



6 Ingredient Sweets & Snacks

25 Healthy Vegan Recipes, No Baking Necessary

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Hi, I'm Sara! I blog at Beaming Banana, where I show you how to live your happiest, healthiest vegan life. Choosing a vegan lifestyle was the best decision I have EVER made, and it's not only the most optimal for our own health, but also for the animals and our planet.

My goal with this little eBook is to give you some of the EASIEST but still oh so tasty recipes for sweet snacking, and to show you that healthy eating is the opposite of complicated! You'll find bars, cookies, and homemade nut butters, and each of the recipes requires no baking at all. Simply mix up some healthy ingredients (6 or less!), chill, and enjoy. All the recipes are totally vegan, gluten free, and naturally sweet.

Let's get to snacking!

- Sara

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Recipe Notes

Ingredients

- Oats: I always use old fashioned, whole grain rolled oats. Oats by nature are gluten free, but are often produced in facilities where wheat products are also produced. So, if you're celiac or avoiding gluten, you can purchase certified gluten free oats in most major grocery stores.
- Dates: I always use medjool dates, which are larger, softer, and more moist and juicy than most other date varieties. You can definitely use a different type of date, but you may need more/fewer depending on the size and moisture. Make sure you take the pits out if they haven't already been removed!
- Chocolate chips: I always use 100% unsweetened chocolate chips, but there are tons of vegan chocolate options now, so go with whatever brand and sweetness you like.
- Liquid stevia drops: this is sold in most major grocery stores, and is a natural, plant-based and calorie-free way to sweeten recipes. I only use a couple of drops for nut butters – you don't need much, a little goes a long way!
- Gingerbread spice: I simply mix 2 tsp pumpkin pie spice + 1 tsp ground ginger to get 1 tbsp of gingerbread spice that I use in the bars and cookies.

Things to keep in mind:

- Nut butters: the time the nut butters will take to get totally smooth and creamy will depend on the power of your food processor. Some nuts take much longer (pumpkin seeds, hazelnuts, and almonds) and others are fairly quick (peanuts and cashews). Just keep on stopping periodically to scrape down the sides of the food processor and be patient! It'll eventually come together with a powerful food processor.
- Bars: if the mixture seems too wet and sticky, add more oats, and if it seems too dry and crumbly, add more dates. These recipes are pretty forgiving, so you may need to add a little more or less of some ingredients to get the texture just right.
- Cookies: if the mixture seems too wet and sticky, add more oats, if it seems too dry and crumbly, add more dates. The cookies in this ebook are meant to be breakfast/snacking cookies, as their texture is quite dense, chewy, and satisfying. Don't expect a light, chewy, cookie! These are meant to be something to grab and go and keep you fueled for the day. So really, they're like a no bake energy ball, just shaped into cute cookie form!
- Measurements: c = cup

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Almond Butter



Ingredients

Makes 2 cups

1. 3 c raw almonds

Instructions

1. Put the almonds in the food processor and blend, stopping to scrape down the sides with a spatula as necessary.
2. Continue blending until the texture is totally smooth and creamy, which will take about 35 minutes.
3. Store in the refrigerator.

Cashew Butter



Ingredients

Makes 2 cups

1. 3 c raw cashews

Instructions

1. Put the cashews in the food processor and blend, stopping to scrape down the sides with a spatula as necessary.
2. Continue blending until the texture is totally smooth and creamy, which will take about 25 minutes.
3. Store in the refrigerator.

Peanut Butter



Ingredients

Makes 2 cups

1. 3 c raw peanuts

Instructions

1. Put the peanuts in the food processor and blend, stopping to scrape down the sides with a spatula as necessary.
2. Continue blending until the texture is totally smooth and creamy, which will take about 8 minutes.
3. Store in the refrigerator.

Cake Batter Cashew Butter



Ingredients

Makes 2 cups

1. 1 batch cashew butter – page 6
2. 1 tsp almond extract
3. 2 tsp vanilla extract
4. Liquid stevia drops, to your taste

Instructions

1. Make the cashew butter, then add the almond extract, vanilla extract, and liquid stevia drops to the food processor.
2. Blend until totally smooth and creamy.
3. Store in the refrigerator.

Chocolate Almond Butter



Ingredients

Makes 2 cups

1. 1 batch almond butter – page 5
2. 2 tbsp cacao powder
3. Liquid stevia drops, to your taste

Instructions

1. Make the almond butter, then add the cacao powder and liquid stevia drops to the food processor.
2. Blend until totally smooth and creamy.
3. Store in the refrigerator.

Chocolate Hazelnut Butter



Ingredients

Makes 2 cups

1. 3 c raw hazelnuts
2. 2 tbsp cacao powder
3. Liquid stevia drops, to your taste

Instructions

1. Put the hazelnuts in the food processor and blend, stopping to scrape down the sides with a spatula as necessary.
2. Continue blending until the texture is totally smooth and creamy, which will take about 40 minutes.
3. Add the cacao powder and liquid stevia drops to the food processor.
4. Blend until totally smooth and creamy.
5. Store in the refrigerator.

Cinnamon Vanilla Peanut Butter



Ingredients

Makes 2 cups

1. 1 batch peanut butter – page 7
2. 1 tbsp cinnamon
3. 2 tsp vanilla extract
4. Liquid stevia drops, to your taste

Instructions

1. Make the peanut butter, then add the cinnamon, vanilla extract, and liquid stevia drops to the food processor.
2. Blend until totally smooth and creamy.
3. Store in the refrigerator.

Pumpkin Spice Seed Butter



Ingredients

Makes 2 cups

1. 3 c raw pumpkin seeds
2. 1 tbsp pumpkin pie spice
3. Liquid stevia drops, to your taste

Instructions

1. Put the pumpkin seeds in the food processor and blend, stopping to scrape down the sides with a spatula as necessary.
2. Continue blending until totally smooth and creamy, this will take about 45 minutes.
3. Add the pumpkin pie spice and liquid stevia drops to the food processor.
4. Blend until totally smooth and creamy.
5. Store in the refrigerator.

Toasted Coconut Almond Butter



Ingredients

Makes 2 cups

1. 1 batch almond butter – page 5
2. 1/2 c shredded, unsweetened coconut
3. Liquid stevia drops, to your taste

Instructions

1. To toast the coconut, spread it on a baking sheet and toast at 350 degrees for about 5-7 minutes, or until golden and fragrant. Watch it closely, it can burn very quickly!
2. Make the almond butter, then add the toasted coconut, and liquid stevia drops to the food processor.
3. Blend until totally smooth and creamy.
4. Store in the refrigerator.

Chocolate Chip Bars



Ingredients

Makes 8 bars

1. 2 c rolled oats
2. 2 tbsp ground flaxseed
3. 15 medjool dates
4. 1/4 c almond butter
5. 1/2 c dark chocolate chips

Instructions

1. In a large bowl, mix the oats and flaxseed.
2. Blend the dates with 1 c hot water, then measure out 1 c of the date paste to add to the bowl.
3. Add the almond butter and mix.
4. Add the chocolate chips and mix.
5. Press the mixture evenly into a square pan, and refrigerate overnight.
6. Cut into 8 bars, store leftovers in the refrigerator.

Cinnamon Bun Bars

Ingredients

Makes 8 bars

1. 2 c rolled oats
2. 2 tbsp ground flaxseed
3. 1 tbsp cinnamon
4. 15 medjool dates
5. ¼ c almond butter

Instructions

1. In a large bowl, mix the oats, flaxseed, and cinnamon.
2. Blend the dates with 1 c hot water, then measure out 1 c of the date paste to add to the bowl.
3. Add the almond butter and mix.
4. Press the mixture evenly into a square pan, and refrigerate overnight.
5. Cut into 8 bars, store leftovers in the refrigerator.

Chocolate Chip Brownie Bars



Ingredients

Makes 8 bars

1. 2 c rolled oats
2. 2 tbsp ground flaxseed
3. 2 tbsp cacao powder
4. 15 medjool dates
5. ¼ c almond butter
6. ½ c dark chocolate chips

Instructions

1. In a large bowl, mix the oats, flaxseed, and cacao powder.
2. Blend the dates with 1 c hot water, then measure out 1 c of the date paste to add to the bowl.
3. Add the almond butter and mix.
4. Add the chocolate chips and mix.
5. Press the mixture evenly into a square pan, and refrigerate overnight.
6. Cut into 8 bars, store leftovers in the refrigerator.

Gingerbread Bars

Ingredients

Makes 8 bars

1. 2 c rolled oats
2. 2 tbsp ground flaxseed
3. 1 tbsp gingerbread spice
4. 15 medjool dates
5. 1 tbsp molasses
6. 1/4 c almond butter

Instructions

1. In a large bowl, mix the oats, flaxseed, and gingerbread spice.
2. Blend the dates with 1 c hot water, then measure out 1 c of the date paste to add to the bowl.
3. Add the molasses and almond butter, and mix.
4. Press the mixture evenly into a square pan, and refrigerate overnight.
5. Cut into 8 bars, store leftovers in the refrigerator.

Peanut Butter Bars

Ingredients

Makes 8 bars

1. 2 c rolled oats
2. 2 tbsp ground flaxseed
3. 15 medjool dates
4. 1/4 c peanut butter

Instructions

1. In a large bowl, mix the oats and flaxseed.
2. Blend the dates with 1 c hot water, then measure out 1 c of the date paste to add to the bowl.
3. Add the peanut butter and mix.
4. Press the mixture evenly into a square pan, and refrigerate overnight.
5. Cut into 8 bars, store leftovers in the refrigerator.

Protein Power Bars



Ingredients

Makes 8 bars

1. 2 c rolled oats
2. 2 tbsp ground flaxseed
3. 1/2 c vegan protein powder
4. 15 medjool dates
5. 1/4 c almond butter

Instructions

1. In a large bowl, mix the oats, flaxseed, and protein powder.
2. Blend the dates with 1 c hot water, then measure out 1 c of the date paste to add to the bowl.
3. Add the almond butter and mix.
4. Press the mixture evenly into a square pan, and refrigerate overnight.
5. Cut into 8 bars, store leftovers in the refrigerator.

Pumpkin Spice Bars



Ingredients

Makes 8 bars

1. 2 c rolled oats
2. 2 tbsp ground flaxseed
3. 1 tbsp pumpkin pie spice
4. 15 medjool dates
5. ¼ c pumpkin seed butter

Instructions

1. In a large bowl, mix the oats, flaxseed, and pumpkin pie spice.
2. Blend the dates with 1 c hot water, then measure out 1 c of the date paste to add to the bowl.
3. Add the pumpkin seed butter and mix.
4. Press the mixture evenly into a square pan, and refrigerate overnight.
5. Cut into 8 bars, store leftovers in the refrigerator.

Trail Mix Bars



Ingredients

Makes 8 bars

1. 2 c rolled oats
2. 2 tbsp ground flaxseed
3. 15 medjool dates
4. 1/4 c peanut butter
5. 1 c mix ins of your choice - nuts, raisins, chocolate chips, shredded coconut

Instructions

1. In a large bowl, mix the oats and flaxseed.
2. Blend the dates with 1 c hot water, then measure out 1 c of the date paste to add to the bowl.
3. Add the peanut butter and mix.
4. Add your desired mix ins, and stir to combine.
5. Press the mixture evenly into a square pan, and refrigerate overnight.
6. Cut into 8 bars, store leftovers in the refrigerator.

Banana Chocolate Chip Cookies



Ingredients

Makes 6 cookies

1. 1 1/2 c rolled oats
2. 2 ripe bananas
3. 1/4 c dark chocolate chips

Instructions

1. Add the oats and bananas to the food processor, and blend until totally combined.
2. If the mixture seems too wet to shape into cookies, add more oats and blend again. If it seems too dry and crumbly, add more banana and blend again until it comes together.
3. Shape the dough into 6 cookies and top with chocolate chips.
4. Store in the refrigerator.

Birthday Cake Cookies



Ingredients

Makes 6 cookies

1. 1 1/2 c rolled oats
2. 10 medjool dates
3. 1 tsp almond extract
4. 2 tsp vanilla extract
5. Optional: vegan sprinkles (these are solely for aesthetics, I never use them when I actually make these to eat!)

Instructions

1. Add the oats, dates, almond extract, and vanilla extract to the food processor and blend until totally combined.
2. If the mixture seems too wet to shape into cookies, add more oats and blend again. If it seems too dry and crumbly, add more dates and blend again until it comes together.
3. Shape the dough into 6 cookies and top with sprinkles.
4. Store in the refrigerator.

Chocolate Chip Cookies



Ingredients

Makes 6 cookies

1. 1 1/2 c rolled oats
2. 10 medjool dates
3. 2 tsp vanilla extract
4. 1/4 c dark chocolate chips

Instructions

1. Add the oats, dates, and vanilla extract to the food processor and blend until totally combined.
2. If the mixture seems too wet to shape into cookies, add more oats and blend again. If it seems too dry and crumbly, add more dates and blend again until it comes together.
3. Shape the dough into 6 cookies and top with chocolate chips.
4. Store in the refrigerator.

Double Chocolate Cookies



Ingredients

Makes 6 cookies

1. 1 1/2 c rolled oats
2. 1/4 c cacao powder
3. 10 medjool dates
4. 1/4 c dark chocolate chips

Instructions

1. Add the oats, cacao powder, and dates to the food processor and blend until totally combined.
2. If the mixture seems too wet to shape into cookies, add more oats and blend again. If it seems too dry and crumbly, add more dates and blend again until it comes together.
3. Shape the dough into 6 cookies and top with chocolate chips.
4. Store in the refrigerator.

Gingerbread Cookies



Ingredients

Makes 6 cookies

1. 1 1/2 c rolled oats
2. 10 medjool dates
3. 2 tbsp molasses
4. 1 tbsp gingerbread spice

Instructions

1. Add the oats, dates, molasses, and gingerbread spice to the food processor and blend until totally combined.
2. If the mixture seems too wet to shape into cookies, add more oats and blend again. If it seems too dry and crumbly, add more dates and blend again until it comes together.
3. Shape the dough into 6 cookies.
4. Store in the refrigerator.

Peanut Butter Cookies



Ingredients

Makes 6 cookies

1. 1 1/2 c rolled oats
2. 10 medjool dates
3. 1/2 c peanut butter

Instructions

1. Add the oats, dates, and peanut butter to the food processor and blend until totally combined.
2. Depending on the peanut butter you use, you may need to add more dates to get the mixture to come together so it isn't too crumbly.
3. Shape the dough into 6 cookies.
4. Store in the refrigerator.

Pumpkin Spice Cookies



Ingredients

Makes 6 cookies

1. 1 1/2 c rolled oats
2. 10 medjool dates
3. 1/4 c pumpkin puree
4. 1 tbsp pumpkin pie spice

Instructions

1. Add the oats, dates, pumpkin puree, and pumpkin pie spice to the food processor and blend until totally combined.
2. If the mixture seems too wet to shape into cookies, add more oats and blend again. If it seems too dry and crumbly, add more dates and blend again until it comes together.
3. Shape the dough into 6 cookies.
4. Store in the refrigerator.

Snickerdoodle Cookies



Ingredients

Makes 6 cookies

1. 1 1/2 c rolled oats
2. 10 medjool dates
3. 1 tbsp cinnamon
4. Cinnamon + stevia mixture, about 1 tbsp each

Instructions

1. Add the oats, dates, and cinnamon to the food processor and blend until totally combined.
2. If the mixture seems too wet to shape into cookies, add more oats and blend again. If it seems too dry and crumbly, add more dates and blend again until it comes together.
3. Shape the dough into 6 cookies, and roll each in the cinnamon and stevia mixture.
4. Store in the refrigerator.



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