Delicious Three-Ingredient Vegan Desserts

Here are some really simple, three-ingredient vegan desserts everyone will love.

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Cacao Bites

All you need is some walnuts, Medjool dates and raw cacao to make this delicious dessert. Blend all three ingredients and make small balls.

Chocolate Banana Ice Cream

This simple dessert requires non-dairy milk, cocoa powder and frozen bananas. Simply blend all three items until the mixture turns smooth and thick.

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Brownies

This flourless recipe requires overripe bananas, almond butter and cocoa powder. Just mix the three ingredients and bake for about 20 minutes or until the brownies are properly cooked.

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Blueberry Coconut Popsicles

These easy-to-make make popsicles will be a hit with kids and adults alike. It just requires coconut milk, fresh blueberries and maple syrup. Blend all three items until smooth, then pour the mixture into a mold and freeze.

Peanut Butter Cups

Create this decadent dessert using dark organic chocolate squares or vegan chocolate chips, organic peanut butter and coconut oil. While it takes an hour to prepare, the results will be worth the wait. Mix melted chocolate squares and coconut oil in a pot with water and leave it aside. Then mix coconut oil with peanut butter and keep in a different bowl. Take a flat dish, line it with muffin or cupcake liners and put in little scoops of melted chocolate. After placing it in a freezer for two minutes, add a scoop of the peanut butter and coconut mix and then scoop more melted chocolate on top. Flatten with a spoon before putting it in the freezer for 15-30 minutes.

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Vanilla Ice Cream

In just 10 minutes you can create this satisfying comfort dessert using coconut milk, maple syrup and alcohol-free vanilla flavor. Use full-fat coconut milk for a creamy texture. Heat the ingredients in a saucepan and refrigerate.

Source: MSN

See more vegan recipes here.