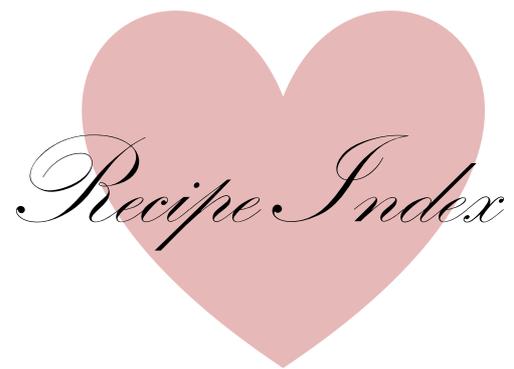


Contents

WHAT IS VEGAN?	6
EGG & DAIRY SUBSTITUTES	7
SUGAR & SUGAR SUBSTITUTES	8
GLUTEN & WHEAT-FREE FLOURS	13
COOK'S NOTES	16

CAKES	18
COOKIES	28
CHOCOLATE!	38
MUFFINS DONUTS & PANCAKES	48
CUSTARDS JELLIES & CREAMS	60
NOODLES & DUMPLINGS	70
COLD TREATS	78
GUEST RECIPES	90

RESOURCES	106
CONTACT PAGE	108
RECIPE INDEX	110



Recipe Index

Cakes	18
Peanut Butter & Chocolate 'Cheesecake'	20
Spiced Chocolate & Beetroot Cake.....	23
Carrot Cake with Frosting	24
Cream-filled Sponge.....	27
Cookies	28
Peanut Butter Sandwich Cookies	30
Gingerbread Pfeffernusse	33
Lemon & Passionfruit Cream Yoyos.....	34
Quinoa & Coconut Raw Cookie Dough / Cookies	37
Chocolate!	38
Chocolate Glaze Icing	40
Raw Chocolate	43
Cherry Ripe Chocolate Bites.....	44
5 Minute Chocolate & Coconut Mug Cake	47
Muffins Donuts & Pancakes	48
Almond & Peach Muffins.....	50
Apple Spice & Chia Muffins.....	53
Vanilla Choc Spot Muffins	54
Pumpkin Spice Donuts with Chocolate Glaze	57
Blueberry Pancakes.....	58
Custards Jellies & Creams	60
Coconut Custard Plus 3 Flavour ideas	62
Wobbly Berry Coconut Jelly	65
Cashew Nut Whipped Cream	66
Cinnamon Creamed Rice.....	69
Noodles & Dumplings	70
Chilled Berry & Lime Soup with Noodles	72
Potato & Chia Dumplings with Plums	75
Blueberry Dumplings with Cashew Nut cream.....	76
Cold Treats	78
Light Vanilla Ice cream.....	80
Snow-Cones or Slushies	83
Raspberry Coconut Ice Pops	84
Berry Smoothie Ice Pops	87
Milk Coffee Icy Poles	88

Guest Recipes	90
Sarah's Raspberry Ripple	92
Dreena's Nicer Rice Krispie Squares	95
Jennifer's Spiced Quinoa Apple Crumble.....	96
Sherilyn's Cacao Macadamia 'Ice cream'	99
Melissa's Raw Chocolate Cherry Brownie	100
Sylvie'S Choc Date Caramel Walnut Tart.....	103
Jo's Chocolate Mousse	104