

# LICKIN' THE BEATERS

## Low Fat Vegan Desserts

### Sue Moffat

Don't pass up dessert! Even if you are vegan or trying to eat healthy there's no reason to deny yourself sweet treats. *Lickin' the Beaters* brings you over 80 fabulous low-fat, dairy-free desserts where even the second helping is guilt-free. Breads, cakes, donuts, candies, cookies and bars, pies, ice creams, puddings, toppings, fruity stuff, drinks, and a whole lot more. Illustrated with beautiful linocuts and zany cartoons, you'll find the recipes fun, easy to follow and so good you'll eat half the batter.

Illustrations by Allyson Mitchell, Daryl Vocat, Missy Kulik, Five Seventeen, Brenda Goldstein, Jonathan Culp, Joe Ollman, and Zoe Dodd.

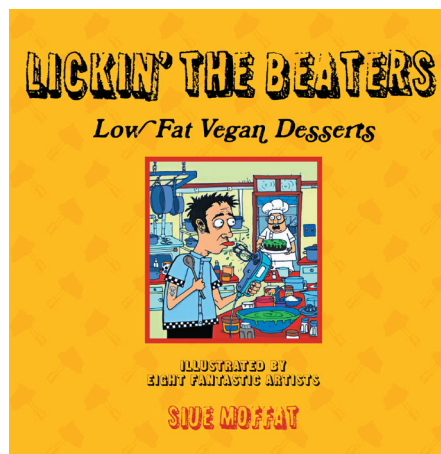
### ABOUT THE AUTHOR

Sue Moffat is a dessert lover like no other who went vegetarian at 14. She occupies her time cooking, baking, making short films and fanzines, stressing about the state of the world and looking for film archiving work. PM Press will also publish her second cookbook, *Lickin' the Beaters 2: Vegan Chocolate and Candy* in 2008.

### REVIEWS

"A wonderful and delightful collection of recipes that tantalize your tastebuds into thinking you're being decadent and naughty. A real treat for anyone who loves a good dessert."

—Sarah Kramer co-author of *How It All Vegan*



**SUBJECT CATEGORY**  
COOKBOOK/VEGAN

**PRICE**  
\$10.95

**ISBN**  
978-1-60486-004-7

**PAGE COUNT**  
96

**SIZE**  
6 X 6

**FORMAT**  
PAPERBACK

**PUBLICATION DATE**  
05/15/08

**DISTRIBUTED BY**  
Independent Publishers Group  
(312) 337-0747  
[www.ipgbook.com](http://www.ipgbook.com)

■ **PM PRESS** ■  
P.O. Box 23912  
Oakland, CA 94623  
[www.pmpress.org](http://www.pmpress.org)

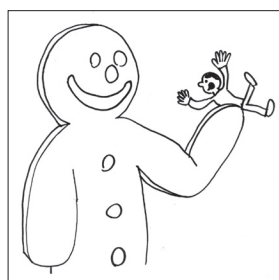
**BANANA COCONUT CAKE**

Bananas are really great in baked goods, they can replace all of the oil. The topping is adapted from the *Oatmeal Spice Cake with Coconut Topping* (see page 66).

1/2 c whole wheat flour  
1/2 c brown rice flour  
1/2 c corn flour  
1 tsp baking powder  
1/3 c coconut  
3 very ripe bananas  
1/4 c brown sugar  
1/3 c white sugar  
1 tsp vanilla

**TOPPING:** 1 tbsp oil  
1/2 c coconut  
1/3 c chopped pecans or walnuts  
3 tbsp soymilk

1. Preheat oven to 350°.  
2. Mix flours, baking powder and coconut.  
3. Mash bananas and add sugar and vanilla.  
4. Mix wet and dry ingredients together. Spread into a greased 8" x 8" square pan. Bake 25-30 min.  
5. Combine oil, coconut, nuts and soymilk to make the topping.  
6. Cool cake slightly, spread on the topping. Brown the top under the broiler (about 550° for 2-3 min. on most ovens. Be careful not to burn it.)



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