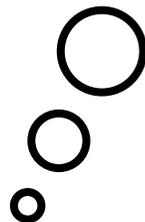


# Whole Food, Plant-Based Desserts: *Indulging Your Sweet Tooth!!*

**Guess the Secret Ingredient**

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March 12, 2022



# STRAWBERRY MANGO ROLLS

by Linda Jones (adapted from ForksOverKnives)

**INGREDIENTS:** Quantities depend upon number of rolls you are making.

- large romaine lettuce leaves
- mangoes
- **secret ingredient** wraps
- strawberries (cut into thin slices)
- fresh mint leaves
- *Optional sauce:* In a blender, combine mango & strawberry slices + 1 date. Use as a sauce to drizzle on fruit before rolling or as a dip after rolled.

## DIRECTIONS:

1. Tear lettuce leaves from ribs. Cut into 3x1" strips.
2. Pit and peel mangoes. Cut into thin 3x1" strips.
3. Rinse and pat dry mint leaves.
4. Prepare a work station: **secret ingredient**, lettuce, mangoes, strawberries, and mint.
5. Fill a wide shallow bowl halfway with warm water. Place it near the **secret ingredient** and a cutting board.

**Hint:** Thin & translucent, you can see filling.

## TO ASSEMBLE:

1. Slide a sheet of **secret ingredient** into bowl of water; let soak 15 seconds to soften. Remove from water; place on cutting board. (Alternate: rinse **secret ingredient** under faucet for 3-5 seconds. Then place it on a very wet dishtowel on countertop and begin filling.)
2. On the edge near you, put 2-3 strawberry slices.
3. Place 3 mint leaves beyond the strawberries.
4. Place 1-2 mango strips on top of strawberries & mint.
5. Top with 3-4 lettuce strips.
6. Fold nearest edge of **secret ingredient** up & over filling.
7. Fold in the left & right sides.
8. Continue to roll until wrap is rolled completely. The finished roll should be around 6" long. Then cut diagonally in the middle and serve with a sauce, if desired.

# CHOCOLATE MOUSSE

by Linda Jones (adapted from Dr. Fuhrman)

Hint: One of the highest antioxidant capacity of all the popular fruits and vegetables.

## INGREDIENTS:

- 8 oz. orange yam (about 2 medium)
- ½ cup fresh or frozen (thawed) **secret ingredient**
- 4 T. unsweetened cocoa powder
- ¼ cup date paste
- ½ tsp. vanilla or almond extract
- Optional: for creamier mousse, add ¼ - ½ cup drained silken tofu

## DIRECTIONS:

1. Preheat oven to 400° F.
  2. Bake yams on a parchment-lined baking pan for 45 minutes or until very soft (test with a fork or knife). Let cool, remove skins.
  3. Place yams, **secret ingredient**, cocoa powder, vanilla, date paste, and tofu (if using) in a high-powered blender; process until smooth and creamy.
  4. Refrigerate.
- Can serve with a dollop of vegan whipped cream, fresh fruit on top.

# HEALTHY CHOCOLATE CHIP SKILLET COOKIE

by The Jaroudi Family

## INGREDIENTS:

- 1) 1 15-oz can chickpeas with liquid (approx. ½ c. of the **secret ingredient**)
- 2) ¼ c. prepared powdered peanut butter or any nut butter
- 3) 3 large, pitted dates
- 4) ½ tsp. baking powder
- 5) ½ tsp. baking soda
- 6) 100% dark chocolate chips (about ¼ – ½ cup)

Optional: ½ c. oat flour if you want more of a cookie texture.

**Hint:** Liquid in canned beans.

## DIRECTIONS:

1. Preheat oven to 350° F.
2. In a high-speed blender, combine first three ingredients. Blend until smooth.
3. Stir in baking powder and baking soda.
4. Add chocolate chips to top of the batter.
5. Put batter in a small 8-inch springform pan.
6. Bake for 30 minutes.
7. Let cool; remove from pan

*Serve with vanilla nicecream!*

# OAT THUMBPRINT COOKIES

by **Linda Jones** adapted from The Simple Veganista

Hint: Root vegetable especially high in vitamins A, B6, C, and manganese.

## INGREDIENTS: (approx. 36 cookies)

- 3 c. oat flour
- 1 c. rolled oats
- 2 tsp. cinnamon
- 2 tsp. baking soda
- ½ c. unsweetened applesauce
- 4 T. almond butter
- 2 tsp. vanilla extract
- ½ c. date paste
- Optional: chopped walnuts, unsweetened shredded coconut for rolling before baking

## DIRECTIONS:

1. Preheat oven to 350<sup>0</sup> F. Line cookie sheet with parchment paper.
2. Mix flour, oats, cinnamon & baking powder in a bowl.
3. In another bowl, combine applesauce, nut butter, vanilla, & date paste.
4. Add and mix wet ingredients into dry ones.
5. Shape dough into a ball using a cookie scoop or roll by hand.
6. Optional: roll dough balls in chopped walnuts or coconut.
7. Place on cookie sheet & gently indent the middle of each.
8. Bake 10-12 minutes. Remove from oven, let cool.
9. Fill indented area with fruit spread or chocolate frosting.

**CHOCOLATE FROSTING:** Bake **secret ingredient** at 375 F. for 45 minutes. Cool slightly; remove skin. Near the end of the baking time, melt semi-sweet chocolate chips in the microwave until smooth. Combine equal amounts of melted chocolate and the warm **secret ingredient** in a blender. (Keep refrigerated.)

# ROZ'S NUTS

by Linda Jones

Hint: Used as a substitute for egg whites.

## INGREDIENTS:

- 2 lbs. walnuts (approx. 7 cups) or other nuts
- 1¼ c. **secret ingredient**
- 1 c. date sugar
- 2 tsp. cinnamon
- Instead of cinnamon, try cayenne, smoked paprika, or vegan Worcestershire sauce.

## DIRECTIONS:

1. Preheat oven to 225° F. Line 2 baking sheets with parchment paper.
2. With a mixer, beat **secret ingredient** for several minutes until frothy. Keep beating while slowly adding cinnamon and sugar. It will thicken.
3. Put nuts into a large bowl and spoon sugar mixture over nuts, carefully coating all.
4. Spread onto cookie sheets. Bake 1 hour. (After 30 minutes, I reversed the trays.) Let cool. Freezes well.

# SPICE CAKE

 by Linda Jones adapted from Shape Magazine

Hint: Green, leafy, cruciferous vegetable rich in nutrients.

## INGREDIENTS:

- 6 T. ground flax seeds
- 1 tsp. baking powder
- $\frac{3}{4}$  c. warm water
- 1½ tsp. baking soda
- 1 bunch **secret ingredient** (2-3 cups)
- 3 tsp. cinnamon
- 1 c. unsweetened applesauce
- 1 tsp. nutmeg
- 1 c. date sugar
- 1 tsp. ginger
- 2  $\frac{1}{3}$  c. flour (white whole wheat)
- 1 tsp. vanilla
- 4-6 soft, pitted dates
- Optional: Add nuts or chocolate chips to batter. When serving, add whipped cream and berries.

## DIRECTIONS:

1. Preheat oven to 350° F. Put parchment paper on bottom of 9" spring form pan.
2. In small bowl, stir together flaxseeds & water. Set aside.
3. In blender, add applesauce, rinsed & dried **secret ingredient** leaves, date sugar, vanilla, flaxseed mixture, and dates. Blend until smooth and place into a bowl.
4. In a large bowl, combine the flour, baking powder, baking soda, and spices
5. Add the wet mixture to dry ingredients and combine with a hand mixer.
6. Bake for 35 minutes or until a toothpick comes out clean. Cool on rack.

# DOUBLE DARK CHOCOLATE BROWNIES

by Sally Lipsky modified from Chocolate Cupcakes by Lindsay Nixon

Hint: Vining herbaceous plant with a long shape and a smooth dark-green skin.

## INGREDIENTS:

- 1¼ c. flour
- ¼ c. unsweetened cocoa powder
- 1¼ tsp. baking powder
- 1 tsp. ground cinnamon
- ¾ tsp. baking soda
- ¼ tsp. salt
- 1 ripe banana
- ½ c. applesauce
- 2 T. date sugar (double for sweeter)
- ¼ c. non-dairy milk
- 1 tsp. vanilla extract
- 1 c. shredded **secret ingredient**
- ½ c. dark chocolate chips

## DIRECTIONS:

1. Preheat oven to 350° F. Line 8x8" pan with parchment paper or use a nonstick pan.
2. In a large bowl, combine flour, cocoa, baking powder, cinnamon, baking soda, and salt.
3. In blender, mix banana, applesauce, sugar, milk, & vanilla.
4. Add wet ingredients + **secret ingredient** into the bowl with the dry ingredients; stir just until combined. Add & combine chocolate chips. Spoon batter into pan.
5. Bake 20-24 minutes (be careful not to overbake; toothpick can have melted chocolate on it).
6. Cool completely before cutting. Freezes well.

# Secret Ingredient Answers

- Strawberry Mango Rolls: **Brown Rice Paper**
- Chocolate Mousse: **Blueberries**
- Chocolate Chip Skillet Cookie: **Aquafaba**
- Oat Thumbprint Cookies: **Sweet Potatoes**
- Roz's Nuts: **Aquafaba**
- Spice Cake: **Kale**
- Double Dark Chocolate Brownies: **Zucchini**

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# AQUAFABA VEGAN WHIPPED CREAM

by Linda Jones

**CORRECT VERSION!!**

## INGREDIENTS:

- aquafaba from 15 oz. can of chickpeas (use chickpeas another time)
- ¼ tsp. cream of tartar
- ½ - 1 tsp. vanilla extract
- approximately 1 T. maple syrup (optional)

## DIRECTIONS:

1. Put aquafaba in a mixing bowl; add cream of tartar.
2. Begin beating, using a high powered mixer at a high speed. (may take 3-5 minutes.)
3. When peaks form, slowly add vanilla extract and maple syrup.
4. Continue beating for another minute or two.

## COMMENTS:

- I used aquafaba that had been frozen, which worked well.
- Stays whipped for a short time – about 2 hours.
- If not using right away, keep in refrigerator.
- Not sure if hand beaters would work.

# VEGAN MONKEY BREAD MUG

from Feasting on Fruit, shared by Linda Jones

## INGREDIENTS

### DATE PASTE

- 10 Medjool dates
- ½ cup water
- optional: 1 T. almond butter or other nut/seed butter

### DOUGH

- 1/3 cup oat flour
- ¼ cup date paste (see above)
- 2 T. tapioca starch (or cornstarch)
- ½ tsp. baking powder
- 1 tsp. vanilla extract
- pinch of salt

### CARAMEL GOO

- ¼ cup date paste (see above)
- 1 tsp. maple syrup
- ½ tsp. cinnamon

## DIRECTIONS:

1. Blend all the date paste ingredients. (May have extra but most blender cannot blend with less volume than this.)
2. Mix together all the dough ingredients. (Should be quite sticky but firm enough to roll into balls.)
3. Pinch off a small piece of dough; roll into ball. Drop it in the caramel goo; use spoon to evenly coat. Place in a microwave-safe ramekin. Repeat with rest of dough. (around 8 balls)
4. Microwave for 1-1½ minutes on High\*.
5. Top with remaining caramel goo and a sprinkle of cinnamon.

\* Can be baked in a preheated oven, 375 degrees, for approximately 15-20 minutes.