



Nourishing compassion for our bodies, the earth and all beings.

## Easy Recipes Regularly Enjoyed by the Plant-Powered Earth Holders

### Desserts

#### Stuffed Dates

*This incredibly simple, naturally sweet recipe is satisfying and delicious. It's even elegant enough to serve to dinner guests.*

Dates (Medjool are the best)

Nut butter (natural peanut, almond, or cashew)

Whole blanched almonds (toasted, unblanched almonds are also wonderful)

1. Carefully slit dates with a sharp knife and remove pits
2. Fill slit with about 1/2 teaspoon nut butter
3. Gently press in 1 almond
4. If desired, slightly warm stuffed dates for a few seconds in the microwave (be careful not to do it too much!)

Recipe by Jo Stepaniak in *Breaking the Food Seduction* by Neal Barnard, M.D.

#### Banana “Ice Cream” (serves 2)

Preparation time: 5 minutes (if bananas are already frozen)

**Note:** *This is best eaten right away, as re-freezing this will leave you with a solid, slightly icy block.*

2 large, ripe bananas, peeled, sliced or chunked and frozen in a plastic bag

Up to about 3/4 cup soy or almond milk (start with ½ cup)

1 teaspoon vanilla

Optional – add one of the following:

¼ cup raw walnuts or cashews

1 teaspoon peanut butter

1 teaspoon carob powder or cocoa powder

Sprinkling of nutmeg, cinnamon or pumpkin pie spice

To be really decadent, put in both carob/cacao and peanut butter!

1. Put frozen banana, vanilla, and ½ cup soy/almond/rice milk in a high speed blender (adding nuts, peanut butter, or carob/cocoa if you are using any of them). If it's too thick to blend, add a bit of “milk”, testing the desired thickness.
2. Blend until you reach the consistency of ice cream that you want, adding more “milk” if necessary.
3. If using nutmeg, cinnamon or pumpkin pie spice, sprinkle on after putting in serving dishes.

Recipe by Marge Wurgel