

| Vegan Chocolate Pudding :: Milk Chocolate flavor  |   |
|---|---|
| <p><b>ingredients</b></p> <ul style="list-style-type: none"> <li>• 7 Medjool Dates</li> <li>• 1/3 c. Cacao powder</li> <li>• 1 Avocado, med. or large</li> <li>• 6 c. Spinach</li> <li>• 1 tsp Xanthan Gum</li> <li>• 3 c. Almond Milk, unsweetened, vanilla flavor</li> <li>• 1/3 c. Maple Syrup (dark robust)</li> </ul> <p>→ option: 2 or 3 scoops of protein powder, either chocolate or vanilla</p> <p>→ option: use water instead of almond milk, increase to 2/3 c. of maple syrup</p> | <p><b>instructions</b></p> <p>Blend all in blender.</p>   |
|   | <p><b>notes</b></p> <ul style="list-style-type: none"> <li>• Adding more Xanthan Gum will make the pudding thicker.</li> <li>• Cacao powder is very fine, it is best to put it in the blender early in the mix.</li> <li>• This recipe is the Milk Chocolate recipe, with Xanthan Gum added.</li> </ul> |

| Vegan Chocolate Pie  |  |
|--|--|
| <p><b>ingredients :: vegan pie crust</b></p> <ul style="list-style-type: none"> <li>• 1 c. Pecans (soaked in water)</li> <li>• 1 c. Almonds (soaked in water)</li> <li>• 8 Medjool Dates</li> <li>• 1/4 c. Maple Syrup (dark robust), Honey, or Amber Agave Nectar</li> </ul> <p>→ option: 1/4 c. shredded Coconut</p> <p>→ option: Walnuts, other nuts, or sunflower seeds can be used, instead of pecans or almonds.</p> | <p><b>instructions</b></p> <ul style="list-style-type: none"> <li>• Soak pecans and almonds in water for at least 4 hours.</li> <li>• Mix all ingredients in a food processor, at least until the mixture is smooth enough to spread.</li> <li>• Spread crust in a glass dish or a pie tin, until crust is about 1/2" thick</li> </ul>   |
|  | <p><b>notes</b></p> <ul style="list-style-type: none"> <li>• If dates used are any variety other than medjool, use a packed 1/2 c.</li> <li>• This crust can certainly be used for apple pie or any other pie.</li> <li>• This crust is not rigid, meaning it's not a pie that can be eaten with just the hands.</li> <li>• This recipe is vegan, kosher, gluten free, and low fat.</li> </ul> |
| <p><b>ingredients :: vegan pie filling</b></p> <ul style="list-style-type: none"> <li>• 8 Medjool Dates</li> <li>• 2 large (or 3 med.) Avocado</li> <li>• 1/2 c. Carob powder or Cacao powder</li> <li>• 1/2 c. Maple Syrup (dark robust)</li> </ul> <p>→ option: 1 or 2 scoops of protein powder, chocolate flavor</p>  | <p><b>instructions</b></p> <p>Mix all in food processor until smooth.</p>  |
|  | <p><b>notes</b></p> <ul style="list-style-type: none"> <li>• If no dates or maple syrup are available, 6 tblsp Honey plus 3 tblsp Agave Nectar can replace them</li> <li>• Pit filling can be eaten by itself, or with strawberries sprinkled with stevia</li> </ul>   |