

**Desserts**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

The beauty of plant-based desserts is that they can be pretty healthy if you want them to be, or you can indulge in the real sugar-laden sweets too, if you’d like! Here is a good sample of healthy and indulgent with an ingredient list including everything you’ll need to make these plant-based treats!

Black bean brownies:

 <http://chocolatecoveredkatie.com/2012/09/06/no-flour-black-bean-brownies/>

* 1 15oz can Black Beans
* Cocoa Powder
* Quick Cooking Oats
* Maple Syrup or Agave
* Sugar (use Coconut sugar is you’d like unrefined. Whole Foods carries coconut sugar)
* Coconut OR Vegetable Oil
* Pure Vanilla Extract
* Baking Powder
* Vegan Chocolate Chips (Trader Joes semi-sweet choclate chips are Vegan!)
* Salt

8 Vegan Banana Soft Serve “Nice Cream” Recipes: <https://wholefully.com/8-vegan-banana-soft-serve-recipes-to-keep-you-cool/>

* Bananas (2 frozen per serving)
	+ For Apple Cinnamon:
		- Apple Butter
		- Pure Vanilla Extract
		- Cinnamon
	+ For Chocolate:
		- Unsweetened Cocoa Powder
		- Pure Vanilla Extract
	+ For Pumpkin Spice
		- Apple Butter
		- Pumpkin Puree
		- Pumpkin Pie Spice
	+ For Strawberry
		- Frozen Strawberries
		- Vanilla Extract
	+ Peanut Butter
		- Natural Peanut Butter
		- Salt
		- \*P.B.P. Tip: Add a couple of dates for added flavor and sweetness!
	+ Carrot Cake
		- Apple Butter
		- 1 Large Carrot
		- Pure Vanilla Extract
		- Raisins
		- Chopped Walnuts
	+ Pina Colada
		- Canned Pineapple
		- Full fat coconut milk (from a can)
		- Unsweetened coconut flakes

Flourless Breakfast (Thumbprint) Cookies:

<http://ohsheglows.com/2014/10/24/flourless-thumbprint-breakfast-cookies-vegan-gf/>

* Rolled Oats
* Ripe Banana
* Chia Seeds or Flax Seeds
* Sea Salt
* Cinnamon
* Jam
* Peanut butter (alt. Nut butter) \*optional for topping/drizzling

5 Ingredient Salted Caramel Peanut Butter Truffles: <https://minimalistbaker.com/5-ingredient-salted-caramel-peanut-butter-truffles/#_a5y_p=2175672>

* Medjool Dates (Trader Joes, Whole Foods, Harris Teeter)
* Natural Peanut Butter
* Dairy-free chocolate/Dark Chocolate
* Sea Salt
* Coconut Oil (\*P.B.B. note: I omit the coconut oil when I make these).

Super Healthy Peanut Butter Date Special-K Bars: <https://www.halfbakedharvest.com/super-healthy-peanut-butter-date-special-k-bars/>

* Medjool Dates (Trader Joe’s, Whole Foods, Harris Teeter)
* Creamy Peanut Butter
* Non-dairy milk
* Pure Vanilla Extract
* Corn Flakes
* Dark Chocolate
* Sea Salt

The Ultimate Chewy Chocolate Chips: <http://veganchowdown.com/ultimate-chewy-chocolate-chip-cookies/>

* Vegan Butter (I use Earth Balance!)
* Brown Sugar
* Sugar
* Non-dairy milk
* Pure Vanilla Extract
* Flour
* Bakin Soda
* Chocolate Chips
* Salt

Dark Chocolate Peanut Butter Banana Bites: <http://smilesandwich.com/2014/04/02/dark-chocolate-peanut-butter-banana-bites/>

* Bananas
* Creamy Peanut Butter
* Dark Chocolate
* Coconut Oil