

Vegan Desserts – Class 3

Decadent Chocolate-Pecan Pie & Chocolate Avocado Mousse

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. Crimp top edge to give a finished look.

Chocolate-Pecan Pie Filling

- ¾ cup vegan chocolate chips
- ¾ cup plant-based milk (eg. almond, cashew or rice milk)
- ¼ cup arrowroot powder
- 1¼ cup pecans
- ½ banana
- ½ cup maple syrup (or other liquid sweetener)
- ½ cup dry shredded coconut
- 1 tsp vanilla extract

Preheat oven to 325° F. Melt chocolate chips in a glass or china bowl over boiling water, or in microwave.

In a blender, add milk, arrowroot powder and pecans. Blend for 30 seconds. Then add banana and blend until smooth. Add melted chocolate, maple syrup, coconut and vanilla, and pulse till evenly distributed. Spread into crust and bake for 20 mins. Allow to cool, then chill for 2 hours before serving.

Chocolate Avocado Mousse (serves 6)

- 2 ripe avocados
- ½ cup unsweetened cocoa powder
- ½ cup maple syrup (or other liquid sweetener)
- ½ tsp vanilla extract
- ¼ cup almond (or other non-dairy) milk

Raspberries for garnish

Place all ingredients except the berries in a food processor, and process until smooth, scraping down the sides as needed. Add more milk if needed to get the texture as you'd like it. Pour into 6 separate small bowls, cover surface with cling wrap and chill for 2 hours. Garnish with berries just before serving.