

Sweet vegan

Try eating plant-based foods for a week and savour the flavours Mother Nature provides. She's an indulgent mother who wants us to enjoy life and revel in its greatest pleasures, as these luxurious puds prove

EDITED BY EMMA COXON PHOTOGRAPHS ©HARDIE GRANT

Bettina Campolucci Bordi hopes to inspire us to cook from scratch using nature's bounty for improved health and happiness. In her new book, *7 Day Vegan Challenge: The Easy Guide To Going Vegan*, she invites us to try a vegan diet for a week as a starting point; there's no pressure, it's an exploration for dedicated vegans and those who know it makes sense to eat more plants!

Influenced by her travels to Tanzania, Sweden, Italy, Spain and Bulgaria, Bettina shares fuss-free, accessible, affordable and inventive recipes that encourage us to seek fresh, organic and local produce that's good for our bodies and the planet.

Bettina believes food should bring joy – the beauty of a colourful dish, bursting with flavour and the excitement of unfamiliar tastes – and everything we eat should put a smile on our face, she says.

In the spirit of delight, we've selected a few mouthwatering desserts, and her book is chock-a-block with sumptuous yet simple puddings, including creamy 'Peanut butter chocolate pots' and easy '15-minute flourless choc chip banana muffins'.

Dive in and discover more wholefoods, no skimping on the yum factor!

PARSNIP BROWNIES WITH CHOCOLATE MOUSSE TOPPING

The natural sugars in parsnips make them ideal for this sweet and moist brownie recipe. Enjoy these treats as they come or spread some vegan chocolate mousse on top and sprinkle with berries.

MAKES 6-8 BROWNIES

- 1 medium parsnip, peeled
- 60g gluten-free flour mix or buckwheat flour
- 250ml oat milk or other plant milk
- 75g brown or coconut sugar
- 6 tbsp cacao
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- A little coconut oil, for greasing
- Berries, to serve

FOR THE DECADENT CHOCOLATE MOUSSE

- 1 large avocado
- 3 tbsp maple syrup
- 6 tbsp cacao
- 1 tsp vanilla paste
- 120ml coconut milk

1 Preheat the oven to 180°C, gas mark 4, and grease a 20cm square cake pan with coconut oil.

2 Boil the parsnip until soft, then drain. Weigh out 130g and put in a blender, along with the other brownie ingredients. Blend until smooth.

3 Spoon the mixture into the prepared pan and bake for 20 minutes until just firm to the touch. Serve the cake on its own, or add chocolate mousse and berries.

For the mousse topping

Put all the ingredients into a blender and blitz until you have a smooth mixture.

Transfer the cake to a wire rack to cool, then spread the mousse on top, decorate with berries of your choice and slice into squares. >>>





CHOCOLATE SALAMI

This Portuguese and Italian-inspired dessert also works as a crunchy snack alongside a steaming cup of good coffee. And it doesn't even require cooking!

MAKES 1 ROLL

- 60g hazelnuts
- 3 tbsp cacao
- 60g almond flour
- 2 tbsp maple syrup
- 1 tbsp coconut oil
- 2 'Almond cookies' (recipe, right, or shop-bought, gluten-free if you are coeliac), crushed
- 2-3 medjool dates, torn into pieces

- 1 Put the hazelnuts, cacao, flour, maple syrup and coconut oil into a blender and blitz until well combined and slightly sticky. Transfer the mix to a small bowl.
- 2 Add the crushed cookies and torn dates and mix well.
- 3 Spoon the mixture onto a sheet of baking parchment, shape into a 'salami', roll up and tighten the paper at both ends.

- 4 Allow to set in the fridge for a few hours or flash-freeze for 30 minutes. Once set, cut off slivers and enjoy!

Almond cookies

MAKES ABOUT 6 COOKIES

- 160g almond flour
- 90ml rice malt syrup
- 1 tsp vanilla paste
- 60ml coconut oil
- ½ tsp baking powder
- Pinch of ground cinnamon

- 1 Line a baking or cookie sheet with baking parchment.
- 2 Put the almond flour in a bowl and blitz with a handheld blender until you have an even finer flour. Add the rest of the ingredients and pulse until everything is combined.
- 3 Scoop out balls of dough with a small cookie scoop and place on the prepared sheet. Gently push down each cookie with your hands, then pop them in the freezer for 10-15 minutes while you preheat the oven to 180°C, gas mark 4.
- 4 Bake for exactly 12 minutes and cool on a wire rack before serving.

Reader offer



7 Day Vegan Challenge by Bettina Campolucci Bordi (Hardie Grant, RRP £15) is available to *Psychologies* readers for £13, plus free UK p&p (mainland only). To order, call 01256 302 699 and use code 'TU9'. Subject to availability.

KEY LIME PIE IN A GLASS

A fabulously simple dessert that looks good, tastes great and can easily be made beforehand and kept in the fridge. The citric acid in the lime juice helps the avos retain their colour. Use seasonal fruit to top off this healthy, yet creamy, treat.

MAKES 2-4 PORTIONS

- 2 avocados
- 200g coconut yoghurt
- 2 tbsp maple syrup
- 1 tsp vanilla paste
- Zest and juice of 4 limes
- Handful of raspberries

FOR THE CRUST

- 100g ground almonds
- 25g raw, shelled pistachios
- 25g desiccated coconut
- 2 tbsp coconut oil
- 3 medjool dates, pitted

- 1 Peel and pit the avocados, chop the flesh and put it in a blender.
- 2 Add half the coconut yoghurt, the maple syrup, vanilla paste and lime zest and juice.
- 3 Blitz until smooth and creamy, then set aside.
- 4 To make the pie crust, add all the ingredients to a food processor and pulse until it has a crumble-like texture.
- 5 To assemble the key lime pies, put a layer of crumble in the bottom of 2-4 glasses, or jars, then add a layer of avocado and a couple of raspberries.
- 6 Repeat the layers, finishing with a dollop of the remaining coconut yoghurt and a few raspberries.

