

Desserts

Banana Dream Pie

Serves 8

1 vegan pie crust
1/2 cup sugar or other sweetener
5 tablespoons cornstarch
2 cups soy- or rice milk
1/2 teaspoon salt
1 teaspoon vanilla extract
1/2 pound firm tofu
2 ripe bananas
2 tablespoons coarsely chopped almonds

Prepare the crust according to directions. Cool.

Mix the sugar and cornstarch in a saucepan, then stir in the soy- or rice milk and salt. Cook over medium heat, stirring constantly, until very thick. Remove from the heat and stir in the vanilla. Drain the tofu and blend it in a food processor until it is totally smooth, then add the pudding and blend until smooth.

Slice the bananas into thin rounds over the cooled crust. Spread the tofu mixture on top.

Toast the chopped almonds in a 375°F oven until lightly browned, about 10 minutes, then sprinkle evenly over the pie. Refrigerate until completely chilled, at least 2 hours.

*Recipe from Eat Right, Live Longer by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.*

Banana Pudding

Serves 4; makes 3 cups

10 ounces soft tofu
6 ounces firm tofu

2 small very ripe bananas
1/2 cup granulated sugar
1/4 cup calcium-fortified soymilk, rice milk, almond milk, or oat milk
2 teaspoons vanilla

In a blender or food processor, blend all ingredients until creamy and smooth. Pour into small dessert cups and refrigerate for 2 hours. Serve cold.

Recipe adapted from CalciYum! by David and Rachelle Bronfman.

Berry Applesauce

Makes 2 cups

Serve this applesauce hot or cold.

2 cups peeled, cored, and chopped apples
2 cups strawberries, blueberries, or raspberries, fresh or frozen (unsweetened)
1/2 cup frozen apple juice concentrate
cinnamon

In a medium-sized saucepan combine all ingredients. Bring to a simmer, then cover and cook over very low heat for about 25 minutes, or until apples are tender when pierced with a fork. Mash lightly or purée in a food processor, if desired. Sprinkle with cinnamon to serve.

Recipe from Foods That Fight Pain by Neal Barnard, M.D.;
recipe by Jennifer Raymond

Chocolate Mousse or Chocolate Mousse Pie

Serves 8

A healthier—but still incredibly delicious—version of the high-fat, high-calorie French delicacy.

2 packages lite silken tofu
12 ounces semi-sweet chocolate chips or bars
1 tablespoon maple syrup or liqueur, such as Kahlua or Grand Marnier, if desired

1–4 tablespoons soymilk
1 ready-made graham crust (*optional*)

Melt chocolate in the microwave, or in a double boiler, then remove it from the heat. Put tofu into food processor; add melted chocolate and process until smooth. Add syrup or liqueur, if using, and process. Add soymilk, 1 tablespoon at a time, and process to achieve desired consistency. Transfer into a graham cracker crust or small individual serving dishes.

Serve topped with raspberries or strawberries and garnished with mint or orange slices.

Variation: Add a chopped banana to the food processor when you process the tofu and chocolate together.

Fig Spice Cake ***Makes 9 squares***

This is a moist, flavorful cake to enjoy without guilt.

1 cup cut-up, destemmed figs
1 cup hot water
1/4 cup sunflower oil
1/3 cup molasses
1/3 cup brown sugar, packed
1 cup whole wheat flour
1 cup unbleached flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon ground allspice

Soak figs in water for 1 hour. Drain, reserving 1/3 cup of the soaking liquid. Preheat oven to 350°F, and spray a 9_9-inch pan with cooking spray.

Measure the sunflower oil, molasses, brown sugar, and reserved fig soaking liquid into a bowl. Mix, then add the flours, baking powder, baking soda, and spices.

Stir, adding the figs. Pour into the prepared pan and bake 45–50 minutes, until cake begins to pull away from the sides of the pan.

Cool. Cut into nine squares. Dust with a sprinkle of confectioner's sugar if desired.

Recipe from Holiday Diet Cookbook by Dorothy R. Bates.

Gingered Melon Wedges

Serves 6

- 1 large cantaloupe
- 1 scant tablespoon powdered sugar
- 1/2 teaspoon ground ginger
- 1 tablespoon candied ginger (*optional*)

Cut melon in half and seed. Then cut each half into chunks. Stir together the sugar and ground ginger. Add candied ginger if you like. Sprinkle over melon chunks and chill.

Recipe from The Vegetarian No-Cholesterol Barbecue Cookbook by Kate Schumann and Virginia Messina, M.P.H., R.D.

Prune Pudding

Serves 3 to 4

- 1 cup prunes
- 1 cup water
- 1/3 cup soymilk or rice milk
- 3 tablespoons carob powder
- 2 tablespoons maple syrup

Place prunes and water in a covered saucepan and simmer until tender, about 20 minutes. Allow to cool slightly, then transfer the prunes and any remaining liquid to a blender. Add remaining ingredients and blend until completely smooth. Spoon into small serving dishes and chill for at least 1 hour.

Recipe from Food for Life by Neal D. Barnard, M.D.;

recipes by Jennifer Raymond.

Pumpkin Custard Pie

Serves 6 to 8

1 1/2 cups soymilk
4 tablespoons cornstarch
1 1/2 cups cooked pumpkin
1/2 cup raw sugar or other sweetener
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/8 teaspoon ground cloves
1 9-inch unbaked pie shell

Preheat the oven to 375°F.

In a large bowl, whisk together the soymilk and cornstarch until smooth, then blend in pumpkin, sweetener, salt, and spices. Pour into pie shell and bake for 45 minutes, or until firm. Cool before cutting.

Recipe from Food for Life by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.

Schoolyard Oatmeal Cookies

Makes one dozen cookies

The best darn cookies this side of the playground!

1/2 cup whole wheat pastry flour
1/2 cup quick-cooking rolled oats (not instant)
1/4 teaspoon non-aluminum baking powder (such as Rumford)
1/4 teaspoon ground cinnamon
1/4 cup light molasses or sorghum syrup
2 tablespoons canola oil
1 tablespoon water
3/4 teaspoon vanilla extract
1/4 cup walnuts, coarsely chopped
1/4 cup raisins

Preheat the oven to 350° F. Coat a baking sheet with nonstick cooking spray, and set it aside.

Place the flour, rolled oats baking powder, cinnamon, and salt in a small mixing bowl. Stir them together and set aside.

Measure out the molasses or sorghum syrup in a small measuring cup. Then stir in the canola oil, water, and vanilla extract. Mix well. Pour this mixture into the dry ingredients along with the walnuts and raisins. Mix thoroughly.

Drop the dough by 12 rounded spoonfuls onto the prepared baking sheet. Flatten each cookie lightly with the back of a spoon.

Bake the cookies for 12 to 14 minutes or until they are lightly browned.

Transfer the cookies to a cooling rack using a metal spatula. Cool the cookies completely before storing them.

*Recipe from Table for Two: Meat- and Dairy-Free Recipes
by Joanne Stepaniak.*

Summer Fruit Compote

Makes 2 cups

2 cups peeled and sliced fresh peaches (peeling is optional)

2 cups hulled fresh strawberries

1/2 cup white grape juice concentrate or apple juice concentrate

In a large saucepan, combine all ingredients. Bring to a simmer and cook for about 5 minutes, or until fruit just becomes soft. Serve warm or cold by itself or over fruit sorbet or vanilla soy ice cream.

Recipe from Foods That Fight Pain by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.

Sweet Potato Pie

Serves 8

3 large sweet potatoes
3 tablespoons oil or non-dairy (vegan) margarine
1/2 cup hot soymilk
egg replacer equivalent to 2 eggs
1/2 cup fructose
1/2 teaspoon sea salt
1/2 teaspoon vanilla
1/4 teaspoon nutmeg
1 unbaked vegan pie crust

Steam the sweet potatoes until tender, then peel and mash.

Preheat the oven to 350°F. Place the oil in the hot soymilk, and add to the sweet potatoes. Beat until soft and creamy.

Add the beaten egg replacer, fructose, sea salt, vanilla, and nutmeg to the sweet potato mixture, and mix well. Pour the filling into the crust, and bake for 30 minutes.

*Recipe from Vegetarian Cooking for People with Allergies
by Raphael Rettner, D.C.*

Sweet Potato Pudding
Makes about 1 1/2 cups

Sweet Potato Pudding is a great way to load up on cancer-fighting beta-carotene for breakfast. It takes just minutes to make if you keep cooked sweet potatoes or yams on hand.

1/3 cup rolled oats
1/2 cup fortified soymilk or rice milk
1 cup cooked sweet potato or yam
1 tablespoon maple syrup
1/4 teaspoon cinnamon

Combine all ingredients in a blender and blend until smooth.

Recipe from Healthy Eating for Life to Prevent and Treat Cancer

by Vesanto Melina, M.S., R.D.

Yam Spiced Muffins

Makes 10 to 12 muffins

2 cups whole-wheat flour or whole wheat pastry flour

1/2 cup sugar

1 tablespoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1 1/2 cups cooked, mashed yams

1/2 cup water

1/2 cup raisins

Preheat the oven to 375°F.

In a large bowl mix whole wheat flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg. Add yams, the water, and raisins; stir until just mixed.

Lightly coat a muffin pan with vegetable oil spray. Fill cups to the top with batter.

Bake for 25 to 30 minutes, or until the top of a muffin bounces back when pressed lightly. Let stand for 1 to 2 minutes before removing from the pan. When cool, store in an airtight container.

Recipe from Foods That Fight Pain by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.

Yams with Cranberries and Apples

Serves 8

A beautiful blend of sweet and tart flavors, this recipe is a perfect addition to any meal—for the holidays or otherwise.

4 yams, peeled

1 large green apple, peeled and diced

1 cup raw cranberries
1/2 cup raisins
2 tablespoons raw sugar or other sweetener
1/2 cup orange juice

Preheat oven to 350°F.

Cut peeled yams into 1-inch chunks and place in a large baking dish. Top with diced apple, cranberries, and raisins. Sprinkle with sugar or other sweetener, then pour orange juice over all. Cover and bake for 1 hour and 15 minutes or until yams are tender when pierced with a fork.

Recipe from Food for Life by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.