

ONE BITE

VEGAN MAGAZINE

HOW TO MAKE
Vegan
Sushi

Superfood Infused
**Coconut
and Cacao
Donuts**

MUST TRY
Bliss Ball
- 4 WAYS!

22

FUN-SIZED
FLAVOR-FILLED
PLANT BASED
RECIPES

Kid Approved!
**Zucchini
Tater Tots**

Party Perfect Spinach Cheese **Pizza Rolls**

ONE BITE

VEGAN MAGAZINE

CONTACT Us

Call:

857-209-8525

Email:

kevin@onebitevegan.com

Website:

www.OneBiteVegan.com

©One Bite Vegan Magazine 2018



Secretly Healthy Vegan *Cookie Dough*

By: Shannon Cebon

16 Bite Sized Servings

INGREDIENTS

- 1 packed cup pitted dates soaked in hot water for 1-2 hours (I used deglet noor dates)
- 1 cup walnuts roughly chopped
- 1/4 cup hemp seeds (shelled hemp hearts)
- 2 tbsp flax seeds
- 1/2 cup cooked red lentils
- 3/4 tsp vanilla extract
- 1/4 tsp salt or to taste
- 1/3 cup dairy-free chocolate chips (optional) (or use cacao nibs for a completely added sugar-free option)

INSTRUCTIONS

1. Don't forget to soak your dates first before getting started!
2. Heat a large skillet over medium heat. Add the walnuts. Stir frequently and cook for 3 minutes. Add the hemp seeds and flax seeds to the pan. Continue to cook and stir frequently until walnuts and flax seeds are lightly browned, 2-4 more minutes.



3. Transfer the walnut and seed mixture to a food processor. Pulse several times, scraping down the sides if needed, until broken into crumbs.
4. Drain the soaked dates, and add them to the food processor along with the cooked lentils, vanilla extract, and salt. Blend as smooth as possible, scraping down the sides if needed.
5. Stir in the chocolate chips if using. Line a small, square or rectangular container with parchment paper and spread out the mixture onto the parchment. Let set in the freezer for 1-2 hours; then slice into cubes. Store in the freezer in an airtight container.



ABOUT THE AUTHOR

I'm Shannon, a vegan cooking enthusiast with the goal in mind of making delicious recipes to please any palate. Whether you're a vegan, a flexitarian, trying to prepare for a vegan guest, or just want some good, wallet-friendly recipes, I hope you'll find some inspiration with me! On my blog, you'll see food that's 100% free of animal products: no meat, fish, eggs, dairy, or honey. I like to use whole grains and avoid refined sugars and refined oils, but I'm certainly flexible about this and my recipes reflect that. Healthy or not, this cooking won't feature store-bought vegan alternatives like margarine or fake cheese because I don't personally like them. I am a vegetable lover to the core and many of my recipes highlight the seasonal produce that we enjoy in the Mid-Atlantic United States. Find more recipes on my blog [Yup, It's Vegan](#)

