

Nutrition and the Holidays

Part 2: Finishing Touches

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Today we will talk how to do
sweets and deserts while still
following a plant-based diet

AICR plant-based diet

AICR plan is 2/3 of plate is plant-based and 1/3 animal-based. Recommendations include using lean forms of animal meats, organic or omega-3 eggs, and fat-free or low fat dairy products. It is also recommended to use whole grains and limit refined flours, processed sugars and processed meats.

When it comes to baking, substitutions would include

- ▶ Substitute part or all of the white flour for whole grain; or ½ the flour in the recipe with almond flour
- ▶ For eggs to reduce fat, use 2 egg whites for every egg.
- ▶ For milk use fat-free milk or low fat dairy products
- ▶ For heavy cream use 1 cup evaporated skim milk or ½ cup low fat yogurt with ½ cup low fat cottage cheese;
- ▶ For butter, when recipe calls for melted butter substitute oil like canola oil or light olive oil. For solid butter try coconut oil, avocado, or vegan butter. If you are concerned about the texture try replacing part of the butter in a recipe and add some applesauce, or pumpkin, or banana
- ▶ For sugar, Honey replaces sugar; if recipes calls for 1 cup sugar use ½ cup honey; or 1/3 cup agave; or applesauce

Vegetarian and Vegan

Vegetarian and Vegan diets restrict animal meats but allow eggs and dairy whereas vegan diet eliminates all animal products

- ▶ Further substitutions for baking vegan=
- ▶ For eggs
 - ▶ use powdered egg replacers
 - ▶ 1 Tablespoon Flaxseed mixed with 2 Tablespoor water (let sit for few minutes);
 - ▶ use Aquafaba; Aquafaba is the liquid from a cai of beans it can be whipped like egg whites and used in recipes to replace eggs or even used like marshmallow or meringue
 - ▶ You can add Aquafaba as is without whipping



guide to vegan EGG SUBSTITUES



FLAXSEED MEAL
1 tbsp + 3 tbsp water



CHIA SEEDS
1 tbsp + 3 tbsp water



EGG REPLACERS
1 tbsp + 3 tbsp water



BANANA
¼ cup



PUMPKIN + SWEET POTATO
¼ cup



AVOCADO
¼ cup

- ▶ For milk, use plant-based milk like soy, almond, coconut or oatmilk.
- ▶ For butter, use vegan butter sticks or soft tub “butter”; or try replacing butter with avocado or a nut butter depending on the recipe
- ▶ Add a Fruit or Vegetable
Try adding shredded or pureed apple, carrot, banana and pumpkin to recipes to boost nutrients, flavor and moisture. You can use these ingredients to add extra flavor and replace some of the butter or oil in the recipe.



Flour substitutions

- ▶ Whole wheat flour or pastry flour works well in recipes. Whole wheat flour will add a bit of texture to a recipe and you may want to add a bit more moisture with extra liquid or applesauce
- ▶ Replace part of the flour in a recipe with almond flour. This works well in for crusts
- ▶ Try a Whole-Grain Flour
White whole-wheat flour can be substituted one-for-one for all-purpose flour in most recipes.

Reducing Sugar

- ▶ *Simply Cut Sugar*
As a general rule, you can reduce sugar in a given recipe by about 25% without noticeable differences. For instance, if a recipe calls for 4 tablespoons of sugar, reduce the amount to 3 tablespoons. When reducing sugar, you may need to increase the liquid in a recipe
- ▶ As mentioned you may also use Truvia sugar blend, Swerve sugar or powdered sugar replacements (sugar alcohol), or pureed fruit, honey or pure maple syrup

Remember that Aquafaba

Let's look at holiday options for whipped aquafaba

Vegan Marshmallow Fluff

The easiest way to make sugar-free, allergy-free, vegan marshmallow fluff with an unexpected ingredient!

Author: Rebecca Pytell Yield: 4 Cups 1x

Ingredients

- ❖ 1/2 Cup Aquafaba*
- ❖ 1/2 Tsp Xanthan Gum (optional)
- ❖ 1/4 Tsp Agar Powder (optional)
- ❖ 1/4 Tsp Cream of Tartar
- ❖ 1 Tsp Pure Vanilla Extract
- ❖ 1/2 Cup Powdered Erythritol (or preferred powdered sweetener)

Instructions

- ❖ In a stand mixer, combine the aquafaba, xanthan gum, agar, and cream of tartar. Beat at increasingly high speed for 2 minutes until it starts to look like whipped egg whites.
- ❖ Turn the mixer off, add the vanilla and powdered erythritol. Turn the mixer back on and beat at increasingly high speed for about 5 minutes until you have a white, glossy, fluffy, "stiff peak" fluff!

Notes: 1/2 cup of aquafaba is about 1 can of bean liquid. Aquafaba can be frozen also

What can we do with Marshmallow Fluff?

Mix with Rice Krispies to make Rice Krispie Treats...then have some fun; add flavors like peppermint extract and pieces of cocoa; design fun characters

theDecoratedCookie.com



Peanut butter Chocolate Bars (Vegan)

by Sharon Palmer

INGREDIENTS

- ▶ 1 15-ounce can chickpeas, drained (reserve liquid)
- ▶ 1/3 cup peanut butter, creamy
- ▶ 2 tablespoons vegetable oil
- ▶ 1/3 cup pure maple syrup
- ▶ 1 teaspoon vanilla extract
- ▶ ¾ cup white whole wheat flour
- ▶ 1 teaspoon baking powder
- ▶ ½ cup coarsely chopped peanuts
- ▶ ¾ cup dairy-free dark chocolate chips

INSTRUCTIONS

- ▶ Preheat oven to 350 F.
- ▶ Drain chickpeas, reserving liquid. Place reserved chickpea liquid (aquafaba) in a kitchen mixer bowl (or use an electric mixer) and whip until thick and foamy. Set aside.
- ▶ Place chickpeas, peanut butter, oil, maple syrup, and vanilla in the container of a food processor. Process until smooth—about 3 minutes.
- ▶ Remove chickpea mixture from food processor and add to bowl with whipped chickpea liquid. Add flour and baking powder. Gently fold into the whipped chickpea liquid with a rubber spatula (so as not to break the emulsion) until smooth. Do not overmix. Fold in peanuts and chocolate chips.
- ▶ Spray a 9 X 9-inch baking dish with nonstick cooking spray. Pour batter into pan and bake in the center of the oven for 50-60 minutes, until golden brown and firm.

Vegan Sugar Cookies

- ▶ 1 ½ tablespoons dry egg replacer (i.e., Ener-G, Bob's Red Mill)
- ▶ 4-8 tablespoons plant-based milk, plain, unsweetened
- ▶ 1 teaspoon vanilla
- ▶ 1 cup dairy-free margarine spread
- ▶ 1 cup organic cane sugar
- ▶ 3 cups all-purpose flour

***obviously these aren't sugar free, I feel you can indulge by using real sugar or if you want to cut back some replace ½ the sugar with Swerve or Stevia**

I feel in some recipes sugar is important for the texture of the cookie vs when used for taste.

For icing mix powdered sugar or try Swerve powdered sugar with plant milk and vanilla or almond extract

INSTRUCTIONS

- ▶ To make cookies: Mix egg replacer, 3 tablespoons of the plant-based milk, and 1 teaspoon vanilla.
- ▶ Mix in margarine and sugar.
- ▶ Stir in flour just until combined. Add additional plant-based milk, 1 tablespoon at a time, just to make a smooth dough that is not sticky.
- ▶ Form dough into a circle, cover, and refrigerate for about 2 hours (or overnight).
- ▶ Preheat oven to 350 F.
- ▶ Lightly flour a clean surface and roll out dough to ¼-inch thickness using a rolling pin that has been dusted with flour.
- ▶ Cut out dough into desired shapes using cookie cutters that have been lightly floured.
- ▶ Place cookies on a baking sheet, Bake for about 10 - 15 minutes, just until surface starts to turn golden. cool

Vegan Gluten-free Gingerbread Men



Vegan Gluten-Free Gingerbread Men

Author: Minimalist Baker; yield 25-35

Ingredients

- ▶ 1 batch flax egg (1 Tbsp (7 g) flaxseed meal + 2 ½ Tbsp (37 ml) water)
- ▶ 1/2 cup packed brown sugar
- ▶ 1/4 cup almond butter
- ▶ 3 Tbsp molasses
- ▶ 1/4 cup vegan butter (softened)
- ▶ 3/4 tsp ginger
- ▶ 1/2 tsp cinnamon
- ▶ 1/4 tsp nutmeg (optional)
- ▶ 1/4 tsp salt
- ▶ 1/2 tsp baking soda
- ▶ 1 1/4 - 1 3/4 cups gluten-free baking / pancake mix

Instructions

- ▶ In a large mixing bowl, prepare flax egg by mixing flax and water and letting rest for 5 minutes.
- ▶ Add softened butter, molasses, almond butter, brown sugar, salt, spices, baking soda and beat on low with a mixer, or vigorously whisk.
- ▶ Add gluten free baking mix to the wet ingredients and stir with a wooden spoon. Stir until well combined
- ▶ Cover and chill dough for at least one hour (preferably overnight).
- ▶ Once chilled Carefully flour top and bottom of dough and roll out dough. Not too thin, cut out cookie shapes and place on cookie sheet (freeze for few minutes to make easier)
- ▶ Bake for 8-10 minutes or until they appear only slightly browned on the edges. They'll continue firming up as they sit on the pan. Let rest on the pan for 2-3 minutes, then transfer to a cooling rack.
- ▶ Once cooled, decorate with frosting -mix of 2 cups icing sugar, 1 Tbsp melted butter, and 1-2 Tbsp almond milk Store covered at room temperature for several days or freeze

Raw Brownie Bites

Ingredients:

- ▶ 10-12 dates, seeded and chopped
- ▶ 1/4-1/2 cup walnuts
- ▶ 3 tbsp. cocoa powder extract
- ▶ 1-2 tbsp. organic maple syrup
- ▶ 1/2 cup oats
- ▶ 2 tbsp. milled flaxseed
- ▶ 3/4 tbsp. vanilla

Directions:

- ▶ Place all ingredients in a food processor. Process until well combined-to about the count of 30 or until the ingredients have a dough-like consistency. If you feel like it's a bit dry due to too many walnuts or oats, just add a bit of water, about 1 tbsp. at a time. Once you get your desired consistency, roll into 1 inch balls. Keep refrigerated. * You can add rolls into cocoa powder or cocoa powder and cinnamon mixture.
- ▶ **Holiday additions: make peppermint brownie bites by adding 1/4 tsp peppermint extract and bit of crushed peppermint candies on the top.**

Oatmeal Goji Berry Balls (No sugar added)

2 1/2 cups rolled oats or quinoa flakes

3 medium ripe bananas

1/3 cup raw almonds or walnuts, ground in a food processor until coarse crumbs

1 cup chopped pitted dates (chopped to same size as goji berries)

1 cup goji berries, soaked for 15 minutes in warm water, then drained

1/2 teaspoon sea salt or Himalayan salt

1 tablespoon vanilla extract

- ▶ Preheat oven to 325 F. Line a cookie sheet with unbleached parchment paper.
- ▶ Place oats or quinoa flakes in a blender or a food processor and pulse on and off until oats/quinoa flakes turn into coarse crumbs/flour.
- ▶ In a medium bowl, mash bananas with a fork. Add ground almonds or walnuts, dates, and drained goji berries. Mix well. Add salt, vanilla, and ground oats or quinoa flakes and stir well to combine.
- ▶ Use wet hands to form tablespoon-size balls. Place on parchment-lined cookie sheet and bake for 25 minutes, rotating pan halfway through bake time.

Vegan Cheesecake with Caramel apple topping



Trick for Vegan Cheesecake

- ▶ Use soaked cashews to create a vegan cheese
 - ▶ Soak cashews overnight for best results, blend in food processor with dates then add in soy milk, lemon juice, coconut oil, vanilla and cinnamon. Puree until very smooth, lemon juice, for example:
 - ▶ 1 1/2 cups raw cashews soaked for 8 hours and drained
 - ▶ 1/2 cup dates
 - ▶ 1/2 cup unsweetened soy milk
 - ▶ 1/4 cup lemon juice
 - ▶ 1/3 cup coconut oil melted
 - ▶ 1 1/2 tsp vanilla extract
 - ▶ 1/2 tsp cinnamon

How about Caramel!

- ▶ puree the dates in the food processor until gummy, then add in the salt, lemon juice, soy milk and vanilla. Puree until it reaches a very thick caramel-like consistency
 - ▶ Mix “caramel” with chopped apples for a topping for cheesecake
- ▶ Or another method is to boil 5-6 dates in a pan, take pits out and outside skin, place in blender with 2T water, ½ cup maple syrup, ¼ tsp cinnamon blend till smooth
- ▶ Or Adjust recipe of Classic caramel (melt sugar in pan, add butter); if you want to use sugar, melt it down, add ¼ cup coconut cream, stir, and ¼ cup full-fat soy milk instead of butter stir, boil, stir, then cool.
- ▶ Even simpler, heat in hot sauce pan 1 cup coconut milk and ½ cup coconut sugar, stir constantly until looks like caramel; (cashew cream can be used also)

In summary, adjusting recipes for healthier treats is possible and easy. Have fun in the kitchen finding ways to use whole foods for nourishing treats

THANK YOU!

Raw Vegan Cheesecake with Caramel Apples

Ingredients

7 dates pitted and minced

1 cup pecans roughly chopped

2 tbsp gluten free oats

1/2 tsp cinnamon

1 Pinch salt

1 1/2 cups raw cashews soaked for 8 hours and drained

1/2 cup dates

1/2 cup unsweetened soy milk

1/4 cup lemon juice

1/3 cup coconut oil melted

1 1/2 tsp vanilla extract

1/2 tsp cinnamon

Caramelized Apples

1/2 cup dates

1/4 tsp salt

1 tsp lemon juice

1/4 cup unsweetened soy milk

1/2 tsp vanilla

1 large red apple peeled and diced

1/3 cup pecans crushed

Instructions

In a food processor, puree the dates, pecans, oats, cinnamon and salt until it forms a sticky crust-like consistency. Press about 2 tablespoons into the bottoms of 12 silicon cupcake liners, transfer to the freezer for an hour.

Meanwhile, puree the cashews and dates until well pureed, then add in the soy milk, lemon juice, oil, vanilla and cinnamon.

Puree until very smooth.

Add the mixture to the frozen crust mixture, and freeze for 4-6 hours.

Right before serving, puree the dates in the food processor until gummy, then add in the salt, lemon juice, soy milk and vanilla.

Puree until it reaches a very thick caramel-like consistency.

In a bowl, toss the apples with the caramel until well coated.

Carefully remove the cheesecakes, top with a spoonful of the apple caramel and pecans and eat with a fork immediately.

Nutrition

Calories: 284kcal | Carbohydrates: 22g | Protein: 5g | Fat: 21g | Saturated Fat: 7g | Sodium: 60mg | Potassium: 302mg | Fiber: 4g | Sugar: 14g | Vitamin A: 44IU | Vitamin C: 3mg | Calcium: 42mg | Iron: 2mg