



# VEGAN CHOCOLATE

## 11 February 2014



### SPINACH-PEAR SALAD WITH CHOCOLATE VINAIGRETTE

1 oz semisweet or dark vegan chocolate  
3 TBSP balsamic vinegar  
3 TBSP olive oil  
1 tsp agave or other sweetener  
Salt & Pepper, to taste  
Fresh baby spinach  
1 large pear, sliced thinly  
3 TBSP dried cranberries  
2 TBSP sliced almonds, toasted

Melt the chocolate in a double boiler on low heat until smooth. Whisk in oil, balsamic vinegar, agave, salt and pepper. Set aside.

Divide the spinach onto salad plates, then top with the sliced pear, cranberries and almond slivers. Drizzle the chocolate vinaigrette on top and serve immediately.

### VEGAN PEANUT BUTTER CUPS

1 package Vegan Graham crackers or vegan graham cracker pie shell, broken up into small bits  
1 c Powdered Sugar  
1/2 c Peanut Butter (creamy or crunchy)  
2 bags vegan semi-sweet chocolate chips

In a double boiler, melt chocolate chips. In a large bowl, add peanut butter and crushed graham crackers/broken up pie crust shell and powdered sugar. Set up molds or mini muffin cups by drizzling a little bit of the melted chocolate in the bottom and along the sides. Roll a small piece of the dough & place in the mold (flatten if you need to), and top with more melted chocolate. Refrigerate or freeze until chocolate has resolidified. Carefully remove from molds and wrap in foil or place in paper candy cups.

### CHOCOLATE-DIPPED STRAWBERRIES

1 bag vegan semisweet chocolate chips, melted  
strawberries, rinsed

Rinse and dry strawberries.

Melt chocolate chips on low heat in a double boiler. Dip strawberries in chocolate. Carefully place on a wax-paper lined baking sheet and refrigerate until chocolate has resolidified.

### CRIO BRÜ FRAPPÉ

2-3 c chilled, prepared Crio Brü  
3/4 c nondairy creamer  
1-2 TBSP sweetener of choice (optional)  
8-10 ice cubes

Crio Brü is simply roasted cacao beans that have been ground and can be brewed just like coffee, using a coffee maker or a French Press. (1-2 TBSP + 1 cup hot water for a French Press; a little bit more for a coffee maker or percolator)

In a blender, add prepared Crio Brü, nondairy creamer, sweetener of choice if using, and ice cubes (To add more flavor, use frozen Crio Brü cubes in place of ice cubes). Blend well. Pour into a tall glass and top with vegan whipped cream and chocolate sprinkles on top, if desired.

### COCONUT ALMOND DELITES

2 bags vegan semi-sweet chocolate chips, melted  
1 c dried shredded coconut  
3/4 c Brown Rice Syrup  
Blanched almonds

Melt chocolate in a double boiler. Blanch almonds by placing in a pot of boiling water. Allow to cook until they float to the top (just a few minutes). Place in a colander, drain off water, then immediately rinse with cold water. The skins should then come off very easily by applying a little bit of pressure (just don't add too much pressure-they are known to go flying across the room...)

In a bowl, combine coconut and brown rice syrup. Allow to sit for at least a few minutes to allow the coconut to rehydrate.

Set up mold by drizzling a little bit of the melted chocolate chips in the bottom and along the sides. Add a small amount of coconut, followed by 1-2 blanched almonds (however many you can fit in your mold). Cover with additional melted chocolate.

Refrigerate or freeze until chocolate has resolidified. Carefully remove from molds and wrap in foil or place in candy cups.

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