

Desserts



[Cashew Pear Cream](#) (4/20/2016) - Cashew -Pear Cream (cream or whipping cream substitute) This is the healthiest, most delicious replacement available for whipping cream. Use in a breakfast bowl, on fruit salad, on pumpkin pie, apple crisp, baked or grilled fruit or other desserts. 1 x 15 oz can or jar of pears in water or juice or about [...]



[Old Fashioned Peanut Butter Cookies](#) (11/6/2015) - Old Fashioned Peanut Butter Cookies Makes 24-28 cookies.

1 cup (250 ml)	dates, pitted,
packed	1/3 cup (80 ml) boiling
water	1 cup (250 ml)
natural peanut butter (if very thick, thin with 1-3 Tbsp oil)	
1 tsp (5 ml)	vanilla 1/4-1/2 tsp (1-2 ml)
salt 1/3 cup (80 ml)	ground [...]



[Super Seedy Energy Bars](#) (7/29/2015) - Energy bars make a healthy snack for active people or can supplement a light lunch. Commercial bars often higher in sugar than you might imagine. These provide protein from seeds and contain no added sugars (unless dark chocolate is used as a topping!)

Bars 3 cups (750 ml) dried fruit (well [...])



[Walnut Cookies](#) (7/29/2015) - I absolutely love these cookies. They contain no oil, no sugar and are gluten-free. They are also delicious and are an amazing source of omega-3 fatty acids! Makes 3 dozen small cookies. 2 cups (500 ml) pitted dates (loosely packed) 3/4 cup (185 ml) water 1/4 cup tahini or almond butter 1/4 cup ground flaxseed 2 [...]



[Stuffed Dates](#) (7/26/2015) - Makes about 46 stuffed dates These are beautiful treats. They freeze well and are delicious just slightly thawed. You can get creative with the decorations, but nuts work especially well. Dates 2 pounds (908 g) or about 46 large, soft, Medjool dates Chocolate/Nut-butter Filling 2 cups (500 ml) dates, [...]



[Vegan Caramel Turtles or Easter Eggs](#) (1/11/2015) - Makes about 30-40 turtles or 20 easter eggs If you loved turtles in your former, non-vegan life, these will be quite a treat. The caramel can be used as a layer in raw brownies, for truffles, and many other treats. If you are able, invest in some silicon cookie sheet mats. These are mats [...]