

### Chocolate chip cookies

375 degrees

3/4 c. Crisco                    1 1/4 c firmly packed brown sugar (do NOT sub with Splenda)                    1/4 c white sugar  
1 T each: vanilla, molasses    2 1/2 T flax seed mixed with 3 T water (let set for 2 minutes to gell)                    2 tbsp. almond milk  
2 1/4 c. all-purpose flour                    1 tea each: salt; baking soda                    1 c. each: vegan chocolate chips; pecan pieces

Should be THICK dough not thin batter or will be runny flat cookie. Brown sugar & molasses are what keep the cookie soft the next day, without them cookies will be crispy next day. You do NOT taste the molasses.

Cream Crisco, sugars, molasses, almond milk and vanilla in large bowl. Blend until creamy. Blend in flax seed "egg". Combine flour, salt and baking soda. Add to creamed mixture, gradually, do not over mix. Stir in chocolate chips & nuts.

Bake in a preheated oven for 10-12 minutes; remove from oven before they appear to be baked, just when the edges are slightly browned. It's important not to overbake. Size of cookies and ovens will affect results. Each cookie has zero cholesterol. If made with butter and eggs each cookie would have 6.2 mg fat and 15 mg cholesterol.

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### Soda Pop cake

1 box cake mix (verify no dairy)                    1 tub frosting (verify no dairy)  
8 oz regular or diet soda-any flavor                    (omit eggs, oil and water called for on the side of the box)

Batter will be more like biscuit dough than batter, it has to be this thick to rise.

Pour powdered cake mix into bowl and add soda. Mix according to box directions. Pour into two, 8" rounds that are well greased or 9" x 13" per box instructions. Frost per box directions. Typical box of chocolate- one slice is 1/12<sup>th</sup> of cake, vegan is 150 calories and 0 cholesterol, as recommended 240 calories and 54 mg of cholesterol.