

Joy of Living Cooking School

February 2024 – Hearty High Fiber Desserts



Vegan Oatmeal Cookies (12 Cookies)

1-1/2 cups Rolled Oats
1-1/2 tablespoons Whole Flax Seed
1/2 cup Nut Butter
3 tablespoons Raw Agave
3 tablespoons Water

Optional Toppings

Chopped Nuts
Dried Fruits
Unsweetened Chocolate



Nutrition Facts	
Servings: 12	
Amount per serving	
Calories	118
	% Daily Value*
Total Fat 6.9g	9%
Saturated Fat 0.7g	3%
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12.9g	5%
Dietary Fiber 2.9g	10%
Total Sugars 4.8g	
Protein 3.3g	
Vitamin D 0mcg	0%
Calcium 42mg	3%
Iron 1mg	5%
Potassium 52mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Preheat the oven to 350° F.

Measure out 1/2 cup of oats and set aside. Add the remaining oats and flax seed to the pitcher of a high-speed blender. Pulse on high until ground into a fine flour. Transfer to a medium mixing bowl.

Add the nut butter, agave, and water to the flour and mix with a spatula or wooden spoon until all ingredients are incorporated and a smooth dough develops. If the mix is too dry, add additional water one tablespoon at a time as needed. Allow to rest for five minutes.

Spread the remaining oats on a plate. Divide the cookie dough into 12 balls, roll them in the oats, and flatten into cookie shapes.

Transfer the cookies to a baking sheet lined with parchment paper. Spread toppings of choice, if using, over the top of the cookies. Bake until the cookies are light golden brown around the edges, approximately 8-10 minutes.

Cool for a few minutes and enjoy!

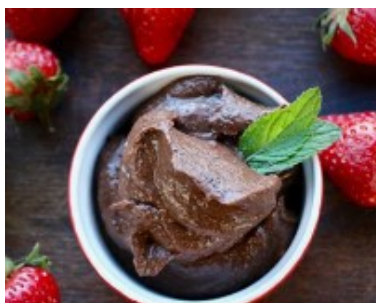
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Chocolate Pudding (2 servings)

- 1 cup Black Beans (cooked, no salt added)
- 4 tablespoons Plant-based Milk
- 1/4 cup Cocoa Powder (unsweetened)
- 2 tablespoons Raw Agave
- 4 Medjool Dates (pitted)



Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	215
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 22mg	1%
Total Carbohydrate 48g	17%
Dietary Fiber 7.4g	26%
Total Sugars 25.5g	
Protein 7.5g	
Vitamin D 0mcg	1%
Calcium 91mg	7%
Iron 3mg	15%
Potassium 543mg	12%

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Rinse and thoroughly drain the black beans. Add to the pitcher of a high-speed blender. Add the remaining ingredients. Blend until smooth, stopping to scrape down the sides as needed.

For a smoother pudding, pass the mixture through a fine mesh strainer.

Pour the pudding into serving containers and cover with plastic wrap, being sure to have the plastic wrap come into contact with the pudding surface to prevent the formation of a skin.

Chill for 2-3 hours and serve cold.