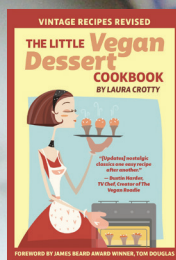


## Dessert RECIPES



The recipes on this page and the almond bark on page 93 are taken from *The Little Vegan Dessert Cookbook* by Laura Crotty, published by Lincoln Square. (RRP £15.99.)

### Fudge squares

By Laura Crotty  
Makes **30** | Prep **5 mins** | Cook **20 mins**  
Calories **85** (per square)

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| <p>180g (1 cup) dairy-free semi-sweet chocolate, chopped</p> <p>120g (½ cup) dairy-free butter</p> <p>115g (¾ cup) coconut sugar</p> <p>1 tsp vanilla extract</p> <p>150g (1½ cups) sifted flour</p> <p>1 tsp baking powder</p> <p>½ tsp salt</p> <p>95g (¾ cup) chopped walnuts</p> | <p><b>1</b> Preheat the oven to 180°C/Gas Mark 4. Grease a 23x33x5cm (9x13x2in) baking pan.</p> <p><b>2</b> In a microwave-safe bowl, melt the chocolate in 30-second intervals until smooth.</p> <p><b>3</b> In a medium-size bowl, cream together the butter, coconut sugar and vanilla.</p> <p><b>4</b> In a separate bowl, sift the flour, baking powder and salt together. Stir into the creamed mixture, then mix in the melted chocolate and nuts.</p> <p><b>5</b> Press the dough (which will be thick and crumbly) into the pan and then bake in the preheated oven for 18-20 minutes. Cool and slice into squares.</p> |
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<b>3.9g</b> Total fat	<b>1.1g</b> Saturates	<b>0.04g</b> Salt	<b>3.9g</b> Sugar	<b>1.8g</b> Protein
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### Pineapple cake

By Laura Crotty  
Serves **8** | Prep **10 mins** | Cook **30-40 mins**  
Calories **430** (per serving)

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| <p>6 tbsp aquafaba (liquid from a tin of chickpeas)</p> <p>60ml (¼ cup) no-taste vegetable oil</p> <p>120ml (½ cup) maple syrup</p> <p>240ml (1 cup) pineapple juice</p> <p>2 tsp vanilla extract</p> | <p>100g (1 cup) oat flour</p> <p>150g (1 cup) wholewheat pastry flour</p> <p>4 tsp baking powder</p> <p>a pinch of salt</p> <p>60ml (¼ cup) coconut oil</p> <p>40g (¼ cup) coconut sugar</p> <p>6 tinned pineapple rings</p> |
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- 1** Preheat the oven to 180°C/Gas Mark 4. Oil and flour the sides of a 20cm (8in) round cake pan.
- 2** Whisk the aquafaba, oil, syrup, vanilla and juice together in a bowl.
- 3** In a separate bowl, mix the flours, baking powder, and salt. Add the wet ingredients to the dry and mix well.
- 4** In a separate microwave-safe bowl, melt the coconut oil, and stir in the coconut sugar until smooth.
- 5** Pour the liquid into the bottom of the cake pan.
- 6** Line the bottom of pan with the pineapple rings.
- 7** Pour the batter over the pineapple rings and then bake for 30-40 minutes. Turn out from the tin and serve with the pineapple facing up.

<b>15.8g</b> Total fat	<b>7.5g</b> Saturates	<b>0.04g</b> Salt	<b>40.6g</b> Sugar	<b>4.4g</b> Protein
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