

# Desserts

Sweets have existed long before the food industry addicted us to sugar. Let's rediscover this flavor.

- Peach Mousse
- Chocolate Mousse
- Modular Sweet Mousse
- Classic Vanilla Cake

# Peach Mousse

**Time to prepare:** 10 minutes

**Difficulty:** Very Easy

**Utensils:** Blender / Stick blender / Masher, bowl for mixture

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** [...]

## Ingredients:

- Peaches 5x
- Cheap cookies 60gr
- Sugar 70gr
- Cinnamon
- Orange 1x

## Preparation:

Blend the sweet cheap cookies into dust. Blend the peaches, mixed with around 70gr sugar (flexible according to the preferred sweetness). Add a bit of cinnamon, a bit of orange juice. Put the grinded cookies on top and leave the mix in a container to go to the freezer/fridge.

Optional: add persimmon to give it a more slimy texture.

# Chocolate Mousse

**Time to prepare:** 10 minutes

**Difficulty:** Very Easy

**Utensils:** Blender / Stick blender / Masher, bowl for mixture

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Amazon region

## Ingredients

- Avocado, small, 1 per person
- Banana (pick your favorite), 2 per person
- Soy-milk (or plant milk of choice) or water, 2-5 tbsp depending on desired texture
- Pure cacao powder, 1 tsp per person
- Cinnamon, 1/4 tsp per person
- Sesame seeds, topping
- Banana slices, topping

## Preparation

Peel avocado and bananas and place them together with cacao powder and cinnamon in the blender. If using a stick blender or masher, then place everything in a bowl and mash/blend. Gradually add the water or soy milk until the mixture starts to become homogenous. Serve in a small bowl with sesame seeds and some banana slices as a topping.

# Modular Sweet Mousse

**Time to prepare:** 10 minutes

**Difficulty:** Very Easy

**Utensils:** Blender / Stick blender / Masher, bowl for mixture

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** N/A

## Ingredients:

- A cooked whole food starch without skin (sweet potato, pumpkin, cassava), 100g per person OR
  - A whole food fat source (nut butter, avocado) 3 tbsp or 1 small avocado
- A whole food sweetener (bananas, raisins, dates, pekmez, carob molasses), 80g per person
- A plant milk of choice or water, 2-5 tbsp (depending on desired texture)
- A powder filled with antioxidants (cacao, carob, amla, matcha), 1 tsp per person
- Spices of choice, 1/4 tsp per person
- Seeds or nuts of choice, topping
- Sliced fruits of choice, topping

## Preparation

Add all ingredients except the toppings and plant milk/water in a blender and mix . If using a stick blender or masher, place everything in a bowl and mash/blend. Gradually add the water or plant milk until the mixture starts to become homogeneous. Serve in a small bowl and add toppings.

# Classic Vanilla Cake

A simple one pot vegan cake that you can modify to your own taste.

**Time to prepare:** 40 minutes

**Difficulty:** Easy

**Utensils:** 1 Bowl / fork or utensil for mixing

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** N/A

## Ingredients:

- 1½ cups flour (any all purpose flour)
- ¾ cup sugar or equivalent sweetener
- 1 tbsp baking powder or baking soda
- 1 cup soy/coconut/almond milk or water or orange juice
- 0.33 cup oil (olive, sesame, any other liquid oil)
- Lemon zest from half a lemon (OR 1 tbsp lemon juice) - optional
- 1 tbsp vanilla extract or/and spices of choice
- Pinch of salt
- Optional fillings and toppings: Sliced fruits of choice, or/and seeds and nuts

## Preparation

This cake recipe is a must on your list. Bake it as it is or go wild with exotic extras! Here we go-

- Mix all the ingredients in a large bowl, until you get a smooth, rather thick and sticky mixture, without any lumps of flour.
- Pour the mixture into 1 round cake pan or 1 english cake pan - depending on the height you wish to receive.
- Pick-your-extras time! Fruits are wonderful (peaches, strawberries, apples). If you choose to add fruits, have your pick, slice, dice and chuck into the mixture.
- Bake on 170°C for 35 minutes. Test if it's ready using a toothpick. If it comes out dry, you're golden.

Now choose your toppings - coconut whipped cream (on top or between two layers of cake), melted chocolate, powdered sugar or whatever your belly desires!

This recipe was expropriated from [gonutts](#)