



## The Vegan Scoop: Recipes for Dairy-Free Ice Cream That Tastes Better Than the Real Thing - with 1/3 Fewer Calories (Hardback)

By Wheeler Del Toro

FAIR WINDS PRESS, United States, 2009. Hardback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Vegan Scoop brings the pleasures of the ice cream parlor into your home with 150 recipes for delicious frozen desserts that are so rich and creamy, they're better than the real thing and contain one-third the calories! Developed by vegan hipster Wheeler del Torro of Wheeler's Frozen Desserts, these faux creams feature 100 percent vegan-certified ingredients, making them suitable for both vegans and those with lactose intolerance and other dairy aversions. And with each serving containing approximately 80 calories nearly 100 calories fewer than a serving of traditional ice cream you can indulge with peace of mind (and keep your trim waistline!). Chapters are devoted to innovative flavor inspirations, and cover everything from Caribbean Island Flavors to Healthy Flavors and Aphrodisiacal Flavors. You'll also find two chapters full of recipes for toppings, sauces, sides, and other dessert accompaniments. Recipes include: Peanut Butter Banana Black Sesame Chocolate Marshmallow Almond Cookie Orange Passion Fruit Granola Crunch Pecan Apple Danish Espresso Bean Vanilla Graham Cracker and hundreds more!.



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