

Adonis Frosting
Plant-Strong Cookbook

Makes about 2 cups frosting –enough for one Adonis Cake, plus a few taste tests

Ingredients:

12-ounce package of silken soft tofu
3 tablespoons unsweetened cocoa powder
1 tablespoon vanilla extract

Directions:

1. Place silken tofu in a food processor. Add unsweetened cocoa powder and blend.
2. Add vanilla and blend until chocolaty and creamy.
3. Use immediately or refrigerate until ready to use.

Rip's Tip: Enjoy this recipe as a pudding as well! After preparing it, pour it into glasses, layer with sliced fruit, and refrigerate until ready to serve

Adonis Cake
Plant-Strong Cookbook

Ingredients:

1 ½ cups whole wheat flour
3 tablespoons unsweetened cocoa powder
1 teaspoon baking soda
⅔ cup pure maple syrup
6 tablespoons unsweetened applesauce
1 tablespoon white vinegar
1 teaspoon vanilla extract
¾ cup cold water

Directions:

1. Preheat oven to 350° F.
2. In a mixing bowl, combine flour, cocoa and baking soda; mix well.
3. Add maple syrup, applesauce, vinegar, vanilla, and water mix well to combine.
4. Pour batter into a 9×9" baking pan; bake for 30 minutes.
5. Remove the cake and let cool.

Greger's Fudgy No-Bake Brownies
How Not to Die Cookbook

Ingredients:

- 1 cup walnuts
- 1 1/2 cup pitted dates
- 1/2 almond butter
- 1/2 cup unsweetened cocoa powder
- 1/2 cup crushed pecans

You will need: 8-inch square baking pan

Directions:

1. Grind walnuts and dates in a food processor until finely ground.
2. Add almond butter and process until well mixed.
3. Add cocoa powder and pulse to mix well.
4. Transfer brownie mixture to an 8-inch square baking pan.
5. Press mixture firmly in the pan.
6. Press crushed pecans firmly into the mixture.
7. Cover and refrigerate for at least 1 hour before cutting into squares.

Hot Shot Biscotti
by Engine 2 Cookbook

Ingredients: (Makes 16 to 20 biscotti)

- 2/3 cup walnuts
- 2 tablespoons water
- 1/2 cup 100% pure maple syrup
- 1 tablespoon vanilla extract
- 1 cup whole wheat flour
- 1/2 cup oat flour
- 1/4 cup old-fashioned oats
- 1/3 cup dried cranberries
- 1/3 cup pistachios
- 1/3 cup raisins

Directions:

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a food processor, blend walnuts and water until mixture becomes a lump.
3. Add maple syrup and vanilla; blend until uniformly mixed.
4. Pulse in flour and oats with as few rotations of the blade as possible; this keeps the flour from toughening up.
5. Add cranberries, pistachios, and raisins. Blend a few times more.
6. Remove biscotti dough from the processor and form into a roughly 9x3-inch log. Place on the lined pan and bake for 25 minutes.
7. Set aside to cool. Decrease the oven temperature to 300°F.
8. When the biscotti log is cool enough to handle (5-8 minutes), use a serrated knife to slice into 1/2-inch slices. Place slices flat on the same lined baking pan. Bake for 10 minutes, flip, and bake for 10 more minutes, until both sides are slightly browned.
9. Cool and serve when crisp.

Stone Scones

Engine 2 Cookbook

Ingredients:

1 1/2 cups oat flour
1 1/2 cups almond flour
1/2 cup maple syrup
1 tbsp vanilla extract
1 tbsp water
1/2 add-ins, such as a mix of dried fruit, walnuts, pistachios

Directions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. In a bowl, combine the flours. Add maple syrup, vanilla, and water. Gently fold ingredients together with a rubber spatula until dough forms into a solid clump. Fold in dried fruits or nuts.
3. On lined pan, press out dough to a round that is 1-plus inch thick; wet your fingers a bit to help keep the dough from sticking. Use a pizza cutter or a sharp knife to cut the dough into 8 wedges. Arrange wedges about 1/4 inch apart on baking sheet.
4. Bake for 18 minutes, until browned on top. Keep an eye on them, as they brown quickly. If possible, serve warm.

Walnut Frosting

Ingredients:

2 tbsp water
1/3 cup maple syrup
2/3 cup walnuts

Directions:

Blend in a food processor till smooth.

Easy Pumpkin Bread

By: *Brittany Jaroudi*

Dry Ingredients:

- 1 cup oat flour
- 1 cup whole wheat flour
- 2 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder

Wet Ingredients:

- 1 1/4 cups pumpkin (I used canned)
- 1/2 cup date syrup
- 1 teaspoon vanilla
- 1/4 cup water

Directions:

1. Mix together wet ingredients.
2. Preheat oven to 400° F.
3. Mix dry ingredients into wet ingredients.
4. Add to loaf pan (line with parchment paper or use silicone pan).
you can add crushed pecans on top
5. Bake for 40 minutes.

Badass Banana Bread

Engine 2 Cookbook

Ingredients:

- 1 cup whole wheat flour
- 1 cup oat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 3 brown-spotted medium bananas
- 1/4 cup maple syrup
- 1/4 cup water
- 2 tbsp unsweetened applesauce
- 1 tbsp vanilla extract
- 2 tsp apple cider vinegar
- 1/2 cup add-ins of choice: walnuts, raisins, pistachios

Directions:

1. Preheat the oven to 400° F. Line a loaf pan with parchment paper.
2. In a bowl, combine flour, baking powder, baking soda, cinnamon, and nutmeg.
3. In a large bowl combine bananas, maple syrup, water, applesauce, vanilla, and vinegar.
4. Mix dry ingredients into the wet. Fold in add-ins.
5. Pour batter into lined loaf pan (or divide among 12 muffin cups). Bake the loaf for 20 minutes, until golden brown on top. Serve warm.

Aquafaba Whip Cream

Ingredients:

1-15.5 oz can chickpeas juice
3-4 tbsp maple syrup **or** 1/2 cup of date sugar
1/4 tsp cream of tartar

Directions:

Whip together with a hand mixer till you get whipped cream.

Fruit Crisp

Forks Over Knives

Ingredients:

3 cups fresh or thawed frozen fruit
1/2 cup oat flour
1/2 cup rolled oats
1/2 teaspoon baking powder
2 tbsp pure maple syrup or 2 tbsp date syrup
1 tbsp almond butter

You will need: 9 x 5-inch loaf dish

Directions:

1. Preheat the oven to 425°F
2. In a bowl, combine oat flour, rolled oats, baking powder, maple syrup, and almond butter. Rub in with fingertips until mixture comes together in small clumps. Spread the crumble over fruit.
3. Bake until golden brown, about 20 minutes. Serve warm.