

20

"PROTEINBOMB" DESSERT RECIPE

Vegan



FROM ANYÁC

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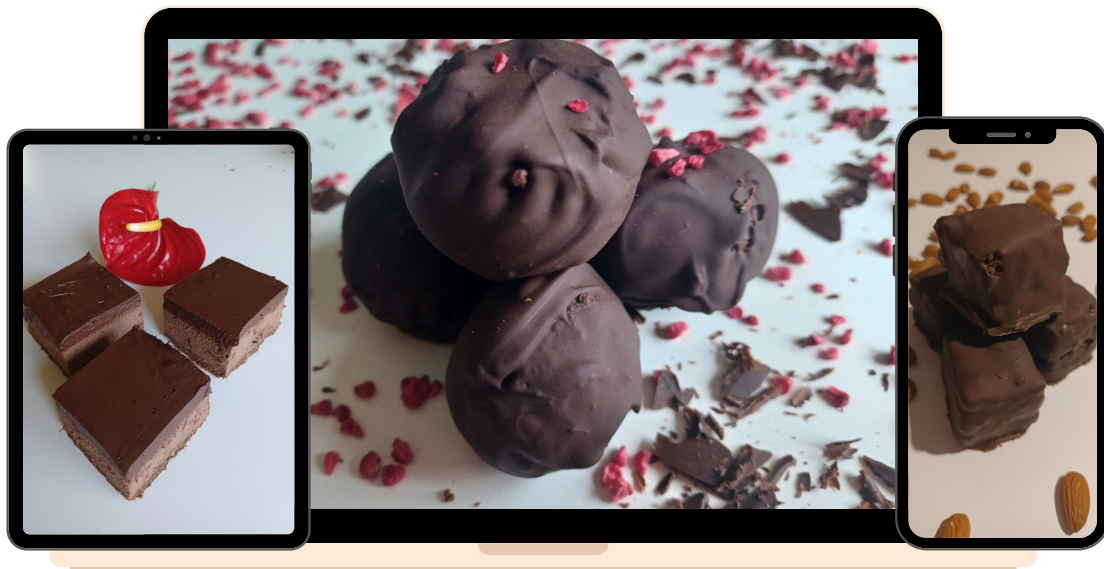
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Preface

I love to snack. When I started experimenting with granola, I had two things in mind:

- I want to eat something coconut-flavored.*
- I don't feel like standing in the kitchen for hours because of it.*

While I was grinding the granola, ideas and possibilities swirled in my head. All the while I instinctively mixed in one thing after another. This is how the first cereal-based chocolate-coconut ball was born.

These sweets are not only delicious, not only quick to prepare, but also REAL PROTEIN BOMBS.

I really like to experiment with the granola I make. You can make many good desserts from it.

I wish you fun while tasting them!



BASE GRANOLA

Ingredients for 1 kg:

100 g Flax seeds

100 g Buckwheat

150 g Sunflower seeds

100 g Sesame seeds

400 g Oatmeal

100 g Almonds

4 tbsp./50 g Date mass



Preparation:

In a 3-liter bowl, mix the oatmeal and the other seeds together. The almonds can be sliced, available in stores (at home, I usually cut whole almonds with a knife on a cutting board). Dilute the date mass with water so that you can mix it with the seeds. Mix evenly so the date mass spreads everywhere. After mixing, put it in the pan. Bake at 175/200 degrees until golden brown. The baking time is about 15–20 minutes. Stir occasionally during baking to prevent burning. Even after baking, stir it from time to time in the pan until it cools, so that it does not get steamy and remains dry.





MARZIPAN

Ingredients:

150 g Almonds

2 tbsp. Date mass

Erythritol/Sugar

Preparation:

Pour hot water on the shelled almonds. Let it soak in the hot water for about 10 minutes. After that, you can easily peel the almond seed from the shell. Place the seeds on a kitchen towel or absorbent paper and let them dry.

Blend the almonds and date mass with a hand blender until smooth. If you get a very soft mass, add powdered erythritol or powdered sugar.



PEANUT SPREAD

Ingredients:

Peanut

Cocoa powder

Date mass

Coconut cream



Preparation:

Put the peanuts together with cocoa powder, date paste and a drop of coconut cream in a high-performance food processor. Depending on the power of the machine, grind for 10-50 minutes until it becomes creamy.



RASPBERRY JAM

Ingredients:

500 g of Frozen raspberries

2 tbsp. Date mass

1 tsp. Vegetable gelatin

Preparation:

Start cooking the raspberries in a pot while stirring frequently. When it releases juice, add the date mass. After the raspberries have completely melted, blend them a little with a hand blender. After boiling, cook on low heat for 5-10 minutes, then add the vegetable gelatin. Mix, switch to a higher temperature and cook until it boils again. Once boiling, set aside and let cool.



MARZIPAN CUBE



Ingredients for a 20X30 baking tray:

150 g Marzipan
400 g Granola
2 tbsp. Date mass
50 g Vegetable butter

Coating:

Dark chocolate

Preparation:

First, prepare the granola according to the instructions at the beginning of the book and let it cool. While you wait for the granola to cool, prepare the marzipan, also according to the instructions at the beginning of the book. Divide into 2 parts and set aside.

After the granola has cooled, grind it. Then mix it with a little date mass and the

vegetable butter. Divide into 3 equal parts. Spread the first part

across the bottom of the pan. Take out one portion of marzipan, stretch it to the size of the pan on an erythritol powder-coated pastry board. Then put it on the granola layer in the pan. Then comes the 2nd layer of cereal mass, then the 2nd layer of marzipan, and finally put the 3rd layer of granola mass on top. Then put the tray in the fridge for about half an hour.



After half an hour, take it out of the fridge and cut it into approximately 3X3 cubes.

Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. Once the chocolate has melted, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip the cubes into it one by one. Once all the cubes are covered in chocolate, put them back in the fridge for about half an hour.

*"Anyác, do you
do this again?"*





RASPBERRY- MARZIPAN CUBE

Ingredients for a 20X30 baking tray:

150 g Marzipan

400 g Granola

2 tbsp. Date mass

50 g Vegetable butter

Raspberry jam

Coating:

400 g of dark chocolate

Decoration:

Dried raspberry

Preparation:

First prepare the granola, raspberry jam and marzipan, according to the instructions at the beginning of the book. Divide the marzipan into 2 parts. Grind the granola. Mix the ground granola with the date mass, raspberry jam and vegetable butter in a bowl. Divide into 2 equal parts. Spread 1 portion across the bottom of the baking pan. Take out one portion of marzipan, stretch it to the size of the pan on an erythritol powder-coated pastry board.

Then put it on the granola layer in the pan. The raspberry jam comes on top of the marzipan layer. Then comes the 2nd layer of marzipan, and finally the 2nd layer of granola mass. Then put the tray in the fridge for about half an hour.

After half an hour, take it out of the fridge and cut it into approximately 3X3 cubes, then melt the chocolate. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. Once the chocolate has melted, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip the cubes into it one by one, then sprinkle dried raspberries on top. When all the cubes are covered in chocolate and have the raspberry decoration on them, put them back in the fridge for about half an hour.

When my husband heard my idea for this recipe, he couldn't wait to make it.



PEANUT SPREAD BASKET

Ingredients for 12 baskets:

Basket:

70 g Almonds
200 g Oatmeal
40 g Sesame seeds
70 g Sunflower seeds
70 g Flax seeds
3 tbsp. Date mass

Filling:

100 g Peanuts
1 tbsp. Date mass
30 g Cocoa powder
1 dl Canned coconut milk/coconut cream

Top:

Dark chocolate
1 dl canned coconut milk/coconut cream

Decoration:

Peanut



Preparation:

Cut the almonds into small pieces with a knife, then put them in a bowl together with the other ingredients for the basket and distribute the date mass evenly by hand. Then put the muffin baking paper in the muffin pan. Put a ball of approximately walnut-sized mass in the baking paper and spread it in a basket shape, so that it covers the paper. Bake in a preheated oven at 170 degrees on Fan setting for approximately 20 minutes until golden brown.

Once baked, set aside to cool. Prepare the filling while it cools. Place the ingredients for the filling in a food processor and mix until it has a thick, creamy consistency. Fill the cooled baskets with the cream and put them in the fridge. Mix the ingredients for the top over low heat until the chocolate melts. Pour the melted chocolate over the cream, then sprinkle with peanuts. Then put them in the fridge for 30 minutes.

*"You make our
days sweet"*



*The opinion of one of
my friends*

CHOCOLATE BALLS



Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

1 tsp. Cinnamon

Tea

Prunes

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder



Preparation:

First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool. After it has cooled, grind the granola. Then mix it with the date mass and cinnamon in a bowl. If necessary,

add some tea. Shape it into small balls about the size of walnuts, placing 1 quarter of a prune in the middle.

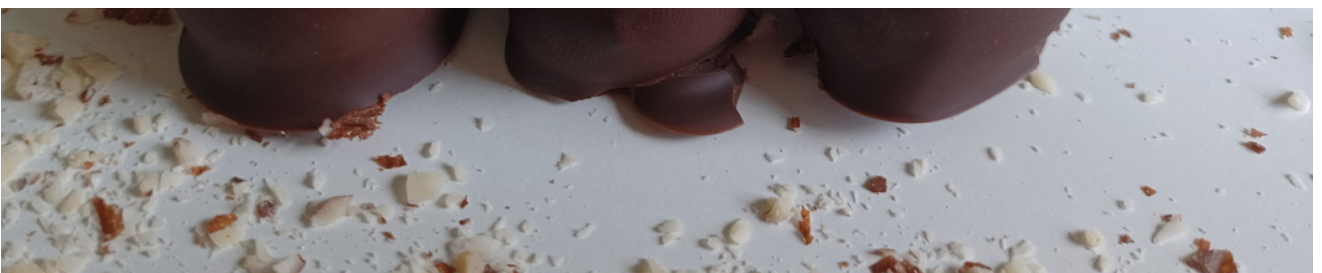
Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is



lump-free, remove it from the stove and add the remaining dark chocolate.

When the chocolate has melted, dip the balls one by one and cover them thoroughly in melted chocolate. If the weather is hot, put them in the fridge for half an hour.

"Anyác, that's really cool!"



PEANUT SPREAD CHOCOLATE BALL



Ingredients for 12 pcs::

Basis:

150 g Granola

20 g Peanuts

1 tbsp. Peanut spread

Tea

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

Peanut

Preparation:

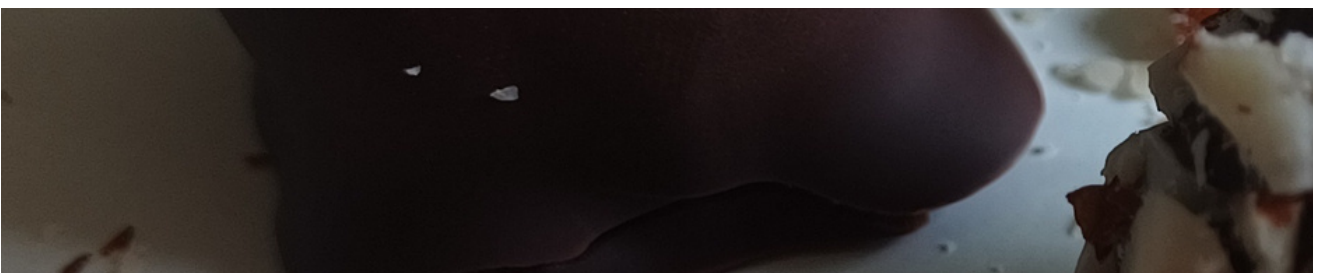
First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool. After the granola has cooled, grind it together with the peanuts and add the peanut spread.

Work it together and shape it into small balls the size of walnuts. If necessary, add a little more tea to make it easy to shape. Then chop the peanuts with a knife and put them on a plate. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder.



After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip the balls one by one and cover them thoroughly in melted chocolate. After dipping in chocolate, put the balls on a tray and sprinkle peanut bits on top of the balls. If the weather is hot, put them in the fridge for half an hour.

"Anyác, it's hard to decide which ball dessert is tastier!"



RASPBERRY-PEANUT SPREAD BALL

Ingredients 12 pcs:

Basis:

150 g Granola

1 tbsp. Peanut spread

10 g Dried raspberry

Raspberry juice

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

Dried raspberry



Preparation:

First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool. After the granola has cooled, grind it. Add the peanut spread and dried raspberries.

Work these together and shape them into small balls. If necessary, add a little more peanut spread or raspberry juice to make it easy to shape. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder.

After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate.



When the chocolate has melted, dip the balls one by one and cover them thoroughly in melted chocolate. After dipping in chocolate, place the balls on a tray and sprinkle some dried raspberries on the top of the balls. Then put them in the fridge for half an hour.

*"Raspberry things are always
my favorite"*



PEANUT CHOCOLATE BALL



Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

10 g Peanuts

Tea

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

Peanut

Preparation:

First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool.

After the granola has cooled, grind it together with the peanuts. Mix it together with the date mass and form small balls the size of walnuts. If necessary, add a little tea to make it easy to shape. Chop the peanuts with a knife and put them in a bowl. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate.



When the chocolate has melted, dip the balls one by one and cover them thoroughly in melted chocolate. Then roll them in the peanut bits and put them in the fridge for half an hour.

You can find even more ball stuffing ideas on the website!

"I could eat all of this!"



ALMOND – CHOCOLATE BALL

Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

10 g Almonds

Tea

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

Almond



Preparation:

First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool. After the granola has cooled down, grind it together with the almonds. Mix it with the date mass and shape it into balls the size of walnuts. If necessary, add a little tea to make it easy to shape.

Chop the almonds with a knife and put them in a bowl. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate.



When the chocolate has melted, dip the balls one by one and cover them thoroughly in melted chocolate. Then roll them in the almond bits and put them in the fridge for half an hour.

You can find even more ball stuffing ideas on the website!

"I could eat all of this!"





RASPBERRY – CHOCOLATE BALL

Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

10 g Dried raspberries

Raspberry juice

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

Dried raspberry

Preparation:

First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool.

After it has cooled, grind the granola. Then mix it with the date mass and dried raspberries in a bowl. If necessary, add a little raspberry juice. Shape it into small walnut-sized balls.

Pour the dried raspberries on a plate.

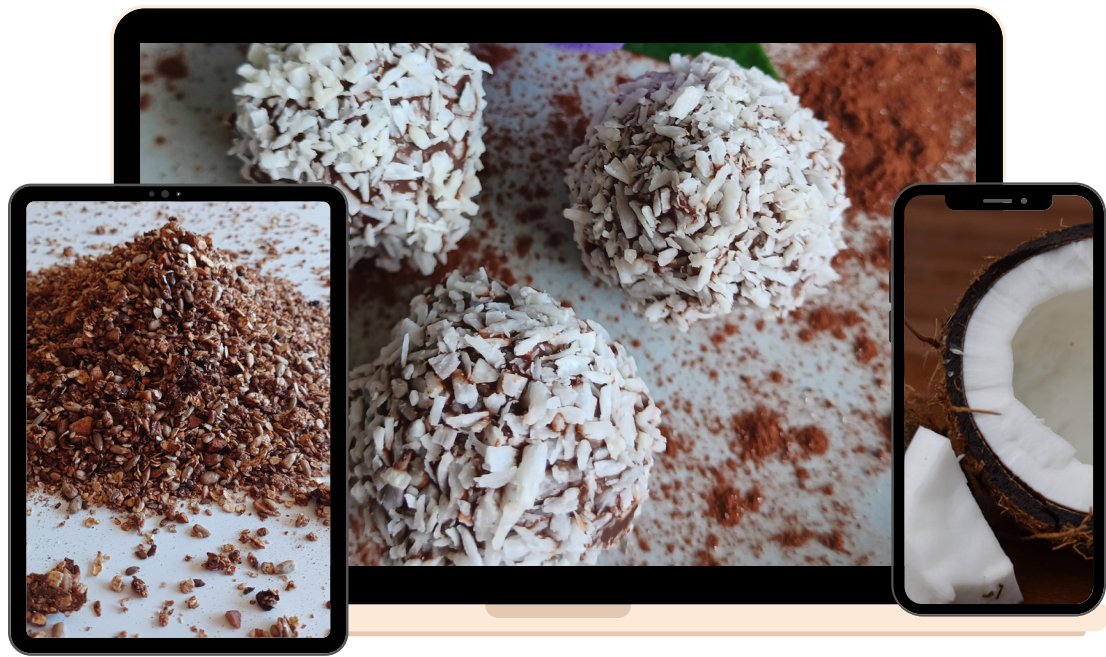
Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip the balls into it one by one and cover them thoroughly in melted chocolate. Then roll them in the dried raspberries and put them in the fridge for half an hour.

You can find even more ball stuffing ideas on the website!



*"I love it!
yummy!"
my husband*





COCONUT CHOCOLATE BALL

Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

10 g Shredded coconut

Tea

Raisins

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

Shredded coconut

Preparation:

First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool.

After it has cooled, grind the granola. Then mix it in a bowl with



the date mass and shredded coconut. Add tea if necessary. Shape it into small balls the size of walnuts, placing 1 raisin in the middle.

Pour the shredded coconut on a plate. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip the balls one by one and cover them thoroughly in melted chocolate. Then roll them in the shredded coconut and - if the weather is warm - put them in the fridge for half an hour. You can find even more ball stuffing ideas on the website!

*A high-quality
dark chocolate,
it will lift all
sweets!*



LICORICE- CHOCOLATE BALLS



Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

1 tbsp. Licorice powder

Tea

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

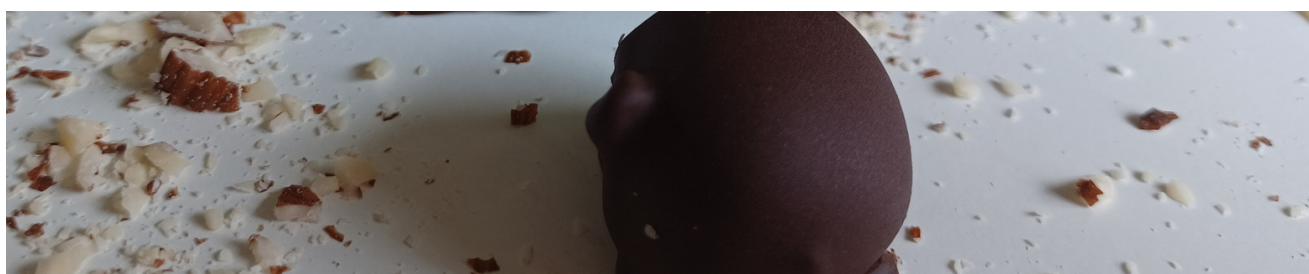
Preparation:

First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool. After it has cooled, grind the granola. Then mix it with the date mass and licorice in a bowl. Add some tea if needed. Shape it into small, walnut-sized balls. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free,

remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip the balls one by one and cover them thoroughly in melted chocolate. If you really like licorice, sprinkle some licorice powder on top of each ball. Then put them in the fridge for half an hour.

You can find even more ball stuffing ideas on the website!

"Licoriceeee! Yummy"



COFFEE BALL

Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

Coffee

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

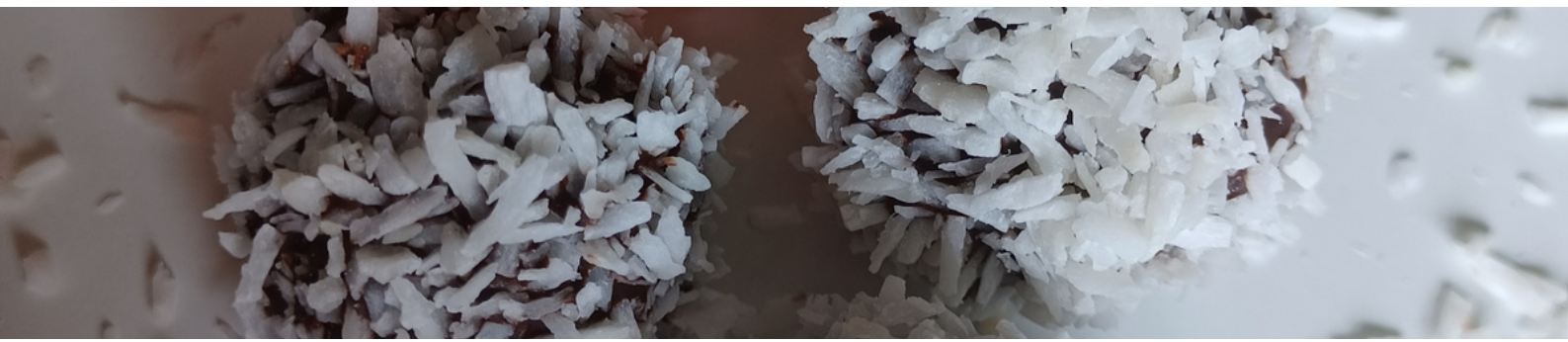
Shredded coconut



Preparation:

First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool. Make a cup of coffee. After the granola has cooled down, grind it. Then mix it with the date mass and coffee in a bowl. Shape it into small, walnut-sized balls.

Pour the shredded coconut into a bowl. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip the balls into it one by one and cover them thoroughly in melted chocolate. Then roll them in the shredded coconut and put them in the fridge for half an hour.



PEANUT- MARZIPAN BALLS



Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

10 g Peanuts

Tea

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

100 g marzipan

Peanut



Preparation:

First prepare the marzipan and granola, according to the instructions at the beginning of the book, and set

aside. Then grind the granola with the peanuts. Mix it with the date mass and tea in a bowl. Then shape it into small balls the size of walnuts. Stretch the marzipan on a erythritol powder-coated pastry board, then cut it with a ring-shaped cutter. Coat each ball with marzipan. Chop the peanuts with a knife and put them on a plate. Melt $\frac{2}{3}$ of the dark chocolate over



steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip the balls one by one and cover them thoroughly in melted chocolate. Then roll it in the peanut bits and put the balls in the fridge for half an hour.

You can find filling ideas on the website!

*I think everything that
has marzipan and
chocolate in it is
delicious!*





ALMOND-MARZIPAN BALLS

Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

10 g Almonds

Raisins

Tea

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

100 g marzipan

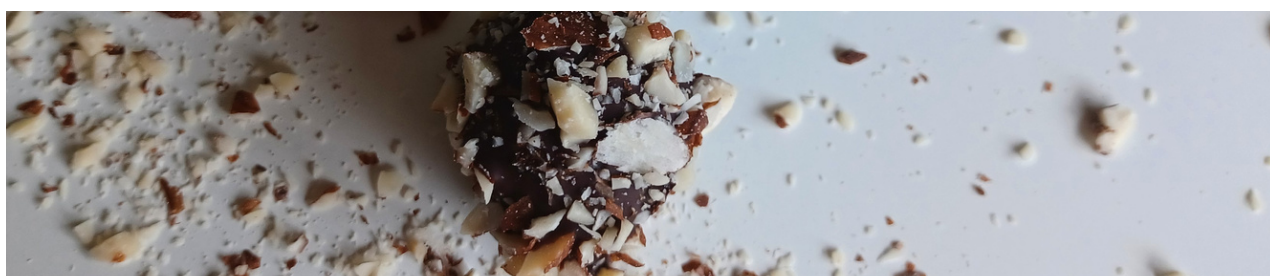
Almond

Preparation:

First prepare the marzipan and granola, according to the instructions at the beginning of the book, and set aside. Then grind the granola with the almonds. Mix it with the date mass and tea in a bowl. Then shape it into small balls the size of walnuts. Stretch the marzipan on a powder-coated pastry board, then cut it with a ring-shaped cutter. Coat each ball with marzipan.

Chop the almonds with a knife and put them on a plate. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip in the balls one by one and cover them thoroughly in melted chocolate. Then roll it in the almond bits and put the balls in the fridge for half an hour.

yummy





RASPBERRY- MARZIPAN BALL

Ingredients 12 pcs:

150 g Granola

1 tbsp. Date mass

Raspberry juice

10 g Dried raspberries

Raspberry jam

For coating:

200 g dark chocolate 70%

1 heaped tbsp. cocoa powder

100 g marzipan

Dried raspberry


Preparation:

First prepare the marzipan, raspberry jam and granola, according to the instructions at the beginning of the book, and set aside. Then grind the granola. Mix it with the date mass, dried raspberries and raspberry juice in a bowl. Then shape it into small, walnut-sized balls. Carve a hole in the center and put a little raspberry jam in it, then close it off.



Stretch the marzipan on a erythritol powder-coated pastry board, then cut it with a ring-shaped cutter. Coat each ball with marzipan.

Pour the dried raspberries on a plate. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, dip the balls one by one and cover them thoroughly in melted chocolate. Then roll them in the dried raspberries and put the balls in the fridge for half an hour.



"Anyác, the raspberry ball is the best!"



LICORICE- MARZIPAN BALL

Ingredients 12 pcs:

150 g Granola
1 tbsp. Date mass
Tea
12 Raisin

For coating:

200 g dark chocolate 70%
1 heaped tbsp. Cocoa powder
100 g Marzipan
Licorice powder

Preparation:

First, prepare the marzipan

and granola, according to the instructions at the beginning of the book, and set aside. When the granola has cooled, grind it with a grinder. Then mix it with the date mass and tea in a bowl. Shape it into small, walnut-sized balls while placing a raisin in the middle. Stretch the marzipan on an erythritol powder-coated pastry board, then cut it with a ring-shaped



cutter. Coat each ball with marzipan.

Chop the peanuts with a knife and put them on a plate. Melt $\frac{2}{3}$ of the dark chocolate over steam with the cocoa powder. After the chocolate has melted and the cocoa powder is lump-free, remove it from the stove and add the remaining dark chocolate. When the chocolate has melted, stir in the licorice powder. Dip in the balls one by one and cover them thoroughly in melted chocolate. Then put the balls in the fridge for half an hour.

Happy



RASPBERRY SNACK

Ingredients 12 pcs:

Base:

20 g Granola

1 tsp. Date mass

1 tsp. Dried raspberry

Top:

50 g dark chocolate

Dried raspberry



Preparation:

First, prepare the granola according to the instructions at the beginning of the book and set it aside to cool. After it has cooled, grind the granola. Add dried raspberries and a little date mass and mix.

Place fingernail-sized balls of this mass in the gold paper-basket. Spread the mass in the gold paper so it fills up about half of the mini gold paper-basket. Then melt $\frac{2}{3}$ of the dark chocolate over steam. After the chocolate has melted, take it off the stove and add the remaining dark chocolate.

Then pour it on the mass in the mini golden paper-basket up to the top. Sprinkle dried raspberries on top. Then put it in the fridge for a few minutes.





CHOCOLATE CUBE

Ingredients:

42X38 cm baking pan

Base:

200 g Granola

10 dkg Vegetable butter

4 tbsp. Date mass

Cream:

40 dkg Cashew nuts

800 ml Canned coconut milk

6-7 tbsp. Date mass (or 5 dkg powdered sugar)

8 tbsp. Melted coconut oil

5 tbsp. Cocoa powder

4 tbsp. Oatmeal flour

10 dkg Dark chocolate

Chocolate frosting:

25 dkg Dark chocolate 75%

400 ml Canned coconut milk

1-3 tbsp. Date mass

1 tbsp. Cocoa powder

Preparation:

Base: First prepare the granola according to the instructions at the beginning of the book and set it aside. When the granola has cooled,



grind it with a grinder. If you don't have one, you can also use a blender. That's what I normally use, since it works much faster. Put the ground cereal in a bowl, add the vegetable butter and the date mass. Mix together. When it has come together to a moldable consistency, put wax paper in a baking tray and press the mass evenly across it.

Cream: Soak the cashew nuts in hot water for about half an hour. After half an hour, drain the water from the cashew nuts. Then - with the exception of the dark chocolate - blend together all the ingredients until it has a creamy consistency. Cut the dark chocolate into small pieces with a knife and mix with the cream by hand. Put the resulting cream on the base and put it in the fridge until you make the top.

Chocolate frosting: Cut the chocolate into small pieces with a knife. Melt the chocolate pieces, cocoa powder and date mass in coconut milk. Max Mix at max. speed 6 until you get a creamy consistency. Pour this over the cream and put it back in the fridge. After the chocolate has solidified, cut it into cubes.



RASPBERRY – ORANGE CUBE

Ingredients:

42X38 cm baking dish

Base:

200 g Granola

100 g Vegetable butter

5 tbsp. Date mass

Cream:

1 l Non-dairy milk

3 pcs. Vanilla pudding powder

6–7 tbsp. Date mass

25 dkg Vegetable butter

3 tbsp. Erythritol

2 tbsp. Dried raspberries

Gelatin Top:

1 l 100% orange juice

4 heaped tbsp. starch

Decoration:

Dried raspberry



Preparation:

Base: First prepare the granola according to the instructions at the beginning of the book and set it aside. When the granola has cooled down, grind it with a grinder. If you don't have one, you can also use a blender. That's what I normally use, since it works much faster. Put the ground cereal in a bowl, add the vegetable butter and the date mass. Mix together. That's what

I normally use, since it works much faster. Put the ground cereal in a bowl, add the vegetable butter and the date mass. Mix together.

When it has come together to a moldable consistency, put wax paper in a baking pan and press the mass evenly across it.

Cream: Mix your choice of non-dairy milk and pudding powder until lump-free and cook it into a very thick pudding. When it has become thick enough, set it aside and let it cool. When the pudding has cooled, prepare the other half of the cream. Put the vegetable butter and sugar in a bowl and beat it with a whisk until you get a “whipped cream”. When you have obtained the whipped texture of the sugar and butter, add the cooled pudding and the dried raspberries while stirring continuously. Put the resulting cream on the cereal base and put it in the fridge for 30-40 minutes.

Gelatin top: Mix the starch and orange juice without lumps with a whisk and bring to a boil. When it starts to thicken, take it off the stove and pour it over the cream. Spread the gelatin evenly on top of the cream. Then sprinkle with dried raspberries and put in the fridge. The gelatin hardens in 20-30 minutes and can be sliced and served to the guests.



ALL ABOUT MUESLI

INGREDIENTS



OATS

Oats are a whole grain that is packed with nutrients and tastes good too. It has been used for centuries as part of delicious and healthy breakfasts. It is full of protein, full of minerals and vitamins such as folic acid, vitamin E and thiamin. Therefore, oatmeal strengthens the immune system, has a beneficial effect on the regulation of blood pressure, blood sugar and cholesterol, and supports healthy digestion. Based on studies and research, fiber regulates the circulation of estrogen in the body of women, thus reducing the development of cancer.

LINSEED

The three main components of flaxseed are omega 3 fatty acids, fiber and lignans. Healthy fat and fiber reduce appetite and provide a feeling of fullness and energy for a longer period of time. Flaxseed is also rich in B vitamins, potassium, magnesium and zinc. Thanks to these, it helps to avoid heart diseases, relieves the symptoms of menopause, lowers harmful cholesterol levels, and reduces the risk of cancer. It helps healthy digestion and therefore promotes weight loss, detoxification, and stabilizes blood sugar levels.



SESAME

Sesame seeds have been known to mankind for 3,600 years. It was already popularly used as a medicine in the Egyptian era. In Roman times, soldiers consumed the mixture because it provided them with strength and energy. Sesame seeds are rich in unsaturated fatty acids, vitamins A, B1, B2, and E. It is especially rich in calcium, but it is also an abundant source of other minerals, such as potassium, phosphorus, magnesium, and iron. Its consumption is particularly beneficial for those with high cholesterol levels, it is heart and blood vessel protective food, as it has a cholesterol-lowering effect and helps prevent atherosclerosis.

ALL ABOUT MUESLI

INGREDIENTS



SUNFLOWER SEEDS

Sunflower seeds are full of vitamins E, B1, B2, minerals, trace elements, phosphorus, potassium and copper. Rich in folic acid, the seed is a very valuable source of nutrients for the female body. It strengthens the immune system and reduces the development of diseases associated with cell damage. It also helps protect against heart disease and cancer. It has a very good effect in normalizing cholesterol and blood pressure.

BUCKWHEAT

Buckwheat contains many nutrients, such as high-quality proteins. It helps regulate blood sugar, lowers blood pressure, prevents varicose veins, regulates cholesterol and protects the liver.

Since buckwheat is antiallergenic, it can not only be eaten or drunk, but can also be used in many other areas. For example, we can fill our pillow with it..



ALMOND

Almonds are full of valuable proteins, vitamins E and B, magnesium, calcium, potassium, phosphorus, iron and are also rich in healthy fats. It also contains fiber, essential amino acids and copper. It reduces harmful cholesterol levels, stimulates blood circulation, oxygen and the flow of nutrients. It helps maintain blood sugar levels, blood pressure and reduces the risk of heart attack. Stimulates attention and keeps memory functioning. In short, almonds can help with many diseases, from stress to cancer, from hair to bone problems.



Glossary

Abbreviations:

T: tablespoon

tbsp: tablespoon

tsp: teaspoon

csp: coffee spoon



Hello!



"You make your friends' everyday life sweeter!" – this is what one of my friends said the other day.

There are no more vegans around me. I am the only vegan in my family and in my group of friends. That's why it brings me great joy when I see that my family and friends are enthusiastically enjoying my creations.

With these recipes, I want to show others that vegan desserts can be special and delicious.

Who do I recommend my recipe book to?

For everyone who likes cereal and sweet snacks, no matter their eating habits.

I wish you a good tasting!

Anya

