

Let's talk about Bases for Liquid Desserts

Consider how liquid you'd like them to be- thin, thick, in between, frothy, smooth and so on.

My go-to's

- Thick Shakes, sometimes fortified with vegetables
- Hot Cocoa and Hot Chocolate
- Egg Creams made non-dairy
- Affogato, Fresh espresso, poured over ice cream or gelato
- Lattes, coffee, golden milk, matcha with thick frothed non-dairy milks, lightly sweetened

Some basics

For Blended Liquid Desserts

High speed blender preferable but you can use others. I recently got a Nutribullet.

Some liquid desserts can be made using an immersion blender.

- Make a non-dairy milk of cream. Control the relative thickness with the amount of water
- Use fruit juice: unsweetened, frozen, bottled or fresh squeezed
- Water, flat, fizzy
- Kombucha
- Teas
- Coffee, decaf or regular
- Lattes, coffee, golden milk, matcha with thick frothed non-dairy milks, lightly sweetened

Flavorings & Sweeteners

- Extracts
- Spices and Herbs
- Turmeric and Ginger
- Cocoa, Chocolate
- Vegetables
- Fruit, fresh, frozen, freeze dried
- Pitted dates and other dried fruit, sulfite free
- Finely grated zest of organic citrus fruit
- Freeze Dried Fruit
- Date Syrup, Maple Syrup, Coconut Palm Syrup
- Vegan Honey, house made or purchased
 - Vegan Orange Blossom Honey recipe at Fran's website: <https://bit.ly/38Am0My>

Protein:

Tofu

Nut or Seed Butters- peanut, almond, hazelnut, tahini

Protein Powder

Non-dairy Yogurt

Avocado

Temperature:

- Chilled
- Room Temperature
- Warm

Hot Cocoa

- Dutch-process, alkalized
- Natural, natural
 - Add body to a lean cocoa with a very small amount of agar powder
 - Spice it up

Hot Chocolate aka Chocolat Chaud

- Rich to very rich
- Mexican Style chocolate

Use Ganache as a base

Fondue
Chocolate Soup
Hot Chocolate

Adult Beverages

Creamy and thick
Irish Coffee
White Russians

Semi-liquid

A barely gelled Fruit Soup, cream, fruit salad

Recipe from Rouxbe By Chad Sarno

Vanilla Milkshake

This recipe will remind you of melted vanilla ice cream, but without the dairy.
Consider this a template. What might you do to adapt it?

3 cups non-dairy milk of choice, any but rice or hemp
1 whole vanilla bean, scraped
1/4 cup coconut meat or cashews soaked in 3 cups of warm water for 3 to 4 hours to soften, drained
3 tbsp liquid sweetener, any
1 tbsp coconut butter

Pour the milk into a high-speed blender. Add the vanilla seeds, coconut meat or drained cashews, liquid sweetener and coconut butter and process until very smooth.

Transfer to another container, cover, and refrigerate for at least an hour or until cold.
Serve chilled or over ice.