other:

- 1 [Cookie Crust](#), *recipep. 109*
- 1 box [whipping cream](#), *Mimiccreme Healthy Top*
- 2 Tbsp [peanut butter](#)

## Peanut Sauce

🕒 10 min    🍴 1 bowl

Mix all ingredients and heat up.



1 can coconut milk

220 g peanut butter

2 Tbsp soy sauce

½ Tbsp chili flakes

1 Tbsp sugar

**Dough:**

75 g **vegan butter**  
200 g **flour**  
50 g **powdered sugar**

**Filling:**

75 g **chocolate**  
200 g **soy yoghurt**  
50 g **sugar**  
1 tsp **starch**  
150 g **apple sauce**  
1 can **pear halves**

**Topping:**

100 g **chocolate**  
25 g **vegan butter**

## Pear-Chocolate-Tart

🕒 3 hours    🍴 11" springform pan

- 1) Mix the dough ingredients to a dough, cover and refrigerate for 30 minutes.
- 2) Preheat oven to 350°F. Roll out the dough on a floured surface, slightly larger than the springform pan. Grease thoroughly and sprinkle with flour. Place the dough in the pan. Prick the base several times with a fork. Pre-bake the base for about 10 minutes.
- 3) Melt the chocolate for the filling. Mix with soy yoghurt, sugar, starch and apple sauce. Pour the filling into the tart and spread the pear halves in it. (No panic if it almost overflows!)
- 4) Put into the hot oven again for about 20 minutes. Allow to cool completely, then remove from the pan. (use a plate to turn it over)
- 5) Melt the chocolate for the icing. Add the butter and mix well. Spread it on the tart and put it in the fridge for about 1 hour.
- 6) Sprinkle with icing sugar before serving.

## Pie Crust: Cereal

🕒 10 min    🍴 9" springform pan

In a food processor, crush the cereal and sugar into fine crumbs. Pour into a bowl and add the oil until well-combined and resembles wet sand texture. Press into a greased pie pan and place in the freezer.



**4 cups** cereal, *gluten-free, I used Chex*

**1 Tbsp** brown sugar

**½ cup** coconut oil, *refined*





**2¼ cups** flour

**1 tsp** salt

**8 oz** vegan butter, *small cubed*

**⅓–½ cups** water, *ice-cold*

**1 Tbsp** sugar, *optional*

## Pie Crust: Classic White

🕒 2 hours 30 min    🍴 2 crusts

**Note:** Start your crust the night before or at least 2 hours before you will need it. Put your vegan butter and flour in the freezer for at least 1/2 hour to chill.

1. In a food processor mix flour and salt. Add in the vegan butter cubes and pulse until the dough turns into a clumpy dry mixture. You want all the butter to combine with the flour and become dry little beads.
2. Next, add in your chilled water a little bit at a time (+ optional sugar). Transfer it onto a floured surface. It's OK if it feels sticky at this point. Add more flour to properly work with the dough.
3. Separate your dough into two rounds. They will be incredibly soft and delicate right now. Satiny and fluffy. Wrap them in plastic wrap and place them in the freezer. Freeze these balls for at least 1 hour – you can freeze overnight if needed.
4. Pull your dough from the freezer – allow to soften slightly if too hard to roll out. Roll out dough and transfer into a pie tin. You can always mold the dough with your fingers and pull up an edge.

## Pie Crust: Cookie Crumble

🕒 15 min    🍴 9" springform pan

Combine both ingredients and spread in the pan (use the back of a spoon or plastic wrap).

*Optional:* Preheat oven to 350°F and bake for about 8–10 minutes until golden-brown.

*Note:* This is enough for a thin crust without sides. Suitable cookies are e.g., ginger biscuits, graham cracker, or shortbread cookies.

**No cookies at home?** Make your own: Biscuits (unsweetened) (p. 8) or Shortbread (p. 124).

**Chocolate version:** Bake and crumble either Teddy Grahams (p. 39) or Chocolate cookies (p. 44).



1 cup cookies, fine crumbs

3 Tbsp vegan butter



**2 cups** almonds, *crushed*

**1 cup** dates, *soft, pitted*

**½ tsp** salt

**2 Tbsp** coconut oil, *refined, optional*

## Pie Crust: Nuts & Dates

⌚ 5 min    🍴 10" springform pan

Place all ingredients in a food processor and mix until it forms a thick paste. If it's too sticky or dry, feel free to add more dates or almonds.

Press the mixture evenly into the bottom of a pan and up the sides. Use the back of a spoon or some pastic wrap to distribute. Put in the fridge to chill.

*Note:* You can substitute the almonds with (a mixture of) other nuts. E.g, pecans, walnuts, macadamia, hazelnuts, etc...

# Pizza Dough

🕒 8 hours 🍴 4

Sieve the flour and add salt. Dissolve yeast in lukewarm water and add. Knead dough for **at least 20 min.** This is necessary for a super fluffy dough. Leave to rest for 2 hours then divide into 4 parts, 7 oz each. Form into balls and let rest for another 6 hours (covered).

Preheat the oven to the highest setting!

For the tomato sauce puree all ingredients as is, do not boil.

Roll out the dough very thinly (< 1/6"). Spread the sauce on it – also very thinly (just covered, rather a little less than a little more).

Place the dough on a parchment paper then transfer to the already hot baking tray.



**4 cups** flour

**1⅓ cups** water, lukewarm

**2 tsp** salt

**0.2 oz** yeast

**Pizza sauce:**

**1 can** tomatoes

garlic

salt

pepper

basil

oregano



## Poppy Seed Cake

🕒 2 hours    🍴 10" springform pan

Knead all crust ingredients together to a slightly crumbly mass. Grease the springform pan and sprinkle the base with breadcrumbs. Distribute the dough in the pan.

Preheat oven to 350°F. Mix all ingredients for the filling, bring to a boil briefly and pour over the crust. Bake for about 45–50 minutes. Allow to cool.

Spread the vanilla pudding on the cooled cake. Place in the fridge for 1–2 hours, then carefully loosen the edges.

### **Crust:**

150 g flour  
65 g sugar  
65 g vegan butter  
1 tsp baking powder  
water

### **Filling:**

500 ml soy milk  
120 g sugar  
125 g poppy seed  
2 Tbsp semolina  
150–200 g soy yoghurt, *natural*

### **Topping:**

375 g vanilla pudding

## Ranch Dressing

🕒 — 🍴 2 cups

Squeez the tofu dry. Make sure tofu is well chilled when you blend. Blend until creamy. Salt and spice to taste.



15 oz silken tofu  
1/3 cup apple cider vinegar  
3/4 tsp celery seed  
3/4 tsp coriander  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp pepper  
1/4 tsp cayenne  
2 Tbsp maple syrup  
3/4 tsp salt  
2–3 Tbsp grape seed oil

**Dough:**

200 g flour  
150 g vegan butter  
75 g sugar  
1 pinch salt  
½ pkg baking powder  
1 pkg vanilla sugar

**Filling:**

250 g rice pudding  
75 g starch  
1 L rice milk  
2 pkgs vanilla sugar  
650 g apricots

## Rice Pudding Cake

🕒 2 hours    🍴 10" springform pan

For the dough, mix all dry ingredients. Gradually add the vegan butter and knead until the dough is even. Cover and refrigerate for 30 minutes.

Mix the soy milk with vanilla sugar and bring to a boil. Add the rice pudding and bring to a boil while stirring to make a very thick porridge. Remove from heat, stir in starch and allow to cool. Grease the springform pan and sprinkle with 1–2 tablespoons of breadcrumbs. Remove the shortcrust pastry from the fridge and distribute in the springform pan. Pull up a small edge all around.

Pit the apricots. Cut about 500 g in halves, the remaining into eights. Sprinkle the pastry base with 1–2 Tbsp breadcrumbs and spread the apricots in it. Add the rice pudding and garnish with the apricot slices (press in lightly).

Bake at 400°F for about 30–40 minutes. Allow to cool completely before removing from the springform pan!

## Russian Sweet Potatoes

🕒 1 hour    🍴 25

Dissolve the sugar in the soy milk. Then add remaining ingredients and knead well. You should get a nice gooey mass that sticks to your fingers (if necessary add additional soy milk).

For the coating, mix cocoa powder and sugar in equal parts. Distribute evenly on a plate.

Form 1-inch balls and roll around in the plate until all sides are covered. Refrigerate.



**18 oz** biscuits, unsweetened, recipe [8](#)

**1 cup** soy milk

**½ cup** sugar

**⅓ cup** vegetable oil

**1 tbsp** cocoa powder

### Coating:

cocoa powder

sugar





#### For the crust:

120 g coconut oil, *refined*

60 g powdered sugar

1 Tbsp starch

170 g flour

20 g cocoa powder

¼ tsp salt

1 Tbsp soy milk

#### Filling:

50 g coconut oil, *refined, melted*

300 g soy yoghurt

60 g sugar

1 tsp vanilla extract

2 Tbsp starch

1 Tbsp flour

## Russian Zupfkuchen

🕒 1 hour 30 min    🍴 6" springform pan

For the crust, cream together coconut oil, sugar, and starch. Sift together flour, cocoa, and salt. Add to the coconut oil mixture. Beat with a handheld mixer until the mixture turns into crumbs (roughly 1–2 minutes). Add the soy milk.

Use your hands to form a smooth dough. Press 2/3 of the dough into the bottom and sides of the pan.

Preheat oven to 350°F and grease the pan.

Place all filling ingredients in a food processor and blend well. Pour into prepared cake pan. Roll out remaining dough and cut out cookies with a small cookie cutter (or use lumps). Place on top of the cake.

Bake the cake for 45–50 minutes or until the filling has set and is golden-yellowish on top. Let cool and remove from pan.

## Sacher cake

🕒 2 hours    🍴 8" springform pan

1. Preheat the oven to 180°C (350°F). Grease a 20 cm (8 inch) round pan and set aside.
2. Use a hand-held mixer to cream together coconut oil and sugar. It usually takes a while until they will combine and then they will probably all end up as a huge lump collecting around the beaters. Just continue beating: hold the mixer in the center of the bowl and keep it running on the highest speed setting. After a while the lumps should shoot out of the beaters and you will be able to cream sugar and oil together. This mixture won't look as fluffy and even as if it was made using margarine or butter, but it's ok.
3. Add yoghurt and vanilla and beat again. Mixing in the yoghurt will not create an even mass but create tiny lumps. This is normal.
4. Set aside and melt the chocolate. Pour into the yoghurt mix still using the hand-held mixer, whisk well to combine. Also add soy milk and whisk again.
5. Sift together baking powder, salt, and flour and add to the remaining ingredients. Beat very well until the batter is smooth and no lumps remain. Please be aware that this batter is supposed to be very thick. Don't add more liquid.
6. Pour the batter into the prepared pan and use a large spatula to smooth the batter. Bake for 35–40 minutes or until an inserted toothpick comes out clean. Let the cake cool completely.
7. Remove the cake and place it upside down on a cooling rack. Use a large serrated knife to carefully slice the cake in half. Use a large spatula to remove the upper halve and place it on a second cooling rack or a piece of parchment paper.
8. Strain the apricot jam and place it in a small saucepan. Briefly heat it. It should be hot but not bubbling. Now spread some jam on the bottom half of the cake. Place the second half on top and glaze the whole cake with jam. This is important as the jam layer will help the chocolate glaze to spread evenly.

### Glaze

1. Place the water, agave syrup, and sugar in a small saucepan. Bring to a rolling boil. Reduce the heat to medium high and boil for 6 minutes. Make sure it's bubbling all the time. Remove from heat and let cool for exactly 10 minutes. Meanwhile chop the chocolate.



### Cake:

½ cup coconut oil, *refined*  
⅔ cup sugar  
½ cup soy yoghurt  
1–2 tsp vanilla extract  
5.3 oz chocolate, 70%  
2 Tbsp soy milk  
2 tsp baking powder  
¼ tsp salt  
1½ cups flour  
7 oz jam, *apricot*

### Glaze:

1 cup sugar  
½ cup water  
1 Tbsp agave syrup  
5.3 oz chocolate, 70%

2. Stir the chocolate pieces into the sugar syrup and stir constantly and carefully until the chocolate is dissolved.
3. Place a piece of parchment paper under the cooling rack with the cake. Take a spatula and while pouring the chocolate syrup over the cake make sure to glaze it completely. This works best if you pour all over the top and use the spatula to help the syrup find its direction. You will probably have too much syrup for this cake and won't use all but it is important that the glaze can pour all over the cake. Let the excess glaze simply drip down the rack and onto the parchment paper.
4. Let the glaze dry and make sure not to move the cake or the glaze will crack. Once it is dry remove the cake from the rack. Use a large spatula to lift it from the rack.

## Scrambled Eggs

🕒 30 min   🍴 2 people

Heat the soy cream in a small pot and stir in the yeast flakes, mustard and turmeric.

Crumble the tofu with your hands and add. Season well with salt and pepper. Fry, ready.



**½ cup** soy cream

**1 tsp** mustard

**2 Tbsp** yeast flakes

**½ tsp** turmeric

**7 oz** tofu, *natural*

**5.5 oz** tofu, *smoked*

sulfur salt, *optional*



2 oz **tofu**, *natural*  
7 Tbsp **water**  
3 Tbsp **vegetable oil**  
1 slice **ginger**  
½ small **onion**  
½ tsp **salt**  
½ tsp **marjoram**  
1 tsp **lemon juice**  
1 tsp **vegetable broth**  
½ tsp **herbs**  
1 pinch **nutmeg**  
1 Tbsp **nutritional yeast**  
**pepper**  
½ tsp **mustard**  
1 tsp **soy sauce**  
1 Tbsp **flour**, *type 405*  
3.5 oz **gluten**

## Seitan Cold Cuts

🕒 1 hour    🍴 2 jars

In a blender, puree all ingredients except wheat flour and gluten powder. Blend until smooth.

In a bowl, combine gluten powder with flour. Then add the pureed mixture and knead with a spoon or your hands to a soft "dough".

Lightly grease the two jars (10 oz) and press in half of the mixture in each. Close off with rubber rings, lid and clamps (of course you can also use twist-off glasses).

Place the glasses in a saucepan and fill the saucepan with water (about half the height of the glasses). Bring to a boil and simmer for about 45 minutes.

Allow to cool completely (preferably overnight), then remove from the glasses.

## Seitan Jerkys with Barbecue-Pepper

🕒 1 hour    🍴 1 baking sheet

**Note:** If you have no liquid smoke at hand, you can substitute the ketchup with barbecue sauce.

Preheat oven to 400°F.

Mix all dry ingredients (powder the fried onion with a rolling pin), mix all liquid ingredients and then knead both together. Press it into a casserole dish.

Mix the ingredients for the marinade and spread half of it on the seitan with a brush or spoon.

Bake for about 45 minutes. After half the time, turn the jerky mixture over and cut into narrow strips.

Brush the remaining marinade all around and finish baking. Test in between; the jerkys should not dry out too much.



### Dry ingredients:

- 1 cup **gluten**
- ¼ cup **nutritional yeast**
- 3 Tbsp **fried onions**
- 1 tsp **salt**
- ½ tsp **garlic**, *granulated*
- 1 tsp **pepper**, *coarse*
- ¼ tsp **clove**, *ground*
- ¼ tsp **nutmeg**
- ½ tsp **paprika powder**

### Liquid ingredients:

- ½ cup **water**
- 1½ Tbsp **tomato paste**
- ½ Tbsp **mustard**
- 3 Tbsp **soy sauce**
- 3 Tbsp **ketchup**
- 2 Tbsp **liquid smoke**
- 1 tsp **sugar**

### Marinade:

- 1 Tbsp **agave syrup**
- 3 Tbsp **ketchup**
- 2 Tbsp **soy sauce**
- 1 Tbsp **liquid smoke**



## Seitan Jerkys with Tomato-Chili

🕒 1 hour    🍴 1 baking sheet

Preheat oven to 400°F.

Mix all dry ingredients, mix all liquid ingredients and then knead both together. Press it into a casserole dish.

Mix the ingredients for the marinade and spread half of it on the seitan with a brush or spoon.

Bake for about 45 minutes. After half the time, turn the jerky mixture over and cut into narrow strips.

Brush the remaining marinade all around and finish baking. Test in between; the jerkys should not dry out too much.

### Jerkys:

- 1 cup gluten
- ½ tsp salt
- 1 pinch pepper
- 1½ Tbsp chilli flakes
- 1½ Tbsp basil
- 3 dried tomatoes
- ½ cup water
- 6 Tbsp tomato paste

### Marinade:

- 4 Tbsp tomato paste
- 1 Tbsp water
- 2 Tbsp ketchup
- 1 Tbsp soy sauce

## Seitan Salsiccia (Italian Sausage)

🕒 1 hour 45 min    🍴 4

Before mixing your ingredients, get the steaming apparatus ready, bringing water to a full boil. The rest of the recipe comes together very quickly. Have ready 4 square sheets of tin foil.

In a large bowl, mash the beans until no whole ones are left. Throw all the other ingredients together in the order listed and mix with a fork.

Divide dough into 4 even parts. Place one part into tin foil and mold into sausages. Wrap in tin foil. Don't worry too much about shaping it, it will snap into shape while it's steaming.

Place wrapped sausages in steamer and steam for 40 minutes.



- ½ cup **white beans**, *cooked*
- 1 cup **vegetable broth**
- 1 Tbsp **olive oil**, *or tomato paste*
- 2 Tbsp **soy sauce**
- 1¼ cups **gluten**
- ¼ cup **nutritional yeast**
- 2 cloves **garlic**, *finely grated*
- 1 tsp **fennel seed**, *ground*
- ½ tsp **chili flakes**
- 1 tsp **paprika powder**, *sweet*
- 1 tsp **oregano**
- ½ tsp **thyme**
- pepper**





**14 oz** flour

**5.5 oz** vegan butter

**3 oz** sugar

**¼ tsp** salt

**2–3 drops** butter-vanilla-flavour

**6–8 Tbsp** soy cream

## Shortbread

🕒 20 min 🍴 60

Knead all ingredients with your hands or a machine. Carefully add the cream. The dough should be smooth but not too dry. Wrap in plastic wrap and let it cool for an hour.

On a floured surface, roll out very thinly and cut out biscuits.

Bake at 350°F for about 20 minutes (it's better to check often, it darkens quickly).

Enjoy pure, or spread with chocolate, or use in other recipes.

## Sour Cream

🕒 5 min   🍴 2 cups

Place all ingredients in a food processor or blender. Process several minutes, until very creamy and smooth. This will firm up a little when it chills.

It is important to use the firm silken tofu to get the correct consistency. Begin with the smaller amount of lemon juice and taste the sauce to see if you would like more acid. The lemon zest also adds a lot of flavor to the sauce. I frequently use all the zest from the lemon, but I love the flavor. If you are trying to replicate sour cream more closely you should start with less lemon zest and adjust the amount to your taste.



12 oz **silken tofu**, *firm*  
2 Tbsp **vegetable oil**  
2–3 tsp **lemon juice**  
2 tsp **apple cider vinegar**  
1 tsp **agave syrup**  
½ tsp **salt**  
½–1 **lemon**, *zest*



### Speculaas Spice Mix:

1½ Tbsp ground cinnamon

1 tsp ground cardamom

1 tsp ground cloves

1 tsp ground mace

### Cookies:

½ cup coconut oil, *refined, soft*

¼ cup brown sugar

2⅓ Tbsp sugar

1½ cups flour

½ tsp baking powder

1½ tsp Speculaas Spice Mix

1 tsp cinnamon

¼ tsp salt

1 Tbsp soy milk

### Other:

5.3 oz gianduia

## Speculaas with Gianduia

🕒 1 hour    🍴 14

Combine all speculaas spices in a jar, close the jar and shake well.

Preheat oven to 180°C (350°F). Line a baking sheet with parchment paper.

Combine coconut oil and sugars in a bowl and beat until light and fluffy. Add remaining ingredients except for soy milk. Beat until crumbs form, then add soy milk. Use your hands to knead into a smooth and firm dough.

Divide into two balls. Place one between two sheets of plastic wrap. Roll the dough out 1/2 cm (1/4 inch) thick. Cut out cookies. Place on baking sheet and bake for 8 minutes. (If you use small cutters, reduce baking time to 6–7 minutes.) Repeat with the remaining dough. Place on a baking rack to cool.

Chop the gianduia and carefully melt it over low heat. Allow to cool for 5–10 minutes to thicken slightly. Spread some gianduia on the bottom of a cookie and place a second cookie on top. Repeat with the remaining cookies. Drizzle remaining gianduia over the sandwich cookies. Store in the fridge until completely cooled.

**Note:** You can substitute coconut oil with the same amount of margarine. Further, swap out the sugars for granulated brown sugar (turbinado, sucana or evaporated cane juice) and leave out the soy milk! Bake for 8–10 minutes.

## SWC Sour

🕒 5 min    🍹 3.5 L

Mix everything. Shake well before use.

1.7 l Vodka

1.5 l Lemon Squash

0.2 l lemon juice

8 cl Gin

4 cl Blue Curacao



2 chili peppers

1 tsp salt

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

$\frac{1}{2}$  cup sugar

$\frac{1}{4}$  cup vinegar

3 cloves garlic

1 Tbsp starch

## Sweet Chili Sauce

🕒 10 min 🍴 1 jar

Put all ingredients – except the starch – into a blender and mix until you get the desired consistency. Bring to a boil in a saucepan over medium heat. Then simmer for about 3 minutes until it thickens.

Now mix the starch with 2 Tbsp of water and stir into the sauce. Cook for one minute until the sauce thickens.

After cooling, pour into a small bottle or glass. Keep refrigerated.

# Tiramisu

🕒 6 hours 🍴 8×8 square pan

Preheat oven to 350°F. Line a baking tray with parchment paper.

Whisk the ingredients and spread evenly on half a baking tray (approx. 8×12 inch).

Bake for approx. 20 minutes and allow to cool. Cut into ladyfinger sized pieces.

## Cream

In a saucepan, combine soy cream, water, sugar and semolina. Bring to a boil while stirring, then simmer for 3 minutes.

Remove from heat and stir well to prevent lumping. Add the remaining ingredients up to vegan butter and mix well.

Then put into the fridge for 1 hour. Stir several times in between. Finally add the vegan butter and stir until the mixture is creamy.

## Assembly

Pour the coffee (and Amaretto) in a flat bowl. Dip the sponge cake into it and layer them on the bottom of a smaller dish (approx. 8×8 inch). Put half of the cream on top, then add another layer of sponge cake and finally another layer of cream.

Sprinkle with cocoa powder and refrigerate for 5 hours.



### Dough:

120 g **flour**, *gluten-free, recipep. 68*

80 g **sugar**

3 Tbsp **vegetable oil**

125 ml **water**

2 tsp **baking powder**

### Cream:

250 ml **soy cream**

150 ml **water**

80 g **sugar**

50 g **semolina**

1 **lemon**, *zest*

1 pkg **vanilla sugar**

1 tsp **cinnamon**

2 Tbsp **Amaretto**, *optional*

1 pinch **salt**

120 g **vegan butter**

### Other:

300 ml **coffee**, *strong, cold*

50 ml **Amaretto**, *optional*



## Tiramisu, Raw

⌚ 6 hours    🍴 6" springform pan

### Base Layer:

- 1 cup walnuts
- ¾ cup dates, *soft, medjool*
- ¼ tsp espresso powder
- 2 Tbsp coconut oil, *melted*
- 2 Tbsp warm water
- 1 tsp vanilla extract
- 1 dash salt

### Chocolate Mousse Layer:

- ¾ cup walnuts, *soaked for few hours*
- ¾ cup cashews, *soaked for few hours*
- ¾ cup dates
- 6 Tbsp maple syrup
- 6 Tbsp almond milk, *vanilla, unsweetened*
- 3 Tbsp coconut oil, *melted*
- 1 Tbsp cocoa butter, *melted, or coconut oil*
- 3 Tbsp cocoa powder
- ½ Tbsp molasses
- 1 tsp vanilla extract
- 1½ tsp espresso powder
- ½ tsp salt

### Cream Layer:

- ½ cup cashews, *soaked for few hours*
- ¼ cup almond milk, *vanilla, unsweetened*
- 2 Tbsp coconut oil, *melted*
- 2 Tbsp maple syrup
- 1 tsp vanilla extract
- 1 dash salt

Process all base layer ingredients to combine into a fine sticky mixture in a food processor. Scoop out into a 6" springform pan and press down into an even crust, going up the edges a little all around. Place in the freezer while working on next step.

Blend all chocolate mousse layer ingredients in a power blender until smooth. Pour into the pan over the crust, tap the pan lightly on the counter and even out the top. Place the pan in the freezer while working on the next step.

Clean out your blender and blend all cream layer ingredients together into a smooth mixture. Spoon this mixture over the previous layer in the cake pan, being careful not to pour it in all at once so the layers don't mix. Smooth out the top. Cover the pan and freeze for 6 hours or overnight.

Prior to serving, dust the top with additional cocoa powder and sprinkle with cocoa nibs. Keep the cake frozen until serving.

# Tzatziki

🕒 5 min 🍴 1 bowl

In a food processor, blend medium firm tofu, garlic, vinegar and olive oil.

In a bowl, combine together with cucumber, yoghurt and salt to taste.



14 oz **tofu**

3 cloves **garlic**

1 Tbsp **vinegar**

2 Tbsp **olive oil**

½ **cucumber**, *grated*

7 oz **soy yoghurt**, *unsweetened*

**salt**





## Vanilla Crescents

🕒 40 min 🍴 1 baking sheet

Knead the ingredients into a dough and chill for an hour (covered!).

Preheat oven to 350°F. Line a baking tray with parchment paper.

Form small rolls, bend them into the typical crescents shape and place them on the baking tray. Bake for approx. 15 minutes. Then allow to cool a little.

Mix vanilla sugar and powdered sugar. Turn the crescents in it.

300 g flour

90 g sugar

200 g vegan butter

110 g hazelnuts, *ground*

### Other:

1 pkg vanilla sugar

25 g powdered sugar

## Vanilla Extract

🕒 60 days 🍴 1 jar

Slice the vanilla beans lengthwise with a sharp knife. Pour into a well sealable jar (e.g., jam jar) and add the vodka.

Shake well and leave to stand for 2 months in a dark place. Shake briefly from time to time.

During this time the vodka absorbs the vanilla aroma and darkens quite a bit, at the end it should have a brown colour.

**Note:** You can replace vodka with rum, corn schnapps, cherry brandy, or bourbon.



1 cup Vodka

3 vanilla beans



## Vegan Butter

🕒 — 🍴 1 pound

Place all the ingredients in a blender and process at medium speed for about 1 minute.

Pour into container of choice – something made of silicone is great, as it will pop out easily, but any storage container will do (line it with wax paper first for easy removal).

Set it in the refrigerator for a few hours until hard or in the freezer to expedite hardening.

**1½ cups** coconut oil, *refined, melted*

**½ cup** non-dairy milk, *unsweetened*

**¼ cup** vegetable oil

**½ tsp** salt

**2 tsp** liquid lecithin, *or 2–4x granules*

## Vegan Butter (spreadable)

🕒 1 hour 15 min    🍴 1 cup

Place the soy milk, vinegar and salt in a cup and whisk together with a fork. Let it sit for about 10 minutes so the mixture curdles.

Melt the coconut oil in a microwave so it's barely melted and as close to room temperature as possible. Making smooth vegan butter is dependent on the mixture solidifying as quickly as possible after it's mixed.

In a food processor, mix the coconut oil with olive oil. Add the soy milk mixture and lecithin. Process for 3 minutes and scrape down the sides with a spatula.

Pour the mixture into a shallow jar or other container and place it in the freezer to solidify (as quickly as possible). The butter should be ready to use in about an hour.



**1/4 cup** soy milk

**1 tsp** apple cider vinegar

**1/4 tsp** salt

**6 Tbsp** coconut oil, *refined, melted*

**5 Tbsp** olive oil

**1 tsp** liquid lecithin, *or 2–3x granules*



**23 oz** carrots  
**5 tsp** salt  
**3 Tbsp** olive oil  
**1 Tbsp** apple cider vinegar  
**3 Tbsp** liquid smoke  
**1** nori leaf

## Vegan Salmon

🕒 1 hour 45 min 🍴 1 Box

Preheat oven to 400°F (two-sided heat).

Wash the carrots well and rub them (unpeeled!) with 3 tsp of salt so that they are well covered all around.

Place on a baking tray lined with parchment paper and stew for 45 minutes. While still warm peel, then cut lengthwise into thin strips.

For the marinade, put the remaining salt, olive oil, apple cider vinegar, liquid smoke and quartered nori leaf in a fresh-keeping box and shake well. Add the carrot strips and cover evenly with the marinade.

Leave in the fridge at least overnight (better 2–3 days).

# Vinaigrette

🕒 5 min 🍴 —

Stir or shake everything together.

If the dressing is too sour you can dilute it with some water and add some sugar.

This basic recipe can be supplemented with fresh herbs, mustard, etc..



**3 Tbsp** olive oil

**1 Tbsp** vinegar, 5% acidity

**1 pinch** salt

**1 pinch** pepper



## Waffles

🕒 10 min 🍴 20

First mix dry then liquid ingredients. Mix into a smooth dough.

500 g **flour**

150 g **sugar**

2 Tbsp **baking powder**

1 tsp **salt**

3 Tbsp **vegetable oil**

500 ml **non-dairy milk**, *vanilla*

100 ml **mineral water**

# Whipping Cream: Coconut

🕒 5 min 🍴 —

## Summarized:

Whip all ingredients together. Done.

*Optional:* Replace powdered sugar with agave syrup.

## In detail:

Open the can. Carefully spoon out the top layer of opaque white stuff that has gathered at the top of the can. Spoon into a mixing bowl. You will be left with about 1/2 cup of white syrup-y looking translucent liquid. Leave this in the can.

Add 2–3 Tbsp of powdered confectioners sugar (or agave syrup) to the white stuff. Grab a hand beater and whip the coconut cream. Start on low and move to a higher speed, move the beater in an up and down motion to infuse the mixture with as much air as possible.

If for any reason your whip seems too stiff or dry, you can add a few teaspoons of the leftover coconut liquid. If your whip seems too soft or watery, you can add another tablespoon of sugar OR stick your mixture back in the fridge – it may need to firm up again.

Cover with foil and refrigerate for at least 1 hour (the longer the better). You can speed the process up by placing it in the freezer as well.



**1 can** coconut milk, full-fat, chilled overnight

**2–3 Tbsp** powdered sugar, sifted

**1 tsp** vanilla extract, optional





2 cups flour  
½ cup water  
4 Tbsp vegetable oil  
½ tsp salt

## Wraps

🕒 45 min 🍴 6

Knead everything with a hand mixer. If the dough becomes lumpy, add a little more water and continue kneading. Cover and leave to rest for about 30 minutes so that the flour can swell.

Divide the dough into 6 portions, form round balls and roll out very thinly; the thinner the better. Place in a preheated, very hot pan and fry – without oil – until bubbles form. Then flip over and fry the other side.

Wrap the finished wraps in a damp tea towel so that they remain malleable.

## Zucchini Cake

🕒 1 hour 15 min    🍴 8" loaf pan

Mash the bananas with a fork, grate the zucchini coarsely. Mix well with remaining ingredients.

Pour into a lightly greased loaf pan. Bake at 350°F for about 50–60 minutes. Allow to cool a little, then remove from the pan.



250 g zucchini  
1½ bananas  
150 g sugar  
150 ml vegetable oil  
150 g flour  
150 g wholemeal flour  
1 tsp salt  
2 tsp baking soda  
½ tsp cinnamon  
½ pkg vanilla sugar  
100 g hazelnuts, *ground*  
200 g chocolate, *optional*