

Creative Cooking

THE HOLMES SISTERS DDCC000008

EPISODE 8

FOCUS:
DESSERT DAY!



Eat It

VEGAN CRUSTLESS PEACH COBBLER

INGREDIENTS

- 1 cup whole wheat pastry flour or white whole wheat flour
- 1½ tsp baking powder
- ⅛ tsp sea salt
- 1 cup organic cane sugar
- 1-1½ cup almond or soy milk
- 4-5 Tbsp vegan butter

Peach filling

- 1 cup package of frozen peaches thawed
- 1 tsp cinnamon
- some cinnamon to sprinkle

INSTRUCTIONS

Preheat oven to 350° F. Place sift flour salt, baking powder into medium bowl; add cane sugar. Mix. Slowly pour milk into flour mixture and mix until blended. Melt vegan earth balance butter in 9x13 glass dish. Pour blended mixture over melted butter; place peaches in mixture; sprinkle cinnamon on top of mixture; place in hot preheated oven at 350° F. Bake 45 min to 1 hour until crust is brown and toothpick is clean. Serve warm with vegan ice cream.

Juice It

STRAWBERRY, BANANA, PINEAPPLE MILK SHAKE

INGREDIENTS

- 1 cup cashew milk
- 1½ cup water
- 1 cup frozen strawberries
- 1 frozen banana
- 1 cup frozen pineapple
- 1 tsp vanilla
- 2 Tbsp maple syrup

INSTRUCTIONS

Blend all ingredients in blender.

Wear It

LEMON TONER

INGREDIENTS

- 1 lemon freshly squeezed

INSTRUCTIONS

Apply to face, let dry. Rinse with warm water.