

ONE BITE

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Vegan Magazine

July / August 2019

VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



No Bake FRUIT PIZZA

By Emily Rose Spain

A crowd-pleasing refreshing dessert you'll want to make all summer long: fruit pizza! It's easy to make—no baking! You'd never know it has no gluten, dairy or refined sugar (Vegan & Paleo).

INGREDIENTS

CRUST:

- 1 cup almonds
- 1/3 cup unsweetened shredded coconut
- 1 cup medjool dates
- Dash of Himalayan pink salt
- Splash of vanilla extract
- Splash of water if needed to help blend

LEMON FROSTING:

- 1 1/2 cups unsweetened shredded coconut or 1/2 cup coconut butter, melted
- 1 13.7 oz can coconut milk solid cream only
- 1/4 cup maple syrup
- 3 Tbs lemon juice
- Zest of 2 small lemons
- 1 tsp vanilla extract
- 1 1/2 cups Fruit for topping

PREP TIME:
30 Minutes

PASSIVE TIME:
3 hours

SERVINGS:
10 slices



Emily Rose Spain —

Emily is the recipe developer, food photographer and content creator at Pretty Pies.

Emily really likes food. Especially pretty food. And eating is her favorite hobby. But a growing passion for healthy eating and years of struggling with health issues led her to change her diet. She still loves desserts so she had to create wholesome recipes that fit her dietary needs — gluten, dairy and sugar-free but still crazy delicious! If you have a special diet like low-carb/keto, vegan, paleo, dairy-free, Pretty Pies has tons of recipes to fit your lifestyle!

Website: prettypies.com

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INSTRUCTIONS

TO MAKE THE CRUST:

1. Pulse all ingredients together in a food processor until sticky crumbles form. Press firmly into the bottom and sides of a parchment-lined 9" cake pan or tart pan (I place parchment on top and press with a flat measuring cup).

TO MAKE THE FROSTING:

2. Add the shredded coconut to a food processor to make coconut butter by blending for about 15 minutes until liquefied (stop to scrape down the sides a couple times, as needed.)
3. Add the remaining ingredients and blend thoroughly. (Frosting will be thin, but thickens when chilled)
4. Pour over crust and set in the fridge for 20-30 minutes (uncovered) to lightly set the filling.
5. Garnish with fruit of choice and return to the fridge for a couple of hours to firm up. When set, grab the parchment to lift pizza out of the pan. Use a pizza cutter to slice. Enjoy!

NOTES

- Make sure to always buy full fat coconut milk (in a can, never a carton). Save the leftover coconut water! It's very healthy and full of electrolytes. I put mine in smoothies and homemade frappuccinos.
- To Store: Keep refrigerated, loosely wrapped. Should last about 5 days, depending on which fruit you choose.
- I don't recommend banana, pears or apples as toppings, since they brown quickly. Freezing not recommended.