

ONE BITE

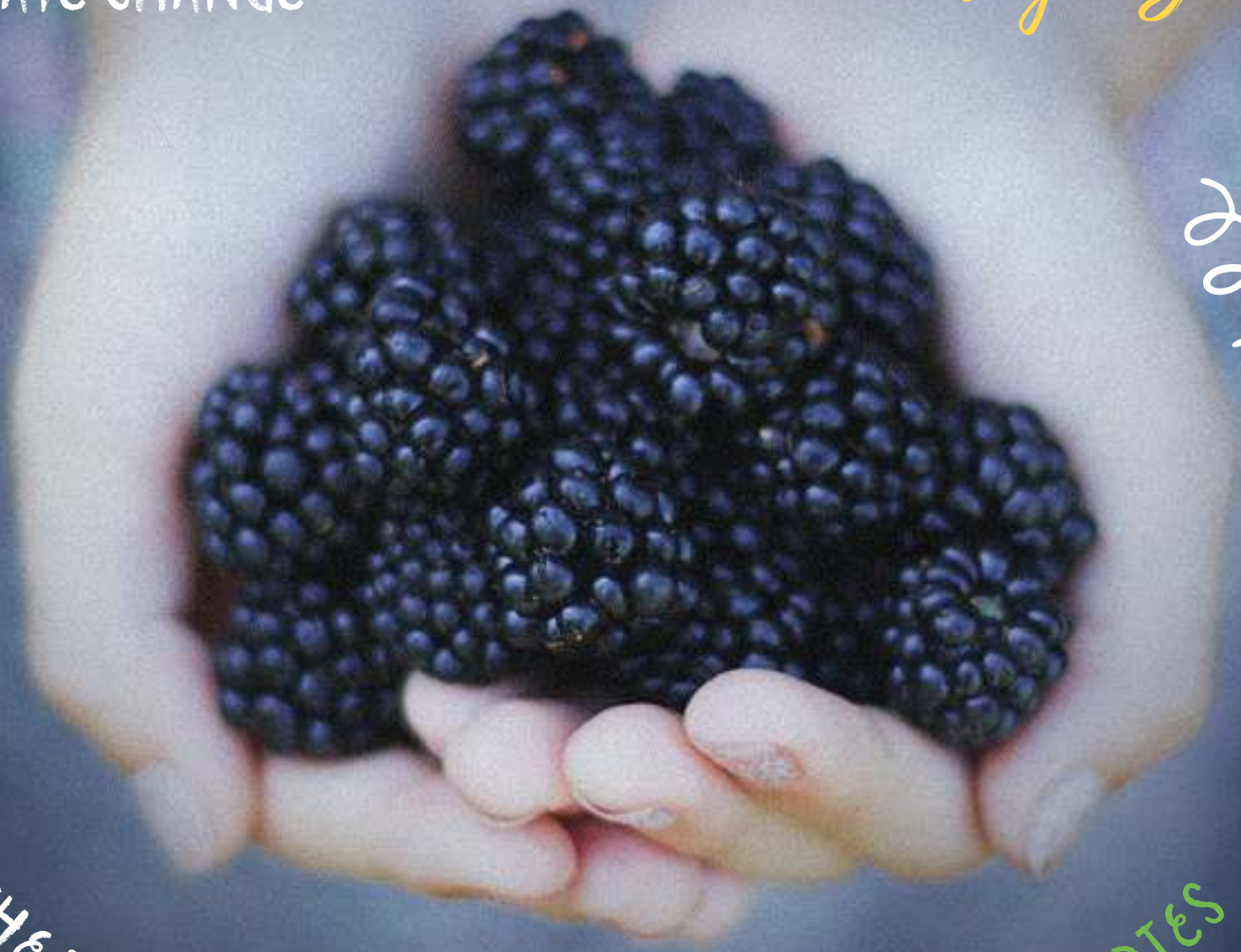
onebitevegan.com

Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

Healthy Cinnamon Skillet Apples

INGREDIENTS

- ½ cup water
- 6 granny smith apples
- 2 teaspoons cinnamon
- ½ cup chopped walnuts or pecans, optional for topping

By Liv from healthy-liv.com

Warm cinnamon skillet apples cooked over low heat with just water and cinnamon for a super easy, healthy dessert. Top your bowl of cinnamon apples with a scoop of natural vegan vanilla ice cream to make it a little more decadent!

PREP TIME:
15 minutes

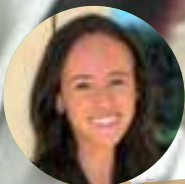
COOK TIME:
10 minutes

TOTAL TIME:
25 minutes

SERVINGS:
4 servings

INSTRUCTIONS

1. Peel and chop apples into small, fairly uniform pieces, about ¼ inch thick.
2. Place a medium skillet on medium-low heat and add water. Add apples and cinnamon to taste, stirring and cooking until apples are softened, about 6-10 minutes. If all of the water evaporates, add a little more water as the apples cook.
3. Add cooked apples to serving bowls and top with nuts and a scoop of vanilla ice cream or a dollop of freshly whipped cream.
4. Store leftover apples in the refrigerator for up to 4 days and reheat in the microwave for 20 seconds, or stir them into oatmeal or vegan vanilla/plain yogurt—no need to reheat!



Liv —

Liv is the blogger behind healthy-liv.com. She created her blog with the intention of learning how to live a balanced lifestyle while in college; it has now grown into a platform for her to share her recipes and tips on how to stay fit and healthy.

Visit their website: www.healthy-liv.com [Facebook](#)

HEALTHY NO-BAKE BROWNIES WITH GANACHE

By Liv from healthy-liv.com

These healthy no-bake brownies are topped with chocolate ganache and they're a decadent, satisfying treat made with whole ingredients. They also happen to be naturally gluten-free!

PREP TIME:

20 minutes

TOTAL TIME:

20 minutes

SERVINGS:

16 brownies

INGREDIENTS

FOR THE BROWNIES

- 2 cups medjool dates, pitted
- 1 cup raw walnuts
- 1 cup raw almonds
- ½ cup unsweetened cocoa powder
- 2 tsp vanilla extract
- 2 tbsp water

FOR THE GANACHE

- 1 tbsp almond milk
- ¼ cup semi-sweet or dark chocolate chips
- 1 tsp coconut oil

INSTRUCTIONS

FOR THE BROWNIES

1. Add all brownie ingredients to a food processor and combine on medium or high speed. The mixture will be crumbly at first, and then it will start to come together into a giant ball—stop the mixer at this point.
2. Line an 8x8 inch baking dish with wax or parchment paper and press brownie mixture into pan. Place in refrigerator or freezer.

FOR THE GANACHE

1. Add almond milk to a small bowl and microwave for 30 seconds, until piping hot. Immediately add dark chocolate chips and coconut oil and stir once. Let chocolate sit and melt as much as possible, and if needed, microwave for 15-20 more seconds, and stir until chocolate is fully melted.
2. Take brownies out of fridge/freezer and spread ganache evenly across the top. Return brownies to fridge or freezer for at least 30 minutes, or until ganache and brownies fully set. Slice into 16 squares and enjoy!
3. Store in fridge for up to 2 weeks or freeze for up to 3 months.



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