
VEGAN COOKING 101

ICE CREAM Social

It's a food sampling and vegan baking event proving you can just about have it all again plant-based! Sample a variety of vegan ice cream brands, try the new vegan whipped creams, drizzle on a variety of vegan sundae sauces, and sprinkle on some organic sprinkles! We'll also bake fresh chocolate chip cookies with a recipe from *Black Belt in TOFU* and get tips on making frozen confections with bananas and fruit.



It's an ice cream party!

SATURDAY, AUGUST 24TH | 2:00 - 3:30 PM
POINT LOMA HERVEY BRANCH LIBRARY



CHOCOLATE CHIP COOKIES

INGREDIENTS:

1 cup vegan butter
1/2 cup packed firm tofu
3/4 cup cane sugar
3/4 cup light brown sugar
1 teaspoon vanilla
2 1/2 cups unbleached all purpose flour
1 teaspoon baking soda
1/2 teaspoon sea salt
1 12 oz. bag non-dairy chocolate chips



DIRECTIONS:

Preheat the oven to 350 degrees and line two baking sheets with parchment. Combine the butter and tofu in the jar of a blender, blend on high. Gradually add the sugar and continue processing until smooth. Combine the flour, baking soda, sea salt, and chocolate chips in a medium mixing bowl, stir to blend. Scrape down the sides of the blender jar with a rubber spatula and transfer the creamed mixture into the flour mixture. Stir to combine the ingredients then spoon one inch balls of dough onto the lined baking sheets. Press lightly to flatten them then bake for 10-12 minutes or until lightly brown. Remove from the oven and transfer to wire racks for cooling. Store in a sealed container for up to two weeks.

VEGAN ICE CREAM SUNDAE

INGREDIENTS:

1 pint of non-dairy Ice Cream
Hershey's Chocolate or Strawberry Sauce
So Delicious Frozen Coco Whip or Non-Dairy Whipped Cream
Rainbow Sprinkles
Maraschino Cherries



DIRECTIONS:

Place one to two scoops of ice cream into a sundae dish or bowl. Top with the sauce, whipped cream, sprinkles and a cherry.

CHOCOLATE DIPPED FROZEN BANANAS

INGREDIENTS:

3 bananas
1 1/2 cups non-dairy chocolate chips
1/4 cup chopped mixed nuts



DIRECTIONS:

Peel and slice the bananas into chunks and insert a toothpick in each piece. Place the bananas on a tray and cover them with plastic wrap. Place the tray in the freezer and freeze them overnight or several hours until firm.

Melt the chocolate chips in a double boiler or over very low heat, stir until melted. Dip each frozen banana into the chocolate and quickly sprinkle them with the chopped nuts. Serve immediately or return them to the freezer and store them in an airtight container until ready to serve.