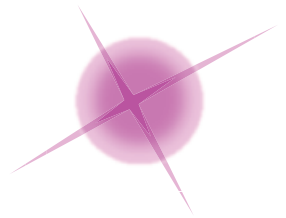


The
Totally Fabulous
Vegan Bake-Off
Book of Recipes

Nutville Cookies



Moreen Murray www.jazzgoddess.blogspot.com

Winner of Fantastic Cookie/Bar and Most Amazing Presentation - Tfvbo 2009

Ingredients

2 cups Macadamia Cashew Nut Butter
1 cup Sucanat or sugar
2 tsp vanilla
1 Tbsp ground flaxseed mixed with 3 Tbsp water
2 tsp baking soda
1/4-1/2 cup flour
1 cup semi-sweet chocolate chips

Directions

Preheat oven to 350°F. Line a baking sheet with parchment paper.

Mix together nut butter and Sucanat until smooth. Add vanilla and mix. Add baking soda and enough flour to form a stiff dough. Stir in chocolate chips. Roll the dough into balls of about 1 1/2-2 inches in diameter. Place the balls on the baking sheet with about 2 inches of space in between each ball. Flatten the cookies with your fingers or a fork. Bake for 10-12 minutes, until lightly browned on the bottom.

Remove the cookies from the sheet and allow them to cool on a plate.
Makes 2 dozen cookies.



Lemon Poppy Seed Pound Cake



Maria Moreau Adapted from Betty Crocker Cookbook
Winner of Best Cupcake/Cake and Fan Favourite - TFVBO 2009

Cake Ingredients

3 cups all-purpose flour
1 tsp baking powder
1/4 tsp salt
2 1/2 cups organic cane sugar
1 cup Earth Balance margarine
1 tsp lemon extract
1 1/4 cups applesauce
1 cup unflavoured soymilk
1 Tbsp grated lemon peel
1/4 cup poppy seeds

Glaze

1/3 cup Earth Balance margarine
2 cups ground organic cane sugar
1/2 tsp grated lemon peel
2-4 Tbsp lemon juice

Directions

Heat oven to 350°F. Grease and lightly flour the bottom, side and tube of a 10x4 inch tube pan, 12-cup fluted tube cake pan, or two 9x5 inch loaf pans. In medium bowl, mix flour, baking powder and salt. Set aside.

In large bowl, beat sugar, margarine, lemon extract and applesauce on low speed for 30 seconds, scraping bowl constantly. Beat on high speed 5 minutes, scraping bowl occasionally. Beat the dry ingredients into the wet alternating with soymilk on low speed, beating until smooth after each addition (divide for about 3 additions of each). Fold lemon peel and poppy seeds into batter.

Pour into prepared pans.

Bake tube cake 70-80 minutes, loaf cakes 55-60 minutes or until toothpick inserted in centre comes out clean. Cool 20 minutes. Remove from pans to wire rack. Cool completely, about 2 hours.

Glaze:

Melt margarine over low heat. Remove from heat. Stir in sugar and lemon peel. Stir in juice, 1 tbsp at a time, until smooth and consistency of thick syrup.

Drizzle on the cooled cake.

Unnecessarily Rich Brownie Pie



James Crawford www.ratherbebaking.blogspot.com

Winner Judges Pick - TFVBO 2009

Pie Crust Ingredients

1 3/4 cup pastry flour
1 cup barley flour
1/4 tsp salt
1/4 tsp baking powder
200 ml vegetable shortening
7 Tbsp water
1 Tbsp vinegar

Pie Crust Directions

Combine the vinegar and water and refrigerate. Mix flours, salt and baking powder together in a mixing bowl. Cut the shortening into the flour with a pastry blender or two knives until it resembles coarse meal (crumbly bits the size of peas). Sprinkle the water over the top to moisten the dough and toss gently. Turn out onto a clean work surface and kneed lightly until it sticks together, form into a ball. Place the dough back in the bowl, cover and refrigerate until you're done making the batter.

Brownie Ingredients

1/2 cup oil
1/4 cup malt syrup
4 Tbsp soymilk
1/4 cup soy cream cheese
1/2 cup white sugar
1/2 cup white flour
1/2 cup whole wheat flour
1/2 cup cocoa powder
1 tsp baking powder
1/2 tsp salt
1/2 cup chocolate chips
1/2 cup chopped walnuts

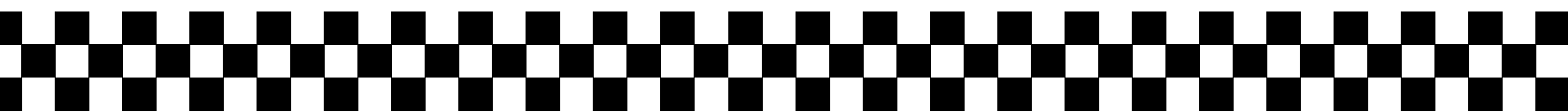
Brownie Directions

Mix the wet ingredients and the sugar together in a mixing bowl, preferably with electric beaters or an immersion blender. Mix the dry stuff together in a (different) mixing bowl. Toss the chocolate chips and walnuts into the wet bowl, and mix. Add the dry ingredients into the wet bowl and fold it all together, minding to not over-mix.

Assembly

Cut the Pie dough in half, and roll one half out on a floured counter. It's OK if this crust tears a little bit as no one will see it (phew). Put it into a pie tin, then pour the brownie batter in. Roll the rest of the dough on a floured counter top, then (carefully!) put it on top of the pie. If this crust tears a little, no big deal either. Just moisten the broken bits on the edges and gently press them together. Fortunately, pies with tears look 'rustic' or something and people love that! So, the more you screw up the better your pie will look. To a point.

Bake it in your pre-heated oven at 350° for 40 minutes or until a knife/toothpick comes out clean when inserted in the middle.



Lemon Pumpkin Cheesecake

William Pointon

Ingredients

Coconut Whipped Cream (Recipe from www.dietdessertndogs.com)

This is a great topping for fancy desserts. To make the cream, you will need a hand (immersion) blender (a regular blender won't work for this) and electric beaters.

1/3 cup (80 ml.) vanilla rice milk
2 tsp. (10 ml.) home-ground agar "powder"
2 tsp. (10 ml.) plus 1 Tbsp. (15 ml.) cornstarch, divided
2 scant Tbsp. (25 ml.) agave nectar
pinch sea salt
1 tsp. (5 ml.) pure vanilla extract
1 can (398 ml.) full-fat coconut milk (22% fat content), at room temperature (shake well before opening)

Directions

In a small pot, combine the rice milk and agar. Allow to sit, covered and at room temperature, for at least 30 minutes. Stir everything but the 1 Tbsp. cornstarch into the agar mixture and whisk to combine. Cook over medium heat, stirring constantly, until the mixture just begins to boil. Lower heat so that the mixture is still bubbling just under the surface, and set a timer for 10 minutes. While it continues to cook, stir every minute or so. After 5 minutes, choose one of the following options: (1) if all the agar is dissolved (and no longer visible on a rubber spatula or spoon), remove from heat and turn off the timer (just forget about the last 5 minutes). Pour into a bowl and proceed. (2) If agar pieces remain, once again using an immersion blender, blend the gelled mixture until it is perfectly smooth and no lumps remain, but don't blend any more than necessary. Scrape down the sides as you go. Now, using the beaters, beat the smoothed mixture until soft peaks form. If the mixture is cold, this should happen fairly quickly.

You'll have a soft cream that holds very soft peaks, but definitely holds its shape. At this point, you can mound the cream over a pie, or put it in a piping bag and gently pipe it. It will seem too soft to pipe, but as long as it holds a shape in the bowl (and the surface of the cream doesn't "melt" and flatten), it can be piped.

Crust Ingredients

8 whole graham crackers
1/4 cup sugar or agave nectar
1/3 cup margarine, melted

Place the graham crackers into a plastic bag and use a rolling pin to make fine crumbs. Pour the crumbs into a bowl and add the sugar and melted margarine. Pour the mix into a pie pan and use your hands or the back of a large spoon to press the mixture into the bottom and sides of the pie pan. Makes enough for 1 pie crust.

1st Layer Ingredients

8 ounces Tofutti Better Than Cream Cheese (look for the non-hydrogenated version in the yellow container)
12 ounces light firm silken tofu (or extra-firm)
1/2 cup agave nectar (or sugar)
2 tablespoons cornstarch
1 1/2 tablespoons lemon juice
1/2 teaspoon vanilla

Directions

Preheat the oven to 350°F. Put the ingredients in a food processor and puree until completely smooth. It should be silky smooth – not chalky or lumpy. Spread mixture into the bottom of the crust.

Ingredients

2nd Layer	3 Tbsp. flour
12 oz. firm silken tofu, pureed	1/2 tsp. ground ginger
8 oz. nondairy cream cheese (Tofutti or a tofu cream cheese)	1/2 tsp. nutmeg
1 cup canned pumpkin	1 1/2 tsp. cinnamon
1 cup granulated/raw sugar	1/8 tsp. salt
	1/4 tsp. baking soda

Directions

Do the same as above – puree ingredients in the food processor & spread over the lemon layer. Bear in mind that the pie will rise during baking! Bake at 350°F for 60 minutes. Allow to cool for 30 minutes, cover with plastic wrap or the top of the pie container.

Caramel Apple Cake



Eryn Hiscock

Don't Eat Off The Sidewalk!" (Included with Katie's permission)

Makes 2 cakes in 8 x 8 pans:

Caramel sauce Ingredients

1/2 cup soy creamer
2 tablespoons cornstarch
2 tablespoons margarine
1/4 cup brown sugar
1/2 cup brown rice syrup

Directions

In a small bowl, dissolve the cornstarch into the soy creamer and set aside.
In a small saucepan, melt the margarine over medium heat. Add the brown sugar and brown rice syrup and whisk until the sugar is completely dissolved. Add the soy cream mixture and whisk continuously, until the mixture begins to boil and thicken. It will thicken more as it cools, but it should coat the back of a spoon. If not, mix a little more soy creamer with another tablespoon of cornstarch and add it in, bringing the mixture to a boil again. Allow it to cool a bit before using, or let it cool completely before storing in the fridge.

Ingredients

Caramel Apple Cake:
(enough for two 8 x 8" cakes)
1 recipe caramel sauce

Apple layer:

3 apples
3 tablespoons brown sugar
1 tablespoon white sugar
1/2 teaspoon cinnamon
1 tablespoon apple cider
(1 subbed apple juice, and it's fine).

Cake layer:

1 1/2 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
3/4 cup sugar

1/2 cup almond or soy milk (or other non-dairy milk)
1/2 cup apple cider (or apple juice)
1/4 cup unsweetened apple sauce
2 tablespoons vegetable oil
1 teaspoon vanilla

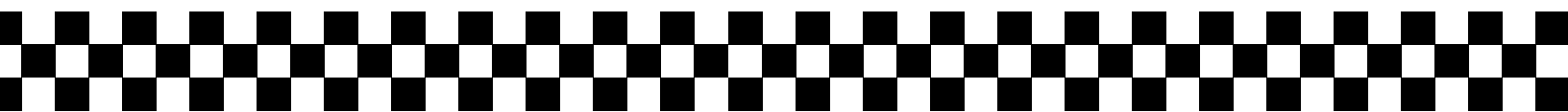
Directions

Preheat your oven to 350. Have two eight inch round cake pans greased and ready to go.
Peel, core and slice your apples semi-thin. Put them in a bowl with the sugars, cinnamon and cider and toss to coat. Set aside.

In a large bowl, whisk together the milk, apple cider, apple sauce, oil, vanilla and sugar until well mixed in. In a smaller bowl, sift together the flour, baking powder, baking soda, salt and cinnamon. Add the dry ingredients to the wet and combine gently until there are no large lumps and the batter is smooth. Take your prepared caramel sauce and divide it between your two cake pans, you should have enough to easily cover the bottom of both pans. Layer the apple slices on top of the caramel, then pour half of the batter into each cake pan. The batter will barely cover the apples, but don't worry, it'll raise up plenty.

Bake for 30-35 minutes, or until a toothpick inserted in the middle of the cake comes out clean and the sides of the cake have pulled away from the edge of the pan. Allow the cakes to cool until you can handle the pans, about half an hour. Hold the cake over a plate, then take a fork and run it around the edge of each cake, gently lifting at the bottom as you go. That should be enough to unstick the cake, if not, just keep gently prying at it until it pops out.

There will be lots of caramel stuck to the bottom of the pans, scoop it out and spread it over the cakes.



Step-off Cinnabon

Brandy Hume and Sherri Manko

Winner Best Classic Interpretation of a Traditional Treat TFVBO 2009

You should know how to make bread though as the same principles apply. Can double the recipe as well to get more bang for your buck/time investment – just chop the dough in half before you start rolling. Kneading can become unwieldy with 8 cups of dough so beware!

Ingredients

1 cup non-dairy milk – (soy, almond, rice)
2 1/2 tsp yeast
1/2 - 1 tsp salt
1/8 - 1/2 cup sugar
1/4 cup canola/sunflower oil
4 - 5 cups unbleached flour plus about a cup for kneading
1/3 cup Earth Balance margarine, softened
3/4 - 1 cup (classic) brown sugar, packed
1 1/2 - 2 1/2 tbsp ground cinnamon (to taste)

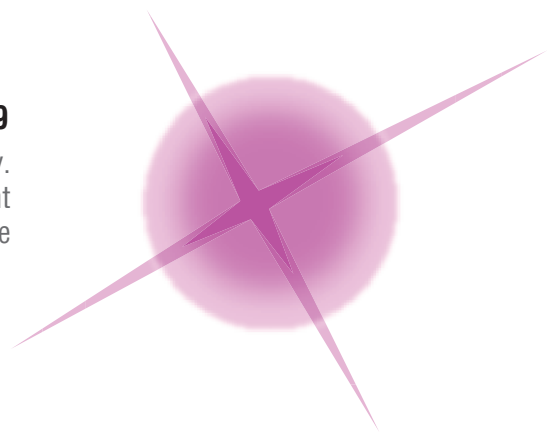
Directions

Scald/heat soy quickly milk in a small pot until warm. The milk should not boil or you will 'kill' the yeast. Pour milk into large bowl and add yeast, sugar, and salt. Let stand for 5 minutes. Add the oil. Then add flour, one cup at a time. Mix well. Sprinkle counter with flour, turn dough onto it, and knead dough for 5-7 minutes until smooth and elastic. Oil a large bowl, place dough inside, cover, and set in a warm place for 1 hour, until it rises to double the size. Punch the dough down and knead for a minute. Roll dough into large rectangle - about 16x30 (larger or smaller depending on how thick you want the buns to be). If you want to be professional, trim the dough so it's a perfect rectangle. Grab the softened margarine with your hand, and gently smear it all over the dough, all the way to the edges – BUT leaving 1-2 inch bare at the top (helps with sealing the roll). You can use a spatula but I find hands are best.

Combine brown sugar and cinnamon in a small bowl. Sprinkle it all over the smeared margarine. Roll up dough slowly, starting at one corner and moving across and then rolling evenly up to the top. Cut the roll using a sharp knife – you can make the taller or shorter depending on how big you want portions to be. Smear some oil on the bottom of a large baking pan, sprinkle with a layer sugar and cinnamon (or pour some maple syrup for extra gooey-ness, can also add some chopped pecans for even more decadence). Place rolls on top. Cover again and let rise for 20-40 minutes until puffy. Preheat oven to 350 F. Once rising is done, place pan in oven and bake until very lightly golden brown, about 20-25 minutes. Best to not over brown them! Let cool for 10-15 minutes and then smear with frosting if desired. (cream cheese frosting is especially good, but a regular vanilla frosting is good as well).

VARIATIONS:

Lots of variations listed above but a few other things I have tried – • very finely chop pears and apples and sprinkle over sugar before rolling • very finely chop AND lightly stew apples and pears and then sprinkle over sugar before rolling • minced strawberries over sugar • strawberry sauce over buns before serving • minced blueberries over sugar – strawberries was better • blueberry sauce before serving • minced mixed nuts inside – yummm • 1 cup maple syrup over the bottom of the pan, and then invert the entire dish over a plate or cutting board when they come out of the oven so all the so all the maple gooey-ness seeps into the buns



Chocolate Triple Nut Tart

Marilyn Lazarus

Winner Vegan Tarts and Treats - TFVBO 2010

Crust Ingredients

1 cup pastry flour
1/2 cup cornmeal
2 tbsp sugar
1/4 tsp. salt
1/2 cup vegan margarine
1 tsp. vanilla extract

Filling

3 cups of nuts coarsely chopped
(walnuts, pecans, almonds -1 cup each)
1/4 cup vegan margarine
5 oz. bittersweet vegan or kosher/pareve chocolate
2 tbsp. flour
1/4 tsp salt
1/2 cup maple syrup
2 tsp. vanilla extract

Directions

To make the crust: Combine flour, cornmeal, sugar, and salt in bowl. Rub margarine into the flour mixture using your hands until mixture is crumbly. Sprinkle in vanilla and mix. Add 1 to 2 tablespoons cold water (if needed) until the dough clumps together loosely. Press the dough into a pie plate or tart pan (9-10 in) covering the bottom and the sides. Chill in fridge until filling is made.

To make the filling: Preheat oven to 375 degrees. Spread nuts on a baking sheet and bake 7-10 min. until lightly browned. Careful not to burn! Chop nuts when cooled. Melt margarine and chocolate in a double boiler or in a pyrex bowl over a pot of boiled water (reduce heat) stirring until smooth.

Remove from heat and stir in flour and salt. Then stir in maple syrup and vanilla. Now add nuts and stir in well.

Spread nut mixture evenly in the piecrust. Bake 25 minutes or until crust is just turning golden and filling looks firm. If you bake it too long it will get too hard. Cool completely before serving.

If you wish you may sprinkle with icing sugar lightly for decoration.



Salted Caramel Vanilla Cupcakes

Sherry Vanstone

Winner Vegan Cupcakes and Best in Show - TFVBO 2010

Vanilla Cake Ingredients

1 cup flour
1 tsp baking soda
1/2 tsp baking powder
pinch of salt
(mix dry ingredients in one bowl)
1 cup soy or almond milk
(almond milk will separate- don't sweat it, it turns out fine)
2/3 cup white sugar
1/3 cup oil
2 tsp vanilla extract + the seeds of one whole vanilla pod
1/2 tsp maple extract
1 tsp vinegar
(mix wet ingredients together, then add to dry)
Pour batter into cupcake liners in a muffin tin. Bake at 350 for 18-20 minutes. Take out as soon as the risen centre springs back.

Frosting

1/3 cup Earth Balance Margarine
2 cups icing sugar
1 tbsp soy creamer
1 tsp vanilla extract and more vanilla seeds
Whip on high until fluffy.

Once you have your cupcakes frosted- then make the caramel. The caramel needs to be warm to drizzle.

Caramel

1 cup white sugar
2 tbsp Earth Balance Margarine
1/4 cup soy creamer

Using the stove top, melt the sugar on medium heat in a heavy pan. Stir constantly. It burns FAST! When completely melted, take off heat and immediately add your Earth Balance. Use a metal whisk to incorporate completely and work out any lumps. Work quickly. Pour in all the soy creamer and whisk (it will bubble up a lot). Keep whisking until it's smooth and creamy. Drizzle over cupcakes and add a few grains of sea salt!



Scottish Garden Oatcakes

Moreen Murray

www.jazzgoddess.blogspot.com

If you prefer a sweeter oatcake omit the dill and nutritional yeast.

Ingredients

1 cup margarine

1 cup brown sugar or succanat

2 ½ - 3 cups flour – can use spelt

2 tsp baking powder

1 tsp baking soda

1 tsp salt

3 cups rolled oats

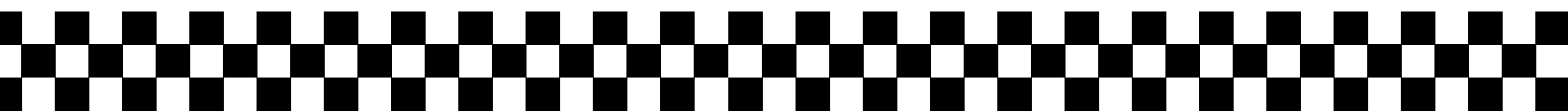
¾ - 1 cup soy milk

Optional: ¼ cup nutritional yeast

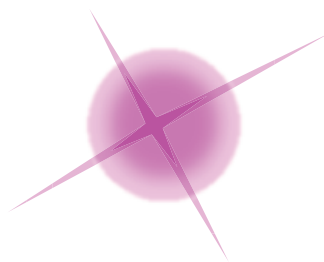
2 tsp dill (dried)

Directions

Cream margarine and brown sugar/succanat together in large bowl. Sift together dry ingredients and gradually add with milk, adding extra flour if needed to make a stiff dough. Form into 3 or 4 balls and roll out onto lightly floured surface about ¼ inch thick, cutting the circle into squares and rough triangles. Bake for 15 minutes until lightly browned. Makes about 3 dozen.



Vegan Butter Tarts



Ricki Heller www.dietdessertndogs.com

Crust Ingredients

Crust: 1-2/3 cups (220 g.) whole spelt flour
1/4 tsp. (1.5 ml.) sea salt
1/2 cup (125 ml.) coconut oil, melted
2 Tbsp. (30 ml.) agave nectar

Filling

1/4 cup raisins
1/2 cup (125 ml.) brown rice syrup
1/4 cup (60 ml.) agave nectar
2 Tbsp. (30 ml.) organic cornstarch
2 Tbsp. (30 ml.) coconut oil, melted
1 tsp. (5 ml.) pure vanilla extract
2 tsp. (10 ml.) brandy or rum (or use 1 more tsp. vanilla)
2 Tbsp. (30 ml.) ground chia seeds
1/4 tsp. (1.5 ml.) baking powder

Directions

Preheat oven to 325 F (170 C). Lightly grease 8 individual tart pans (I used 3-inch or 7.5 cm. pans with removable bottoms). If you're using solid pans (without removable bottoms), it's worth lining these with parchment paper rounds, as the bottoms may stick to the pan otherwise. Make the crust: In a medium bowl, sift the flour and salt. In a small bowl, melt the coconut butter and then whisk in the agave nectar until combined.

Pour the coconut-agave mixture over the flour mixture and toss with a fork until it comes together. Knead with your hands just until the wet ingredients are well incorporated. You should have a very soft dough that just holds its shape (if dough is really too soft, sprinkle more flour about one tablespoon at a time until you reach a just barely firm texture—this dough should be very soft!). Divide dough into 8 equal portions among the tart pans.

Dust your hands with flour. Beginning with the sides of the tart pans, press the dough evenly to cover each pan. Bake the shells for 10-12 minutes until just starting to puff up. Remove from oven and sprinkle about 1/2 tablespoon (7.5 ml.) of the raisins in the bottom of each shell.

Meanwhile, make the Filling: In a medium bowl, whisk together the brown rice syrup and agave nectar with the cornstarch until the mixture is smooth. Whisk in the melted coconut butter, vanilla, brandy, and Salba (be sure there are no little lumps of Salba in the mixture). Add the baking powder last and mix quickly just to blend.

Directions

Divide the mixture equally among the tart pans so the pans are about 3/4 full, or filling is almost even with the top of the crusts (you may have a bit of filling left over—it makes a nice topping over ice cream or pancakes). Bake 25-30 minutes in preheated oven, turning about halfway through to ensure even baking. The tarts are ready when the filling appears foamy on top and bubbles a little onto the sides of crust in the pans. It will begin to brown on top but will still appear quite liquid when you jiggle the pans; this is as it should be. Remove the tarts carefully from the oven and allow to cool to room temperature, then refrigerate until firm.

These can be eaten cold or at room temperature; for the latter, chill first and then return to room temperature. Store, covered, in the refrigerator for up to 5 days. Makes 8 butter tarts.

Pudgy Pumpkin Cookies with Maple Glaze

Sean Ohlenkamp www.ohkamp.com

Winner Vegan Cookies - TFBVO 2010

Ingredients

1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon ground cinnamon
½ teaspoon ground ginger
pinch nutmeg
pinch cloves
3 tablespoon nondairy milk
1 tablespoon ground flax seeds
1/3 cup canola or vegetable oil
½ cup pumpkin puree
½ teaspoon molasses
1 teaspoon vanilla extract
½ cup sugar
1/3 cup chopped walnuts or raisins or
vegan white chocolate chips (optional).

Glaze

3 tbsp powdered sugar
1 to 2 tbsp maple syrup (as needed to thin)

Directions

Preheat oven to 350°F. Sift together the flour, baking powder, cinnamon, ginger, and nutmeg in a small bowl. In separate large bowl, use a fork to whisk nondairy milk and ground flax seeds for about a minute, then add the oil, pumpkin, molasses, vanilla, and sugar and beat until the mixture is smooth.

Add the dry mixture into the wet and stir until well incorporated. If you want nuts, white chocolate chips, or raisins in your cookies, now is the time to fold them in. Drop large tablespoons of dough onto a cookie sheet, about 2 inches apart, and bake for 10-12 minutes, until puffy and barely beginning to brown. After they've cooled for 2 minutes on the cookie sheet, use a spatula to move them to a cooling rack.

Once cool, mix the maple syrup and powdered sugar in a small bowl and drizzle over the cookies. Allow one hour for the glaze to harden before stacking to store.

Makes 16-18 cookies.



Raw Blueberry Peach Cobbler

Doug McNish www.veganchefdoug.com

Doug was a totally fabulous judge at TFVBO 2009 and generously shared one of his favourite sweet treats.

Filling Ingredients

2 cups peaches sliced, skin on
2 cups peaches peeled and roughly cut
2 cups fresh blueberries
1 tsp cinnamon
1 tbsp coconut oil
3 tbsp agave nectar
pinch sea salt

Crust:

2 cups walnuts
3–4 medjool dates
2 tbsp ground golden flax
1 tsp cinnamon
2 tbsp coconut oil (optional)
pinch sea salt



Directions

Filling: Using a food processor blend 2 cups peaches along with 1 cup blueberries, cinnamon, coconut oil, agave and salt until smooth. Transfer mixture to a bowl and stir in remaining 1 cup blueberries and sliced peaches.

Crust: In a food processor add in the walnuts and pulse until crumbly but not tiny pieces. Add in the dates, salt and cinnamon and continue to pulse until the mixture comes together and no large pieces of the dates remain. Transfer this mix to a bowl and stir in the ground flax and coconut oil. (optional)

Assemble the cobbler by placing the first mix into a dish of choice and top with the walnut crust. Sprinkle with cinnamon to garnish.

Orange Cinnamon Buns

Lisa Ohlenkamp www.blonderland.com

Bun Ingredients

3 Tablespoons ground flax seeds
1/4 cup warm water
1 Tablespoon rapid yeast
1 cup + 1 tablespoon very warm water (not hot)
1/3 cup evaporated cane sugar
1/3 cup oil (canola, grapeseed, or your favourite variety)
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
3 1/2 to 4 cups all-purpose flour
(or the alternative flour of your choosing)

Filling

1/3 cup Earth Balance at room temperature
1/3 cup demerara or brown sugar
1/4 cup dried cranberries or raisins
2 Tablespoons orange zest (I recommend using organic oranges)
1 Tablespoon ground cinnamon

Directions

Stir ground flax seeds and 1/4 cup warm water in a small bowl, and set aside.

Measure yeast into 1 cup + 1 tablespoon very warm water in a large bowl. Measure out 1/3 cup of cane sugar and sprinkle about half of it into the yeast and water mixture. Gently stir and allow to sit for about five minutes, until it begins to look foamy. While you're waiting, preheat your oven to 350F and line a baking sheet with a silicone mat or parchment paper, if desired.

Add the oil, remaining sugar, flax seed and water mixture, nutmeg, and salt, and begin to stir in the flour in 1/2 cup batches until mostly incorporated and a cohesive lump has formed. Turn it out and knead on a flat surface for 8-10 minutes, until a smooth, elastic dough has formed.

Let the dough relax for about ten minutes while you gather your filling ingredients. Pull and roll the dough out into a large rectangle measuring about 10" deep and 18" wide (try to keep the thickness of the dough even).

Spread the room temperature Earth Balance over the rectangle, leaving a strip about an inch wide uncovered along the top edge (on the longer side). Sprinkle brown sugar, dried fruit, orange zest, and ground cinnamon over the area you've covered with Earth Balance. Use a little bit of water to moisten the top strip that you've left bare, then roll the dough up from bottom to top. You now have a log of dough about 18" long. Cut the log in half, and set one half aside. Cut the other into seven even slices (about 1.25" wide), and place them on your cookie sheet. Bake for about 18-22 minutes, or until lightly browned on top. While your first batch is baking, cut your second batch and bake immediately after the first batch is finished.

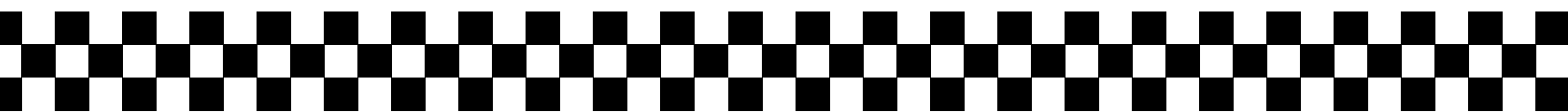
Stir icing ingredients together in a separate bowl until well combined, then drizzle them over slightly cooled buns.

Yield: 14 cinnamon buns.

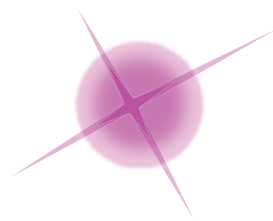


Icing (double if you like a lot of icing)

1/2 cup powdered sugar
1/2 teaspoon orange zest
1/4 teaspoon vanilla extract
2 teaspoons orange juice



Dashing Dan's Fabulous Fudge



Dan Pitman

Winner Vegan and Gluten-Free - TFVBO 2010

Recipe from "Peanut Butter Planet" by Robin Robertson (now out of print). Used with permission. Check out Robin's website: www.globalvegankitchen.com or blog: <http://veganplanet.blogspot.com>

Ingredients

8 ounces semisweet chocolate, coarsely chopped, or chocolate chips
1 cup peanut butter
1/2 cup nonhydrogenated margarine
1 cup confectioners' sugar
1 teaspoon vanilla extract

Directions

Lightly grease an 8-inch square baking pan. Place the chocolate, peanut butter, and margarine in a heatproof bowl and set it over a saucepan of simmering water, stirring until the chocolate melts and the mixture is smooth. Turn off the heat and whisk in the sugar and vanilla until smooth and well-blended. Scrape the mixture into the prepared pan and cool until firm. Cut into squares, Keep refrigerated.

Ginger Peach Cookies

Steve Leckie

Winner Best Vegan Cookies TFVBO 2008 - Makes 40 cookies

Ingredients

1/2 cup coconut oil
1/2 cup organic sugar
3 tbsp barley malt or molasses
1/4 cup water (more if needed)
1 1/2 tsp baking soda
1 tbsp ground flax
2 1/2 cups soft spelt or pastry flour
3 tsp ground ginger
1 1/2 tbsp fresh ginger, chopped
1/4 tsp salt
3/4 cup raisins (optional)
3/4 cup chopped dried peaches (or other dried fruit)
3/4 cup chopped nuts (walnuts, pecan and or macadamia)

Directions

Preheat oven to 350 F. In a large bowl, cream together the oil, sugar and barley malt until light and fluffy. In a glass, mix the water, ground flax and baking soda and stir. Note: you can grind whole flax seeds in a spice grinder. In another bowl, combine the flour, salt, and ground ginger. Sift the flour if it is compressed or lumpy. Add the flour mixture to the oil mixture. Use a pastry cutter or fork to help combining everything until you have a crumbly meal. Add the water mixture to the flour meal. It is easiest to mix using your hands at this point. You should get a thick dough. Add additional water as needed.

Fold in the ginger pieces, raisins, chopped fruit and nuts. Place walnut-sized balls of cookie dough 2 inches apart onto a baking tray (cookie sheet), and flatten slightly. Optional: adorn with a single nut in the center or a piece of dried fruit. Bake at 350°F for 15 minutes. Remove from oven and let cool for a few minutes then transfer to a drying rack. For crispier cookies you can leave them in the oven while it cools.

Vegans:
Making the world
sweeter, one cupcake
at a time!



The Totally Fabulous Vegan Bake-Off started in 2008 as a community celebration of World Vegetarian Day (October 1st). Thank you to all of the vegan bakers who shared their treats with the hungry masses over the past three years. This eBook was designed to help share delicious vegan treats with the world in the hopes that it will support people to live greener, healthier and more peaceful lifestyles.

If you are interested in supporting this and other initiatives of the Toronto Vegetarian Association please consider making a donation by clicking here <http://www.veg.ca/donate>.
or becoming a member.

*Wish you and yours many sweet celebrations,
The Totally Fabulous Vegan Bake-Off Team*

**Lisa Pitman - www.vegancookbookcritic.blogspot.com
Luke Albert - www.lukealbert.com
Natalie Stephenson**

Toronto
Vegetarian
Association