

ONE BITE

Vegan Magazine

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TAKING CONTROL OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

MUST EATS IN MALTA -

THE VEGAN TREATS YOU DON'T WANT TO MISS

WIN A COPY OF VEGAN COMFORT COOKING + RECIPES

SEASONAL
» Fall Recipes «

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



No tricks! Just treats!
8 VEGAN RECIPES
for Halloween

While most people think of candy when it comes to Halloween, don't let that limit your creativity in the kitchen. If you're looking for different ideas to help celebrate the festivities with your kiddos, then look no further.

Ready? Things are about to get a little spooky!



CANDY CORN 'CHEESECAKE'

{Vegan, Paleo, No-Bake}

By Emily Rose Spain

All the festive fun colors of candy corn without any artificial coloring or refined sugar! 100% natural & plant based. It looks just like candy corn!

SERVINGS:
8 slices

INGREDIENTS

CRUST:

- 1/3 cup coconut flour
- 1/3 cup water
- 2 Tbs coconut oil melted
- 1 Tbs maple syrup
- 1/4 tsp almond extract
- Pinch of turmeric
- Pinch of salt

CHEESECAKE FILLING:

- 2 1/4 cup raw cashews soaked
- 1/2 cup + 1 Tbs coconut oil melted
- 1/2 Tbs vanilla
- 1/4 cup maple syrup

TO MAKE THE YELLOW LAYER:

- 1/8 tsp turmeric
- 1/4 tsp almond extract
- 1/8 teaspoon Himalayan salt

TO MAKE THE ORANGE LAYER:

- 1 1/4 cup steamed carrots
- 1/4 cup coconut oil melted
- 1 Tbs lemon juice



Emily Rose Spain

Emily is the recipe developer, food photographer and content creator at prettypies.com. She has a passion for healthy eating and aims to spark that passion in others with her delicious and creative recipes. She also creates recipes that are low-carb/keto, vegan, paleo, dairy-free etc. friendly, making PrettyPies a great choice for anyone with special diet requirements.

Website: prettypies.com

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INSTRUCTIONS

TO MAKE THE CRUST:

1. Mix all ingredients together in a small bowl.
2. Press into a 7" springform pan lined with parchment. Freeze while you prepare the filling.

TO MAKE THE CHEESECAKE FILLING:

1. Blend ingredients in a food processor, streaming in oil last. Taste and adjust.
2. Scoop out $\frac{3}{4}$ cup filling, cover with plastic wrap, set aside (this will be the white layer).

TO MAKE THE YELLOW LAYER:

1. Add turmeric and almond extract. Blend again.
2. Scoop out $\frac{2}{3}$ cup. Spread over crust. Freeze for 1 hour.

TO MAKE THE ORANGE LAYER:

1. Add carrots and lemon juice to the remaining filling in the food processor. Blend smooth. Stream in oil. Taste and adjust (I added a little more maple, almond and turmeric).
2. Spread on top of the yellow layer, cover and freeze for 1-2 hours until firm.
3. Add the white layer on top. Freeze for 1 hour until firm. Transfer to fridge until ready to serve.
4. Garnish with whipped coconut cream, if desired. ENJOY!

Frankenstein Pie

By Emily Rose Spain

Freaky and FUN Frankenstein Pie that's perfect for Halloween! These pies have a no-bake brownie crust topped with bright GREEN cream. You'd never know it's secretly healthy and has NO food coloring.

PREP TIME:
20 mins

TOTAL TIME:
20 mins

SERVINGS:
6 servings

INGREDIENTS

BROWNIE CRUST:

- 1 cup walnuts
- 4 medjool dates
- ¼ cup cacao
- Splash of water
- Splash of vanilla
- Pinch of pink salt

GREEN CREAM FILLING:

- ¾ cup raw cashews
- 3 Tbs maple syrup
- 3 big handfuls baby spinach ~4oz
- ½ cup coconut oil melted
- ½ Tbs vanilla
- Pinch of pink salt

FRANKENSTEIN FACE:

- 1 oz dark chocolate





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INSTRUCTIONS

TO MAKE THE BROWNIE CRUST:

1. Pulse all ingredients together in a food processor until sticky dough forms. Add a splash of water if it's too dry.
2. Press into 3 mini 4" springform pans lined with parchment or one 7" pan. (see notes) Set aside.

TO MAKE THE GREEN CREAM FILLING:

1. Soak cashews in a bowl of water overnight. Or bring water to a boil and pour over cashews and soak for 1-2 hours. Drain, rinse and shake dry.
2. Blend cashews in a food processor for 3-5 minutes until smooth. Scrape down the sides.
3. Add remaining ingredients, streaming in the melted coconut oil last. Blend for 3-4 minutes until smooth. Taste and adjust for sweetness.
4. Pour over crust. Cover pans with a paper towel and foil. Freeze for 2 hours or until completely firm. Remove springform and transfer to fridge.

TO MAKE THE FRANKENSTEIN FACE:

1. Melt 1 oz of dark chocolate in the microwave ~30-60 seconds.
2. Transfer to a baggie and snip off the tip. Pipe on a face & enjoy! Happy Halloween!