

# Holiday Baking Plant-Based Zoom Cooking Class

All the recipes are plant-based, gluten and refined sugar free!

## The Menu

- Chocolate-Almond Fudge
- Clementine Chocolate Chip Cookies
- Crispy Gingerbread

## SHOPPING LIST (if making full batches)

### Dry Grocery

- 4 cups almond flour
- $\frac{1}{2}$  cup rice flour (white preferably, but brown works)
- $\frac{1}{4}$  cup potato starch (different from potato flour!)
- $\frac{2}{3}$  cup raw cacao or coco powder
- $\frac{3}{4}$  cup nut butter, any you like
- 3 tbsp coconut flour
- 2 tbsp coconut palm sugar
- 1 cup coconut oil
- 1 cup maple syrup
- $\frac{1}{4}$  cup cocoa butter (optional)
- vanilla extract
- sea salt
- baking soda
- ground ginger
- cinnamon
- allspice
- chocolate chips (mini if possible, Lily's brand are great!)
- molasses (optional)
- almonds or cocoa nibs for garnish

## Fresh Produce

- 4-5 Medjool dates
- 1 clementine, tangerine or navel orange

### **WHAT YOU'LL NEED:**

- baking trays
- parchment paper
- wooden spoon or spatula
- mixing bowls
- food processor or mini chop (for the fudge only, but you need it..)
- measuring cups and spoons
- cookie cutters (optional)
- loaf pan
- plastic wrap (or more parchment)
- citrus zester or microplane

### **BEFORE THE CALL:**

- Get together all needed ingredients and equipment.
- Preheat oven to 350F (180 C)
- Line baking trays with parchment.
- Pre-measure some/all of the ingredients to facilitate flow.
- Toast then roughly chop almonds or cocoa nibs to garnish the fudge

## **THE RECIPES**

### **Chocolate Almond Fudge**

Makes 24 pieces

#### **What you'll need...**

1 cup (250 mL)	ground almonds
2/3 cup (160 mL)	raw cacao powder (or cocoa powder)

2/3 cup (160 mL)	nut butter
1/3 cup (80 mL)	maple syrup
¼ cup (60 mL)	coconut oil
¼ cup (60 mL)	cocoa butter (or more coconut oil)
3 tbsp (45 mL)	cold water
4-5	Medjool dates, pitted
1 tsp (5 mL)	vanilla extract
1/8 tsp (0.65 mL)	sea salt
optional	chopped toasted almonds & cacao nibs, to garnish

### What to do...

1. Gently melt together the nut butter, maple syrup, coconut oil, and cocoa butter until everything is fully melted and combined
2. Combine all ingredients in a food processor, and blend until the dates are finely chopped and mixed throughout.
3. Line a 5×8" loaf pan with plastic wrap. Press the fudge mixture into the pan and press flat. Top with chopped toasted almonds and cacao nibs; press well so they stick.
4. Chill for several hours or overnight.
5. Cut into squares or bars using a clean, hot, knife. Store in the fridge or freezer. Serve chilled.
  - If the mixture seems to separate, with the oil starting to come out of the fudge, then add ½ tsp of ice cold water while pulsing the processor or blender. Don't add too much at once, little by little until it comes back together and gets smooth and shiny.

### Clementine Chocolate Chip Cookies

Makes 12 pieces

## What you'll need...

1 $\frac{1}{2}$ cups (375 mL)	ground almonds
3 tbsp (45 mL)	coconut flour
$\frac{3}{4}$ tsp (3.75 mL)	baking soda
pinch	salt
2 tbsp (30 mL)	coconut oil
1/3 cup (80 mL)	maple syrup
3 tbsp (45 mL)	nut butter
1 tsp (5 mL)	clementine zest (1-2 zested)
1 tsp (5 mL)	vanilla extract
$\frac{1}{4}$ cup	chocolate chips

## What to do...

1. Preheat oven to 350 F (175 c). Line a baking tray with parchment paper.
2. Mix together dry ingredients, set aside.
3. In a small saucepan, melt coconut oil over low heat. Remove from heat, add almond butter, maple syrup, clementine zest and vanilla, and mix until smooth.
4. Mix together wet and dry ingredients. Add chocolate chips; mix to combine.
5. Scoop onto prepared baking tray; press flat, cookies will NOT spread when baking.
6. Bake for 8-12 minutes, until just lightly browned around edges.

## Crispy Gingerbread Cookies

Makes roughly 24 pieces

## What you'll need...

1 $\frac{1}{2}$ cups (375 mL)	ground almonds (almond flour)
$\frac{1}{2}$ cup (125 mL)	rice flour

$\frac{1}{4}$ cup (60 mL)	potato starch (different from potato flour!)
2 tsp (10 mL)	ground ginger
$1\frac{1}{2}$ tsp (7.5 mL)	cinnamon
$\frac{1}{2}$ tsp (2.5 mL)	allspice
$\frac{1}{4}$ tsp (1.25 mL)	salt
$\frac{1}{4}$ cup (60 mL)	coconut oil, melted
$\frac{1}{4}$ cup (60 mL)	maple syrup or honey
2 tbsp (30 mL) 1 tsp (5 mL)	coconut sugar molasses (optional)
1 tsp (5 mL)	vanilla extract

### What to do...

1. Preheat oven to 350 F (175 C). Line two baking trays with parchment paper.
2. In a large bowl, mix together dry ingredients, set aside.
3. In a small bowl, combine melted coconut oil, maple syrup, coconut sugar and vanilla extract.
4. Mix together wet and dry ingredients until a dough forms. Cover dough or wrap in plastic wrap and chill until firm, roughly 1 hour.
5. Dust counter lightly with rice flour. Using a rolling pin, roll out dough to 5 mm thickness.
6. Cut into desired shapes then carefully transfer to prepared baking tray using a small spatula.
7. Bake for 10-14 minutes, or until just lightly browned around edges.

### Notes...

- Dough can be difficult to remove from cookie cutters with fine details without falling apart... more basic shapes are ideal. Can also be cut into squares or diamonds with a sharp knife.

- Using a small spatula or lifter to transfer the shapes is highly recommended. Dough is gluten free and will tend to break apart if handled too roughly.