

Creative Cooking

S2 PROGRAM 12

AROUND THE WORLD IN 7 DAYS!
NICOLE BRAXTON • DCC0000024

SWEET TOOTH



BROWNIES

INGREDIENTS

- 4 cups honey
- 2 cups vegan butter
- 4½ cups apple sauce
- 1½ cups wheat flour
- 1½ cups all purpose flour
- 1⅓ cup carob powder
- 1 Tbsp Roma coffee substitute
- 1-2 tsp salt (to taste)
- 2 Tbsp baking powder
- 2 cups carob chips

INSTRUCTIONS

Mix honey, butter, apple sauce in a bowl. In a separate bowl mix the dry mixture. Next combine both mixtures. Now put in baking sheet. Bake on 325°F for 15 to 20 minutes.

STRAWBERRY GLAZE

INGREDIENTS

- 1 bag strawberries
- 1 Tbsp vegan butter
- 1 Tbsp honey

INSTRUCTIONS

Blend strawberries. Melt vegan butter in saucepan and add strawberries and honey. Refrigerate for 1 hour and top off your favorite dessert.

MANGO SMOOTHIE

INGREDIENTS

- 1 oz spinach
- ½ banana
- ⅔-¾ cup of mango pieces
- ⅔ cup water
- ice as needed

INSTRUCTIONS

Blend all ingredients.

DOUX CREPE

INGREDIENTS

Filling:

- ½ cup full dates or paste
- ½ cup cashew butter
- ¼ cup carob powder
- honey to taste
- coconut milk or water as desired
- salt to taste

Crepe:

- 1 cup soy milk
- ¾ cup water
- 1 cup flour
- 1 Tbsp water or coconut oil
- 1 Tbsp vegan butter
- 1 tsp lemon juice
- less than 1 tsp salt to taste
- 2 tsp vanilla
- 1 tsp ground chia seeds
- fresh fruit

INSTRUCTIONS

Blend all filling ingredients together and set aside. Now make your crepe by stirring all the crepe ingredients together. Then let refrigerate for at least 30 minutes. Brush pan with vegan butter or use non-stick spray. Now pour batter thin layer into the pan on medium heat and cook on each side for about 2 to 3 minutes. When Crepes are finished place the filling inside, fold crepe and top with your favorite fruit, strawberry sauce and powdered sugar.