

## PEANUT BUTTER BLACK BEAN BROWNIES

### *Ingredients:*

- ◆ 1 can of canned, no-salt-added or low-sodium, BPA free, black beans
- ◆ 1 1/4 cups of Medjool dates, pitted
- ◆ 3 tablespoons of no-salt peanut butter
- ◆ 1 teaspoon of vanilla extract
- ◆ 1/2 cup of natural, non-alkalized cocoa powder

### *Instructions:*

- ◆ Preheat the oven to 200F.
- ◆ Combine the black beans, dates, peanut butter, and vanilla in a food processor and blend until smooth.
- ◆ Add the remaining ingredients (cocoa powder) and blend again.
- ◆ Pour into a very lightly oiled 8x8 inch baking pan. Bake for 90 minutes.
- ◆ Cool completely before cutting into small squares

## CHOCOLATE PUDDING

### *Ingredients:*

- ◆ 2 ripe avocados, peeled, pit removed
- ◆ 1 cup of soy, hemp, or almond milk
- ◆ 5 tablespoons natural, non-alkalized cocoa powder
- ◆ 10 Medjool dates, pitted
- ◆ 1 dropperful of liquid Stevia extract
- ◆ 1 teaspoon vanilla extract

### *Instructions:*

- ◆ Blend all ingredients in a high-powered blender.

## BANANA MANGO SORBET

### **Ingredients:**

- ◆ 1 cup frozen mango
- ◆ 2 frozen bananas
- ◆ 1 cup almond milk
- ◆ Stevia to taste (optional)

### **Instructions:**

- ◆ Add all ingredients to a high-powered blender and blend until very smooth.
- ◆ Add stevia to taste.

## VEGAN SPICED PIE

SERVES 10

### **Ingredients:**

#### ◆ **For the Pie Crust:**

- ◆ 1 1/4 cups oat flour
- ◆ 3/4 cup raw cashew or almond butter
- ◆ 6-7 tablespoons water

#### ◆ **For the Filling:**

- ◆ 2 cups roast pumpkin (or other winter squash)
- ◆ 1 ripe banana
- ◆ 1 cup pitted dates
- ◆ 1/2 cup raisins
- ◆ 1/2 teaspoon clove
- ◆ 1/2 teaspoon mace
- ◆ 1/2 teaspoon allspice
- ◆ 1/4 teaspoon salt
- ◆ 2 teaspoons ground Ceylon cinnamon
- ◆ 1/2 teaspoon ground nutmeg
- ◆ 2 tablespoons fresh ginger
- ◆ 2 1/2 tablespoons arrowroot powder

### **Instructions:**

- ◆ Preheat the oven to 350°F.
- ◆ To make the crust: Place the oat flour and nut butter in a bowl and mash with a fork until crumbly. Add the water 1 teaspoon at a time and blend in with the fork. Roll out the dough between two pieces of wax paper and place in pie plate. Press the mixture into a pie plate. Pre-bake the crust for 10 minutes before pouring in the filling.
- ◆ To make the filling, blend the pumpkin, banana, dates, and raisins in a high-powered blender. Add the spices, arrowroot, and tofu. Blend until smooth.
- ◆ Pour mixture into the pre-baked pie shell. Cover with aluminum foil and bake for 60 minutes. Uncover and continue baking an additional 15 minutes. Pie filling will firm up as it cools.