



# Sweet Utopia: Simply Stunning Vegan Desserts

*Sharon Valencik*

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If you're lactose intolerant, avoiding cholesterol, limiting saturated fat, or simply crave sweets, prepare to indulge. Author Sharon Valencik demystifies the art of vegan baking and expands your culinary repertoire to include delicious dairy-and egg- free desserts for all your celebrations.

Over 130 recipes for decadent cakes, scrumptious cookies, creamy cheesecakes and pies, velvety mousses, puddings, and creams and other luscious treats are accompanied by mouth-watering photographs that provide inspiration and are a feast for the eyes. These desserts capture the same delicious flavors and textures of traditional favorites. As a bonus, because they do not contain dairy or eggs, they are cholesterol-free, have little saturated fat, and leave a smaller ecological footprint.

For the inexperienced baker and busy moms, these recipes are uncomplicated to make. Sharon's clear instructions and expert tips blended with everyday ingredients that can be found in a supermarket magically makes egg-less cakes rise, creates rich, creamy fillings without milk or cream, and cookies that have rich flavor and moist texture without the use of butter.

Omnivores of every persuasion will love the sensational tastes and appreciate the discovery of healthier dessert options.

Some of the recipes that will amaze guests and delight families include Midnight Cake with Chocolate Frosting, Ice Cream Cookie Sandwiches, Coconut Tiramisu, Mixed Berry Cheesecake, Gingerbread Guys, Chocolate Mousse, Lemon Berry Tart, Fudgy Chip Cookies, Cappuccino Custard, Pudding Parfaits, and Three-layer Cheesecake Bars.

These are just a few of the endless possibilities of alternative desserts that can be made without animal products. Sweet Utopia guarantees sweet success.

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