



Bonus Recipe Collection



LuciaTiffany.com

Sugar-free Desserts





Easy Pie Crust

Ingredients:

1 c. unbleached white flour (or white whole wheat)
1 c. red or white whole wheat flour
1 tsp. Salt
½ c. oil
½ c. very cold water

Directions:

Sift dry ingredients together.

Beat oil and cold water with a fork or whip until emulsified:

Pour over flour all at once, tossing lightly to mix.

Form into a ball, handling as little as possible.

Divide in half and roll out each half to make one pie crust.

For single baked crust, prick bottom and bake at 375° F. for 10-12 min. or till just golden.

Nutty Pie Crust~No Oil

Ingredients:

½ c. whole wheat pastry flour
¼ c. rolled oats
½ c. raw cashews
3 Tbs. macaroon coconut
⅓ tsp. salt
½ c. or a bit less, coconut milk or water
Pinch of Sucanat

Directions:

Process all ingredients, except water, in blender until very fine. Place in a mixing bowl and add just enough water or coconut milk to make a manageable dough ball.

Roll out between plastic wrap.

Carefully remove wrap from top and with the help of bottom plastic, place into pie dish.

Remove plastic and trim edges.

Bake at 350°F (180°C) until lightly browned.

Double the recipe if you wish to use unbaked top crust also.





Frozen Persimmon Pie

Ingredients:

- 3 c. **granola** (p.16)
- 3 Tbs. fruit juice
- 6 very ripe persimmons (The large Japanese varieties that ripen very soft and gooey work best.)
- 3 ripe, speckled bananas

Directions:

Grind the granola in the blender or a food processor.
Mix in the juice.
Place it in the bottom of a pie plate and press down evenly with a spoon.
Peel persimmons and place half of the pulp over the layer of granola.
Cut bananas and arrange over the persimmons.
Layer the rest of the persimmon pulp on top.
Freeze.
Serve frozen.

TIP: Will slice best if taken out of freezer 5 or 6 minutes before slicing. Decorate each slice with a sprig of mint.

Fresh Strawberry Pie

Ingredients:

1 pre-baked pie shell
6 cups of fresh, hulled and halved strawberries
6 oz. frozen apple juice concentrate
¼ cup water
¼ cup tapioca starch dissolved in ¼ cup cold water
OR ⅓ cup instant tapioca granules
1 recipe of **Creamy Tofu Whip** (p. 103)

Directions:

Wash the strawberries well and prepare.
Bring the apple juice and water to a boil.
Add the tapioca starch mixture or granules slowly while stirring with a whisk continuously.
Continue to stir with whisk until mixture boils again and becomes translucent (about 1 minute of boiling should do it).
If using granules, boil until granules have dissolved and thickened the liquid.
Add to the sliced strawberries and stir well to coat.
Pour into prepared pie crust, cover with plastic wrap, and chill overnight.
Serve cold.
May top with **Creamy Tofu Whip** or small scoop of vegan ice cream.

Variation: Mix in 1-2 cups of raspberries and blueberries mixed together, in place of that amount of the strawberries.





Grandma's Apple Pie Filling

Ingredients:

1 Pie Crust recipe (p. 87 or 88)
6 cups apples, peeled and sliced
¾ c. frozen apple juice concentrate or ⅓ c. Sucanat
½ tsp. vanilla
1 Tbs. lemon juice
½ tsp. coriander
1 Tbs. cornstarch or flour
Pinch of salt

Directions:

Heat apples in juice for 2-3 minutes.
Add the rest of ingredients.
Pour into unbaked pie shell.
Cover with unbaked pie crust.
Trim the edges with a sharp knife and press together with a fork.
Pierce crust in the middle to permit the steam to escape.
Bake at 400°F (200°C) for 10 minutes.
Lower heat to 350°F (180°C) and bake for 45 minutes more.

Makes 1 pie

Rainbow Fruit Salad

Ingredients:

1 cup sliced strawberries
1 cup blueberries
1 cup sliced kiwi fruit or green grapes
1 cup diced apples
¼ cup frozen apple-raspberry juice concentrate or pineapple juice.
¼ cup unsweetened shredded coconut
Mint leaves for garnish

Directions:

Place all the prepared fruit in a bowl and coat with the juice.
Serve in pretty dishes and sprinkle the coconut on top.
Garnish with a fresh mint leaf.

Serves 4

Fruit Popsicles

Directions:

Freeze 100% fruit juice in juice pop molds with a popsicle stick. Makes a great cool dessert on a hot day.

Here are some fun combinations:

- Apple/raspberry juices
- Pineapple juice with little banana chunks
- Orange/lime juices
- Grape/apple juices





Fruit Crisp

Filling:

Ingredients:

6 c. sliced fresh, frozen or canned fruit (no added sugar) – berries, peaches, apples
1 ½ c. crushed pineapple (canned in juice) – optional
1 12-oz can frozen apple juice concentrate, (minus ¼ cup used in topping below)
2 T. organic corn starch dissolved in ¼ cup of water (or juice from canned fruit)

Topping:

Ingredients:

½ c. nut meal (ground walnuts, almonds, or pecans)
2 c. rolled oats (quick or regular)
½ c. whole wheat flour
½ tsp. salt
1 T. light olive oil (flavor is milder than extra virgin)
1 t. vanilla
¼ cup frozen apple juice concentrate, thawed

Directions:

Bring apple juice concentrate for filling to a boil.
Stir in the cornstarch mixture, stirring constantly till clear (about 1 min.).
Toss fruit with cornstarch mixture to coat it. Set it aside.
Mix all dry ingredients for topping together and stir till thoroughly mixed.
Mix topping liquids together and then stir thoroughly or mix with hands through dry ingredients.
Place fruit mixture in a medium-sized baking dish. Spread topping over fruit and bake at 350° F. until browned (about 40-50 min.). Serve hot or cold.
Makes 8 servings.

Soft Serve Fruit Ice Cream

Ingredients:

2 Frozen very ripe bananas
1 cup frozen mango cubes
2 Tbs. frozen orange juice concentrate
1 cup of non-dairy milk
1 tsp. vanilla

Directions:

Place $\frac{1}{2}$ of the milk in a powerful blender and add the fruit. Add just enough liquid to keep the fruit moving until blended smooth, using the tamper to keep the fruit moving into the blades. Stop blending as soon as the mixture is smooth.





Creamy Tofu Whip

Ingredients:

- 1 c. water or coconut milk
- 2 tsp. agar powder (not flakes or granules)
- ½ c. raw cashews
- ¼ c. honey
- ¼ c. maple syrup
- 1 ½ c. silken tofu
- 2 tsp. vanilla
- ¼ tsp. salt or less
- 1 tsp. mild flavored oil (optional)

Directions:

Bring water and agar to a boil stirring constantly over low heat until dissolved.

Place agar mixture in blender and add other ingredients.

Blend on high until smooth.

Chill.

Whip with electric beater till foamy.

Chill and use as a topping for desserts.

Makes 4 cups

Variation: This may be frozen in ice cube trays and blended when ready to use as a freeze.