

# ONE BITE

AN MAGAZINE

**Special Edition:**  
*One Bite Vegan Food  
Blogger Awards*

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**Meet our 2019  
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*Sam from 'It Doesn't  
Taste Like Chicken'*

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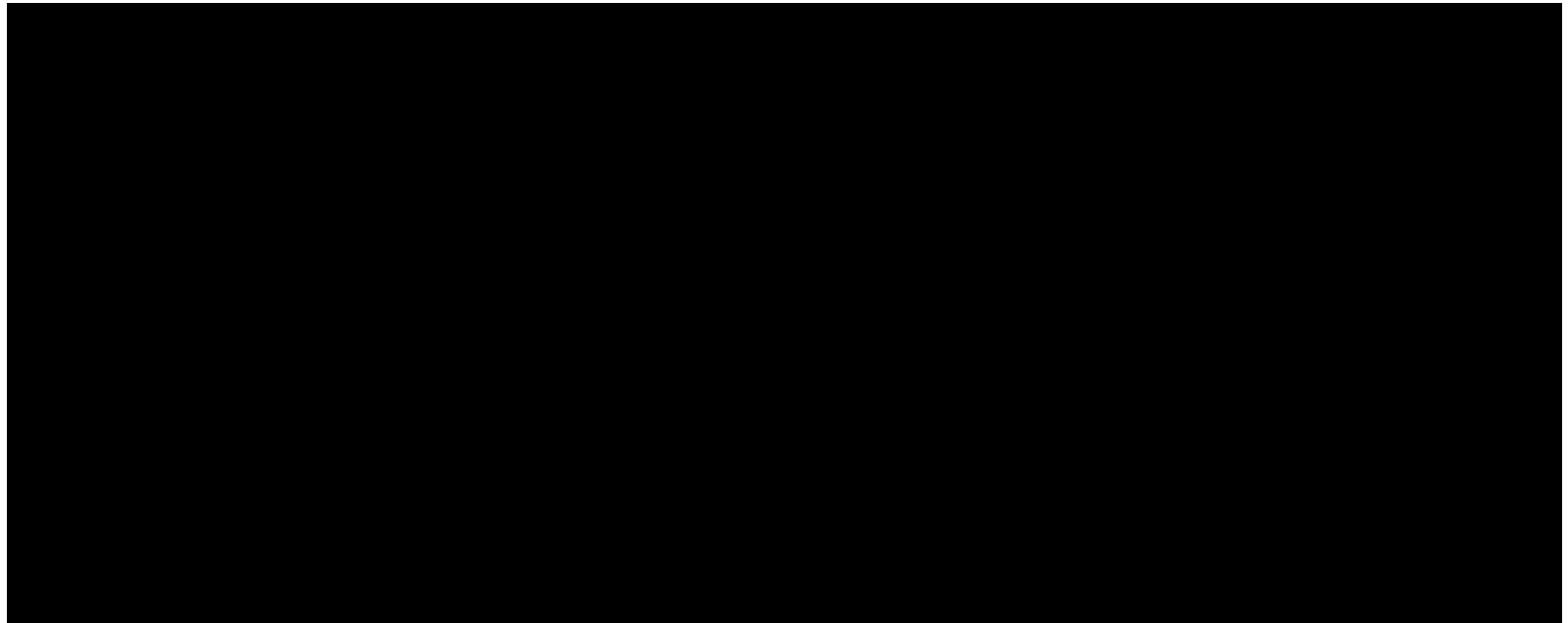
**Vegan Ice Cream &  
Popsicle Recipes**





# Homemade Vegan Fudgiscles

By Dreena Burton



## Ingredients:

- 1/3 cup macadamia nut butter or raw cashew butter
- 1/4 cup coconut sugar
- 3 tablespoons cocoa powder
- 1/8 teaspoon sea salt
- 1/2 cup nondairy milk
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups frozen banana slices

## Instructions:

1. In a blender, puree the macadamia nut butter, coconut sugar, cocoa powder, sea salt, milk, and vanilla extract until smooth.
2. Add the bananas and puree again. You will need to scrape down the blender a few times while pureeing.
3. Once the mixture is smooth and liquid, pour into ice pop molds and freeze until set.



## About the author...

**Dreena Burton** has been vegan for over 20 years, in that time writing five bestselling cookbooks charting her journey as a plant-powered cook and at-home mom of three. Passionate about health, she creates recipes using whole foods and minimally processed ingredients. Dreena is one of the pioneering vegan cookbook authors, with a loyal following and reputation for reliable, wholesome recipes. [Check out her website.](#)

