

HOLIDAY DESSERT RECIPES

*A gift to you from
Plant-Based Pittsburgh*

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WITH LOVE

CHOCOLATE PUMPKIN PIE from [eat, drink & be vegan](#)—submitted by Linda Askren

INGREDIENTS:

- 1 ¼ C. non-dairy chocolate chips
- 1 can (14-oz/415-ml) organic pumpkin pie mix (or pumpkin puree sweetened to taste)
- 2 T. unrefined sugar
- 2 tsp. arrowroot powder
- 1/8 tsp. (rounded) sea salt
- 1 prepared pie crust of choice
- 2 T. non-dairy chocolate chips for garnish



DIRECTIONS:

1. Preheat oven to 425°F (220°C).
2. Fit a metal or glass bowl over a saucepan on medium-low heat and filled with several inches of water (or use a double-boiler).
3. Add 1¼ C. chocolate chips to bowl; stir occasionally as water simmers (not boils), letting chocolate melt.
4. In a food processor, add pumpkin pie mix, sugar, arrowroot powder, and salt. Purée until very smooth. Then, add melted chocolate and purée.
5. Pour mixture into pie crust; tip pie back and forth gently to evenly distribute filling. Sprinkle on 2 T. chocolate chips.
6. Bake for 15 minutes, then reduce heat to 350°F (180°C) and bake for another 35 minutes, until pie is set (the center may be soft, but it will set further as it cools). Carefully remove from oven and place on cooling rack.
7. Let cool completely before slicing, refrigerating if desired.

APPLE PIE BITES from The Jaroudi Family—submitted by Marsha Berland

INGREDIENTS:

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|---|-------------------------|
| ○ 3½ c. cooked apples with skin on (put diced apples on cookie sheet; bake at 350° for 15 min.) | ○ 2 tsp Ceylon cinnamon |
| ○ 1 c. rolled oats | ○ ¼ tsp ground nutmeg |
| ○ 1 c. unsweetened applesauce | ○ ¼ tsp ginger |
| ○ 2 tsp lemon juice | ○ ¼ tsp ground cardamom |

INSTRUCTIONS:

1. Preheat oven to 350° F.
2. In a large bowl, add cooked apples, mash down a bit, and stir in remaining ingredients.
3. In a muffin tin (line with parchment paper) place apples mixture into the 12 compartments – press down gently.
4. Bake 20 minutes – let cool before removing from muffin tin.

REFINED SUGAR-FREE CUT-OUT COOKIES by Kathy A. Davis

Source: www.veginspired.com/refined-sugar-free-cut-out-cookies/

INGREDIENTS:

- ½ C. Crazy Walnut Plain Walnut Butter
- 1/3 C. spelt flour
- ½ C. pitted Medjool dates
- 1/3 C. oat flour
- 1 tsp. vanilla
- ¼ tsp. baking powder
- 1 T. unsweetened soy milk



DIRECTIONS:

1. In a small bowl, microwave dates and walnut butter for about 30 seconds until softened.
2. In a food processor, process dates, walnuts, vanilla, and soy milk to a fluffy cream.
3. In a large bowl, whisk flours and baking powder. Fold in date mixture and mix thoroughly.
4. Preheat oven to 350° F. and line a baking sheet with parchment paper.
5. On a flat, lightly floured surface (I used spelt flour), roll out dough to ¼" thick and use your favorite cookie cutters.
6. Carefully transfer cookies to the parchment-lined baking sheet.
7. Bake for 10-12 minutes until cookies are browned on the edges and firm to the touch.
8. Immediately transfer to the cooling rack and cool completely before decorating.

OATMEAL COOKIE DOUGH BITES from NutritionFacts.org—submitted by Marsha Berland

INGREDIENTS:

- 1 C. rolled oats
- 1 tsp. vanilla extract
- ½ C. raw cashews or hemp seeds
- 1-5 tsp. water, as needed
- 1 tsp. cinnamon
- ¼ C. raisins
- ½ C. (packed full) pitted dates

DIRECTIONS:

1. In a food processor, add oats, cashews (or hemp seeds), and cinnamon. Process until oats and cashews are a coarse flour.
2. Add dates to the food processor. Process the ingredients together.
3. Add the vanilla and pulse together. If the dough is not sticking together, add 1-5 tsp. of water (start with 1; add more as needed). Continue to process until the dough starts to form a ball or at least sticks together when pinched.
4. Spread the dough out and sprinkle the raisins on top. Fold the dough together until the raisins are well incorporated into the mixture.
5. Roll dough into 12-15 small balls. (I use watermelon scoop.) Place the bites into a large glass container. Enjoy as is, or transfer to the fridge or the freezer to allow it to set.

Variations: Omit raisins for a cinnamon oatmeal bite. Swap dates with raisins. Use hemp seeds in place of cashews.

THREE INGREDIENT CHOCOLATE MINI CUPCAKES by Lulu Herold

Source: lulucooksandtells.blogspot.com/2022/11/three-ingredient-chocolate-mini.html

INGREDIENTS:

- 2 ripe bananas
- 3 T. cocoa
- ½ C. peanut butter

INSTRUCTIONS:

1. Preheat oven to 350° F.
2. Add all the ingredients in a bowl and mix with a fork.
3. Line mini cupcake holders with paper liner. Fill each 2/3 full with the batter. You will get 12-18 mini cupcakes.
4. Bake for 15 minutes.



Chocolate Vegan Icing

INGREDIENTS:

- 12-14 oz silken tofu, drained; no need to press
- 4 T. sweetener or to taste (I used erythritol)
- 2 T. cocoa
- ½ banana

INSTRUCTIONS: Mix all the ingredients in a food processor.

ALMOND CHOCOLATE TRUFFLES from *How Not to Die Cookbook*—submitted by Claire Thielen (makes about 24)

½ cup chopped and pitted soft dates
½ cup raw cashews, soaked in hot water for 3 hours and then drained
3 tablespoons almond butter
½ cup unsweetened cocoa powder
¼ cup date sugar
1 2- to 3-inch piece vanilla bean, split and scraped (or 1 teaspoon extract)
Ground almonds, for coating

Combine the dates and cashews in a food processor and process to a paste. Add the almond butter and process to combine. Add the cocoa powder, date sugar, vanilla, and 1 teaspoon of water. Pulse until well combined.

Pinch some of the mixture between your fingers to see whether it holds together. If it's too dry, add a little more water, 1 teaspoon at a time, until the mixture can be shaped into balls. If the mixture is too soft, refrigerate it for 20 minutes or longer to firm up. If it's still too soft, add a little more cocoa powder, 1 teaspoon at a time.

Use your hands to shape and roll a small amount of the mixture into a 1-inch ball and transfer to a plate. Repeat until all the mixture has been rolled into balls.

Place the ground almonds in a shallow bowl. Roll the truffles in the almonds until they're coated, pressing on them if needed to cover completely. Transfer the coated truffles to a plate and refrigerate until firm before serving.

NOTE: If your dates are not soft, soak them in hot water for 20 minutes; then drain and pat dry before using.

FLOURLESS PEANUT BUTTER COOKIES from ohsheglows.com—submitted by Laura Teufel

INGREDIENTS:

- 1 T. ground flax*
- 3 T. water
- ½ C. unsweetened shredded coconut
- ½ C. gluten-free rolled oats
- ½ C. packed brown sugar
- 1 tsp. baking powder
- ½ tsp. fine sea salt (reduce if using salted peanut butter)
- ¼ C. mini non-dairy chocolate chips
- ½ C. natural smooth peanut butter
- 1 tsp. pure vanilla extract
- 2 T. pure maple

INSTRUCTIONS:

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper.
2. Add ground flax and water to a medium bowl; whisk until combined. Set aside.
3. To a large bowl, add coconut, rolled oats, brown sugar, baking powder, salt, and chocolate chips. Stir to combine.
4. In the same bowl as the flax mixture, add peanut butter, vanilla, and maple syrup. Stir until smooth. The mixture will be very thick.
5. Scoop wet mixture on top of dry ingredients; stir until well combined. The batter will be very dry at first, but this is normal—you can knead the dough with your hands to make it all come together. If your dough is still too dry to shape into balls, add a tsp. of water and mix again.
6. Lightly wet your hands and form ~13 balls, a bit smaller than golf balls. Put each on the prepared baking sheet about 2-3" apart. Gently press down each ball to flatten into a 1-cm thick disc.
7. Bake 12-14 minutes. The cookies tend to only spread out a little. They will be delicate coming out of the oven but will firm up as they cool—the bottoms will be golden. Allow cookies to cool on the baking sheet for 10 min., then carefully transferring to a cooling rack until completely cooled.

Once cooled, the cookies will be soft and chewy. For a firmer texture, transfer the cookies to the freezer. Store in an airtight container or freezer bag in the freezer for up to 1 month.

* If you have a flax allergy, use ½ T. ground chia seed. The cookies will turn out a bit thicker.

CHOCOLATE/PEANUT BUTTER/PECAN DATES submitted by Barb Alden

INGREDIENTS:

- Pitted whole dates
- Natural peanut butter
- Whole pecans
- Dark chocolate, melted

INSTRUCTIONS:

1. Slit dates lengthwise to open; place on parchment-lined sheet pan.
2. In middle of each date, add a dab of peanut butter, followed by a pecan.
3. Dip each date into melted dark chocolate (the chocolate coating helps hold the date & filling together).
4. Place in freezer; take out shortly before serving.