

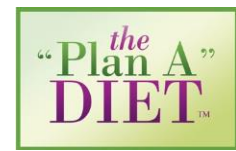
Easy Desserts

Recipes from the video:

- Orange Dreamsicle – (Smoothie PDF listed separately)
- Chocolate Caramel Shake – (Smoothie PDF listed separately)
- Raw Apple Crumble —
<https://www.drmcDougall.com/health/education/recipes/mcdougall-recipes/?recipe-id=68&recipe-name=Raw-Apple-Crumble>
- Lunchbox Chocolate Chip Cookies —
<https://www.forksoverknives.com/recipes/vegan-chocolate-chip-cookies/#gs.nez3ha>
- Lemon Curd w/Berries — <https://plants-rule.com/vegan-tofu-lemon-curd-with-berries/>
- Chocolate Mocha Healthy Chia Pudding — <https://plants-rule.com/chocolate-mocha-healthy-chia-pudding/>
- Yonana Ice Cream – speaks for itself! Purchase a Yonana machine [here](#) or in your local area.
- For Yonana Topping:
 - Vegan Homemade Chocolate Sauce — <https://thevegan8.com/vegan-homemade-chocolate-sauce/>
 - Vegan Chocolate Gravy — <https://shaneandsimple.com/vegan-chocolate-gravy/>

Other Desserts You Might Enjoy:

- Crock Pot Lava Cake/Hot Fudge — <https://eatplant-based.com/crock-pot-lava-cake-chocolate/>
- 4 Ingredient Peanut Butter Cookies — <https://thevegan8.com/4-ingredient-vegan-peanut-butter-cookies/>



- Double Chocolate Banana Bread Oat Bars — <https://www.ambitiouskitchen.com/double-chocolate-banana-bread-oat-bars-vegan-and-gluten-free/>
- Impossible Pumpkin Pie — <https://blog.fatfreevegan.com/2006/10/and-answer-is.html>
- Cashew-Pear Whipped Cream — <https://www.brendadavisrd.com/cashew-pear-cream/>
- Tofu/Lime Dessert (with berries) — 1 box of MoriNu Silken Tofu; 1/3 cup maple syrup; 3 TBS fresh lime juice; Lime Zest. Blend in food processor, chill, and top over berries.
- Chocolate Earth Balls — <https://www.wholefoodsmarket.com/recipes/chocolate-earth-balls>
- Banana Oatmeal Peanut Butter Cookies — <https://plantstrong.com/plant-strong-recipes/banana-peanut-butter-oatmeal-cookies>
- Pineapple Upside Down Cake — <https://www.copymethat.com/r/XkYEUsz/mcdougall-recipes-pineapple-upside-down/>
- Raspberry Sorbet — Combine in Food Processor: 4 large ripe frozen bananas; 10-oz frozen raspberries; 2 TBS cacao powder; 4-5 pitted dates.
- Apple-Pineapple Crisp — <https://www.straightupfood.com/blog/2012/02/20/apple-pineapple-crisp/>
- Peach Cobbler — https://www.dr-mcdougall.com/pdf/mme_lesson_9.pdf
- Mexican Chocolate Sweet Potato Pudding — <https://thevegan8.com/vegan-mexican-chocolate-sweet-potato-pudding/>
- Pear/Kiwi Salad – Mix 1 TBS lemon or lime juice with 1 TBS sugar. Peel and slice 2 kiwi and 2 ripe medium pears. Toss with lemon juice and add dried currants or raisins if desired.
- Banana Bread (I add walnuts) — <https://shaneandsimple.com/vegan-banana-bread/>
- **MORE complete recipes are shown in your 21-Day Meal Plan – including brownies, carrot cake, oatmeal cookies, and caramel dip.**