

NO-BAKE COOKIES**Chewy Chocolate Brownies** (*Beyond Cancer: The Powerful Effect of Plant-Based Eating*, 2018, p. 93)

- 2 c. raw walnuts
- 2 c. dates, soak in water to soften, pits removed
- 1 c. cocoa powder or raw cacao powder
- 1 T. vanilla extract
- pinch salt

In blender or food processor, grind walnuts. Add drained dates and remaining ingredients. Blend. If more moisture needed, add small amount of water from dates. Press into 8 x 8" pan or roll into balls. For a cold treat, freeze.

Chocolate Rum Raisin Balls (Lulu Herold @ [LuluCooksandTells](#))

- 1 cup baby carrots
- 6 prunes
- ½ cup walnuts
- 1 cup oatmeal
- 1 banana
- 2 tbsp cocoa + more for coating
- 1 cup sweetened coconut flakes
- ¼ cup raisins soaked in 2 T. rum or more

Place the carrots, prunes and walnuts in a blender or food processor and blend till fine. In a bowl combine the rest of ingredients including rum that the raisins were soaked in; mix with fork or by hand. Add carrot mixture to the rest of the ingredients and mix. Shape into balls; roll in more cocoa powder.

Cookie Dough Balls (Brittany Jaroudi @ [youtube.com/thejaroudifamily](#))

- 1 15 oz chickpeas (drained/rinsed)
- 1 cup oat flour
- ½ cup powdered peanut butter mixed
- 4-8 dates pitted (depends on desired sweetness)
- ¾ cup dark chocolate chips

Add all ingredients (except chocolate chips) to a food processor; mix until everything is well combined. Fold in dark chocolate chips gently; roll into dough into bite size balls. Store in refrigerator.

Carrot Cake Truffles (Linda Jones)

- 1 cup raw walnut halves
- 1 cup pecans
- 1 cup Medjool dates, pitted
- ½ cup minced pineapple (no juice, blot dry) *or* dried, unsweetened
- 1 c. unsweetened coconut (+ extra for coating)
- 1 tsp. cinnamon
- ½ tsp. ground ginger
- ¼ tsp. nutmeg
- 1½ c. finely shredded carrots (lightly blot so dry)

Put walnuts, pecans, dates, & pineapple in a food processor; process until almost paste-like. Add 1 cup coconut, cinnamon, ginger, & nutmeg; pulse until combined and place in a bowl. Put blotted carrots in food processor; pulse to reduce the size. Combine carrots in cookie mixture. Form into balls; roll in toasted shredded coconut, if desired. Chill until firm, about 30 minutes. (*Can toast nuts beforehand. *I use mini cookie scoop to form balls.)

note: [Santa Barbara Chocolate](#) @ [santabarbarachocolate.com](#) sells 100% Pure Cacao Organic Dark Unsweetened Chocolate Chips.

Nutty Fudge Bars (makes about 30) (Linda Jones)No-Bake Crust

- 2¼ cups old fashioned rolled oats
- 1½ cups mixed nuts, toasted
- 1½ cups Medjool dates (pitted) If dates are hard, soak in hot water for 10 minutes, DRAIN
- 3/8 cup almond nut butter (6 T.)
- ¾ tsp. vanilla
- ¼ tsp. cinnamon

Toast nuts @ 350⁰ for 5 minutes until golden; let cool. Line bottom of a 9 x 13" pan with parchment paper; extend paper up two opposite sides to lift crust out later. In food processor, pulse oats & nuts until reduced in size, then add dates. In small pan, heat nut butter on *very low* heat until smooth & creamy; cool slightly. Add nut butter, vanilla, & cinnamon to food processor. Pulse to combine (you want chunky, not paste). Pat firmly on bottom of pan, ¼-½" thick. Freeze until set, at least 2-3 hours, so nut butter solidifies.

Fudge Filling (save ½ cup for decoration) (Use within 30 minutes of making)

- 1 cup baked sweet potato (discard skin)
- 1 cup semi-sweet mini vegan chocolate chips
- ½ cup mashed banana
- ½ tsp. vanilla
- ¼ tsp. cinnamon
- ½ T. cocoa powder

In blender, combine baked sweet potato, banana, vanilla, cinnamon, & cocoa powder; blend until smooth. Melt chocolate chips over a double-boiler or microwave; quickly add to potato/banana mixture. Blend all until smooth. (Put ½ c. frosting in baggie for decorating.) Remove crust from freezer; gently lift crust from pan, using parchment paper edges. Cut crust in half with serrated knife. Spread fudge filling on one of the halves. Carefully lay other half crust on top. Cut into bars; put ½ tsp. fudge filling on top of each. (Snip corner of baggie; pipe on top of each bar.)

plus, a baked cookie from Linda Jones

Peanut Butter Cookies – 3 Ways (makes 26 cookies using mini scoop)

- 1 cup smooth peanut butter (only peanuts)
- ½ cup date sugar
- 1 flax egg
- 1 tsp. baking soda
- 1 tsp. vanilla
- dash of cinnamon

(If you want less "stick to roof of your mouth," add ½ c. flour and 2 T. non-dairy milk)

- optional: add mini chocolate chips to batter before scooping or rolling
- optional: jam or frosting after baked and cooled

Mix ingredients; form into balls or use scoop. Either: Cross-hatch with fork (if not filling cookies); put a peanut half on top, pushing down gently; OR Indent to put jam or frosting in middle after baking. Bake 350⁰, 10-12 minutes. Cool at least 10 minutes before moving (they are delicate). Gently push down on indentation. Put on rack; cool completely. Add jam or frosting in middle. Can freeze plain or with filling.

Chocolate frosting (makes 2 cups; decorates ~ 48 cookies; use within 30 minutes of making)

- 1 cup of sweet potato
- ½ mashed banana
- ½ tsp vanilla
- ¼ tsp cinnamon
- ½ T. unsweetened cocoa powder
- 1 cup vegan mini chocolate chips

Combine baked sweet potato (discard skin), banana, vanilla, cinnamon, and cocoa powder in blender. Blend until smooth. Melt chocolate chips over a double boiler or in microwave. When fully melted, quickly add to other ingredients and blend until smooth. Put into baggie, snip off bottom corner, pipe into indentation.