

Vegan Dessert Recipes – Class 1

Baked Tofu Cheesecake and other options

Natural sweetener options for desserts

Monkfruit sweetener – a sugar-like powder made from monkfruit, zero calories

Ripe mashed banana

Apple sauce – when choosing a commercial brand, make sure no sweetener is added

Date paste – blend 5 dates (pits removed) with minimal water to make smooth paste – ½ cup

Maple syrup – natural liquid sweetener (avoid artificial pancake syrup)

Agave nectar – natural liquid sweetener

Natural (raw) sugar – aka turbinado sugar, demerara sugar, or natural cane sugar.

If using a different sweetener than the recipe, make sure to use an equivalent amount of liquid, so you may need to reduce or add other liquids.

Crust options

Simple and Flaky Piecrust – for fruit pies, pumpkin pie etc.

½ cup flour (barley, whole wheat pastry or unbleached white)

2/3 cup walnuts or Brazil nuts

½ tsp salt

½ cup quick-cook rolled oats

¼ cup or more water

Place flour, nuts and salt in a food processor and blend about 1 minute, until nuts are ground as fine as the flour. Remove to a mixing bowl and stir in the oats (or add oats to processor for a smoother texture). Add water, gently forming dough into a ball with your hands. Add a bit more water, if needed for a soft but not sticky ball of dough. Roll the dough from center to edges between parchment paper, forming a 12 inch circle.

For a prebaked crust, prick bottom and sides of pastry generously with the tines of a fork. Prick where bottom and sides meet all around the pie shell. Bake at 400 F for 10-12 min.

See Vegan Thanksgiving Recipes for a [tofu-based Pumpkin pie recipe](#).

Nut and date-based crust

- 1 cup almonds
- 1 cup pecans
- ½ cup whole-wheat pastry flour
- 1/8 tsp sea salt
- ½ cup dry unsweetened coconut
- 8 large fresh dates, pitted and chopped
- 2 tablespoons water

Grind almonds, pecans flour and salt in a food processor to a fine meal. Transfer to a separate bowl and stir in the coconut. Add dates and water to the food processor and blend until sticky mass is formed. Add the nut mixture to the dates and process until a dough forms. Transfer back into the bowl and knead for a minute to blend. Press into a 9-inch pie pan until it's evenly distributed over the sides and base.

Baked Tofu Cheesecake

- 1 lb silken tofu
 - ½ cup dry sweetener (eg. sugar or monkfruit)
 - ½ cup wet sweetener (eg. date paste, maple syrup)
 - 2 Tbsp lemon juice
 - 1 Tbsp whole-wheat pastry flour
 - 1 tsp vanilla
 - Pinch of salt
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- Fresh or frozen blueberries, raspberries or other fruit as topping (optional)
 - Prepared pie-crust (see above, or store-bought graham cracker crust is OK)

Preheat oven to 350° F.

Blend all the ingredients except the topping in a food processor, scraping down sides until all is smooth and creamy. Taste the mixture and add more sweetener or lemon juice as needed. Pour into the pie shell and bake for about 45 mins, until center looks solid and cracks are just starting to form. Allow to cool, then chill for at least 2 hours. Add fresh or frozen fruit as a topping before serving.