

best vegan chocolate truffles

best vegan chocolate truffles are a delightful treat that combines rich, creamy textures with the wholesome benefits of plant-based ingredients. As more consumers adopt vegan lifestyles or seek dairy-free dessert options, the popularity of vegan chocolate truffles continues to rise. These decadent confections offer an indulgent experience without the use of animal products, appealing to both vegans and those with lactose intolerance. This article explores what makes the best vegan chocolate truffles stand out, including key ingredients, flavor variations, and tips for selecting or making high-quality options. Whether for gifting, special occasions, or everyday enjoyment, understanding the nuances of vegan truffles ensures the best taste and texture. Below is a detailed guide to the best vegan chocolate truffles and how to appreciate their unique qualities.

- Understanding Vegan Chocolate Truffles
- Key Ingredients in the Best Vegan Chocolate Truffles
- Top Flavor Variations of Vegan Chocolate Truffles
- How to Choose High-Quality Vegan Chocolate Truffles
- Homemade Vegan Chocolate Truffle Recipes
- Storing and Serving Vegan Chocolate Truffles

Understanding Vegan Chocolate Truffles

Vegan chocolate truffles are a plant-based version of the classic chocolate confection, traditionally made with cream, butter, and chocolate. In vegan variants, dairy ingredients are replaced with alternatives such as coconut cream, nut butters, or plant-based milk to achieve a smooth, creamy texture. These truffles maintain the rich, indulgent flavor expected from chocolate desserts while aligning with vegan dietary principles. The best vegan chocolate truffles balance taste, texture, and ethical considerations, offering a satisfying experience without compromising on quality.

What Defines a Vegan Chocolate Truffle?

A vegan chocolate truffle is defined by the absence of animal-derived ingredients. This means no dairy cream, milk, butter, or animal-based additives. Instead, they incorporate plant-based fats and liquids to mimic the traditional creamy consistency. The chocolate used is also free of milk solids, often labeled as vegan or dairy-free chocolate. Additionally, some vegan truffles avoid refined sugars in favor of natural sweeteners, enhancing their appeal to health-conscious consumers.

Health and Ethical Benefits

Choosing the best vegan chocolate truffles offers both health and ethical benefits. Vegan truffles often contain fewer saturated fats and no cholesterol, making them a heart-friendly alternative. Ethically, they support animal welfare and environmental sustainability by avoiding dairy farming practices. Furthermore, many vegan chocolate truffle brands prioritize organic and fair-trade ingredients, contributing to social responsibility and higher quality products.

Key Ingredients in the Best Vegan Chocolate Truffles

The quality of vegan chocolate truffles largely depends on the ingredients used. Selecting premium, natural components ensures rich flavor and desirable texture. Understanding the essential ingredients helps in identifying or creating superior vegan truffles.

Plant-Based Creams and Fats

Replacing dairy cream is critical for vegan truffles. Common alternatives include coconut cream, cashew cream, and almond milk, which provide the necessary fat content for smoothness. Coconut cream is favored for its richness and ability to set well, while nut-based creams add subtle nutty undertones. Some recipes also incorporate coconut oil or vegan butter substitutes to enhance texture and mouthfeel.

Vegan Chocolate

The chocolate used must be free from milk derivatives. Dark chocolate with a cocoa content of 70% or higher is often naturally vegan, but some brands explicitly label their products as vegan to guarantee no cross-contamination. High-quality vegan chocolate contributes to the intense cocoa flavor essential for truffles.

Natural Sweeteners and Flavor Enhancers

Sweeteners such as organic cane sugar, maple syrup, agave nectar, or coconut sugar are commonly used. These alternatives provide sweetness without refined sugar's negative health impacts. Additional flavor enhancers like vanilla extract, sea salt, or spices such as cinnamon and chili powder can elevate the taste profile.

Coatings and Garnishes

To finish vegan chocolate truffles, coatings are applied for texture and visual appeal. Common options include cocoa powder, crushed nuts, shredded coconut, or powdered sugar substitutes. These toppings add variety and can complement the inner flavors of the truffle.

Top Flavor Variations of Vegan Chocolate Truffles

Vegan chocolate truffles come in numerous flavor profiles that cater to diverse palates. Creative combinations of ingredients allow for innovative and classic tastes alike.

Classic Dark Chocolate

This variation relies on the pure, robust flavor of dark vegan chocolate paired with coconut or nut cream for a simple yet luxurious experience. The focus is on the quality of chocolate and smooth texture.

Fruit-Infused Truffles

Adding fruit purees or zest creates fresh, vibrant flavors. Raspberry, orange, and cherry are popular choices that introduce a balance of tartness and sweetness. These truffles often feature a slightly softer center and are coated with complementary toppings such as freeze-dried fruit powder.

Nutty and Spiced Varieties

Incorporating nuts like hazelnuts, almonds, or pistachios adds crunch and richness. Spices such as cinnamon, cardamom, or chili pepper provide warmth and complexity. These flavors appeal to those seeking more adventurous or seasonal taste options.

Salted Caramel and Coffee Flavors

Salted caramel vegan truffles use coconut sugar caramelized to achieve a deep, buttery flavor without dairy. Coffee-infused truffles introduce an aromatic bitterness that pairs well with dark chocolate, creating a sophisticated flavor combination.

How to Choose High-Quality Vegan Chocolate Truffles

Selecting the best vegan chocolate truffles requires attention to ingredient quality, brand reputation, and taste preferences. Several factors help consumers make informed choices.

Ingredient Transparency

High-quality vegan truffle brands provide clear ingredient lists, emphasizing organic, non-GMO, and fair-trade components. Avoiding artificial flavors, preservatives, and additives ensures a cleaner product.

Texture and Freshness

The ideal vegan chocolate truffle has a smooth, creamy center with a firm yet tender outer shell. Freshness is crucial, as truffles can dry out or develop off-flavors over time. Checking production and expiration dates helps maintain quality.

Flavor Authenticity

Authentic chocolate flavor without excessive sweetness or artificial notes indicates a superior product. Sampling or reading reviews can provide insight into the truffle's true taste and satisfaction level.

Packaging and Storage Considerations

Proper packaging preserves flavor and prevents melting or spoilage. Look for airtight containers and temperature-stable packaging to ensure longevity, especially when shipping or gifting.

Homemade Vegan Chocolate Truffle Recipes

Making vegan chocolate truffles at home allows control over ingredients and customization of flavors. Basic recipes use simple, accessible components to create delicious confections.

Basic Vegan Chocolate Truffle Recipe

This straightforward recipe requires vegan dark chocolate, coconut cream, and a sweetener. The process involves melting chocolate, mixing with warmed coconut cream, chilling the mixture, and forming into balls coated with cocoa powder or nuts.

Variations to Try

- Adding espresso powder for mocha-flavored truffles
- Incorporating orange zest and a splash of orange liqueur
- Rolling truffles in crushed pistachios or toasted coconut flakes
- Using almond butter or cashew butter for nuttier centers

Tips for Perfect Vegan Truffles

Ensuring the chocolate is finely chopped helps achieve a smooth melt. Chilling the mixture adequately before shaping prevents stickiness. Using a melon baller or small scoop creates uniform

truffles. Storing in the refrigerator maintains texture and freshness.

Storing and Serving Vegan Chocolate Truffles

Proper storage and serving techniques preserve the quality and enhance the enjoyment of vegan chocolate truffles.

Storage Recommendations

Vegan truffles should be stored in an airtight container to prevent moisture absorption and odor contamination. Refrigeration is advised, especially in warm climates, to maintain firmness. For extended storage, freezing is possible, but thawing should be done gradually to avoid condensation.

Serving Suggestions

Allow chilled truffles to sit at room temperature for a few minutes before serving to soften slightly and release flavors. Presenting them on a decorative plate with complementary garnishes like fresh berries or mint leaves enhances the visual appeal. Pairing with plant-based milk, coffee, or wine can elevate the tasting experience.

Frequently Asked Questions

What are the best vegan chocolate truffles available in 2024?

Some of the best vegan chocolate truffles in 2024 include brands like Hu Kitchen, No Whey Foods, and Endangered Species Vegan Truffles, known for their rich taste and use of natural, plant-based ingredients.

How can I make vegan chocolate truffles at home?

To make vegan chocolate truffles at home, melt vegan dark chocolate, mix with coconut cream or another plant-based cream, chill the mixture until firm, then shape into balls and coat with cocoa powder, nuts, or shredded coconut.

Are vegan chocolate truffles healthier than traditional ones?

Vegan chocolate truffles often contain fewer artificial ingredients and no dairy, making them potentially healthier for those with lactose intolerance or dairy allergies, but their healthiness depends on the specific recipe and ingredients used.

What ingredients should I look for in high-quality vegan

chocolate truffles?

Look for high-quality vegan chocolate truffles made with organic cocoa, natural sweeteners like maple syrup or coconut sugar, coconut cream or other plant-based creams, and no artificial additives or preservatives.

Can vegan chocolate truffles be gluten-free?

Yes, many vegan chocolate truffles are naturally gluten-free, especially those made with simple ingredients like cocoa, coconut cream, and natural sweeteners, but always check the label to ensure no gluten-containing ingredients are added.

What is the best way to store vegan chocolate truffles?

Store vegan chocolate truffles in an airtight container in the refrigerator to keep them fresh for up to two weeks. For longer storage, you can freeze them for up to three months.

Are there any popular vegan chocolate truffles for gifting?

Yes, popular vegan chocolate truffle brands for gifting include Hu Kitchen's Vegan Truffle Bars, No Whey Foods Vegan Truffle Collections, and Lily's Sweets Vegan Truffles, all offering beautifully packaged and delicious options.

Do vegan chocolate truffles contain any allergens I should be aware of?

Some vegan chocolate truffles may contain nuts, soy, or coconut, which are common allergens. Always check the ingredient list if you have specific allergies.

How do vegan chocolate truffles compare in taste to traditional truffles?

Many people find vegan chocolate truffles just as rich and satisfying as traditional truffles, with a creamy texture and deep chocolate flavor, thanks to high-quality plant-based ingredients and careful preparation.

Where can I buy the best vegan chocolate truffles online?

You can buy top-rated vegan chocolate truffles on websites like Amazon, Thrive Market, and directly from brand websites such as Hu Kitchen, Endangered Species Chocolate, and No Whey Foods.

Additional Resources

1. The Ultimate Vegan Chocolate Truffle Cookbook

This book offers a comprehensive guide to creating rich, creamy vegan chocolate truffles using plant-based ingredients. With step-by-step instructions and beautiful photography, it makes crafting decadent treats accessible to both beginners and experienced cooks. You'll find recipes featuring a

variety of flavors, from classic dark chocolate to exotic spices and nuts.

2. Decadent Vegan Truffles: Chocolate Delights for Every Occasion

Explore a collection of indulgent vegan truffle recipes perfect for holidays, parties, or everyday treats. This book focuses on innovative flavor combinations and natural sweeteners to create guilt-free, luscious chocolates. It also includes tips on ingredient substitutions and presentation ideas.

3. Raw Vegan Chocolate Truffles: Healthy and Delicious Recipes

Specializing in raw, unprocessed ingredients, this cookbook highlights nutritious and tasty vegan chocolate truffles. The recipes emphasize superfoods like cacao nibs, coconut oil, and dates, ensuring both flavor and health benefits. It's ideal for those seeking guiltless indulgence without compromising on taste.

4. Vegan Chocolate Truffles Made Easy

Designed for quick and simple preparation, this book delivers straightforward vegan chocolate truffle recipes requiring minimal ingredients and equipment. Perfect for busy bakers, it covers classic and inventive flavors that can be whipped up in under 30 minutes. The author also shares tips on storing and gifting homemade truffles.

5. Artisan Vegan Truffles: Gourmet Chocolate Creations

This book takes vegan chocolate truffles to the next level with gourmet recipes inspired by artisanal chocolatiers. It includes advanced techniques for tempering chocolate, creating ganaches, and crafting unique fillings. Beautifully illustrated, it's a great resource for serious home chefs looking to impress.

6. Gluten-Free Vegan Chocolate Truffles

Focusing on gluten-free ingredients, this cookbook ensures that those with dietary restrictions can enjoy delicious vegan chocolate truffles safely. It offers a variety of recipes that cater to different tastes and textures, from smooth and creamy to crunchy and nutty. The book also provides nutritional information and allergen tips.

7. Vegan Chocolate Truffle Recipes for Beginners

Perfect for those new to vegan baking, this book breaks down the basics of making chocolate truffles without animal products. It includes easy-to-follow recipes with simple ingredients, helpful troubleshooting advice, and explanations of vegan substitutes. The approachable style encourages confidence in the kitchen.

8. Exotic Vegan Chocolate Truffles: Global Flavors and Inspirations

Discover vegan chocolate truffles infused with flavors from around the world, including matcha, chili, cardamom, and tropical fruits. This cookbook celebrates cultural diversity and creativity in chocolate making. Each recipe is paired with stories and tips that enhance the tasting experience.

9. The Science of Vegan Chocolate Truffles

Delve into the science behind crafting perfect vegan chocolate truffles with this informative guide. It explains the chemistry of plant-based ingredients, how to achieve ideal textures, and the role of temperature and timing. Ideal for readers who want to understand the "why" behind every recipe for consistently excellent results.

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best vegan chocolate truffles: 100 Best Vegan Recipes Robin Robertson, 2016-03-08 The quintessential collection of plant-based deliciousness from “an acclaimed authority on vegan cooking” (Publishers Weekly). This enticing collection of 100 recipes will inspire any cook, vegan or not, with recipes such as Asparagus Edamame Bisque, Bahn Mi Tostadas, Provencal Burgers, Country-Fried Tofu with Golden Gravy, and Crazy for Carrot Cake. With complete information on the vegan kitchen and pantry, vegan proteins, and vegan baking, this indispensable kitchen companion makes anyone into a successful cook. 100 Best Vegan Recipes has creative, meat-free, dairy-free ideas for: snacks and appetizers soups and stews lunches and brunches pasta, beans and grains sides desserts Includes photos

best vegan chocolate truffles: Raw Vegan Chocolate Recipes for Chocolate Lovers Alissa Law, 2020-05-19 Preparing simple raw vegan recipes can be surprisingly pleasurable. There are hundreds of simple recipes and the list of raw vegan ingredients to choose from is amazing. A full wholesome meal of entrees, soups, salads, desserts, smoothies and drinks can be created using simple raw vegan recipes. It will taste fantastic and give your health a massive boost. All the goodness and nutrients naturally present in food are found in Raw Vegan recipes. Cooking above 130 degrees damages or destroys the vitamins and nutrients, which are required by the body. It's like eating empty foods, or empty calories, that just fill you up temporarily. Your skin will feel and looks cleaner and the need for moisturizer becomes a lot less. The natural health from the raw food transfers to your body and skin. Your hair will also benefit and look a lot more naturally shiny & healthy. Imagine watering a plant. Give it fresh water with nutrients each day and the leaves will shine and the flowers will blossom. You give it soapy dishwater to drink instead and it will soon appear unhealthy. The Raw food diet has helped many people find health when nothing else did. It can give healthy levels of blood cholesterol and blood sugar levels, pain-free joints, a permanent boost to your immune system, amazingly restful sleep and unbelievable energy. Replacing fatty and dairy products from recipes is perhaps the first step towards healthier eating. Your body requires perhaps 4 times less energy to digest raw food over processed food, and the supplementary energy is freed up to make you feel a lot more alive. Cellulite disappears, weight is lost, headaches disappear. Most diets have short term benefits, at best, but don't address the problem long term. Diets make you less healthy since the weight loss that occurs on these diets is caused by bodily distress, not healthy living. The protein derived from animal sources is very acidic to the human body and it causes acids to rise in the blood stream. It's been shown over and over again that excess proteins and acids stress kidneys, too. High protein and fat consumption can contribute to cancer, heart disease, arthritis, kidney and liver problems, and osteoporosis. Discover some great simple raw vegan chocolate recipes for chocolate lovers in this amazing guide specially written for vegans and chocolate lovers.

best vegan chocolate truffles: Professor Chocolate Presents the Ultimate Guide to Finding Chocolate in New York City (Lower Manhattan and Brooklyn Edition) Rob Monahan, Neill Alleva, 2010-08-30 Professor Chocolate presents the official handbook for discovering New York City's best-kept chocolate secrets. It is designed for both the native and the visitor who wish to hunt for the ultimate chocolate experience. Inside you'll find over 40 chocolate shops profiled, mapped and organized into 11 distinct and digestible walking tours. The authors are elementary school teachers by day and chocolate-seeking aficionados by night and weekend. We simply love

chocolate, love finding it, and love sharing our research with anyone who is interested. We hope that you will have just as much fun exploring as we have had researching. Let the journey be the reward!

best vegan chocolate truffles: *The Little Vegan Cookbook* Editors of Fair Winds Press, 2016-06-15 The Little Vegan Cookbook compiles 500 cruelty-free recipes from several vegan titles for a cookbook that's filled with hearty entrees, indulgent desserts, and everything in between. Vegans and non-vegans alike can satisfy their every craving with this collection of 500 delicious and nutritious plant based, cruelty free recipes! The Little Vegan Cookbook has exhaustively compiled the best recipes -- entrees, sides, snacks, desserts -- from a myriad of other vegan cookbooks by a variety of authors. The result is the finest, highly curated collection of vegan dishes you could wish for. These recipes include hearty main dishes, fresh and light salads, wholesome soups and stews, and surprisingly decadent desserts and baked goods. Plus, this pocket-sized vegan kitchen companion fits on even the smallest of shelves, and easily comes with you should you need to cook somewhere other than your own kitchen. The Little Vegan Cookbook is sure to be a staple in your home for years to come!

best vegan chocolate truffles: *Vegan Chocolate* Fran Costigan, 2013-10-22 It can be difficult to find truly indulgent vegan desserts -- especially chocolate. But for the first time, chocolate cakes, brownies, truffles, puddings, ice creams, and more are within reach: dairy-free, organic, fair-trade, and sublime. Author, baking instructor, and vegan powerhouse Fran Costigan has dedicated years to satisfying her sweet tooth while keeping it vegan. Through experimentation and long hours in the kitchen, she's recreated some of her favorite chocolate desserts as better-for-you interpretations that pass the taste test: Bittersweet Chocolate Truffles (with a variety of flavor variations), a Brooklyn Blackout Layer Cake, a Sacher Torte, even chocolate Moon Pies! Her detailed instructions make for professional-quality outcomes every time: it's like a personal baking class, right in your kitchen. The perfect gift for anyone with a sweet tooth, *Vegan Chocolate* is sure to become an instant classic.

best vegan chocolate truffles: *Vegan Chocolate Treats* Emma Hollingsworth, 2023-03-02 After the success of *Vegan Treats*, Mrs Hollingsworth is back with even more deliciously indulgent recipes, all based around Emma's all-time favourite food - you guessed it, chocolate! All the recipes in this chocolatey sequel are dairy-free, gluten-free and free from refined sugar, and with plenty of nut-free and raw options, there's something to suit every diet. From Death by Chocolate Cupcakes and White Chocolate and Raspberry Blondies to Walnut Whips and Pistachio and Chocolate Fudge Flapjacks, along with Emma's simple chocolatey staples, all 100 recipes are in Emma's characteristic easy-to-follow style and made with minimal fuss and effort, using easy-to-find, natural ingredients. Whether you want to wow guests at a dinner party, make tasty treats for all the family or even just create healthier versions of your favourite confectionery, you'll be spoilt for choice with Mrs Hollingsworth's inspiration for every occasion. Emma's Instagram following has grown quickly since *Vegan Treats* and as well as selling desserts to local cafes and cakes to order, with fans including Rachel Stevens, Chessie King and Tiffany Watson, she now has postal service of some of her most popular items, widening her audience around the UK. With three small children around, Emma knows all too well how little time many have to bake, so this book is one for even the busiest of aspiring bakers.

best vegan chocolate truffles: *Vegan Desserts for Every Season* Alissa Law, 2020-05-17 Going vegan is a lifestyle choice that more and more people are making. Avoiding all ingredients that are produced from animals can be challenging, but there is beginning to be a shift in major grocers that is making it a bit easier. Vegan Meals are exciting. It's like looking at things in a whole new perspective thus promising you with newer gastronomic adventures. It provides you with high-protein viands such as tempeh loaf and altered but not a miss of the flavors you crave for. Unfortunately some people have this perception of Vegan cooking and baking as some grueling task. They think to create easy vegan desserts, you have to use a complete science kit, Bunsen burner included. That isn't true at all, especially not any more. Easy vegan desserts recipes can be found in this book. They don't take a lot of extra effort either put your science kits away. Vegan desserts can

be tricky but if you use simple ingredients paired with simple techniques like maceration, you can create stunning desserts that are easy to make. Veering away from dairy products should not limit your menu. Just because butter is omitted doesn't mean your recipe should not include mashed potatoes. Roast your favorite vegetables with dried herbs such as this season's favorite rosemary and sage. Drizzle them lovingly with good ol' olive oil or top it with a dollop of tofunnaisse. Mix and match the food. The viands will sure be savory so leave others such as your green beans simple in taste. This will even out the flavors in your palate. Try to have complicated and simple dishes so that you'll have more time to make desserts. The versatile soymilk can replace cream at any given recipe that calls for it. It will be as creamy and yummy. Let the sweet tooth take over with non-fat and non-dairy desserts. Go gaga over the pumpkin pies, apple pies or sweet potato pudding. Lessen your sugar by substituting half of what the recipe calls for with muscovado sugar or just altogether use muscovado if the color will not bother you or your eaters. Don't forget the cornbread muffins with specs of berries peeking through its golden skin. Vegan meals should not stop you from including other favorite foods. Take advantage of the season's produce and whip something that you already love. The fresher and crispier your vegetables are the closer you are to the spirit of festivities because it is after all a feast of earth's wonderful produce. Organic is best of course but if it is not available opt for freshly picked vegetables. Stay away from canned vegetables as much as possible. Canned vegetables are dead on color and nutrients. Enzymes are lost in the processing thus giving you bland and tasteless dead vegetable. It is really no excuse not to have a healthy feast because vegan and vegetarian recipes are abundantly available. What you will find difficult is choosing which ones to try first. So, take on the challenge. Impress your picky diners and be impressed with the variety of vegan dessert recipes. Fill up your plate; eat what you yearn for without the guilt. If you are interested in great Vegan Dessert recipes that are easy to make and quick to impress, then check this book out. Happy Reading.

best vegan chocolate truffles: *I Quit Sugar The Ultimate Chocolate Cookbook* Sarah Wilson, 2016-03-17 Quitting sugar, but still dreaming of a world filled with chocolate? Us too! You don't have to quit chocolate when you quit sugar. Ditch the guilt and sink your teeth into the ultimate 100 sugar-free* chocolate recipes. Because living sugar-free doesn't have to be tasteless or boring! This isn't our first chocolate cookbook. We have chocolate recipes coming out of our ears! But this is the first one that pulls all the best recipes into one single book. The "ultimate" chocolate cookbook, if you like. • 100 sugar-free recipes • Step-by-step instructions • Paleo, gluten-free, kid-friendly (nut-free) and vegan options • An entire lush sugar-free Easter chapter

best vegan chocolate truffles: *Mildreds Vegan* Dan Acevedo, Sarah Wasserman, Mildreds, 2018-02-08 'Only Lady Luck can get a table at Mildreds. It's one of London's coolest vegetarian restaurants.' - Time Out 'Who needs meat when you get this much flavour?' - Hardens Bursting with clever ideas for feasts with family and friends, as well as for delicious, simple everyday meals, Mildreds Vegan Cookbook brings you punchy flavours, satisfying dishes, a dash of urban cool and a refreshing take on the conventional stereotype of vegan food. There are plenty of dishes to wow a crowd, whether it's Walnut, Date & Cinnamon Rolls and Smoky Baked Beans on Grilled Sourdough for a brunch with friends; Memphis Bourbon Barbecue Skewers and Rainbow Root Slaw with Orange, Maple & Thyme Dressing for a summer barbecue; Chocolate Banana Cupcakes with Chocolate Fudge Icing for a children's party; or Butternut Squash & Tofu Terrine with Redcurrant Stuffing and an I-can't-believe-it's-vegan Espresso Crème Caramel for a celebration dinner. A vegan diet the Mildreds way will bring joy and surprise to your life, and ensure your taste buds are well and truly alive and kicking. Sit back and enjoy fantastic-tasting food for everyone and every occasion.

best vegan chocolate truffles: *Rebel Recipes* Niki Webster, 2019-12-26 Inspired by her travels around the globe, Niki Webster gathers some of her favourite recipes together into this rebellious new book. You won't find any limp lettuce or boring old-school vegan dishes here. Expect to find all kinds of awesomeness, such as mouth-watering spicy Indian crepes; baked aubergine with cashew cheese and pesto; sweet potato, cauliflower and peanut stew; and chocolate cherry espresso

pots. While a number of vegan and plant-based books focus on health, Rebel Recipes is unashamedly about taste; it's all about pleasure, vibrancy and flavour – food for the soul. Niki's delicious recipes are brought to life with photography from Kris Kirkham.

best vegan chocolate truffles: *But I Could Never Go Vegan!* Kristy Turner, 2014-12-02
“Nothing short of brilliant! This isn’t just a beautiful vegan cookbook; it’s a resource guide that will help you excuse-proof your diet.” —Angela Liddon, author of *The Oh She Glows Cookbook* Can’t imagine living without cheese? Convinced that dairy-free baked goods just don’t cut it? Hate the taste of tofu and not a fan of salads? EXCUSES, BE GONE! Blogger-author extraordinaire Kristy Turner deliciously refutes every excuse you’ve ever heard with 125 vegan recipes for every meal of the day—including dessert! “All those special ingredients are way more expensive.” Not when you can make your own Homemade Seitan, Barbecue Sauce, Zesty Ranch Dressing, and Tofu Sour Cream. “I could never give up cheese!” You won’t miss it at all with Tempeh Bacon Mac ‘n’ Cheese with Pecan Parmesan, Tofu Chèvre, Citrus-Herb Roasted Beets with Macadamia Ricotta, or Mushroom Cheddar Grilled Cheese Sandwiches. “What about brunch?” Chickpea Scramble Breakfast Tacos, Lemon Cornmeal Waffles with Blueberry Sauce, and Caramel Apple-Stuffed French Toast are vegan breakfasts of champions! “My friends won’t want to come over for dinner.” They will when they get a taste of Carrot Cashew Pâté, Portobello Carpaccio, and Gnocchi alla Vodka. “But I scream for ice cream!” Then you’ll shriek over Dark Chocolate Sorbet, Mango Lassi Ice Cream, and from-scratch Oatmeal Raisin Ice Cream Sandwiches. If you’re a vegan newbie, vegetarian, or veg-curious omnivore, this book will banish your doubts. Even vegan pros will discover new tricks! Colorful photographs throughout will have you salivating over Kristy’s inventive, easy-to-follow recipes. “Get ready for your taste buds to explode.” —Isa Chandra Moskowitz, author of *I Can Cook Vegan* “Charming.” —Washington Post “Beautiful and inspiring.” —Library Journal “Gift-worthy.” —Publishers Weekly

best vegan chocolate truffles: *The Holy Crap Cookbook* Corin Mullins, 2016-11-19 When Corin and Brian Mullins started their company, HapiFoods, in 2009 with just \$129, they had no idea that in less than a decade they would be shipping millions of bags of cereals around the world. They just wanted to make a nourishing product that would both taste good and be compatible with Brian's food allergies—and perhaps sell it locally for a bit of extra retirement income. After much experimentation, Corin came across the tiny black chia seed—a complete protein, rich in omega 3 fatty acids as well as minerals, antioxidants and fibre. Corin blended chia with nutrient-rich buckwheat and hulled hemp seeds and, inspired by an enthusiastic comment from one of their first customers, she and Brian decided to label their first creation Holy Crap, the World's Most Amazing Cereal. Thanks in part to an appearance on the hit CBC show *Dragons' Den*, their products gained the attention of Canadian consumers, many of whom became loyal customers. Starting with HapiFoods' cereals and adding other healthy ingredients, this inspirational cookbook emphasizes a plant-based, gluten-free diet and includes over 60 simple-to-prepare but simply awesome recipes that harness the power of superfoods. From protein-packed breakfast fare like refreshing smoothies and perfect pancakes, to satisfying savory dishes and decadent desserts that don't sacrifice nutrition for flavour, all the recipes in *The Holy Crap Cookbook* are in keeping with the Holy Crap philosophy: what you eat should be good for you and taste great.

best vegan chocolate truffles: *Sweet + Salty* Lagusta Yearwood, 2019-09-24 100 imaginative vegan recipes showing home confectioners how to make artisan-quality sweets from the country's premier (and feminist/punk rock/bad-ass) vegan chocolatier At her East Coast confectionery shops, Lagusta Yearwood takes vegan sweets to the next level, going beyond cookies, cupcakes, and pies. *Sweet + Salty* features over 100 luscious recipes for caramels, chocolates, bonbons, truffles, and more for anyone looking to make their own vegan confections at home. With everything from the most basic caramel to bold, arresting flavors incorporating unexpected spices and flavors such as miso caramel sauce, thyme-preserved lemon sea-salt caramels, matzo toffee, and more, *Sweet + Salty* is a smart, sassy, completely innovative introduction to vegan confections.

best vegan chocolate truffles: *History of U.S. Federal and State Governments' Work with*

Soybeans (1862-2017) William Shurtleff; Akiko Aoyagi, 2017-04-24 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographical index. 362 photographs and illustrations. Free of charge in digital PDF format on Google Books

best vegan chocolate truffles: Great Chefs Cook Vegan (pb) Linda Long, 2011-08 The finest vegan recipes from the top chefs. Great Chefs Cook Vegan includes recipes from 25 of today's greatest chefs. Each chef section includes a three or four-course vegan meal, complete with mouth-watering photographs of each recipe and much more. Features meals from the following: Charlie Trotter • Alex Stratta • Anne Quatrano • Cat Cora • Daniel Boulud • David Burke • Gabriel Kreuther • Dan Barber • Eric Ripert • Erik Blauberg • Josef Huber • Jose Andres • Marcus Samuelsson • Matthew Kenney • Michel Nischan • Suzanne Goin • Todd English • Floyd Cardoz • Jason Cunningham • Jean-Georges Vongerichten • John Besh • Bradford Thompson • Phil Evans • Terrance Brennan • Thomas Keller

best vegan chocolate truffles: Bulletproof: The Cookbook Dave Asprey, 2015-12-01 In The Bulletproof Diet, Dave Asprey turned conventional diet wisdom on its head, outlining the plan responsible for his 100-pound weight loss, which he came to by biohacking his body and optimizing every aspect of his health. Asprey urges you to skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out less, sleep better, and add smart supplements. In doing so, he promises, you'll gain energy, build lean muscle, and watch the pounds melt off—just as he and so many of his devoted followers already have. Bulletproof: The Cookbook picks up where the diet plan leaves off, arming you with 125 recipes to stay bulletproof for life and never get bored. Famous for his butter-laden Bulletproof Coffee, Asprey packs the book with the other delicious, filling meals he uses to maintain his weight loss and sustain his vibrant health.

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(spoiler alert: Neither is about restrictive dieting!) and advice on how to carry that positive attitude into other aspects of your life. 75+ recipes showcase Nicole's Armenian background, love of comfort foods, and passion for creative (and kid-friendly) plant-forward meals. Discover dishes such as: • Blueberry Pancake Bread Muffins • Armenian Stuffed Bell Pepper Dolmas • The Best Quinoa Tabbouleh • Sweet and Sour Crunchy Cauliflower Bites • One-Pot Penne Arrabbiata • The Coziest Lemon Chicken Soup • Sweet Potato S'Mores Cookies. • Life-Changing Chocolate Chip Tahini Cookies With accessible and nutritious recipes designed for real, busy life, Love to Eat proves that there is room for a juicy burger in a healthy lifestyle—as long as you're eating with purpose and listening to your intuition.

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