

# Make & Take Desserts

For a sweet finish at home or at a party, these desserts can be whipped up in advance and are easy to transport.

## PEANUT BUTTER CARAMEL APPLES

✂ Serves 6  
🕒 Ready in 3 hr. 15 min.

- 6 Granny Smith and/or McIntosh apples
- 1/2 cup natural creamy peanut butter, room temperature
- 1/2 cup brown rice syrup, room temperature
- 3/4 cup salted roasted peanuts, chopped

1. Insert a rounded wooden stick into the top of each apple.
2. In a small saucepan cook and stir peanut butter and rice syrup over low just until heated through. Remove from heat. (Mixture should fall from a fork in ribbons. If it seems stiff, stir in a little additional rice syrup.)
3. Using a spoon, spread peanut butter mixture over apples. Sprinkle with peanuts; press lightly to adhere. Place apples on a cutting board or tray lined with waxed paper and chill at least 3 hours.

From Isa Chandra Moskowitz, [isachandra.com](http://isachandra.com)

## LUNCH BOX CHOCOLATE CHIP COOKIES

✂ Serves 24  
🕒 Ready in 50 min.

- 1/2 cup vegan cane sugar, date sugar, or maple sugar
- 1/3 cup unsweetened applesauce
- 1/3 cup almond butter
- 1 Tbsp. ground flaxseeds
- 2 tsp. vanilla
- 1 1/3 cups oat flour
- 1/4 cup sorghum flour or whole wheat pastry flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup grain-sweetened chocolate pieces

1. Preheat oven to 350°F. Line two large cookie sheets with parchment paper or silicone baking mats.
  2. In a large bowl combine the first five ingredients (through vanilla). Stir in oat and sorghum flours, baking soda, and salt. Stir in chocolate pieces.
  3. Drop dough by tablespoons 2 inches apart onto the prepared cookie sheets; flatten slightly.
  4. Bake cookies 8 to 10 minutes. (The longer you bake them, the crispier they will be.) Cool on cookie sheets 5 minutes. Remove; cool on wire racks.
- From Isa Chandra Moskowitz, *Forks Over Knives—The Cookbook*

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PEANUT BUTTER CARAMEL APPLES