



# Desserts of Vitality

Extraordinary Non-Dairy  
Desserts

*By Mark Foy*  
(Food Photographs by Mark Foy)

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## Desserts of Vitality

00-* Introduction *	1
00-*Chapter Listing*	3
01- ***** NOTES/GLOSSARIES *****	4
01-* General Notes *	5
01-* Glossary of Cooking Terms *	8
01-* Glossary of Ingredients (A-M) *	9
01-* Glossary of Ingredients (N-S) *	12
01-* Glossary of Ingredients (T-Z) *	14
01-*Dessert Notes - 1 *	16
01-*Dessert Notes - 2 *	18
02- ***** CAKES *****	20
02-* Cake Notes - 1 *	21
02-* Cake Notes - 2 *	23
02-Amaretto-Peach Upside Down Chocolate Cake	25
02-Apricot-Ginger Snap Cake	27
02-Blondies (Peanut Butter Brownies)	29
02-Carob-Mint Cake	30
02-Carrot Cake	32
02-Chestnut-Carob Chip Cake	34
02-Chocolate-Raspberry Cake	36
02-Cinnamon-Chai Cake	38
02-Hawaiian Cake	40
02-Hazelnut Brownies	42
02-Hazelnut-Chocolate Chunk Cake	43
02-Lemon-Poppy Seed Pound Cake	45
02-Lime-Poppy Seed Cake	47
02-Maple Cake	49
02-Maple Cake-Low Fat	51
02-Mocha Cake	53
02-Orange-Chocolate Cake	55
02-Pineapple Upside Down Cake	57
02-Pumpkin Custard Cake	59
02-Pumpkin-Hazelnut-Chocolate Cake	61
02-Red Velvet Cake	63
03- ***** ICINGS *****	65
03-Chocolate Icing	66
03-Cinnamon-Apricot Icing	67
03-Coconut Icing	68
03-Frangelico (Hazelnut) Icing	69
03-Lemon-Ginger Icing	70
03-Mint Icing	71
03-Orange Icing	72
03-Pumpkin Icing	73
04- ***** PIE CRUSTS *****	

	74
04-Chocolate Wafer Crust	75
04-Dried Fruit and Nut Pie Crust	76
04-Non-Gluten Pie Crust	77
04-Simple Pie Crust	78
04-Sweet Oat and Nut Pie Crust	79
05- ***** PIES *****	80
05-Autumn Pear Pie	81
05-Blueberry Pie	82
05-Carambola (Starfruit) Pie	83
05-Cheesecake Tart with Raspberry Topping	84
05-Cherry-Pecan Pie	86
05-Chocolate Cream Pie	87
05-Cranberry-Apple Tart	88
05-Fresh Peach Pie	89
05-Hazelnut Pie	91
05-Lemon Cream Pie	93
05-Mango Cream Pie	94
05-Peach Pie	96
05-Pumpkin-Amaretto Cream Pie	97
05-Strawberry Mousse Pie	99
05-Sweet Potato Pie	101
06- ***** COOKIES *****	102
06-Apricot-Sesame Cookies	103
06-Banana-Chocolate Cookies	105
06-Blueberry-Coconut Cookies	107
06-Cardamom-Pistachio Cookies	109
06-Carob-Walnut Cookies	111
06-Chocolate-Apricot Cookies	113
06-Chocolate-Hazelnut Cookies	115
06-Chocolate-Pecan Biscotti	117
06-Coconut Macarons	119
06-Coffee-Nut Cookies	121
06-Cranberry-Orange Cookies	123
06-Gingersnaps	125
06-Lemon-Almond-Fennel Biscotti	127
06-Maple-Pecan Cookies	129
06-Oatmeal-Banana Cookies	131
06-Peanut Butter-Chocolate Chunk Cookies	133
07- ***** FROZEN DESSERTS *****	135
07-Amaretto Ice Cream	136
07-Black Sesame-Ginger Ice Cream	137
07-Blood Orange Sherbet	139
07-Blueberry Ice Cream	141
07-Chai Ice Cream	142
07-Cherry Chocolate-Chunk Ice Cream	144

07-Chocolate-Cinnamon Ice Cream	146
07-Chocolate-Macadamia Nut Ice Cream	148
07-Cinnamon Rice Dream® Ice Cream	150
07-Coconut Ice Cream	152
07-Ginger Ice Cream	153
07-Kahlua-Chocolate Chunk Ice Cream	155
07-Key Lime Ice Cream	157
07-Kiwi Sherbet	159
07-Kiwi Sorbet	161
07-Lemon Ice Cream	162
07-Mango-Macadamia Nut Ice Cream	164
07-Mediterranean Breeze Ice Cream	166
07-Meyer Lemon Sorbet	167
07-Peanut Butter-Chocolate Fudge Ice Cream	168
07-Pineapple Sherbet	170
07-Pineapple-Brazil Nut Ice Cream	172
07-Pink Grapefruit Sorbet	174
07-Pumpkin-Spice Ice Cream	176
07-Purple Transcendence Ice Cream	178
07-Ribbon Cane Syrup-Nutmeg Ice Cream	179
07-Simple Vanilla Ice Cream	180
07-Strawberry Ice Cream	182
07-Summer Symphony Ice Cream	184
07-Tiramisu Ice Cream	186
07-Toasted Walnut-Vanilla Ice Cream	188
07-Vanilla Soy Ice Cream	190
08- ***** CUSTARDS *****	191
08-Key Lime Cream and Fruit Parfait	192
08-Orange Custard in Filo Cup	193
08-Rice Pudding	195
09- ***** MISCELLANEOUS *****	196
09-Apple Strudel	197
09-Apple-Hazelnut-Ginger Crisp	198
09-Baklava	200
09-Candied Chestnuts	202
09-Cocoa-Glazed Toasted Macadamia Nuts	203
09-Frangelico-Glazed Toasted Hazelnuts	204
09-Peach-Walnut Cobbler	205
09-Pineapple-Berry Crisp	206
09-Raspberry Liqueur-Glazed Toasted Pine Nuts	207
09-Raspberry-Almond Pastry	208
10- ***** SAUCES *****	210
10-Amazake Dessert Sauce	211
10-Blueberry Sauce	212
10-Macadamia Nut Cream	213
11- ***** EPILOGUE *****	214



# oo-+ Introduction +

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\*\* Desserts of Vitality: Extraordinary Non-Dairy Desserts \*\*\*

\*\* Recipes from the Vitalita Culinary Group Kitchen \*\*

This cookbook comes from the Vitalita Culinary Group (VCG) and contains exclusively vegan-whole food-nutritionally dense desserts. The focus of this book is creating wonderful vegan desserts without gluten (i.e., the protein in many grains such as wheat).

This cookbook (and others by the VCG such as "A Taste of Vitality" which includes mainly savory dishes such as appetizers, salads, and entrees) can be found on the internet at:

<http://www.vitalita.com/>

Written by Mark Foy (mfoy@vitalita.com)

Version 1.16 (January 26, 2004)

This cookbook is a work in progress. To assist in making this cookbook better, please send any suggestions or errors to Mark Foy at:

mfoy@vitalita.com

or

2150 Ashby Ave.  
Berkeley, CA 94705-1836 USA.

Because this cookbook is continually being updated and reposted to the web site, you might like to keep up-to-date on the changes by downloading a new version of this cookbook every few months (at <http://www.vitalita.com/>).

The Vitalita Culinary Group is a vegan cooking company which offers personal chef service (including baked goods service), catering, and vegan food consulting in Berkeley, California, USA.

This cookbook is made publicly available in the spirit of a "freeware" cookbook, but if you enjoy this cookbook, you might consider sending a \$10 contribution to show your appreciation. As all proceeds from this cookbook are donated to Vegan Outreach (a non-profit vegan promoting/education group), please send all contributions directly to Vegan Outreach at:

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211 Indian Dr.  
Pittsburgh, PA 15238  
USA  
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Some of the recipes in this cookbook were prepared at a cooking demonstration in 1999, and this demonstration is available on video. This video is offered by the organization that ran the conference where this cooking demonstration was presented. To order a video cassette of the "Decadent Gluten-Free Desserts" cooking demonstration by Mark Foy, send \$12 to: American Vegan Society; P.O. Box 369; Malaga, NJ 08328. Specify that you want the video #B-10 from the 1999 AVS Convention in Boulder, Colorado which contains the cooking demonstration "Decadent Gluten-Free Desserts" by Mark Foy. Specify if you want the US format (regular VHS) or the PAL format (oversees format).

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium



# oo-\*Chapter Listing\*

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Desserts of Vitality: Extraordinary Non-Dairy Desserts

- 01-Notes/Lists
- 02-Cakes
- 03-Icings
- 04-Pie Crusts
- 05-Pies/Tarts
- 06-Cookies
- 07-Frozen Desserts
- 08-Custards
- 09-Miscellaneous
- 10-Sauces
- 11-Epilogue

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01- \*\*\*\*\* NOTES/GLOSSARIES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%
Vitamin A		0.0%
Vitamin C		0.0%
Calcium		0.0%
Iron		0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01-+ General Notes +

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## General Notes:

### NUTRITION

+ This cookbook is titled "Desserts of Vitality" because the focus of the book is on desserts which provide the body fuel for creating and maintaining an active life style. Most desserts actually deplete nutrients from your body because they contain many "empty" ingredients (e.g., saturated fats, refined flours, refined sweeteners, and dairy products). **GOOD DESSERTS DO NOT HAVE TO BE MADE WITH THESE INGREDIENTS!** This cookbook proves this by highlighting desserts from many different categories which are just as good as their originals, but are not as damaging to the body.

The desserts in this cookbook completely avoid common allergens such as milk, other dairy products, and eggs. Additionally, most of these recipes do not include other common allergens such as wheat, corn, and yeast. These ingredients often drain energy from people who are allergic to them. "Weak" ingredients are also avoided as much as possible since they are known for depleting a person's energy.

"Weak" ingredients include:

- + refined foods such as:
  - \* refined grains - especially glutinous grains like wheat (most common form is white flour, often called wheat flour since it is made of wheat berries, albeit very refined wheat berries);
  - \* refined sweeteners such as white sugar and confectioner's sugar (most candies and sodas contain refined sweeteners);
- + foods with substantial amounts of caffeine such as coffee, tea, and cola.

These above "weak" ingredients take space in a diet, but do not provide necessary nutrients, and only crowd out good, nutritionally dense foods.

- + Therefore, to promote an active/vital/energetic lifestyle, the emphasis of this cookbook is on cooking with ingredients/foods that are:
  - vegan (i.e., free of all animal products, including free of honey);
  - whole and unprocessed (e.g., whole grains flours like brown rice flour and amaranth flour - not refined/processed flours like white/wheat flour);
  - nutritionally dense (high in vitamins and minerals) (e.g, seeds and nuts - not refined oils and dairy products);
  - non-glutinous (e.g., grains like rice, amaranth, millet - not wheat, barley, rye, or corn).

These foods are life-sustaining, providing the body with essential vitamins, minerals, phytochemicals, anti-oxidants, and fiber which are important for maintaining an active lifestyle. The recipes will occasionally call for "weak" foods (i.e., foods with little or no nutrition) such as chocolate and liqueurs, but these are used with the understanding that they are not the main part of the dessert (i.e., used in small amounts) and are primarily used for flavor and to provide the best dessert possible. Even though I tend away from processed foods, certainly for the desserts presented here, flour (which is processed due to the grinding) is used, but I do this to create the best desserts, and the recipes call for exclusively whole-grain flours. Additionally, in the desserts, I almost always use

non-glutinous grain flours (like brown rice, millet, amaranth, and teff flour). This also makes the recipes perfect for people with a gluten intolerance where grains with gliadin should be avoided. Often, to provide extra binding due to the lack of glutinous grains, the recipes will call for the addition of finely ground tapioca (tapioca flour - see "Glossary of Ingredients" for more information) and/or ground nuts or seeds such as flax seed, sesame seeds, or almond meal. This gives the dessert a more diverse/complete nutritional profile, which provides more energy to the body, while maintaining a traditional form, taste, and texture.

#### RECIPES WITH GLUTEN

In general, unless otherwise noted, all the recipes in this cookbook are gluten-free. Only in special cases will a recipe have the first alternative of the ingredient be one with gluten (e.g., whole-grain wheat pastry flour or spelt flour), and only when no other alternative was available (e.g., making yeasted pastry dough is difficult without a glutinous flour). Recipes that contain gluten will be noted as such so people who are strict about needing or wanting to avoid gluten can skip these recipes.

Often, recipes will give an alternative to the non-gluten flour(s) for cooks who do not want to have to buy these non-gluten flours, and want to avoid gluten. For example, in the cake and cookie recipes, I often offer spelt flour as an alternative to brown rice flour, millet flour, amaranth flour, or teff flour. In general, any glutinous flour can be used in place of a non-gluten flour with good results. The only adjustment that maybe required is in the amount of water/liquid. This is because different flours contain different amounts of moisture. Use your best judgment with the amount of water/liquid used.

#### NUTRITIONAL ANALYSIS OF RECIPES

All recipes in this book are analyzed for nutritional content. Depending on the format of the cookbook you have (e.g., text, PDF, MCF), the percentage of daily values for nutrients such as vitamin A and calcium will be shown (not shown in the ASCII text version). These values are helpful for determining the nutritional content of the recipe. There are some problems with this analysis though. First, the nutrients shown are only a fraction of the important nutrients (e.g., magnesium is not shown). Second, some of the ingredients listed in the recipes are not included in the ingredient "dictionary" that was used to calculate these numbers (the USDA handbook) (e.g., flax seeds), so the analysis of the recipes is not always exactly correct. Third, these "percent of daily values" have been calculated off the US RDA (Recommended Dietary Allowance) that are (according to the National Research Council committee that developed the RDAs) set too high for most people. The levels were set high as a built in "safety factor" according to the 1989 report. For example, the committee has set the current RDA for calcium at 1000 mg per day. That does not mean that you must have 1000 mg per day; it means that if you are among the population whose bodies are least able to absorb calcium consumed, you may require that much calcium to absorb the amount your body needs. Nutrition experts usually say that 75 percent (750 mg) of the RDA for calcium is acceptable. Additionally, experts say that vegetarians tend to absorb nutrients more efficiently than meat-eaters, and they tend to need less of some nutrients because they generally eat less protein. (A high protein intake increases the body's excretion of certain nutrients, especially calcium.) Therefore, these "percentage of daily values" are useful and interesting, but should not be taken as a gold standard. (Reference: Vegetarian Times, September 1997, p. 82)

#### NUTRITIONAL ANALYSIS OF RECIPES WITH RESPECT TO VARIATIONS/OPTIONS

When a choice of ingredients is given, the analysis reflects the first ingredient listed (i.e., not the alternative ingredients). Optional ingredients listed in the main ingredient list ARE figured into the analysis. Options given in the VARIATIONS section are not figured into the analysis. Recipe declarations such as low-fat or non-gluten only apply to the original ingredient list (first ingredient listed) without optional ingredients, and not necessarily to any of the other options or variations.

#### CREATIVITY

As a general rule, I support individual creativity in cooking, therefore, I urge you, the reader, to alter recipes to suit your needs/wants. For example, I often substitute ingredients or just leave things out if I do not like them or do not have them on hand. Additionally, people have different tastes for saltiness, sweetness, and richness, so feel free to change ingredient quantities to fit your tastes. Lastly, if you have an allergy or sensitivity to one of the ingredients called for in a recipe, try to think of a replacement (or just leave the ingredient out) to make the recipe fit your needs.

#### SERVING SIZES

Some of the recipes in this cookbook serve more than 8 people (up to 20 servings for most of the cake recipes). If you want to have fewer serving, simply divide the recipe to meet your needs. In the recipes included here, this causes no problems. I personally like to cook in large amounts so the food will last for a number of days. Additionally, some items I will store in the freezer for later use. I find that the following items freeze well: cookies and cakes, whereas the following do not freeze well: custards and pies.

#### ORGANIC PRODUCE

I recommend the use of organically grown ingredients (i.e., food grown without chemical fertilizers or pesticides) when ever possible as I have found organic produce and staples to have more flavor than conventionally grown items. Additionally, there are studies which have shown that organically grown food has more nutrients than conventionally grown food.

#### NOTE TO THE READER

The contents of "Desserts of Vitality" are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium



# 01-+ Glossary of Cooking Terms +

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
	<b>% Daily Value*</b>	
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Glossary of Cooking Terms:

### + Toasting (and Glazing) Nuts and Seeds

Toast nuts or seeds on baking sheet in a 300 degrees F (150 degrees C) oven for about 15 minutes. Mix nuts on sheet, and continue to bake, watching to make sure they do not burn. The total amount of time needed depends on the type of nut (pine nuts toast very quickly, whereas almonds take longer), and on how toasted you want the nuts. I toast them on a low temperature because most nuts, when they are near done, go quickly from light golden brown to burnt. A lower temperature slows down the process, reducing the chances of ending up with burned nuts.

If seasoning the nuts with a salty liquid like tamari soy sauce or ume vinegar (see "Glossary of Ingredients" for more information about these ingredients), splash this over the nuts near the end of toasting, mix thoroughly to coat all nuts, and then if needed, bake a few more minutes to dry the nuts out again.

If glazing the nuts with a sweetener (such maple syrup and/or sucanat) (which is obviously best for desserts) and/or with a liqueur (like Sambuca), follow the same directions as for a salty liquid, but do not expect them to become as dry in the oven if using significant quantities of liquid sweetener (in drier climates, they will dry out completely when they sit outside the oven for a while). If the nuts are very sticky, and the glaze will not "dry", you can place the nuts in the refrigerator (on a parchment paper covered baking sheet) to "dry"/"freeze" the glaze onto the nuts.

Another option for toasting and glazing is described in the recipe "09-Franglico-Glazed Toasted Hazelnuts".

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01-<sup>+</sup> Glossary of Ingredients (A-M) <sup>+</sup>

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
		<b>% Daily Value*</b>
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Glossary of Ingredients (A-M):

### + Agar Flakes (Agar or Agar Agar)

Agar agar (Kanten) is a vegetable gel used as a vegetarian replacement for gelatin. It is made by boiling sea vegetables, pressing it into a gel, and then drying it into flakes. Agar comes in bar form, flake form, and powder form. The flake form is the most common, and the recommend form for the recipes in this cookbook. If you use powder, and the recipe calls for flakes, use a smaller amount; e.g., if the recipe calls for 3 teaspoons of agar flakes, use 2 teaspoons (or a little less) of the agar powder.

Agar flakes dissolve in hot liquids and thicken as they cool to room temperature or below.

General preparation to gel a liquid goes as follows: Add 4 tablespoons of flakes to 4 cups or fruit juice or other liquid and let the agar sit on the top of the liquid for 5 or more minutes. Then bring to a boil, reduce heat and simmer 5 minutes or until dissolved. Cool until firm.

### + Agave Nectar (Light Agave Nectar Syrup)

This natural sweetener is extracted from the pineapple-shaped core of the blue agave (a cactus-like plant native to Mexico best known for its use in making tequila). A 93% fruit sugar content allows agave nectar to absorb slowly into the body, decreasing the highs and lows associated with sugar intake. Also, because fruit sugars are 25% sweeter than sugar, you use less. It has a very neutral taste.

### + Barley Malt Syrup

This natural sweetener which is made from sprouted whole barley, and made basically the same way as brown rice syrup (see below). Barley malt syrup does have more of a flavor than brown rice syrup: barley malt syrup has a flavor more like molasses, while brown rice syrup has a flavor more like agave nectar or honey, but with a slightly bitter edge (similar to butterscotch). You can substitute one sweetener in place of the other keeping this flavor difference in mind. The caramel-flavored syrup is about half as sweet as sugar or honey. It is high in carbohydrates, and is generally the least expensive natural sweetener. GLUTEN NOTE: Barley malt syrup contains gluten, so if you are avoiding all gluten, simply replace barley malt syrup with brown rice syrup.

### + Birch Sugar

(This information was gathered from various sources, including bottles of birch sugar and marketing materials distributed by birch sugar distributors)

Pure birch sugar is derived from birch bark, and it is also known as Xylitol. One producer of pure birch sugar in the U.S. is The Ultimate Life (see "Mail Order Companies" at the end of this book for more information). Birch sugar has only half the calories of sugar, but is used as a replacement for granulated sugar 1:1. It does not promote tooth decay. It is metabolized very slowly, so it helps prevent sugar "highs" and "lows", and can be suitable for people with diabetes, hypoglycemia, chronic fatigue syndrome, and candida (yeast infection).

### + Brown Rice Syrup

A natural sweetener similar to barley malt syrup. Brown rice syrup contains complex sugars that are not hard on the body/blood sugar levels. It is my absolute favorite sweetener because it has the mildest flavor (not as strong as barley malt syrup), and its pH is closer to our bodies' pH than any of the other sweeteners, making it the most gentle on the system. It is about half as sweet as maple syrup and granulated sugar. Often times I "balance" brown rice syrup with maple syrup in a recipe because brown rice syrup all by itself has a slightly bitter butterscotch

flavor, so I like to round out that flavor with the straight sweet flavor of maple syrup. It is not suitable for use in cakes because it causes the cake to become too dense and sticky.

#### + Coconut Oil, Unrefined

Coconut oil is a saturated fat, but the unrefined version (which you never find in commercial baked goods - they use the refined type) can be part of a balance diet. It does not contain any trans fatty acids (TFAs) like hydrogenated oils do. It is a source of Medium Chain Triglycerides (MCTs), which are especially valuable to people who have trouble digesting fat. MCTs enable the body to metabolize fat efficiently and convert it to energy rather than storing it as fat. Additionally, almost 50% of coconut oil's fatty acid content is lauric acid, a disease fighting fatty acid not commonly found in plant sources.

Coconut oil is particularly good in desserts that traditionally use butter (also a saturated fat) such as cookies and pie crusts. It gives the cookies a wonderful texture with less oil than if you used an unsaturated oil (like canola oil). See "Mail Order Companies" at the end of the cookbook for sources of unrefined coconut oil (some of which are also organic). Generally, vegetable shortening (in its non-hydrogenated state) (see below) can be used in place of coconut oil. Additionally, you could use walnut oil or safflower oil or canola oil as a substitute, but the result will not be quite the same since it will not provide that saturated fat quality.

#### + Egg Replacer Powder

A starch based powder (similar to the look and texture of corn starch) which is used as a binder/leavening ingredient. It is a unique egg replacement item since it contains no animal products (whereas most contain egg whites), and one box (costing a few dollars) makes about 150 "eggs". Approximate replacements for egg replacer powder is arrowroot powder or cornstarch, but these mainly only provide the binding effect, not the leavening effect. The egg replacer powder I know of is made by "ENER-G Foods", and you can find more information about this company at the end of this cookbook under "Mail Order Companies".

#### + Filo (or Phyllo)

A thin paper-like dough used for savory dishes (see my other cookbook, "A Taste of Vitality" for examples) and desserts (see "Orange Custard in Filo Cup"). It is low in fat, and can be used to enhance the presentation of dishes, particularly by making filo sheets into cups. These cups can be filled with any number of foods like: "Kiwi Sorbet", any type of pie fillings (like "Hazelnut Pie"), or custards, puddings, or mousses (like chocolate mousse - see "Chocolate Cream Pie").

The first way to make filo cups involves the use of a muffin tin. Fold one sheet of dough so that it covers one cup on the muffin tin (approximately a square), with about 1 inch to spare on all sides. Lay folded sheet into muffin cup, pressing down so the center of the sheet is touching the bottom of the cup (the overall effect is to create a cup shape with the dough). Repeat for as many cups as needed, and bake in the muffin tin for about 5 minutes at 350 degrees F (175 degrees C) or until cups are crisp and lightly browned. The second way to make filo cups does not require a muffin tin, but a baking sheet. This method is best done when the filling to be put into the cups can be heated, as cups are best made around the filling, and then briefly baked. As before, fold a filo sheet (or multiple filo sheets if you want to create a more substantial cup that will hold more or heavier fillings). Lay folded sheet on a baking sheet, and place some filling into the center. Then fold the outer filo up to make a wall around the filling. Repeat for as many cups as needed, and bake for about 5 minutes at 350 degrees F (175 degrees C) or until cups are crisp and lightly browned.

GLUTEN NOTE: Filo is made from wheat flour, so it does contain gluten, so if you are avoiding gluten, do not use this ingredient.

#### + Ginger Juice (Fresh)

To make fresh ginger juice, take fresh whole ginger root pieces and grate them. (Asian groceries often sell purpose-made ginger graters.) Then press the juice out of the pulp. Alternatively, run ginger root through a juicer (as you would carrots). If ginger juice is to be stored for more than 5 days, add some lemon juice to the ginger juice to help it keep. Place it in a sealed bottle in the refrigerator. It should keep about 5 days without lemon juice, and about 10 days with lemon juice (or something acidic). A half cup of fresh whole ginger root pieces makes about 3-4 tablespoons of ginger juice. A teaspoon of dried, powdered ginger can be used in place of a tablespoon of fresh ginger juice, but the flavor will not be quite the same.

#### + Mesquite Meal (sometimes called Misquite Flour)

Mesquite meal is a high protein, high-fiber meal that is milled from the sun-ripened seed pod of the mesquite tree. Ripe mesquite bean pods are gathered, washed, dried, and ground to a medium texture similar to corn meal. There are two types of mesquite meal: classic sonoran and sweet Peruvian. Classic sonoran imparts a mellow taste that's sweet and slightly nutty. Sweet Peruvian carries a subtle coffee and chocolate flavor, with a hint of cinnamon (particularly good in desserts). Mesquite meal is used as both a flour and a spice. As a spice, it can be sprinkled on a wide variety of foods, added to soups, stir-fries, or vegetable dishes. As a flour, substitute mesquite meal for about one third of the flour in your recipes. See "Mail Order Companies" in the Epilogue for information about finding mesquite meal.

#### + Millet

Millet is a small, yellow, bead-like grain that has a mild, nutty flavor and fluffy texture. The earliest mention of millet comes from China, dating back to about 2800 B.C., and referred to as a "holy plant". It grows with very



little water and poor soil.  
It can be ground in flour and used in baked goods.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 01-+ Glossary of Ingredients (N-S) +

Makes one serving.

Preparation Time:  
0 minutes

## Nutrition Facts

Servings Per Recipe 1

### Amount Per Serving

Calories 0  
Calories from fat 0

### % Daily Value\*

Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%

Vitamin A	0.0%
Vitamin C	0.0%
Calcium	0.0%
Iron	0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Glossary of Ingredients (N-S):

### + Oats (Rolled Oats, etc.)

GLUTEN NOTE: In the past, oats (all types) have been thought to contain a type of gluten that was not healthy for people allergic to gluten (e.g., people with celiac disease). Current studies have shown that this may not be the case, and now the general feeling is that oats are OK for people avoiding gluten. (You can find more information about celiac disease, and foods that contain gluten, at <http://www.celiac.com/>.) I have marked all recipes in this cookbook that contain oats with a warning about gluten for people who do want to be extra safe and avoid oats.

### + Pine Nuts

Pine nuts are small tear-drop-shaped nuts with significant amounts of vitamin A, thiamin, riboflavin, and niacin. They puree well in water to make a very creamy milk. Pine nuts are one of the best (if not the best) nut for making rich vegan ice cream. NOTE: The down side is that some batches of pine nuts can be rather smoky, and this smoky flavor is not desirable in ice cream (especially ones with subtle flavoring such as vanilla or peach). I have been able to successfully use smoky pine nuts in ice creams that contain other strong flavors (e.g., in an amaretto ice cream or cherry-chocolate chunk ice cream). I am not sure if the smokiness comes from the processing of the pine nuts, or is just a characteristic of some pine nuts, but in any case, I advise cooks to check their pine nuts, and if they are too smoky, I would be hesitant about using them to make ice creams. In general, smoky pine nuts work wonderfully in savory dishes such as "03-Creamy Mushroom-Sweet Potato Soup" or "02-Sweet White Bean Dip".

### + Ribbon Cane Syrup

Ribbon Cane Syrup is a liquid sweetener made from ribbon cane. It is a bit similar to molasses, but with a lighter taste. It is still sold today, but was more popular in the 1800s and early 1900s. It is made by taking the stalks of the ribbon cane plant and feeding them into the cane mill which squeezes the juice out of the stalks. When the cane juice has been squeezed from the stalk of the ribbon cane plant it is cooked down. After the juice has been properly cooked down you have the thick sweet taste of ribbon cane syrup. One web site that sells ribbon cane syrup: <http://www.shopmississippi.com/>.

### + Spelt Berries (Spelt Flour)

Spelt is a primitive form of grain that is related to wheat. The berries can be cooked (kernels have a sweet, nutty taste and rice-like texture) or ground into flour and used in place of wheat flour. GLUTEN NOTE: Spelt does have as much gluten as wheat, so if you are avoiding gluten, you should be avoiding spelt. Some people who have wheat sensitivities or allergies can tolerate spelt, but spelt still has high amounts of gluten.

+ Stevia (both Blended Stevia and White Stevia Powder) - White Stevia Powder is more concentrated than Blended Stevia - see below for more information

(This information was gathered from various sources, including stevia packaging and marketing materials offered by stevia distributors.)

Stevia is a herb native to South America. What makes it unique, is that a very small amount of it is very sweet, and it has no sugar (carbohydrates) or calories. For cooking, it is used as a sweetener. White stevia powder is very concentrated, 200-300 times sweeter than sugar. Stevia is not widely used in the U.S. due to political reasons. Because it has no sugar, stevia is recommended by the governments of Brazil, China, and Japan for use by hypoglycemics and diabetics. Stevia is also anti-fungal, making it ideal for individuals with yeast conditions (candidiasis); this natural sweet-tasting herb satisfies the desire for a sweet treat without feeding the yeast. Stevia can be difficult to use because it does not have the same effects as other sweeteners (such as, sugar (e.g., sucanat), maple syrup, or agave). Other sweeteners make cakes moist and light, and stevia will not. Other sweeteners add crispness to cookies, and stevia will not. Other sweeteners will add a kind of "caramel" type flavor

and color when they are baked/cooked, but stevia will not. Therefore, if stevia is used in a dish, and some of these qualities are needed in the dish, other ingredients will have to provide them (e.g., baking powder for rising, fruit purees for moisture, extracts/flavoring for flavor, etc.).

Stevia is sometimes blended with a filler to reduce its concentrated sweetness. Different extractions of stevia vary as to their sweetness, but roughly 3 teaspoons of blended stevia (that is, blended with a filler such as erythritol, a natural crystal granulated filler from fruits and grains), or 3/8 teaspoon of white stevia powder (pure steviosides, not blended with a filler), is equal to 1/4 cup of sugar. The one down side to stevia is that it has a slightly bitter edge to it, so it is not well suited to all dishes.

- For beverages and non-dessert dishes (or dishes which do not need to rely on a sweetener to be very sweet), it can be put to good use since only using a little will only cause a little bitterness;
- It can also work in desserts where a bitter edge/flavor will not adversely effect the dessert;
- It can also be used in small proportions in other desserts where the goal is to reduce the amount of other sweeteners; for example, for a dessert that called for sweeteners in the total amount of 1 cup, you may try using 3/4 of the regular sweeteners, and then use stevia for the replacement amount (see above for quantities);
- It can work well with fruits where the fruits are providing a significant amount of the sweetness, and the stevia is just to enhance it slightly.

Overall, I have found stevia best matched with acidic fruits and bitter foods like chocolate or coffee (or coffee substitute) where the bitter edge of the stevia can work with the other flavors.

Equivalence summary: 1/4 cup of sugar = 3 teaspoons of blended stevia = 3/8 teaspoon of white stevia powder.

#### + Sucanat (Sucanat sugar)

Sucanat (Sugar Cane Natural) is a replacement for white sugar. It is made from evaporated cane juice and molasses, and has a brown color. It has a variety of vitamins and minerals not contained in white sugar. It comes in two forms: granulated and as a syrup (sugar cane syrup). Not to be confused with "Sugar In The Raw" or "Turbinado Sugar" which are basically just white sugars. It equivalent to granulated sugar or brown sugar, and can be used in the exact same proportions (1:1).

#### + Sweet Brown Rice Flour

Sweet brown rice flour can be made by grinding sweet brown rice or purchased as a flour. When sweet brown rice flour is added to a baked goods, it makes the baked good (such as brownies) denser and more gooey. I don't like it in cakes because it makes them too dense, but for brownies, I have found that using around 10% sweet brown rice flour and 90% of other flours/powders/dry ingredients adds a good amount of denseness and gooeyness. For example, if the recipe calls for 4 cups of flour (maybe a combination of brown rice flour, sorghum flour, and amaranth flour), and you want to make the baked good more gooey and dense, you could try and use 1/2 cup of sweet brown rice flour, and 3-1/2 cups of the other flours. This can work particularly well in brownies since gooey can be very desirable, and non-gluten brownies can be a little crumbly.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 01-+ Glossary of Ingredients (T-Z) +

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

#### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>

Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### Glossary of Ingredients (T-Z):

+ Tapioca Flour (also called Tapioca Starch or Tapioca Powder) (Finely Ground Old Fashioned Pearl Tapioca)

Tapioca Flour (also called tapioca starch or tapioca powder) is a common ingredient in non-gluten baked goods. Tapioca Flour is a starch extracted from the root of the tropical cassava plant (also called manihot or manioc or yucca). Tapioca Flour can be purchased in its powdered state or it can be ground. If you don't want to purchase it in powdered state, you can grind it from Pearl Tapioca, but just be sure to use Old Fashion Pearl Tapioca (any size) and not Minute (or Quick) Tapioca since Minute Tapioca has been pre-cooked, and will probably not act the same way in baked goods. The best way to grind the pearls is in small amounts in a coffee grinder. Get it as fine as you can, but it does not need to be as fine as white flour. One of the companies that sells Tapioca Flour is Bob's Red Mill (you can see the product via this URL=[https://www.bobsredmill.com/catalog/index.php?action=showdetails&product\\_ID=384](https://www.bobsredmill.com/catalog/index.php?action=showdetails&product_ID=384)) (more information about Bob's Red Mill is in the Epilogue at the end of this book).

+ Vegetable Oil Spread, Non-Hydrogenated

The non-hydrogenated vegetable oil spreads that I have used (one made by Spectrum Naturals, and another made by Earth Balance) are trans fat free, and are stored in the refrigerator. They may contain some saturated fats, but are primarily polyunsaturated fat and monounsaturated fat. They are similar to margarine (but trans fat free), and can be used in the same way as butter and margarine. It is a good alternative to butter. This fat makes much better pie crusts than using liquid oils such as canola or sunflower oil. Similar to margarine, a non-hydrogenated vegetable oil spread is particularly good in desserts that traditionally use butter such as cookies and pie crusts. It gives the cookies a nice texture with less oil than if you used liquid oil. You could use canola oil or safflower oil as a substitute for non-hydrogenated vegetable oil spread, but the result will not be quite the same.

+ Vegetable Shortening, Non-Hydrogenated

The non-hydrogenated vegetable shortening that I have used (one brand is made by Spectrum Naturals; and it is also organic) is made of palm oil, and it is naturally solid at room temperature without hydrogenation. It can be stored at room temperature. Palm oil is not the same as palm kernel oil - palm kernel oil is 86% saturated fat, whereas palm oil is 50% saturated - palm oil is extracted from the palm's fruit, not its kernel. Palm oil is also lower in saturated fat than butter. While this organic non-hydrogenated vegetable shortening (made of palm oil) does get half of its fat grams from saturated fat, it is not hydrogenated (most standard brands of shortening are hydrogenated) and is trans fatty acid (TFA) free. It is a good alternative to standard shortening. This fat makes much better pie crusts than using liquid oils such as canola or sunflower oil. Similar to coconut oil, a non-hydrogenated vegetable shortening is particularly good in desserts that traditionally use butter (also a saturated fat) such as cookies and pie crusts. It gives the cookies a wonderful texture with less oil than if you used an unsaturated fat (like canola oil). Generally, coconut oil (see above) can be used in place of vegetable shortening. Additionally, you could use canola oil or safflower oil as a substitute, but the result will not be quite the same since it will not provide that saturated fat quality.

#### + Walnut Oil, Refined

Refined walnut oil is a good baking oil and you will see it called for in most of the cake recipes. It has a mild nutty flavor. This oil is rich in omega-3 (vitamin F2) essential fatty acids (as is flax, pumpkin, canola, and soy oil). Refined walnut oil can be used for medium-high heat cooking. Store in a dark, cool environment away from light and heat. Spectrum Naturals makes a refined walnut oil. Canola oil can be used in place of walnut oil in any recipe in this cookbook.

Unrefined walnut oil is much more expensive and flavorful than refined walnut oil and is best used for drizzling on vegetables, in dressings, and for dipping rather than for baking due to its cost and strong flavor.

#### + Whole Sugar (e.g., Rapadura or Moscovado)

Whole sugar refers to whole, unrefined, unbleached, evaporated sugar cane juice. The sugar is just squeezed, dried, and ground. When whole natural juice of sugar cane is dried, it retains most of its essential nutrients, vitamins, and minerals. This is a bit different from Sucanat as molasses is not added, but instead retains a natural hint of molasses flavor because it never had the "molasses" taken out of it. It has a very pleasing maple/molasses-type flavor and tan color. It will add a brown-tint to a dish, so if you are looking for a very white coconut ice cream for example, it would not be the best choice. It is very well suited to items such as apple crisp or gingersnap cookies. Rapadura and moscovado (or moscavado) are examples of whole sugars.

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Per serving: o Calories; og Fat (o% calories from fat); og Protein; og Carbohydrate; omg Cholesterol; omg Sodium

# 01-<sup>\*</sup>Dessert Notes - 1 <sup>\*</sup>

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## Dessert Notes - 1:

### TECHNIQUES FOR MAKING A LOWER FAT DESSERT

If you want to try to make some of the desserts in this cookbook lower in fat, try the following (see the "Cake Notes" section later for specific information about cakes):

- 1) use applesauce and/or prune puree in place of some or all of the oil (see below)
- 2) use water in place of coconut milk (if the original recipes calls for coconut milk)
- 3) use fewer or no nuts and/or shredded coconut
- 4) if the dessert calls for hard chocolate (mainly non-dairy bittersweet chocolate), use cocoa in its place - replace each ounce (27 grams) of hard chocolate with 3 tablespoons of cocoa.

### TECHNIQUES FOR MAKING A MORE DECADENT DESSERT

If you want to try to make some of the desserts in this cookbook more "decadent", try the following:

- 1) use oil (such as walnut oil) in place of applesauce and/or prune puree.
- 2) use unrefined coconut oil or non-hydrogenated vegetable shortening in place of liquid oil (such as walnut oil) and/or applesauce and/or prune puree (see the OIL section below for more information).
- 3) use coconut milk in place of water
- 4) use more nuts and/or shredded coconut
- 5) if the cake calls for cocoa, use chopped, ground or melted hard chocolate (mainly non-dairy bittersweet chocolate) in its place - replace each 3 tablespoons of cocoa with 1 ounce (27 grams) of hard chocolate.

### FAT REPLACERS

To lower the fat content of desserts (mainly baked desserts like cakes, cookies, and muffins), applesauce is commonly used. As an alternative to applesauce, I have successfully used fresh apple puree (with skin included). I often use fresh apples by adding chunks of fresh apple (with their skins) together with the other liquid ingredients, and then blending it all together (either in a food processor, or with an electric hand blender with a sharp blade). In general, 1/3 of a medium cored apple is equal to about 4 tablespoons of applesauce.

In addition to applesauce being a fat-replacer, it is possible to use prune puree (consider if the prunes will have a negative effect on the flavor of the dessert you are creating). Prune puree is made by warming dried prunes in hot water, and blending it all together into a smooth, thin paste (similar in consistency to applesauce).

### FLOUR

I recommend that you use fresh ground flours, that is, grind your own flours from whole grains right before you are going to use the flour. This makes for the best tasting desserts because the flour (which has not been sitting around already ground) has not had a chance to stale and the fat in the flour has not had a chance to get bitter or go rancid. Grinding your own flour does take some extra effort, but I have found that people eating the desserts really appreciate the fresher flavor. Pre-ground flours (either from a bulk bin or from pre-packaged bags produced by manufacturers such as Bob's Red Mill or Arrowheads Mills) are certainly acceptable sources since many people will not have the capability to grind their own flour from whole grains.

When making brown rice flour, use short-grain brown rice instead of long-grain, basmati, or sweet brown rice; the



short-grain rice creates the most finely textured flour. I have also tried making brown rice flour with 100% sweet brown rice (since it is also a short-grain rice), but the effect of this flour was to create a baked good that was too dense and gummy, similar to mochi (a product made from pounding cooked sweet brown rice). I have successfully used flour made from sweet brown rice as a small portion of the flour in a recipe (not so much in cakes, but more so in brownies and cookies), and have liked the resulting texture since it acts like a binder, similar to tapioca flour or tapioca powder. You just don't want to use too much, or it will make the texture too goeey.

Whether using freshly ground flour or already ground flour (i.e., from a bag or bulk bin), fluff up the flour in the bag or container with a fork so that each cup will weigh 4 ounces. If you measure it while it is compressed, you could end up with significantly more flour, and this could effect the results.

The cake and pie crust recipes generally call for brown rice flour or other non-gluten flours. More information about the why this cookbook emphasizes non-gluten flours and grains can be found at the beginning of this cookbook. In general, any combination of the below listed flours can be used. Cookies are especially easy to use a more diverse set of flours, and any of the below listed flours are possibilities.

Non-gluten flours to use for desserts: whole-grain brown rice (from short grain rice or from sweet brown rice, but only in small proportions), whole-grain amaranth, whole-grain teff, whole-grain millet, and/or sorghum flour.

Flours with gluten to use for desserts: whole-grain pastry wheat, whole-grain kamut (very similar to wheat), whole-grain spelt (very similar to wheat), and/or whole-grain oat (either ground from oat groats or from food processed rolled oats).

Often, when a recipe calls for non-gluten flour (like brown rice flour), it also calls for finely ground tapioca powder and/or ground flax seed to assist in the binding of the non-gluten flour. (Note, you can either buy tapioca powder or grind it yourself from tapioca balls - one way to grind tapioca balls to a powder is to use a coffee grinder.) If you don't want to use a non-gluten flour (e.g., if you want to use spelt flour), then all 3 of these dry ingredient items can be replaced with a flour that contains gluten.

NOTE: As you change the flours used in a dessert, the proportion of wet ingredients required may change (due to different moisture levels in different flours, and how they absorb moisture), so adjustments may be needed to give the right consistency to the batter/dough. For example, teff flour in a pie crust may not require as much liquid as whole wheat pastry flour to make a good, rollable pie crust dough. Additionally, using pre-ground flours instead of fresh ground flours from whole grains may change the amount of wet ingredients required. Lastly, humidity at time of baking and length of flour storage can cause the amount of wet ingredients required to vary from those stated in the recipes.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 01-<sup>+</sup>Dessert Notes - 2 <sup>+</sup>

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### Dessert Notes - 2:

#### SWEETENERS

Maple syrup is the most common sweetener called for in this cookbook because it is natural and unrefined, contains some nutrients (unlike white sugar), is very sweet (which is important for making good, satisfying desserts), its flavor is very pleasant, it adds moisture, and it goes well with many desserts. Agave nectar (light agave nectar syrup) is also a very good liquid sweetener that can be used in addition to maple syrup, or in place of it. It has many of the same characteristics of maple syrup (natural, unrefined, very sweet), except that its flavor is very subtle, similar to honey. Powdered Sucanat (see the "Glossary of Ingredients") is a good choice if you are looking for a non-liquid sweetener (it is very sweet like maple syrup; these two can be used interchangeably, but with modification to the amount of liquids; see below in "Sweetener Substitutions").

Brown rice syrup and barley malt syrup are two of my most preferred natural sweeteners because they are complex sugars which are not hard on the body/blood sugar levels. Brown rice syrup is my favorite sweetener because it has the most mild flavor (not as strong as barley malt syrup), and its pH is closer to our bodies pH than any of the other sweeteners, making it the most gentle on our bodies. Keep in mind that both brown rice syrup and barley malt syrup are about half as sweet as maple syrup.

Often times I "balance" brown rice syrup with maple syrup in a recipe because brown rice syrup all by itself has a slightly bitter butterscotch flavor, so I like to round out that flavor with the straight sweet flavor of maple syrup.

I also like blackstrap molasses, sorghum syrup, and ribbon cane syrup which have very distinctive flavors. Molasses is generally only good for certain situations where its strong flavor works with the dessert.

Other alternative sweeteners include: sucanat syrup (liquid), concentrated fruit juice (e.g., apple), date sugar (dry), date syrup, brown rice powder (dried brown rice syrup), barley malt powder, and maple sugar (dry).

For specific information about sweeteners for cakes, see "Cake Notes" later in this book.

#### SWEETENER SUBSTITUTIONS

As mentioned above, when replacing a liquid sweetener (such as maple syrup) with a dry sweetener (such as sucanat), the liquid quantities will have to be increased to make up for the loss of liquid. Vice versa for replacing dry sweeteners with liquid sweeteners. In general, I do not recommend replacing liquid sweeteners with dry sweeteners in icing and uncooked custard recipes because the dry sweeteners tend to be gritty in these cases (because they are not cooked in a liquid).



When replacing liquid sweeteners with other liquid sweeteners, the main consideration is sweetness. A secondary consideration is the flavor; brown rice syrup and barley malt syrup have a slightly bitter flavor; if large quantities are used, they can give a dessert too much of a bitter edge; it is often best to balance these slightly bitter syrups with other "non-bitter" sweeteners such as maple syrup, agave nectar, sucanat, or concentrated fruit juice.

When making variations to recipes, it is common to change the proportions of maple syrup and brown rice syrup/ barley malt syrup (especially in cookie recipes where texture is greatly effected by the type of sweetener used). As mentioned above, brown rice syrup and barley malt syrup are half as sweet as maple syrup. Therefore, if you want to replace some of the maple syrup called for in a recipes (e.g., a cookie recipe), with brown rice syrup, and you want to keep the recipe with the same level of sweetness, you should make some modification to add additional sweetness. When replacing small quantities of maple syrup with brown rice syrup (e.g., 2 tablespoons of maple syrup), it is generally fine to go ahead and simply use twice as much brown rice syrup to get to the same sweetness. When replacing larger quantities of maple syrup (e.g., replacing 1/2 cup of maple syrup), it is best not to use twice as much brown rice syrup to get the same level of sweetness. Rather, it is best to use a slightly larger quantity of brown rice syrup, and then supplement that with a dry sweetener (e.g., sucanat). This way, the proportion of liquid ingredients to dry ingredients will not be significantly effected. For instance, if there was a cookie recipe that called for 1 cup of maple syrup, and you wanted to replace half of that with brown rice syrup, you could use 1/2 cup maple syrup, 2/3 cup brown rice syrup, and 3 tablespoons sucanat. This substitution does increase the total amount used, but does not significantly change the proportion of dry to wet ingredients, nor does it significantly change the sweetness.

#### OILS

The most common oil used in these desserts is refined walnut oil because it is not a heavy oil and has very little flavor, allowing the flavor of the dessert to shine through. See the "Glossary of Ingredients" for more information about refined walnut oil. Canola oil can be used in place of refined walnut oil in any of the recipes in this cookbook. Sunflower oil can also be used as a replacement, but it can be a bit heavier than walnut oil (especially unrefined sunflower oil). In general, refined oils tend to be lighter and with less flavor in baked goods, and can go to higher temperatures without breaking down or burning. Unrefined oils (some manufactures produce unrefined sunflower oil, unrefined safflower oil, and unrefined soy oil for example) can be more healthful, but can sometimes make cakes and some other baked goods heavier (denser) and with a stronger flavor of the oil. Depending on what you are trying to achieve as far as texture and flavor, they can sometimes be a good choice. For example, in some cookies and brownies, a heavier oil with more flavor can be a good thing. When choosing an unrefined oil, make sure it can go up to at least 212 degrees F (100 degrees C) as some unrefined oils should only be used at lower cooking temperatures. Even if the baking temperature for a baked good is around 375 degrees F (190 degrees C), it is still alright to use oils that should only be heated to 212 degrees F (100 degrees C) because the internal temperature of the baked good probably will not go over that temperature.

In addition, sometimes I call for unrefined coconut oil, non-hydrogenated vegetable shortening, or non-hydrogenated vegetable oil spread. You can read more about these different types of fats in the "Glossary of Ingredients".

Additionally, you may like to experiment with other oils such as unrefined hazelnut, unrefined almond, or unrefined walnut if these fit with the flavor of the dessert you are making.

#### GARNISHES

I like to garnish desserts with various colorful food to enhance the presentation. For example, fresh fruit (either whole, sliced, or pureed as a sauce) add a very nice color contrast to some desserts (particularly ice creams/ sorbets). I also like toasted nuts for texture diversity (again, especially with ice creams/sorbets). I often glaze these nuts with maple syrup (and sometimes a bit of oil and/or some liqueur) so they have a shiny look instead of a dull look (see "Glossary of Cooking Terms" for more information on toasting/glazing nuts, or see the "09-Frangalico-Glazed Toasted Hazelnuts" recipe as an example). Other possible garnishes are shaved chocolate pieces, citrus zest in long thin strands, edible flours, dried fruits, candied ginger, and toasted shredded coconut.

For specific garnishing ideas for cakes, see "Cake Notes" later in this book.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 02- \*\*\*\*\* CAKES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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- Icing recipes reference in these cake recipes are contained in the next chapter.
  - Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- 

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 02-+ Cake Notes - 1 +

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

#### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### Cake Notes:

#### BASIS FOR THE VEGAN CAKES IN THIS CHAPTER

All of the cakes in this cookbook are based on the "Maple Cake" (see the recipe below). I have listed two versions of this cake: the "Maple Cake" and the "Maple Cake-Low Fat."

The "Maple Cake" version is richer, and I have found that people who are used to traditional desserts (with butter, cream, refined sugar, etc.) find this version more satisfying. Some people who follow a low-fat diet, consider this a special occasion cake.

The "Maple Cake-Low Fat" is particularly low-fat with less than or equal to 15% calories from fat. The methods employed to make this a lower fat cake, can be applied to any cake recipe in this book. See below in the "TECHNIQUES FOR MAKING A LOWER FAT CAKE" section for more information.

#### CAKE PANS

Most of the cakes in this book make 20 small servings (these are pretty small pieces). The batter for these cakes fit nicely into two 10 inch round spring form pans and this is the best scenario for the recommended two layer cake. It is also possible to use a 9 inch by 13 inch baking pan, but this amount of batter baked in one of these pans will take longer to bake due to the increase thickness.

#### PARCHMENT PAPER

For easy removal of a cake from the pan, before filling cake pan with batter, cut a piece of parchment paper to the exact size of the bottom of the pan. Then after oiling the pan, place this cut paper inside the pan on the bottom. Oil the top of the paper and sprinkle a little flour on top. The pan is now ready to be filled with batter. If the cake is being served from the pan, then it is not so important to have the entire cake be easily removed from the pan at all once, but if the cake needs to be removed from the pan for decorating (e.g., a two-layer cake), it is better if the cake releases easily from the pan. The use of parchment paper is a particularly good practice if you are making a cake with millet flour because it has a tendency to stick to even a well oiled pan.

#### TECHNIQUES FOR MAKING A LOWER FAT CAKE

Any of the cakes in this cookbook can be made lower in fat by following the template for the "Maple Cake-Low Fat". Overall, the features for lowering the fat content/percentage of calories from fat are as follows:

- 1) use applesauce and/or prune puree in place of the oil (see below)
- 2) use water in place of coconut milk (if the original recipes calls for coconut milk)
- 3) use fewer or no nuts and/or shredded coconut
- 4) if the cake calls for hard chocolate (mainly non-dairy bittersweet chocolate) (either in the cake or in the icing), use cocoa in its place - replace each ounce (27 grams) of hard chocolate with 3 tablespoons of cocoa.

#### TECHNIQUES FOR MAKING A MORE DECADENT CAKE

Cakes in this cookbook can be made even more "decadent" as follows (some of these are used in the "Maple Cake"):

- 1) use canola oil in place of applesauce and/or prune puree
- 2) use unrefined coconut oil or non-hydrogenated vegetable shortening in place of walnut or canola oil and/or applesauce and/or prune puree (see the notes about oils in the "Dessert Notes" section).
- 3) use coconut milk in place of water
- 4) use more nuts and/or shredded coconut (either in the cake, or while decorating)

5) if the cake calls for cocoa (either in the cake or in the icing), use chopped, ground or melted hard chocolate (mainly non-dairy bittersweet chocolate) to replace some or all of the cocoa - 3 tablespoons of cocoa is the equivalent of 1 ounce (27 grams) of hard chocolate.

#### FAT REPLACERS

See the discussion in "Dessert Notes" earlier in this book. In general, I always use at least a little applesauce (or fresh apple puree) in the batter (even when making a "decadent" cake) because I think it gives the cake a very desirable moistness.

#### FLOUR

I like brown rice flour best in cakes because it produces a fine texture, has a light flavor, and is not as gritty as some other flours (e.g., amaranth flour). If grinding the flour yourself, be sure to use short-grain brown rice. See the "Dessert Notes" discussion earlier in this book for more information.

#### SWEETENERS

Maple syrup is the natural, unrefined sweetener of choice for making cakes. Agave syrup is a good choice as well, and can be used 1 for 1 in place of maple syrup. Sucanat (in its dry form - see Sucanat in the "Glossary of Ingredients") can be used 1 for 1 in place of maple syrup (with the liquid ingredients), but maple syrup gives the cake more moisture. If sucanat is used in place of maple syrup, additional liquid will be needed.

I have not had good luck in using heavier liquid sweeteners (such as brown rice syrup and barley malt syrup) in cakes - it makes the cake too dense, and often causes the inside of the cake to stay uncooked. But I have successfully used blackstrap molasses for making cakes.

For icings, I generally prefer to use a different natural, unrefined sweetener such as brown rice syrup or barley malt syrup (depending on what flavor I am looking for) in combination with maple syrup or agave syrup. The heavier syrups (such as brown rice syrup) work well in icings (even helping the icing to set to the cake since they are often thicker), and they are less expensive and contain a higher ratio of complex sugars to simple sugars than maple syrup.

For a more detailed discussion of sweeteners, refer to "Dessert Notes" earlier in this book.

#### OILS

See the discussion "Dessert Notes" earlier in this book.

<Cake Notes Continued in "Cake Notes - 2".>

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Per serving: o Calories; og Fat (o% calories from fat); og Protein; og Carbohydrate; omg Cholesterol; omg Sodium

## 02-+ Cake Notes - 2 \*

Makes one serving.

Preparation Time:  
0 minutes

### Nutrition Facts

Servings Per Recipe 1

#### Amount Per Serving

Calories 0  
Calories from fat 0

#### % Daily Value\*

Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%

Vitamin A	0.0%
Vitamin C	0.0%
Calcium	0.0%
Iron	0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Cake Notes - 2:

#### BAKING

Always pre-heat the oven.

In general, cakes should be baked until they slightly pull away from the sides of the pan and/or a toothpick inserted into the middle of the cake comes out fairly clean. You will not be able to use the toothpick method as well if a cake has chocolate chunks or fruit added to it. Also be careful not to overbake the cakes because they can become too dry and dense in this case.

Bake cakes for less time when using a convection oven.

When removing cakes from the oven, place them on a some type of rack so that air can circulate beneath the pan (but not with a breeze around the pan). This will help it cool more evenly, and prevent the bottom of the cake from getting soggy due to slower cooling at the bottom of the pan. Do not try to remove the cake from the pan while it is still hot.

#### GARNISHES

I like to garnish a cake with various colorful food to enhance the presentation and give people an idea of what is in the cake (or what type of cake it is). For example, raspberries add a very nice color contrast to a chocolate cake, and if it has a raspberry filling, it gives people an idea of the flavors inside. I also like toasted nuts on cakes to add a crunchy element to a moist/soft cake (as well as enhance and diversify flavors). I often glaze these nuts with maple syrup (and sometimes a bit of oil and/or some liqueur) so they have a shiny look instead of a dull look (see "Glossary of Cooking Terms" for more information on toasting/glazing nuts, or see the "09-Franglico-Glazed Toasted Hazelnuts" recipe as an example). Other possible garnishes are shaved chocolate pieces for chocolate cakes, citrus zest in long thin strands, fresh fruits in various forms (e.g., whole raspberries, slices of kiwi), edible flours, dried fruits, candied ginger, and toasted shredded coconut. It all depends on the flavors in the cake, and if you want to enhance or diversify the flavors.

Lastly, serving cakes sitting in a shallow "pool" of a dessert sauce is often very attractive, and can add a nice color and flavor contrast. If a bit more fat is acceptable, a nut cream/sauce is a good choice. Alternatively, low-fat dessert sauces can be made from fruit puree. Sauces can also add moisture to a cake that might be a little drier than desired.

#### SERVING SIZE

All of the cakes in this cookbook make 20 SMALL servings (they are quite small pieces). This could be the equivalent of 10 servings depending on how big people like their pieces of cake! If you want to make a 10 small serving cake, cut the ingredients for a 20 serving cake in half and then instead of using two 10 inch round spring form pans, use two 7 inch round pans (this will still make it a layered cake).

#### STORING CAKES

I like to make my cakes just a few hours before serving. If the icing is quite firm, the cake should not have to be refrigerated at all. Refrigerating the cake may be needed if it has not all been consumed after one day. Unfortunately, refrigerating cakes dries them out, and makes them denser. If you do refrigerate a cake, they should be well covered to minimized these negative effects. These cakes will generally keep covered in the refrigerator for up to 5 days, but lower fat cakes will not keep as long since they tend to dry out and get stale even faster than cakes with more fat. Covering the cakes should also keep undesirable odors from permeating the cake. When icing is covering part of the cake, moisture loss will be reduced in that area. When cut, the exposed cake surfaces will dry out quickly in the refrigerator (especially low fat cakes).

The cakes which are completely encased in icing also freeze fairly well - again, the icing minimizes moisture loss. When freezing, be sure the cake is completely cool and cover the cake well.

#### TROUBLESHOOTING



If your cakes come out too gooey and dense, check on the following:

- baking powder should be fresh and not have been exposed to humidity for a long time - it is best to use double acting baking powder (most are these days) - baking powder spoiled by humidity will not have the rising power, and will not work as well.
  - the oven temperature should be accurate with the oven dial - if the oven temperature was lower than the dial says (maybe your oven thermostat is not correct, so it thinks it is at 375, but actually it might be at 325), then cakes will bake slower than they should, and the results will not be as good.
  - the oven should be pre-heated.
  - make sure the cakes bake long enough - test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it).
  - do not use brown rice syrup in the cake batter because it is notorious for making heavy cakes.
  - do not use sweet brown rice flour - it makes cakes dense and gooey - use regular brown rice flour (the kind made from short grain brown rice, and not from sweet brown rice).
  - if using tapioca flour, do not make it from Minute Tapioca - use only tapioca flour or starch pre-ground in a bag, or by grinding old fashion pearl tapioca
- 

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 02-Amaretto-Peach Upside Down Chocolate Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		387
Calories from fat		132
	<b>% Daily Value*</b>	
Total Fat	15.3g	<b>24%</b>
Saturated Fat	6.1g	<b>30%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	14.4mg	<b>6%</b>
Carbohydrate	62.2g	<b>21%</b>
Dietary Fiber	3.8g	<b>15%</b>
Protein	4.8g	<b>10%</b>
Vitamin A		<b>0.4%</b>
Vitamin C		<b>4.4%</b>
Calcium		<b>12.2%</b>
Iron		<b>15.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

### AMARETTO-PEACH TOPPING/FILLING

- 2 tablespoons walnut oil, refined
- 2 tablespoons amaretto
- 2 tablespoons light agave nectar syrup, (or maple syrup)
- 1/4 cup brown rice syrup
- 1/4 cup sucanat sugar (or granulated sugar)
- 2 tablespoons lemon juice
- 1 pound fresh peaches, sliced into crescent (about 4 large peaches)

### CAKE

- 2 1/2 cups brown rice flour, (or spelt flour)
- 1/2 cup whole-grain teff flour, (or spelt flour)
- 4 tablespoons tapioca flour
- 2 tablespoons sesame seeds, ground
- 1 1/4 cups cocoa, (unsweetened)
- 3/4 teaspoon sea salt

1 tablespoons baking powder, (double acting)

- 1/2 cup walnut oil, refined, (or canola oil)
- 4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
- 1 3/4 cups maple syrup
- 1/2 cup sucanat sugar (or granulated sugar)
- 1 1/2 tablespoons vanilla extract
- 14 ounces coconut milk, (or water)
- 1/4 cup amaretto
- 3/4 cup water

### GARNISH

- 10 servings 03-Chocolate Icing (this is another recipe in this cookbook)
- 1/4 cup sliced almonds, toasted, glazed
- 1 teaspoon citrus zest, in long, thin strips (from half of a citrus fruit)

### AMARETTO-PEACH TOPPING/FILLING

In a saucepan over medium heat, add walnut oil, amaretto, light agave nectar syrup, brown rice syrup, and lemon juice. Mix together and heat for about 3 minutes. Add sliced peaches, and coat peaches with mixture. Heat 1 minute and remove from heat.

Pre-heat oven to 375 degrees F (190 degrees C). Oil two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). Put parchment paper in the bottom of the pans, and oil again. For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/ Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

Lay out one layer of peach slices in the bottom of one of the pans on top of the parchment paper. This should take about half of the peaches mixture; the other half is for use as the filling between the two cake layers (see

below in the GARNISH instructions). Do not pour any of the liquid/sauce from the peach mixture over the peaches; this can be used later in garnishing and serving the cake. Set aside all remaining peach slices and any liquid/sauce in the pan.

#### CAKE

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour half of the mixture into the pan with peach topping, and the other half into the other prepared cake pan.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (the one that does not have the peach topping).

Take the remaining peach slices from the beginning of this recipe, and chop the peach slices into smaller pieces, and then spread this filling over the top of the first cake layer. (There will probably be some sauce left from the cooked peaches, and this is best used below.) Then place the second cake layer (the one that has the peach layer baked into it) on top of the first (so the baked in peaches are on the very top).

Ice the sides of the cake with "Chocolate Icing" (see other recipe in this book).

Take some of the reserved peach liquid/sauce from earlier in the recipe (after the peach slices were cooked), and drizzle this over the top of the cake. You don't want to drench the cake, so if you have extra left over, have it available when serving the cake. Garnish top of cake with toasted and glazed sliced almonds and the citrus zest.

#### VARIATIONS:

- "Amaretto-Apricot Upside Down Chocolate Cake" - Use fresh apricots in place of peaches.

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Per serving: 387 Calories; 15g Fat (34% calories from fat); 5g Protein; 62g Carbohydrate; 0mg Cholesterol; 144mg Sodium



## 02-Apricot-Ginger Snap Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



### Nutrition Facts

Servings Per Recipe 20

#### Amount Per Serving

Calories		339
Calories from fat		106
<b>% Daily Value*</b>		
Total Fat	12.4g	<b>19%</b>
Saturated Fat	5.0g	<b>25%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	156mg	<b>7%</b>
Carbohydrate	55.9g	<b>19%</b>
Dietary Fiber	4.0g	<b>16%</b>
Protein	5.0g	<b>10%</b>

Vitamin A		<b>16.9%</b>
Vitamin C		<b>1.9%</b>
Calcium		<b>23.9%</b>
Iron		<b>28.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Ingredients" for information about making ginger juice.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

#### CAKE

1 cup brown rice flour, (or spelt flour)  
1 cup millet flour, (or spelt flour)  
1 1/4 cups sorghum flour, (or spelt flour)  
(or brown rice flour)  
1/4 cup sesame seeds, ground  
4 tablespoons tapioca flour  
3 teaspoons ground cinnamon  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

1 cup dried apricots, sliced

1/2 cup walnut oil, refined, (or canola oil)  
4 tablespoons applesauce, unsweetened  
3/4 cup maple syrup  
3/4 cup blackstrap molasses  
6 tablespoons whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)

2 tablespoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)  
1/4 cup water

#### FILLING

1/4 cup dried apricots, diced  
1 tablespoon brown rice syrup, (or maple syrup)

#### GARNISH

20 servings 03-Cinnamon-Apricot Icing  
(this is another recipe in this cookbook)  
1/2 cup dried apricots, sliced  
(or fresh apricot slices tossed with a  
tablespoon of lemon juice)  
1 teaspoon citrus zest, in long, thin strips  
(from half a citrus fruit)  
1/2 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift dry ingredients together, and stir in apricots. Combine liquids (including the whole sugar even though it is

not a liquid), then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### FILLING

When making a layered cake (using 2 identical sized pans), make the apricot layer filling by lightly cooking the diced apricots with brown rice syrup, adding tablespoons of water as needed (if the apricots are very dry, then you will need more water).

#### GARNISH

Once apricot layer filling has softened, and after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread apricot filling (or jam if you don't have time to make the filling) over the top of this first layer. Then place the second cake on top of the first, and frost/ice the entire cake.

Garnish cake with dried or fresh apricot slices, citrus zest, and toasted, glazed walnuts (or pecans).

#### VARIATIONS:

- "Ginger Snap Cake" - eliminate the use of all apricots (use ginger filling below).
  - Use a ginger filling instead of an apricot filling (replace apricot filling with a filling made of 2 tablespoons diced crystallized ginger and 1/4 cup brown rice syrup).
- 

Per serving: 339 Calories; 12g Fat (31% calories from fat); 5g Protein; 56g Carbohydrate; 0mg Cholesterol; 156mg Sodium

## 02-Blondies (Peanut Butter Brownies)

Makes 15 servings.

Preparation Time:  
1 hour

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 15

#### Amount Per Serving

Calories		385
Calories from fat		162
	<b>% Daily Value*</b>	
Total Fat	18.5g	<b>28%</b>
Saturated Fat	5.0g	<b>25%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	113mg	<b>5%</b>
Carbohydrate	51.0g	<b>17%</b>
Dietary Fiber	5.0g	<b>20%</b>
Protein	6.5g	<b>13%</b>

Vitamin A		<b>0.3%</b>
Vitamin C		<b>0.7%</b>
Calcium		<b>14.2%</b>
Iron		<b>18.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (applying to brownies as well) (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- The sweet brown rice flour in these brownies adds a little extra denseness to the brownies. Sweet brown rice flour can be ground from sweet brown rice, or purchased as flour.

#### DRY INGREDIENTS

3/4 cup brown rice flour, (or spelt flour)  
1/4 cup sweet brown rice flour, (or spelt flour)  
(or brown rice flour)  
3/4 cup sorghum flour  
3/4 cup whole-grain amaranth flour, (or spelt flour)  
1/3 cup sesame seeds, ground  
1 tablespoon ground flax seed  
1/8 teaspoon sea salt  
2 teaspoons baking powder, (double acting)

#### WET INGREDIENTS

1/2 cup peanut oil  
(unrefined or refined)  
(or walnut oil or canola oil)  
1/2 cup peanut butter  
1 1/2 cups maple syrup  
1 tablespoon vanilla extract  
2/3 cup water

#### ADDITIONS

160 grams chocolate, bittersweet, dairy-free, cut in chips  
(about 1 cup when cut)  
(or 1 cup dairy-free chocolate chips)

Pre-heat oven to 350 degrees F (175 degrees C). Oil and flour a 9 inch by 13 inch pan.

Combine dry ingredients together. Blend liquids, then stir into the flour mixture. Stir in chocolate. Pour into the prepared pan.

Bake for 35-40 minutes. Test to be sure the blondies are finished: the blondies should slightly pull away from the sides of the pan, and a toothpick inserted into the blondies should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the blondies because they can become too dry and dense in this case.

#### VARIATIONS:

- "Macadamia Nut Butter Blondies" - use macadamia nut oil in place of peanut oil, and macadamia nut butter in place of peanut butter.
- "Almond Butter Brownies" - use almond oil in place of peanut oil, and almond butter in place of peanut butter.

Per serving: 385 Calories; 19g Fat (42% calories from fat); 7g Protein; 51g Carbohydrate; 0mg Cholesterol; 113mg Sodium

## 02-Carob-Mint Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	274
Calories from fat	68
<b>% Daily Value*</b>	
Total Fat 7.7g	<b>12%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 150mg	<b>6%</b>
Carbohydrate 49.4g	<b>16%</b>
Dietary Fiber 3.5g	<b>14%</b>
Protein 3.7g	<b>7%</b>
Vitamin A	<b>2.6%</b>
Vitamin C	<b>1.2%</b>
Calcium	<b>10.8%</b>
Iron	<b>10.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

1/2 cup maple syrup  
1 cup sucanat sugar  
(or granulated sugar)  
2 cups water  
1/4 cup dried mint flakes

#### CAKE

3 1/4 cups brown rice flour, (or spelt flour)  
4 tablespoons tapioca flour  
1 tablespoon ground flax seed  
1 cup carob flour, (carob powder)  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

1/2 cup walnut oil, refined, (or canola oil)  
4 tablespoons applesauce, unsweetened  
1 1/2 tablespoons vanilla extract

#### GARNISH

20 servings 03-Mint Icing  
(this is another recipe in this cookbook)  
1 tablespoon fresh mint leaves  
1/4 cup carob chips, dairy-free  
1/2 cup pecan halves, toasted, glazed  
(glaze with maple syrup and mint extract)

Add maple syrup, sucanat and water to a sauce pan. Wrap dried mint leaves in a cheese cloth or put the leaves into a tea infuser (or more than one if all the leaves do not fit into one) (or just use mint tea bags). Add mint to maple syrup and water. Cover, bring to a boil, lower heat, and simmer for about 30-40 minutes. Let cool. Remove mint and remeasure the liquid. Add water so liquid amounts to 3 cups.

While mint is simmering, sift dry ingredients together.

#### CAKE

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

Once mint mixture is prepared and somewhat cooled, mix the oil, applesauce, and extract into the mint mixture. Stir the liquid mixture into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too



dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread some of the icing over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with fresh mint leaves, carob chips (for the edge of the cake), and toasted, glazed pecans (for the top of the cake).

#### VARIATIONS:

- "Chocolate-Mint Cake" - Use cocoa in place of carob flour and dairy-free chocolate chips (or chopped squares) in place of carob chips.

---

Per serving: 274 Calories; 8g Fat (25% calories from fat); 4g Protein; 49g Carbohydrate; 0mg Cholesterol; 150mg Sodium

## 02-Carrot Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



### Nutrition Facts

Servings Per Recipe 20

#### Amount Per Serving

Calories		335
Calories from fat		106
<b>% Daily Value*</b>		
Total Fat	12.2g	<b>19%</b>
Saturated Fat	4.9g	<b>25%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	152mg	<b>6%</b>
Carbohydrate	54.5g	<b>18%</b>
Dietary Fiber	2.8g	<b>11%</b>
Protein	4.7g	<b>9%</b>
Vitamin A		<b>70.4%</b>
Vitamin C		<b>4.9%</b>
Calcium		<b>11.3%</b>
Iron		<b>10.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Chopped figs are used in this recipe instead of the traditional use of raisins.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- To make prune puree, soften prunes in a little hot water, and then puree. The resulting mixture should be as thin as oil.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

#### CAKE

3 1/2 cups brown rice flour, (or spelt flour)  
1 tablespoon ground flax seed  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

1/2 cup walnut oil, refined, (or canola oil)  
2 tablespoons prune puree  
2 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)  
1/4 cup water

2 1/2 cups shredded carrots  
(from about 4 medium carrots)  
1 cup dried figs  
(cut into raisin sized pieces)  
1/2 cup walnuts, chopped

#### GARNISH

20 servings 03-Orange Icing  
(this is another recipe in this cookbook)  
1 teaspoon citrus zest, in long, thin strips  
(from 1 piece of citrus fruit)  
1/2 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Fold in shredded carrots, figs, and walnuts. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with citrus zest and with 1/2 cup toasted, glazed walnuts (or pecans) (chopped nuts around the edge and halves for the top).

---

Per serving: 335 Calories; 12g Fat (32% calories from fat); 5g Protein; 55g Carbohydrate; 0mg Cholesterol; 152mg Sodium

## 02-Chestnut-Carob Chip Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



### Nutrition Facts

Servings Per Recipe 20

#### Amount Per Serving

Calories 375  
Calories from fat 111

#### % Daily Value\*

Total Fat	12.8g	20%
Saturated Fat	6.3g	31%
Cholesterol	0mg	0%
Sodium	152mg	6%
Carbohydrate	63.0g	21%
Dietary Fiber	4.4g	18%
Protein	5.1g	10%

Vitamin A	0.5%
Vitamin C	13.2%
Calcium	10.9%
Iron	12.1%

\* Percent Daily Values are based on a 2,000 calorie diet.

- I created this recipe during the 3 year period I lived in Trento, Italy.
- In Italy, this cake might be called "Torta di Castagne e Scaglie di Carruba".
- This is a satisfying, moist cake that gets its richness from chestnut flour, a more common ingredient in Italy, but probably only available in specialty shops outside Italy. Its distinctive flavor is different from any other flour, and chestnuts don't have nearly as much fat as regular nuts.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour)

#### CAKE

1 1/4 cups brown rice flour, (or spelt flour)  
1 1/2 cups sorghum flour, (or spelt flour)  
3/4 cup chestnut flour  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

1/2 cup walnut oil, refined, (or canola oil)  
4 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup  
1/4 cup sucanat sugar  
(or granulated sugar)  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)  
1/4 cup water

1 cup carob chips, dairy-free

#### GARNISH

20 servings 03-Frangelico (Hazelnut) Icing  
(this is another recipe in this cookbook)

2 cups chestnuts  
(if using bottled chestnuts, there are about 7 ounces in 2 cups)  
1/4 cup maple syrup  
1 tablespoon sucanat sugar  
(or granulated sugar)

2 tablespoons coconut shreds  
1 tablespoon carob chips, dairy-free

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift dry ingredients together.

(Note: I have experimented with the regular flour (e.g., brown rice) to chestnut flour ratio, and I find the 3 or 4 to



1 ratio best. For a stronger chestnut flavor, replace 1/2 cup of the brown rice flour with chestnut flour.)

Combine liquids, then stir into the flour mixture. Pour batter into the prepared cake pans. Sprinkle carob chips on top of the two cake pans (half on each).

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

If you are using fresh chestnuts, remove skin. (Bottled chestnuts should already have their skins removed.) Add the chestnuts and maple syrup to a small sauce pan and cook over medium heat until syrup thickens and mostly absorbs into the chestnuts (about 10 minutes). Lower heat a little, add the sucanat sugar, mix and heat for another 2 minutes. Remove from heat. Once they are cooled, cut them in half so they will be easier to use as a garnish.

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. (If you have small pieces of glazed chestnuts from the above glazing process that would not look that good on top of the cake, you can sprinkle them on this middle layer.) Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with glazed chestnuts (could go on the top in a ring around the edge), coconut (could go on the sides of the cake), and carob chips (could go on top between chestnuts). (Other garnishing ideas include edible flowers.)

#### VARIATIONS:

- "Chestnut-Chocolate Chip Cake" - Replace the carob chips with chocolate chips.
  - "Chestnut-Maple Cake" - Leave the carob chips out of the cake.
- 

Per serving: 375 Calories; 13g Fat (30% calories from fat); 5g Protein; 63g Carbohydrate; 0mg Cholesterol; 152mg Sodium

## 02-Chocolate-Raspberry Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		382
Calories from fat		123
	<b>% Daily Value*</b>	
Total Fat	14.6g	<b>22%</b>
Saturated Fat	6.5g	<b>32%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	150mg	<b>6%</b>
Carbohydrate	63.7g	<b>21%</b>
Dietary Fiber	6.2g	<b>25%</b>
Protein	5.8g	<b>12%</b>
Vitamin A		<b>0.7%</b>
Vitamin C		<b>7.5%</b>
Calcium		<b>12.3%</b>
Iron		<b>18.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

#### CAKE

1 1/2 cups brown rice flour, (or spelt flour)  
1 1/2 cups sorghum flour, (or spelt flour)  
4 tablespoons tapioca flour  
1 tablespoon ground flax seed  
1 1/4 cups cocoa, (unsweetened)  
3/4 teaspoon sea salt  
1 tablespoons baking powder, (double acting)

1/2 cup walnut oil, refined, (or canola oil)  
4 tablespoons applesauce, unsweetened  
(or could blend up about 1/3 of an apple)  
1 3/4 cups maple syrup  
1/2 cup sucanat sugar  
(or granulated sugar)  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)

1 cup water

#### FILLING

10 ounces raspberries, frozen  
(or 10 ounces fresh raspberries)  
(or .5 cup jam mixed with 1 T lemon juice)  
1 tablespoon brown rice syrup, (or maple syrup)

#### GARNISH

20 servings 03-Chocolate Icing  
(this is another recipe in this cookbook)  
4 ounces fresh raspberries  
1 teaspoon citrus zest, in long, thin strips  
(from 1 pieces of citrus fruit)  
1 teaspoon chocolate, bittersweet, dairy-free, shaved  
1/3 cup pecan halves, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan) (for more information refer to the Cake Pan discussion in the "Cake Notes" at the beginning of this chapter).

#### CAKE

Sift dry ingredients together (except ground flax seed). Stir in ground flax seed. Blend liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### FILLING

When making a layered cake (using 2 identical sized pans), make the raspberry layer filling by lightly cooking the frozen raspberries with brown rice syrup, adding tablespoons of water as needed.

#### GARNISH

Once raspberry layer filling has cooked down a bit, and after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread filling over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with fresh whole raspberries, citrus zest, shaved chocolate, and toasted, glazed pecans (chopped nuts around the edge and halves for the top).

#### VARIATIONS:

- "Carob-Raspberry Cake" - Use carob powder in place of cocoa, and "Carob Icing" in place of "Chocolate Icing" (see recipe). This will yield a lower fat cake.
  - "Black Forest Cake" - Use cherry jam in place of the raspberry filling, and then garnish with pitted cherries (either fresh, drained cherries from a can, or thawed frozen cherries).
  - "Chocolate Sambuca Cake" - Add 5 tablespoons of Sambuca liqueur to the batter, and add 4 teaspoons to the icing. Additionally, glaze the pecans with the liqueur after they are toasted.
- 

Per serving: 382 Calories; 15g Fat (32% calories from fat); 6g Protein; 64g Carbohydrate; 0mg Cholesterol; 150mg Sodium

## 02-Cinnamon-Chai Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		348
Calories from fat		117
	<b>% Daily Value*</b>	
Total Fat	13.4g	<b>21%</b>
Saturated Fat	5.1g	<b>25%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	150mg	<b>6%</b>
Carbohydrate	54.8g	<b>18%</b>
Dietary Fiber	3.8g	<b>15%</b>
Protein	5.2g	<b>10%</b>
Vitamin A		<b>0.5%</b>
Vitamin C		<b>1.7%</b>
Calcium		<b>13.2%</b>
Iron		<b>20.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

### CAKE

2 cups chai, herbal, concentrated

- 1 1/2 cups brown rice flour, (or spelt flour)
- 1 1/2 cups sorghum flour, (or spelt flour)  
(or brown rice flour)
- 1/2 cup whole-grain amaranth flour, (or spelt flour)
- 2 tablespoons sucanat sugar
- 4 tablespoons tapioca flour
- 3/4 teaspoon sea salt
- 1 tablespoon baking powder, (double acting)
- 4 teaspoons ground cinnamon
- 2 teaspoons ground cardamom
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves

1/4 teaspoon ground fennel seeds

- 1/2 cup walnut oil, refined, (or canola oil)
- 4 tablespoons applesauce, unsweetened
- 1 1/2 cups maple syrup
- 1 1/2 tablespoons vanilla extract
- 1/2 tablespoon cinnamon flavoring/extract
- 14 ounces coconut milk, (or water)

### GARNISH

- 20 servings 03-Cinnamon-Apricot Icing  
(this is another recipe in this cookbook)
- 1 cup pecans, toasted, glazed
- 1/8 teaspoon ground cinnamon

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

### CAKE

Place prepared chai into a sauce pan, and simmer until reduced to 1/4 cup (for use later in the recipe).

Sift dry ingredients together. Combine liquids, including the 1/4 reduced chai, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with toasted, glazed pecans (or walnuts or sliced almonds) (chopped nuts around the edge and halves for the top). (Other garnishing ideas include coconut shreds and/or edible flowers.)

#### VARIATIONS

- Use the "03-Frangelico (Hazelnut) Icing" in place of the "03-Cinnamon-Apricot Icing".

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Per serving: 348 Calories; 13g Fat (33% calories from fat); 5g Protein; 55g Carbohydrate; 0mg Cholesterol; 150mg Sodium



## 02-Hawaiian Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with  
"Coconut Ice  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		293
Calories from fat		110
	<b>% Daily Value*</b>	
Total Fat	12.6g	<b>19%</b>
Saturated Fat	6.3g	<b>31%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	158mg	<b>7%</b>
Carbohydrate	43.5g	<b>15%</b>
Dietary Fiber	2.1g	<b>9%</b>
Protein	3.6g	<b>7%</b>
Vitamin A		<b>0.3%</b>
Vitamin C		<b>3.4%</b>
Calcium		<b>9.3%</b>
Iron		<b>8.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Ingredients" for information about making ginger juice.
- There is an option to use canned pineapple, which is an acceptable option, but the overall taste of the cake will not be quite as good as if fresh pineapple was used.

#### CAKE

1 3/4 cups brown rice flour, (or spelt flour)  
1 3/4 cups millet flour, (or spelt flour)  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

1/2 cup walnut oil, refined, (or canola oil)  
4 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup  
(or 1 1/4 cup agave nectar syrup)  
1 tablespoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)

1/4 cup water

1/2 cup coconut shreds  
1/2 cup fresh pineapple, cut in 1/4" cubes  
(or canned pineapple)

#### GARNISH

20 servings 03-Lemon-Ginger Icing  
(this is another recipe in this cookbook)  
1/2 cup coconut shreds, toasted  
1 teaspoon citrus zest, in long, thin strips  
(from half a citrus fruit)  
1/2 cup fresh pineapple chunks  
(or canned pineapple)  
1 tablespoon ginger root, candied, sliced

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Fold in shredded coconut and pineapple. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake around the edges with toasted, shredded coconut, and on top with citrus zest, fresh pineapple (cut into triangles), and sliced candied ginger root.

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Per serving: 293 Calories; 13g Fat (38% calories from fat); 4g Protein; 44g Carbohydrate; 0mg Cholesterol; 158mg Sodium

## 02-Hazelnut Brownies

Makes 15 servings.

Preparation Time:  
1 hour

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 15

Amount Per Serving	
Calories	370
Calories from fat	174
<b>% Daily Value*</b>	
Total Fat 19.5g	<b>30%</b>
Saturated Fat 5.4g	<b>27%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 76mg	<b>3%</b>
Carbohydrate 44.9g	<b>15%</b>
Dietary Fiber 3.5g	<b>14%</b>
Protein 4.6g	<b>9%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>0.8%</b>
Calcium	<b>14.5%</b>
Iron	<b>18.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (applying to brownies as well) (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

- An easy way to grind flax seeds is in a coffee grinder.

#### DRY INGREDIENTS

1 cup brown rice flour, (or spelt flour)  
1/3 cup sesame seeds, ground  
3/4 cup whole-grain amaranth flour, (or spelt flour)  
1 tablespoon ground flax seed  
3/4 cup cocoa powder  
1/8 teaspoon sea salt  
2 teaspoons baking powder, (double acting)

2 tablespoons unrefined coconut oil  
(or non-hydrogenated veg. shortening)  
(or walnut oil or canola oil)

#### WET INGREDIENTS

1/2 cup walnut oil, refined, (or canola oil)  
1 1/2 cups maple syrup  
1 tablespoon vanilla extract  
2/3 cup water  
2 tablespoons cognac, or brandy (optional)

#### ADDITIONS

160 grams chocolate, bittersweet, dairy-free, cut in chips  
(about 1 cup when cut)  
(or 1 cup dairy-free chocolate chips)  
1 cup hazelnuts, chopped

Pre-heat oven to 350 degrees F (175 degrees C). Oil and flour a 9 inch by 13 inch pan.

Combine dry ingredients together. Cut coconut oil (or non-hydrogenated vegetable shortening or oil) into flour mixture (using a fork and a knife). Combine liquids, then stir into the flour mixture. Stir in chocolate and hazelnuts. Pour into the prepared cake pan.

Bake for 35-40 minutes. Test to be sure the brownies are finished: the brownies should slightly pull away from the sides of the pan, and a toothpick inserted into the brownies should come out fairly clean (not wet with batter clinging to it, but don't worry about melted chocolate). Also be careful not to overbake the brownies because they can become too dry and dense in this case.

#### VARIATIONS:

- "Hazelnut-Carob Brownies" - Use carob powder in place of cocoa, and carob chips in place of chocolate chunks/chips.
- Use other types of nuts such as pecans, walnuts, or macadamia nuts.

Per serving: 370 Calories; 20g Fat (47% calories from fat); 5g Protein; 45g Carbohydrate; 0mg Cholesterol; 76mg Sodium

## 02-Hazelnut-Chocolate Chunk Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		437
Calories from fat		219
	<b>% Daily Value*</b>	
Total Fat	25.1g	<b>39%</b>
Saturated Fat	7.3g	<b>37%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	147mg	<b>6%</b>
Carbohydrate	49.9g	<b>17%</b>
Dietary Fiber	4.4g	<b>18%</b>
Protein	6.5g	<b>13%</b>
Vitamin A		<b>0.8%</b>
Vitamin C		<b>1.2%</b>
Calcium		<b>14.1%</b>
Iron		<b>16.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

#### CAKE

2 cups brown rice flour, (or spelt flour)  
3/4 cup sorghum flour, (or spelt flour)  
(or brown rice flour)  
1/2 cup soy flour  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)  
1 tablespoon ground flax seed  
1 cup hazelnuts, dry-roasted, ground

1/2 cup hazelnut oil  
4 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup  
1 1/2 tablespoons vanilla extract

14 ounces coconut milk, (or water)  
1/4 cup water

1 cup hazelnuts, dry-roasted, chopped  
150 grams chocolate, bittersweet, dairy-free, chopped  
(about 1 cup when cut)  
(or 1 cup dairy-free chocolate chips)

#### GARNISH

20 servings 03-Frangelico (Hazelnut) Icing  
(this is another recipe in this cookbook)  
1/2 cup hazelnuts  
(toasted and cut in half)  
(glazed with maple syrup and Frangelico)  
1 tablespoon chocolate, bittersweet, dairy-free, shaved

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift flours, ground tapioca, salt, and baking powder together. Mix in flax seed and hazelnuts. Combine liquids, then stir into the flour mixture. Fold in chopped hazelnuts and chopped chocolate. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread some of the icing over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with toasted, glazed hazelnuts and shaved chocolate.

VARIATIONS:

- "Almond-Chocolate Chunk Cake" - Use almonds in place of all the different hazelnuts, almond oil in place of the hazelnut oil, Amaretto (Almond) Icing in place of the Frangelico (Hazelnut) Icing (see recipe variation in the "Frangelico (Hazelnut) Icing" recipe), and Amaretto in place of the Frangelico liqueur when glazing the nuts.

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Per serving: 437 Calories; 25g Fat (50% calories from fat); 6g Protein; 50g Carbohydrate; 0mg Cholesterol; 147mg Sodium



## 02-Lemon-Poppy Seed Pound Cake

Makes 10 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with  
"Coconut Ice  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 10

#### Amount Per Serving

Calories		334
Calories from fat		127
	<b>% Daily Value*</b>	
Total Fat	14.9g	<b>23%</b>
Saturated Fat	2.7g	<b>14%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	203mg	<b>8%</b>
Carbohydrate	47.8g	<b>16%</b>
Dietary Fiber	4.6g	<b>19%</b>
Protein	6.8g	<b>14%</b>
Vitamin A		<b>0.6%</b>
Vitamin C		<b>11.0%</b>
Calcium		<b>23.6%</b>
Iron		<b>13.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- A very high calcium and iron cake (due to the poppy seeds).

#### CAKE

3/4 cup brown rice flour, (or spelt flour)  
1/4 cup sweet brown rice flour, (or spelt flour)  
1/4 cup sorghum flour, (or spelt flour)  
(or brown rice flour)  
4 tablespoons tapioca flour  
1/4 teaspoon sea salt  
1/2 tablespoon baking powder, (double acting)  
1/2 teaspoon baking soda  
  
1/2 cup poppy seeds  
1/4 cup ground almonds  
  
2 tablespoons vegetable shortening, non-hydrogenated  
(or unrefined coconut oil or walnut oil  
or canola oil)  
  
1/4 cup walnut oil, refined, (or canola oil)  
6 ounces tofu, low-fat silken, (extra-firm),blended  
1/2 cup maple syrup

6 tablespoons Sucanat sugar  
(or granulated sugar)  
1/2 tablespoon vanilla extract  
1/2 tablespoon lemon extract  
1 1/2 tablespoons lemon juice  
(from one lemon)  
1/2 cup water

#### GARNISH

1/2 tablespoon lemon extract  
  
10 servings 03-Lemon Icing  
(see recipe in the "Orange Icing" recipe)  
(this is another recipe in this cookbook)  
2 tablespoons poppy seeds  
2 tablespoons coconut shreds, toasted  
1 teaspoon lemon zest, in long, thin strips  
(from half of a lemon)  
3 lemon slices

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two medium loaf pans (it is also possible to use one 9 inch by 9 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift dry ingredients (except poppy seeds and ground almonds) together and then mix in poppy seeds and almonds. Cut shortening (or oil) into flour mixture (using a fork and a knife). Combine liquids (including blended tofu), then stir into the flour mixture. Pour into the prepared loaf pans.

Bake for 30-35 minutes (longer if using one 9 inch by 9 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

Once cakes are out of the oven, brush the garnish lemon extract on the cakes (this gives them an extra lemon flavor that can not bake out and provides moistness to the cakes helping to give them that distinctive pound cake texture).

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with poppy seeds and coconut shreds around the edges, and citrus zest and fresh thinly sliced whole citrus pieces on top.

---

Per serving: 334 Calories; 15g Fat (38% calories from fat); 7g Protein; 48g Carbohydrate; 0mg Cholesterol; 203mg Sodium

## 02-Lime-Poppy Seed Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with  
"Coconut Ice  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		287
Calories from fat		126
		<b>% Daily Value*</b>
Total Fat	14.5g	<b>22%</b>
Saturated Fat	5.3g	<b>27%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	148mg	<b>6%</b>
Carbohydrate	37.2g	<b>12%</b>
Dietary Fiber	4.7g	<b>19%</b>
Protein	4.7g	<b>9%</b>
Vitamin A		<b>0.3%</b>
Vitamin C		<b>3.4%</b>
Calcium		<b>20.7%</b>
Iron		<b>11.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- This is not a particularly low-fat cake due to the use of poppy seeds.

#### CAKE

3 1/2 cups millet flour, (or spelt flour)  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

1 cup poppy seeds

1/2 cup walnut oil, refined, (or canola oil)  
4 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup  
1 tablespoon vanilla extract  
1 tablespoon lime extract

14 ounces coconut milk, (or water)  
1/4 cup water

#### GARNISH

20 servings 03-Lime Icing  
(see recipe in the "Orange Icing" recipe)  
(this is another recipe in this cookbook)  
2 tablespoons poppy seeds  
2 tablespoons coconut shreds, toasted  
1 teaspoon lime zest, in long, thin strips  
(from half a lime)  
3 lime slices

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift dry ingredients (except poppy seeds) together and then mix in poppy seeds. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with poppy seeds and coconut shreds around the edges, and citrus zest and fresh thinly sliced whole lime pieces on top.

VARIATIONS:

- "Lime-Coconut Cake" - add 1-2 Tablespoons of coconut extract and 1/2 cup coconut shreds in addition to the other ingredients.

---

Per serving: 287 Calories; 14g Fat (44% calories from fat); 5g Protein; 37g Carbohydrate; 0mg Cholesterol; 148mg Sodium

## 02-Maple Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		301
Calories from fat		105
	<b>% Daily Value*</b>	
Total Fat	12.0g	<b>18%</b>
Saturated Fat	4.9g	<b>24%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	146mg	<b>6%</b>
Carbohydrate	46.3g	<b>15%</b>
Dietary Fiber	1.4g	<b>6%</b>
Protein	4.1g	<b>8%</b>
Vitamin A		<b>0.4%</b>
Vitamin C		<b>1.8%</b>
Calcium		<b>9.4%</b>
Iron		<b>8.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This is the basic cake recipe upon which all cakes in this cookbook are based.
- If you are interested in making a lower fat cake, see the "Maple Cake-Low Fat" recipe which is basically the same cake, but with less fat.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

#### CAKE

3 1/2 cups brown rice flour, (or spelt flour)  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

1/2 cup walnut oil, refined, (or canola oil)  
4 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup  
1 1/2 tablespoons vanilla extract

14 ounces coconut milk, (or water)  
1/4 cup water

#### GARNISH

20 servings 03-Lemon-Ginger Icing  
(this is another recipe in this cookbook)  
1 teaspoon citrus zest, in long, thin strips  
(from half of a citrus fruit)  
1 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH



When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with citrus zest and toasted, glazed walnuts (or pecans) (chopped nuts around the edge and halves for the top). (Other garnishing ideas include fresh or dried fruit and edible flowers.)

#### VARIATIONS

- Use the "03-Cinnamon-Apricot Icing" in place of the "03-Lemon-Ginger Icing".

---

Per serving: 301 Calories; 12g Fat (35% calories from fat); 4g Protein; 46g Carbohydrate; 0mg Cholesterol; 146mg Sodium

## 02-Maple Cake-Low Fat

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-  
Amazake Dessert  
Sauce" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		222
Calories from fat		30
	<b>% Daily Value*</b>	
Total Fat	3.4g	5%
Saturated Fat	0.4g	2%
Cholesterol	0mg	0%
Sodium	144mg	6%
Carbohydrate	45.5g	15%
Dietary Fiber	1.3g	5%
Protein	3.5g	7%
Vitamin A		0.4%
Vitamin C		0.9%
Calcium		9.1%
Iron		6.6%

\* Percent Daily Values are based on a 2,000 calorie diet.

- This cake has less than 15% of its calories from fat! - even with a 1/2 cup of walnuts for garnishing; if the walnuts are eliminated then the percentage of calories from fat is only 13%.

- This is essentially the same cake as the "Maple Cake", but with less fat. This recipe has been specifically designed as a lower fat alternative. The techniques applied here (using applesauce in place of part of the oil, etc.) can be applied to any cake recipe in this cookbook to make the cake lower in fat.

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

#### CAKE

3 1/2 cups brown rice flour, (or spelt flour)  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

3 tablespoons walnut oil, refined, (or canola oil)  
9 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup

1 1/2 tablespoons vanilla extract  
1 1/2 cups water

#### GARNISH

20 servings 03-Lemon-Ginger Icing  
(this is another recipe in this cookbook)  
1 teaspoon citrus zest, in long, thin strips  
(from half of a citrus fruit)  
1/2 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with citrus zest and toasted, glazed walnuts (or hazelnut halves or pecans) (chopped nuts around the edge and halves for the top). (Other garnishing ideas include fresh or dried fruit and edible flowers.)

#### VARIATIONS

- Use the "03-Cinnamon-Apricot Icing" in place of the "03-Lemon-Ginger Icing".

---

Per serving: 222 Calories; 3g Fat (13% calories from fat); 3g Protein; 46g Carbohydrate; 0mg Cholesterol; 144mg Sodium

## 02-Mocha Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		422
Calories from fat		156
	<b>% Daily Value*</b>	
Total Fat	18.1g	<b>28%</b>
Saturated Fat	8.5g	<b>42%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	155mg	<b>6%</b>
Carbohydrate	63.2g	<b>21%</b>
Dietary Fiber	6.0g	<b>24%</b>
Protein	6.1g	<b>12%</b>
Vitamin A		<b>0.7%</b>
Vitamin C		<b>1.3%</b>
Calcium		<b>15.9%</b>
Iron		<b>24.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- In this recipe, I call for coffee substitute as both a powder and brewed. You can use any brand of coffee substitute including the instant varieties such as Cafix or Roma, or non-instant varieties such as Teecino.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

### CAKE

- 1 3/4 cups brown rice flour, (or spelt flour)
- 1 1/2 cups sorghum flour, (or spelt flour)
- 4 tablespoons tapioca flour
- 1 cup cocoa, (unsweetened)
- 3/4 teaspoon sea salt
- 1 tablespoons baking powder, (double acting)
- 1 tablespoon ground flax seed

- 1/4 cup macadamia nut oil, (or canola oil)
- 1/4 cup safflower oil, (or canola oil)
- 4 tablespoons applesauce, unsweetened
- 1 3/4 cups maple syrup
- 1/4 cup molasses, blackstrap
- 1 1/2 tablespoons vanilla extract
- 1 tablespoon coffee extract, (optional)  
(or 4 tablespoons coffee liqueur)
- 14 ounces coconut milk, (or water)
- 1/2 cup coffee substitute, brewed

- (or brewed coffee - regular or decaf)
- 1/4 cup coffee substitute powder  
(or ground coffee - regular or decaf)

- 150 grams chocolate, bittersweet, dairy-free, chopped  
(about 1 cup when cut)  
(or 1 cup dairy-free chocolate chips)

### GARNISH

- 2 tablespoons coffee liqueur
- 20 servings 03-Chocolate Icing  
(this is another recipe in this cookbook)
- 1/4 cup coconut shreds, toasted
- 1 teaspoon citrus zest, in long, thin strips  
(from 1 pieces of citrus fruit)
- 1 teaspoon chocolate, bittersweet, dairy-free, shaved
- 1/2 cup pecan halves, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan) (for more information refer to the Cake Pan discussion in the "Cake Notes" at the beginning of this chapter).

## CAKE

Sift dry ingredients together (except ground flax seed). Stir in ground flax seed. Combine liquids (including coffee substitute powder), then stir into the flour mixture. Gently stir in chopped chocolate (or chocolate chips). Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

## GARNISH

When making a layered cake (using 2 identical sized pans), place the bottom layer of the cake on a serving plate (with parchment paper under the edges). Drizzle 1 tablespoon of the coffee liqueur over the bottom cake, and then spread some of the icing over the top of this first layer. Then place the second layer on top of the first, drizzle with the other tablespoon of coffee liqueur, and then frost/ice the entire cake.

Garnish cake with shredded coconut, citrus zest, shaved chocolate, and toasted, glazed pecans (chopped nuts around the edge and halves for the top).

## VARIATIONS:

- "Carob-Mocha Cake" - Use carob powder in place of cocoa and carob chips in place of chopped chocolate/chocolate chips, and "Carob Icing" in place of "Chocolate Icing" (see recipe). This will yield a lower fat cake.

---

Per serving: 422 Calories; 18g Fat (37% calories from fat); 6g Protein; 63g Carbohydrate; 0mg Cholesterol; 155mg Sodium



## 02-Orange-Chocolate Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



### Nutrition Facts

Servings Per Recipe 20

#### Amount Per Serving

Calories		402
Calories from fat		121
<b>% Daily Value*</b>		
Total Fat	14.2g	<b>22%</b>
Saturated Fat	6.4g	<b>32%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	151mg	<b>6%</b>
Carbohydrate	67.9g	<b>23%</b>
Dietary Fiber	6.3g	<b>25%</b>
Protein	6.0g	<b>12%</b>

Vitamin A		<b>2.4%</b>
Vitamin C		<b>30.5%</b>
Calcium		<b>14.7%</b>
Iron		<b>19.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

#### CAKE

- 1 1/2 cups brown rice flour, (or spelt flour)
- 1 1/2 cups sorghum flour, (or spelt flour)
- 4 tablespoons tapioca flour
- 1 tablespoon ground flax seed
- 1 1/4 cups cocoa, (unsweetened)
- 3/4 teaspoon sea salt
- 1 tablespoons baking powder, (double acting)

- 1/2 cup walnut oil, refined, (or canola oil)
- 4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
- 1 3/4 cups maple syrup
- 1/2 cup sucanat sugar (or granulated sugar)
- 1 1/2 tablespoons vanilla extract
- 14 ounces coconut milk, (or water)
- 1/4 cup Grand Marnier

- 1 tablespoon orange extract (also called orange oil or orange flavoring)
- 3/4 cup water

#### FILLING

- 2 medium oranges
- 1 tablespoon Grand Marnier
- 1/4 cup organic light granulated sugar
- 2 tablespoons brown rice syrup, (or maple syrup)

#### GARNISH

- 20 servings 03-Chocolate Icing (this is another recipe in this cookbook)
- 4 medium oranges
- 1 teaspoon orange peel, cut in 1/4" squares (from one orange)
- 1/4 cup walnut halves, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan) (for more information refer to the Cake Pan discussion in the "Cake Notes" at the beginning of this chapter).

#### CAKE

Sift dry ingredients together (except ground flax seed). Stir in ground flax seed. Blend liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too

dry and dense in this case.

#### FILLING

When making a layered cake (using 2 identical sized pans), make the orange layer filling. Using a knife, cut off the entire peel (the skin and the white part) from the oranges. Also remove the white part from the middle of the orange. Chop the oranges. Add the chopped oranges, Grand Marnier, sugar, and brown rice syrup to a pan, and gently cook until most of the liquid has evaporated or absorbed in. This could take over 10 minutes since this cooking process does pull the juices out of the orange peices.

(If you would rather not make your own filling, you can use orange marmalade in place of this filling.)

#### GARNISH

Once orange layer filling has cooked down a bit, and after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread some of the icing over this first layer. Then spread all of the orange filling over the top of this icing. Then place the second layer on top of the first, and frost/ice the sides of the cake. If you want, you can also frost/ice the top of the cake.

To garnish the top of the cake, using a knife, cut off the entire peel (the skin and the white part) from the oranges. Slice oranges about 1/4" thick across (through all the sections so the center of the orange appears as a small white dot in the middle of the orange slices which will look like wheels). Arrange these orange slices on top of the cake (I prefer them not to overlap; could take up to 20 slices to cover entire cake). Place a small square of orange peel in the center of each orange slice. Arrange the toasted, glazed walnut halves around the edges of the cake (on top of the icing) where the cake meets the plate.

#### VARIATIONS:

- "Carob-Orange Cake" - Use carob powder in place of cocoa, and "Carob Icing" in place of "Chocolate Icing" (see recipe). This will yield a lower fat cake.

---

Per serving: 402 Calories; 14g Fat (30% calories from fat); 6g Protein; 68g Carbohydrate; 0mg Cholesterol; 151mg Sodium

# 02-Pineapple Upside Down Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	309
Calories from fat	109
<b>% Daily Value*</b>	
Total Fat 12.6g	<b>19%</b>
Saturated Fat 5.0g	<b>25%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 133mg	<b>6%</b>
Carbohydrate 48.8g	<b>16%</b>
Dietary Fiber 3.0g	<b>12%</b>
Protein 3.3g	<b>7%</b>
Vitamin A	<b>0.1%</b>
Vitamin C	<b>6.4%</b>
Calcium	<b>9.3%</b>
Iron	<b>10.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" earlier in this book for information about making cakes (including the methods used to make this a more "decadent" cake, and other methods if you want to make a cake lower in fat).

### PINEAPPLE TOPPING

2 tablespoons walnut oil, refined  
3 tablespoons maple syrup  
3 tablespoons brown rice syrup  
16 ounces fresh pineapple, sliced into rings  
(about 6 large 1/2-inch rings)  
2 teaspoons orange zest, chopped  
(from one orange)  
1/2 teaspoon ground cinnamon

1/2 cup walnut oil, refined, (or canola oil)  
4 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)  
1/4 cup water

### CAKE

2 cups brown rice flour, (or spelt flour)  
1 1/2 cups sorghum flour, (or spelt flour)  
4 tablespoons tapioca flour  
2 teaspoons ground cinnamon  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)

### FILLING

1 cup fresh pineapple, chopped fine  
1 tablespoon brown rice syrup  
2 teaspoons orange zest, chopped  
(from one orange)

### GARNISH

1 teaspoon citrus zest, in long, thin strips  
(from half of a citrus fruit)

### PINEAPPLE TOPPING

In a saucepan over medium heat, add walnut oil, maple syrup, and brown rice syrup. Mix together and heat for about 3 minutes. Add pineapple, orange zest and cinnamon, and coat pineapple with mixture. Heat 1 minute and remove from heat.

Pre-heat oven to 375 degrees F (190 degrees C). Oil two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). Put parchment paper in the bottom of the pans, and oil again. For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/ Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

Lay out the one layer of pineapple slices in the bottom of one of the pans on top of the parchment paper. Do not pour extra liquid that remains in the sauce over the pineapple, instead, reserve this liquid for use in garnishing and serving the cake. Also, if there are too many pineapple slices, save those for garnish as well.

### CAKE

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour half of the mixture into the pan with pineapple topping, and the other half into the other prepared cake pan.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### FILLING

In a small sauce pan, heat chopped pineapple, brown rice syrup, and orange zest until thick. Let cool before using as a filling between two layers of cake.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (the one that does not have the pineapple topping), and spread the filling over the top of this first layer. Then place the second layer (the one that has the pineapple layer baked into it) the on top of the first.

Take some of the reserved liquid from earlier in the recipe (after the peach slices were briefly cooked), and drizzle this over the top of the cake. You don't want to drench the cake, so if you have extra left over, have it available when serving the cake. Garnish top of cake with the citrus zest.

#### VARIATIONS:

- "Pear Upside Down Cake" - Use ripe pears in place of pineapple.
  - Can also try apple or plum instead of pineapple.
- 

Per serving: 309 Calories; 13g Fat (35% calories from fat); 3g Protein; 49g Carbohydrate; 0mg Cholesterol; 133mg Sodium



## 02-Pumpkin Custard Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 20

#### Amount Per Serving

Calories	415	
Calories from fat	149	
<b>% Daily Value*</b>		
Total Fat	17.0g	<b>26%</b>
Saturated Fat	5.9g	<b>30%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	148mg	<b>6%</b>
Carbohydrate	63.9g	<b>21%</b>
Dietary Fiber	3.1g	<b>12%</b>
Protein	4.6g	<b>9%</b>

Vitamin A	216.5%
Vitamin C	4.9%
Calcium	19.3%
Iron	22.2%

\* Percent Daily Values are based on a 2,000 calorie diet.

- A nice alternative to pumpkin pie.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

#### CAKE

3 1/2 cups brown rice flour, (or spelt flour)  
4 tablespoons tapioca flour  
3/4 teaspoon sea salt  
1 tablespoon baking powder, (double acting)  
1 teaspoon ground cinnamon

1/2 cup walnut oil, refined, (or canola oil)  
4 tablespoons applesauce, unsweetened  
1 1/2 cups maple syrup  
1 1/2 tablespoons vanilla extract  
14 ounces coconut milk, (or water)  
1/4 cup water

#### WALNUT FILLING

3 cups walnuts, toasted, glazed  
2 tablespoons walnut oil, (or canola oil)  
1 tablespoon brown rice syrup, (or maple syrup)  
2 tablespoons maple syrup

#### CUSTARD

1 tablespoon agar flakes  
3/4 cup water

4 cups pumpkin puree  
(from 4 pounds of baked pumpkin)

(or used canned pumpkin)  
1/2 cup molasses, blackstrap  
3/4 cup maple syrup  
2 tablespoons whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon ground allspice  
1/4 teaspoon ground cardamom  
1/4 teaspoon ground cloves  
1/2 teaspoon ground nutmeg  
2 tablespoons almond butter  
2 tablespoons vanilla extract  
1 pinch sea salt

#### CHOCOLATE SAUCE

2 tablespoons cocoa  
1 tablespoon walnut oil, (or canola oil)  
1 tablespoon brown rice syrup, (or maple syrup)  
1 tablespoon sucanat sugar  
(or granulated sugar)  
1/2 teaspoon vanilla extract  
3 tablespoons soy milk

#### GARNISH

1/4 cup walnuts, toasted, glazed



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Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKES

Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### WALNUT FILLING

After toasting and glazing the walnuts, place them in a food processor and grind for a minute. Add oil and brown rice syrup and process. You don't want to create a smooth paste, but you do want the mixture to be able to stick together some. Set aside until the cakes are ready.

#### CUSTARD

Put agar flakes and water in a sauce pan and let sit for 10 minutes.

Combine remaining custard ingredients in a food processor, and blend until very smooth.

Lightly cook agar/water mixture for 5 to 10 minutes until agar is dissolved (keep pan covered as much as possible so all the water does not evaporate).

Add the pureed pumpkin mixture to the pan with the agar and continue to cook for about 4 minutes to fully integrate all the ingredients.

Leave half of the mixture in the pan so it can be poured over the top of the cake later, and take the other half of this custard and refrigerate it so it becomes firmer (this will be used to frost the edge of the cake, so it should be more like frosting).

#### ASSEMBLY

After the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges). Spread a thin layer of the custard mixture (use some from the sauce pan) over the top of the first cake. Then, spread/lightly pat the walnut filling over the top of this layer. Then spread another thin layer of custard mixture over the walnut layer (these thin layers of pumpkin custard are to help hold the cake layers, with the walnut layer, together). Then place the second cake layer on top of the first.

Using the half of the custard mixture that is still in the sauce pan, pour this on the center of the top of the cake. You don't want this custard to go down the sides, but rather just create a thick custard layer on top.

#### CHOCOLATE SAUCE

Blend all chocolate sauce ingredients (either in a small bowl with a fork, or in a food processor or blender). Sauce should be pourable.

Drizzle the sauce over the custard to create four horizontal, joined lines. Drag a knife across the sauce in a similar pattern to create a marbled effect. Set aside the remaining chocolate sauce to use when serving.

#### GARNISH

Garnish top of cake with the toasted and glazed walnut halves.

#### FINAL ASSEMBLY

If possible, cover the cake, and refrigerate to allow the top custard layer to set (maybe 1 hour). At this point, remove the cake and the other half of the custard from the refrigerator. Frost the edges of the cake with this custard (it should be thick enough so when placed on the vertical edges of the cake it does not drip down).

When serving, use the remaining chocolate sauce as an accent sauce (in small amounts).

---

Per serving: 415 Calories; 17g Fat (36% calories from fat); 5g Protein; 64g Carbohydrate; 0mg Cholesterol; 148mg Sodium

# 02-Pumpkin-Hazelnut-Chocolate Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		371
Calories from fat		152
	<b>% Daily Value*</b>	
Total Fat	17.7g	<b>27%</b>
Saturated Fat	7.0g	<b>35%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	127mg	<b>5%</b>
Carbohydrate	51.8g	<b>17%</b>
Dietary Fiber	3.4g	<b>13%</b>
Protein	5.5g	<b>11%</b>
Vitamin A		<b>81.6%</b>
Vitamin C		<b>2.2%</b>
Calcium		<b>15.8%</b>
Iron		<b>17.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This cake takes a bit more work than usual because two cake batter and two icings are made; this provides a nice contrast between the pumpkin color and the chocolate color.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

### PUMPKIN CAKE

- 1 1/2 cups brown rice flour, (or spelt flour)
- 2 tablespoons ground flax seed
- 3/4 cup hazelnuts, toasted, ground
- 2 tablespoons tapioca flour
- 1/4 teaspoon sea salt
- 1/2 tablespoon baking powder, (double acting)
- 4 tablespoons vegetable shortening, non-hydrogenated (or unrefined coconut oil or walnut oil or canola oil)
- 2 tablespoons walnut oil, refined, (or canola oil)
- 1 cup pumpkin puree (from about 1 pound of pumpkin, baked)
- 3/4 cup maple syrup
- 2 teaspoons vanilla extract
- 14 ounces coconut milk, (or water)

### CHOCOLATE CAKE

- 1 1/2 cups brown rice flour
- 2 tablespoons flax seeds, ground

- 3/4 cup hazelnuts, toasted, ground
- 2 tablespoons tapioca flour
- 1/2 cup cocoa, (unsweetened)
- 1/4 teaspoon sea salt
- 1/2 tablespoon baking powder, (double acting)
- 3 tablespoons walnut oil, refined, (or canola oil)
- 3 tablespoons applesauce, unsweetened
- 3/4 cup maple syrup
- 1/4 cup molasses, blackstrap
- 2 teaspoons vanilla extract
- 3/4 cup water

### GARNISH

- 10 servings 03-Pumpkin Icing (this is another recipe in this cookbook)
- 10 servings 03-Chocolate Icing (this is another recipe in this cookbook)
- 1 teaspoon orange zest, in long, thin strips (from half of an orange)
- 1 teaspoon chocolate, bittersweet, dairy-free, shaved
- 1/2 cup hazelnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans. For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

### CAKES

Sift dry ingredients for pumpkin cake together. Cut shortening (or oil) into flour mixture for the pumpkin cake (using a fork and a knife). Sift dry ingredients for chocolate cake together in a separate bowl.

Combine liquids for pumpkin cake. Combine liquids for chocolate cake in a separate bowl.

Stir together liquids and dry ingredients for the pumpkin cake. Stir together liquids and dry ingredients for the chocolate cake. Pour the pumpkin cake into one of the prepared cake pans. Pour the chocolate cake into one of the prepared cake pans.

Bake for 30-40 minutes. Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

After the cakes have cooled, place the bottom layer of the cake (either chocolate or pumpkin) on a serving plate (with parchment paper under the edges), and spread the pumpkin icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake with pumpkin and chocolate icing in stripes or some other pattern.

Garnish cake with citrus zest, shaved chocolate and toasted, glazed hazelnuts (chopped nuts around the edge and halves for the top).

---

Per serving: 371 Calories; 18g Fat (41% calories from fat); 5g Protein; 52g Carbohydrate; 0mg Cholesterol; 127mg Sodium

## 02-Red Velvet Cake

Makes 20 servings.

Preparation Time:  
1 hour, 10 minutes

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 20

#### Amount Per Serving

Calories		356
Calories from fat		146
	<b>% Daily Value*</b>	
Total Fat	17.0g	<b>26%</b>
Saturated Fat	8.2g	<b>41%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	315mg	<b>13%</b>
Carbohydrate	49.1g	<b>16%</b>
Dietary Fiber	4.0g	<b>16%</b>
Protein	5.8g	<b>12%</b>

Vitamin A		<b>0.5%</b>
Vitamin C		<b>4.3%</b>
Calcium		<b>11.2%</b>
Iron		<b>12.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This is a vegan version of the Red Velvet Cake popular in the south; the cake idea allegedly originates from the Waldorf Astoria Hotel.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

#### CAKE

- 1 1/2 cups brown rice flour, (or spelt flour)
- 2 cups sorghum flour, (or spelt flour)  
(or brown rice flour)
- 4 tablespoons tapioca flour
- 3/4 teaspoon sea salt
- 1/4 cup vegetable shortening, non-hydrogenated
- 1/2 cup walnut oil, refined, (or canola oil)
- 1 1/2 cups organic light granulated sugar  
(or sucanat sugar)
- 6 ounces tofu, low-fat silken, (extra-firm)
- 1 tablespoon cocoa, (unsweetened)
- 3 tablespoons beet powder  
(this should not add flavor)  
(or more to make the cake batter very red)
- 2 tablespoons vanilla extract

- 14 ounces coconut milk, (or water)
- 1/2 cup soy milk
- 1 tablespoon lemon juice

- 4 1/2 teaspoons egg replacer powder  
(see "Glossary of Ingredients")
- 6 tablespoons water

- 2 teaspoons white vinegar
- 2 teaspoons baking soda

#### GARNISH

- 20 servings 03-Coconut Icing  
(this is another recipe in this cookbook)
- 1 teaspoon citrus zest, in long, thin strips  
(from half of a citrus fruit)
- 5 lemon wheels
- 1/4 cup coconut shreds

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also

possible to use one 9 inch by 13 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

#### CAKE

Sift dry ingredients together.

Beat together the shortening, oil and sugar. Add tofu, cocoa, beet powder, and vanilla, and continue to beat. Mix together the coconut milk, soy milk and lemon juice, and add this to the sugar mixture and continue to beat.

Stir the sugar mixture into the flour mixture.

Prepare the egg replacer as described on the box (for the equivalent of 3 eggs) (this will probably be 6 tablespoons of water and 4 1/2 teaspoons of egg replacer powder whipped together).

Fold egg replacer mixture into the cake batter.

Then into the same small bowl, mix together white vinegar and baking soda. It will be very foamy. Stir it briefly, and then add it to the cake batter. Fold it in, but do not mix too much.

Pour cake batter into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

#### GARNISH

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake. (If you like to have very thick icing, then make double the amount of Coconut Icing.)

Garnish cake with citrus zest, sliced lemon wheels and coconut shreds (coconut around the edge of the cake). (Other garnishing ideas include other fresh or dried fruit and edible flowers.)

#### VARIATIONS

- Use the "03-Lemon-Ginger Icing" in place of the "03-Coconut Icing".

---

Per serving: 356 Calories; 17g Fat (41% calories from fat); 6g Protein; 49g Carbohydrate; 0mg Cholesterol; 315mg Sodium



### 03- \*\*\*\*\* ICINGS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes

#### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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- These icing are mainly for the cakes in the previous chapter, but they could also be used to ice muffins or cup cakes, or even as a heavy dessert "cream" used with pie slices or crisps.
  - Icing are best made 1 day in advance of when you want to use them so they have time to thicken up in the refrigerator (thereby making it easier to spread on a cake). If you forget to do it 1 day in advance, do it some hours in advance if possible; the more time the icing is in the refrigerator, the thicker it will become, and even a few hours of refrigeration will help make an icing easier to spread on a cake.
- 

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

## 03-Chocolate Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on  
"Chocolate-  
Raspberry Cake"  
(see recipe).



### Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	56
Calories from fat	17
<b>% Daily Value*</b>	
Total Fat 2.0g	<b>3%</b>
Saturated Fat 1.1g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 21mg	<b>1%</b>
Carbohydrate 8.4g	<b>3%</b>
Dietary Fiber 0.7g	<b>3%</b>
Protein 1.5g	<b>3%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>2.0%</b>
Iron	<b>3.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

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100 grams chocolate, bittersweet, dairy-free, melted (about 2/3 cup when cut) (or 2/3 cup dairy-free chocolate chips)	1/4 cup brown rice syrup
12 1/3 ounces tofu, low-fat silken, (extra-firm)	1/4 cup maple syrup
1 teaspoon vanilla extract	1 tablespoon sucanat sugar (or granulated sugar)
	1 pinch sea salt

---

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

#### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- For a lower fat icing, use 2/3 cup cocoa powder in place of 100 grams of dairy-free, bittersweet chocolate. Although this icing will not be nearly as rich and smooth, this will yield an icing which contains only 12% calories from fat (about 0.5 grams of fat per serving).

- "Carob Icing" - on a carob cake, use chunks of dairy-free carob bars or chips in place of chocolate (or carob powder in place of cocoa powder if making the low fat variation listed above).

---

Per serving: 56 Calories; 2g Fat (31% calories from fat); 1g Protein; 8g Carbohydrate; 0mg Cholesterol; 21mg Sodium

## 03-Cinnamon-Apricot Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on  
"Maple Cake" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 20

#### Amount Per Serving

Calories		33
Calories from fat		1
	<b>% Daily Value*</b>	
Total Fat	0.1g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	22mg	<b>1%</b>
Carbohydrate	6.8g	<b>2%</b>
Dietary Fiber	0.2g	<b>1%</b>
Protein	1.3g	<b>3%</b>

Vitamin A		<b>0.3%</b>
Vitamin C		<b>0.4%</b>
Calcium		<b>3.1%</b>
Iron		<b>3.5%</b>

\* Percent Daily Values are based on a  
2,000 calorie diet.

- See the "Glossary of Ingredients" for more information about making ginger juice.
- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

12 1/3 ounces tofu, low-fat silken, (extra-firm)  
1 tablespoon vanilla extract  
2 tablespoons apricot jam  
1/2 teaspoon ground cinnamon  
1/4 cup brown rice syrup

2 tablespoons maple syrup  
2 tablespoons molasses, blackstrap  
(or maple syrup if you don't want the  
icing to be dark brown)  
1 pinch sea salt

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

#### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 33 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 7g Carbohydrate; 0mg Cholesterol; 22mg Sodium

# 03-Coconut Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on "02-  
Red Velvet Cake"  
(see recipe).

- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.
- This makes a particular thick icing due to the tahini and the coconut oil.
- This also designed to be a particularly white frosting since the sweeteners are light (brown rice syrup and light sugar), and there is no vanilla.

## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	51
Calories from fat	22
<b>% Daily Value*</b>	
Total Fat 2.6g	<b>4%</b>
Saturated Fat 1.8g	<b>9%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 20mg	<b>1%</b>
Carbohydrate 6.1g	<b>2%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 1.4g	<b>3%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>1.8%</b>
Iron	<b>2.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

12 1/3 ounces tofu, low-fat silken, (extra-firm)	3 tablespoons unrefined coconut oil
1/4 cup brown rice syrup	1/2 tablespoon coconut extract
5 tablespoons organic light granulated sugar	1 pinch sea salt
1 tablespoon tahini	

---

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Lime-Ginger Icing" - Use lime zest in place of lemon zest.

---

Per serving: 51 Calories; 3g Fat (43% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 20mg Sodium

## 03-Frangelico (Hazelnut) Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on  
"Hazelnut-  
Chocolate Chunk  
Cake" (see recipe).



### Nutrition Facts

Servings Per Recipe 20

#### Amount Per Serving

Calories		30	
Calories from fat		1	
<b>% Daily Value*</b>			
Total Fat	0.1g		<b>0%</b>
Saturated Fat	0.0g		<b>0%</b>
Cholesterol	0mg		<b>0%</b>
Sodium	20mg		<b>1%</b>
Carbohydrate	5.8g		<b>2%</b>
Dietary Fiber	0.2g		<b>1%</b>
Protein	1.2g		<b>2%</b>
Vitamin A			<b>0.3%</b>
Vitamin C			<b>0.0%</b>
Calcium			<b>1.4%</b>
Iron			<b>1.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

---

12 1/3 ounces tofu, low-fat silken, (extra-firm)	1/4 cup maple syrup
2 tablespoons Frangelico liqueur (or 1 teaspoon hazelnut extract/flavoring)	1 pinch sea salt
1/4 cup brown rice syrup	

---

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

#### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- "Amaretto (Almond) Icing" - Use amaretto liqueur in place of Frangelico liqueur.

---

Per serving: 30 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 20mg Sodium



## 03-Lemon-Ginger Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on "02-  
Maple Cake" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 20

#### Amount Per Serving

Calories 26  
Calories from fat 1

		% Daily Value*
Total Fat	0.1g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	20mg	1%
Carbohydrate	5.7g	2%
Dietary Fiber	0.2g	1%
Protein	1.3g	3%

Vitamin A		0.3%
Vitamin C		0.5%
Calcium		1.1%
Iron		1.3%

\* Percent Daily Values are based on a  
2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.
- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

12 1/3 ounces tofu, low-fat silken, (extra-firm)  
2 teaspoons ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
2 teaspoons lemon zest, chopped fine

1/4 cup brown rice syrup  
1/4 cup light agave nectar syrup, (or maple syrup)  
1 pinch sea salt

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

#### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- "Lime-Ginger Icing" - Use lime zest in place of lemon zest.

Per serving: 26 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 20mg Sodium

# 03-Mint Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on  
"Carob-Mint Cake"  
(see recipe).

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the barley malt syrup). If you want to make it without gluten, simply replace the barley malt syrup with brown rice syrup.
- Use any combination of maple syrup, brown rice syrup, and barley malt syrup.
- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	26
Calories from fat	1
<b>% Daily Value*</b>	
Total Fat 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 20mg	<b>1%</b>
Carbohydrate 5.2g	<b>2%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 1.2g	<b>2%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>1.2%</b>
Iron	<b>1.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

12 1/3 ounces tofu, low-fat silken, (extra-firm)	2 tablespoons maple syrup
1/2 teaspoon mint extract	1 pinch sea salt
6 tablespoons barley malt syrup	

---

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

---

Per serving: 26 Calories; less than one gram Fat (4% calories from fat); 1g Protein; 5g Carbohydrate; 0mg Cholesterol; 20mg Sodium

# o3-Orange Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Excellent on "o2-Carrot Cake" (see recipe).

- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving	
Calories	25
Calories from fat	1
<b>% Daily Value*</b>	
Total Fat 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 20mg	<b>1%</b>
Carbohydrate 5.8g	<b>2%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 1.3g	<b>3%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>1.0%</b>
Calcium	<b>1.1%</b>
Iron	<b>1.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

12 1/3 ounces tofu, low-fat silken, (extra-firm)	flavoring)
1 1/2 tablespoons orange zest, minced (from 1 orange)	1/4 cup brown rice syrup
1/2 teaspoon orange extract (also called orange oil or orange	1/4 cup light agave nectar syrup, (or maple syrup)
	1 pinch sea salt

---

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - "Lime Icing" - Use lime zest in place of orange zest and lime extract in place of orange extract.
  - "Lemon Icing" - Use lemon zest in place of orange zest and lemon extract in place of orange extract.
- 

Per serving: 25 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 20mg Sodium

# 03-Pumpkin Icing

Makes 20 servings.

Preparation Time:  
10 minutes

Serving Ideas: On  
the "Pumpkin-  
Hazelnut and  
Chocolate Cake"  
(see recipe).

- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

## Nutrition Facts

Servings Per Recipe 20

### Amount Per Serving

Calories		39
Calories from fat		1
	<b>% Daily Value*</b>	
Total Fat	0.1g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	21mg	<b>1%</b>
Carbohydrate	8.7g	<b>3%</b>
Dietary Fiber	0.5g	<b>2%</b>
Protein	1.4g	<b>3%</b>

Vitamin A		<b>54.3%</b>
Vitamin C		<b>0.8%</b>
Calcium		<b>1.8%</b>
Iron		<b>2.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

12 1/3 ounces tofu, low-fat silken, (extra-firm)  
1 cup pumpkin puree  
(from about 1 pound of pumpkin, baked)

1/2 cup brown rice syrup  
1/4 cup maple syrup  
1 pinch sea salt

Blend all ingredients with a small electric hand blender (easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake, and if necessary, refrigerate briefly to set the icing to the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

### VARIATIONS:

- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 39 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 9g Carbohydrate; 0mg Cholesterol; 21mg Sodium

## 04- \*\*\*\*\* PIE CRUSTS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

---

- The "Non-Gluten Pie Crust" and the "Simple Pie Crust" recipes in this chapter are also good for savory dishes such as quiches.

---

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium





## 04-Dried Fruit and Nut Pie Crust

Makes 8 servings.

Preparation Time:  
5 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	202
Calories from fat	92
<b>% Daily Value*</b>	
Total Fat 11.1g	<b>17%</b>
Saturated Fat 2.3g	<b>12%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 15mg	<b>1%</b>
Carbohydrate 24.8g	<b>8%</b>
Dietary Fiber 6.0g	<b>24%</b>
Protein 5.2g	<b>10%</b>
Vitamin A	<b>24.2%</b>
Vitamin C	<b>0.8%</b>
Calcium	<b>18.8%</b>
Iron	<b>16.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This crust is so easy because it does not have to be baked (but you can bake it), and it is easily pressed into a pie pan without any rolling (which makes for less of a mess). It is also very flavorful, and goes great with fresh fruit pies (such as the "05-Fresh Peach Pie" (see recipe)).

- This crust has a high amount of calcium and iron.

- An easy way to grind flax seeds is in a coffee grinder. They will not grind in a food processor so they have to be ground separately.

---

1/3 cup sesame seeds  
1/3 cup sunflower seeds  
1/3 cup poppy seeds  
1/3 cup almonds  
1/3 cup coconut shreds

1/4 cup ground flax seed  
1 cup dried apricots  
1/2 cup dried figs, stems removed

---

Oil a pie dish.

Spin seeds, nuts, coconut, and ground flax seed in a food processor until mixture is ground to a course meal. While processor is on, add dried fruit one piece at a time. If mixture does not ball up, add tablespoons of water, one at a time, while processor is running until mixture becomes sticky enough to press into the pie dish.

Transfer mixture to the pie pan and press it firmly onto the bottom and up the sides of the pan. The crust is very versatile; it can be eaten as is, or it can be baked.

This crust can either be filled with a non-bake pie filling (like the "05-Mango Cream Pie" (see recipe)) or filled with a filling that needs to be baked (like the "05-Autumn Pear Pie" (see recipe)). If you do end up baking the pie crust, keep an eye on the top edge of the crust to be sure it does not burn; if it does start to get too "done", put aluminum "pie crust protectors" around the edge of the pie crust, or use aluminum foil to protect the top edge of the crust from getting overdone. Or you can use these methods to protect the edges of the pie crust from getting overdone from the very beginning of the baking to be safe.

Makes 1 large pie crust.

#### VARIATIONS:

- Use other types of dried fruits (e.g., prunes or dates).
  - Use other nuts and seeds (e.g., pecans or walnuts).
- 

Per serving: 202 Calories; 11g Fat (45% calories from fat); 5g Protein; 25g Carbohydrate; 0mg Cholesterol; 15mg Sodium

## 04-Non-Gluten Pie Crust

Makes 8 servings.

Preparation Time:  
35 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	199
Calories from fat	114
<b>% Daily Value*</b>	
Total Fat 13.1g	<b>20%</b>
Saturated Fat 4.6g	<b>23%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 62mg	<b>3%</b>
Carbohydrate 18.9g	<b>6%</b>
Dietary Fiber 0.7g	<b>3%</b>
Protein 3.0g	<b>6%</b>
Vitamin A	<b>0.1%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>9.0%</b>
Iron	<b>9.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind sesame seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- This crust is suitable for sweet dessert fillings (such as "05-Mango Cream Pie" (see recipe)), as well as savory fillings (such as a tofu quiche).
- See the "Glossary of Ingredients" for more information about non-hydrogenated vegetable shortening; using shortening will produce a more tender crust than if you use oil.

1 cup brown rice flour  
2 tablespoons tapioca flour  
1/2 cup sesame seeds, ground  
(or ground pecans)  
1/4 teaspoon sea salt

5 tablespoons vegetable shortening, non-hydrogenated  
(or unrefined coconut oil or walnut oil  
or canola oil)

3 tablespoons water, (maybe a bit more)

Oil a pie dish.

Combine flour, ground tapioca, ground sesame seeds, and salt in a bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add water and mix. You want the pastry to be wet enough so that when it is pressed together, it sticks together (forms a ball). Often times it will not be wet enough, but it better to start with less and add more as needed; so it is not wet enough, you will need to add additional water one tablespoon at a time to achieve a good dough.

Place pastry into the pie dish and press it gently on the bottom and up the sides. Using a fork, gently poke small holes all over the crust (so it does not puff up).

If filling with a non-bake filling (such as "05-Mango Cream Pie" (see recipe)), bake the crust in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 25 to 30 minutes. Let the crust cool before filling.

If using pie crust with a filling that bakes (such as "05-Autumn Pear Pie" (see recipe)), fill crust and bake as directed for the particular pie filling.

Makes 1 medium to large pie crust.

#### VARIATIONS:

- For a lower fat crust, take out 1 to 2 tablespoons of shortening/oil.
- Could use any combination of the following non-gluten flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, and/or whole-grain teff flour OR if you don't mind using a flour with gluten, see the "04-Simple Pie Crust" recipe.

Per serving: 199 Calories; 13g Fat (57% calories from fat); 3g Protein; 19g Carbohydrate; 0mg Cholesterol; 62mg Sodium

## 04-Simple Pie Crust

Makes 8 servings.

Preparation Time:  
25 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	154
Calories from fat	73
<b>% Daily Value*</b>	
Total Fat 8.6g	<b>13%</b>
Saturated Fat 3.8g	<b>19%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 60mg	<b>3%</b>
Carbohydrate 18.1g	<b>6%</b>
Dietary Fiber 3.0g	<b>12%</b>
Protein 3.4g	<b>7%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.9%</b>
Iron	<b>5.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the whole-grain pastry wheat flour). I have included this recipe because I wanted to provide a traditional pie crust. See the "04-Non-Gluten Pie Crust" for a non-gluten version.
- This crust is suitable for sweet dessert fillings (such as "05-Mango Cream Pie" (see recipe)), as well as savory fillings (such as a tofu quiche).
- See the "Glossary of Ingredients" for more information about non-hydrogenated vegetable shortening.

1 2/3 cups whole-grain pastry wheat flour, (or spelt flour)  
1/4 teaspoon sea salt

(or unrefined coconut oil or walnut oil or canola oil)

5 tablespoons vegetable shortening, non-hydrogenated

3 tablespoons water, (maybe a bit more)

Oil a pie dish.

Combine flour and salt in a bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add water and mix. You want the pastry to be wet enough so that when it is pressed together, it sticks together (forms a ball). You may need to add additional water one tablespoon at a time to achieve a good dough.

Place pastry into the pie dish and press it gently on the bottom and up the sides. Using a fork, gently poke small holes all over the crust (so it does not puff up).

If filling with a non-bake filling (such as "05-Mango Cream Pie" (see recipe)), bake the crust in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 25 to 30 minutes. Let the crust cool before filling.

If using pie crust with a filling that bakes (such as "05-Autumn Pear Pie" (see recipe)), fill crust and bake as directed for the particular pie filling.

Makes 1 medium to large pie crust.

#### VARIATIONS:

- For a lower fat crust, take out 1 to 2 tablespoons of shortening/oil.
- Could use any combination of the following flours (these contain gluten): whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour OR if you want to make a crust without gluten, see the "04-Non-Gluten Pie Crust" recipe.

Per serving: 154 Calories; 9g Fat (47% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 60mg Sodium



# 04-Sweet Oat and Nut Pie Crust

Makes 8 servings.

Preparation Time:  
35 minutes

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains oats (which may contain gluten - see "Glossary of Ingredients"). I have included this recipe because I wanted to provide another type of pie crust. See the "04-Non-Gluten Pie Crust" for a non-gluten pie crust.
- This crust has more flavor than a standard pie crust.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	128
Calories from fat	53
<b>% Daily Value*</b>	
Total Fat 6.1g	<b>9%</b>
Saturated Fat 0.7g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 2mg	<b>0%</b>
Carbohydrate 16.5g	<b>6%</b>
Dietary Fiber 1.8g	<b>7%</b>
Protein 2.7g	<b>5%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>0.3%</b>
Calcium	<b>1.4%</b>
Iron	<b>4.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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1 cup rolled oats, (or muesli)	1/4 cup raisins
3 tablespoons nuts, toasted	2 tablespoons walnut oil, refined, (or canola oil)
(any nut: pecans, walnuts, almonds, ...)	1 tablespoon maple syrup
1/4 cup brown rice flour	

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Oil a pie dish.

Place oats, nuts, and flour in a food processor and grind to a powder. Add raisins and process. Add oil and process a few seconds. Add maple syrup and process a few more seconds. At this point, if the dough will not stick together, you want to add tablespoons of water, one at a time, until dough can form a ball.

Place pastry into the pie dish and press it gently on the bottom and up the sides. Using a fork, gently poke small holes all over the crust (so it does not puff up).

If filling with a non-bake filling (like "05-Mango Cream Pie" (see recipe)), bake the crust by itself in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 25 minutes. Let the crust cool before filling.

If using pie crust with a filling that bakes (such as "14-Autumn Pear Pie" (see recipe), pumpkin pie, or apple pie), fill crust and bake as directed for the particular pie filling.

Makes 1 medium to large pie crust.

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Per serving: 128 Calories; 6g Fat (42% calories from fat); 3g Protein; 17g Carbohydrate; 0mg Cholesterol; 2mg Sodium



## 05- \*\*\*\*\* PIES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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- Crusts for pies can be found in a prior chapter in this book (the "Pie Crusts" chapter).

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 05-Autumn Pear Pie

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	156
Calories from fat	5
<b>% Daily Value*</b>	
Total Fat	0.6g
Saturated Fat	0.0g
Cholesterol	0mg
Sodium	18mg
Carbohydrate	41.4g
Dietary Fiber	4.3g
Protein	1.1g
Vitamin A	0.9%
Vitamin C	11.0%
Calcium	4.3%
Iron	4.5%

\* Percent Daily Values are based on a 2,000 calorie diet.

- Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### FILLING

3/4 cup dried figs

2 pounds pears

(about 6 large pears)

2 tablespoons lemon juice

1 teaspoon lemon zest, chopped

(the above juice and zest from one lemon)

1 pinch sea salt

1/4 cup brown rice syrup

(or 3 Tablespoons Agave Nectar)

2 tablespoons Sucanat sugar

(or granulated sugar)

4 tablespoons tapioca flour

3/4 teaspoon ground cardamom, (or allspice)

### GARNISH

1 teaspoon lemon zest

(from about one lemon)

### CRUST

Prepare a pie crust, but do not bake crust (e.g., either the "Non-Gluten Pie Crust" or the "Simple Pie Crust"). A large-deep-pie dish is best for this pie. The amount of filling called for in this recipe would overflow a small 9-inch pie pan; one that is deeper and wider is better; additionally, a greater amount of pie crust dough will be needed for this pie.

### FILLING

Place dried figs in a bowl and cover with hot water so they soften. Set aside.

Thinly slice pears and gently toss with lemon juice, zest, and salt in a large bowl. Add brown rice syrup and softened figs and gently toss again. Sprinkle in half of the Sucanat sugar, half of the tapioca flour, and half of the cardamom and toss again. Add the other half of the sugar, tapioca, and cardamom and toss one final time.

Bake the large-deep-prepared-pie crust without the pear filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the pie crust slightly baked (dried out).

After crust has baked a little bit, pour the pear mixture into the crust and arrange pear slices in a circular pattern on top of the pie. Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for 1 hour or until the pears are soft.

### GARNISH

Garnish baked pie with lemon zest.

Per serving: 156 Calories; 1g Fat (3% calories from fat); 1g Protein; 41g Carbohydrate; 0mg Cholesterol; 18mg Sodium

## 05-Blueberry Pie

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		159
Calories from fat		4
	<b>% Daily Value*</b>	
Total Fat	0.5g	1%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	23mg	1%
Carbohydrate	40.7g	14%
Dietary Fiber	2.0g	8%
Protein	0.3g	1%
Vitamin A		1.2%
Vitamin C		5.3%
Calcium		2.0%
Iron		3.3%

\* Percent Daily Values are based on a 2,000 calorie diet.

- Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

#### FILLING

20 ounces frozen blueberries  
1 pinch sea salt  
1/4 cup brown rice syrup  
(or 2 Tablespoons Agave Nectar)  
3/4 cup Sucanat sugar  
(or granulated sugar)  
4 tablespoons tapioca flour

3 tablespoons Grand Marnier  
1 tablespoon orange zest, chopped  
(either candied or from one or two fresh  
oranges)

#### GARNISH

1 teaspoon orange zest  
(from 1/4th of an orange)

#### CRUST

Prepare a pie crust, but do not bake crust (e.g., either the "Non-Gluten Pie Crust" or the "Simple Pie Crust").

#### FILLING

Combine filling ingredients in a bowl and let stand for 15 minutes (for tapioca flour to absorb some liquid).

Bake the pie crust without the filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the pie crust slightly baked (dried out).

After crust has baked a little bit, pour the filling into the crust. Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for about 40 minutes.

#### GARNISH

Garnish baked pie with orange zest.

#### VARIATIONS:

- "Raspberry Pie" - use raspberries instead of blueberries, use citron vodka (lemon flavored vodka) in place of Grand Marnier, and use lemon zest instead of orange zest.

Per serving: 159 Calories; less than one gram Fat (2% calories from fat); 0g Protein; 41g Carbohydrate; 0mg Cholesterol; 23mg Sodium

## 05-Carambola (Starfruit) Pie

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		142
Calories from fat		20
		<b>% Daily Value*</b>
Total Fat	2.4g	<b>4%</b>
Saturated Fat	0.3g	<b>1%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	27mg	<b>1%</b>
Carbohydrate	32.9g	<b>11%</b>
Dietary Fiber	4.2g	<b>17%</b>
Protein	1.2g	<b>2%</b>
Vitamin A		<b>22.1%</b>
Vitamin C		<b>57.3%</b>
Calcium		<b>2.1%</b>
Iron		<b>5.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Carambolas (sometimes called starfruit) are a tropical fruit that have a subtle citrus flavor, and have high water content.
- Good in the "Dried Fruit and Nut Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

#### FILLING

8 cups carambola, sliced  
(about 5 fresh carambolas)  
1 cup fresh apricots, sliced  
1 pinch sea salt  
1/2 cup macadamia nuts, coarsely chopped

1/2 cup Sucanat sugar  
(or granulated sugar)  
1/2 cup tapioca flour

#### GARNISH

1 teaspoon lemon zest

#### CRUST

Prepare a pie crust, but do not bake crust (e.g., the "Dried Fruit and Nut Pie Crust" or the "Non-Gluten Pie Crust" or the "Simple Pie Crust"). A large pie pan is best. The "Dried Fruit and Nut Pie Crust" is a nice complement to this pie since the carambolas do not have a strong flavor.

#### FILLING

Place sliced carambola and apricots in a large bowl. Add salt and nuts, and gently toss. Sprinkle in half of the Sucanat sugar, and half of the tapioca flour, and toss again. Add the other half of the sugar and tapioca, and toss one final time.

Pour the carambola mixture into the unbaked pie crust. Place aluminum pie crust protectors (or foil) around the edges of the pie crust so it does not get overdone.

Bake in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 1 hour until the carambolas are well cooked.

Garnish baked pie with lemon zest.

Per serving: 142 Calories; 2g Fat (14% calories from fat); 1g Protein; 33g Carbohydrate; 0mg Cholesterol; 27mg Sodium



# 05-Cheesecake Tart with Raspberry Topping

Makes 16 servings.

Preparation Time:  
1 hour, 10 minutes



## Nutrition Facts

Servings Per Recipe 16

### Amount Per Serving

Calories		152	
Calories from fat		57	
			<b>% Daily Value*</b>
Total Fat	6.8g		<b>10%</b>
Saturated Fat	0.9g		<b>4%</b>
Cholesterol	0mg		<b>0%</b>
Sodium	25mg		<b>1%</b>
Carbohydrate	21.5g		<b>7%</b>
Dietary Fiber	1.9g		<b>8%</b>
Protein	4.0g		<b>8%</b>
Vitamin A			<b>0.5%</b>
Vitamin C			<b>9.3%</b>
Calcium			<b>2.4%</b>
Iron			<b>8.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This tart takes a rich and creamy filling reminiscent of cheesecake filling, and uses it as a thin layer in the bottom of a tart which is then garnished with fruit and nuts on top. Many different types of fruit or fruit and nut toppings can be put on a tart like this (for example, a kiwi/strawberry topping, or a cherry/pecan topping).
- Can also bake this tart filling in ramekin to serve it as a kind of custard without a crust
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

### CHEESECAKE FILLING

12 ounces tofu, low-fat silken, (extra-firm)  
1/2 cup pine nuts  
2 tablespoons macadamia nut oil, (or walnut oil)  
1 teaspoon lemon zest, minced  
(from about one lemon)  
1/4 cup arrowroot powder, (or corn starch)  
1 tablespoon vanilla extract  
3 tablespoons light agave nectar syrup  
1/4 cup ribbon cane syrup  
(or half maple syrup, and half brown rice syrup)  
1/4 cup organic light granulated sugar  
2 tablespoons brown rice syrup

1 pinch sea salt

### RASPBERRY TOPPING

5 ounces raspberries, frozen  
(or 5 ounces fresh raspberries)  
(or 1/4 cup jam mixed w/ 1 T lemon juice)  
1 tablespoon brown rice syrup, (or maple syrup)

### GARNISH

5 servings 09-Raspberry Liqueur-Glazed Toasted Pine Nuts  
1 pint fresh raspberries  
1 teaspoon lemon zest  
(from about one lemon)

### CHEESECAKE FILLING

To prepare the cheesecake filling, blend the filling ingredients until very smooth (make sure the pine nuts are not gritty).

### CRUST

Prepare a pie crust, but do not bake crust. You can either use a tart pan, a pie pan, or a springform pan to make this tart. I have made this in one 10-1/2 inch tart pan, or with this one recipe I have made two tarts: one in a 7-1/2 inch tart pan, and one in a 9 inch tart pan.

Preheat oven to 350 degrees F (175 degrees C).

### ASSEMBLY

To prepare tart, pour the cheesecake filling into the prepared-pie crust making an even layer on the bottom. You don't want the filling to be too close to the top of the tart crust because the filling expands during baking, and if it is too close to the top of the tart crust, it can overflow. To be safe, put a cookie sheet under the tart pans while baking so if they do overflow, it will not drip onto the bottom of the oven.

Bake in a 350 degrees F (175 degrees C) oven for 30 minutes.

### RASPBERRY TOPPING

Make the raspberry topping by lightly cooking the frozen raspberries with brown rice syrup, adding tablespoons of



water as needed.

#### GARNISH

Once out of the oven, let tarts cool a few minutes, and then spread the raspberry topping over the tart. Garnish top of tart with the pine nuts, fresh raspberries, and lemon zest in a decorative fashion.

Makes one 10-1/2 inch tart or two tarts: one 7-1/2 inches, and one 9 inches.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, sorghum syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- For a lower fat pie filling: leave out part or all of the pine nuts and the oil.

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Per serving: 152 Calories; 7g Fat (38% calories from fat); 4g Protein; 22g Carbohydrate; 0mg Cholesterol; 25mg Sodium

# 05-Cherry-Pecan Pie

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).

- Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		178
Calories from fat		32
		<b>% Daily Value*</b>
Total Fat	3.9g	<b>6%</b>
Saturated Fat	0.3g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	21mg	<b>4%</b>
Carbohydrate	38.6g	<b>13%</b>
Dietary Fiber	2.6g	<b>10%</b>
Protein	1.3g	<b>3%</b>
Vitamin A		<b>2.8%</b>
Vitamin C		<b>1.3%</b>
Calcium		<b>3.3%</b>
Iron		<b>4.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

<b>FILLING</b>	(or Sucanat sugar or granulated sugar)
20 ounces frozen sweet cherries	2 tablespoons tapioca flour
1 pinch sea salt	
2/3 cup pecans, ground	<b>GARNISH</b>
1/4 cup maple syrup	2 tablespoons pecans , ground
1/2 cup whole sugar (e.g., Rapadura)	

### CRUST

Prepare a pie crust, but do not bake crust (e.g., either the "Non-Gluten Pie Crust" or the "Simple Pie Crust"). (The "Non-Gluten Pie Crust" is particularly good with this pie when the ground pecans are used in place of the ground sesame seeds.)

### FILLING

Combine filling ingredients in a bowl and let stand for 15 minutes (for tapioca flour to absorb some liquid).

Bake the pie crust without the filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the pie crust slightly baked (dried out).

After crust has baked a little bit, pour the filling into the crust. Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for about 40 minutes.

### GARNISH

Garnish baked pie with ground pecans.

### VARIATIONS:

- Use other nuts in place of the pecans (e.g., almonds, walnuts, or macadamia nuts).

Per serving: 178 Calories; 4g Fat (18% calories from fat); 1g Protein; 39g Carbohydrate; 0mg Cholesterol; 21mg Sodium

# 05-Chocolate Cream Pie

Makes 8 servings.

Preparation Time:  
10 minutes

Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		302
Calories from fat		84
	<b>% Daily Value*</b>	
Total Fat	9.8g	<b>15%</b>
Saturated Fat	5.6g	<b>28%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	56mg	<b>2%</b>
Carbohydrate	53.0g	<b>18%</b>
Dietary Fiber	3.0g	<b>12%</b>
Protein	4.5g	<b>9%</b>
Vitamin A		<b>1.2%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>7.1%</b>
Iron		<b>14.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- If you are making this as a pie (not as a mousse in ramekins), the pie will need to be refrigerated at least 4 hours, and probably better overnight, so that it will be firm enough to slice.

### FILLING

150 grams chocolate, bittersweet, dairy-free  
12 1/3 ounces tofu, low-fat silken, (extra-firm)  
6 ounces blackberry jam  
1 teaspoon vanilla extract  
1/2 cup maple syrup

1/2 cup brown rice syrup  
1 pinch sea salt

### GARNISH

2 teaspoons chocolate, shaved

### CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Chocolate Wafer Crust" (this is a very good one for this pie filling because it give a double chocolate hit) (see recipe), then you can add the filling immediately.

### FILLING

Melt chocolate. Put all filling ingredients into a food processor and process until very smooth (or use a small electric hand blender for easier clean up).

At this point, the mixture will not be very firm, more like pudding. When it is refrigerated for a while, it will firm up nicely (especially if left uncovered).

Pour into a completely prepared crust (e.g., the "Chocolate Wafer Crust" - see recipe).

### GARNISH

Garnish by shaving chocolate (e.g., with a peeler) over the pie.

Refrigerate pie (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

Uses for the filling other than in a pie crust:

- (1) pour filling into parfait glasses, alternating slices of fresh fruit or glazed nuts between pie filling layers, or
- (2) pour filling into ramekins and serve as mousse.

In either of these cases, you can serve it right away, or refrigerate it so the filling firms up.

### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 302 Calories; 10g Fat (28% calories from fat); 4g Protein; 53g Carbohydrate; 0mg Cholesterol; 56mg Sodium

# 05-Cranberry-Apple Tart

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	165
Calories from fat	34
<b>% Daily Value*</b>	
Total Fat 4.0g	<b>6%</b>
Saturated Fat 0.4g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 18mg	<b>1%</b>
Carbohydrate 33.4g	<b>11%</b>
Dietary Fiber 3.0g	<b>12%</b>
Protein 0.6g	<b>1%</b>
Vitamin A	<b>1.1%</b>
Vitamin C	<b>11.7%</b>
Calcium	<b>2.2%</b>
Iron	<b>3.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### FILLING

3/4 cup dried cranberries

1 1/2 pounds apples  
(about 6 medium apples)

1 tablespoon lemon juice

1 pinch sea salt

2 tablespoons brown rice syrup

(or 1 Tablespoons Agave Nectar)

2 tablespoons maple syrup

2 tablespoons cranberry liqueur

3/4 cup pecans, coarsely chopped

4 tablespoons Sucanat sugar  
(or granulated sugar)

5 tablespoons tapioca flour

1 teaspoon ground cinnamon

### GARNISH

1 teaspoon lemon zest

### CRUST

Prepare a pie crust, but do not bake crust (e.g., either the "Non-Gluten Pie Crust" or the "Simple Pie Crust"). A large tart pie pan is best.

### FILLING

Place dried cranberries in a bowl and cover with hot water so they soften. Set aside.

Thinly slice apples and gently toss with lemon juice and salt in a large bowl. Add brown rice syrup, maple syrup, liqueur, chopped pecans and softened cranberries and gently toss again. Sprinkle in half of the Sucanat sugar, half of the tapioca flour, and half of the cinnamon and toss again. Add the other half of the sugar, tapioca, and cinnamon and toss one final time.

Bake the large tart crust without the apple filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the tart crust slightly baked (dried out).

After crust has baked a little bit, pour the apple mixture into the crust and arrange apple slices in a circular pattern on top of the tart. Try to minimize the number of cranberries on the very top of the pie because their low moisture content puts them at risk of burning if they are right on top. Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for 1 hour or until the apples are soft.

Garnish baked tart with lemon zest.

Per serving: 165 Calories; 4g Fat (21% calories from fat); 1g Protein; 33g Carbohydrate; 0mg Cholesterol; 18mg Sodium



# 05-Fresh Peach Pie

Makes 8 servings.

Preparation Time:  
20 minutes

Serving Ideas:  
Good in the "Dried Fruit and Nut Pie Crust" (see recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		136
Calories from fat		12
		<b>% Daily Value*</b>
Total Fat	1.4g	<b>2%</b>
Saturated Fat	0.1g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	13mg	<b>1%</b>
Carbohydrate	32.0g	<b>11%</b>
Dietary Fiber	2.6g	<b>10%</b>
Protein	1.1g	<b>2%</b>
Vitamin A		<b>12.2%</b>
Vitamin C		<b>18.0%</b>
Calcium		<b>1.0%</b>
Iron		<b>1.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This pie is very simple to assemble if you have some "Summer Symphony Ice Cream" custard (not frozen) (see recipe) already made, and it does not heat up the kitchen since it is not baked.
- Make this pie filling in advance because it is best refrigerated overnight to make sure it is firm enough to cut out pie slices.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### FILLING

2 pounds peaches, peeled  
(about 5 large peaches)  
2 tablespoons lemon juice  
(from one lemon)

4 servings 07-Summer Symphony Ice Cream, not frozen  
(see recipe) (about 2 cups)  
2 tablespoons tapioca flour

### GARNISH

1 teaspoon lemon zest  
(from half a lemon)

### CUSTARD

### CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (this is a very good one for this pie filling) (see recipe), then you can add the filling immediately.

### FILLING

Cut peaches in slices and combine with lemon juice in large bowl.

### CUSTARD

Add the custard to a small sauce pan, and whisk the tapioca flour into the custard (adding a little bit at a time so it does not form lumps). Gently cook the custard for a few minutes to thicken. This will make it so the pie is thicker after refrigeration.

### ASSEMBLY

Pour a little "Peach-Pecan Ice Cream" custard into the bottom of the completely prepared pie crust. Place a layer of fresh peach slices into the pie pan. Pour some more custard on top of peaches. Repeat finishing with a layer of peaches.

### GARNISH

Garnish with lemon zest.

Refrigerate (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.



VARIATIONS:

- Use any other ice cream custard (not frozen) such as "07-Simple Vanilla Ice Cream" in place of the "07-Summer Symphony Ice Cream" custard, but be sure that the custard is quite thick after you add and cook in the tapioca flour or else the pie will never firm up so it is cuttable.

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Per serving: 136 Calories; 1g Fat (9% calories from fat); 1g Protein; 32g Carbohydrate; 0mg Cholesterol; 13mg Sodium

# 05-Hazelnut Pie

Makes 8 servings.

Preparation Time:  
25 minutes

Serving Ideas:  
Serve with  
"Amazake Dessert  
Sauce" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		297
Calories from fat		134
	<b>% Daily Value*</b>	
Total Fat	15.6g	<b>24%</b>
Saturated Fat	1.1g	<b>6%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	23mg	<b>1%</b>
Carbohydrate	39.4g	<b>13%</b>
Dietary Fiber	2.2g	<b>9%</b>
Protein	3.2g	<b>6%</b>
Vitamin A		<b>0.3%</b>
Vitamin C		<b>0.6%</b>
Calcium		<b>8.1%</b>
Iron		<b>6.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Just like a pecan pie, but with hazelnuts. Simply use pecans in place of hazelnut for a pecan pie.
- Make this pie at least 4 hours in advance of wanting to serve it (to be safe, make it more than 4 hours in advance) because you want the pie to have time to set up so that pie slices can be easily cut and removed from the pie.
- The concept for this vegan cuttable pie filling comes from Mary Bowman, former designer and teacher of the Baking and Pastry Course at the School of Natural Cookery in Boulder, Colorado.
- In addition to decorating the top with hazelnut halves, also use a few small baked pie crust pieces that have been cut into maple leaf shapes and glazed with maple syrup.

### FILLING

1/2 cup hazelnuts  
 1 cup water  
 1/2 cup brown rice syrup  
 2/3 cup maple syrup  
 1 pinch salt

4 teaspoons agar flakes  
 4 teaspoons kudzu  
 4 teaspoons water

1 cup hazelnuts, toasted, chopped  
 1 tablespoon vanilla extract

### GARNISH

1 1/2 cups hazelnuts  
 (remove "husks" from toasted nuts)  
 (cut in half after "husks" are removed)  
 1 tablespoon amaretto, (optional)  
 2 tablespoons maple syrup

### CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately. I prefer a crust without a lot of flavor (such as the "Non-Gluten Pie Crust" or "Simple Pie Crust") because the filling is very flavorful and rich.

### FILLING

Blend the hazelnuts and water for the filling at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds). Stop blender and use a spatula to dislodge any nuts that might be clinging to the inside walls of the blender, add the sweeteners and salt, and blend for another 2 minutes.

Pour into a sauce pan. Sprinkle agar on top. Let sit for 5 minutes. Heat on low. Bring to a simmer, and then simmer for 5 minutes.

Dissolve kudzu in the 4 teaspoons of water. Add this to the heated mixture and stir until it thickens. The mixture may not be very thick, but will thicken as it cools. Fold in the 1 cup of toasted, chopped hazelnuts and the vanilla. Pour mixture into the prepared and baked pie shell.

### GARNISH

To finish pie with the hazelnut garnish, heat 1 1/2 cups hazelnuts in a skillet. Toast until the hazelnuts are nicely brown and fragrant, about 8 minutes total. Transfer nuts to a paper bag, and rub to remove as much of the nut

skin as possible (this is the paper-like covering around the nut meat). Separate the nuts and the skins (that is, leave behind the nut skins when removing nuts; putting the nuts in a bowl can make it easier to leave the nut skins behind). Cut the hazelnuts in half. Return stove top to medium-high to high heat, and once the pan is hot again with the nuts in it, add the amaretto and maple syrup. Thoroughly coat nuts with syrup and cook very gently until syrup sticks to the nuts (should only take about 2 minutes).

Add the glazed hazelnut halves on top of the pie in a decorative fashion (you will want to put the hazelnut halves on the pie before the pie is totally firm).

#### BEFORE SERVING THE PIE

Under the best conditions, if you let the pie sit out at a fairly cool room temperature (around 60-65 degrees F) lightly covered in plastic wrap, it should firm up and be ready to eat within about 4 hours. If the pie is not thick enough, refrigerate until it has achieved a thickness such that slices can be cut from the pie.

Overall, the rate at which the pie thicken depends on a number of variables: 1) humidity, 2) how much the agar and kudzu cooked, and how thick the mixture was at the end of cooking, 3) how much water evaporated during the cooking of the filling, and 4) room temperature. If the filling looks very thin (soupy), cover pie with plastic wrap, and put in the refrigerator, and check the pie every couple hours until it has achieved a thickness such that slices can be cut from the pie. Remove plastic wrap and leave in the refrigerator if the pie is still not getting thick enough.

If you do have the pie in the refrigerator, remove it about 1 to 2 hours before serving to allow it to soften up and come to room temperature (the flavor is better than if served cold, straight out of the refrigerator).

#### VARIATIONS:

- Use Frangelico liqueur instead of Amaretto.
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Pecan Pie" - use pecans in place of hazelnuts at all points in the recipe.
- In addition to garnishing with hazelnuts, include small baked pie crust pieces cut into maple leaf shapes.

Per serving: 297 Calories; 16g Fat (45% calories from fat); 3g Protein; 39g Carbohydrate; 0mg Cholesterol; 23mg Sodium

# 05-Lemon Cream Pie

Makes 8 servings.

Preparation Time:  
10 minutes

Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.

- Make this pie filling in advance because it is best refrigerated overnight to make sure it is firm enough to cut out pie slices.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories 136  
Calories from fat 3

### % Daily Value\*

Total Fat	0.3g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	55mg	2%
Carbohydrate	33.6g	19%
Dietary Fiber	0.8g	3%
Protein	3.3g	7%

Vitamin A	0.8%
Vitamin C	24.6%
Calcium	4.5%
Iron	4.9%

\* Percent Daily Values are based on a 2,000 calorie diet.

## FILLING

3/4 cup apple juice  
1 1/2 tablespoons lemon zest, chopped  
3/4 cup lemon juice  
(need about 3 to 5 lemons for above  
zest and juice)  
3/4 cup brown rice syrup  
1/4 cup maple syrup  
1 pinch salt

3 tablespoons tapioca flour  
1/2 cup water

12 1/3 ounces tofu, low-fat silken, (extra-firm)

## GARNISH

1 teaspoon lemon zest  
(from half a lemon)  
3 lemon wheels, thinly sliced  
3 whole mint leaves

## CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately.

## FILLING

Combine apple juice, lemon zest, lemon juice, brown rice syrup, maple syrup, and salt in a sauce pan. Sprinkle agar flakes on top and let sit for 3 minutes. Gently heat mixture on low, stirring often.

Separately from the juice mixture, mix tapioca flour and water, and then add this to the juice mixture after it has been cooking for about 10 minutes. Cook until slightly thick (about 4 minutes). It will not get that thick yet because the agar agar needs to be refrigerated before it firms up.

Add tofu to the sauce pan, and use a small electric hand blender to completely blend the filling until very smooth. This makes for easier clean up. Alternatively, put the juice mixture and the tofu into a food processor and process until very smooth.

Pour into the completely prepared pie crust.

## GARNISH

Garnish with lemon zest, thinly sliced whole lemon pieces, and mint leaves.

Refrigerate (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

## VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Key Lime Pie" - Use key lime juice in place of the lemon juice, lime zest in place of lemon zest, and lime wheels in place of the lemon wheels.
- "Orange Cream Pie" - Use orange juice in place of the lemon juice, orange zest in place of lemon zest, and orange wheels in place of the lemon wheels.

Per serving: 136 Calories; less than one gram Fat (2% calories from fat); 3g Protein; 34g Carbohydrate; 0mg Cholesterol; 55mg Sodium

# 05-Mango Cream Pie

Makes 8 servings.

Preparation Time:  
20 minutes

Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		183
Calories from fat		32
		<b>% Daily Value*</b>
Total Fat	4.1g	<b>6%</b>
Saturated Fat	0.6g	<b>3%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	22mg	<b>1%</b>
Carbohydrate	41.5g	<b>14%</b>
Dietary Fiber	1.9g	<b>8%</b>
Protein	2.3g	<b>5%</b>
Vitamin A		<b>61.0%</b>
Vitamin C		<b>38.3%</b>
Calcium		<b>1.3%</b>
Iron		<b>5.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Make this pie filling in advance because it usually needs to be refrigerated overnight to make sure it is firm enough to cut out pie slices.
- Agar makes this pie filling set up so it is cuttable.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

### FILLING

1/2 cup pine nuts  
1 cup water  
1 pinch salt

3/4 cup brown rice syrup  
1/4 cup light agave nectar syrup  
(if the mangos are not that sweet, could need more sweetener)

1 tablespoon agar flakes

1 tablespoon tapioca flour  
3 tablespoons water

1 1/2 pounds fresh mango, finely chopped  
(about one and a half mangos - when finely chopped, will be about 2 1/2 cups  
- use other mango half below as garnish)  
1 tablespoon lemon juice  
(from half of a lemon)

### GARNISH

1/2 pound fresh mango, sliced  
(about half of one mango)  
1 teaspoon lemon zest  
(from half of a lemon)

### CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately.

### FILLING

Blend pine nuts, water, and salt to make a thick, smooth nut milk/cream. Add sweeteners and blend again.

Pour into a sauce pan, and sprinkle agar on top. Let sit 3 minutes. Gently heat mixture on low, stirring often.

Mix tapioca flour and water separately, and then add it to the nut milk mixture (after the nut milk mixture is hot). Cook on medium heat until thick.

While the nut cream is being prepared, cut the 1.5 pounds of fresh mango in to very small chunks (as small as you can make them). The mango fiber ("strings/threads") that run through mango do not puree well. Therefore, by cutting the mango into very small chunks, many of the "strings/threads" are cut. If these are not cut, the resulting



texture of the cream filling is a bit strange due to these "strings/threads".

Put diced mango and lemon juice into a food processor and process until smooth. Add the nut milk mixture, and process again. Pour mixture into a cooled-completely prepared pie crust.

#### GARNISH

Garnish pie with mango slices and lemon zest.

Refrigerate (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- "Papaya Cream Pie" - Use papayas in place of the mangos.

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Per serving: 183 Calories; 4g Fat (17% calories from fat); 2g Protein; 41g Carbohydrate; 0mg Cholesterol; 22mg Sodium

# 05-Peach Pie

Makes 8 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		99
Calories from fat		1
		<b>% Daily Value*</b>
Total Fat	0.1g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	17mg	<b>1%</b>
Carbohydrate	26.5g	<b>9%</b>
Dietary Fiber	2.0g	<b>8%</b>
Protein	0.9g	<b>2%</b>
Vitamin A		<b>0.9%</b>
Vitamin C		<b>16.4%</b>
Calcium		<b>1.1%</b>
Iron		<b>2.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### FILLING

2 pounds fresh peaches  
(about 8 medium peaches)  
4 tablespoons lemon juice  
1 teaspoon lemon zest, chopped  
(the above juice and zest from one lemon)  
1 pinch sea salt  
1/4 cup sucanat sugar

1/4 cup organic light granulated sugar  
2 tablespoons tapioca flour  
2 tablespoons whole-grain teff flour, (or any flour)  
3/4 teaspoon ground cardamom, (or allspice)

### GARNISH

1 teaspoon lemon zest

### CRUST

Prepare a pie crust, but do not bake crust (e.g., either the "Non-Gluten Pie Crust" or the "Simple Pie Crust"). A large-deep-pie dish is best for this pie. The amount of filling called for in this recipe would overflow a small 9-inch pie pan; one that is deeper and wider is better; additionally, a greater amount of pie crust dough will be needed for this pie.

### FILLING

Slice peaches and gently toss with lemon juice, zest, and salt in a large bowl. Sprinkle in half of the sugar, half of the tapioca flour, half of the flour, and half of the cardamom and toss again. Add the other half of the sugar, tapioca, flour, and cardamom and toss one final time.

Bake the large-deep-prepared-pie crust without the peach filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the pie crust slightly baked (dried out).

After crust has baked a little bit, pour the peach mixture into the crust and arrange peach slices in a circular pattern on top of the pie. Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for 50 minutes or until the peaches are soft.

### GARNISH

Garnish baked pie with lemon zest.

Per serving: 99 Calories; less than one gram Fat (1% calories from fat); 1g Protein; 26g Carbohydrate; 0mg Cholesterol; 17mg Sodium

# 05-Pumpkin-Amaretto Cream Pie

Makes 8 servings.

Preparation Time:  
1 hour, 10 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	146
Calories from fat	19
<b>% Daily Value*</b>	
Total Fat 2.1g	<b>3%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 69mg	<b>3%</b>
Carbohydrate 30.5g	<b>10%</b>
Dietary Fiber 1.9g	<b>8%</b>
Protein 2.3g	<b>5%</b>
Vitamin A	<b>203.1%</b>
Vitamin C	<b>4.1%</b>
Calcium	<b>10.8%</b>
Iron	<b>14.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This pie need to be refrigerated for at least 6 hours before serving, and better refrigerated for 24 hours. This is because it needs to be firm enough so that slices can be taken out of the pie.
- This pie can be served as part of a low-fat meal.
- Using pumpkin puree which you have baked from a fresh pumpkin makes this have a very fresh baked flavor, but using the canned pumpkin makes a very acceptable pie with faster preparation.
- Can also bake this pie filling in ramekin to serve it as a kind of custard without a crust.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

### PUMPKIN

1 1/2 cups pumpkin puree  
(from about 1.5 pounds of pumpkin, baked)  
(or one 15oz can of pumpkin)

### PUMPKIN FILLING

1/4 cup pecans, raw  
2 tablespoons light agave nectar syrup  
(or 4 tablespoons of brown rice syrup)  
3 tablespoons molasses, blackstrap  
2 tablespoons maple syrup  
3/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
1/2 tablespoon vanilla extract  
2 tablespoons arrowroot powder, (or corn starch)

1/8 teaspoon sea salt

### AMARETTO CREAM FILLING

6 ounces tofu, low-fat silken, (extra-firm)  
1 teaspoon orange zest, minced  
(from 1/4th of an orange)  
2 tablespoons arrowroot powder, (or corn starch)  
1 teaspoon vanilla extract  
2 tablespoons amaretto  
3 tablespoons light agave nectar syrup  
(or 2 tablespoons brown rice syrup)  
2 tablespoons maple syrup  
1 pinch sea salt

### GARNISH

2 tablespoons pecan halves, toasted, glazed

### PUMPKIN

If starting with a whole pumpkin (I think fresh pumpkin has a better flavor than canned), bake the pumpkin until soft while continuing with the recipe. After the pumpkin is baked, use just the flesh (not the seeds or the skin) to make the pumpkin puree.

### CRUST

Prepare a pie crust, but do not bake crust. The amount of filling called for in this recipe may overflow a small 9-inch pie pan; a pie pan that is a bit wider is better; if the pie filling is too deep of a layer in the pan, the filling will not bake as evenly or quickly.

Preheat oven to 350 degrees F (175 degrees C).

### PUMPKIN FILLING

To prepare the pumpkin filling, first process the pecans to create a pecan nut flour. Then blend pecan flour, agave syrup, molasses, maple syrup, cinnamon, nutmeg, cloves, vanilla, arrowroot powder, and salt until a smooth

consistency is achieved. Add pumpkin puree, and blend again until smooth and integrated.

#### AMARETTO CREAM FILLING

To prepare the amaretto cream filling, blend the tofu, orange zest, arrowroot powder, vanilla, amaretto, agave syrup, maple syrup, and salt.

#### ASSEMBLY

To prepare pie, pour 2/3rd of the pumpkin filling into the prepared-pie crust making an even layer on the bottom. Then pour all the amaretto cream filling over this layer, trying to get it as even as possible. Finish with the last 1/3rd of the pumpkin filling, again getting it as even as possible over the cream filling. Run a knife through the pie to create white cream swirls in the orange pumpkin filling.

Bake in a 350 degrees F (175 degrees C) oven for 50 minutes. If during baking the crust starts to get too dark, cover the crust or the whole pie with foil.

#### GARNISH

Once out of the oven, lightly press toasted, glazed pecan halves into the top of the pie in a decorative fashion.

#### REFRIGERATION

The filling should get fairly firm during baking. It will firm up even more upon refrigeration. Leave uncovered until pie and pan are cool, and then cover with plastic wrap or it could dry out too much in the refrigerator (and crack the top of the pie). Refrigerate the covered pie at least 6 hours before serving, overnight being better.

Makes one pie.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, sorghum syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- For a lower fat pie filling: leave out the pecans or replace the pecans with low-fat silken tofu (extra-firm).
- Use Grand Marnier in place of Amaretto.

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Per serving: 146 Calories; 2g Fat (13% calories from fat); 2g Protein; 31g Carbohydrate; 0mg Cholesterol; 69mg Sodium



# 05-Strawberry Mousse Pie

Makes 8 servings.

Preparation Time:  
20 minutes

Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	357
Calories from fat	134
<b>% Daily Value*</b>	
Total Fat 16.4g	<b>25%</b>
Saturated Fat 9.1g	<b>46%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 41mg	<b>2%</b>
Carbohydrate 57.0g	<b>19%</b>
Dietary Fiber 6.9g	<b>28%</b>
Protein 4.9g	<b>10%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>177.8%</b>
Calcium	<b>11.2%</b>
Iron	<b>11.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Make this pie filling in advance because it usually needs to be refrigerated overnight to make sure it is firm enough to cut out pie slices.
- Agar makes this pie filling set up so it is cuttable.

### FILLING

45 ounces fresh strawberries, halved  
1/4 cup brown rice syrup  
1/2 cup sucanat sugar  
1 tablespoon almond oil, (or canola oil)  
(keeps the foaming down during cooking)  
1 pinch sea salt

1/2 cup white grape juice  
1 tablespoon agar flakes

3/4 cup almond butter

1/2 cup white grape juice  
1/4 cup maple syrup  
1/4 cup light agave nectar syrup  
1/4 cup key lime juice  
1/2 teaspoon lecithin  
1 pinch sea salt

### GARNISH

10 ounces fresh strawberries, sliced  
1 teaspoon lemon zest  
(from half of a lemon)

### CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately.

### FILLING

Combine strawberry halves, brown rice syrup, sucanat sugar, almond oil, and salt in a large sauce pan and heat on medium-high heat until the strawberries are cooked down, and all the juices are concentrated. This could take up to 45 minutes since the water content of strawberries is quite high. This concentrates the strawberry flavor to make an intensely flavored pie.

While strawberries are cooking down, add the white grape juice to a small sauce pan. Sprinkle agar flakes on top of juice, and let sit.

Additionally while strawberries are cooking down, combine remaining filling ingredients (almond butter, etc) in a blender, and blend until smooth (about 3 minutes).

Once strawberries are done cooking down, remove from heat and put the white grape juice and agar mixture on the stove top. Bring to boil, and then gently simmer for 5 minutes. Remove from heat.

Take half of the cooked down strawberry mixture, and add it to the blender with the almond butter mixture, and blend for about 2 minutes.



Add all of this back to the pan with the half of the strawberry mixture that did not get blended and put this back on the stove top. Also add the white grape juice and agar mixture (so now everything is in the large sauce pan on the stove top). Heat gently to thicken the almond butter and stir thoroughly to get all the ingredients mix together. Heat for about 4 minutes total on a very low simmer (stirring frequently).

Once strawberry mixture has cooled some, pour into a cooled-completely prepared pie crust.

#### GARNISH

Garnish pie with strawberry slices and lemon zest.

Refrigerate (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- "Blackberry Mousse Pie" - Use fresh blackberries in place of the strawberries.

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Per serving: 357 Calories; 16g Fat (37% calories from fat); 5g Protein; 57g Carbohydrate; 0mg Cholesterol; 41mg Sodium

# 05-Sweet Potato Pie

Makes 8 servings.

Preparation Time:  
1 hour, 10 minutes

- This pie needs to be refrigerated for 24 hours before serving so it is firm enough for slices to be taken out of the pie
- This pie can be served as part of a low-fat meal.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	221
Calories from fat	21
<b>% Daily Value*</b>	
Total Fat 2.2g	<b>3%</b>
Saturated Fat 0.3g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 79mg	<b>3%</b>
Carbohydrate 46.1g	<b>15%</b>
Dietary Fiber 2.9g	<b>12%</b>
Protein 2.1g	<b>4%</b>
Vitamin A	<b>327.9%</b>
Vitamin C	<b>30.7%</b>
Calcium	<b>16.0%</b>
Iron	<b>18.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### FILLING

1/2 cup almonds	2 teaspoons vanilla extract
1/3 cup brown rice syrup, (or maple syrup)	2 tablespoons arrowroot powder, (or corn starch)
1/3 cup molasses, blackstrap	1/4 teaspoon sea salt
1/4 cup maple syrup	1/4 cup cognac, (or brandy-optional)
1 teaspoon ground cinnamon	2 pounds sweet potatoes, baked, skin removed
1/2 teaspoon ground cardamom	(about 3 large sweet potatoes)
1/2 teaspoon ground nutmeg	(about 2.5 cups when mashed)

### CRUST

Prepare a pie crust, but do not bake crust. A large-deep-pie dish is best for this pie. The amount of filling called for in this recipe would overflow a small 9-inch pie pan; one that is a bit deeper and wider is better, but if it is too deep (like a casserole dish), it will not bake as evenly or quickly; additionally, a greater amount of pie crust dough may be needed for this pie.

### FILLING

Blend all ingredients except for sweet potatoes until a smooth consistency is achieved (at least 5 minutes to get it as smooth as possible; almonds will always be a bit gritty, this will not matter for this pie filling). Add potatoes, and blend until smooth.

Pour the potato mixture into the prepared-pie crust, and bake in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 1 hour. If during baking the crust starts to get too dark, cover the crust or the whole pie with foil.

### REFRIGERATION

The filling will not necessarily get very firm after baking. It will firm up more upon refrigeration. Leave uncovered until pie and pan are cool, and then cover with plastic wrap or it could dry out too much in the refrigerator (and crack the top of the pie). It will probably be necessary to refrigerate the pie for 24 hours, or at least overnight, but it might be firm enough to cut out slices as earlier as 6 hours after being put into the refrigerator.

### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, sorghum syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Pumpkin Pie" - Use orange winter squash puree (e.g., pumpkin, butternut squash, or kabocha) in place of sweet potatoes.
- For a lower fat pie filling: leave out the almonds or replace the almonds with low-fat silken tofu (extra-firm).

Per serving: 221 Calories; 2g Fat (9% calories from fat); 2g Protein; 46g Carbohydrate; 0mg Cholesterol; 79mg Sodium

# 06- \*\*\*\*\* COOKIES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



## Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
		<b>% Daily Value*</b>
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# o6-Apricot-Sesame Cookies

Makes 18 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories		321
Calories from fat		126
<b>% Daily Value*</b>		
Total Fat	15.0g	<b>23%</b>
Saturated Fat	1.9g	<b>10%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	123mg	<b>5%</b>
Carbohydrate	46.1g	<b>15%</b>
Dietary Fiber	3.7g	<b>15%</b>
Protein	6.0g	<b>12%</b>
Vitamin A		<b>5.5%</b>
Vitamin C		<b>0.4%</b>
Calcium		<b>22.4%</b>
Iron		<b>26.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.

### DRY INGREDIENTS

1 1/2 cups brown rice flour, (or spelt flour)  
3/4 cup sorghum flour, (or spelt flour)  
1/4 cup amaranth flour, (or spelt flour)  
1/4 cup ground flax seed  
1/4 teaspoon sea salt  
3/4 teaspoon baking soda  
1/2 teaspoon baking powder, (double acting)  
1 teaspoon cinnamon

### WET INGREDIENTS

3/4 cup maple syrup

1 cup tahini  
1 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
1/2 cup Non-Hydrogenated Vegetable Oil Spread  
1 tablespoon rum extract  
1 tablespoon vanilla extract  
1/2 cup black sesame seeds  
(or regular sesame seeds)  
1/2 cup dried apricots, cut in 1/4" pieces  
(soaked in hot water for about 10 minutes  
and then drained very well)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl.

If you have a strong food processor, blend wet ingredients in a food processor; otherwise, beat the wet ingredients in a bowl by hand or mixer.

Add the dry mixture to the wet mixture. Process the dry into the wet either using the food processor (if the processor can handle it), by hand, or using a mixer.

Place dough in a bowl and mix in the sesame seeds and soaked chopped apricots (could be almost like kneading depending on the consistency of your dough). Be sure to get out as much water as possible from the soaked apricots because you don't want to add much water to the recipe at this point.

Form balls of dough and place on the cookie sheet (or sheets).

Bake for about 15 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, let them sit for a couple minutes before removing them from the cookie sheets. This allows them to firm up for easier removal.

Cookies freeze very well.

VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener; use a combination of sucanat, sugar, maple sugar, and other granulated sugars as the granulated sweetener. The current ratio of maple syrup to sucanat sugar makes a soft/slightly crisp cookie. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the Non-Hydrogenated Vegetable Oil Spread with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a chewy/crispy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative flavorings can be added such as: amaretto or other liqueur, carob, cardamom or other spices, etc.
- 

Per serving: 321 Calories; 15g Fat (39% calories from fat); 6g Protein; 46g Carbohydrate; 0mg Cholesterol; 123mg Sodium



# 06-Banana-Chocolate Cookies

Makes 18 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 18

Amount Per Serving	
Calories	343
Calories from fat	132
<b>% Daily Value*</b>	
Total Fat 15.6g	<b>24%</b>
Saturated Fat 6.8g	<b>34%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 101mg	<b>4%</b>
Carbohydrate 50.0g	<b>17%</b>
Dietary Fiber 4.7g	<b>19%</b>
Protein 5.8g	<b>12%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>1.2%</b>
Calcium	<b>8.7%</b>
Iron	<b>14.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.

### DRY INGREDIENTS

1 1/4 cups brown rice flour, (or spelt flour)  
3/4 cup sorghum flour, (or spelt flour)  
1/2 cup whole-grain teff flour, (or spelt flour)  
1/4 cup potato flour, (or spelt flour)  
1/2 cup cocoa powder  
1/4 cup ground flax seed  
1/4 teaspoon sea salt  
3/4 teaspoon baking soda  
1/2 teaspoon baking powder, (double acting)

### WET INGREDIENTS

3/4 cup maple syrup  
1 cup almond butter  
1 1/4 cups sucanat sugar  
(or whole sugar or granulated sugar)

1/4 cup almond oil  
(or walnut oil or canola oil)  
1 tablespoon banana extract  
(could also be called banana flavor)  
1 tablespoon vanilla extract

1/4 cup chopped almonds, toasted  
1/2 cup fruit juice sweetened dried banana spears,  
diced  
42 grams chocolate, bittersweet, dairy-free, cut in  
chunks  
(about 1/4 cup when cut)  
(or 1/4 cup dairy-free chocolate chips)

### GARNISH

2 tablespoons almonds

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl.

If you have a strong food processor, blend wet ingredients in a food processor; otherwise, beat the wet ingredients in a bowl by hand or mixer.

Add the dry mixture to the wet mixture. Process the dry into the wet either using the food processor (if the processor can handle it), by hand, or using a mixer.

Place dough in a bowl and mix in the chopped almonds, diced dried banana, and chocolate (could be almost like kneading depending on the consistency of your dough).

Form balls of dough and place on the cookie sheet (or sheets). Press one whole almond into the center of each cookie.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, let them sit for a couple minutes before removing them from the cookie sheets. This allows them to firm up for easier removal.

Cookies freeze very well.

VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener; use a combination of sucanat, sugar, maple sugar, and other granulated sugars as the granulated sweetener. The current ratio of maple syrup to sucanat sugar makes a soft/slightly crisp cookie. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
- Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
- To lower the fat content, replace some of the Non-Hydrogenated Vegetable Oil Spread with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a chewy/crispy type cookie.
- See the "Dessert Notes" at the front of this chapter for more variation ideas.
- Alternative flavorings can be added such as: amaretto or other liqueur, carob, cardamom or other spices, etc.

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Per serving: 343 Calories; 16g Fat (39% calories from fat); 6g Protein; 50g Carbohydrate; 0mg Cholesterol; 101mg Sodium

# 06-Blueberry-Coconut Cookies

Makes 18 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories		212
Calories from fat		68
<b>% Daily Value*</b>		
Total Fat	7.9g	12%
Saturated Fat	3.3g	16%
Cholesterol	0mg	0%
Sodium	79mg	3%
Carbohydrate	34.3g	11%
Dietary Fiber	4.3g	17%
Protein	3.8g	8%
Vitamin A		0.4%
Vitamin C		1.9%
Calcium		7.1%
Iron		8.6%

\* Percent Daily Values are based on a 2,000 calorie diet.

- This makes a soft cookie. See variations for making the cookie crunchier/crispier.
- An easy way to grind flax seeds and hemp seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### DRY INGREDIENTS

1/2 cup whole-grain amaranth flour, (or spelt flour)  
1 cup brown rice flour, (or spelt flour)  
1 cup sorghum flour, (or spelt flour)  
1/2 cup coconut shreds  
1/4 cup ground flax seed  
4 tablespoons tapioca flour  
1/2 cup ground hemp seeds  
(or half ground flax seeds and half ground sesame seeds)  
2 tablespoons whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
1/4 teaspoon sea salt  
1/2 teaspoon ground cardamom  
2 teaspoons baking powder, (double acting)

3 tablespoons unrefined coconut oil  
(or non-hydrogenated veg. shortening)  
(or walnut oil or canola oil)

1/2 cup dried blueberries, diced

### WET INGREDIENTS

1/4 cup brown rice syrup  
1/3 cup maple syrup  
3 tablespoons walnut oil, refined, (or canola oil)  
1/4 cup blueberry jam  
1/2 tablespoon vanilla extract  
1 teaspoon coconut extract

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife). Mix in the dried blueberries.

Blend wet ingredients in a separate bowl.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

#### VARIATIONS:

- "Blueberry-Tangerine Cookies" - use tangerine extract/oil instead of coconut extract.
  - Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes a soft/slightly crisp cookie, whereas if more brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the walnut oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative flavorings can be added such as: amaretto or other liqueur, lemon zest, spices, etc.
- 

Per serving: 212 Calories; 8g Fat (32% calories from fat); 4g Protein; 34g Carbohydrate; 0mg Cholesterol; 79mg Sodium



# 06-Cardamom-Pistachio Cookies

Makes 18 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories	243
Calories from fat	90
<b>% Daily Value*</b>	
Total Fat 10.7g	<b>16%</b>
Saturated Fat 1.2g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 96mg	<b>4%</b>
Carbohydrate 36.4g	<b>12%</b>
Dietary Fiber 3.7g	<b>15%</b>
Protein 4.4g	<b>9%</b>

Vitamin A	<b>0.4%</b>
Vitamin C	<b>0.9%</b>
Calcium	<b>7.0%</b>
Iron	<b>10.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### DRY INGREDIENTS

- 1 1/2 cups brown rice flour, (or spelt flour)
- 1 cup sorghum flour, (or spelt flour)
- 1/2 cup whole-grain teff flour, (or spelt flour)
- 1/4 cup ground hemp seeds  
(or half ground flax seeds and half ground sesame seeds)
- 1 cup pistachio nuts, ground
- 1 1/2 teaspoons ground cardamom
- 1/4 teaspoon sea salt
- 2 teaspoons baking powder, (double acting)
- 1/2 cup whole sugar (e.g., Rapadura)

(or Sucanat sugar or granulated sugar)

- 1 cup pistachio nuts (halves), toasted

### WET INGREDIENTS

- 2 tablespoons maple syrup
- 1/2 cup ribbon cane syrup
- 1/2 cup Non-Hydrogenated Vegetable Oil Spread
- 2 tablespoons walnut oil, refined, (or canola oil)
- 1 tablespoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Add about 3/4ths of the halved pistachios to these dry ingredients. Set aside the other quarter of the halved pistachios for using as garnish on the cookies before they are baked.

Blend wet ingredients together.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). Garnish cookies by pressing the remaining pistachio halves into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet (and your sheet does not have parchment paper on it), it will be more difficult to get them off



because the brown rice syrup will have hardened too much possibly causing the cookies to stick to the sheet.

Cookies freeze very well.

VARIATIONS:

- Use some carob chips along with the pistachio halves.
  - Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to ribbon cane syrup makes a soft/slightly crisp cookie, whereas if more some brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the vegetable oil spread with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative flavorings can be added such as: amaretto or other liqueur, lemon zest, grain coffee, carob, spices, etc.
- 

Per serving: 243 Calories; 11g Fat (37% calories from fat); 4g Protein; 36g Carbohydrate; 0mg Cholesterol; 96mg Sodium

## 06-Carob-Walnut Cookies

Makes 18 servings.

Preparation Time:  
35 minutes



### Nutrition Facts

Servings Per Recipe 18

#### Amount Per Serving

Calories		219
Calories from fat		70
	<b>% Daily Value*</b>	
Total Fat	8.1g	<b>12%</b>
Saturated Fat	2.0g	<b>10%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	72mg	<b>3%</b>
Carbohydrate	34.8g	<b>12%</b>
Dietary Fiber	3.8g	<b>15%</b>
Protein	4.2g	<b>8%</b>

Vitamin A		<b>0.3%</b>
Vitamin C		<b>0.4%</b>
Calcium		<b>8.0%</b>
Iron		<b>9.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This makes a crispy/crunchy cookie. See variations for making the cookie softer.
- An easy way to grind flax seeds is in a coffee grinder.

#### DRY INGREDIENTS

1 3/4 cups brown rice flour, (or spelt flour)  
1 cup whole-grain teff flour, (or spelt flour)  
1/2 cup whole-grain amaranth flour, (or spelt flour)  
1/2 cup ground hemp seeds  
(or half ground flax seeds and half ground sesame seeds)  
1/4 cup carob flour, (carob powder)  
1/3 cup sucanat sugar  
(or granulated sugar)  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)

2 tablespoons unrefined coconut oil

(or non-hydrogenated veg. shortening)  
(or walnut oil or canola oil)

1/2 cup walnuts, (pieces or halves)

#### WET INGREDIENTS

1/3 cup brown rice syrup  
1/3 cup maple syrup  
2 tablespoons tahini  
1/4 cup walnut oil, refined, (or canola oil)  
1 tablespoon vanilla extract

#### GARNISH

1/4 cup walnuts, (pieces or halves)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife). Mix in the walnuts.

Blend wet ingredients in a separate bowl.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely. Garnish cookies by pressing the remaining walnuts into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

#### VARIATIONS:

- "Chocolate-Walnut Cookies" - use cocoa in place of the carob flour.
  - Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes this cookie quite crunchy/crisp, whereas if more maple syrup were used in place of the brown rice syrup, the cookie would be softer. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the walnut oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" earlier in the book for more variation ideas.
  - Alternative nuts can be used such as: almonds, hazelnuts (filberts), pecans, etc.
  - Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, grain coffee, spices, etc.
- 

Per serving: 219 Calories; 8g Fat (32% calories from fat); 4g Protein; 35g Carbohydrate; 0mg Cholesterol; 72mg Sodium

# 06-Chocolate-Apricot Cookies

Makes 18 servings.

Preparation Time:  
35 minutes

- An easy way to grind sesame seeds and flax seeds is in a coffee grinder.

## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories		202
Calories from fat		73
		<b>% Daily Value*</b>
Total Fat	8.5g	<b>13%</b>
Saturated Fat	1.9g	<b>10%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	71mg	<b>3%</b>
Carbohydrate	30.3g	<b>10%</b>
Dietary Fiber	2.7g	<b>11%</b>
Protein	3.1g	<b>6%</b>
Vitamin A		<b>15.9%</b>
Vitamin C		<b>0.4%</b>
Calcium		<b>11.6%</b>
Iron		<b>11.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### DRY INGREDIENTS

1 1/4 cups brown rice flour, (or spelt flour)  
1 cup millet flour, (or spelt flour)  
1/4 cup ground flax seed  
3/4 cup sesame seeds, ground  
3 tablespoons Sucanat sugar  
(or granulated sugar)  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)  
  
2 tablespoons vegetable shortening, non-hydrogenated  
(or unrefined coconut oil or walnut oil  
or canola oil or safflower oil)

1 cup dried apricots, sliced  
40 grams chocolate, bittersweet, dairy-free, cut in  
chunks  
(about 1/4 cup when cut)  
(or 1/4 cup dairy-free chocolate chips)

### WET INGREDIENTS

1/3 cup maple syrup  
1/4 cup brown rice syrup  
3 tablespoons safflower oil  
(or walnut oil or canola oil)  
1 tablespoon vanilla extract  
1/2 cup dried apricots

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add about half of the sliced dried apricots and chocolate chunks to these dry ingredients. Set aside the other half of the apricots and chocolate for using as garnish on the cookies before they are baked.

Blend wet ingredients in a blender or food processor until apricots are completely pureed.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). Garnish cookies by pressing the remaining apricots and chocolate chunks into the tops of the cookies (I like to make half the cookies with apricot chunks in the top and half with chocolate chunks in the top).

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet (and your sheet does not have parchment paper on it), it will be more difficult to get them off because the brown rice syrup will have hardened too much possibly causing the cookies to stick to the sheet.

Cookies freeze very well.

VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes a soft/slightly crisp cookie, whereas if more brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the vegetable shortening with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative flavorings can be added such as: amaretto or other liqueur, lemon zest, grain coffee, carob, spices, etc.
- 

Per serving: 202 Calories; 8g Fat (36% calories from fat); 3g Protein; 30g Carbohydrate; 0mg Cholesterol; 71mg Sodium



# o6-Chocolate-Hazelnut Cookies

Makes 18 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 18

Amount Per Serving	
Calories	223
Calories from fat	96
<b>% Daily Value*</b>	
Total Fat 11.1g	<b>17%</b>
Saturated Fat 2.4g	<b>12%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 71mg	<b>3%</b>
Carbohydrate 30.2g	<b>10%</b>
Dietary Fiber 2.1g	<b>9%</b>
Protein 2.8g	<b>6%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>0.2%</b>
Calcium	<b>7.3%</b>
Iron	<b>7.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### DRY INGREDIENTS

2 cups brown rice flour, (or spelt flour)  
1/4 cup ground flax seed  
1 cup hazelnuts, ground  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)  
1/3 cup Sucanat sugar  
(or granulated sugar)

2 tablespoons vegetable shortening, non-hydrogenated  
(or unrefined coconut oil or walnut oil  
or canola oil or safflower oil)

1 cup hazelnuts, toasted and chopped  
85 grams chocolate, bittersweet, dairy-free, cut in  
chunks  
(about 1/2 cup when cut)  
(or 1/2 cup dairy-free chocolate chips)

### WET INGREDIENTS

1/2 cup maple syrup  
1/4 cup brown rice syrup  
3 tablespoons safflower oil  
(or walnut oil or canola oil)  
1 tablespoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add about half of the chopped hazelnuts and chocolate chunks to these dry ingredients. Set aside the other half of the chopped hazelnuts and chocolate for using as garnish on the cookies before they are baked.

Blend wet ingredients together.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). Garnish cookies by pressing the remaining chopped hazelnuts and chocolate chunks into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice

syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet (and your sheet does not have parchment paper on it), it will be more difficult to get them off because the brown rice syrup will have hardened too much possibly causing the cookies to stick to the sheet.

Cookies freeze very well.

#### VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes a soft/slightly crisp cookie, whereas if more brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the vegetable shortening with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative flavorings can be added such as: amaretto or other liqueur, lemon zest, grain coffee, carob, spices, etc.
- 

Per serving: 223 Calories; 11g Fat (43% calories from fat); 3g Protein; 30g Carbohydrate; 0mg Cholesterol; 71mg Sodium

# o6-Chocolate-Pecan Biscotti

Makes 18 servings.

Preparation Time:  
35 minutes

- A biscotti without egg whites!
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories	220
Calories from fat	68
<b>% Daily Value*</b>	
Total Fat 8.0g	<b>12%</b>
Saturated Fat 1.5g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 72mg	<b>3%</b>
Carbohydrate 37.3g	<b>12%</b>
Dietary Fiber 2.6g	<b>10%</b>
Protein 3.2g	<b>6%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>0.2%</b>
Calcium	<b>7.1%</b>
Iron	<b>7.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### DRY INGREDIENTS

- 2 1/2 cups brown rice flour, (or spelt flour)
- 1/4 cup ground flax seed
- 1/2 cup cocoa, (unsweetened)
- 1/4 cup tapioca flour
- 1/3 cup Sucanat sugar (or granulated sugar)
- 1/2 cup pecans, ground
- 1/4 teaspoon sea salt
- 2 teaspoons baking powder, (double acting)
- 1 1/2 teaspoons cinnamon
- 2 tablespoons vegetable shortening, non-hydrogenated (or unrefined coconut oil or walnut oil or canola oil)

1/2 cup pecan halves

### WET INGREDIENTS

- 1/3 cup maple syrup
- 1/4 cup brown rice syrup
- 1/4 cup dried figs, (~7 black mission)
- 3 tablespoons walnut oil, refined, (or canola oil)
- 1 tablespoon vanilla extract
- 1 teaspoon orange extract
- 3 tablespoons maple syrup
- 3 tablespoons flax seeds, ground

### GLAZE

- 2 tablespoons maple syrup

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Mix in pecan halves.

Blend all wet ingredients except for the last two wet ingredients: maple syrup and the ground flax seeds. Blending in food processor is best because the figs need to be completely pureed.

Place the last two wet ingredients (maple syrup and ground flax seeds) in a small bowl, and mix together with a fork. This makes a type of egg replacer. Fold this into the blended wet ingredients.

Add the wet mixture to the dry mixture, and mix together. It will probably seem quite dry at first, but once you get all the ingredients integrated, you should be able to press the dough together and have it stick. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Shape dough into two logs shaped similarly to a flat/short loaf of bread. They may be a bit crumbly, but should bake together nicely. Place on the cookie sheet.

Bake for about 20 minutes. To prevent the bottoms of the logs from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the logs are finished, they will brown just slightly on the bottom. When removing the cookie sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

Remove logs from oven, and let cool on a cooling rack for about 20 minutes.

When cool, transfer each log to a cutting board, and with a very sharp knife, cut the log into "slices" just like bread (except this will be much flatter/shorter than a loaf of bread). Place biscotti back onto the cookie sheet. Cut as

gently as possible to minimize crumbling. You should be able to press some of the pieces that fall off back onto the cut biscotti. Don't worry if the cut biscotti seem quite crumbly; after they are baked again in the next step, the biscotti will stick together much better.

Brush the maple syrup glaze onto the tops of the biscotti. Bake again at 300 degrees F (150 degrees C) for 25 minutes (this dries them out, and creates a good crunchy cookie to have with herbal tea or grain coffee).

VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes a soft/slightly crisp cookie, whereas if more brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the coconut oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative nuts can be used such as: hazelnuts (filberts), almonds, walnuts, etc.
  - Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, orange zest, grain coffee, carob, spices, etc.
- 

Per serving: 220 Calories; 8g Fat (31% calories from fat); 3g Protein; 37g Carbohydrate; 0mg Cholesterol; 72mg Sodium

## 06-Coconut Macaroons

Makes 12 servings.

Preparation Time:  
35 minutes



### Nutrition Facts

Servings Per Recipe 12

#### Amount Per Serving

Calories		294
Calories from fat		131
	<b>% Daily Value*</b>	
Total Fat	14.9g	<b>23%</b>
Saturated Fat	8.0g	<b>40%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	149mg	<b>6%</b>
Carbohydrate	38.2g	<b>13%</b>
Dietary Fiber	2.9g	<b>11%</b>
Protein	3.6g	<b>7%</b>

Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.8%</b>
Calcium		<b>9.0%</b>
Iron		<b>8.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This makes a relatively soft cookie with just a bit of a crunch. See variations for making the cookie crunchier/crispier.

#### DRY INGREDIENTS

- 1 1/2 cups brown rice flour, (or spelt flour)
- 1/2 cup whole-grain amaranth flour, (or spelt flour)
- 1 cup coconut shreds
- 2/3 cup almonds, ground
- 1/4 teaspoon sea salt
- 2 teaspoons baking powder, (double acting)

- 3 tablespoons unrefined coconut oil  
(or non-hydrogenated veg. shortening)  
(or walnut oil or canola oil)

#### WET INGREDIENTS

- 1/4 cup brown rice syrup
- 1/3 cup maple syrup
- 2 tablespoons walnut oil, refined, (or canola oil)
- 2 tablespoons Non-Hydrogenated Vegetable Oil Spread
- 1 tablespoon vanilla extract
- 1 teaspoon coconut extract

#### GARNISH

- 3/4 cup coconut shreds

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife).

Blend wet ingredients in a separate bowl.

Place final portion of coconut shreds for garnish on a plate and set aside (the cookies will be rolled in this once the raw dough is formed).

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Shape balls of dough. They may be a bit crumbly, but should bake together nicely. For garnish, roll the balls in the coconut shreds on the plate and place the balls onto the cookie sheet (or sheets). Flatten balls slightly.

Bake for about 20-25 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.



After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes a soft/slightly crisp cookie, whereas if more brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the walnut oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Instead of ground almonds, could use one of these nuts ground: hazelnuts (filberts), pecans, walnuts, brazil nuts, etc.
- 

Per serving: 294 Calories; 15g Fat (45% calories from fat); 4g Protein; 38g Carbohydrate; 0mg Cholesterol; 149mg Sodium

# 06-Coffee-Nut Cookies

Makes 15 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 15

Amount Per Serving	
Calories	240
Calories from fat	76
<b>% Daily Value*</b>	
Total Fat 8.2g	<b>13%</b>
Saturated Fat 1.4g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 84mg	<b>4%</b>
Carbohydrate 37.0g	<b>12%</b>
Dietary Fiber 2.5g	<b>10%</b>
Protein 3.3g	<b>7%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>0.1%</b>
Calcium	<b>6.5%</b>
Iron	<b>5.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.
- This makes a crispy/crunchy cookie. See variations for making a softer cookie.

3/4 cup walnuts  
4 tablespoons coffee liqueur  
(e.g., Kahlua or Tia Maria)

2 tablespoons vegetable shortening, non-hydrogenated  
(or unrefined coconut oil or walnut oil  
or canola oil)

### DRY INGREDIENTS

2 1/4 cups brown rice flour, (or spelt flour)  
3/4 cup millet flour, (or spelt flour)  
1/2 cup ground hemp seeds  
(or half ground flax seeds and half ground  
sesame seeds)  
3 tablespoons Sucanat sugar  
(or granulated sugar)  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)

### WET INGREDIENTS

1/3 cup brown rice syrup  
1/4 cup maple syrup  
1/4 cup walnut oil, refined, (or canola oil)  
1 tablespoon vanilla extract  
3 tablespoons coffee liqueur  
(e.g., Kahlua or Tia Maria)  
(or 1 tablespoon coffee extract/flavoring)

Toast walnuts and glaze with coffee liqueur. Cook until all liqueur is absorbed or evaporated. After glazed, separate out 15 halves or pieces of walnuts to be used for garnishing the cookies (one for each cookie). The rest will be mixed directly into the dry ingredients.

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add walnuts (except for the 15 pieces for the tops of the cookies).

Blend wet ingredients in a separate bowl.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake

together nicely. Garnish cookies by pressing the 15 remaining glazed walnut pieces/halves into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

#### VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes this cookie quite crunchy/crisp, whereas if more maple syrup were used in place of the brown rice syrup, the cookie would be softer. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the walnut oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative nuts can be used such as: almonds, hazelnuts (filberts), pecans, etc.
  - Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.
- 

Per serving: 240 Calories; 8g Fat (31% calories from fat); 3g Protein; 37g Carbohydrate; 0mg Cholesterol; 84mg Sodium

# 06-Cranberry-Orange Cookies

Makes 18 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories		174
Calories from fat		51
<b>% Daily Value*</b>		
Total Fat	5.7g	<b>9%</b>
Saturated Fat	1.1g	<b>6%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	76mg	<b>3%</b>
Carbohydrate	28.8g	<b>10%</b>
Dietary Fiber	2.7g	<b>11%</b>
Protein	2.4g	<b>5%</b>
Vitamin A		<b>0.2%</b>
Vitamin C		<b>1.2%</b>
Calcium		<b>6.6%</b>
Iron		<b>5.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- This makes a crispy/crunchy cookie. See variations for making a softer cookie.

### DRY INGREDIENTS

- 1 1/2 cups brown rice flour, (or spelt flour)
- 1/2 cup millet flour, (or spelt flour)
- 1/2 cup sorghum flour
- 2 tablespoons pumpkin seeds, ground
- 2 tablespoons poppy seeds, ground
- 1/4 cup ground flax seed
- 4 tablespoons tapioca flour
- 3 tablespoons Sucanat sugar (or granulated sugar)
- 1/4 teaspoon sea salt
- 2 teaspoons baking powder, (double acting)
- 2 tablespoons vegetable shortening, non-hydrogenated (or unrefined coconut oil or safflower oil)

or walnut oil or canola oil)

3/4 cup dried cranberries

### WET INGREDIENTS

- 1/3 cup brown rice syrup
- 1/4 cup maple syrup
- 2 tablespoons safflower oil (or walnut oil or canola oil)
- 2 tablespoons Non-Hydrogenated Vegetable Oil Spread
- 1 tablespoon vanilla extract
- 3 tablespoons Grand Marnier
- 1 teaspoon orange zest, chopped

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add the dried cranberries.

Blend wet ingredients in a separate bowl.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes this cookie quite crunchy/crisp, whereas if more maple syrup were used in place of the brown rice syrup, the cookie would be softer. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the safflower oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative nuts can be used such as: almonds, hazelnuts (filberts), pecans, etc.
  - Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.
- 

Per serving: 174 Calories; 6g Fat (29% calories from fat); 2g Protein; 29g Carbohydrate; 0mg Cholesterol; 76mg Sodium



## 06-Gingersnaps

Makes 18 servings.

Preparation Time:  
35 minutes



### Nutrition Facts

Servings Per Recipe 18

Amount Per Serving	
Calories	202
Calories from fat	59
<b>% Daily Value*</b>	
Total Fat 6.8g	<b>10%</b>
Saturated Fat 1.2g	<b>6%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 75mg	<b>3%</b>
Carbohydrate 34.4g	<b>11%</b>
Dietary Fiber 2.9g	<b>12%</b>
Protein 3.1g	<b>6%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>0.1%</b>
Calcium	<b>14.3%</b>
Iron	<b>14.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.
- See the "Glossary of Ingredients" for information about making ginger juice.

#### DRY INGREDIENTS

- 2 cups brown rice flour, (or spelt flour)
- 1/2 cup whole-grain teff flour, (or spelt flour)
- 1/2 cup sorghum flour, (or spelt flour)
- 2 tablespoons pumpkin seeds, ground
- 2 tablespoons poppy seeds, ground
- 1/4 cup ground flax seed
- 1/2 cup pecans, ground
- 5 tablespoons whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)
- 1/4 teaspoon sea salt
- 2 teaspoons baking powder, (double acting)
- 2 tablespoons vegetable shortening, non-hydrogenated

(or unrefined coconut oil or walnut oil  
or canola oil)

#### WET INGREDIENTS

- 1/2 cup molasses, blackstrap
- 1/3 cup brown rice syrup
- 3 tablespoons walnut oil, refined, (or canola oil)
- 1 tablespoon vanilla extract
- 1 tablespoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)

#### GARNISH

- 2 tablespoons pecans, (pieces or halves)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife).

Blend wet ingredients in a separate bowl.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely. Garnish cookies by pressing the pecans into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes a soft/slightly crisp cookie, whereas if more brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the walnut oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative nuts can be used such as: almonds, hazelnuts (filberts), cashews, walnuts, etc.
  - Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.
- 

Per serving: 202 Calories; 7g Fat (29% calories from fat); 3g Protein; 34g Carbohydrate; 0mg Cholesterol; 75mg Sodium

# o6-Lemon-Almond-Fennel Biscotti

Makes 18 servings.

Preparation Time:  
35 minutes

- A biscotti without egg whites!
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories 172  
Calories from fat 58

### % Daily Value\*

Total Fat	6.6g	10%
Saturated Fat	1.8g	9%
Cholesterol	0mg	0%
Sodium	69mg	3%
Carbohydrate	26.5g	9%
Dietary Fiber	1.6g	6%
Protein	2.6g	5%

Vitamin A	0.1%
Vitamin C	0.0%
Calcium	6.0%
Iron	4.4%

\* Percent Daily Values are based on a 2,000 calorie diet.

### DRY INGREDIENTS

2 1/2 cups brown rice flour, (or spelt flour)  
1/4 cup ground flax seed  
4 tablespoons tapioca flour  
1/2 cup almonds, ground  
1/4 teaspoon sea salt  
2 teaspoons baking powder, (double acting)  
1 teaspoon ground fennel seed

2 tablespoons unrefined coconut oil  
(or non-hydrogenated veg. shortening)

(or walnut oil or canola oil)

1/2 cup almonds, whole

### WET INGREDIENTS

1/3 cup maple syrup  
1/4 cup brown rice syrup  
3 tablespoons walnut oil, refined, (or canola oil)  
1 tablespoon vanilla extract  
1 teaspoon lemon extract

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife). Mix in almonds.

Blend wet ingredients in a separate bowl.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Shape dough into two logs shaped similarly to a flat/short loaf of bread. They may be a bit crumbly, but should bake together nicely. Place on the cookie sheet.

Bake for about 20 minutes. To prevent the bottoms of the logs from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the logs are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

Remove logs from oven, and let cool on a cooling rack for about 20 minutes.

When cool, transfer each log to a cutting board, and with a very sharp knife, cut the log into "slices" just like bread (except this will be much flatter/shorter than a loaf of bread). Place biscotti back onto the cookie sheet. Cut as gently as possible to minimize crumbling. You should be able to press some of the pieces that fall off back onto the cut biscotti. Don't worry if the cut biscotti seem quite crumbly; after they are baked again in the next step, the biscotti will stick together much better.

Place these biscotti back on the cookie sheet, and bake at 250 degrees F (120 degrees C) for 20 minutes (this dries them out, and creates a good crunchy cookie to have with herbal tea or grain coffee).

### VARIATIONS:

- "Lime-Almond-Fennel Biscotti" - use lime oil/extract in place of lemon oil/extract.

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes a soft/slightly crisp cookie, whereas if more brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the coconut oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative nuts can be used such as: hazelnuts (filberts), pecans, walnuts, etc.
  - Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, orange zest, grain coffee, carob, spices, etc.
- 

Per serving: 172 Calories; 7g Fat (34% calories from fat); 3g Protein; 26g Carbohydrate; 0mg Cholesterol; 69mg Sodium

# o6-Maple-Pecan Cookies

Makes 12 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories		276
Calories from fat		98
<b>% Daily Value*</b>		
Total Fat	11.3g	<b>17%</b>
Saturated Fat	1.9g	<b>10%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	106mg	<b>4%</b>
Carbohydrate	41.9g	<b>14%</b>
Dietary Fiber	4.2g	<b>17%</b>
Protein	4.4g	<b>9%</b>

Vitamin A		<b>0.3%</b>
Vitamin C		<b>0.7%</b>
Calcium		<b>9.2%</b>
Iron		<b>10.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy way to grind flax seeds is in a coffee grinder.

### DRY INGREDIENTS

- 1 1/2 cups brown rice flour, (or spelt flour)
- 1/2 cup whole-grain amaranth flour, (or spelt flour)
- 1/2 cup sorghum flour
- 1/4 cup ground flax seed
- 1/2 cup pecans, ground
- 3 tablespoons Sucanat sugar (or granulated sugar)
- 1/4 teaspoon sea salt
- 2 teaspoons baking powder, (double acting)
- 2 tablespoons vegetable shortening, non-hydrogenated (or unrefined coconut oil or walnut oil

or canola oil)

1/2 cup pecans, (pieces or halves)

### WET INGREDIENTS

- 1/3 cup maple syrup
- 1/4 cup brown rice syrup
- 3 tablespoons walnut oil, refined, (or canola oil)
- 1 tablespoon vanilla extract

### GARNISH

2 tablespoons pecans, (pieces or halves)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Mix in the pecans (either pieces or halves).

Blend wet ingredients in a separate bowl.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely. Garnish cookies by pressing the remaining pecans into the tops of the cookies.

Bake for about 20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them



from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes a soft/slightly crisp cookie, whereas if more brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the walnut oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative nuts can be used such as: almonds, hazelnuts (filberts), cashews, walnuts, etc.
  - Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.
- 

Per serving: 276 Calories; 11g Fat (35% calories from fat); 4g Protein; 42g Carbohydrate; 0mg Cholesterol; 106mg Sodium

# o6-Oatmeal-Banana Cookies

Makes 18 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories		176
Calories from fat		79
	<b>% Daily Value*</b>	
Total Fat	9.1g	<b>14%</b>
Saturated Fat	3.1g	<b>16%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	69mg	<b>3%</b>
Carbohydrate	22.2g	<b>7%</b>
Dietary Fiber	1.9g	<b>7%</b>
Protein	3.1g	<b>6%</b>

Vitamin A		<b>0.4%</b>
Vitamin C		<b>0.4%</b>
Calcium		<b>9.7%</b>
Iron		<b>7.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains oats (which may contain gluten - see "Glossary of Ingredients"). I have included this recipe because I wanted to provide an traditional oatmeal cookie recipe. If you wanted to avoid any possibility of gluten (and therefore the oats), you could use other rolled grains (such as rolled rice or even just brown rice flour - or try puffed rice or puffed millet for something different) in place of the rolled oats.

- This makes a soft cookie. See variations for making the cookie crunchier/crispier.

- An easy way to grind flax seeds is in a coffee grinder.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### DRY INGREDIENTS

- 1 1/2 cups rolled oats
- 1/2 cup brown rice flour, (or spelt flour)
- 1/2 cup millet flour, (or spelt flour)
- 1/4 cup ground flax seed
- 4 tablespoons tapioca flour
- 1/2 cup sesame seeds, ground
- 2 tablespoons whole sugar (e.g., Rapadura) (or Sucanat sugar or granulated sugar)
- 1/4 teaspoon sea salt
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder, (double acting)

- 3 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or walnut oil or canola oil)

- 1 cup walnuts, chopped
- 1/2 cup fruit juice sweetened dried banana spears, diced

### WET INGREDIENTS

- 1/4 cup brown rice syrup
- 1/3 cup maple syrup
- 3 tablespoons walnut oil, refined, (or canola oil)
- 1 tablespoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife). Mix in chopped walnuts and fruit juice sweetened dried banana spears that have been diced into raisin-sized pieces.

Blend wet ingredients in a separate bowl.

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

#### VARIATIONS:

- "Oatmeal-Raisin Cookies" - use raisins in place of dried bananas.
  - Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener. The current ratio of maple syrup to brown rice syrup makes a soft/slightly crisp cookie, whereas if more brown rice syrup were used in place of the maple syrup, the cookie would be crispier/crunchier. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the walnut oil with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a crispy/chewy type cookie.
  - See the "Dessert Notes" at the front of this chapter for more variation ideas.
  - Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.
- 

Per serving: 176 Calories; 9g Fat (45% calories from fat); 3g Protein; 22g Carbohydrate; 0mg Cholesterol; 69mg Sodium

# o6-Peanut Butter-Chocolate Chunk Cookies

Makes 15 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 15

### Amount Per Serving

Calories		380
Calories from fat		164
<b>% Daily Value*</b>		
Total Fat	19.4g	<b>30%</b>
Saturated Fat	4.0g	<b>20%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	227mg	<b>9%</b>
Carbohydrate	49.7g	<b>17%</b>
Dietary Fiber	3.7g	<b>15%</b>
Protein	8.1g	<b>16%</b>

Vitamin A		<b>0.2%</b>
Vitamin C		<b>0.1%</b>
Calcium		<b>6.0%</b>
Iron		<b>12.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### DRY INGREDIENTS

1 1/2 cups brown rice flour, (or spelt flour)  
1/2 cup sorghum flour, (or spelt flour)  
1/4 cup soy flour, (or spelt flour)  
1/4 teaspoon sea salt  
3/4 teaspoon baking soda  
1/2 teaspoon baking powder, (double acting)  
1 teaspoon cinnamon  
(or nutmeg for something different)

### WET INGREDIENTS

3/4 cup maple syrup

1 cup peanut butter  
1 cup Sucanat sugar  
(or granulated sugar)  
1/2 cup Non-Hydrogenated Vegetable Oil Spread  
1 tablespoon vanilla extract

1/2 cup chopped peanuts  
85 grams chocolate, bittersweet, dairy-free, cut in  
chunks  
(about 1/2 cup when cut)  
(or 1/2 cup dairy-free chocolate chips)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

Combine dry ingredients in a large bowl.

If you have a strong food processor, blend wet ingredients in a food processor; otherwise, beat the wet ingredients in a bowl by hand or mixer.

Add the dry mixture to the wet mixture. Process the dry into the wet either using the food processor (if the processor can handle it), by hand, or using a mixer.

Place dough in a bowl and mix in the chopped peanuts and chocolate chunks (could be almost like kneading depending on the consistency of your dough).

Form balls of dough and place on the cookie sheet (or sheets).

Bake for about 15 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, let them sit for a couple minutes before removing them from the cookie sheets. This allows them to firm up for easier removal.

Cookies freeze very well.

VARIATIONS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener; use a combination of sucanat, sugar, maple sugar, and other granulated sugars as the granulated sweetener. The current ratio of maple syrup to sucanat sugar makes a soft/slightly crisp cookie. See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.
  - Could use any combination of the following flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, whole hemp flour, ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour, whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.
  - To lower the fat content, replace some of the Non-Hydrogenated Vegetable Oil Spread with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a chewy/crispy type cookie.
  - See the "Dessert Notes" earlier in the book for more variation ideas.
  - Alternative flavorings can be added such as: amaretto or other liqueur, carob, cardamom or other spices, etc.
- 

Per serving: 380 Calories; 19g Fat (43% calories from fat); 8g Protein; 50g Carbohydrate; 0mg Cholesterol; 227mg Sodium



## 07- \*\*\*\*\* FROZEN DESSERTS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
		<b>% Daily Value*</b>
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Making your own custard for ice cream gives you complete control over the content, not like store bought brands.
- Most of the ice creams in this chapter are based on a nut cream (a puree of water or juice and nuts or seeds), but a couple of them are based on soy, rice, or coconut milk, or simply juice (as in the meyer lemon sorbet).
- Most of the ice creams are low in saturated fat, and high in monounsaturated fat due to the good fats in the nuts.
- Some nuts are too gritty (even after 7 or more minutes of high speed blending) to be good in vegan ice creams that are based on nut cream. The best nuts for making ice creams are: pine nuts, pecans, and walnuts. Nuts that are too gritty to be used in large quantities (although as a small proportion can work) are: almonds, macadamia nuts, hazelnuts, and brazil nuts. Sometimes, nut butters can work as a base for ice creams: if they are ground very well by the manufacture, there is very little grit, and it can make a pretty smooth ice cream; almond butter is a good example of a nut butter that can work well in ice creams.
- These frozen desserts are best made in an ice cream maker, but it can be done in a pan without an ice cream maker. The consistency will not be nearly as good without an ice cream maker that constantly turns/mixes the mixture as it freezes.
- Note: In general, smoky pine nuts are not recommended for use in ice creams. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 07-Amaretto Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes

- Due to the high alcohol content of this ice cream, most ice cream makers will only be able to get this ice cream to a "soft serve" stage (the alcohol prevents full freezing in more ice cream makers). Therefore, if you want the ice cream to be served as a harder ice cream (where you can use an ice cream scoop to make balls of ice cream), make the ice cream ahead of time, and then put the resulting "soft serve" in the freezer for at least a few hours (overnight is better). The freezer should bring the ice cream to a harder state (but it will still melt fairly quickly).

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	295
Calories from fat	114
<b>% Daily Value*</b>	
Total Fat 12.8g	<b>20%</b>
Saturated Fat 1.6g	<b>8%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 27mg	<b>1%</b>
Carbohydrate 42.9g	<b>14%</b>
Dietary Fiber 1.5g	<b>6%</b>
Protein 3.0g	<b>6%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>0.4%</b>
Calcium	<b>5.7%</b>
Iron	<b>6.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### CUSTARD

1 1/2 cups pecans, raw  
1/2 cup almonds, blanched, raw  
(if you don't have blanched almonds, use 1/4 cup almonds with their skins)  
2 cups white grape juice  
1 cup water  
1/2 cup maple syrup  
1/4 cup brown rice syrup  
1/4 cup Sucanat sugar

(or granulated sugar)

1 teaspoon lecithin  
1 pinch sea salt  
  
1/2 teaspoon vanilla extract  
1/3 cup amaretto

### GARNISH

2 tablespoons coconut shreds

Blend all custard ingredients (except vanilla and amaretto) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 8 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract and amaretto.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with coconut (or amaretto-maple syrup glazed pecans). Makes about 5 cups.

### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- Use Grand Marnier in place of Amaretto.
- Add toasted chopped nuts while in the ice cream maker to make a chunky style ice cream.

Per serving: 295 Calories; 13g Fat (39% calories from fat); 3g Protein; 43g Carbohydrate; 0mg Cholesterol; 27mg Sodium

# 07-Black Sesame-Ginger Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	172
Calories from fat	49
<b>% Daily Value*</b>	
Total Fat 5.8g	<b>9%</b>
Saturated Fat 0.9g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 22mg	<b>1%</b>
Carbohydrate 31.2g	<b>10%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 2.1g	<b>4%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>0.1%</b>
Calcium	<b>13.1%</b>
Iron	<b>10.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This recipe was inspired by a hot black sesame pudding (with ginger) I was served in a Chinese restaurant in San Francisco's Chinatown.
- See the "Glossary of Ingredients" for information about making ginger juice.
- Do not use any more sesame seeds than called for because it makes the dessert too gritty and bitter.

### CUSTARD

1/2 cup black sesame seeds, raw  
1 1/2 cups water  
1/4 cup Sucanat sugar  
(or granulated sugar)  
1 teaspoon lecithin  
1 pinch sea salt

1 cup white grape juice

1 tablespoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
(if you really love ginger, you may like  
to use twice as much as this)  
1/2 teaspoon vanilla extract

1/3 cup brown rice syrup  
1/3 cup maple syrup

### GARNISH

2 tablespoons black sesame seeds, raw

Blend seeds, water, sugar, lecithin, and salt at very high speed until seeds are completely pureed (not gritty) and mixture is smooth (about 7 minutes).

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any seeds or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Add brown rice syrup, maple syrup, and white grape juice and blend again until well integrated, smooth, and frothy. Total time for blending should be about 8 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in ginger juice and vanilla extract.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with sesame seeds. Makes about 4 cups.

VARIATIONS:

- Could use regular sesame seeds (brown or white ones) in place of black sesame seeds.
  - As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- 

Per serving: 172 Calories; 6g Fat (28% calories from fat); 2g Protein; 31g Carbohydrate; 0mg Cholesterol; 22mg Sodium

## 07-Blood Orange Sherbet

Makes 8 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Garnish also with  
toasted, glazed  
pecans.



### Nutrition Facts

Servings Per Recipe 8

#### Amount Per Serving

Calories		192
Calories from fat		63
	<b>% Daily Value*</b>	
Total Fat	7.7g	<b>12%</b>
Saturated Fat	0.7g	<b>3%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	17mg	<b>1%</b>
Carbohydrate	33.9g	<b>11%</b>
Dietary Fiber	1.2g	<b>5%</b>
Protein	1.6g	<b>3%</b>
Vitamin A		<b>0.9%</b>
Vitamin C		<b>85.9%</b>
Calcium		<b>1.9%</b>
Iron		<b>2.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An ice cream low in saturated fat, and high in monounsaturated fat due to the good fats in the nuts.

#### CUSTARD

1 1/2 cups pecans, raw  
2 1/2 cups fresh squeezed blood orange juice  
(from about 8 blood oranges)  
1/3 cup brown rice syrup  
1/3 cup light agave nectar syrup, (or maple syrup)  
2 tablespoons organic light granulated sugar  
1 pinch sea salt  
1 teaspoon lecithin

(from about 2 blood oranges)

1 tablespoon lemon juice  
(from half of a lemon)  
1 teaspoon orange extract  
(or orange oil)

#### GARNISH

1 tablespoon orange zest  
1/3 cup blood orange slices  
(both from half a blood orange)

1/2 cup fresh squeezed blood orange juice

Blend all custard ingredients (except second part of orange juice, lemon juice, and orange extract) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 8 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in second part of orange juice, lemon juice, and orange extract.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.



Garnish individual servings with orange zest and slices. Makes about 4 cups.

VARIATIONS:

- "Orange Sherbet" - use regular fresh squeezed orange juice in place of the blood orange juice, and reduce the agave syrup to 1/4 cup (since regular oranges tend to be a little sweeter than blood oranges).
  - "Tangerine Sherbet" - use fresh squeezed tangerine juice in place of the blood orange juice, tangerine extract in place of orange extract, and reduce the agave syrup to 1/4 cup (since tangerines tend to be a little sweeter than blood oranges).
  - As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- 

Per serving: 192 Calories; 8g Fat (33% calories from fat); 2g Protein; 34g Carbohydrate; 0mg Cholesterol; 17mg Sodium

# 07-Blueberry Ice Cream

Makes 8 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Garnish also with  
toasted, glazed  
pecans.

- A relatively low-fat ice-cream, since the fruit helps make this custard creamy and thick.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		171
Calories from fat		51
<b>% Daily Value*</b>		
Total Fat	6.3g	<b>10%</b>
Saturated Fat	0.6g	<b>3%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	19mg	<b>1%</b>
Carbohydrate	30.9g	<b>10%</b>
Dietary Fiber	1.8g	<b>7%</b>
Protein	2.3g	<b>5%</b>
Vitamin A		<b>0.7%</b>
Vitamin C		<b>3.6%</b>
Calcium		<b>3.0%</b>
Iron		<b>3.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### CUSTARD

1/4 cup pecans, raw  
1/2 cup almonds, blanched, raw  
(if you don't have blanched almonds,  
use 1/4 cup almonds with their skins)  
1 cup white grape juice  
1/2 cup brown rice syrup  
1/4 cup light agave nectar syrup  
1/2 teaspoon lecithin

1 pinch sea salt  
1/2 tablespoon lemon juice  
10 ounces frozen blueberries  
2 teaspoons almond extract

### GARNISH

2 teaspoons lemon zest  
(from 1 lemon)

Blend all custard ingredients (except almond extract/flavoring) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Add the almond extract/flavoring and blend again until well integrated, smooth, and frothy. Blend for 2 more minutes.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual serving with lemon zest. Makes about 4 cups.

### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- Could use pine nuts instead of pecans and/or almonds. But do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

Per serving: 171 Calories; 6g Fat (30% calories from fat); 2g Protein; 31g Carbohydrate; 0mg Cholesterol; 19mg Sodium

## 07-Chai Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		263
Calories from fat		135
	<b>% Daily Value*</b>	
Total Fat	17.1g	<b>26%</b>
Saturated Fat	2.7g	<b>13%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	16mg	<b>4%</b>
Carbohydrate	29.0g	<b>10%</b>
Dietary Fiber	1.8g	<b>7%</b>
Protein	7.7g	<b>15%</b>
Vitamin A		<b>0.2%</b>
Vitamin C		<b>0.1%</b>
Calcium		<b>1.5%</b>
Iron		<b>30.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- The fast way to make this recipe is with a store bought chai concentrate, but you can also make this by brewing your own chai (either herbal or regular with caffeine), and add your own sweeteners to make your own "concentrated chai".
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

CUSTARD	1 teaspoon lecithin
2 cups pine nuts, raw	
1/2 cup white grape juice	1 teaspoon rum extract
2 1/2 cups chai, herbal, concentrated	
1/4 cup brown rice syrup	GARNISH
3 tablespoons light agave nectar syrup, (or maple syrup)	2 tablespoons chopped nuts, toasted
1 pinch sea salt	(or with glazed toasted nuts - e.g., Frangelico-Glazed Toasted Hazelnuts)

Blend all custard ingredients (except rum extract) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in rum extract.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with toasted chopped nuts. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - Add some additional ginger juice or cinnamon if the flavor is not spicy enough.
  - In place of rum extract, use vanilla extract or coconut extract/flavoring, hazelnut extract/flavoring, or almond extract/flavoring.
- 

Per serving: 263 Calories; 17g Fat (51% calories from fat); 8g Protein; 29g Carbohydrate; 0mg Cholesterol; 16mg Sodium

# 07-Cherry Chocolate-Chunk Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		284
Calories from fat		102
<b>% Daily Value*</b>		
Total Fat	11.6g	<b>18%</b>
Saturated Fat	3.1g	<b>16%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	22mg	<b>1%</b>
Carbohydrate	43.4g	<b>14%</b>
Dietary Fiber	3.0g	<b>12%</b>
Protein	2.8g	<b>6%</b>
Vitamin A		<b>1.9%</b>
Vitamin C		<b>0.9%</b>
Calcium		<b>4.5%</b>
Iron		<b>9.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

## CUSTARD

1 cup pecans, raw	10 ounces frozen sweet cherries
1/4 cup almonds, blanched, raw (if you don't have blanched almonds, use 2 Tbsp almonds with their skins)	2 teaspoons vanilla extract
2 1/2 cups white grape juice	2 tablespoons Kirschwasser (cherry brandy), (optional)
2 tablespoons maple syrup	75 grams chocolate, bittersweet, dairy-free, chopped (about 1/2 cup when cut)
1/4 cup brown rice syrup	(or 1/2 cup dairy-free chocolate chips)
1/4 cup Sucanat sugar (or granulated sugar)	
1 teaspoon lecithin	<b>GARNISH</b>
1 pinch sea salt	4 teaspoons chocolate, bittersweet, dairy-free, shaved

Blend all custard ingredients (except cherries, vanilla and Cherry Brandy) at a very high speed for 5 minutes.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Add cherries and blend again until nuts are completely pureed (not gritty) and mixture is smooth (about 2 more minutes).

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract and cherry brandy.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

When freezing the ice cream in an ice cream maker, you will probably want to add the chocolate chunks somewhere between after the half way point and near to the end of the freezing. This way they will be evenly distributed through the ice cream, and they will not get all broken up during the freezing process.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Mix in chocolate chunks. Freeze in a regular bowl. Remove from



freezer about 30 minutes before serving.

Garnish individual servings with shaved chocolate. Makes about 4 cups.

**VARIATIONS:**

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

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Per serving: 284 Calories; 12g Fat (36% calories from fat); 3g Protein; 43g Carbohydrate; 0mg Cholesterol; 22mg Sodium

# 07-Chocolate-Cinnamon Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	216
Calories from fat	141
<b>% Daily Value*</b>	
Total Fat 17.1g	<b>26%</b>
Saturated Fat 4.5g	<b>22%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 18mg	<b>4%</b>
Carbohydrate 14.1g	<b>5%</b>
Dietary Fiber 2.4g	<b>10%</b>
Protein 6.6g	<b>13%</b>
Vitamin A	<b>0.5%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>2.2%</b>
Iron	<b>18.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This ice cream is made with no sugar - the only sweetener is stevia, a very sweet herb, that has a slightly bitter edge, with no calories. The bitter edge of the stevia seems to be fine matched with the chocolate and the cinnamon. See the Glossary of Ingredients for more information about stevia.
- Toast and glaze nuts as described in the front of this book.
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

### CUSTARD

- |  |  |
|--|--|
| 1 1/2 cups pine nuts, raw  | 2 teaspoons vanilla extract  |
| 1 3/8 teaspoons white stevia powder<br>(equivalent. to about 3 1/2 Tb. blended stevia)<br>(see stevia in Glossary of Ingredients)<br>(or 1/2 cup of maple syrup plus 1/4 cup of sucanat sugar) | 1 teaspoon cinnamon "extract"/flavor   |
| 1 cup white grape juice  | 85 grams chocolate, bittersweet, dairy-free, cut in chunks/melted<br>(about 1/3 cup when cut)<br>(or 1/3 cup dairy-free chocolate chips) |
| 2 cups water   |  |
| 1 teaspoon lecithin  |  |
| 1 pinch sea salt   |  |

### GARNISH

- 2 tablespoons pine nuts, toasted, glazed
- 1 teaspoon chocolate, bittersweet, dairy-free, shaved
- 1/8 teaspoon ground cinnamon

Blend all custard ingredients (except vanilla, cinnamon extract, and melted chocolate) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract, cinnamon extract, and melted chocolate.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with toasted/glazed pine nuts, shaved chocolate, and a dash of ground cinnamon. Makes about 4 cups.

**VARIATIONS:**

- As the sweetener, you can use conventional sweeteners - use any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) - you will probably want about 3/4 cup of conventional sweeteners if you are not using stevia - the amount will vary depending on the sweetness of the sweeteners you choose (sucanat is much sweeter than brown rice syrup), and your taste (see "Dessert Notes" for more information about sweeteners).

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Per serving: 216 Calories; 17g Fat (65% calories from fat); 7g Protein; 14g Carbohydrate; 0mg Cholesterol; 18mg Sodium

# 07-Chocolate-Macadamia Nut Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories 224  
Calories from fat 99

### % Daily Value\*

Total Fat	11.6g	18%
Saturated Fat	3.3g	16%
Cholesterol	0mg	0%
Sodium	22mg	1%
Carbohydrate	31.5g	10%
Dietary Fiber	2.0g	8%
Protein	1.5g	3%

Vitamin A		0.5%
Vitamin C		0.2%
Calcium		3.4%
Iron		8.1%

\* Percent Daily Values are based on a 2,000 calorie diet.

- Toast and glaze nuts as described in the front of this book.

### CUSTARD

1/4 cup macadamia nuts, raw  
1 cup pecans, raw  
1 cup white grape juice  
1 1/2 cups water  
1/4 cup Sucanat sugar  
(or granulated sugar)  
1/4 cup maple syrup  
1/4 cup brown rice syrup  
1 teaspoon lecithin  
1 pinch sea salt

2 teaspoons vanilla extract  
85 grams chocolate, bittersweet, dairy-free, cut in chunks/melted (about 1/3 cup when cut) (or 1/3 cup dairy-free chocolate chips)

### ADDITIONS

1/4 cup macadamia nuts, toasted, glazed

### GARNISH

2 tablespoons macadamia nuts, toasted, glazed  
1 teaspoon chocolate, bittersweet, dairy-free, shaved

Blend all custard ingredients (except vanilla and melted chocolate) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 8 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract and melted chocolate.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

You will want to add the toasted/glazed macadamia nuts to the ice cream custard while it is freezing so these nuts stay in chunks in the final ice cream. When doing the freezing in an ice cream maker, add the nuts about 10 minutes into the freezing process.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with toasted/glazed macadamia nuts and shaved chocolate. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

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Per serving: 224 Calories; 12g Fat (44% calories from fat); 2g Protein; 31g Carbohydrate; 0mg Cholesterol; 22mg Sodium



# 07-Cinnamon Rice Dream® Ice Cream

Makes 8 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	107
Calories from fat	9
<b>% Daily Value*</b>	
Total Fat 1.0g	<b>2%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 47mg	<b>2%</b>
Carbohydrate 24.7g	<b>8%</b>
Dietary Fiber 0.3g	<b>1%</b>
Protein 0.7g	<b>1%</b>
Vitamin A	<b>1.0%</b>
Vitamin C	<b>19.7%</b>
Calcium	<b>2.0%</b>
Iron	<b>1.3%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy, low-fat, non-dairy frozen treat without nuts.
- Because this recipe is fairly low in fat, the resulting ice cream will be more similar to sorbet in texture (similar to ice milk).

### CUSTARD

1 quart rice dream®, (any flavor desired)  
1/2 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
2 tablespoons brown rice syrup  
2 tablespoons maple syrup

1 tablespoon Sucanat sugar  
(or granulated sugar)

### GARNISH

1/2 cup fresh fruit slices  
6 pinches ground cinnamon

Start with all custard ingredients as cold as possible.

Blend all custard ingredients until well integrated, smooth, and frothy (at least 3 minutes).

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings. Makes about 4 cups.

### VARIATIONS:

- Use soy milk in place of rice milk (rice dream) - taste after mixing to see if more sweetener is needed since soy milks are generally not as sweet as rice milks. Remember, when frozen, it will not taste as sweet.
- Use various flavorings in place of or in combination with the vanilla extract and cinnamon, such as other extracts, liqueurs, juices, syrups, fruit, cocoa, or carob.
- Add toasted chopped nuts while in the ice cream maker to make a chunky style ice cream.
- For a richer ice cream, add 1 to 4 tablespoons of walnut oil (or canola oil) and 1 to 2 teaspoon of lecithin.
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 107 Calories; 1g Fat (8% calories from fat); 1g Protein; 25g Carbohydrate; 0mg Cholesterol; 47mg Sodium

# 07-Coconut Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes

- A rich, non-dairy frozen treat.
- For an alternative frozen dessert which is lower in fat, see the "Cinnamon Rice Dream® Ice Cream" recipe.

## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	232
Calories from fat	141
<b>% Daily Value*</b>	
Total Fat 17.1g	<b>26%</b>
Saturated Fat 11.4g	<b>57%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 29mg	<b>1%</b>
Carbohydrate 22.0g	<b>7%</b>
Dietary Fiber 0.9g	<b>4%</b>
Protein 3.0g	<b>6%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>3.2%</b>
Calcium	<b>3.2%</b>
Iron	<b>6.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

CUSTARD	1/4 teaspoon lecithin
14 ounces coconut milk	1 pinch sea salt
1 cup water	
1/2 cup almonds, blanched, raw	1/2 teaspoon vanilla extract
(if you don't have blanched almonds, use 1/4 cup almonds with their skins)	
1/4 cup brown rice syrup	GARNISH
1/4 cup light agave nectar syrup, (or maple syrup)	2 tablespoons coconut shreds
2 tablespoons organic light granulated sugar	1 teaspoon lemon zest
	(from half a lemon)

Blend all custard ingredients (except vanilla) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with coconut and lemon zest. Makes about 4 cups.

### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- Use various flavorings in place of or in combination with the vanilla extract, such as other extracts, liqueurs, juices, syrups, fruit, cocoa, or carob.
- Add toasted chopped nuts while in the ice cream maker to make a chunky style ice cream.
- To reduce the fat content, replace part of the coconut milk with water, and use some coconut extract to taste. Could also leave out the almonds. This will produce more of a sorbet texture (similar to ice milk) rather than an ice cream texture.

Per serving: 232 Calories; 17g Fat (61% calories from fat); 3g Protein; 22g Carbohydrate; 0mg Cholesterol; 29mg Sodium

# 07-Ginger Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	183
Calories from fat	53
<b>% Daily Value*</b>	
Total Fat 6.1g	<b>9%</b>
Saturated Fat 0.6g	<b>3%</b>
Cholesterol 1mg	<b>0%</b>
Sodium 23mg	<b>1%</b>
Carbohydrate 32.9g	<b>11%</b>
Dietary Fiber 0.7g	<b>3%</b>
Protein 1.1g	<b>2%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>1.1%</b>
Calcium	<b>2.9%</b>
Iron	<b>4.9%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Ingredients" for information about making ginger juice.

### CUSTARD

1 cup pecans, raw  
1/4 cup macadamia nuts, raw  
2 1/2 cups white grape juice  
1 cup water  
1/4 cup maple syrup  
1/4 cup brown rice syrup  
1/4 cup Sucanat sugar  
(or granulated sugar)  
1 teaspoon lecithin

1 pinch sea salt

1/2 teaspoon vanilla extract  
1 tablespoon ginger juice, fresh  
(squeezed from fresh, grated ginger root)  
(if you really love ginger, you may like  
to use twice as much as this)

### GARNISH

1 tablespoon crystallized ginger

Blend all custard ingredients (except vanilla and ginger juice) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 8 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract and ginger juice.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with crystallized ginger. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - Add toasted chopped nuts while in the ice cream maker to make a chunky style ice cream.
- 

Per serving: 183 Calories; 6g Fat (29% calories from fat); 1g Protein; 33g Carbohydrate; 1mg Cholesterol; 23mg Sodium



# 07-Kahlua-Chocolate Chunk Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Serve with cakes  
or cookies.



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		363
Calories from fat		153
<b>% Daily Value*</b>		
Total Fat	17.3g	<b>27%</b>
Saturated Fat	4.5g	<b>22%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	24mg	<b>1%</b>
Carbohydrate	47.0g	<b>16%</b>
Dietary Fiber	2.4g	<b>10%</b>
Protein	6.6g	<b>13%</b>

Vitamin A		<b>0.5%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>4.0%</b>
Iron		<b>19.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Due to the high alcohol content of this ice cream, most ice cream makers will only be able to get this ice cream to a "soft serve" stage (the alcohol prevents full freezing in more ice cream makers). Therefore, if you want the ice cream to be served as a harder ice cream (where you can use an ice cream scoop to make balls of ice cream), make the ice cream ahead of time, and then put the resulting "soft serve" in the freezer for at least a few hours (overnight is better). The freezer should bring the ice cream to a harder state (but it will still melt fairly quickly).

- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

- Making your own custard for ice cream gives you complete control over the content, not like store bought brands.

- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

### CUSTARD

1 1/2 cups pine nuts, raw  
1 1/2 cups white grape juice  
1 cup water  
1/4 cup brown rice syrup  
1/4 cup maple syrup  
1/4 cup Sucanat sugar  
(or granulated sugar)  
1 pinch sea salt  
1 teaspoon lecithin

1 teaspoon vanilla extract

1/2 cup Kahlua

85 grams chocolate, bittersweet, dairy-free, cut in chunks/melted (about 1/3 cup when cut) (or 1/3 cup dairy-free chocolate chips)  
2 tablespoons Sucanat sugar (or granulated sugar)

### GARNISH

2 tablespoons chopped nuts, toasted (or with glazed toasted nuts - e.g., Frangelico-Glazed Toasted Hazelnuts)

Blend all custard ingredients (except vanilla, Kahlua, melted chocolate, and the last portion of sugar) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk.

Heat at low simmer for about 8 minutes. Whisk in vanilla extract and Kahlua.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

While the ice cream is being frozen in the ice cream maker, melt the chocolate. Once melted, stir in the sucanat sugar. Once the ice cream is done freezing in the ice cream maker (see note about how this ice cream freezes due to the high alcohol content), add drips of the melted chocolate/sugar mixture to the ice cream, and mix in. The chocolate should immediately become hard on hitting the ice cream, but you only want to end up with small chunks, so do not add too much chocolate at one time, and mix it in right away (use a spoon to chop chunks up if they end up too large).

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Add melted chocolate as described above. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with toasted chopped nuts. Makes about 4 cups.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - "Sambuca-Chocolate Chunk Ice Cream" - Use Sambuca (this is an anise flavored liquor) in place of Kahlua.
  - Replace the Kahlua with another type of liqueur such as Grand Marnier or Amaretto.
- 

Per serving: 363 Calories; 17g Fat (42% calories from fat); 7g Protein; 47g Carbohydrate; 0mg Cholesterol; 24mg Sodium

# 07-Key Lime Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		268
Calories from fat		111
	<b>% Daily Value*</b>	
Total Fat	14.0g	<b>21%</b>
Saturated Fat	2.2g	<b>1%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	19mg	<b>1%</b>
Carbohydrate	38.3g	<b>13%</b>
Dietary Fiber	1.8g	<b>7%</b>
Protein	6.3g	<b>13%</b>
Vitamin A		<b>0.3%</b>
Vitamin C		<b>16.9%</b>
Calcium		<b>2.1%</b>
Iron		<b>13.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

### CUSTARD

- 1 1/2 cups pine nuts, raw
- 1/2 cup macadamia nuts, raw
- 2 1/2 cups white grape juice
- 1/4 cup brown rice syrup
- 1/4 cup light agave nectar syrup, (or maple syrup)
- 1/4 cup organic light granulated sugar
- 1 teaspoon lecithin
- 1 pinch sea salt
- 1/8 teaspoon spirulina seaweed, (optional)
- (this is to give the custard a nice green

color - does not add flavor)

- 3/4 cup key lime juice
- 1 teaspoon lime extract
- (or pure lime oil)
- 1 tablespoon lime peel, slivered

### GARNISH

- 1 teaspoon lime zest
- (from half a lime)
- 4 lime slices, thinly sliced

Blend all custard ingredients (except key lime juice, lime extract, and lime peel) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in key lime juice, lime extract, and lime peel.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and

temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with lime zest and thin lime slices. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- Add toasted chopped nuts while in the ice cream maker to make a chunky style ice cream.

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Per serving: 268 Calories; 14g Fat (41% calories from fat); 6g Protein; 38g Carbohydrate; 0mg Cholesterol; 19mg Sodium

# 07-Kiwi Sherbet

Makes 8 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	173
Calories from fat	53
<b>% Daily Value*</b>	
Total Fat 6.7g	<b>10%</b>
Saturated Fat 1.4g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 24mg	<b>1%</b>
Carbohydrate 30.6g	<b>10%</b>
Dietary Fiber 2.4g	<b>10%</b>
Protein 3.6g	<b>7%</b>
Vitamin A	<b>1.9%</b>
Vitamin C	<b>81.8%</b>
Calcium	<b>2.1%</b>
Iron	<b>8.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Because the large amount of fruit in this ice cream recipe, and because I use a smaller quantity of nuts, I do not cook this custard; therefore, it is quicker to prepare.
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

### CUSTARD

- 3/4 cup pine nuts, raw
- 1 1/2 cups white grape juice
- 1/4 cup brown rice syrup
- 1/4 cup light agave nectar syrup, (or maple syrup)
- 1 pinch sea salt
- 1/2 tablespoon lemon juice
- 1/2 teaspoon lecithin
- 1/8 teaspoon spirulina seaweed, (optional)

(this is to give the custard a nice green color - does not add flavor)

4 kiwi fruit, peeled

### GARNISH

- 1/2 cup kiwi fruit, sliced
- 2 tablespoons coconut shreds

Start with all custard ingredients as cold as possible.

Blend all custard ingredient except the kiwis at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds).

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Add the kiwi fruit and blend again until well integrated, smooth, and frothy. This could take about another 3 minutes of blending. Again, part way through blending, use a spatula to dislodge any kiwi or nuts that might be clinging to the inside walls of the blender.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with kiwi and coconut. Makes about 4 cups.

VARIATIONS:



- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - Replace the lemon juice with the liquid used for soaking preserved lemons. To get the desired flavor, use 4 times as much preserved lemon soaking liquid.
- 

Per serving: 173 Calories; 7g Fat (31% calories from fat); 4g Protein; 31g Carbohydrate; 0mg Cholesterol; 24mg Sodium

## 07-Kiwi Sorbet

Makes 8 servings.

Preparation Time:  
35 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	133
Calories from fat	3
<b>% Daily Value*</b>	
Total Fat 0.4g	<b>1%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 22mg	<b>1%</b>
Carbohydrate 35.3g	<b>12%</b>
Dietary Fiber 3.4g	<b>14%</b>
Protein 1.3g	<b>3%</b>
Vitamin A	<b>3.5%</b>
Vitamin C	<b>159.2%</b>
Calcium	<b>3.1%</b>
Iron	<b>3.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This makes a very simple, slightly tart sorbet with no fat.

#### SORBET

9 kiwi fruit, peeled  
1 1/2 cups white grape juice  
1/4 cup brown rice syrup  
1/4 cup light agave nectar syrup  
(or cane sugar syrup)

1 pinch sea salt

#### GARNISH

2 teaspoons lemon zest  
(from 1 lemon)  
1/2 cup kiwi fruit, sliced

Start with all custard ingredients as cold as possible.

Blend all sorbet ingredients until mixture is smooth (should only take about 3 minutes).

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any kiwi or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

It is best to freeze the sorbet when the mixture is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the sorbet in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with lemon zest and fresh kiwi slices. Makes about 4 cups.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 133 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 35g Carbohydrate; 0mg Cholesterol; 22mg Sodium

# 07-Lemon Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	304
Calories from fat	124
<b>% Daily Value*</b>	
Total Fat 15.6g	<b>24%</b>
Saturated Fat 2.1g	<b>1%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 21mg	<b>1%</b>
Carbohydrate 43.0g	<b>14%</b>
Dietary Fiber 2.6g	<b>1%</b>
Protein 7.9g	<b>16%</b>
Vitamin A	<b>0.4%</b>
Vitamin C	<b>18.7%</b>
Calcium	<b>7.2%</b>
Iron	<b>23.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

3 cups white grape juice  
6 medium star anise

1 teaspoon lecithin  
1 pinch sea salt

### CUSTARD

1 1/4 cups pine nuts, raw  
1/2 cup almonds, blanched, raw  
(if you don't have blanched almonds, use 1/4 cup almonds with their skins, but there will be small brown flecks in the resulting ice cream)  
1/4 cup brown rice syrup  
1/4 cup light agave nectar syrup, (or maple syrup)  
1/4 cup organic light granulated sugar

1/2 cup lemon juice  
1 tablespoon lemon peel, slivered  
(need about 2 to 4 lemons for above peel and juice)  
1 teaspoon lemon extract

### GARNISH

1 teaspoon lemon zest  
(from half a lemon)  
4 lemon wheels, thinly sliced

In a small sauce pan, simmer the grape juice and star anise for 10 minutes. Cover the sauce pan if possible. Strain out the star anise, and measure out about 2 1/2 cups of the grape juice. If you have less than 2 1/2 cups after the simmering, use water to make a total of 2 1/2 cups. (If you don't want to spend time on this step, or do not want a subtle star anise flavor in your ice cream, simply use 2 1/2 cups of white grape juice below.)

Blend all custard ingredients including the 2 1/2 cups of white grape juice from above (but not the lemon juice, lemon extract, and lemon peel) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in lemon juice, lemon extract, and lemon peel. (This step can be skipped on this ice cream, but heating does improve the texture by helping the liquids and the fats to better integrate.)

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with lemon zest and thinly sliced lemon wheels. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- Add toasted chopped nuts while in the ice cream maker to make a chunky style ice cream.
- "Lemon-Ginger Ice Cream" - add a teaspoon of ginger juice.
- "Lemon-Cinnamon Ice Cream" - add a teaspoon of ground cinnamon or a teaspoon of cinnamon extract/flavoring.

Per serving: 304 Calories; 16g Fat (41% calories from fat); 8g Protein; 43g Carbohydrate; 0mg Cholesterol; 21mg Sodium

# 07-Mango-Macadamia Nut Ice Cream

Makes 8 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	106
Calories from fat	23
<b>% Daily Value*</b>	
Total Fat 2.8g	<b>4%</b>
Saturated Fat 0.8g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 24mg	<b>1%</b>
Carbohydrate 22.1g	<b>7%</b>
Dietary Fiber 1.3g	<b>5%</b>
Protein 0.7g	<b>1%</b>
Vitamin A	<b>43.1%</b>
Vitamin C	<b>40.3%</b>
Calcium	<b>1.0%</b>
Iron	<b>3.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Because the large amount of fruit in this ice cream recipe, and because I use a smaller quantity of nuts, I do not cook this custard; therefore, it is quicker to prepare.

### CUSTARD

1/2 cup macadamia nuts, raw  
1 cup mango juice  
(or white grape juice)  
1/2 cup white grape juice  
1/4 cup brown rice syrup  
3/8 teaspoon white stevia powder  
(equivalent. to about 1 Tb. blended stevia  
(see stevia in Glossary of Ingredients)  
(or 1/4 cup light agave nectar syrup)  
1 pinch sea salt  
1 1/2 tablespoons lemon juice  
(from about one lemon)

1/2 teaspoon lecithin

2 1/2 cups fresh mango, chopped very fine  
(about one and a half to two mangos  
- approx. 1 1/2 pounds  
- any extra cut mango can be used below as  
garnish)

### GARNISH

1/2 pound fresh mango, in chunks  
(about half of one mango)  
2 tablespoons coconut shreds

Start with all custard ingredients as cold as possible.

Blend all custard ingredients except the mango at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds).

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Cut fresh mango in to very small chunks (as small as you can make them). The "strings/threads" that run through mango do not puree well. Therefore, by cutting the mango into very small chunks, many of the "strings/threads" are cut. If these are not cut, the resulting texture of the ice cream is a bit strange due to these "strings/threads".

Add the finely chopped mango and blend again until well integrated, smooth, and frothy. Again, part way through the blending, stop the machine and use a spatula to dislodge any fruit that is clinging to the sides of the blender. Overall, this could take about another 3 minutes of blending.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be



refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with mango and coconut. Makes about 4 cups.

**VARIATIONS:**

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

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Per serving: 106 Calories; 3g Fat (22% calories from fat); 1g Protein; 22g Carbohydrate; 0mg Cholesterol; 24mg Sodium

# 07-Mediterranean Breeze Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes

- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		323
Calories from fat		139
	<b>% Daily Value*</b>	
Total Fat	17.3g	<b>27%</b>
Saturated Fat	2.7g	<b>13%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	22mg	<b>1%</b>
Carbohydrate	43.4g	<b>14%</b>
Dietary Fiber	4.1g	<b>16%</b>
Protein	8.0g	<b>16%</b>

Vitamin A		<b>1.2%</b>
Vitamin C		<b>43.4%</b>
Calcium		<b>4.1%</b>
Iron		<b>19.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### CUSTARD

2 cups pine nuts, raw  
3 cups pear nectar  
1/4 cup brown rice syrup  
1/4 cup maple syrup  
2 tablespoons whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
1 pinch sea salt  
1 teaspoon lecithin

1 tablespoon vanilla extract

### ADDITIONS

1 cup fresh figs, chopped

### GARNISH

2 tablespoons chopped nuts, toasted  
1/2 cup fresh figs, chopped

Blend all custard ingredients (except vanilla) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

When using a ice cream maker, add the chopped fresh figs about 10 minutes into the freezing process so these figs stay in chunks in the final ice cream.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Add the fresh figs at this point. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with toasted chopped nuts and fresh figs. Makes about 5 cups.

### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 323 Calories; 17g Fat (43% calories from fat); 8g Protein; 43g Carbohydrate; 0mg Cholesterol; 22mg Sodium

## 07-Meyer Lemon Sorbet

Makes 8 servings.

Preparation Time:  
35 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		99
Calories from fat		1
		<b>% Daily Value*</b>
Total Fat	0.1g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	17mg	1%
Carbohydrate	25.2g	8%
Dietary Fiber	0.3g	1%
Protein	0.5g	1%
Vitamin A		0.2%
Vitamin C		51.2%
Calcium		1.0%
Iron		1.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

- This makes a very simple, slightly tart sorbet with no fat.

#### SORBET

1 cup white grape juice  
 1/3 cup organic light granulated sugar  
 1 cup fresh Meyer lemon juice  
 1/2 tablespoon Meyer lemon zest  
 (need about 4 to 6 lemons for above  
 zest and juice)  
 1 cup fresh orange juice  
 1/4 cup Moscato (Muscat) sweet white wine

(or citron vodka)  
 (or white grape juice)  
 1/4 cup brown rice syrup  
 1 pinch sea salt

#### GARNISH

2 teaspoons lemon zest  
 (from 1 lemon)

Start with all custard ingredients as cold as possible.

Blend all sorbet ingredients until mixture is smooth (should only take about 3 minutes).

It is best to freeze sorbet when the mixture is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the sorbet in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with lemon zest. Makes about 4 cups.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- "Lime Sorbet" - use lime juice in place of the lemon juice, and garnish with lime zest.

Per serving: 99 Calories; less than one gram Fat (1% calories from fat); 1g Protein; 25g Carbohydrate; 0mg Cholesterol; 17mg Sodium

# 07-Peanut Butter-Chocolate Fudge Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	424
Calories from fat	212
<b>% Daily Value*</b>	
Total Fat 25.3g	<b>39%</b>
Saturated Fat 7.6g	<b>38%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 197mg	<b>8%</b>
Carbohydrate 46.5g	<b>16%</b>
Dietary Fiber 3.4g	<b>14%</b>
Protein 10.2g	<b>20%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>5.3%</b>
Iron	<b>11.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### CUSTARD

1 cup peanut butter  
1 cup white grape juice  
1 1/2 cups water  
1/3 cup maple syrup  
1/3 cup brown rice syrup  
3 tablespoons whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
1 pinch sea salt  
1 teaspoon lecithin  
  
1 teaspoon vanilla extract

85 grams chocolate, bittersweet, dairy-free, cut in chunks/melted  
(about 1/3 cup when cut)  
(or 1/3 cup dairy-free chocolate chips)  
1/4 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
2 tablespoons peanut butter  
1 tablespoon unrefined coconut oil, (optional)

### GARNISH

2 tablespoons chopped peanuts, toasted

Blend all custard ingredients (except vanilla extract) at a high speed until the mixture is completely smooth. Total time for blending should only need to be about 4 minutes since the peanut butter is already quite smooth.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract. (This step can be skipped on this ice cream, but heating does improve the texture by helping the liquids and the fats to better integrate.)

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

While the ice cream is being frozen in the ice cream maker, melt the chocolate. Once melted, stir in the sugar, peanut butter, and coconut oil. Once the ice cream is done freezing in the ice cream maker, add drips of the melted chocolate/sugar fudge mixture to the ice cream, and mix in. The chocolate should firm up on hitting the ice cream.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Add melted chocolate as described above. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with toasted chopped peanuts. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- In place of vanilla extract, use rum extract/flavoring or coconut extract/flavoring.

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Per serving: 424 Calories; 25g Fat (50% calories from fat); 10g Protein; 47g Carbohydrate; 0mg Cholesterol; 197mg Sodium



## 07-Pineapple Sherbet

Makes 8 servings.

Preparation Time:  
45 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	195
Calories from fat	58
<b>% Daily Value*</b>	
Total Fat 6.7g	<b>10%</b>
Saturated Fat 1.1g	<b>5%</b>
Cholesterol 2mg	<b>1%</b>
Sodium 22mg	<b>1%</b>
Carbohydrate 34.6g	<b>12%</b>
Dietary Fiber 0.9g	<b>4%</b>
Protein 1.1g	<b>2%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>22.3%</b>
Calcium	<b>2.7%</b>
Iron	<b>5.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A sherbet/ice cream low in saturated fat, and high in monounsaturated fat due to the good fats in the nuts.
- Even if you don't have any fresh pineapple, it is still possible to make this sherbet.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

#### CUSTARD

1 cup pecans, raw  
1/4 cup macadamia nuts, raw  
2 1/2 cups pineapple juice  
(fresh juice is best if possible - need about 1 small pineapple to make this amount)  
1/3 cup brown rice syrup  
1/4 cup light agave nectar syrup, (or maple syrup)  
2 tablespoons organic light granulated sugar  
1 pinch sea salt

1 teaspoon lecithin

1/2 cup pineapple juice  
1 tablespoon lemon juice  
(from half of a lemon)

#### GARNISH

2 tablespoons crystallized ginger, sliced  
1/4 cup fresh pineapple chunks  
2 tablespoons coconut shreds

Blend all custard ingredients (except second part of pineapple juice and lemon juice) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 8 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in second part of pineapple juice and the lemon juice.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with ginger, pineapple, and coconut. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

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Per serving: 195 Calories; 7g Fat (30% calories from fat); 1g Protein; 35g Carbohydrate; 2mg Cholesterol; 22mg Sodium

# 07-Pineapple-Brazil Nut Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories		142
Calories from fat		28
<b>% Daily Value*</b>		
Total Fat	3.3g	5%
Saturated Fat	0.9g	5%
Cholesterol	2mg	4%
Sodium	22mg	4%
Carbohydrate	29.2g	10%
Dietary Fiber	0.7g	3%
Protein	1.1g	2%

Vitamin A		0.3%
Vitamin C		17.8%
Calcium		1.9%
Iron		5.1%

\* Percent Daily Values are based on a 2,000 calorie diet.

- Because the large amount of fruit in this ice cream recipe, and because I use a smaller quantity of nuts, I do not cook this custard; therefore, it is quicker to prepare.

### CUSTARD

1/2 cup walnuts, raw  
1/4 cup Brazil nuts, raw  
(about 9 to 12 whole nuts)  
1 cup pineapple juice  
(fresh juice is best if possible - need about half of a small pineapple to make this amount)  
(or white grape juice)  
1/2 cup brown rice syrup  
1/4 cup light agave nectar syrup, (or maple syrup)  
1 pinch sea salt

1 1/2 tablespoons lemon juice  
(from about one lemon)  
1/2 teaspoon lecithin

2 1/2 cups fresh pineapple, chopped very fine  
(about half of one whole pineapple)

### GARNISH

2 tablespoons crystallized ginger, sliced  
1/4 cup fresh pineapple chunks  
2 tablespoons coconut shreds

Start with all custard ingredients as cold as possible.

Blend all custard ingredients except the finely chopped pineapple at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds).

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Cut fresh pineapple in to very small chunks (as small as you can make them). The "strings/threads" that run through pineapple do not puree well. Therefore, by cutting the pineapple into very small chunks, many of the "strings/threads" are cut. If these are not cut, the resulting texture of the ice cream is a bit strange due to these "strings/threads".

Add the finely chopped pineapple and blend again until well integrated, smooth, and frothy. This could take about another 3 minutes of blending.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and

temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with ginger, pineapple, and coconut. Makes about 4 cups.

**VARIATIONS:**

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

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Per serving: 142 Calories; 3g Fat (20% calories from fat); 1g Protein; 29g Carbohydrate; 2mg Cholesterol; 22mg Sodium

## 07-Pink Grapefruit Sorbet

Makes 8 servings.

Preparation Time:  
35 minutes



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	105
Calories from fat	1
<b>% Daily Value*</b>	
Total Fat 0.1g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 17mg	<b>1%</b>
Carbohydrate 27.6g	<b>9%</b>
Dietary Fiber 0.2g	<b>1%</b>
Protein 0.6g	<b>1%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>39.9%</b>
Calcium	<b>1.0%</b>
Iron	<b>1.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- This makes a very simple, slightly tart sorbet with no fat.

#### SORBET

1 cup white grape juice  
1/3 cup organic light granulated sugar  
2 1/2 cups fresh squeezed pink grapefruit juice  
(from about five small grapefruit)  
1/4 cup agave nectar  
2 teaspoons grapefruit zest, chopped

(from 1/2 of a grapefruit)  
1 pinch sea salt

#### GARNISH

2 teaspoons grapefruit zest  
(from 1/2 of a grapefruit)

Start with all custard ingredients as cold as possible.

Blend all sorbet ingredients until mixture is smooth (should only take about 3 minutes).

It is best to freeze the sorbet when the mixture is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the sorbet in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with grapefruit zest. Makes about 4 cups.

#### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- "Grapefruit-Ginger Sorbet" - add a teaspoon of ginger juice.



Per serving: 105 Calories; less than one gram Fat (1% calories from fat); 1g Protein; 28g Carbohydrate; 0mg Cholesterol; 17mg Sodium

# 07-Pumpkin-Spice Ice Cream

Makes 8 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Garnish also with  
toasted, glazed  
pecans.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	149
Calories from fat	31
<b>% Daily Value*</b>	
Total Fat 3.3g	<b>5%</b>
Saturated Fat 0.3g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 20mg	<b>1%</b>
Carbohydrate 28.2g	<b>9%</b>
Dietary Fiber 1.7g	<b>7%</b>
Protein 0.9g	<b>2%</b>
Vitamin A	<b>202.8%</b>
Vitamin C	<b>3.5%</b>
Calcium	<b>3.8%</b>
Iron	<b>6.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A relatively low-fat ice-cream, but still creamy due to the pumpkin puree.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

### CUSTARD

1/2 cup pecans, raw  
1/4 cup agave nectar  
1/2 cup maple syrup  
1 cup water  
1/2 teaspoon lecithin  
1/4 teaspoon ground cardamom  
1/2 teaspoon ground cinnamon  
1 pinch sea salt

1 1/2 cups pumpkin puree  
4 tablespoons amaretto, (optional)  
1 tablespoon vanilla extract

### GARNISH

1/4 teaspoon ground cinnamon  
2 tablespoons pecans, toasted, chopped

Start with all custard ingredients as cold as possible.

Blend all custard ingredients except pumpkin puree, amaretto, and vanilla at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes at high speed or longer for blenders that blend at lower speeds).

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Add the pumpkin puree, amaretto, and vanilla and blend again until well integrated, smooth, and frothy. Total time for blending should be about 9 minutes.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual serving with cinnamon. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - Can use pine nuts or walnuts in place of pecans.
- 

Per serving: 149 Calories; 3g Fat (20% calories from fat); 1g Protein; 28g Carbohydrate; 0mg Cholesterol; 20mg Sodium

# 07-Purple Transcendence Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving		
Calories		190
Calories from fat		84
		<b>% Daily Value*</b>
Total Fat	10.0g	<b>15%</b>
Saturated Fat	0.9g	<b>4%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	19mg	<b>1%</b>
Carbohydrate	26.9g	<b>9%</b>
Dietary Fiber	1.4g	<b>5%</b>
Protein	1.8g	<b>4%</b>
Vitamin A		<b>0.6%</b>
Vitamin C		<b>3.7%</b>
Calcium		<b>1.8%</b>
Iron		<b>3.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### CUSTARD

- 2 cups pecans, raw
- 2 cups grape juice, (purple or white)
- 1/4 cup agave nectar
- 12 fluid ounces frozen purple grape juice concentrate
- 1 teaspoon lecithin

1 pinch sea salt

1 tablespoon lemon peel, slivered

### GARNISH

1 tablespoon lemon peel, slivered

Blend all custard ingredients (except lemon peel) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 8 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in lemon peel.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with lemon peel. Makes about 4 cups.

### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- Add toasted chopped nuts while in the ice cream maker to make a chunky style ice cream.

Per serving: 190 Calories; 10g Fat (44% calories from fat); 2g Protein; 27g Carbohydrate; 0mg Cholesterol; 19mg Sodium

# 07-Ribbon Cane Syrup-Nutmeg Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	337
Calories from fat	172
<b>% Daily Value*</b>	
Total Fat 20.1g	<b>31%</b>
Saturated Fat 12.2g	<b>61%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 23mg	<b>1%</b>
Carbohydrate 38.3g	<b>13%</b>
Dietary Fiber 3.6g	<b>15%</b>
Protein 5.3g	<b>11%</b>
Vitamin A	<b>0.1%</b>
Vitamin C	<b>0.4%</b>
Calcium	<b>11.4%</b>
Iron	<b>14.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

### CUSTARD

1 cup almond butter, raw  
1 cup white grape juice  
1 1/2 cups water  
1 cup ribbon cane syrup  
1/2 teaspoon ground nutmeg  
1 pinch sea salt  
1 teaspoon lecithin

1 teaspoon vanilla extract

### GARNISH

2 tablespoons chopped nuts, toasted  
(or with glazed toasted nuts - e.g.,  
Frangelico-Glazed Toasted Hazelnuts)

Blend all custard ingredients (except vanilla extract) at a high speed until the mixture is completely smooth. Total time for blending should only need to be about 4 minutes since the almond butter is already quite smooth.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with toasted chopped nuts. Makes about 4 cups.

### VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- Use cinnamon or cardamom in place of nutmeg.
- In place of vanilla extract, use rum extract/flavoring or coconut extract/flavoring, hazelnut extract/flavoring, or almond extract/flavoring.

Per serving: 337 Calories; 20g Fat (51% calories from fat); 5g Protein; 38g Carbohydrate; 0mg Cholesterol; 23mg Sodium



# 07-Simple Vanilla Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Serve with pies or  
cakes.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	280
Calories from fat	138
<b>% Daily Value*</b>	
Total Fat 17.2g	<b>26%</b>
Saturated Fat 2.7g	<b>13%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 21mg	<b>1%</b>
Carbohydrate 31.9g	<b>11%</b>
Dietary Fiber 1.8g	<b>7%</b>
Protein 7.8g	<b>16%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>3.2%</b>
Iron	<b>18.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the barley malt syrup). If you want to make it without gluten, simply replace the barley malt syrup with brown rice syrup.
- Making your own custard for ice cream gives you complete control over the content, not like store bought brands.
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

### CUSTARD

2 cups pine nuts, raw  
1 1/2 cups white grape juice  
1 1/2 cups water  
1/4 cup barley malt syrup  
1/4 cup maple syrup  
1/4 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
1 pinch sea salt

1 teaspoon lecithin

1 tablespoon vanilla extract

### GARNISH

2 tablespoons chopped nuts, toasted  
(or with glazed toasted nuts - e.g.,  
Frangelico-Glazed Toasted Hazelnuts)

Blend all custard ingredients (except vanilla) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with toasted chopped nuts. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - Add some type of liqueur such as Grand Marnier or Amaretto.
- 

Per serving: 280 Calories; 17g Fat (49% calories from fat); 8g Protein; 32g Carbohydrate; 0mg Cholesterol; 21mg Sodium

# 07-Strawberry Ice Cream

Makes 8 servings.

Preparation Time:  
40 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	164
Calories from fat	55
<b>% Daily Value*</b>	
Total Fat 6.9g	<b>11%</b>
Saturated Fat 1.4g	<b>7%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 21mg	<b>1%</b>
Carbohydrate 27.4g	<b>9%</b>
Dietary Fiber 3.1g	<b>12%</b>
Protein 3.6g	<b>7%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>98.4%</b>
Calcium	<b>2.1%</b>
Iron	<b>8.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Because the large amount of fruit in this ice cream recipe, and because I use a smaller quantity of nuts, I do not cook this custard; therefore, it is quicker to prepare.
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

### CUSTARD

- 3/4 cup pine nuts, raw
- 1 cup white grape juice
- 1/4 cup brown rice syrup
- 2 tablespoons light agave nectar syrup, (or maple syrup)
- 2 tablespoons organic light granulated sugar
- 1 pinch sea salt
- 1/2 tablespoon lemon juice
- 1/2 teaspoon lecithin

- 1/8 teaspoon beet powder, (optional)  
(this is to give the custard a nice red color, instead of a pink color  
- this does not add flavor)

27 ounces fresh strawberries

### GARNISH

- 4 ounces fresh strawberries, sliced
- 2 tablespoons coconut shreds

Start with all custard ingredients as cold as possible.

Blend all custard ingredient except the strawberries at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds).

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Add the strawberries and blend again until well integrated, smooth, and frothy. This could take about another 3 minutes of blending.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with strawberries and coconut. Makes about 5 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

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Per serving: 164 Calories; 7g Fat (33% calories from fat); 4g Protein; 27g Carbohydrate; 0mg Cholesterol; 21mg Sodium

# 07-Summer Symphony Ice Cream

Makes 8 servings.

Preparation Time:  
40 minutes

Serving Ideas:  
Garnish also with  
toasted, glazed  
pecans.



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	169
Calories from fat	23
<b>% Daily Value*</b>	
Total Fat 2.7g	<b>4%</b>
Saturated Fat 0.2g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 21mg	<b>4%</b>
Carbohydrate 36.5g	<b>12%</b>
Dietary Fiber 1.5g	<b>6%</b>
Protein 0.9g	<b>2%</b>
Vitamin A	<b>5.9%</b>
Vitamin C	<b>10.2%</b>
Calcium	<b>0.9%</b>
Iron	<b>1.7%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A relatively low-fat ice-cream, but still creamy due to the peaches.
- Called Summer Symphony because it uses summer peaches and has very diverse and complex flavors due to the pecans, the peaches, and the amaretto.

### CUSTARD

1/2 cup pecans, raw  
1 cup white grape juice  
1/4 cup peach preserves  
(or jam or jelly)  
1/2 cup brown rice syrup  
2 tablespoons light agave nectar syrup, (or maple syrup)  
1/2 teaspoon lecithin  
1 pinch sea salt  
2 tablespoons lemon juice

(from about one lemon)

1 pound peaches, pitted  
(about 3 medium-to-large peaches)  
1/4 cup amaretto, (optional)  
(or peach flavored brandy)  
1 teaspoon vanilla extract

### GARNISH

1/4 pound peaches, sliced  
(about 1 peach)

Start with all custard ingredients as cold as possible.

Blend all custard ingredients except peaches, amaretto, and vanilla at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes at high speed or longer for blenders that blend at lower speeds).

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Add the peaches, amaretto, and vanilla and blend again until well integrated, smooth, and frothy. Total time for blending should be about 9 minutes.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.



Garnish individual serving with peach slices. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - Can use pine nuts or walnuts in place of pecans. But do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).
- 

Per serving: 169 Calories; 3g Fat (14% calories from fat); 1g Protein; 37g Carbohydrate; 0mg Cholesterol; 21mg Sodium

## 07-Tiramisu Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes

Serving Ideas:  
Serve with  
ladyfingers (or  
some type of  
vanilla cake).



### Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	362
Calories from fat	165
<b>% Daily Value*</b>	
Total Fat 17.5g	<b>27%</b>
Saturated Fat 7.3g	<b>36%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 24mg	<b>1%</b>
Carbohydrate 41.0g	<b>14%</b>
Dietary Fiber 2.6g	<b>10%</b>
Protein 6.3g	<b>13%</b>
Vitamin A	<b>0.2%</b>
Vitamin C	<b>0.2%</b>
Calcium	<b>7.1%</b>
Iron	<b>15.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- Due to the high alcohol content of this ice cream, most ice cream makers will only be able to get this ice cream to a "soft serve" stage (the alcohol prevents full freezing in more ice cream makers). Therefore, if you want the ice cream to be served as a harder ice cream (where you can use an ice cream scoop to make balls of ice cream), make the ice cream ahead of time, and then put the resulting "soft serve" in the freezer for at least a few hours (overnight is better). The freezer should bring the ice cream to a harder state (but it will still melt fairly quickly).

- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

CUSTARD	1 pinch sea salt
1 cup pine nuts, raw	1 teaspoon lecithin
1/2 cup almond butter, raw	
1 1/2 cups white grape juice	1 teaspoon vanilla extract
1 cup water	1/2 cup Kahlua
1/4 cup ribbon cane syrup	1/4 cup rum
(or 1/3 cup brown rice syrup)	
1/4 cup maple syrup	GARNISH
1/4 cup Sucanat sugar	1 teaspoon cocoa powder
(or granulated sugar)	1/2 teaspoon ground nutmeg

Blend all custard ingredients (except vanilla, Kahlua, and rum) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract, Kahlua, and rum.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30

minutes before serving.

Garnish individual servings with a sprinkle of cocoa powder and nutmeg. Makes about 4 cups.

**VARIATIONS:**

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, sucanat, ribbon cane syrup, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

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Per serving: 362 Calories; 18g Fat (45% calories from fat); 6g Protein; 41g Carbohydrate; 0mg Cholesterol; 24mg Sodium

# 07-Toasted Walnut-Vanilla Ice Cream

Makes 8 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	211
Calories from fat	76
<b>% Daily Value*</b>	
Total Fat 9.0g	<b>14%</b>
Saturated Fat 0.8g	<b>4%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 22mg	<b>1%</b>
Carbohydrate 32.3g	<b>11%</b>
Dietary Fiber 1.0g	<b>4%</b>
Protein 3.8g	<b>8%</b>
Vitamin A	<b>0.5%</b>
Vitamin C	<b>0.5%</b>
Calcium	<b>4.3%</b>
Iron	<b>4.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the barley malt syrup). If you want to make it without gluten, simply replace the barley malt syrup with brown rice syrup.

- Toast and glaze nuts as described in the front of this book.

### CUSTARD

1 1/2 cups walnuts, raw  
1/2 cup almonds, blanched, raw  
(if you don't have blanched almonds,  
use 1/4 cup almonds with their skins)  
1 1/2 cups white grape juice  
1 1/2 cups water  
1/4 cup barley malt syrup  
1/4 cup maple syrup  
1/4 cup brown rice syrup  
2 tablespoons Sucanat sugar  
(or granulated sugar)

1 pinch sea salt  
1 teaspoon lecithin

1 tablespoon vanilla extract

### ADDITIONS

1/4 cup black walnuts, toasted, glazed  
(or regular walnuts)

### GARNISH

2 tablespoons black walnuts, toasted  
(or regular walnuts)

Blend all custard ingredients (except vanilla) at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 7 minutes at high speed or longer for blenders that blend at lower speeds.

Transfer mixture to a sauce pan, and heat over medium heat to thicken custard. Mix frequently with a wire whisk. Heat at low simmer for about 8 minutes. Mix in vanilla extract.

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

You will want to add the toasted/glazed black walnuts to the ice cream custard while it is freezing so these nuts stay in chunks in the final ice cream. When doing the freezing in an ice cream maker, add the nuts about 10

minutes into the freezing process.

If you do not have an ice cream maker, start with the refrigerated mixture and pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Add the walnuts at this point. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings with toasted black walnuts. Makes about 4 cups.

VARIATIONS:

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
  - Add some type of liqueur such as Grand Marnier or Amaretto.
- 

Per serving: 211 Calories; 9g Fat (36% calories from fat); 4g Protein; 32g Carbohydrate; 0mg Cholesterol; 22mg Sodium



# 07-Vanilla Soy Ice Cream

Makes 8 servings.

Preparation Time:  
35 minutes



## Nutrition Facts

Servings Per Recipe 8

Amount Per Serving	
Calories	182
Calories from fat	68
<b>% Daily Value*</b>	
Total Fat 8.0g	<b>12%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 18mg	<b>1%</b>
Carbohydrate 26.9g	<b>9%</b>
Dietary Fiber 1.8g	<b>7%</b>
Protein 3.5g	<b>7%</b>
Vitamin A	<b>1.8%</b>
Vitamin C	<b>19.6%</b>
Calcium	<b>1.9%</b>
Iron	<b>5.2%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- An easy, non-dairy frozen treat without nuts.

### CUSTARD

1 quart soy milk  
2 teaspoons lecithin  
3 tablespoons soy oil  
2 teaspoons vanilla extract  
1/2 cup brown rice syrup  
1/4 cup maple syrup

1 tablespoon Sucanat sugar  
(or granulated sugar)

### GARNISH

1/2 cup fresh fruit slices  
6 pinches ground cinnamon

Start with all custard ingredients as cold as possible.

Blend all custard ingredients until well integrated, smooth, and frothy (at least 3 minutes).

It is best to freeze ice cream custard when the custard is cold. If the mixture is too warm, some ice cream makers will not be able to fully freeze the mixture. Therefore, in general, it is recommended that the mixture be refrigerated before it is placed in the ice cream maker.

When freezing the custard in an ice cream maker, follow the manufacturer's direction for freezing. In general, freezing takes approximately 30 minutes, but this will vary depending upon the machine, ingredients, and temperature of the mixture.

If you do not have an ice cream maker, pour into a large rectangular pan, freeze until solid (but not hard) and blend again. Freeze in a regular bowl. Remove from freezer about 30 minutes before serving.

Garnish individual servings. Makes about 4 cups.

### VARIATIONS:

- Use various flavorings in place of or in combination with the vanilla extract, such as other extracts, liqueurs, juices, syrups, fruit, cocoa, or carob.
- Add toasted chopped nuts while in the ice cream maker to make a chunky style ice cream.
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 182 Calories; 8g Fat (37% calories from fat); 4g Protein; 27g Carbohydrate; 0mg Cholesterol; 18mg Sodium

## 08- \*\*\*\*\* CUSTARDS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%
Vitamin A		0.0%
Vitamin C		0.0%
Calcium		0.0%
Iron		0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# o8-Key Lime Cream and Fruit Parfait

Makes 6 servings.

Preparation Time:  
30 minutes



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	201
Calories from fat	5
<b>% Daily Value*</b>	
Total Fat 0.6g	<b>1%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 72mg	<b>3%</b>
Carbohydrate 47.9g	<b>16%</b>
Dietary Fiber 2.3g	<b>9%</b>
Protein 4.9g	<b>10%</b>
Vitamin A	<b>1.1%</b>
Vitamin C	<b>81.7%</b>
Calcium	<b>5.7%</b>
Iron	<b>5.8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A light dessert perfect when you want something a little sweet after a heavy meal.

### CUSTARD

1 1/2 cups key lime juice  
2 1/2 cups water  
1/4 cup brown rice syrup  
1/2 cup organic light granulated sugar  
1 pinch sea salt

4 tablespoons arrowroot powder  
6 tablespoons cornstarch  
3/4 cup water

12 1/3 ounces tofu, low-fat silken, (extra-firm)  
1/4 teaspoon spirulina seaweed, (optional)  
(this is to give the custard a nice green color - does not add flavor)

### FRUIT

2 cups fresh strawberries, sliced  
1 teaspoon lime zest  
6 lime slices

Combine juice, water, brown rice syrup, granulated sugar, and pinch salt in sauce pan and bring to slow simmer. In a small bowl, mix together the arrowroot powder, cornstarch and water. Add this mixture to the sauce pan slowly (stirring as adding), and heat until thick (about 5 minutes).

Take out a cup or two of the lime mixture, and blend it with the tofu and the spirulina. Add it back to rest of the lime mixture.

Using parfait glasses, spoon a little custard into the bottom of each glass, and then put a layer of fruit and zest on top of the first custard layer. Repeat for 2 more times to create 3 custard/fruit layers. Top each glass with a lime slice

Refrigerate and serve.

### VARIATIONS:

- For a richer version of this dessert (which has more fat), use coconut and/or nut milk (e.g., almond or cashew milk/cream) in place of water.
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 201 Calories; 1g Fat (3% calories from fat); 5g Protein; 48g Carbohydrate; 0mg Cholesterol; 72mg Sodium

## o8-Orange Custard in Filo Cup

Makes 4 servings.

Preparation Time:  
30 minutes

Serving Ideas:  
Serve with fresh  
fruit.



### Nutrition Facts

Servings Per Recipe 4

Amount Per Serving	
Calories	365
Calories from fat	8
<b>% Daily Value*</b>	
Total Fat	0.9g <b>1%</b>
Saturated Fat	0.1g <b>1%</b>
Cholesterol	0mg <b>0%</b>
Sodium	91mg <b>4%</b>
Carbohydrate	83.7g <b>28%</b>
Dietary Fiber	1.5g <b>6%</b>
Protein	3.0g <b>6%</b>
Vitamin A	5.4%
Vitamin C	247.1%
Calcium	5.8%
Iron	6.9%

\* Percent Daily Values are based on a 2,000 calorie diet.

- **GLUTEN NOTE:** This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because because it is an interesting dessert, but simply can not be made without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The custard is free of gluten, and can be served in a variety of other ways.

- A simple dessert when you don't have a lot of time.

### CUSTARD

12 ounces orange juice, frozen concentrate  
2 1/2 cups water  
2 tablespoons brown rice syrup  
2 tablespoons maple syrup  
1 pinch sea salt

6 tablespoons tapioca  
1/4 teaspoon ground nutmeg  
3 tablespoons Grand Marnier, (or other liqueur)

40 grams whole wheat filo, thawed  
(the weight of different filios varies)  
(overall, you need 2 18"x13" sheets)

### GARNISH

1/4 cup fresh strawberries, halved  
1 tablespoon orange zest  
1/3 cup orange slices  
(both from half an orange)  
1/4 cup strawberry topping, (optional)

Combine juice, water, brown rice syrup, maple syrup, and pinch salt in sauce pan and bring to slow simmer. Add tapioca, and heat until thick and tapioca is clear (about 10 to 15 minutes). Add nutmeg and liqueur and remove from heat.

Using a muffin tin, cut out small squares of filo so they fit into the muffin wells (and up the sides of the wells) making a cup when pressed in (about 3" by 3" squares). Layer 4 squares of filo on top of one another with a little walnut oil (or canola oil) brushed on each sheet, and press into a muffin well. Repeat for all muffin wells in the muffin tin. Briefly bake just long enough to make a crisp cup (about 5 minutes at 350 degrees F (175 degrees C)) (see Filo in the "Glossary of Ingredients" for more information).

Spoon custard into filo cups, place on plates, and decorate plates with fresh strawberries, orange zest and slices, and lines of strawberry topping (basically thinned strawberry preserves). Lines of strawberry topping are easily made with a ketchup bottle if available.

### VARIATIONS:

- To make something similar without any gluten (that is, without filo), simply make the custard, and serve in cups or glasses.
- For a richer version of this dessert (which has more fat), use coconut and/or nut milk (e.g., almond or cashew milk/cream) in place of water.
- Use Amaretto in place of the Grand Marnier.
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup,

etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

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Per serving: 365 Calories; 1g Fat (2% calories from fat); 3g Protein; 84g Carbohydrate; 0mg Cholesterol; 91mg Sodium



# o8-Rice Pudding

Makes 6 servings.

Preparation Time:  
1 hour



## Nutrition Facts

Servings Per Recipe 6

Amount Per Serving	
Calories	325
Calories from fat	63
<b>% Daily Value*</b>	
Total Fat 7.2g	<b>19%</b>
Saturated Fat 1.0g	<b>5%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 90mg	<b>4%</b>
Carbohydrate 61.7g	<b>21%</b>
Dietary Fiber 2.6g	<b>10%</b>
Protein 5.7g	<b>11%</b>
Vitamin A	<b>19.7%</b>
Vitamin C	<b>0.6%</b>
Calcium	<b>11.5%</b>
Iron	<b>14.6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

### CUSTARD

2 3/4 cups water  
1/4 teaspoon sea salt  
1 1/4 cups sweet brown rice, washed

1/2 cup almonds  
1/4 cup sesame seeds  
1 cup water  
1/4 cup brown rice syrup  
1/3 cup maple syrup

2 teaspoons vanilla extract  
1/4 teaspoon ground nutmeg

1/2 cup dried apricots, diced

### GARNISH

1 1/2 tablespoons ginger root, candied, chopped  
2 tablespoons dried apricots, diced  
2 tablespoons almonds, toasted, glazed

In pressure cooker, combine first measure of water (2 3/4 cups), salt, and rice. Seal cover on pressure cooker and bring up to pressure. Begin timing at this point and adjust heat to maintain pressure (use a flame tamer to prevent burning). Cook for 50 minutes.

While rice is cooking, blend remaining custard ingredients (except for the apricots) in a blender until smooth (about 7 minutes).

Remove pressure cooker from heat after time is up; release pressure before opening.

Stir the almond/sesame milk mixture and the dried apricots into the cooked rice.

Put on a low heat for a few minutes to thicken and integrate the milk mixture into the rice. Stir frequently to avoid burning the rice to the pan.

Garnish individual servings of pudding if desired with candied ginger, apricots, and toasted, glazed almonds.

### VARIATIONS:

- For a richer dessert, use more almonds or sesame seeds while making the almond/sesame milk. If you add significantly more almonds or sesame seeds, use a little more water so the mixture which cooks the rice does not get too thick, otherwise, you have a greater chance of burning the rice.

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 325 Calories; 7g Fat (19% calories from fat); 6g Protein; 62g Carbohydrate; 0mg Cholesterol; 90mg Sodium

## 09- \*\*\*\*\* MISCELLANEOUS \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
		<b>% Daily Value*</b>
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

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- This chapter contains recipes for toasted and glazed nuts, crisps, cobblers, and other miscellaneous recipes that did not fall into the chapters above.

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Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 09-Apple Strudel

Makes 15 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because because it is an interesting pastry, but simply can not be made without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The filling is free of gluten, and can be served in a variety of other ways (e.g., in a pie crust).

## Nutrition Facts

Servings Per Recipe 15

### Amount Per Serving

Calories 210  
Calories from fat 48

### % Daily Value\*

Total Fat	5.5g	9%
Saturated Fat	0.6g	3%
Cholesterol	0mg	0%
Sodium	89mg	4%
Carbohydrate	39.5g	13%
Dietary Fiber	2.1g	8%
Protein	2.0g	4%

Vitamin A	0.7%
Vitamin C	9.0%
Calcium	2.6%
Iron	6.5%

\* Percent Daily Values are based on a 2,000 calorie diet.

FILLING  
2 pounds apples  
(about 5 medium apples)  
3 tablespoons lemon juice  
1 tablespoon lemon peel, chopped  
1 pinch sea salt  
1/4 cup Frangelico liqueur  
1/4 cup maple syrup  
1 cup raisins  
1/2 cup walnuts, toasted  
1/2 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)

5 tablespoons brown rice flour  
1 1/4 teaspoons ground cinnamon

FILO  
240 grams whole wheat filo, thawed  
(the weight of different filoes varies)  
(overall, you need 12 18"x13" sheets)  
1/4 cup walnut oil, refined, for brushing  
(or canola or safflower oil)  
(overall quantity used will depend on  
amount brushed on each sheet)

## FILLING

Thinly slice apples and gently toss with lemon juice, lemon peel and salt in a large bowl. Add Frangelico liqueur, maple syrup, raisins, and walnuts and gently toss again. Sprinkle in half of the whole sugar, half of the flour, and half of the cinnamon and toss again. Add the other half of the sugar, flour, and cinnamon and toss one final time.

## ASSEMBLY

To assemble the strudel, oil a large (about 9"x13") baking pan. Lay 1/4 of the filo sheets (about 3 18"x13" pieces) into the bottom of the pan, brushing each layer of filo with oil. Spread about 1/3 of the apple mixture on top of this first layer of filo. Continue this filo-filling layering until all filling is used, and then top with the last layer of filo (always brushing it with oil). There should be 4 layers of filo (with 3 sheets per layer), and 3 layers of filling.

Cover pan with foil, and bake in a 375 degree F (190 degree C) oven (no need to preheat the oven) for 40 minutes, then remove foil and bake 10 minutes more to give the top filo layer a golden brown appearance.

Slices of strudel freeze well.

## VARIATIONS

- "Pear Strudel" - use pears instead of apples.

Per serving: 210 Calories; 6g Fat (23% calories from fat); 2g Protein; 40g Carbohydrate; 0mg Cholesterol; 89mg Sodium

# 09-Apple-Hazelnut-Ginger Crisp

Makes 12 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories		278
Calories from fat		72
	<b>% Daily Value*</b>	
Total Fat	7.9g	<b>12%</b>
Saturated Fat	0.8g	<b>4%</b>
Cholesterol	3mg	<b>1%</b>
Sodium	16mg	<b>1%</b>
Carbohydrate	46.3g	<b>15%</b>
Dietary Fiber	6.3g	<b>25%</b>
Protein	4.5g	<b>9%</b>

Vitamin A		<b>1.6%</b>
Vitamin C		<b>12.8%</b>
Calcium		<b>5.7%</b>
Iron		<b>11.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- **GLUTEN NOTE:** This is one of the few recipes in this cookbook that contains oats (which may contain gluten - see "Glossary of Ingredients"). I have included this recipe because I wanted to provide an traditional crisp recipe with the rolled oats. If you wanted to avoid any possibility of gluten (and therefore the oats), you could use other rolled grains (such as rolled rice or even just brown rice flour - or try puffed rice or puffed millet for something different) in place of the rolled oats.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

### FILLING

3 pounds apples  
(about 5 large apples)  
2 tablespoons lemon juice  
1 pinch sea salt  
1/4 cup Frangelico liqueur  
1/4 cup candied ginger root, finely chopped  
3/8 teaspoon white stevia powder  
(equivalent. to about 1 Tb. blended stevia  
(see stevia in Glossary of Ingredients)  
(or 1/4 cup sucanat sugar)  
1/4 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
2 tablespoons tapioca flour  
1 teaspoon ground cinnamon

### CRISP TOPPING

1/2 cup whole-grain amaranth flour, (or spelt flour)  
2 cups rolled oats  
2 tablespoons ground flax seed  
1/4 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
1 cup hazelnuts, coarsely chopped  
1 teaspoon ground cinnamon  
1/2 teaspoon ground allspice  
2 tablespoons safflower oil, (or canola oil)  
1 tablespoon hazelnut extract/flavor  
2 tablespoons maple syrup

### GARNISH

1 teaspoon lemon zest

### FILLING

Thinly slice apples and gently toss with lemon juice and salt in a large bowl. Add Frangelico liqueur, ginger, and stevia and gently toss again. Sprinkle in half of the whole sugar, half of the tapioca flour, and half of the cinnamon and toss again. Add the other half of the sugar, tapioca, and cinnamon and toss one final time.

Place filling into a 9 x 13 baking pan.

### CRISP TOPPING

Prepare crisp topping by combining all ingredients except the sunflower oil, hazelnut extract and maple syrup in a large bowl. Mix these dry ingredients, and then add the sunflower oil, hazelnut extract, and maple syrup. Mix again.

Add the crisp topping on top of the apples in the baking pan.

Bake the crisp in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for one hour until the apples are tender.

#### GARNISH

Garnish with lemon zest.

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Per serving: 278 Calories; 8g Fat (26% calories from fat); 5g Protein; 46g Carbohydrate; 3mg Cholesterol; 16mg Sodium



# 09-Baklava

Makes 36 servings.

Preparation Time:  
45 minutes



## Nutrition Facts

Servings Per Recipe 36

### Amount Per Serving

Calories		115
Calories from fat		32
<b>% Daily Value*</b>		
Total Fat	3.8g	<b>6%</b>
Saturated Fat	0.3g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	36mg	<b>2%</b>
Carbohydrate	20.7g	<b>7%</b>
Dietary Fiber	0.3g	<b>1%</b>
Protein	1.5g	<b>3%</b>
Vitamin A		<b>0.6%</b>
Vitamin C		<b>19.0%</b>
Calcium		<b>1.9%</b>
Iron		<b>3.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the whole wheat filo). I have included this recipe because it is an interesting pie/pastry, but simply can not be made without gluten because filo needs to be made with a flour containing gluten to achieve the desired effect. The recipe in the form shown below is not suitable for people who want to or need to avoid gluten. The filling is free of gluten, and can be used in other ways (e.g., filled inside gluten-free muffins or cup cakes).

### FILLING

4 cups chopped walnuts  
2/3 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
1 1/2 teaspoons ground cinnamon

### FILO

240 grams whole wheat filo, thawed  
(the weight of different fillos varies)  
(overall, you need 12 18"x13" sheets)  
1/4 cup walnut oil, refined, for brushing  
(or canola or safflower oil)  
(overall quantity used will depend on  
amount brushed on each sheet)

### FINISHING ("GLAZE")

8 ounces orange juice, frozen concentrate

2/3 cup water  
1/2 cup brown rice syrup  
1/2 cup maple syrup  
1/2 cup whole sugar (e.g., Rapadura), or granulated  
sugar  
1 teaspoon ground cinnamon  
1/4 teaspoon ground cloves

### GARNISH

1/4 cup fresh strawberries, halved  
1 tablespoon orange zest  
1/3 cup orange slices  
(both from half an orange)  
1/4 cup strawberry jam, optional

### FILLING

Assemble all filling ingredients in a bowl.

To assemble the baklava, oil a large (about 9"x13") baking pan. Lay 1/4 of the filo sheets (about 3 18"x13" pieces) into the bottom of the pan, brushing each layer of filo with oil. Spread about 1/3 of the walnut mixture on top of this first layer of filo. Continue this filo-filling layering until all filling is used, and then top with the last layer of filo (always brushing it with oil). There should be 4 layers of filo (with 3 sheets per layer), and 3 layers of filling.

With a sharp knife, cut the baklava so there are 18 pieces (it works out well to have 3 long rows, and 6 short rows). Then cut these individual pieces/squares on the diagonal to create two triangles from each piece. This will give you a pan with 36 pieces making for easier serving later.

Cover pan with foil, and bake in a 350 degree F (175 degree C) oven (no need to preheat the oven) for 20 minutes, then remove foil and bake 10 minutes more to give the top filo layer a golden brown appearance.

### FINISHING ("GLAZE")

While baklava is baking, combine finishing ingredients in a sauce pan and bring to a boil. Reduce heat to medium, and cook (stirring frequently) for about 5 minutes. Remove from heat.

Once baklava is finished baking, remove from oven and pour the finishing "glaze" mixture over all the baklava pieces in the pan. Let cool completely in pan.

Per serving: 115 Calories; 4g Fat (28% calories from fat); 1g Protein; 21g Carbohydrate; 0mg Cholesterol; 36mg Sodium

## 09-Candied Chestnuts

Makes 16 servings.

Preparation Time:  
15 minutes



### Nutrition Facts

Servings Per Recipe 16

#### Amount Per Serving

Calories		44	
Calories from fat		1	
<b>% Daily Value*</b>			
Total Fat	0.2g		0%
Saturated Fat	0.0g		0%
Cholesterol	0mg		0%
Sodium	1mg		0%
Carbohydrate	10.7g		4%
Dietary Fiber	1.1g		4%
Protein	0.6g		1%
Vitamin A			0.2%
Vitamin C			9.6%
Calcium			0.9%
Iron			1.2%

\* Percent Daily Values are based on a 2,000 calorie diet.

2 cups chestnuts  
(if using bottled chestnuts, there are  
about 7 ounces in 2 cups)  
1/4 cup maple syrup

1 tablespoon sucanat sugar  
(or granulated sugar)

If you are using fresh chestnuts, remove skin. (Bottled chestnuts should already have their skins removed.)

Add the chestnut and maple syrup to a small sauce pan and cook over medium heat until syrup thickens and mostly absorbs into the chestnuts (about 10 minutes). Lower heat a little, add the sucanat sugar, mix and heat for another 2 minutes. Remove from heat.

Per serving: 44 Calories; less than one gram Fat (3% calories from fat); 1g Protein; 11g Carbohydrate; 0mg Cholesterol; 1mg Sodium

# 09-Cocoa-Glazed Toasted Macadamia Nuts

Makes 20 servings.

Preparation Time:  
15 minutes



## Nutrition Facts

Servings Per Recipe 20

Amount Per Serving		
Calories		54
Calories from fat		28
		<b>% Daily Value*</b>
Total Fat	3.1g	<b>5%</b>
Saturated Fat	0.5g	<b>2%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	2mg	<b>0%</b>
Carbohydrate	6.1g	<b>2%</b>
Dietary Fiber	0.4g	<b>2%</b>
Protein	0.4g	<b>1%</b>
Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.6%</b>
Iron		<b>1.1%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- A nice accompaniment to a light dessert

2 cups macadamia nuts  
1/4 cup creme de cacao  
1 tablespoon maple syrup

1 tablespoon cocoa powder  
5 tablespoons Sucanat sugar  
(or granulated sugar)

In a dry pan, toast the macadamia nuts over medium-high to high heat on the stove top. Stir frequently so the hazelnuts don't burn. Toast until the nuts are nicely brown and fragrant, about 6 minutes total.

To the nuts in the pan, add the creme de cacao and stir. Cook 1 minute. Add maple syrup, stir, and cook another minute (these liquids should be evaporating quite quickly). Add the cocoa powder and sucinat sugar, stir, and cook another 2 minutes until the nuts are pretty dry. Remove from heat and let cool. If the nuts are very sticky, and the glaze will not "dry", you can place the nuts in the refrigerator (on a parchment paper covered baking sheet) to "dry"/"freeze" the glaze onto the nuts.

These can be eaten as is, cut in half to use as garnish on a cake, dropped into ice cream while freezing, garnished on any dessert, or ground and put into cake or cookie batters.

### VARIATIONS:

- Use other types of nuts such as pecans, walnuts, or almonds with other types of liqueurs such as Amaretto, grand Marnier, or Sambuca.
- If you want the nuts to stick together, you could use brown rice syrup instead of maple syrup and this will make a very sticky "nut brittle".

Per serving: 54 Calories; 3g Fat (52% calories from fat); 0g Protein; 6g Carbohydrate; 0mg Cholesterol; 2mg Sodium



# 09-Frangelico-Glazed Toasted Hazelnuts

Makes 20 servings.

Preparation Time:  
15 minutes



## Nutrition Facts

Servings Per Recipe 20

### Amount Per Serving

Calories		95	
Calories from fat		55	
<b>% Daily Value*</b>			
Total Fat	6.2g		<b>10%</b>
Saturated Fat	0.5g		<b>2%</b>
Cholesterol	0mg		<b>0%</b>
Sodium	2mg		<b>0%</b>
Carbohydrate	8.7g		<b>3%</b>
Dietary Fiber	0.8g		<b>3%</b>
Protein	1.3g		<b>3%</b>
Vitamin A			<b>0.1%</b>
Vitamin C			<b>0.2%</b>
Calcium			<b>2.5%</b>
Iron			<b>2.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- These nuts are good for decorating/garnishing cakes, or just to serve as finger snack treats.

3 cups hazelnuts  
1/3 cup Frangelico liqueur  
1/4 cup maple syrup

5 tablespoons Sucanat sugar  
(or granulated sugar)

In a dry pan, toast the hazelnuts over medium-high to high heat on the stove top. Stir frequently so the hazelnuts don't burn. Toast until the hazelnuts are nicely brown and fragrant, about 8 minutes total.

Transfer nuts to a paper bag, and rub to remove as much of the nut skin as possible (this is the paper-like covering around the nut meat). Transfer nuts back to pan leaving behind the nut skins (putting the nuts in a bowl can make it easier to leave the nut skins behind).

Return stove top to medium-high to high heat, and once the pan is hot again with the nuts in it, add the Frangelico liqueur and stir. Cook 1 minute. Add maple syrup, stir, and cook another minute (these liquids should be evaporating quite quickly). Add the sucanat sugar, stir, and cook another 2 minutes until the nuts are pretty dry. Remove from heat and let cool. If the nuts are very sticky, and the glaze will not "dry", you can place the nuts in the refrigerator (on a parchment paper covered baking sheet) to "dry"/"freeze" the glaze onto the nuts.

These can be eaten as is, cut in half to use as garnish on a cake, dropped into ice cream while freezing, garnished on any dessert, or ground and put into cake or cookie batters.

### VARIATIONS:

- Use other types of nuts such as pecans, walnuts, or almonds with other types of liqueurs such as Amaretto, grand Marnier, or Sambuca.
- If you want the nuts to stick together, you could use brown rice syrup instead of maple syrup and this will make a very sticky "nut brittle".

Per serving: 95 Calories; 6g Fat (58% calories from fat); 1g Protein; 9g Carbohydrate; 0mg Cholesterol; 2mg Sodium



# 09-Peach-Walnut Cobbler

Makes 12 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

## Nutrition Facts

Servings Per Recipe 12

### Amount Per Serving

Calories 188  
Calories from fat 53

### % Daily Value\*

Total Fat	6.4g	10%
Saturated Fat	2.2g	1%
Cholesterol	0mg	0%
Sodium	57mg	2%
Carbohydrate	32.6g	1%
Dietary Fiber	2.9g	12%
Protein	3.5g	7%

Vitamin A	0.9%
Vitamin C	8.9%
Calcium	2.0%
Iron	8.8%

\* Percent Daily Values are based on a 2,000 calorie diet.

### FILLING

2 pounds fresh peaches  
(about 8 medium peaches)  
1 tablespoon lemon juice  
1 pinch sea salt  
1/2 cup whole sugar (e.g., Rapadura)  
(or Sucanat sugar or granulated sugar)  
1/4 cup brown rice flour  
1 teaspoon walnut extract/flavoring, (optional)  
1/4 cup chopped walnuts

1/4 cup potato flour, (or spelt flour)

1/4 cup soy flour, (or spelt flour)

4 tablespoons tapioca flour

1/4 cup walnuts, ground

1/4 teaspoon sea salt

4 tablespoons vegetable shortening, non-hydrogenated  
(or unrefined coconut oil or walnut oil  
or canola oil or safflower oil)

1 1/4 cups soy milk

### COBBLER TOPPING

1/4 cup sorghum flour, (or spelt flour)  
1/2 cup brown rice flour, (or spelt flour)

### GARNISH

1 teaspoon lemon zest

### FILLING

Slice peaches and gently toss with lemon juice and salt in a large bowl. Sprinkle in half of the whole sugar, half of the flour, and half of the walnut extract and toss again. Add the other half of the sugar, flour, and extract and toss again. Add chopped walnuts, and toss one final time.

Place filling into a 9 x 13 baking pan.

### COBBLER TOPPING

Prepare cobbler topping by combining dry ingredients (flours, tapioca, ground walnuts and salt) in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add soy milk and mix lightly just until the dry ingredients are moistened.

Add the cobbler topping in clumps on top of the peaches in the baking pan.

Bake in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 50 minutes until the peaches are tender and the cobbler topping is baked.

### GARNISH

Garnish with lemon zest.

Per serving: 188 Calories; 6g Fat (28% calories from fat); 3g Protein; 33g Carbohydrate; 0mg Cholesterol; 57mg Sodium

# 09-Pineapple-Berry Crisp

Makes 12 servings.

Preparation Time:  
1 hour, 20 minutes

Serving Ideas:  
Serve with "10-Macadamia Nut Cream" (see recipe).



## Nutrition Facts

Servings Per Recipe 12

Amount Per Serving	
Calories	88
Calories from fat	19
<b>% Daily Value*</b>	
Total Fat 2.3g	<b>3%</b>
Saturated Fat 0.3g	<b>2%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 12mg	<b>1%</b>
Carbohydrate 16.8g	<b>6%</b>
Dietary Fiber 2.9g	<b>12%</b>
Protein 2.1g	<b>4%</b>
Vitamin A	<b>0.8%</b>
Vitamin C	<b>5.1%</b>
Calcium	<b>1.9%</b>
Iron	<b>4.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains oats (which may contain gluten - see "Glossary of Ingredients"). I have included this recipe because I wanted to provide an traditional crisp recipe with the rolled oats. If you wanted to avoid any possibility of gluten (and therefore the oats), you could use other rolled grains (such as rolled rice or even just brown rice flour - or try puffed rice or puffed millet for something different) in place of the rolled oats.

### FILLING

2 cups fresh pineapple, diced  
(about half of one whole pineapple)  
10 ounces frozen blackberries  
1 pinch sea salt  
2 tablespoons whole-grain teff flour, (or spelt flour)  
2 tablespoons Sucanat sugar  
(or granulated sugar)

2 tablespoons whole-grain teff flour, (or spelt flour)  
1 cup rolled oats  
2 tablespoons ground flax seed  
2 tablespoons Sucanat sugar  
(or granulated sugar)  
1/2 cup macadamia nuts, coarsely chopped

### GARNISH

1 teaspoon lemon zest

### CRISP TOPPING

### FILLING

Gently toss diced pineapple, berries, and salt in a large bowl. Add flour and sugar and gently toss again.

Place filling into a 9 x 9 baking pan.

### CRISP TOPPING

Prepare crisp topping by combining all ingredients in a bowl. Mix these dry ingredients.

Sprinkle the crisp topping on top of the filling in the baking pan.

Bake the crisp in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 40 minutes.

### GARNISH

Garnish baked crisp with lemon zest.

Per serving: 88 Calories; 2g Fat (21% calories from fat); 2g Protein; 17g Carbohydrate; 0mg Cholesterol; 12mg Sodium

# 09-Raspberry Liqueur-Glazed Toasted Pine Nuts

Makes 20 servings.

Preparation Time:  
15 minutes

- These nuts are good for decorating/garnishing cakes, or just to serve as finger snack treats.
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).

## Nutrition Facts

Servings Per Recipe 20

### Amount Per Serving

Calories		132
Calories from fat		78
	<b>% Daily Value*</b>	
Total Fat	9.4g	<b>14%</b>
Saturated Fat	1.4g	<b>7%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	10.2g	<b>3%</b>
Dietary Fiber	1.0g	<b>4%</b>
Protein	4.3g	<b>9%</b>
Vitamin A		<b>0.1%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.5%</b>
Iron		<b>9.5%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

3 cups pine nuts  
1/3 cup raspberry liqueur  
1 tablespoon raspberry flavoring/extract

1/4 cup light agave nectar syrup  
5 tablespoons organic light granulated sugar

In a dry pan, toast the pine nuts over medium-high to high heat on the stove top. Stir frequently so the pine nuts don't burn. Toast until the nuts are nicely tan and fragrant, about 6 minutes total.

Add the raspberry liqueur and raspberry flavoring and stir. Cook 1 minute. Add agave, stir, and cook another minute (these liquids should be evaporating quite quickly). Add the sugar, stir, and cook another 2 minutes until the nuts are pretty dry. Remove from heat and let cool. If the nuts are very sticky, and the glaze will not "dry", you can place the nuts in the refrigerator (on a parchment paper covered baking sheet) to "dry"/"freeze" the glaze onto the nuts.

These can be eaten as is, garnished on a cake, dropped into ice cream while freezing, garnished on any dessert, or ground and put into cake or cookie batters.

### VARIATIONS:

- Use other types of nuts such as pecans, walnuts, or almonds with other types of liqueurs/flavorings such as mandarin orange liqueur/orange extract or banana liqueur/banana flavoring.
- If you want the nuts to stick together, you could use brown rice syrup instead of maple syrup and this will make a very sticky "nut brittle".

Per serving: 132 Calories; 9g Fat (59% calories from fat); 4g Protein; 10g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 09-Raspberry-Almond Pastry

Makes 10 servings.

Preparation Time:  
3 hours

Serving Ideas:  
Serve with "10-  
Macadamia Nut  
Cream" (see  
recipe).



## Nutrition Facts

Servings Per Recipe 10

Amount Per Serving	
Calories	308
Calories from fat	91
<b>% Daily Value*</b>	
Total Fat 10.9g	<b>17%</b>
Saturated Fat 2.6g	<b>13%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 102mg	<b>4%</b>
Carbohydrate 51.6g	<b>17%</b>
Dietary Fiber 7.3g	<b>29%</b>
Protein 7.3g	<b>15%</b>
Vitamin A	<b>0.3%</b>
Vitamin C	<b>7.6%</b>
Calcium	<b>14.0%</b>
Iron	<b>13.4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

- GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the spelt flour). I have included this recipe because it is an interesting pastry, but simply can not be made without gluten because the pastry needs to be a yeasted bread to achieve the desired effect. Yeasted breads are difficult to make without a glutinous flour. This recipe is not suitable for people who want to or need to avoid gluten.
- A fast and easy way to grind poppy seeds is in a coffee grinder.
- A dessert that contains a significant amount of calcium and contains no dairy products (also lots of iron).

### DOUGH

1 1/2 teaspoons active baker's yeast  
1/3 cup warm water

2 1/2 cups spelt flour  
1/2 teaspoon sea salt

3 tablespoons vegetable shortening, non-hydrogenated  
(or unrefined coconut oil or walnut oil  
or canola oil)

1/3 cup soy milk  
1/4 cup brown rice syrup  
1/4 cup maple syrup

### FILLING

3/4 cup almonds, chopped  
1/2 cup poppy seeds, ground  
1/4 cup soy milk  
1/2 cup brown rice syrup  
1 tablespoon lemon zest, chopped  
2 tablespoons lemon juice  
(zest and juice of one lemon)  
5 ounces frozen raspberries

### GLAZE

2 tablespoons brown rice syrup  
2 tablespoons warm water

### TOPPING

2 tablespoons almond slivers

Combine yeast and water and let sit for 10 minutes until active.

Combine flour and salt in a large mixing bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Combine soy milk, brown rice syrup, and maple syrup. Add this liquid mixture, along with the yeast mixture to the flour. Knead for 15 minutes, adding liquid (water or soy milk) as needed (if the dough gets too dry/stiff). Let dough rise until doubled (about 2 hours).

While dough is rising, prepare filling by combining all filling ingredients, except frozen raspberries, in a sauce pan, and cooking on low for about 10 minutes. Turn off heat, and add frozen raspberries. Mix to thaw raspberries in hot filling. Let cool.

Oil a baking sheet if it is not non-stick.

Punch dough down. Roll dough out into a rectangle about the size of a cookie sheet (about 11 inch by 13 inch). Place dough on the cookie sheet to cover most of the surface.

Spread filling down the middle of the dough (the long way). Filling should cover about 3 inches by 13 inches of the dough. Cut outer part of dough on 45 degree angles, about an inch apart, on both side of the filling. Fold

these pieces of dough over on top of the filling, alternating from one side to the other.

Place in a warm, moist environment to rise for 30 minutes.

Preheat oven to 350 degrees F (175 degrees C) about 15 minutes before placing the pastry in the oven.

For the glaze, combine brown rice syrup and water, and brush on pastry. Sprinkle almond slivers on top, and bake for 20 minutes.

VARIATIONS:

- For a richer version of this pastry (which has more fat), use coconut milk or nut milk in place of the soy milk.

Per serving: 308 Calories; 11g Fat (29% calories from fat); 7g Protein; 52g Carbohydrate; 0mg Cholesterol; 102mg Sodium



## 10- \*\*\*\*\* SAUCES \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving		
Calories		0
Calories from fat		0
	<b>% Daily Value*</b>	
Total Fat	0.0g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrate	0.0g	0%
Dietary Fiber	0.0g	0%
Protein	0.0g	0%
Vitamin A		0.0%
Vitamin C		0.0%
Calcium		0.0%
Iron		0.0%

\* Percent Daily Values are based on a 2,000 calorie diet.

- This chapter contains desserts sauces which can be served with pies or cakes; either on the base of the plate, or poured over the dessert.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

# 10-Amazake Dessert Sauce

Makes 14 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve a little with  
pie or cake slices.

- A very low fat dessert sauce for pies or cakes.

## Nutrition Facts

Servings Per Recipe 14

### Amount Per Serving

Calories 17  
Calories from fat 2

		% Daily Value*
Total Fat	0.2g	0%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	10mg	0%
Carbohydrate	3.5g	7%
Dietary Fiber	0.0g	0%
Protein	0.2g	0%

Vitamin A	0.0%
Vitamin C	0.0%
Calcium	0.2%
Iron	0.1%

\* Percent Daily Values are based on a 2,000 calorie diet.

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1 1/2 cups amazake

2 tablespoons water

1 1/2 tablespoons brown rice flour, (or wheat flour)

---

Heat amazake in a small sauce pan. Dissolve flour in water. Add flour mixture to hot amazake in sauce pan, and stir continuously until thick.

Will keep refrigerated for about a week.

### VARIATIONS:

- Use arrowroot powder in place of flour.

---

Per serving: 17 Calories; less than one gram Fat (13% calories from fat); 0g Protein; 3g Carbohydrate; 0mg Cholesterol; 10mg Sodium

# 10-Blueberry Sauce

Makes 8 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve over "07-  
Simple Vanilla Ice  
Cream" (see  
recipe).

- This is a nice sauce to decorate a plate with before plating a dessert.

## Nutrition Facts

Servings Per Recipe 8

### Amount Per Serving

Calories 65  
Calories from fat 4

### % Daily Value\*

Total Fat	0.5g	1%
Saturated Fat	0.0g	0%
Cholesterol	0mg	0%
Sodium	17mg	1%
Carbohydrate	15.8g	5%
Dietary Fiber	1.9g	8%
Protein	0.3g	1%

Vitamin A	1.2%
Vitamin C	3.5%
Calcium	0.8%
Iron	1.1%

\* Percent Daily Values are based on a  
2,000 calorie diet.

### FILLING

20 ounces frozen blueberries  
1 pinch sea salt  
2 tablespoons brown rice syrup  
(or 1 Tablespoons Agave Nectar)

2 tablespoons sucanat sugar  
(or granulated sugar)  
1 tablespoon Grand Marnier, (optional)  
3/4 teaspoon orange peel, chopped

Combine all ingredients in a sauce pan and cook over medium heat until sauce cooks down and is thick.

If you refrigerate the sauce, it will become thicker. Adjust the consistency of the sauce with water or orange juice before using it.

Serve over ice cream, or use it as a plating sauce to decorate plates.

### VARIATIONS:

- "Raspberry Sauce" - use raspberries instead of blueberries, and use lemon zest instead of orange zest.

Per serving: 65 Calories; less than one gram Fat (6% calories from fat); 0g Protein; 16g Carbohydrate; 0mg Cholesterol; 17mg Sodium

# 10-Macadamia Nut Cream

Makes 18 servings.

Preparation Time:  
10 minutes

Serving Ideas:  
Serve a little with  
pie or cake slices.

- A creamy, smooth dessert sauce - a good heavy cream substitute for use when serving cakes and pies.

## Nutrition Facts

Servings Per Recipe 18

### Amount Per Serving

Calories 26  
Calories from fat 7

### % Daily Value\*

Total Fat	0.9g	19%
Saturated Fat	0.1g	19%
Cholesterol	0mg	0%
Sodium	7mg	0%
Carbohydrate	5.1g	2%
Dietary Fiber	0.1g	0%
Protein	0.1g	0%

Vitamin A	0.0%
Vitamin C	0.0%
Calcium	0.4%
Iron	0.4%

\* Percent Daily Values are based on a 2,000 calorie diet.

1/2 cup macadamia nuts, raw  
1/2 cup water  
1/4 cup brown rice syrup

3 tablespoons maple syrup  
1 pinch sea salt

In blender, combine all ingredients, blending for 5 to 10 minutes until completely smooth.

If desired, you can gently heat it in a sauce pan, simmering it for about 2 minutes.

Refrigerate until it is ready to be served.

If it is heated, it will keep refrigerated for about a week. If you do not heat it, it keeps a couple days less (and can get a slightly yogurt type flavor after about 4 days).

Makes about 1 1/4 cups of cream.

One serving is approximately 1 tablespoon.

### VARIATIONS:

- You could use other types of nuts in place of the macadamia nuts. The nuts that puree to the smoothest cream are macadamia nuts, pine nuts (an excellent choice with a very good flavor as long as they are not smoky pine nuts; refer to the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book) for more information), pecans, walnuts, and cashews. Almonds, brazil nuts, and hazelnuts still have some grit even when pureed for a long time; therefore, these may not be the best nuts to use, but if you don't mind a little grit, give them a try. You can also try to put the cream of these grittier nuts through a cheese cloth, but with such a thick cream, I have not had the best of luck doing this; the straining either does not take out anything, or it take out too much of the body of the cream leaving the resulting cream too thin and without the creamy texture desired.

- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per serving: 26 Calories; 1g Fat (27% calories from fat); 0g Protein; 5g Carbohydrate; 0mg Cholesterol; 7mg Sodium

## 11- \*\*\*\*\* EPILOGUE \*\*\*\*\*

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

Amount Per Serving	
Calories	0
Calories from fat	0
<b>% Daily Value*</b>	
Total Fat 0.0g	<b>0%</b>
Saturated Fat 0.0g	<b>0%</b>
Cholesterol 0mg	<b>0%</b>
Sodium 0mg	<b>0%</b>
Carbohydrate 0.0g	<b>0%</b>
Dietary Fiber 0.0g	<b>0%</b>
Protein 0.0g	<b>0%</b>
Vitamin A	<b>0.0%</b>
Vitamin C	<b>0.0%</b>
Calcium	<b>0.0%</b>
Iron	<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium



## 11-<sup>+</sup> Mail Order Companies <sup>+</sup>

Makes one serving.

Preparation Time:  
0 minutes



### Nutrition Facts

Servings Per Recipe 1

#### Amount Per Serving

Calories		0
Calories from fat		0
<b>% Daily Value*</b>		
Total Fat	0.0g	<b>0%</b>
Saturated Fat	0.0g	<b>0%</b>
Cholesterol	0mg	<b>0%</b>
Sodium	0mg	<b>0%</b>
Carbohydrate	0.0g	<b>0%</b>
Dietary Fiber	0.0g	<b>0%</b>
Protein	0.0g	<b>0%</b>

Vitamin A		<b>0.0%</b>
Vitamin C		<b>0.0%</b>
Calcium		<b>0.0%</b>
Iron		<b>0.0%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

#### Mail Order Companies:

- Bob's Red Mill Natural Foods  
5209 SE International Way  
Milwaukie, OR 97222  
800-349-2173  
(503) 653-1339

Web site: <http://www.bobsredmill.com/>

Sells Tapioca Flour and Sorghum Flour (see "Glossary of Ingredients") and various flours and powders especially useful to people trying to avoid gluten.

- Cocina de Vega  
8014 Olson Memorial Hwy.  
Golden Valley, MN 55427  
877-321-5703  
Web site: <http://www.mesquitemagic.com/>

Sells Mesquite Meal.

- ENER-G Foods  
5960 1st Ave. S  
P.O. Box 84487  
Seattle, WA 98124-5787  
800-331-5222  
800-325-9788 (in WA)  
(206) 767-6660  
Fax: (206) 767-4088

Web site: <http://www.ener-g.com/>

Sells Egg Replacer (powder) (see "Glossary of Ingredients") and various flours and powders especially useful to people trying to avoid gluten, animal products, or other common allergens.

- Omega Nutrition  
6515 Aldrich Road  
Bellingham, WA 98226  
800-661-FLAX (3529)  
(604)-253-4677  
Fax: (604)-253-4228

Web site: <http://www.omeganutrition.com/> and <http://www.omegahealthstore.com/>

Sells unrefined organic coconut oil in addition to many other high quality oils (including other culinary oils such as olive, pumpkin seed, and pistachio).

- The Ultimate Life

Box 4308  
Santa Barbara, CA 93140  
800-THE-MEAL (843-6325)  
Fax: 800-320-2269  
Web site: <http://www.ultimatelife.com/>  
Sells pure birch sugar (a sweetener).

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Per serving: o Calories; og Fat (o% calories from fat); og Protein; og Carbohydrate; omg Cholesterol; omg Sodium