

Vegan Dessert Baking Guide

The 10 substitutions every vegan baker needs, plus
our best dessert recipes

VeganPreps

Vegan Baking Is Easier Than You Think

Most baking recipes rely on eggs, butter, and milk for structure, moisture, and richness. The good news: every single one of those has a plant-based substitute that works just as well. Once you learn the 10 swaps in this guide, you can veganize almost any dessert recipe you already love.

What You Get

- A 10-row substitution table covering eggs, butter, milk, cream, and honey
- A note on dark chocolate (most of it is already vegan)
- A compact recipe table with every dessert recipe on veganpreps.com
- A table of contents for quick navigation
- An equipment checklist for your vegan baking setup

For the full recipe collection, visit veganpreps.com.

10 Vegan Baking Substitutions

Swap these ingredients 1:1 in any recipe. No special equipment needed.

REPLACE	WITH	RATIO	BEST FOR
1 egg	1 tbsp flax + 3 tbsp water (sit 5 min)	1:1	Cookies, bars, muffins
1 egg	1/4 cup applesauce	1:1	Cakes, quick breads
1 egg	1/2 mashed banana	1:1	Pancakes, banana bread
1 egg	1/4 cup silken tofu (blended)	1:1	Brownies, puddings
1 egg	3 tbsp aquafaba	1:1	Meringue, mousse
Butter	Coconut oil	1:1	Any baking
Butter	Vegan butter block	1:1	Frostings, pastry
Milk	Oat milk	1:1	Everything
Heavy cream	Coconut cream (chilled)	1:1	Whipped cream, ganache
Honey	Maple syrup	1:1	Any recipe

A Note on Dark Chocolate

MOST DARK CHOCOLATE IS ALREADY VEGAN

Chocolate with 70% cacao or higher is usually made with just cacao, cacao butter, and sugar. Check the ingredient list for milk solids, milk fat, or whey. If none of those appear, the chocolate is vegan.

BRANDS TO LOOK FOR

Lindt Excellence 70%, Ghirardelli Intense Dark, and most store-brand 70%+ bars are vegan. For chocolate chips, look for dairy-free labels or use chopped dark chocolate bars instead.

WHITE CHOCOLATE IS RARELY VEGAN

Traditional white chocolate contains milk solids. If a recipe calls for white chocolate, look for a specifically labeled vegan version or use cacao butter with vanilla and powdered sugar.

What's Inside

1. Easy Chocolate Tofu Doughnuts (Ready in 20 Minutes)
2. Best Crispy Tofu Fried Doughnuts (Vegan, 15-Min)
3. Easy Cinnamon-Walnut Vegan Cookies (No Flour!)
4. Best Gluten-Free Vegan Brownies (Fudgy & Dense)
5. Easy Blueberry-Cherry Oatmeal Crisp (Dairy-Free)
6. Best Coconut Chocolate Chip Vegan Cupcakes
7. Healthy Chocolate Aubergine Pear Pudding (Vegan)
8. Best Vanilla Tofu Bread Pudding (Silky & Decadent)
9. Easy Tofu Strawberry Ice Cream (No Churn Recipe)
10. Easy Lavender Raspberry Vegan Cake Recipe
11. Best Vegan Lemon Cupcakes (Dairy-Free & Fluffy)
12. Creamy Just Peachy Vegan Ice Cream
13. Spiced Sweet Potato Pudding (Vegan Dessert)
14. Elegant Compote of Pears in Spiced Port
15. Classic Eggless Wacky Cake (Vegan Favorite)
16. Rich Eggless Chocolate Cake (Vegan-Friendly)
17. Exotic Mango Roses Pistachio Pudding
18. Grandma's Poor Man's Cake (Eggless & Milkless)
19. Easy Raw Hazelnut Brownies With Chocolate Ganache
20. Best Apple Crumble Pie (30-Minute Dessert)
21. Crispy Quinoa Chocolate Bars (Easy No-Bake)
22. Quick Vegan Biscotti (Twice-Baked Perfection)
23. No-Bake Raw Berry Cheesecake (Vegan & Easy)
24. Best Eggless, Butterless Vegan Cake
25. Quick Healthy Chocolate Pudding (5-Minute)
26. Easy Vegan Almond Biscotti (Twice-Baked)
27. Healthy Chocolate Berry Bars (No-Bake)
28. Easy Vegan Chocolate-Pumpkin Gingerbread
29. Best 5-Minute Chocolate Banana Mousse
30. Chewy Crunchy Oatmeal Raisin Cookies
31. Best Easy Vegan Cupcakes (30 Minutes)
32. Linda Sue's Easy Vegan Chocolate Cake
33. Easy Wheat & Dairy-Free Blackberry Pie
34. Easy Vegan Key Lime Pie Filling (Tofu-Based)
35. Best Vegan Death By Chocolate Mousse Cakes
36. Easy Vegan Old-Fashioned Cornbread Recipe
37. Best Vegan Cherry-Chocolate Oat Cookies
38. Creamy Vegan Pumpkin Pie (Dairy-Free)
39. Mrs. K's Vegan Date Cake (Quick)
40. Creamy Vegan Soy Milk Pudding Dessert
41. Vegan Vanilla Walnut Cookies (Easy)
42. Gluten-Free Vegan Fig Cake Recipe
43. Raw Vegan Oreo Cookies (No-Bake)
44. Fudgy Vegan Fudge (5-Minute Recipe)
45. Vegan Kaju Katli (Cashew Brittle)
46. Easy Raw Pumpkin Pie (No-Bake & Vegan)
47. Raw Vegan Chocolate Ice Cream Cupcakes (5-Min)
48. Best Wheat-Free Fruit Tart (Dairy-Free)
49. Easy Eggless Raisin Cake (Vegan-Friendly)
50. Vegan Sweet Potato Pumpkin Pudding Cups
51. Best Gluten-Free Vegan Brownies (5-Min)
52. Homemade Coconut Pops (Dairy-Free Ice Cream)
53. Carrot Orange Cake With Cashew Cream Icing
54. Best Meyer Lemon Chia Seed Pudding (Overnight)
55. Fluffy Vegan Apple Cinnamon Pancakes
56. Best Vegan Chocolate Coffee Muffins (Fudgy!)

57. Lemon-Apricot Chia Seed Muffins (Easy Recipe)

58. Easy Vegan Spelt Muffins (Best Banana Recipe)

59. Chocolate Cherry Vegan Muffins (30-Min)

60. Farmstand Fruit Vegan Muffins (Easy)

61. Dairy-Free Whole Wheat Apple Pancakes

62. Best Vegan Pumpkin Muffins (Fall)

63. Authentic Vegan Banana Pancakes (Quick)

64. Down Home Vegan Pancakes (Fluffy)

65. Best Tofu Pancakes with Mushroom Sauce

66. Quick Vegan Pumpkin Pie Pancakes

67. Best Soaked Buckwheat Oat Pancakes

68. Best Vegan Zucchini Pineapple Muffins (Easy)

69. Easy Vegan Sweet Potato Muffins (Oil-Free)

70. Best Vegan Pear Cranberry Pecan Muffins

71. Quick Low-Fat Vegan Pancakes (30-Minute)

72. Best Vegan Banana-Walnut Muffins (GF)

73. Best Vegan Blueberry Muffins (Whole Wheat)

74. Microwaved Tofu Mochi (Easy Dessert)

75. No-Sugar Orange Mango Popsicles (Dairy-Free)

76. Easy Date Oat Bars (No-Bake, 15 Minutes)

77. Easy Crispy Rice-Almond Snack Bars (Vegan)

78. Crispy Spicy Mashed Potato Donuts (Vegan)

Recipes

1. Easy Chocolate Tofu Doughnuts (Ready in 20 Minutes)

8 Serves 9

INGREDIENTS

200 g (about 1 3/4 cups) vegan pancake mix
150 g silken tofu, well drained
2 tablespoons light brown sugar
1/2 teaspoon baking powder
2-3 tablespoons plant milk (oat or soy), as needed
Vegetable oil for frying (about 1 liter / 4 cups)
50 g vegan dark chocolate (70% or higher, dairy-free)
Rainbow sprinkles (optional)

INSTRUCTIONS

1. Drain silken tofu thoroughly by placing it in a fine mesh sieve for 5 minutes and pressing gently, then transfer to a large bowl and mash until completely smooth with no lumps.
2. Add pancake mix, brown sugar, and baking powder to the bowl and mix until a soft, cohesive dough forms – add plant milk one tablespoon at a time only if the dough is too dry to come together.
3. On a lightly floured surface, roll out the dough to about 1 cm thickness, cut into rounds using a 7 cm (2.75 inch) cutter, then cut a 2.5 cm hole in the center of each round using a smaller cutter or an apple corer.
4. Heat vegetable oil in a deep pot to 175°C (345°F) – test with a small piece of dough, it should rise to the surface and sizzle steadily within 5 seconds.
5. Fry doughnuts in batches of 2-3, turning once, for 2-3 minutes per side until deep golden brown, then remove with a slotted spoon and drain on paper towels.
6. Melt vegan chocolate in a heatproof bowl set over a pot of simmering water (or microwave in 30-second intervals), dip the cooled doughnuts face-down into the melted chocolate, let excess drip off, and immediately add sprinkles before the chocolate sets.

2. Best Crispy Tofu Fried Doughnuts (Vegan, 15-Min)

20 Serves 10

INGREDIENTS

14 ounces (400g) firm tofu, pressed and drained
2 cups (240g) dry pancake mix
1/2 cup (120ml) water
1 teaspoon vanilla extract
3 cups (720ml) neutral oil for frying (sunflower or canola)
1/4 cup (50g) powdered sugar for dusting

INSTRUCTIONS

1. Press tofu for 15 minutes using a tofu press or wrapped in a clean towel under a heavy pan, then crumble into a large bowl.
2. Add pancake mix, water, and vanilla extract to the tofu and mix until a thick, cohesive dough forms — it should hold its shape when pinched.
3. Heat oil in a medium saucepan or deep skillet to 170°C (340°F) — use a thermometer to confirm temperature before frying.
4. Scoop tablespoon-sized portions of dough, roll into balls, and flatten slightly into doughnut rounds (or use a doughnut cutter if shaping holes).
5. Fry in batches of 4–5 for 3–4 minutes, turning once halfway, until deep golden brown on both sides — do not crowd the pan.
6. Remove with a slotted spoon, drain on a paper towel-lined plate for 2 minutes, then dust generously with powdered sugar and serve warm.

3. Easy Cinnamon-Walnut Vegan Cookies (No Flour!)

10 Serves 10

INGREDIENTS

1 cup walnut halves and pieces
5 Medjool dates, pitted and roughly chopped
1 tablespoon grapeseed oil
1 teaspoon vanilla extract
3/4 teaspoon ground cinnamon
1/4 teaspoon ground cardamom
1/2 teaspoon orange blossom water
1 pinch sea salt
2 tablespoons dried barberries (optional)

INSTRUCTIONS

1. Preheat oven to 180°C (350°F) and line a baking sheet with parchment paper.
2. Place walnuts and chopped dates in a food processor and pulse 10–15 times until broken into small pieces but not yet a paste, scraping down the sides as needed.
3. Add grapeseed oil, vanilla extract, cinnamon, cardamom, orange blossom water, and sea salt to the food processor, then process for 2–3 minutes, stopping to scrape the sides, until the mixture comes together into a cohesive, slightly sticky ball — if using barberries, fold them in by hand after processing.
4. Scoop heaped tablespoons of dough (about 25 g each), roll into balls between your palms, place on the prepared baking sheet spaced 4 cm apart, and flatten gently to about 1 cm thick with the bottom of a glass.
5. Bake at 180°C (350°F) for 7–8 minutes until the edges are set and the tops look dry — they will still feel soft but will firm up as they cool.
6. Let cookies cool on the baking sheet for 10 minutes before transferring, as they are fragile when hot. Makes about 10 cookies.

4. Best Gluten-Free Vegan Brownies (Fudgy & Dense)

15 Serves 16

INGREDIENTS

1/2 cup (120ml) canola oil, plus more for greasing pan

3/4 cup (90g) garfava flour (fava and garbanzo flour blend)

2 tablespoons garfava flour (additional)

1/4 cup (40g) potato starch

2 tablespoons arrowroot powder

1 cup (200g) unrefined cane sugar (or 10 tablespoons plus 2 teaspoons agave nectar)

2 1/4 teaspoons baking powder

1/4 teaspoon baking soda

1/4 teaspoon xanthan gum

1 teaspoon fine salt

1/2 cup (50g) unsweetened cocoa powder

1/2 cup (120g) unsweetened applesauce

2 tablespoons pure vanilla extract

1/2 cup (120ml) brewed coffee or hot water

2 cups (340g) vegan gluten-free chocolate chips (such as Enjoy Life)

INSTRUCTIONS

1. Preheat oven to 350F (175C). Grease an 8x8-inch (20x20cm) baking pan with canola oil and line with parchment paper.
2. Whisk together garfava flour (both amounts), potato starch, arrowroot, baking powder, baking soda, xanthan gum, salt, and cocoa powder in a large bowl until no lumps remain.
3. In a separate bowl, stir together canola oil, applesauce, vanilla extract, and brewed coffee until combined. Pour wet ingredients into dry and fold until just incorporated.
4. Fold in chocolate chips. Pour batter into prepared pan and spread evenly with a spatula.
5. Bake at 350F for 30–35 minutes, until the top looks set and a toothpick inserted in the center comes out with moist crumbs (not wet batter). Do not overbake.
6. Cool completely in the pan on a wire rack, at least 1 hour, before cutting into 16 squares.

5. Easy Blueberry-Cherry Oatmeal Crisp (Dairy-Free)

15 Serves 6

INGREDIENTS

2 pints blueberries (4 cups)
1/2 lb pitted, halved fresh cherries (1 cup)
1/3 cup sugar
1/4 cup fresh orange juice
2 tablespoons cornstarch
1 tablespoon grated orange zest
1/4 teaspoon ground cardamom
1/8 teaspoon salt
1 pinch freshly ground black pepper
1 1/3 cups whole-wheat flour
3 tablespoons sugar
1/2 teaspoon baking powder
3 tablespoons vegan butter, melted and cooled
2/3 cup quick-cooking rolled oats
2 tablespoons sliced almonds

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish.
2. In a large bowl, combine blueberries, cherries, sugar, orange juice, cornstarch, orange zest, cardamom, salt, and black pepper. Toss until fruit is evenly coated, then spread in the prepared baking dish.
3. In a separate bowl, whisk together whole-wheat flour, sugar, and baking powder. Add melted vegan butter and mix with a fork until clumps form. Stir in rolled oats and sliced almonds.
4. Scatter the topping evenly over the fruit filling, breaking up any large clumps with your fingers for an even crumble layer.
5. Bake for 30–35 minutes, until the topping is golden brown and the fruit filling is bubbling around the edges.
6. Remove from oven and let cool for 10 minutes before serving. Serve warm on its own or with a scoop of vegan vanilla ice cream.

6. Best Coconut Chocolate Chip Vegan Cupcakes

20 Serves 12

INGREDIENTS

3/4 cup (90g) gluten-free all-purpose baking flour
1/4 cup (28g) coconut flour
3/4 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons chia seeds
6 tablespoons water (for chia egg)
2/3 cup (160ml) water
1 1/3 cups (315ml) dairy-free vanilla coconut milk
1/2 cup (120ml) coconut oil, melted and cooled
1/4 cup (85g) agave nectar
1 teaspoon apple cider vinegar
1 teaspoon vanilla extract
1/2 cup (90g) dairy-free mini chocolate chips

INSTRUCTIONS

1. Preheat oven to 175°C (350°F). Line a standard 12-cup muffin tin with paper liners. In a small bowl, combine chia seeds with 6 tablespoons of water, stir, and set aside for 10 minutes until gel forms.
2. In a large bowl, sift together gluten-free flour, coconut flour, baking powder, baking soda, and salt.
3. In a separate bowl, whisk together the chia egg, 2/3 cup water, coconut milk, melted coconut oil, agave nectar, apple cider vinegar, and vanilla extract until combined.
4. Pour wet ingredients into dry ingredients and fold gently until just combined — do not overmix. Fold in chocolate chips.
5. Divide batter evenly among the 12 muffin cups, filling each about 3/4 full. Bake for 18–20 minutes until a toothpick inserted in the center comes out clean.
6. Cool in the tin for 5 minutes, then transfer to a wire rack and cool completely before serving.

7. Healthy Chocolate Aubergine Pear Pudding (Vegan)

10 Serves 2

INGREDIENTS

1 medium aubergine (to yield 200 g baked flesh)
100 g ripe pear, peeled and cored
1 teaspoon ground cinnamon
1 tablespoon agave syrup
30 g coconut yogurt or coconut cream
1 teaspoon psyllium husk powder
100 ml unsweetened almond milk
30 g vegan dark chocolate (85–90%), roughly chopped

INSTRUCTIONS

1. Preheat oven to 200°C (400°F). Halve the aubergine lengthways, place cut-side down on a lined baking tray, and roast for 30–35 minutes until completely soft and collapsed. Cool for 10 minutes, then scoop out 200 g of the flesh and discard the skins.
2. Melt the chopped chocolate in a heatproof bowl set over a pan of barely simmering water, stirring until smooth. Remove from heat.
3. Place the aubergine flesh, pear, cinnamon, agave syrup, coconut yogurt, psyllium husk powder, and almond milk in a blender. Add the melted chocolate. Blend on high for 60–90 seconds until completely smooth and creamy.
4. Taste and adjust sweetness with a little more agave if needed. Divide evenly between two serving glasses or bowls.
5. Refrigerate for at least 30 minutes to allow the psyllium to thicken the pudding. Serve chilled, optionally topped with a few fresh berries or a drizzle of melted dark chocolate.

8. Best Vanilla Tofu Bread Pudding (Silky & Decadent)

20 Serves 6

INGREDIENTS

9 slices bread, preferably slightly stale, cut into 1-inch cubes (about 6 cups)
1 package (10 oz) silken tofu
1 cup unsweetened plant milk (soy or oat recommended)
1/3 cup maple syrup or granulated sugar
1 tablespoon vanilla extract
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup raisins
Oil or vegan butter for greasing the dish
Powdered sugar for dusting (optional)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease an 8x8-inch (2-quart) baking dish with oil or vegan butter.
2. Blend silken tofu, plant milk, maple syrup, vanilla extract, cinnamon, and nutmeg in a blender until completely smooth.
3. Place bread cubes in the prepared baking dish. Scatter raisins evenly over the bread. Pour the tofu custard over the top and press gently with a spatula so all bread is submerged. Let soak for 10 minutes.
4. Bake uncovered for 45–50 minutes until the top is golden and the custard is set — the center should not jiggle when the pan is gently shaken.
5. Cool for 10 minutes before slicing. Dust with powdered sugar if desired and serve warm.

9. Easy Tofu Strawberry Ice Cream (No Churn Recipe)

15 Serves 4

INGREDIENTS

340 g (12 oz) soft silken tofu, drained and patted dry
1/2 cup (120 ml) agave nectar
1 teaspoon vanilla extract
1 cup (150 g) fresh strawberries, hulled and roughly chopped
1/2 cup (85 g) non-dairy dark chocolate chips (optional)

INSTRUCTIONS

1. Drain tofu and press gently between paper towels to remove excess moisture. Break into chunks and add to a blender or food processor.
2. Add agave nectar, vanilla extract, and chopped strawberries to the blender. Blend on high for 2 minutes until completely smooth with no lumps. Scrape down sides and blend again.
3. Taste and adjust sweetness with additional agave if needed. If adding chocolate chips, stir them in by hand at this stage.
4. Pour mixture into a freezer-safe container (loaf pan or shallow dish works well). Smooth the top, cover tightly with plastic wrap pressed directly onto the surface, and freeze for at least 4 hours or overnight.
5. Remove from freezer 5–10 minutes before serving to soften slightly. Scoop into bowls and serve immediately. Store covered in freezer for up to 1 week.

10. Easy Lavender Raspberry Vegan Cake Recipe

30 Serves 8

INGREDIENTS

For the base: 2 cups medjool dates, pitted
For the base: 1/2 cup rolled oats
For the base: 1/2 cup dried apricots
For the base: 1/4 cup raw peanuts (or cashews)
For the base: 2 teaspoons ground cinnamon
For the banana-lavender layer: 4 ripe bananas, sliced
For the banana-lavender layer: 1/2 cup raw cashews, soaked 4 hours and drained
For the banana-lavender layer: 1/2 cup coconut water
For the banana-lavender layer: 1 teaspoon dried culinary lavender buds (or 6 fresh food-grade lavender leaves)
For the berry layer: 3 ripe bananas, sliced
For the berry layer: 1 cup fresh or frozen raspberries
For the berry layer: 4 medjool dates, pitted

INSTRUCTIONS

1. Make the base: combine dates, oats, dried apricots, peanuts, and cinnamon in a food processor. Pulse until the mixture clumps when pressed. Press firmly into the bottom of a lined 8-inch springform pan. Freeze for 20 minutes.
2. Make the banana-lavender layer: blend bananas, soaked cashews, coconut water, and lavender until completely smooth. Pour over the chilled base and spread evenly. Freeze for 90 minutes until firm.
3. Make the berry layer: blend bananas, raspberries, and dates until smooth. Pour over the frozen banana-lavender layer and spread evenly.
4. Freeze the assembled cake for at least 4 hours or overnight until fully set.
5. Transfer to the refrigerator 20–30 minutes before serving to soften slightly. Release from springform, slice with a warm knife, and serve immediately.

11. Best Vegan Lemon Cupcakes (Dairy-Free & Fluffy)

15 Serves 12

INGREDIENTS

2 cups unsweetened soymilk
2 teaspoons apple cider vinegar
2 1/2 cups all-purpose flour
1/4 cup cornstarch
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
2/3 cup canola oil
1 1/4 cups granulated sugar
2 teaspoons vanilla extract
1/2 teaspoon almond extract
1 tablespoon lemon extract
2 tablespoons finely grated lemon zest
Vegan lemon buttercream for topping (optional)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a standard 12-cup muffin pan with cupcake liners. Combine soymilk and apple cider vinegar in a large bowl, stir briefly, and let sit 5 minutes to curdle into vegan buttermilk.
2. Whisk flour, cornstarch, baking powder, baking soda, and salt together in a separate bowl.
3. Add canola oil, sugar, vanilla extract, almond extract, lemon extract, and lemon zest to the buttermilk mixture. Whisk until combined.
4. Pour the wet ingredients into the dry ingredients and stir gently until just combined — do not overmix. A few small lumps are fine.
5. Divide batter evenly among the 12 prepared cups, filling each about 2/3 full. Bake for 20–22 minutes until a toothpick inserted in the center comes out clean. Cool in pan 5 minutes, then transfer to a wire rack to cool completely before frosting.

12. Creamy Just Peachy Vegan Ice Cream

15 Serves 4

INGREDIENTS

1 lb soft tofu, drained and pressed
4 ripe medium peaches, peeled and chopped
1 cup granulated sugar
1/2 cup plain unsweetened soymilk
2 tablespoons fresh lemon juice
1 tablespoon pure vanilla extract
Pinch of salt

INSTRUCTIONS

1. Drain tofu and press firmly between paper towels or a tofu press for 10 minutes to remove excess moisture.
2. Combine drained tofu, chopped peaches, sugar, soymilk, lemon juice, vanilla extract, and salt in a food processor or blender. Process for 60–90 seconds until completely smooth with no chunks remaining.
3. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions, typically 20–25 minutes, until it reaches soft-serve consistency.
4. Transfer churned ice cream to a freezer-safe container, press plastic wrap against the surface, and freeze for at least 3–4 hours until firm.
5. Remove from freezer 5 minutes before serving to soften slightly. Scoop and serve.

13. Spiced Sweet Potato Pudding (Vegan Dessert)

15 Serves 8

INGREDIENTS

2 cups mashed sweet potatoes (from about 2 medium sweet potatoes, roasted or boiled)

3 tablespoons ground flaxseed mixed with 9 tablespoons water (let sit 5 minutes to form flax eggs)

1/2 cup light brown sugar, firmly packed

2 tablespoons apple butter

1 teaspoon vanilla extract

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

3/4 cup plain unsweetened almond milk

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Lightly grease an 8x8-inch (2-quart) baking dish. In a small bowl, mix ground flaxseed with water and set aside 5 minutes to gel.
2. In a large bowl, beat mashed sweet potatoes with brown sugar, apple butter, vanilla extract, salt, cinnamon, and ginger until smooth.
3. Add the flax egg mixture and almond milk to the sweet potato mixture. Whisk until fully combined and no lumps remain.
4. Pour batter into the prepared baking dish. Place the baking dish inside a larger roasting pan and add hot water to the roasting pan until it reaches 1 inch up the sides of the baking dish (bain-marie).
5. Bake at 350°F for 40–45 minutes until the edges are set and the center jiggles only slightly when nudged. A toothpick inserted 1 inch from the edge should come out clean.
6. Remove from the water bath and let cool at least 20 minutes before serving. Serve warm or refrigerate up to 3 days.

14. Elegant Compote of Pears in Spiced Port

15 Serves 6

INGREDIENTS

1/2 cup light agave nectar

1/2 cup ruby port

1 cinnamon stick

1 vanilla bean, split lengthwise

2 long strips of lemon rind

6 cups water

6 ripe but firm pears (Bartlett or Anjou), peeled and halved lengthwise

1/2 cup lightly toasted pistachios or hazelnuts, chopped

INSTRUCTIONS

1. Combine agave nectar, ruby port, cinnamon stick, split vanilla bean, lemon rind, and water in a large wide saucepan. Bring to a boil over medium-high heat, stirring until agave dissolves.
2. Reduce heat to medium-low. Add pear halves in a single layer, adding more water if needed to submerge. Simmer uncovered at a gentle 190°F (88°C) for 15–20 minutes, turning pears halfway through, until a paring knife slides in with slight resistance.
3. Transfer pears with a slotted spoon to a shallow serving dish. Remove cinnamon stick, vanilla bean, and lemon rind from the poaching liquid.
4. Raise heat to medium-high and boil the poaching liquid for 5–8 minutes until reduced to about 1 1/2 cups and slightly syrupy. Pour the warm syrup over the pears.
5. Cool to room temperature, then refrigerate for at least 1 hour. Serve pears with syrup spooned over and scatter chopped toasted pistachios or hazelnuts on top.

15. Classic Eggless Wacky Cake (Vegan Favorite)

10 Serves 9

INGREDIENTS

1 1/2 cups all-purpose flour, sifted
1 cup granulated sugar
6 tablespoons unsweetened cocoa powder
1 1/2 teaspoons baking soda
1/2 teaspoon salt
1 cup cold water
6 tablespoons neutral oil (such as canola or sunflower)
1 tablespoon white or apple cider vinegar
1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease an 8x8-inch (20x20 cm) square baking pan.
2. Sift flour, sugar, cocoa powder, baking soda, and salt directly into the ungreased pan. Use a fork to mix the dry ingredients evenly.
3. Make three wells in the dry ingredients. Pour vinegar into the first, vanilla extract into the second, and oil into the third. Pour cold water over everything.
4. Mix everything together with a fork until just combined — a few small lumps are fine. Do not overmix.
5. Bake for 25–30 minutes until a toothpick inserted in the center comes out clean and the top looks set. Cool in the pan on a wire rack for at least 15 minutes before cutting into 9 squares.

16. Rich Eggless Chocolate Cake (Vegan-Friendly)

10 Serves 12

INGREDIENTS

3 cups (360 g) all-purpose flour
2 cups (400 g) granulated sugar
1/2 teaspoon salt
2 teaspoons baking soda
6 tablespoons (45 g) unsweetened cocoa powder
3/4 cup (180 ml) neutral cooking oil (canola or vegetable)
2 tablespoons white vinegar or apple cider vinegar
2 cups (470 ml) cold water
2 teaspoons vanilla extract

INSTRUCTIONS

1. Preheat oven to 350 F (175 C). Grease a 9x13-inch (23x33 cm) baking pan with oil or use a 9-inch round pan for a taller cake. Dust lightly with cocoa powder or flour.
2. Whisk together flour, sugar, salt, baking soda, and cocoa powder in the prepared pan or in a large bowl until fully combined and no cocoa lumps remain.
3. Make 3 wells in the dry ingredients: add oil to one, vinegar to another, and vanilla to the third. Pour cold water over everything and stir with a fork or spatula until the batter is smooth and uniform. Do not overmix.
4. If mixing in a bowl, pour batter into the prepared pan. Bake for 35 to 38 minutes until a toothpick inserted in the center comes out clean and the top springs back when lightly touched.
5. Cool in the pan on a wire rack for at least 20 minutes before slicing. Serve as-is or frost with vegan buttercream or a simple cocoa glaze.

17. Exotic Mango Roses Pistachio Pudding

20 Serves 6

INGREDIENTS

MANGO-CINNAMON SYRUP

1 cup white grape juice

1 (24-ounce) package frozen mango chunks

1 cinnamon stick

TOFU PUDDING

1 (12-ounce) package silken tofu, drained

1 tablespoon vegan egg replacer (such as Bob's Red Mill) mixed with 2 tablespoons water

3 tablespoons granulated sugar

2 tablespoons fresh lime juice

1 tablespoon rose water

2 tablespoons cornstarch

1/2 teaspoon ground coriander

1/4 teaspoon ground nutmeg, plus more for topping

1/3 cup shelled pistachios, roughly chopped

INSTRUCTIONS

1. Preheat oven to 175C (350F). Combine grape juice, frozen mango chunks, and cinnamon stick in a saucepan over medium heat. Cook, stirring frequently, for 5 minutes until the mango softens and the mixture thickens slightly. Remove cinnamon stick and set syrup aside to cool for 10 minutes.
2. Transfer drained silken tofu to a food processor and blend until completely smooth, about 30 seconds. Add the prepared egg replacer mixture, sugar, and lime juice. Process until incorporated.
3. Add rose water, cornstarch, and ground coriander to the food processor. Blend again until the mixture is silky and uniform.
4. Pour the mango-cinnamon syrup into a 2-quart (approximately 28x18 cm / 11x7-inch) baking dish. Spoon the tofu pudding mixture evenly over the top. Sprinkle generously with nutmeg and chopped pistachios.
5. Bake, uncovered, on the middle rack for 30 minutes until the pudding is set and lightly golden at the edges. Cool for 15 minutes before serving warm, or refrigerate for at least 2 hours and serve chilled.

18. Grandma's Poor Man's Cake (Eggless & Milkless)

15 Serves 12

INGREDIENTS

1 cup granulated sugar

1 cup cold strong black coffee

1/2 cup vegan shortening (coconut oil-based), at room temperature

1/4 teaspoon salt

1 teaspoon baking soda

1 teaspoon baking powder

2 cups all-purpose flour

1 teaspoon brandy extract or cherry extract

1 cup mixed dried fruit (cranberries, raisins, diced dried apple - any combination)

1/2 cup chopped walnuts or pecans (optional)

2 tablespoons mixed peel (optional)

INSTRUCTIONS

1. Preheat oven to 175°C (350°F). Grease a 23 cm (9-inch) round cake pan or a 900 g (2 lb) loaf pan and line the base with parchment paper.
2. In a large bowl, beat together the vegan shortening and sugar until combined, about 2 minutes. Add the cold coffee and brandy or cherry extract and mix well - the mixture will look curdled; this is normal.
3. Whisk together the flour, baking soda, baking powder, and salt in a separate bowl. Add the dry ingredients to the wet mixture and stir until just combined; do not overmix.
4. Fold in the dried fruit, nuts, and mixed peel if using. The batter will be thick. Spoon into the prepared pan and smooth the top.
5. Bake for 40-50 minutes (round pan) or 55-65 minutes (loaf pan) until a skewer inserted into the centre comes out clean. If the top browns too quickly, cover loosely with foil after 30 minutes.
6. Cool in the pan for 10 minutes, then turn out onto a wire rack. Cool completely before slicing. Store wrapped at room temperature for up to 5 days.

19. Easy Raw Hazelnut Brownies With Chocolate Ganache

20 Serves 12

INGREDIENTS

For the brownie base:

1 cup hazelnuts
1/2 cup cashews
2 cups Medjool dates, pitted
1/2 cup raw cacao powder
1 tsp vanilla extract
1 tsp ground cinnamon
1 tbsp maple syrup
1/2 tsp sea salt

For the chocolate ganache:

1/2 cup coconut cream (solid layer from a chilled full-fat coconut milk can)
1/2 medium ripe avocado
1/2 cup raw cacao powder
1/4 cup maple syrup
1/2 tsp sea salt

INSTRUCTIONS

1. Line an 8x8-inch baking pan with parchment paper. In a food processor, pulse hazelnuts and cashews until they form fine crumbs. Add dates, cacao powder, vanilla, cinnamon, maple syrup, and salt; process until the mixture is sticky and holds together when pressed between your fingers.
2. Press the brownie mixture firmly and evenly into the prepared pan using the back of a spoon or your hands. The layer should be about 3/4 inch thick. Place in the freezer for 20 minutes to firm up.
3. Make the ganache: blend coconut cream, avocado, cacao powder, maple syrup, and salt in a blender or food processor until completely smooth and glossy.
4. Pour the ganache over the chilled brownie base and spread evenly with a spatula. Return to the freezer for at least 1 hour until the ganache is fully set.
5. Lift out of the pan using the parchment, slice into 12 equal squares, and serve straight from the freezer or refrigerator. Store covered in the freezer for up to 2 weeks.

20. Best Apple Crumble Pie (30-Minute Dessert)

15 Serves 8

INGREDIENTS

1 pre-made vegan pie crust (9-inch)
4 Gala apples, peeled, cored, and cut into 1-inch chunks
1 cup coconut sugar
2 teaspoons ground cinnamon
1 tablespoon vanilla extract
1 1/2 cups rolled oats (ancient grain or regular)
1/2 cup all-purpose flour
1/2 cup coconut sugar (for crumble topping)
1 teaspoon ground cinnamon (for crumble topping)
3 ounces (6 tablespoons) vegan butter, melted

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Press the pie crust into a 9-inch pie pan and set aside.
2. Toss apple chunks with 1 cup coconut sugar, 2 teaspoons cinnamon, and vanilla extract until evenly coated. Pour the apple filling into the prepared pie crust and spread evenly.
3. In a medium bowl, combine rolled oats, flour, 1/2 cup coconut sugar, 1 teaspoon cinnamon, and melted vegan butter. Mix with a fork until clumps form. Scatter crumble topping evenly over the apple filling.
4. Cover loosely with foil and bake for 30 minutes. Remove foil and bake for an additional 15 minutes, until the crumble is golden brown and the apples are tender when pierced with a knife.
5. Let cool for at least 15 minutes before slicing so the filling sets. Serve warm.

21. Crispy Quinoa Chocolate Bars (Easy No-Bake)

15 Serves 8

INGREDIENTS

1 cup (185g) quinoa
2 cups (480ml) water
3/4 cup (180ml) coconut cream
4 tablespoons unsweetened cocoa powder
1/4 teaspoon salt
2 tablespoons coconut oil, melted
3 tablespoons coconut sugar
1/2 cup (90g) vegan dark chocolate chips
1/4 cup (60g) almond butter

INSTRUCTIONS

1. Rinse quinoa, then combine with 2 cups water in a saucepan over medium heat. Bring to a boil, reduce heat to low, cover, and simmer 15 minutes until water is absorbed. Fluff and let cool 10 minutes.
2. In a large bowl, mix cooked quinoa with coconut cream, cocoa powder, coconut sugar, salt, and almond butter until fully combined. The almond butter acts as the binder.
3. Melt coconut oil and chocolate chips together in a small saucepan over low heat, stirring until smooth.
4. Press the quinoa mixture firmly into a parchment-lined 8x8-inch (20x20cm) baking pan. Pour melted chocolate over the top and spread evenly.
5. Refrigerate for at least 2 hours until the chocolate is set and the bars are firm. Lift out using the parchment, then cut into 8 bars with a sharp knife.

22. Quick Vegan Biscotti (Twice-Baked Perfection)

20 Serves 24

INGREDIENTS

1/3 cup unsweetened soymilk
2 tablespoons ground flax seeds
3/4 cup sugar
1/2 cup canola oil
1/2 teaspoon vanilla extract
1 2/3 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

INSTRUCTIONS

1. Preheat oven to 350F (175C). Line a large baking sheet with parchment paper. Mix ground flax seeds and soymilk in a large bowl; let sit 5 minutes until thickened into a gel.
2. Whisk sugar, canola oil, and vanilla extract into the flax mixture. In a separate bowl, whisk together flour, baking powder, salt, cinnamon, and nutmeg.
3. Fold dry ingredients into wet ingredients until a firm, slightly sticky dough forms. Turn dough onto the prepared baking sheet and shape into a log approximately 12 inches long and 2 inches wide. Flatten slightly to about 1 inch thick.
4. Bake at 350F for 25-30 minutes until the log is set and lightly golden. Remove from oven and let cool 10 minutes. Reduce oven to 325F.
5. Slice the log diagonally into 1/2-inch thick slices using a sharp serrated knife. Lay slices cut-side down on the baking sheet and bake at 325F for 10-12 minutes per side (20-25 minutes total), flipping once, until dry and crisp.
6. Transfer biscotti to a wire rack and cool completely - they firm up further as they cool. Store in an airtight container for up to 2 weeks.

23. No-Bake Raw Berry Cheesecake (Vegan & Easy)

30 Serves 8

INGREDIENTS

CRUST: 1 cup raw almonds, soaked 3 hours and drained

CRUST: 1 cup Medjool dates, pitted (about 10 dates)

CRUST: 1/4 teaspoon sea salt

CRUST: 1 teaspoon orange zest (optional)

FILLING: 2 cups raw cashews, soaked 2 hours and drained

FILLING: 1/2 cup fresh lemon juice (about 3 lemons)

FILLING: 3/4 cup agave nectar

FILLING: 1/2 cup coconut oil, melted

FILLING: 1 cup fresh strawberries, hulled

FILLING: 2 teaspoons pure vanilla extract

TOPPING: 1/4 cup fresh strawberries, diced

TOPPING: 1/4 cup fresh blueberries

TOPPING: 2 tablespoons agave nectar (optional)

INSTRUCTIONS

1. Make the crust: Process drained almonds, dates, sea salt, and orange zest in a food processor for 60 to 90 seconds until the mixture sticks together when pressed. Press firmly and evenly into the base of a 9-inch springform pan. Refrigerate while you prepare the filling.
2. Make the filling: Drain cashews and blend with lemon juice, agave nectar, melted coconut oil, strawberries, and vanilla in a high-speed blender. Blend for 2 minutes until completely smooth and creamy with no lumps.
3. Pour the filling over the chilled crust and smooth the top with a spatula. Tap the pan gently on the counter to release any air bubbles.
4. Freeze the cheesecake for at least 3 hours, or until the filling is firm throughout. For best texture, freeze overnight and transfer to the refrigerator 30 minutes before serving.
5. Before serving, toss diced strawberries and blueberries with agave nectar if using, and scatter over the top of the cheesecake. Run a knife around the edge of the springform pan before releasing the clasp. Slice and serve chilled.

24. Best Eggless, Butterless Vegan Cake

15 Serves 9

INGREDIENTS

1 cup (200g) white granulated sugar

2 tablespoons vegan shortening (such as Crisco vegetable shortening or Nutiva)

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground allspice

1/2 teaspoon fine salt

1 (10.75-ounce / 305g) can condensed tomato soup (check label: vegan brands contain no cream)

1 cup (150g) raisins

1 1/2 cups (360ml) boiling water

1 teaspoon baking soda

2 cups (240g) all-purpose flour

1 teaspoon baking powder

INSTRUCTIONS

1. Preheat oven to 350F (175C). Grease an 8x8-inch (20x20cm) square baking pan and dust with flour.
2. In a large heatproof bowl, combine sugar, vegan shortening, cinnamon, nutmeg, allspice, salt, tomato soup, and raisins. Pour boiling water over the mixture and stir until the shortening melts and everything is combined. Let cool to room temperature, about 20 minutes.
3. Whisk together flour, baking soda, and baking powder in a separate bowl. Add dry ingredients to the cooled wet mixture and fold until just combined with no dry streaks.
4. Pour batter into prepared pan and smooth the top.
5. Bake at 350F for 45–50 minutes, until a toothpick inserted in the center comes out clean and the top springs back when lightly pressed.
6. Cool in pan on a wire rack for 15 minutes, then turn out and cool completely before slicing into 9 squares.

25. Quick Healthy Chocolate Pudding (5-Minute)

5 Serves 2

INGREDIENTS

1 cup unsweetened almond milk
1/4 cup coconut sugar
2 tablespoons unsweetened cocoa powder
1 1/2 tablespoons cornstarch
1 teaspoon pure vanilla extract

INSTRUCTIONS

1. Whisk together almond milk, coconut sugar, cocoa powder, and cornstarch in a small saucepan until completely smooth with no lumps.
2. Place saucepan over medium heat and cook, whisking constantly, for 5–7 minutes until the mixture thickens enough to coat the back of a spoon.
3. Remove from heat immediately when thickened – it will continue to set as it cools. Stir in vanilla extract.
4. Pour into 2 small serving cups or ramekins. Press a piece of plastic wrap directly onto the surface to prevent a skin forming.
5. Refrigerate for at least 30 minutes until set and chilled, or serve warm straight from the pot for a softer, saucy consistency.

26. Easy Vegan Almond Biscotti (Twice-Baked)

15 Serves 24

INGREDIENTS

1 1/2 cups (185 g) whole wheat pastry flour
1 1/2 cups (190 g) all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1 1/2 cups (300 g) unbleached cane sugar
3/4 cup (185 g) smooth unsweetened applesauce
1–3 tablespoons vegetable oil (1 tbsp for crispier; 3 tbsp for softer)
1 teaspoon vanilla extract
1 teaspoon almond extract
1 1/2 cups (215 g) almonds, toasted and roughly chopped

INSTRUCTIONS

1. Preheat oven to 165°C (325°F). Line two large baking sheets (45 cm x 30 cm / 18x12-inch) with parchment paper.
2. Whisk together both flours, baking powder, and salt in a large bowl. In a separate bowl, stir together sugar, applesauce, oil, vanilla extract, and almond extract until smooth. Pour wet into dry and stir until a stiff dough forms. Fold in toasted almonds.
3. Divide dough in half. On a lightly floured surface, shape each half into a log approximately 30 cm (12 inches) long and 6 cm (2.5 inches) wide. Place the logs well apart on one prepared baking sheet and flatten slightly to about 2 cm (3/4 inch) thick.
4. Bake for 25–30 minutes at 165°C (325°F) until the logs are set, lightly golden, and a toothpick comes out clean. Remove and cool on the pan for 15 minutes. Reduce oven to 150°C (300°F).
5. Using a sharp serrated knife, cut each log on a slight diagonal into slices about 1.5 cm (5/8 inch) thick. Lay slices cut-side down on both baking sheets. Bake at 150°C (300°F) for 10 minutes, flip each slice, and bake another 10 minutes until dry and lightly golden on both sides.
6. Cool completely on a wire rack — they crisp up further as they cool. Store in an airtight container at room temperature for up to 2 weeks.

27. Healthy Chocolate Berry Bars (No-Bake)

15 Serves 16

INGREDIENTS

2 cups almond flour
2 teaspoons coconut flour
4 tablespoons coconut sugar
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup coconut oil, melted
4 tablespoons pure maple syrup, divided
3 oz (85 g) vegan dark chocolate (70%+), roughly chopped
2 tablespoons unsweetened cocoa powder
1/4 cup unsweetened almond milk
1 cup fresh berries (blueberries, raspberries, or sliced strawberries)

INSTRUCTIONS

1. Preheat oven to 175°C (350°F). Line a 20 cm (8-inch) square baking pan with parchment paper, leaving overhang on two sides.
2. In a bowl, combine almond flour, coconut flour, coconut sugar, baking soda, and salt. Add melted coconut oil and 2 tablespoons of the maple syrup; mix until a crumbly dough forms. Press firmly and evenly into the prepared pan. Bake for 15-18 minutes until the edges are golden and the centre is set. Transfer pan to a wire rack and cool completely, about 30 minutes.
3. Heat almond milk in a small saucepan over low heat until just steaming (do not boil). Remove from heat, add chopped chocolate, remaining 2 tablespoons maple syrup, and cocoa powder. Stir constantly until chocolate is fully melted and the ganache is glossy and smooth.
4. Pour the chocolate ganache evenly over the cooled crust and spread to the edges with a spatula.
5. Scatter berries evenly over the ganache. Refrigerate uncovered for at least 2 hours, or until the topping is fully set.
6. Lift the bars out using the parchment overhang and transfer to a cutting board. Slice into 16 bars with a sharp knife. Store in an airtight container in the refrigerator for up to 5 days.

28. Easy Vegan Chocolate-Pumpkin Gingerbread

15 Serves 9

INGREDIENTS

1 2/3 cups (210 g) gluten-free all-purpose baking flour

1 teaspoon xanthan gum

1 1/2 cups (300 g) organic unrefined cane sugar

3 tablespoons unsweetened cocoa powder

1 teaspoon baking soda

3/4 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/4 cup (60 ml) almond milk or soymilk

1 teaspoon apple cider vinegar

1 (425 g / 15 oz) can pumpkin puree

3 tablespoons blackstrap molasses

3 tablespoons canola oil

1 teaspoon vanilla extract

1 tablespoon fresh ginger, finely minced

1 cup (170 g) dark non-dairy chocolate chips

INSTRUCTIONS

1. Preheat oven to 180°C (350°F). Grease a 23 cm x 23 cm (9x9-inch) square baking pan and line with parchment paper.
2. Whisk together flour, xanthan gum, sugar, cocoa powder, baking soda, salt, cinnamon, ground ginger, and nutmeg in a large bowl until evenly combined.
3. In a separate bowl, stir together plant milk, apple cider vinegar, pumpkin puree, molasses, canola oil, vanilla extract, and fresh ginger. Let sit 2 minutes until the milk curdles slightly.
4. Pour the wet ingredients into the dry ingredients and fold gently with a spatula until just combined — do not overmix. Fold in chocolate chips.
5. Transfer batter to the prepared pan and spread evenly. Bake for 38–42 minutes at 180°C (350°F) until a toothpick inserted in the center comes out with only moist crumbs (not wet batter).
6. Cool in the pan on a wire rack for 20 minutes before cutting into 9 squares. Store covered at room temperature up to 3 days.

29. Best 5-Minute Chocolate Banana Mousse

5 Serves 2

INGREDIENTS

1 large ripe avocado, pitted and peeled

1 large ripe banana

1/4 cup unsweetened cocoa powder

1/4 cup coconut milk (or almond milk)

1 teaspoon vanilla extract

3 Medjool dates, pitted

2 teaspoons pure maple syrup

INSTRUCTIONS

1. Add all ingredients to a high-speed blender or food processor: avocado, banana, cocoa powder, coconut milk, vanilla extract, pitted dates, and maple syrup.
2. Blend on high for 60–90 seconds, scraping down the sides as needed, until completely smooth with no lumps.
3. Taste and adjust sweetness with a little more maple syrup if needed, or add a splash more milk to loosen the texture.
4. Spoon into two serving glasses or bowls. Refrigerate for at least 15 minutes to firm up slightly before serving.

30. Chewy Crunchy Oatmeal Raisin Cookies

25 Serves 12

INGREDIENTS

1 cup (90 g) rolled oats
1 cup (120 g) whole wheat flour
30 g (3 tablespoons) raisins
1/4 teaspoon baking powder
1/3 teaspoon salt
3 tablespoons grapeseed oil (or olive oil or vegetable oil)
3 tablespoons pure maple syrup
3 tablespoons apple juice
2 tablespoons soy milk (or water)

INSTRUCTIONS

1. In a large bowl, mix together rolled oats, whole wheat flour, raisins, baking powder, and salt.
2. In a small bowl or measuring cup, whisk together oil, maple syrup, apple juice, and soy milk until combined.
3. Pour the wet mixture into the dry ingredients and stir until a cohesive, slightly sticky dough forms. If it seems dry, add 1 tablespoon more soy milk. Cover and refrigerate for 20 minutes to allow the oats to absorb the liquid.
4. Preheat oven to 350°F (180°C). Line a large baking sheet with parchment paper.
5. Scoop tablespoon-sized portions of dough, roll into balls, place on the baking sheet, and flatten slightly to about 1/2-inch thickness. Repeat for all dough.
6. Bake for 10–12 minutes until the edges are golden and the bottoms are lightly browned. The tops may still look soft — they firm up as they cool. Cool on the pan for 10 minutes before transferring.

31. Best Easy Vegan Cupcakes (30 Minutes)

10 Serves 12

INGREDIENTS

1 cup (240ml) unsweetened soymilk
1 teaspoon apple cider vinegar
1 3/4 cups (210g) all-purpose flour
2 tablespoons cornstarch
3/4 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon fine salt
1/3 cup (80ml) canola oil
3/4 cup (150g) granulated sugar
2 1/4 teaspoons pure vanilla extract

INSTRUCTIONS

1. Preheat oven to 350F (175C). Line a standard 12-cup muffin tin with paper cupcake liners.
2. Combine soymilk and apple cider vinegar in a measuring jug, stir, and let sit 5 minutes until slightly curdled. This is your vegan buttermilk.
3. Whisk together flour, cornstarch, baking powder, baking soda, and salt in a large bowl.
4. Add canola oil, sugar, and vanilla extract to the vegan buttermilk mixture and stir to combine. Pour wet ingredients into dry ingredients and fold gently until just combined – a few lumps are fine. Do not overmix.
5. Divide batter evenly among the 12 lined cups, filling each about two-thirds full.
6. Bake at 350F for 20–22 minutes until a toothpick inserted in the center comes out clean and the tops are lightly golden. Cool in the tin 5 minutes, then transfer to a wire rack to cool completely before frosting.

32. Linda Sue's Easy Vegan Chocolate Cake

15 Serves 12

INGREDIENTS

3 cups all-purpose flour
2 cups white sugar
1/2 cup unsweetened cocoa powder
2 teaspoons baking soda
1/2 teaspoon salt
2 cups water
1/2 cup canola oil
1/4 cup apple cider vinegar
1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease a 9x13-inch baking pan or two 9-inch round cake pans with oil and dust lightly with cocoa powder.
2. In a large bowl, whisk together flour, sugar, cocoa powder, baking soda, and salt until no lumps remain.
3. In a separate bowl, combine water, canola oil, apple cider vinegar, and vanilla extract. Pour the wet ingredients into the dry ingredients and stir until just combined – a few small lumps are fine. Do not overmix.
4. Pour batter into the prepared pan(s). Bake for 30 to 35 minutes (9x13 pan) or 28 to 32 minutes (round pans) until a toothpick inserted in the center comes out clean.
5. Cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely before frosting or slicing.

33. Easy Wheat & Dairy-Free Blackberry Pie

45 Serves 8

INGREDIENTS

1/2 cup vegan margarine, cold, cut into pieces
1 1/2 cups potato flour (plus extra for dusting)
1/4 cup ice water
1 pinch salt
4 cups fresh or frozen blackberries (thawed and drained if frozen)
1 cup white sugar
1/3 cup potato flour
2 tablespoons lime juice
1/4 cup vegan margarine, melted

INSTRUCTIONS

1. Make the crust: Cut cold vegan margarine into 1 1/2 cups potato flour and salt using a fork or pastry cutter until the mixture resembles coarse crumbs. Add ice water 1 tablespoon at a time, mixing until the dough just comes together. Divide in half, shape into two discs, wrap in plastic, and refrigerate 30 minutes.
2. Preheat oven to 375°F (190°C). On a lightly floured surface, roll one dough disc out to a 12-inch circle and transfer to a 9-inch pie dish, pressing gently into the base and sides. Trim overhanging edges to 1/2 inch.
3. Make the filling: In a large bowl, toss blackberries with sugar, 1/3 cup potato flour, and lime juice until evenly coated. Drizzle in 3 tablespoons of the melted vegan margarine and stir to combine.
4. Pour filling into the prepared crust. Roll out the second dough disc, place over the filling, and crimp edges to seal. Brush the top crust with the remaining 1 tablespoon melted vegan margarine. Cut 4–5 slits in the top to vent steam.
5. Bake at 375°F (190°C) for 38–42 minutes, until the crust is golden and the filling is bubbling through the vents. Cool on a wire rack for at least 45 minutes before slicing.

34. Easy Vegan Key Lime Pie Filling (Tofu-Based)

15 Serves 8

INGREDIENTS

1 vegan graham cracker or digestive biscuit pie crust
(23 cm/9-inch, store-bought or homemade)

480g (17 oz) silken tofu, drained

6 tablespoons fresh lime juice (about 3–4 limes)

1/4 cup confectioners' sugar (icing sugar), sifted

2 tablespoons cornstarch

1 teaspoon vanilla extract

1 teaspoon lime zest (optional, for extra flavor)

INSTRUCTIONS

1. Preheat oven to 175°C (350°F); if using a store-bought crust, place it on a baking sheet.
2. Combine silken tofu, lime juice, confectioners' sugar, cornstarch, vanilla extract, and lime zest (if using) in a blender; blend on high for 60–90 seconds until completely smooth and no lumps remain.
3. Pour filling into the prepared pie crust and smooth the top with a spatula.
4. Bake for 30–35 minutes until the edges are set and the center jiggles only slightly when the pan is nudged.
5. Remove from oven and let cool to room temperature for 30 minutes, then refrigerate for at least 2 hours (or overnight) until fully set before slicing and serving.

35. Best Vegan Death By Chocolate Mousse Cakes

20 Serves 12

INGREDIENTS

Crust:

1 cup all-purpose white flour

1 teaspoon baking powder

1/2 cup brown sugar, packed

1/4 cup unsweetened cocoa powder

1/4 cup canola oil

1/2 cup unsweetened soymilk

1 teaspoon vanilla extract

1/4 teaspoon salt

Mousse:

1 1/2 cups (9 oz) semisweet vegan chocolate chips

12 oz (1 package) firm silken tofu, drained

3 tablespoons unsweetened soymilk

1 teaspoon vanilla extract

Chocolate Sauce:

1/2 cup granulated sugar

1/4 cup unsweetened cocoa powder

2 tablespoons all-purpose white flour

1 cup unsweetened soymilk

1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Lightly oil a standard 12-cup muffin pan. Whisk together flour, baking powder, brown sugar, cocoa powder, and salt in a medium bowl. In a small bowl, stir together canola oil, soymilk, and vanilla. Pour wet ingredients into dry and mix until just combined.
2. Spoon 2–3 tablespoons of crust batter into each muffin cup and press firmly up the sides and bottom to form a shallow shell. Bake for 12–15 minutes until the crust is set and pulling slightly from the edges. Let cool completely in the pan — at least 30 minutes.
3. Melt vegan chocolate chips in a double boiler or in 30-second microwave intervals, stirring between each, until fully smooth. Let cool for 5 minutes. Combine melted chocolate, silken tofu, soymilk, and vanilla in a blender or food processor. Blend on high for 60–90 seconds until completely smooth and creamy.
4. Spoon mousse into each cooled crust cup, filling to the top. Refrigerate for at least 2 hours until set.
5. For the chocolate sauce: whisk together sugar, cocoa powder, and flour in a small saucepan. Gradually whisk in soymilk until smooth. Cook over medium heat, stirring constantly, for 5–7 minutes until the sauce thickens and just comes to a boil. Remove from heat, stir in vanilla, and let cool.
6. Drizzle cooled chocolate sauce over chilled mousse cakes and serve. Store refrigerated up to 3 days.

36. Easy Vegan Old-Fashioned Cornbread Recipe

10 Serves 8

INGREDIENTS

1 cup unbleached all-purpose flour
1.5 cups yellow cornmeal
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon salt
1/8 teaspoon cayenne pepper
1.75 cups unsweetened soy milk (or oat milk)
1/2 cup canola oil, plus 1 teaspoon for the pan
1 teaspoon apple cider vinegar

INSTRUCTIONS

1. Preheat oven to 220°C (425°F); add 1 teaspoon canola oil to a 25 cm (10-inch) cast-iron skillet or 20x20 cm (8x8-inch) baking pan and place in the oven while it heats.
2. Whisk soy milk and apple cider vinegar together in a small bowl and let stand 2 minutes to curdle into vegan buttermilk.
3. In a large bowl, whisk together flour, cornmeal, baking soda, baking powder, salt, and cayenne until evenly combined.
4. Add the soy milk mixture and 1/2 cup canola oil to the dry ingredients and stir until just combined — do not overmix; a few lumps are fine.
5. Carefully remove the hot pan from the oven, pour batter in (it should sizzle), and bake for 22–25 minutes until a toothpick inserted in the center comes out clean and the edges are golden brown.
6. Let cool in the pan for 5 minutes before slicing and serving.

37. Best Vegan Cherry-Chocolate Oat Cookies

15 Serves 24

INGREDIENTS

1/3 cup neutral oil (canola or vegetable)
1 cup brown sugar, packed
1/4 cup unsweetened applesauce
1 teaspoon vanilla extract
1 cup all-purpose unbleached flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup quick-cooking rolled oats
2/3 cup semisweet vegan chocolate chips
1/3 cup dried cherries

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line two baking sheets with parchment paper.
2. In a large bowl, whisk together oil, brown sugar, applesauce, and vanilla until smooth and well combined.
3. Add flour, baking soda, baking powder, and salt to the wet ingredients. Stir until a dough forms. Fold in rolled oats, chocolate chips, and dried cherries.
4. Drop rounded tablespoons of dough onto the prepared baking sheets, spacing them 2 inches apart. Flatten slightly with the back of a spoon.
5. Bake for 10–12 minutes until the edges are set and the tops look just dry — centers will firm up as they cool. Do not overbake. Cool on the baking sheet for 5 minutes, then transfer to a wire rack.

38. Creamy Vegan Pumpkin Pie (Dairy-Free)

15 Serves 8

INGREDIENTS

1 cup (240ml) vanilla-flavored almond milk

1/2 cup (100g) raw sugar

2 tablespoons arrowroot powder

1 (15 oz / 425g) can pumpkin puree

2 teaspoons pumpkin pie spice

1/2 teaspoon salt

1 (9-inch / 23cm) vegan pie shell, unbaked

INSTRUCTIONS

1. Preheat oven to 425F (220C). Whisk arrowroot powder into the almond milk until fully dissolved. Add raw sugar, pumpkin puree, pumpkin pie spice, and salt. Whisk until completely smooth and uniform.
2. Pour filling into the unbaked vegan pie shell. Smooth the top with a spatula.
3. Bake at 425F for 15 minutes, then reduce oven temperature to 350F (175C) without opening the door. Continue baking for 35-40 minutes until the filling is set at the edges and only slightly jiggly in the very center.
4. Remove from oven and let cool completely on a wire rack for at least 2 hours – the filling will firm up fully as it cools. Do not cut the pie while it is warm.
5. Refrigerate for at least 1 hour before slicing. Serve cold or at room temperature.

39. Mrs. K's Vegan Date Cake (Quick)

20 Serves 9

INGREDIENTS

75 g (heaping 1/2 cup) dried unsweetened dates, finely chopped

240 ml (1 cup) boiling water

90 g (1/2 cup) Sucanat or other unrefined evaporated cane juice

30 ml (2 tablespoons) finely ground flax seeds

60 ml (1/4 cup) unsweetened plant milk (coconut, almond, or soy)

60 ml (1/4 cup) sunflower oil or other neutral oil

10 ml (2 teaspoons) pure vanilla extract

170 g (1 cup + 3 tablespoons) light spelt flour

15 ml (1 heaping tablespoon) dark cocoa powder (not Dutch process)

2.5 ml (1/2 teaspoon) baking powder

2.5 ml (1/2 teaspoon) baking soda

1 ml (1/4 teaspoon) fine sea salt

TOPPING: 30 ml (2 tablespoons) Sucanat or unrefined cane sugar

TOPPING: 20 g (1/4 cup) unsweetened shredded coconut

TOPPING: 100 g (1/2 cup) dairy-free dark chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease an 8x8-inch (20x20 cm) baking pan and line with parchment paper. Place chopped dates in a bowl, pour boiling water over them, and let soak for 10 minutes until soft.
2. Add Sucanat and ground flax seeds to the soaked date mixture. Stir well and let sit for 5 minutes so the flax seeds form a gel. Stir in plant milk, oil, and vanilla extract.
3. In a separate bowl, whisk together spelt flour, cocoa powder, baking powder, baking soda, and sea salt. Pour the wet date mixture over the dry ingredients and fold gently until just combined — do not overmix.
4. Pour batter into the prepared pan and spread evenly. Scatter Sucanat, shredded coconut, and chocolate chips evenly over the top.
5. Bake for 22 to 25 minutes until a toothpick inserted in the center comes out with a few moist crumbs (not wet batter). Do not overbake. Cool in the pan on a wire rack for 15 minutes before cutting into 9 squares.

40. Creamy Vegan Soy Milk Pudding Dessert

5 Serves 4

INGREDIENTS

3 cups (720ml) plain or vanilla soy milk
2 tablespoons cornstarch
3 tablespoons maple syrup
1 teaspoon vanilla extract
1/4 teaspoon salt
1/4 cup (30g) chopped walnuts, for topping

INSTRUCTIONS

1. Whisk cornstarch with 1/4 cup of the cold soy milk in a small bowl until fully dissolved with no lumps.
2. Pour the remaining soy milk into a medium saucepan. Add maple syrup, vanilla extract, and salt. Heat over medium heat, stirring, until the milk begins to steam and just comes to a simmer – do not boil.
3. Pour the cornstarch slurry into the hot soy milk in a steady stream while whisking constantly. Continue to stir over medium heat for 3–5 minutes until the mixture thickens to a pudding consistency and coats the back of a spoon.
4. Pour pudding into 4 individual serving cups or ramekins. Let cool to room temperature for 15 minutes, then refrigerate for at least 1 hour until set.
5. Top each serving with chopped walnuts just before serving.

41. Vegan Vanilla Walnut Cookies (Easy)

15 Serves 24

INGREDIENTS

1 1/2 cups all-purpose flour
3/4 cup pastry flour
3 tablespoons tapioca flour
2 teaspoons baking powder
1/2 teaspoon fine salt
1/2 teaspoon xanthan gum
1 1/2 cups unbleached organic cane sugar or vegan sugar
1/2 cup unsweetened applesauce
1/2 cup raw coconut oil, melted and slightly cooled
3 tablespoons grapeseed oil
2 teaspoons pure vanilla extract
1/2 teaspoon apple cider vinegar
1 1/2 cups chopped walnuts

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line two large baking sheets with parchment paper. Whisk together all-purpose flour, pastry flour, tapioca flour, baking powder, salt, and xanthan gum in a large bowl.
2. In a separate bowl, whisk together sugar, applesauce, melted coconut oil, grapeseed oil, vanilla extract, and apple cider vinegar until fully combined.
3. Pour the wet ingredients into the dry ingredients and stir until a soft dough forms. Fold in chopped walnuts. Refrigerate the dough for 15 minutes to firm it up.
4. Scoop rounded tablespoons of dough (about 1.5 inches across) onto the prepared baking sheets, spacing them 2 inches apart. Gently flatten each ball slightly with your palm.
5. Bake for 11–13 minutes until the edges are set and the centers look just slightly underdone. The cookies will firm up as they cool.
6. Let cookies cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

42. Gluten-Free Vegan Fig Cake Recipe

15 Serves 8

INGREDIENTS

150 g fresh figs, peeled and roughly chopped, plus 1 whole fig for decoration

80 g raw cane sugar (beet sugar or unrefined cane sugar)

180 g rice flour (fine/confectionery grade)

20 g cornstarch

2 teaspoons baking powder

1 teaspoon ground cinnamon

1 tablespoon ground flax seed mixed with 3 tablespoons water (flax egg)

60 ml (1/4 cup) grape seed oil

80 ml (1/3 cup) unsweetened soy milk

1 teaspoon vanilla extract

1 pinch salt

INSTRUCTIONS

1. Preheat oven to 175°C (350°F). Grease a 20 cm (8-inch) round cake pan and line the base with parchment paper. Make the flax egg by stirring ground flax seed with 3 tablespoons water; set aside for 5 minutes to gel.
2. Place the 150 g chopped figs in a microwave-safe bowl, sprinkle with half the sugar (40 g), and stir to coat. Microwave at 600 W for 1 minute. The figs will soften and release their juices. Set aside to cool slightly.
3. In a large bowl, whisk together the rice flour, cornstarch, baking powder, cinnamon, remaining 40 g sugar, and salt.
4. To the microwaved figs, add the grape seed oil, soy milk, vanilla extract, and the flax egg. Stir to combine, then pour the wet mixture into the dry ingredients. Fold until a smooth, thick batter forms.
5. Pour the batter into the prepared pan and spread evenly. Slice the reserved whole fig into 8 wedges (skin on) and arrange decoratively on top, pressing each piece lightly into the batter.
6. Bake for 40–45 minutes until a skewer inserted into the centre comes out clean and the top is golden. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

43. Raw Vegan Oreo Cookies (No-Bake)

20 Serves 12

INGREDIENTS

For the cookie wafers:

1 cup raw almonds, finely ground in food processor

1/4 cup unsweetened shredded coconut

4 Medjool dates, pitted

1 teaspoon vanilla extract

2 tablespoons agave nectar

1/3 cup raw cacao powder

For the filling:

2/3 cup coconut butter, softened

1 teaspoon vanilla extract

1/2 teaspoon fresh lemon juice

2 tablespoons raw tahini

1 tablespoon agave nectar

INSTRUCTIONS

1. Make the cookie wafers: pulse almonds in a food processor until finely ground. Add shredded coconut, dates, vanilla, agave, and cacao powder. Process until the mixture clumps and holds together when pressed.
2. Scoop 1 tablespoon of dough per cookie and press flat into 1/4-inch thick rounds (about 2 inches wide) on a dehydrator tray lined with a non-stick sheet. You should get about 24 rounds.
3. Dehydrate at 115°F (46°C) for 4–5 hours until firm but not brittle. Alternatively, freeze on a parchment-lined tray for 30 minutes until firm.
4. Make the filling: stir together softened coconut butter, vanilla, lemon juice, tahini, and agave until smooth and creamy.
5. Assemble: spread about 1 teaspoon of filling onto the flat side of one cookie wafer, then press a second wafer on top to form a sandwich. Repeat for all 12 sandwiches.
6. Refrigerate assembled cookies for 10–15 minutes until filling sets. Store in an airtight container in the fridge for up to 5 days.

44. Fudgy Vegan Fudge (5-Minute Recipe)

5 Serves 14

INGREDIENTS

5 tablespoons vegan butter

1/4 cup unsweetened soy milk

2 cups confectioners' sugar, sifted

1/4 cup carob powder

1 teaspoon pure vanilla extract

INSTRUCTIONS

1. Line an 8x4-inch loaf pan with parchment paper, leaving overhang on two sides for easy removal.
2. Melt vegan butter in a small saucepan over low heat. Add soy milk and stir until fully combined and warm, about 2 minutes. Do not boil.
3. Remove from heat. Sift in confectioners' sugar and carob powder, then add vanilla extract. Stir vigorously until a smooth, thick batter forms with no lumps.
4. Pour immediately into the lined pan and smooth the top with a spatula. Refrigerate for at least 2 hours until firm.
5. Lift fudge out using the parchment overhang, place on a cutting board, and cut into 12 to 16 squares. Store refrigerated in an airtight container for up to 1 week.

45. Vegan Kaju Katli (Cashew Brittle)

15 Serves 16

INGREDIENTS

1 cup raw unsalted cashews

3/4 cup granulated sugar

1/4 cup water

4 cardamom pods, seeds removed and finely crushed (optional)

1 pinch salt

INSTRUCTIONS

1. Place the cashews in a food processor or high-speed blender and grind into a very fine, smooth powder. Stop and scrape the sides as needed. The powder should feel like fine flour with no visible chunks. Line an 8x8-inch baking pan or a sheet of parchment paper on your counter with a light coating of oil.
2. Combine the sugar and water in a heavy-bottomed saucepan over medium heat. Stir until the sugar dissolves, then stop stirring and let the syrup cook undisturbed. Attach a candy thermometer and heat the syrup to soft-ball stage, 235 to 240 F (112 to 116 C).
3. Remove the pan from the heat immediately. Add the cashew powder, crushed cardamom (if using), and salt. Stir quickly and vigorously with a wooden spoon or silicone spatula until the mixture comes together into a smooth, thick dough that pulls away from the sides of the pan. Work fast — it sets quickly.
4. Transfer the dough onto the prepared parchment paper. Place another sheet of parchment on top and use a rolling pin to roll it out to an even 1/4-inch thickness. Remove the top parchment.
5. Let the slab cool for 10 to 15 minutes until firm but still slightly warm. Cut into diamond shapes by making parallel diagonal cuts in two directions across the slab. Allow to cool completely at room temperature before separating the pieces. Store in an airtight container at room temperature for up to 2 weeks.

46. Easy Raw Pumpkin Pie (No-Bake & Vegan)

30 Serves 8

INGREDIENTS

For the crust:

2 cups ground flax seeds

1/2 cup hemp seeds

1/2 cup almond milk or coconut water

2 tbsp coconut butter, melted

1 tsp Celtic sea salt

For the filling:

3 cups fresh pumpkin or Japanese squash, peeled and roughly chopped

1 1/2 cups pine nuts

3/4 cup coconut water or filtered water

1 tbsp coconut butter

3 tsp ground cinnamon

1 tsp ground nutmeg

2 tbsp pumpkin pie spice

4 dried apricots, soaked in water for 30 minutes and drained

INSTRUCTIONS

1. Combine ground flax seeds, hemp seeds, almond milk, melted coconut butter, and sea salt in a bowl; mix until a firm, moldable dough forms. Press evenly into a 9-inch pie plate, covering the base and sides. Refrigerate while you make the filling.
2. Drain the soaked apricots and add them to a high-powered blender along with the pumpkin, pine nuts, coconut water, coconut butter, cinnamon, nutmeg, and pumpkin pie spice. Blend until completely smooth, scraping down the sides as needed.
3. Pour the filling into the prepared crust and smooth the top with a spatula.
4. Place the pie in a dehydrator set to 115–116 F and dehydrate for 4–5 hours until the surface is set and slightly firm but the filling remains creamy. Alternatively, refrigerate uncovered for at least 4 hours until firm.
5. Chill in the refrigerator for at least 1 hour before slicing. Serve cold, topped with a dusting of cinnamon or a drizzle of coconut cream if desired.

47. Raw Vegan Chocolate Ice Cream Cupcakes (5-Min)

15 Serves 6

INGREDIENTS

For the crust:

1/3 cup raw hazelnuts, soaked at least 2 hours and drained

10 Medjool dates, pitted

2 tablespoons carob powder

Pinch of fine sea salt

For the ice cream topping:

2 large frozen bananas (peeled and frozen overnight)

3 tablespoons carob powder

Ground cloves for sprinkling

INSTRUCTIONS

1. Make the crust: add soaked drained hazelnuts, dates, 2 tablespoons carob powder, and salt to a food processor. Process for 60–90 seconds until the mixture is sticky and holds together when pressed between your fingers.
2. Divide crust mixture evenly among 6 cavities of a standard silicone cupcake mold (about 1.5 tablespoons per cup). Press firmly into the base to form an even layer about 1/4 inch thick. Freeze for 15 minutes.
3. Make the ice cream topping: blend frozen bananas and 3 tablespoons carob powder in a high-speed blender or food processor, processing quickly to a smooth, creamy soft-serve texture. Work fast — the mixture will melt.
4. Spoon ice cream topping over the frozen crusts, filling each mold to just below the rim. Smooth the tops and sprinkle lightly with ground cloves.
5. Freeze for at least 1 hour until firm. Pop out of molds and serve immediately, or store in the freezer in an airtight container for up to 2 weeks. Let sit at room temperature for 2–3 minutes before eating.

48. Best Wheat-Free Fruit Tart (Dairy-Free)

20 Serves 8

INGREDIENTS

Crust: 1/2 cups almond flour

Crust: 1/4 cup grape seed oil

Crust: 2 tablespoons maple syrup or agave

Crust: 1 teaspoon almond extract

Crust: 1/4 teaspoon salt

Crust: 1/4 teaspoon baking soda

Crumble topping: 1 cup almond flour

Crumble topping: 1 cup rolled oats

Crumble topping: 1/2 cup light brown sugar, packed

Crumble topping: 1/2 teaspoon ground cinnamon

Crumble topping: 1/4 teaspoon almond extract

Crumble topping: 1/2 teaspoon vanilla extract

Crumble topping: 1/4 cup coconut oil, melted

Filling: 3 cups mixed fresh berries (strawberries, blueberries, raspberries)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Lightly grease a 9-inch tart pan with a removable bottom.
2. Make the crust: stir together almond flour, salt, and baking soda. Add grape seed oil, maple syrup, and almond extract and mix until a dough forms. Press evenly into the bottom and up the sides of the prepared tart pan. Bake for 10–12 minutes until lightly golden. Remove and let cool slightly.
3. Make the crumble: combine almond flour, oats, brown sugar, and cinnamon in a bowl. Add melted coconut oil, almond extract, and vanilla extract and mix with a fork until the mixture is crumbly and holds together in clumps.
4. Spread berries evenly over the pre-baked crust. Scatter the crumble topping over the berries in an even layer.
5. Bake for 25–30 minutes until the crumble is golden brown and the berries are bubbling at the edges. Cool in the pan for 15 minutes before unmoulding. Slice into 8 pieces and serve warm or at room temperature.

49. Easy Eggless Raisin Cake (Vegan-Friendly)

15 Serves 9

INGREDIENTS

2 cups brown sugar
2 cups water
1 1/2 cups raisins
2 tablespoons neutral oil (such as canola or sunflower)
3 cups all-purpose flour
1 teaspoon ground cinnamon
1 teaspoon salt
1 teaspoon ground cloves
1 teaspoon baking soda
2 tablespoons warm water

INSTRUCTIONS

1. Combine brown sugar, 2 cups water, raisins, and oil in a medium saucepan. Bring to a boil over medium-high heat, then reduce heat and simmer 5 minutes. Remove from heat and let cool to room temperature, about 20–30 minutes.
2. Preheat oven to 350°F (175°C). Grease and flour a 9x13-inch baking pan.
3. In a large bowl, whisk together flour, cinnamon, salt, and cloves.
4. Dissolve baking soda in 2 tablespoons warm water, then stir into the cooled raisin mixture.
5. Pour the raisin mixture into the dry ingredients and stir until just combined with no flour streaks. Do not overmix.
6. Pour batter into the prepared pan and bake at 350°F for 35–40 minutes, until a toothpick inserted in the center comes out clean. Cool in pan 15 minutes before slicing.

50. Vegan Sweet Potato Pumpkin Pudding Cups

10 Serves 4

INGREDIENTS

3 medium sweet potatoes (about 1 1/2 lbs total)
1 (15-ounce) can pumpkin puree
1 1/2 cups full-fat coconut milk
2 tablespoons maple syrup
2 teaspoons vanilla extract
1/4 teaspoon fine sea salt
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/2 cup coconut yogurt (optional topping)
1/2 cup granola (optional topping)

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Pierce sweet potatoes several times with a fork, place on a foil-lined baking sheet, and roast for 45–55 minutes until completely tender when pierced with a knife. Let cool enough to handle, then peel and discard the skins.
2. Transfer sweet potato flesh to a high-speed blender or food processor. Add pumpkin puree, coconut milk, maple syrup, vanilla extract, salt, cinnamon, allspice, ginger, and cloves.
3. Blend on high for 60–90 seconds until completely smooth and silky. Scrape down the sides and blend again for 30 seconds. Taste and adjust sweetness or spice level.
4. Pour the pudding into individual serving cups or a large bowl. Smooth the tops with a spatula.
5. Refrigerate for at least 2 hours, or overnight, until the pudding is fully chilled and has set to a thick, spoonable consistency.
6. Top each cup with a dollop of coconut yogurt and a sprinkle of granola just before serving.

51. Best Gluten-Free Vegan Brownies (5-Min)

5 Serves 9

INGREDIENTS

1/3 cup (40g) certified gluten-free all-purpose flour
1/3 cup (65g) granulated sugar
1/3 cup (70g) packed light brown sugar
1/4 cup (30g) cornstarch
1/4 cup (25g) unsweetened cocoa powder
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon fine salt
1/3 cup (80g) unsweetened applesauce
1/4 cup (60ml) neutral oil (vegetable or refined coconut)
1 teaspoon pure vanilla extract
1/2 cup (85g) vegan chocolate chips

INSTRUCTIONS

1. Preheat oven to 350F (175C). Grease an 8x8-inch (20x20cm) baking pan and line with parchment paper.
2. Whisk together gluten-free flour, granulated sugar, brown sugar, cornstarch, cocoa powder, baking soda, baking powder, and salt in a large bowl until evenly combined.
3. Add applesauce, oil, and vanilla extract to the dry ingredients and stir until a thick, smooth batter forms. Fold in chocolate chips.
4. Spread batter evenly into the prepared pan. The batter will be thick; use a spatula or damp fingers to press it into the corners.
5. Bake at 350F for 28–32 minutes until the top looks set and a toothpick inserted in the center comes out with moist crumbs.
6. Cool completely in the pan before cutting into 9 squares. Brownies firm up as they cool.

52. Homemade Coconut Pops (Dairy-Free Ice Cream)

10 Serves 8

INGREDIENTS

One 13.5 oz can full-fat coconut cream
1 1/3 cups unsweetened almond milk (or other plant-based milk)
1/2 cup unsweetened shredded coconut
1/4 cup brown sugar
1 teaspoon pure vanilla extract

INSTRUCTIONS

1. Whisk coconut cream vigorously to recombine any separated fat. In a medium bowl, combine coconut cream, almond milk, brown sugar, and vanilla. Whisk until sugar fully dissolves, about 2 minutes.
2. Stir in shredded coconut.
3. Pour mixture evenly into 8 ice pop molds (about 1/3 cup each). Insert sticks.
4. Freeze for at least 6 hours, or overnight, until completely solid.
5. To unmold, run warm water over the outside of each mold for 15–20 seconds and pull gently. Serve immediately.

53. Carrot Orange Cake With Cashew Cream Icing

45 Serves 8

INGREDIENTS

CAKE:

3 cups finely grated carrots (about 3–4 medium carrots)

2 cups raw pecans, ground into coarse meal

1 cup soft Medjool dates (about 12–14), pitted and mashed into paste

1/2 cup desiccated unsweetened coconut

1/2 cup orange juice (about 2 oranges)

1/4 cup chopped dried apricots (unsulphured)

1 1/2 teaspoons mixed spice (or pumpkin pie spice)

1 teaspoon ground nutmeg

1/2 teaspoon lemon zest

1/2 teaspoon Celtic sea salt or fine salt

CASHEW CREAM ICING:

1 1/2 cups raw cashews, soaked in water 4 hours and drained

1/2 cup filtered water

3 tablespoons cocoa butter or refined coconut oil, melted

2 tablespoons agave syrup or maple syrup

1 tablespoon vanilla extract

1/4 teaspoon Celtic sea salt or fine salt

INSTRUCTIONS

1. Soak cashews in cold water for at least 4 hours (or overnight) for the icing. Drain and rinse before using.
2. In a food processor, combine dates, orange juice, grated carrots, ground pecans, coconut, apricots, mixed spice, nutmeg, lemon zest, and salt. Pulse and process until the mixture comes together into a sticky, moldable dough — it should hold its shape when pressed. If too wet, add 2 tablespoons more ground pecans.
3. Line an 8-inch (20 cm) round or square cake pan with plastic wrap or parchment paper. Press the carrot mixture firmly and evenly into the pan to a uniform depth of about 1.5 inches. Refrigerate for at least 1 hour to firm up.
4. For the icing, blend drained cashews, water, melted cocoa butter, agave syrup, vanilla, and salt in a high-speed blender until completely smooth and creamy, about 2–3 minutes. Scrape down the sides as needed.
5. Remove the chilled cake from the pan by lifting the parchment. Spread the cashew cream icing evenly over the top and sides. Return to the refrigerator for at least 30 minutes until the icing sets.
6. Slice with a sharp knife and serve chilled. Store covered in the refrigerator for up to 5 days.

54. Best Meyer Lemon Chia Seed Pudding (Overnight)

10 Serves 4

INGREDIENTS

2 cups raw almonds, soaked in water 6–8 hours and drained

1 1/2 cups filtered water

2 tablespoons organic chia seeds

3–4 tablespoons pure maple syrup

2 tablespoons organic coconut oil, melted

Zest of 1 Meyer lemon

3 tablespoons fresh Meyer lemon juice (from about 1 lemon)

1 teaspoon vanilla extract

1/2 cup golden raisins (optional)

INSTRUCTIONS

1. Blend soaked, drained almonds with 1 1/2 cups filtered water in a high-speed blender for 60 seconds until smooth. Strain through a nut milk bag or fine-mesh cheesecloth into a bowl; squeeze out all liquid. Discard pulp or save for another use.
2. To the fresh almond milk, add maple syrup, melted coconut oil, Meyer lemon zest, Meyer lemon juice, and vanilla extract. Whisk until fully combined.
3. Stir in chia seeds and golden raisins if using. Mix well to distribute seeds evenly and prevent clumping.
4. Pour into 4 individual jars or containers, seal, and refrigerate overnight (minimum 6 hours) until pudding has set and chia seeds are fully swollen.
5. Stir each portion before serving. Adjust sweetness with a small drizzle of maple syrup if needed. Top with fresh fruit or additional lemon zest.

55. Fluffy Vegan Apple Cinnamon Pancakes

15 Serves 4

INGREDIENTS

2 cups all-purpose flour

3 teaspoons baking powder

1/4 cup granulated sugar

2 teaspoons ground cinnamon

1/2 teaspoon salt

3/4 cup water

1 cup apple cider (unsweetened)

1/2 cup unsweetened applesauce

1 teaspoon vanilla extract

1 tablespoon neutral oil or vegan butter, for the griddle

INSTRUCTIONS

1. Whisk together flour, baking powder, sugar, cinnamon, and salt in a large bowl until evenly combined.
2. In a separate bowl or jug, stir together water, apple cider, applesauce, and vanilla extract. Pour the wet mixture into the dry and stir until just combined – a few lumps are fine. Let the batter rest for 5 minutes.
3. Heat a non-stick griddle or large skillet over medium heat (about 175C / 350F) and lightly grease with oil or vegan butter.
4. Pour 1/4 cup batter per pancake onto the griddle. Cook until the edges look set and bubbles form across the surface, about 2 to 3 minutes. Flip and cook for a further 1 to 2 minutes until golden brown and cooked through.
5. Keep warm in a 95C (200F) oven while you cook the remaining batter. Serve with maple syrup and warm apple cider.

56. Best Vegan Chocolate Coffee Muffins (Fudgy!)

15 Serves 12

INGREDIENTS

1 1/2 cups all-purpose flour
1/3 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
1 1/4 cups granulated sugar
1 teaspoon instant espresso powder
1 cup freshly brewed strong coffee, cooled to room temperature
1 teaspoon vanilla extract
1 teaspoon white vinegar
3/4 cup vegan chocolate chips

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a standard 12-cup muffin pan with paper liners.
2. Whisk flour, cocoa powder, baking soda, salt, sugar, and espresso powder together in a large bowl until evenly combined.
3. Add cooled coffee, vanilla extract, and white vinegar to the dry ingredients. Stir until just combined — do not overmix. Fold in chocolate chips.
4. Divide batter evenly among the 12 muffin cups, filling each about 2/3 full. Bake for 16–18 minutes until a toothpick inserted in the center comes out with moist crumbs (not wet batter).
5. Cool in the pan for 5 minutes, then transfer to a wire rack. Serve warm or at room temperature. Store in an airtight container up to 3 days.

57. Lemon-Apricot Chia Seed Muffins (Easy Recipe)

20 Serves 12

INGREDIENTS

3/4 cup unsweetened almond milk
3 tablespoons chia seeds
1 cup almond meal
1 1/2 cups whole spelt flour
1 tablespoon baking powder
1/4 teaspoon baking soda
1/8 teaspoon ground turmeric
1/4 teaspoon sea salt
1/2 cup pure maple syrup
1/2 cup unsweetened apricot nectar
1/4 cup melted coconut oil
1/4 cup fresh lemon juice
3 tablespoons grated lemon zest (from about 3 large lemons)
3 small apricots or plums, pitted and quartered

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a 12-cup standard muffin tin with paper liners or grease with coconut oil.
2. Combine almond milk and chia seeds in a small bowl. Stir well and let sit for 10 minutes until thick and gel-like.
3. In a large bowl, whisk together almond meal, spelt flour, baking powder, baking soda, turmeric, and salt. In a separate bowl, whisk together maple syrup, apricot nectar, melted coconut oil, lemon juice, lemon zest, and the chia gel.
4. Pour wet ingredients into dry ingredients and fold gently until just combined – do not overmix. Batter will be thick.
5. Divide batter evenly among the 12 muffin cups, filling each about 3/4 full. Press one apricot or plum quarter into the top of each muffin.
6. Bake for 23 to 26 minutes until the tops are golden and a toothpick inserted in the center comes out clean. Cool in the tin for 5 minutes, then transfer to a wire rack.

58. Easy Vegan Spelt Muffins (Best Banana Recipe)

15 Serves 12

INGREDIENTS

1 1/2 cups (180 g) spelt flour
1 cup (90 g) rolled oats
1 1/2 teaspoons baking soda
1 teaspoon ground cinnamon
1/4 teaspoon salt
2 very ripe bananas (about 200 g mashed)
1/2 cup (120 ml) sunflower seed oil
1/2 cup (100 g) sugar
1/4 cup (60 ml) unsweetened plant milk (oat or almond)
1 teaspoon vanilla extract

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a standard 12-cup muffin tin or line with paper liners.
2. In a large bowl, whisk together spelt flour, rolled oats, baking soda, cinnamon, and salt.
3. In a separate bowl, mash bananas thoroughly until no large lumps remain. Add sunflower seed oil, sugar, plant milk, and vanilla extract. Whisk until combined.
4. Pour the wet ingredients into the dry ingredients and fold together gently until just combined — a few streaks of flour are fine. Do not overmix.
5. Divide batter evenly among the 12 muffin cups, filling each about 3/4 full.
6. Bake for 17–19 minutes until a toothpick inserted in the center comes out clean and tops are golden. Cool in the tin for 5 minutes, then transfer to a wire rack.

59. Chocolate Cherry Vegan Muffins (30-Min)

10 Serves 12

INGREDIENTS

1/2 cup whole wheat flour
1/2 cup all-purpose flour
1/3 cup oat bran
1 1/2 tablespoons unsweetened cocoa powder
2 teaspoons baking powder
1/2 teaspoon baking soda
1 pinch salt
1 cup sugar-free cherry pie filling
1/2 cup unsweetened applesauce
1/2 cup apple juice
1 teaspoon vanilla extract
1/4 cup vegan dark chocolate chips (for topping)

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a standard 12-cup muffin tin with paper liners or spray with non-stick cooking spray.
2. In a large bowl, whisk together whole wheat flour, all-purpose flour, oat bran, cocoa powder, baking powder, baking soda, and salt.
3. In a separate bowl, stir together cherry pie filling, applesauce, apple juice, and vanilla extract until combined.
4. Pour the wet ingredients into the dry ingredients and fold with a spatula until just combined — do not overmix. The batter will be thick.
5. Divide the batter evenly among the 12 muffin cups, filling each about 3/4 full. Sprinkle a few chocolate chips on top of each muffin.
6. Bake for 22–25 minutes until a toothpick inserted in the center comes out clean. Cool in the tin for 5 minutes, then transfer to a wire rack.

60. Farmstand Fruit Vegan Muffins (Easy)

10 Serves 12

INGREDIENTS

STREUSEL TOPPING

4 tablespoons unbleached all-purpose flour

4 tablespoons natural sugar

4 tablespoons old-fashioned rolled oats

4 tablespoons chopped walnuts

2 tablespoons canola oil

1/4 teaspoon ground cinnamon

MUFFIN BATTER

1 cup soy milk

2 teaspoons apple cider vinegar

1 cup unbleached all-purpose flour

1 cup whole wheat flour

1/2 cup natural sugar

1 tablespoon baking powder

1 teaspoon baking soda

1/2 teaspoon sea salt

1/4 teaspoon ground cinnamon

1/3 cup canola oil

1 large apple, peeled and finely chopped (about 1 cup)

INSTRUCTIONS

1. Preheat oven to 190C (375F). Line a standard 12-cup muffin tin with paper liners.
2. Make the streusel: combine flour, sugar, oats, walnuts, oil, and cinnamon in a small bowl and mix with a fork until crumbly. Set aside.
3. Stir soy milk and apple cider vinegar together in a measuring jug and let sit for 5 minutes until curdled.
4. Whisk together both flours, sugar, baking powder, baking soda, salt, and cinnamon in a large bowl. Add the canola oil to the curdled soy milk and stir to combine, then pour into the dry ingredients. Fold until just combined – do not overmix. Fold in the chopped apple.
5. Divide batter evenly among the 12 muffin cups, filling each about three-quarters full. Sprinkle streusel generously over each muffin.
6. Bake for 18 to 22 minutes until a toothpick inserted in the center comes out clean and the tops are golden. Cool in the tin for 5 minutes before transferring to a wire rack.

61. Dairy-Free Whole Wheat Apple Pancakes

15 Serves 4

INGREDIENTS

1 1/2 cups whole wheat pastry flour
1 tablespoon baking powder
1/4 teaspoon salt
1 tablespoon ground flaxseed mixed with 3 tablespoons water (flax egg, let sit 5 minutes)
2 tablespoons apple juice concentrate, thawed
1 cup unsweetened soy milk
1 tablespoon neutral oil (canola or light olive oil, for batter)
2 medium Granny Smith apples, peeled, cored, and grated
1-2 tablespoons neutral oil (for cooking)

INSTRUCTIONS

1. In a small bowl, mix ground flaxseed with 3 tablespoons water and let sit for 5 minutes to gel. In a large bowl, whisk together whole wheat pastry flour, baking powder, and salt.
2. In a separate bowl, whisk together flax egg, apple juice concentrate, soy milk, and 1 tablespoon oil. Add grated apple and stir to combine.
3. Pour wet ingredients into dry ingredients and stir until just combined – do not overmix. If the batter is very thick (depends on apple moisture), add 1-2 tablespoons extra soy milk. Let batter rest 3 minutes.
4. Heat a non-stick skillet or griddle over medium heat (about 350°F). Add a thin film of oil and swirl to coat.
5. Pour 1/4 cup batter per pancake onto the griddle. Cook for 2-3 minutes until bubbles form and edges look dry. Flip and cook 1-2 minutes more until golden brown on the underside.
6. Serve immediately with maple syrup or a light dusting of cinnamon.

62. Best Vegan Pumpkin Muffins (Fall)

15 Serves 12

INGREDIENTS

1 3/4 cups all-purpose flour
1 1/4 cups granulated sugar
1 tablespoon baking powder
1/4 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon ground allspice
1/8 teaspoon ground cloves
1 cup pumpkin puree (not pumpkin pie filling)
1/2 cup soymilk (or other plant-based milk)
1/2 cup vegetable oil
2 tablespoons molasses
1 tablespoon plain soy yogurt

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a standard 12-cup muffin tin with paper liners or spray lightly with cooking spray.
2. In a large bowl, sift together flour, sugar, baking powder, salt, cinnamon, nutmeg, ginger, allspice, and cloves.
3. In a separate bowl, whisk together pumpkin puree, soymilk, vegetable oil, molasses, and soy yogurt until smooth and fully combined.
4. Pour the wet ingredients into the dry ingredients. Fold together with a spatula just until no dry flour remains — do not overmix or muffins will be dense.
5. Divide batter evenly among the 12 muffin cups, filling each about 3/4 full.
6. Bake 27-30 minutes until a toothpick inserted in the center comes out clean and tops spring back when lightly pressed. Cool in pan 5 minutes, then transfer to a wire rack.

63. Authentic Vegan Banana Pancakes (Quick)

5 Serves 4

INGREDIENTS

1 cup rolled oats
1 cup wholemeal (whole wheat) flour
2 teaspoons baking powder
1/4 teaspoon salt
2 tablespoons chia seeds
1 cup unsweetened soy milk
1 large ripe banana (or 2 small), mashed
1 tablespoon coconut oil or neutral oil, plus more for pan

INSTRUCTIONS

1. In a large bowl, mash the banana until smooth. Add soy milk and coconut oil and whisk to combine.
2. Add rolled oats, wholemeal flour, baking powder, salt, and chia seeds. Stir until just combined — do not overmix. Let batter rest for 5 minutes so the oats and chia seeds absorb liquid and the batter thickens.
3. Heat a non-stick skillet or griddle over medium-low heat. Lightly grease with a small amount of oil. Drop heaping tablespoons of batter onto the pan to form small, thick pancakes (about 3 inches across). Do not spread.
4. Cook for 3–4 minutes until bubbles form on the surface and the edges look set. Flip carefully and cook for 2–3 minutes more until cooked through. Adjust heat down if browning too fast. Serve warm with maple syrup or fresh fruit.

64. Down Home Vegan Pancakes (Fluffy)

15 Serves 4

INGREDIENTS

1 cup whole wheat flour
1/2 cup unbleached white flour
1/2 cup oat flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon sea salt
1 tablespoon flax seed meal
1 1/4 cups water
3/4 cup unsweetened soymilk
1 tablespoon pure maple syrup
1 tablespoon canola oil (for batter)
2 tablespoons canola oil (for cooking)

INSTRUCTIONS

1. In a large bowl, whisk together whole wheat flour, white flour, oat flour, baking powder, cinnamon, baking soda, salt, and flax seed meal until well combined.
2. In a separate bowl or measuring cup, whisk together water, soymilk, maple syrup, and 1 tablespoon canola oil. Pour the wet ingredients into the dry ingredients and stir just until combined — do not overmix. A few lumps are fine. Let the batter rest for 5 minutes to thicken.
3. Heat a large non-stick skillet or griddle over medium heat (around 350–375°F if using an electric griddle). Add a small amount of canola oil and swirl to coat.
4. Pour approximately 1/4 cup of batter per pancake onto the griddle. Cook for 2–3 minutes until bubbles form across the surface and the edges look set. Flip carefully and cook for another 1–2 minutes until the underside is golden brown.
5. Transfer to a plate and cover loosely with foil to keep warm. Repeat with remaining batter, adding oil to the pan as needed between batches.
6. Serve hot with maple syrup and fresh fruit.

65. Best Tofu Pancakes with Mushroom Sauce

20 Serves 4

INGREDIENTS

MUSHROOM SAUCE:

1 tablespoon olive oil
2 cups cremini or white mushrooms, finely chopped
2 cloves garlic, minced
1 tablespoon whole wheat flour
1 cup calcium-enriched soy milk
Salt and freshly ground black pepper to taste

PANCAKE BATTER:

1 pound firm tofu, well-drained and pressed
1/2 cup whole wheat flour
1/2 cup plain soy milk
1 cup bean sprouts
1/2 cup sliced water chestnuts
1/4 cup green onions, finely chopped
1/2 cup shiitake mushrooms, thinly sliced
1/4 cup hijiki seaweed, soaked 10 minutes in cold water and drained
1 tablespoon tamari or soy sauce
2 tablespoons fresh ginger, peeled and grated
2 tablespoons olive oil, for frying

INSTRUCTIONS

1. Soak hijiki in cold water for 10 minutes, drain, and set aside. Drain and press tofu firmly with paper towels or a tofu press to remove as much moisture as possible.
2. Make the mushroom sauce: heat 1 tablespoon olive oil in a small saucepan over medium heat. Add cremini mushrooms and garlic, cook 5 minutes until softened. Whisk in flour and cook 1 minute. Pour in soy milk, whisk constantly over medium heat until sauce thickens, about 3–4 minutes. Season with salt and pepper, keep warm on low.
3. Make the pancake batter: crumble pressed tofu into a large bowl until it resembles coarse cottage cheese. Add flour, soy milk, bean sprouts, water chestnuts, green onions, shiitake mushrooms, drained hijiki, tamari, and ginger. Mix well – the batter should hold its shape; if too wet, add 1–2 tablespoons more flour.
4. Heat a large 12-inch nonstick skillet over medium-high heat. Add 1 tablespoon olive oil and swirl to coat. Working in batches, scoop about 1/3 cup batter per pancake and press into a 3/4-inch thick round. Cook 3 minutes undisturbed until golden and set on the bottom. Flip and cook 2–3 minutes more until golden on the second side. Drain on paper towels.
5. Repeat with remaining batter, adding remaining olive oil as needed. Serve pancakes hot with warm mushroom sauce spooned over the top.

66. Quick Vegan Pumpkin Pie Pancakes

10 Serves 4

INGREDIENTS

1 1/2 cups unbleached all-purpose flour
3 tablespoons sugar
1 tablespoon baking powder
1 teaspoon pumpkin pie spice
1/2 teaspoon salt
1 1/4 cups unsweetened soymilk
1/3 cup canned pumpkin puree (not pumpkin pie filling)
1 tablespoon vegetable oil
Vegan butter or neutral oil for the pan

INSTRUCTIONS

1. Whisk together flour, sugar, baking powder, pumpkin pie spice, and salt in a large bowl.
2. In a separate bowl, whisk together soymilk, pumpkin puree, and vegetable oil until smooth.
3. Pour wet ingredients into dry ingredients and stir until just combined – a few lumps are fine. Do not overmix.
4. Heat a non-stick skillet or griddle over medium heat (about 350F if using an electric griddle) and lightly grease with vegan butter or oil. Pour 1/4 cup batter per pancake and cook until bubbles form on the surface and edges look set, about 2–3 minutes. Flip and cook 1–2 minutes more until cooked through.
5. Repeat with remaining batter. Serve immediately with maple syrup.

67. Best Soaked Buckwheat Oat Pancakes

10 Serves 4

INGREDIENTS

1 cup rolled oats
1 cup buckwheat flour
2 tablespoons coconut flour
2 tablespoons ground flaxseed
1 1/2 cups unsweetened almond milk
1 tablespoon raw apple cider vinegar or plain kombucha
1 large ripe banana, mashed
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon sea salt
1 teaspoon vanilla extract
2 teaspoons coconut oil or neutral oil, for the pan

INSTRUCTIONS

1. The night before: combine oats, buckwheat flour, coconut flour, flaxseed, and almond milk in a bowl. Stir in apple cider vinegar or kombucha, cover, and let soak at room temperature for 6 to 8 hours.
2. In the morning, mash banana thoroughly and stir it into the soaked oat mixture along with vanilla extract. Add baking powder, baking soda, and salt, and stir until just combined. The batter will be thick; if it seems too stiff, add 2 tablespoons of almond milk.
3. Heat a non-stick skillet or griddle over medium heat and lightly brush with coconut oil.
4. Pour 1/4 cup of batter per pancake onto the skillet. Cook for 3 to 4 minutes until bubbles form on the surface and edges look set, then flip and cook for 2 to 3 minutes on the second side.
5. Transfer to a plate and repeat with remaining batter, re-oiling the pan as needed. Serve warm with fresh fruit and maple syrup.

68. Best Vegan Zucchini Pineapple Muffins (Easy)

15 Serves 24

INGREDIENTS

2 tablespoons ground flaxseed mixed with 6 tablespoons water (flax eggs, rested 5 min)
1/2 cup unsweetened applesauce
2 ripe bananas, mashed (about 3/4 cup)
1/2 cup coconut oil, melted (or neutral oil)
3/4 cup granulated sugar
1 teaspoon vanilla extract
2 cups grated zucchini (about 2 medium, lightly squeezed)
1 cup crushed pineapple, well drained
1/2 cup unsweetened shredded coconut
2 1/2 cups whole wheat flour
2 cups unbleached all-purpose flour
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 325°F (165°C). Line two standard 12-cup muffin tins with paper liners or grease well.
2. Mix ground flaxseed with water in a small bowl and let stand 5 minutes until gel forms. In a large bowl, whisk together applesauce, mashed bananas, melted coconut oil, sugar, vanilla, and the flax egg mixture until combined. Stir in grated zucchini, drained pineapple, and shredded coconut.
3. In a separate bowl, whisk together both flours, baking soda, baking powder, cinnamon, nutmeg, and salt.
4. Add dry ingredients to wet ingredients and fold together with a spatula just until no dry streaks remain. Do not overmix.
5. Divide batter evenly among the 24 muffin cups, filling each about three-quarters full. Bake for 23–27 minutes until a toothpick inserted into the center comes out clean. Cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

69. Easy Vegan Sweet Potato Muffins (Oil-Free)

20 Serves 12

INGREDIENTS

1 large sweet potato (about 300 g), peeled and chopped

1/2 cup (120 ml) unsweetened almond milk

3/4 cup (180 ml) maple syrup

1 teaspoon pure vanilla extract

2 cups (240 g) gluten-free all-purpose flour

2 teaspoons baking powder

1/2 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/4 teaspoon salt

2 tablespoons hemp hearts

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a standard 12-cup muffin tin or line with paper liners.
2. Steam sweet potato pieces for 12–15 minutes until completely tender. Drain and mash until smooth in a large bowl. You need about 1 cup of mashed sweet potato.
3. Add almond milk, maple syrup, and vanilla extract to the mashed sweet potato. Stir until well combined.
4. In a separate bowl, whisk together flour, baking powder, baking soda, cinnamon, nutmeg, and salt. Add hemp hearts and stir to distribute.
5. Fold the dry ingredients into the wet ingredients until just combined — do not overmix. Batter will be thick.
6. Divide batter evenly among the 12 muffin cups, filling each about 3/4 full. Bake for 22–25 minutes until a toothpick inserted in the center comes out clean. Cool in the tin for 5 minutes, then transfer to a wire rack.

70. Best Vegan Pear Cranberry Pecan Muffins

15 Serves 12

INGREDIENTS

Cooking spray or muffin liners

2 cups all-purpose flour

1 tablespoon cornstarch

2 teaspoons baking powder

1 teaspoon ground cinnamon

1 teaspoon ground ginger

3/4 teaspoon fine salt

2/3 cup granulated sugar

One 15.25-ounce can pears packed in syrup

1/2 cup vegetable oil

2 teaspoons pure vanilla extract

1/4 cup unsweetened plant-based milk (as needed to adjust liquid)

1/2 cup pecans (or walnuts or almonds), roughly chopped

1/2 cup dried cranberries (or cherries or raisins)

Confectioners' sugar, for dusting (optional)

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a standard 12-cup muffin tin with cooking spray or line with paper liners.
2. Drain pears over a measuring cup. Chop pears into roughly 1/2-inch pieces and set aside. Measure the drained syrup and add plant-based milk to bring total liquid to 3/4 cup.
3. In a large bowl, whisk together flour, cornstarch, baking powder, cinnamon, ginger, salt, and sugar.
4. In a separate bowl, whisk together the 3/4 cup pear syrup mixture, vegetable oil, and vanilla. Pour wet ingredients into dry and fold with a spatula until just combined — a few streaks of flour are fine. Fold in chopped pears, nuts, and dried cranberries.
5. Divide batter evenly among the 12 muffin cups, filling each about 3/4 full.
6. Bake 26–28 minutes until tops are golden and a toothpick inserted in the center comes out clean. Cool in pan 5 minutes, then transfer to a rack. Dust with confectioners' sugar before serving if desired.

71. Quick Low-Fat Vegan Pancakes (30-Minute)

10 Serves 4

INGREDIENTS

1 cup plus 2 tablespoons whole wheat flour
1 1/2 teaspoons baking powder
1 tablespoon vegan brown sugar
1 pinch salt
1 1/4 cups unsweetened soymilk (plus up to 1/4 cup more if batter is too thick)
1 tablespoon unsweetened applesauce
1 tablespoon canola oil
1/4 cup chopped walnuts or pecans (optional)
2 tablespoons vegan carob chips or vegan chocolate chips (optional)

INSTRUCTIONS

1. Whisk together flour, baking powder, brown sugar, and salt in a large bowl until evenly combined.
2. In a separate bowl, whisk soymilk, applesauce, and canola oil together. Pour wet ingredients into dry ingredients and stir until just combined – a few lumps are fine. If batter is too thick to pour, add soymilk 1 tablespoon at a time. Fold in nuts and carob chips if using.
3. Heat a non-stick griddle or large skillet over medium heat (about 350F / 175C). Lightly grease with a drop of canola oil or non-stick spray.
4. Test the griddle by flicking a few drops of water onto the surface – they should sizzle and evaporate immediately. Pour 1/4 cup batter per pancake and cook until bubbles form and pop on the surface and edges look set, about 2–3 minutes.
5. Flip each pancake and cook for 1–2 minutes more until the bottom is golden brown. Transfer to a warm plate and repeat with remaining batter.
6. Serve immediately with maple syrup, fresh fruit, or additional toppings of your choice.

72. Best Vegan Banana-Walnut Muffins (GF)

10 Serves 9

INGREDIENTS

3/4 cup all-purpose gluten-free flour blend
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon xanthan gum
1/4 teaspoon ground cinnamon
1/8 teaspoon kosher salt
3/4 cup mashed ripe banana (about 1 large very ripe banana)
1/4 cup unsweetened applesauce
1/2 cup light brown sugar, packed
2 1/2 tablespoons canola oil
1 teaspoon pure vanilla extract
1 tablespoon light agave nectar
3/4 cup chopped walnuts (about 3 oz)

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease 9 cups of a standard 12-cup muffin tin, or line with paper liners.
2. Whisk together gluten-free flour, baking soda, baking powder, xanthan gum, cinnamon, and salt in a medium bowl.
3. In a large bowl, mash banana until smooth, then stir in applesauce, brown sugar, canola oil, vanilla, and agave nectar until well combined.
4. Add dry ingredients to wet ingredients and stir until just combined. Fold in chopped walnuts.
5. Divide batter evenly among the 9 prepared muffin cups (about three-quarters full each).
6. Bake for 30–33 minutes, until tops are golden and a toothpick inserted in the center comes out clean. Cool in the pan 5 minutes, then transfer to a wire rack.

73. Best Vegan Blueberry Muffins (Whole Wheat)

15 Serves 12

INGREDIENTS

2 cups whole wheat pastry flour
1 1/2 teaspoons baking soda
3/4 teaspoon salt
Zest from 1 clementine
1 cup sucanat (or raw cane sugar)
1 cup full-fat coconut milk
1/3 cup canola oil
1 tablespoon apple cider vinegar or white vinegar
2 cups blueberries, fresh or frozen (do not thaw if frozen)

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a standard 12-cup muffin tin with paper liners or grease well with oil.
2. Whisk together flour, baking soda, salt, clementine zest, and sucanat in a large bowl until combined.
3. In a separate bowl or measuring cup, stir together coconut milk, canola oil, and vinegar; let stand 1 minute until slightly curdled.
4. Pour wet ingredients into dry and stir until just combined — do not overmix. Gently fold in blueberries.
5. Divide batter evenly among the 12 muffin cups, filling each about three-quarters full.
6. Bake for 20–22 minutes, until a toothpick inserted in the center comes out clean and tops are set. Cool in the pan for 5 minutes before transferring to a wire rack.

74. Microwaved Tofu Mochi (Easy Dessert)

5 Serves 4

INGREDIENTS

200g (7 oz) silken tofu, drained
60g (1/2 cup) katakuriko (potato starch)
3 tablespoons kinako (roasted soybean flour)
1 tablespoon sugar
1/4 teaspoon salt

INSTRUCTIONS

1. Mix the kinako, sugar, and salt together in a small bowl and set aside. This is your coating — prepare it before starting the mochi so it is ready the moment the mochi comes out.
2. Combine the drained silken tofu and katakuriko in a microwave-safe bowl or container. Mix thoroughly with a spatula until completely smooth with no lumps.
3. Microwave on high (800–1000W) in 2-minute intervals, stirring well between each interval. After the first 2 minutes the mixture will begin to thicken; after 4–6 minutes total it will be thick, glossy, and chewy and will pull away cleanly from the sides of the bowl. Stop when it reaches this consistency — total microwave time is typically 6–8 minutes depending on wattage.
4. Wet your hands with cold water to prevent sticking. Pinch off pieces of the warm mochi (roughly 1-tablespoon portions) and roll into balls. Work quickly while the mochi is still warm and pliable.
5. Drop each ball into the kinako mixture and roll to coat completely. Arrange on a plate and serve immediately — mochi hardens as it cools.

75. No-Sugar Orange Mango Popsicles (Dairy-Free)

10 Serves 8

INGREDIENTS

2 ripe bananas, peeled and broken into chunks
1 1/2 cups 100% orange juice (no added sugar)
2 cups mango, chopped (fresh or frozen)
1/2 teaspoon liquid stevia, Valencia orange or lemon drop flavor (optional)

INSTRUCTIONS

1. Add bananas, orange juice, and mango to a blender. If using stevia, add it now. Blend on high for 60 to 90 seconds until completely smooth with no chunks.
2. Taste the mixture and adjust: add a little more orange juice if too thick, or a touch of stevia if you prefer it sweeter.
3. Pour the blended mixture evenly into 8 popsicle molds, leaving about 1/4 inch of space at the top for expansion. Insert popsicle sticks.
4. Freeze for at least 6 hours, or overnight. To unmold, run the outside of each mold under warm water for 10 to 15 seconds and gently pull the stick to release.

76. Easy Date Oat Bars (No-Bake, 15 Minutes)

15 Serves 9

INGREDIENTS

1/4 cup chia seeds
1 cup water (for chia gel)
20 pitted Medjool dates
1/2 cup warm water (for softening dates)
1 cup rolled oats
1 cup raisins (unsweetened)
1/2 cup raw sunflower seeds
2 teaspoons ground cinnamon

INSTRUCTIONS

1. Combine chia seeds with 1 cup water in a small bowl, stir well, and let sit for 10 minutes until a thick gel forms.
2. Place dates in a bowl with 1/2 cup warm water and soak for 5 minutes, then transfer dates and soaking water to a food processor and blend into a smooth paste.
3. In a large mixing bowl, combine rolled oats, raisins, sunflower seeds, and cinnamon, then add the date paste and chia gel and stir until everything is evenly coated and the mixture holds together when pressed.
4. Line an 8x8-inch (20x20 cm) baking dish with parchment paper, transfer the mixture into the dish, and press down firmly with damp hands or a flat spatula into an even layer about 2 cm thick.
5. Refrigerate uncovered for at least 30 minutes until firm, then lift out using the parchment, place on a cutting board, and cut into 9 equal bars.
6. Store in an airtight container in the refrigerator for up to 5 days.

77. Easy Crispy Rice-Almond Snack Bars (Vegan)

15 Serves 12

INGREDIENTS

Oil for greasing baking dish and hands
1 cup natural almond butter (no added sugar or oil)
1 cup agave nectar
6 cups puffed brown rice cereal (unsweetened)
1/2 cup coarsely chopped raw or roasted almonds

INSTRUCTIONS

1. Lightly oil a 9x13-inch (23x33 cm) baking dish and a large mixing bowl with neutral oil and set aside.
2. In a small saucepan over medium-low heat, combine almond butter and agave nectar, stirring constantly for 3–4 minutes until the mixture is fully combined, smooth, and just beginning to bubble at the edges – do not boil.
3. Pour the warm almond butter mixture into the oiled mixing bowl, immediately add puffed rice cereal and chopped almonds, and fold quickly with a spatula to coat evenly before the mixture cools and stiffens.
4. Transfer the mixture into the prepared baking dish, lightly oil your hands, and press the mixture firmly and evenly into the pan, working from the center outward to achieve a uniform thickness of about 2 cm.
5. Refrigerate uncovered for at least 1 hour until fully firm and set.
6. Lift the slab from the dish using a spatula or by running a knife around the edges, place on a cutting board, and cut into 12 bars. Store in an airtight container in the refrigerator for up to 1 week.

78. Crispy Spicy Mashed Potato Donuts (Vegan)

15 Serves 4

INGREDIENTS

1/2 cup mashed potato, cooled
1/2 cup firm tofu, grated or finely crumbled
2 cloves garlic, minced
2 tablespoons onion, finely diced
2 tablespoons carrot, finely grated
1/2 tablespoon smoked paprika
1/2 tablespoon black pepper
1 teaspoon salt
1 tablespoon cornstarch
1/2 cup cold water
1 cup fresh breadcrumbs
4 cups neutral oil (canola or sunflower), for frying

INSTRUCTIONS

1. Combine cooled mashed potato, grated tofu, garlic, onion, carrot, smoked paprika, black pepper, and salt in a bowl; mix until uniform. The mixture should be firm enough to shape – if too wet, add 1 tablespoon extra breadcrumbs.
2. Divide mixture into 6 to 8 equal portions. Shape each into a ring (donut shape) about 2 inches in diameter using lightly wet hands, pressing firmly so they hold together.
3. Whisk cornstarch and cold water together in a shallow bowl to make a slurry. Place fresh breadcrumbs in a separate shallow bowl.
4. Dip each potato donut into the cornstarch slurry, letting excess drip off, then roll thoroughly in breadcrumbs to coat all surfaces. Press crumbs gently to adhere.
5. Heat oil in a heavy-bottomed pot to 350°F (175°C). Fry donuts in batches of 2 to 3 for 3 to 4 minutes, turning once, until deep golden brown all over. Do not crowd the pot or the temperature will drop and the coating will absorb oil.
6. Remove with a slotted spoon and drain on a paper towel-lined plate for 2 minutes. Serve immediately with dipping sauce such as sweet chili sauce, ketchup, or vegan sriracha mayo.

Vegan Baking Equipment Checklist

Everything you need to bake the recipes in this guide.

ESSENTIALS

- Mixing bowls (small, medium, large)
- Baking sheets (2, with parchment paper)
- Measuring cups (dry and liquid)
- Measuring spoons
- Whisk
- Rubber spatula
- Cooling rack

NICE TO HAVE

- Electric hand mixer or stand mixer
- 8x8 inch baking pan
- 9-inch round cake pan
- 12-cup muffin tin
- Cookie scoop (1 tbsp size)
- Sifter or fine mesh strainer
- Pastry brush

PARCHMENT PAPER SAVES CLEANUP

Line every baking sheet and pan with parchment paper. Vegan baked goods stick more than traditional recipes because there is less fat in the batter. Parchment paper makes removal easy and cleanup fast.

Looking for More?

This is one of 27 free guides in the VeganPreps PDF Vault. Browse meal plans, cheat sheets, printable planners, and more.

[Browse All 27 Free Guides](#)



Scan to open on your phone

VeganPreps

veganpreps.com