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JET  
*Academy*

# VEGAN DESSERTS. SIMPLIFIED.

MARIKO AMEKODOMMO



# MEET MARIKO

— Author

“I’m so excited to share with you my simplified approach to creating amazing vegan desserts with added health benefits. As a celebrity chef and international culinary expert, I’ve learned how to templatize recipes to make it simple to add in your own favorite ingredients. These recipes have been tested among my A-list clients in Hollywood, Bollywood and beyond. Give them a try and let me know what you think!”

**-Mariko**



# TABLE OF CONTENTS

## INGREDIENTS

Sweeteners  
Flours & Grains  
Egg Substitutes & Binders  
Oils + Nut Butters

## RECIPES

Nice Cream & Sorbet  
Cookies & Bars  
Breakfast Sweets



# INGREDIENTS

*Each recipe has flexible ingredient options making it simple to accommodate to your preferences and supplies available.*



## *Sweeteners*

Recipes will require either 'wet' or 'dry' sweeteners and you'll be provided options for each, including 100% fruit substitutes



## *Flours & Grains*

Whether you choose gluten-free or high protein options, each recipe has been tested with a variety of flours. There is even a recipe for making your own



## *Egg substitutes and Binders*

Essential for giving cakes their texture, I've shared some of my favorites that don't include the purchase of a store bought 'egg replacer'



## *Oils*

I share different oils and nut butters that include extra added health benefits

# SWEETENERS





The key to desserts is the perfect balance of sweet.

Avoid 'white' sugars are processed in a way that may not be vegan. Choose organic sweeteners when possible.

Other plant-based zero calorie sweeteners such as Monk Fruit do not bake or heat well. Use only on cold recipes and use only 1/8 the suggested dry sweetener amount



'Wet' Sweetener  
Maple  
\*Honey  
\*\*Fruit Concentrates



'Dry' Sweetener  
Jaggery  
Turbinado  
Coconut Sugar  
Granulated Maple Sugar  
Granulated Date Sugar  
\*\*\*Monk Fruit

\* honey is not allowed it recipes that are heated, it turns toxic.

\*\* a sweetener you make yourself. Recipe follows

\*\*\* only use in cold recipes that don't require heat.

Use 1/8 suggested amount

# FRUIT CONCENTRATE

Use this kind of dried fruit. It is not processed with the preservative sulfur dioxide and unsweetened



**NOTES**  
Apricots are ideal for all doshas.  
Other favorites are dates, raisins,  
figs, peaches, pineapple and  
prunes.

Dried fruit of choice.

Warm or hot water

Add dried fruit to bowl and  
add enough water just to  
cover.

Let soak for 2 hours.

Add the dried fruit to mixer  
and process into a paste.

Add remaining water by the  
spoonful until it turns into a  
syrup thicker than honey

**TIP!**

This will last 2 weeks in the  
refrigerator.

Alternatively, freeze in ice  
cube trays and save in single  
serve portions for later.

# FLOURS & GRAINS



# MAKE YOUR OWN FLOUR

Making your own flours is simple that you'll never need to purchased store bought versions again. It also makes it simple to customize to your specific diet or nutrition requirements.

I've included some of my favorites below

Coconut, Almonds, Spelt, White Quinoa, Amaranth, Rice, Whole Wheat, Dry Oats, Garbanzo, Mung Bean, Red Lentils, White Quinoa , Almonds, Buckwheat, Dry Oats, Millet, Amaranth, Couscous  
 Corn, Garbanzo, Rye, Flaxseed Flour Almonds, Dried Coconut Meat, All Nuts, Amaranth, Rice, Whole Wheat, Quinoa, Spelt, Red lentil flour, Pumpkin Seeds

*Do small batches, 2 cups or less. Use a mixer grinder or blender on pulse until it's a fine powder.*

*Use a mesh strainer to remove any large pieces.*

## **Tips**

Take breaks from grinding so that the motor doesn't overheat. The flour will spoil faster  
 Store in freezer for up to 2 months

# EGG REPLACEMENT & BINDERS



## Best Egg Substitutes

It's simple to adjust your existing recipes with a few swaps to make them vegan.

There are many 'egg replacement' products on the market, however you can make them yourself with ingredients you already have.

### Flaxseed

Finely ground flaxseed makes an excellent binder. However, it has a nutty flavor that's best reserved for whole-grain baked goods and pancakes. (Sara Kate did use flax in her [vegan/gluten-free chocolate cupcakes](#), with good results.)

- **How much to use:** The basic ratio is 1 tablespoon of ground flaxseed and 3 tablespoons of water to replace 1 egg.

### Banana

Banana adds lots of moisture and some extra sweetness in muffins and cakes, so you need to adjust the sugar amount in your recipe. I haven't actually used this one, as I'm allergic to banana, but I'm sure some readers can chime in!

- **How much to use:** Different sources recommend anywhere from 1/2 to 1 mashed banana as a replacement for 1 egg.

### Tofu

Silken tofu is relatively flavorless but it can make baked goods dense, so it's best used in brownies and some quick breads and cakes.

- **How much to use:** Use 1/4 cup of puréed tofu for 1 egg.

### Baking Soda & Vinegar

This is a decent egg substitute for fluffier baked goods.

- **How much to use:** Use 1 teaspoon of baking soda mixed with 1 tablespoon of white vinegar for 1 egg.

# OILS



# BEST OILS FOR VEGAN DESSERTS

“When using oils, it’s always recommended to purchase the Highest quality possible such as organic or cold pressed. Toxins are stored in the fat of plants (and humans) so the higher quality will be the most pure”

My favorites for vegan desserts are coconut oil and avocado oil. You can also use nut butters as a substitute for oils in the recipes in this book

# HOW TO MAKE NUT BUTTERS

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# ICE CREAM & SORBET



# NICE CREAM + SORBET

The secret formula for no-bake cookies,  
bars and truffles

2 cups sliced fruit or avocado, frozen

2 Tbsp Nut butter

2 TBSP flavor

1-2 TBSP sweetener

Blend until smooth. Freeze for 10 minutes  
before serving.

# GET CREATIVE WITH COMBINATIONS

## *Kesar Pista*

Fruit: Coconut Meat  
Nut Butter: Cashew  
Flavor: saffron, elachi, pista  
Sweetener: Date Syrup

## *Mango Sorbet*

Fruit: Mango  
Nut Butter: Cashew  
Flavor: Mint  
Sweetener: None!

## *Dark Chocolate*

Fruit: Banana  
Nut Butter: Walnut  
Flavor: Cocoa, Nibs  
Sweetener: Jaggery

## *Salted Caramel*

Fruit: Custard Apple  
Nut Butter: Pecan  
Flavor: Salt  
Sweetener: Maple Syrup

## *Mexican Chili Limon*

Fruit: Papaya  
Nut Butter: Almond  
Flavor: lime zest, chili powder  
Sweetener: jaggery

## *Coffee*

Fruit: Banana  
Nut Butter: Hazelnut  
Flavor: espresso  
Sweetener: date syrup

# COOKIES & BARS



# COOKIE AND BARS

The secret formula for no-bake cookies,  
bars and truffles

Oil: 1/8 Cup

Dry Ingredients: 1.5 – 2 cups

Wet Ingredients: .5 cups

Flavor: To Taste

**Oils:** coconut, avocado

**Dry Ingredients:** oats, dried coconut, nut flour

**Wet Ingredients:** sweetener, nut butters,  
dried fruit puree, grated sweet vegetable

**Flavor:** chocolate, citrus zest, spice

# GET CREATIVE WITH COMBINATIONS

## *Carrot Cake*

Oil: Sesame  
Dry: Almond Flour  
Wet: Grated Carrots, Honey  
Flavor: Cinnamon, Nutmeg

## *Lemon Ginger*

Oil: Coconut  
Dry: Dried Coconut  
Wet: Honey, Tahini  
Flavor: Lemon Zest

## *Dark Chocolate*

Oil: Ghee  
Dry: Walnut Flour, Dried Coconut  
Wet: Agave  
Flavor: Cocoa

## *Cinnamon Raisin*

Oil: Sesame  
Dry: Quinoa  
Wet: Dried Date Puree  
Flavor: Cinnamon

## *Peanut Butter Cup*

Oil: Olive  
Dry: Rice Flour  
Wet: Peanut Butter, Honey  
Flavor: Cocoa Powder or  
Nibs

## *Banana Nut*

Oil: Ghee  
Dry: Oats  
Wet: Maple, Dried Banana Puree  
Flavor: Nutmeg

# BREAKFAST SWEETS



# BREAKFAST SWEETS

The secret formula guilt free treats for breakfast  
(or any time of the day)

## INGREDIENTS

1/3 cup (78ml) of oil

1/2 cup (118ml) liquid sweetener

2 egg substitutes

3 mashed bananas or 1 cup (236ml) steamed and pureed fruit or vegetable  
(sweet potato, apple, beet, pumpkin all work great!)

1/4 cup (60ml) plant based milk substitute

1 tsp (5g) baking soda

2-4 teaspoons flavoring

1 3/4 cups grain flour (224g)

1/3 cup (78ml) dry ingredients (oats, chopped nuts, dry coconut)

## INSTRUCTIONS

Preheat oven to 325 degrees (165 degrees Celsius)

Add all ingredients together and mix well.

Grease muffin tins and fill 2/3 full. Want it to look fancy?  
Sprinkle with some sugar, extra oats, cinnamon and a banana slice.

Bake for 22-25 minutes, or until when you press the tops they feel firm

Don't have a muffin tin? The batter is perfect for making pancakes.  
If you can't eat them all at once, put in a container - they freeze well and take 20 minutes to thaw.

# GET CREATIVE WITH COMBINATIONS

## *Carrot Cake*

Fruit or Veg Puree: Carrot  
Flavor: Cinnamon, Nutmeg  
Dry Ingredient: Walnuts

## *Date Ginger*

Fruit or Veg Puree: Apple  
Flavor: Fresh ginger  
Dry Ingredient: Chopped  
cashews, chopped dates

## *Banana*

Fruit or Veg Puree: Banana  
Flavor: Vanilla  
Dry Ingredient: Oats

## *Red Velvet*

Fruit or Veg Puree: Beets  
Flavor: Vanilla  
Dry Ingredient: Cocoa Powder



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