



Healthy World Sedona

Pleasing Your Plant-Based

Nut Bar Snacks

Makes 16

Ingredients

- 1 $\frac{1}{4}$ cups nut butter (peanut butter or almond butter work best)
- $\frac{3}{4}$ cup maple syrup
- 2 $\frac{1}{2}$ cups gluten-free rolled oats
- 1/3 cup flax meal
- 2 tablespoons sesame seeds*
- $\frac{1}{4}$ cup sunflower seeds*
- $\frac{1}{4}$ cup pumpkin seeds*
- $\frac{1}{2}$ cup raisins (or goji berries)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 teaspoon vanilla extract

Preparation:

1. In the bowl of a stand mixer fitted with the paddle attachment, mix all the ingredients until well combined, just under 2 minutes. Scrape down the sides of the bowl with a spatula and briefly mix again. (Can also be mixed by hand)
2. Line a 9-by-9-inch baking pan with parchment paper. Transfer the mixture to the pan. Spread and press it smoothly with a spatula to fill the corners.
3. Chill to set, about 1 hour. With the aid of the parchment paper, lift out the contents of the pan. Cut into 16 bars. Store in an airtight container in the refrigerator for up to 1 week.

*For added flavor *lightly toast sesame, sunflower and pumpkin seeds in a pan for about 10 minutes.*

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Pots de Crème

$\frac{3}{4}$ cup vanilla nondairy milk (or $\frac{3}{4}$ cup regular nondairy milk with 1 t. vanilla extract added)

12 ounces soft regular or silken tofu, drained and cubed

2 teaspoons brown sugar

1 cup dark chocolate chips

Heat the nondairy milk in a small saucepan over medium-low heat until steaming hot, but not boiling.

Put the tofu and brown sugar in a blender, then add the chocolate chips. Pour in the hot milk and process until completely smooth.

Spoon the mixture into tiny dessert bowls or espresso cups and refrigerate 4-24 hours. Serve chilled. Serves 4-6.

From *Jazzy Vegetarian* by Laura Theodore

Date & Almond Balls

How easy is this? Blend a packed 1/2 cup of pitted dates with a 1/2 cup of almonds, roll into balls and then roll in unsweetened coconut to coat. That's it! Enjoy right away and store leftovers in the fridge.

Banana Chocolate Peanut Butter Ice Cream

2 large sliced bananas - frozen

2 tablespoons cocoa powder

2 tablespoons creamy natural peanut butter (or other nut butter)

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{4}$ teaspoon cinnamon

Place all ingredients in a high speed blender or food processor and slowly pulse, 15 seconds at a time, until mixture is smooth and creamy, scraping down the sides as you go. Note: This process may take a couple minutes so be patient.

Serve immediately or freeze in an air-tight container for up to 5 days.