Vegan Chocolate Croissants

By Jennifer Doria

Preparation time: 2 hours

Cook time: 25 minutes

Total time: 2 hours, 25 minutes

Servings: 12 croissants

Ingredients:

2 teaspoons active dry yeast

3 tablespoons warm water

1 cup almond milk

1 teaspoon salt

2 tablespoons organic sugar

2 ½ cups all-purpose flour plus more as needed

1 cup refined coconut oil, solid but not hard

1/3 cup all-purpose flour

¼ cup almond milk

2 tablespoons agave syrup

10oz Semi-sweet chocolate chips (vegan friendly)

½ cup raspberry preserves or ½ pint fresh organic raspberries, pushed through a mesh

organic raspberries for garnishing

In a small cup or bowl, mix the active dry yeast and warm water and let sit for 5 minutes. In a stand mixer with the dough attachment, add your flour, almond milk, sugar, salt and yeast mixture and mix on medium speed until all the flour is incorporated and the gluten is developed. The dough should not be wet at this point. If it is wet, add up to ¼-1/3 cup more flour. Once the dough is prepared, roll the dough on a well-floured working surface to a 13”x9” rectangle. Cover with plastic wrap or a clean kitchen towel and let rest on the fridge for one hour. Meanwhile, prepare your coconut oil “butter.”

Mix your solid coconut oil with flour in a bowl and set aside. It should be soft like spreadable butter, but not melted. If your coconut oil is melted, place the mixture in the fridge for 15-30 minutes to firm up, but not harden. You must be able to roll the coconut mixture into the dough.

Once the dough has risen in the fridge, spread the coconut oil mixture in the center of dough. Fold all sides of the dough in, then fold the dough in half to completely seal on the coconut oil mixture. Rol, out the dough back to a 13”x9” rectangle. Fold 1/3 of the dough over on each side, then roll the dough out again. Do this for a total of 3 times to create flaky, buttery layers. After the third fold is completed, roll the dough out again into a 13”x9” rectangle and divide the dough, making 12 squares. Add 8 chocolate chips and one teaspoon of the raspberry preserves in the center of each square and fold them over each other. Place the seam side down on a baking sheet, leaving about 2” of space in between each croissant. Mix the remaining almond milk and agave syrup together to create a sweet “egg” wash and brush the croissants with the wash using a pastry brush. Place the croissants in the fridge for at least 30 minutes or until ready to bake the next day.

When ready to bake, preheat your oven at 400°F. Bake the croissants in a rimmed baking dish for 20-25 minutes until golden brown. Cool, serve and eat! Optional: Drizzle melted chocolate and garnish with fresh raspberries on each croissant and dust with organic powdered sugar.

Note: When folding the dough over to crate the layers, if the dough is too firm to toll out, let the dough rest in the fridge for 30 minutes before attempting to roll it out again.

Strawberry Shortcake (Vegan/GF)

By Jennifer Doria

Preparation Time: 40 minutes

Cook Time: 45 minutes

Total time: 1 hour 25 minutes

Servings: 18 cupcakes

Ingredients:

Shortbread crust/crumble:

1 cup Bob’s Red Mill gluten-free 1:1 baking flour

½ cup organic powdered sugar

½ cup organic refined coconut oil

Strawberry Shortcake cake:

1 1/2 cups (192g) Bob’s Red Mill gluten-free 1:1 baking flour

1/2 cup + 1 tablespoon (108g) organic granulated white sugar

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon fine salt

1 cup (240g) organic coconut milk, room temp! (SEE DIRECTIONS & NOTE)

2 tablespoons (40g) pure maple syrup or agave

1 tablespoon (15g) organic vanilla extract

1 1/2 teaspoons organic apple cider vinegar

½ cup organic strawberries, cubed

Vanilla Buttercream Frosting:

2.5 cups organic powdered sugar

1 cup organic vegetable shortening

2 T organic soy milk

1.5 tsp organic vanilla extract

Strawberry preserves

Organic strawberries (cleaned and halved)

Preheat your oven to 300°F and line one cupcake pan with liners, and one small bread pan with parchment paper. Once preheated, let the oven heat for an additional 10 minutes before use. Mix all of the shortbread ingredients until combined and pour half the dough in the bread pan, reserving the rest of the shortbread dough for the cupcakes. Bake shortbread for 15 minutes, then let cool on a cooling rack. Do not turn off your oven.

Combine the milk and apple cider vinegar and allow it to curdle for 5 minutes. Using a stand mixer or hand-held mixer, mix the dry ingredients on the lowest setting until combined. Add the wet ingredients and mix the batter for one minute on the lowest setting. This will create enough air in the batter without it becoming too dense.

Spoon the rest of the shortbread evenly in all cupcake liners, then pour the cupcake batter into each cupcake liner, filling 2/3 of the way. Bake cupcakes for 30-40 minutes. Check the cupcakes at around 30 minutes to see if it is done using a toothpick. If the toothpick doesn’t come out clean, bake for an additional 5 minutes. Repeat until the cupcake is fully baked, then let cool on a cooling rack.

Prepare the buttercream frosting by whisking the shortening until fluffy. Add the sifted powdered sugar and vanilla extract, then mix on the lowest setting. Add 1 tablespoon of milk and wisk the buttercream on high until fluffy, You may add one more tablespoon of milk if you want a softer frosting.

Once your cupcakes have fully cooled down, pipe or dollup the buttercream frosting on the cupcake, making a well in the center of the frosting. Spoon or pipe strawberry preserves in the center of the frosting, top with a strawberry and crumble the shortbread over the cupcake. Enjoy!

Vegan Filipino Flan

By Jennifer Doria

Preparation time: 1.5 hours

Cook time: 15 minutes

Total time: 1 hour 45 minutes

Serves: 2-4 people

Ingredients

¼ cup cashews (raw preferred)

1.5 cups water

¼ cup organic brown sugar

2T agar agar flakes

Syrup:

3T organic brown sugar

1T water

Using a high-powered blender, blend the cashews and water until smooth. In a medium sauce pan, bring the milk, brown sugar and agar agar to a boil, the lower the temperature to simmer for 5 minutes. Remove from heat and let cool for 10 minutes. Heat the remaining sugar and water in the microwave for 30 seconds at a time until the sugar has completely dissolved. You may also melt the syrup in a saucepan over medium heat. Pour the syrup in two small bowls or ramekins, then slowly pour the cashew/agar mixture evenly into the bowls. Let set for at least one hour in the refrigerator. When ready to eat, loosen the flan with a knife and turn over onto a serving platter. Enjoy!