

ONE BITE

ONLINE MAGAZINE

Special Edition:
*One Bite Vegan Food
Blogger Awards*

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

**Vegan Eating in
LA, California**

Win a copy of
**Heavenly Vegan
Dals and Curries**

**Vegan Ice Cream &
Popsicle Recipes**



Vegan Peanut Butter Magnum

By Nicole Berth

Makes 4 Mini Magnums

Ingredients

- 1/2 cup cashews (pre-soaked in water for 4 hours and drained)
- 1/2 cup coconut milk
- 3 – 4 tbsp agave syrup
- 1/8 cup water
- 1/2 tsp ground vanilla

- pinch of salt
- raw chocolate or any vegan chocolate
- 1 cup peanut butter
- 1 handful walnuts

Directions:

1. Add the first 6 ingredients into your blender or food processor and blend until you get a smooth creamy texture.
2. Pour this into your ice-cream moulds – don't fill them up entirely, leave some space for the walnuts that you drop in now.
3. Transfer the mould into the freezer for at least 5 hours or better overnight.
4. Now it is time to take out the magnums and dip each of them into your pot of peanut butter. If you have a very thick peanut butter put the jar in the microwave for 30 seconds or until liquid.
5. After dipping your magnums in peanut butter return them to the freezer for an hour before placing them on a sheet of baking paper.
6. Now melt your raw chocolate in an oven proof dish at 40 degrees Celsius in the oven. This way the raw chocolate doesn't lose its vitamins and antioxidants.
7. Grab your magnums from the freezer and dip them in chocolate one last time.
8. Return to the freezer for 10 minutes and then enjoy your Vegan Peanut Butter Magnums one at a time!



About the author...

Nic is the creative head and photographer behind [When Sweet Becomes Healthy](#). Moving from Germany to New Zealand at 25, she was introduced to a whole new world of eating. Having suffered with digestive issues from childhood, the new Kiwi lifestyle gave her an understanding of the effects of what you eat on the body. Fast forward to a few years later and Nic now follows a 99% plant-based diet, has returned home to Germany and is living life with abundant energy. A lover of all things sweet, Nic has made it her mission with WSBH to show that you do not have to sacrifice taste when having healthy desserts.