

Vegan Homemade Treat

To strengthen Body & Soul

The wholesome alternative to sickly sweet desserts



Do you want to treat yourself without regrets? The sweet alternative to heavy desserts – not only in the Winter period a heavenly, light and delicious treat!

Recipe:

500 ml Almond, rice or soy milk
2 Tbsp cornstarch
1-2 tbsp brown sugar
1 pinch vanilla
Some soy cream
1-2 EL Blackberry Ginger Mus

Cinnamon cream:
1 pot of soy cream
1 Tbsp Brown sugar

Preparation

Boil vegan milk. Separate 6 Tbsp and add to cornstarch, sugar and vanilla. Stir into hot milk, boil once again and add whipping cream. Fill in dessert cups. Whip the cream, add the cinnamon. Serve now the custard with the whipped cream and one tbsp of blackberry ginger mus.