

easy VEGAN RECIPES

FineMark's Executive Chef, Lisa Fidler

Ginger Bread "Nice" Cream

Ingredients

- 8-10 frozen Bananas
- ¼ Cup Molasses
- 1 teaspoon ground Ginger
- 1 teaspoon ground Cinnamon
- 1 teaspoon Vanilla Paste
- 1 teaspoon Lemon Juice

Instructions

- Blend everything in a high-speed blender or food processor until creamy and smooth.
- Spread into a shallow pan or dish.
- Freeze for at least 2 hours.

Vegan Coconut Milk Caramel Sauce

Ingredients

- 1 14-oz. can full-fat Coconut Milk
- ½ cup Coconut Sugar
- ½ teaspoon Vanilla Paste
- 1 tablespoon Coconut Oil
- ½ teaspoon Salt, optional

Instructions

- In a heavy bottomed saucepan, combine the coconut milk and coconut sugar. Scrape the insides of the vanilla bean and add the seeds and pod to the mixture, if using.
- Bring the mixture to a boil over medium heat, stirring frequently. Once boiling, turn the heat to low and let the mixture boil slowly. Stir frequently; scraping the bottom to make sure it doesn't burn. Continue boiling until caramel has reduced and thickened to thick, syrupy texture, about 30-35 minutes. Remember that the caramel will continue to thicken as it cools.
- Remove from heat and stir in oil, salt, and vanilla extract if using. If you used the vanilla bean, remove the pod and discard.
- Let cool to room temperature, stirring occasionally to keep the fat incorporated. Pour into a glass container.