



Maguey by Edina Sagert

## Agave Nectar Recipes

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## [Diabetic Friendly](#)

### **Diabetic Pie Crust**

- 1 Cup almond flour/meal
- 2 TBS Madhava Amber Agave

Combine, refrigerate and rollout between two sheets of plastic wrap. Each recipe makes one crust. Double for a two-crust pie.

This recipe uses no additional fats or sugars, so it has only “good” fats and “good” carbs and is low glycemic indexed.

### **Diabetic Waldorf Salad**

- 1 Cup chopped apple (1 small fuji)
- 1 Cup chopped celery ½” pieces
- 1/3 Cup walnut pieces
- 2 TBS fat free mayonnaise
- 1 TBS Madhava Amber Agave

Toss chopped apple, celery and walnuts. Combine agave and mayonnaise until smooth (this also makes a great easy dressing for coleslaws) toss together and serve over lettuce leaves. Makes 4 servings (approx ½ cup).

Each serving = 99 calories, 5g fat, 14g carbs. Low GI Index.

## [Gluten Free](#)

### **Amazing Black Bean Brownies**

Makes 45 2 inch brownies.

Gluten Free

- 4 ounces unsweetened chocolate
- 1 cup unsalted butter or non-hydrogenated butter substitute
- 2 cups soft cooked black beans, drained well
- 1 cups walnuts, chopped
- 1 tbl. Vanilla extract
- ¼ cup natural coffee substitute (or instant coffee, for gluten-sensitive)
- ¼ tsp. Sea salt
- 4 large eggs
- 1 ½ cups light agave nectar

Preheat oven to 325 degrees F. Line an 11 by 18in pan with parchment paper and lightly oil with canola oil spray.

Melt the chocolate and butter in a glass bowl in the microwave for 1 ½ to 2 minutes on high. Stir with a spoon to melt the chocolate completely. Place the beans, ½ cup of the walnuts, the vanilla extract, and a couple of spoonfuls of the melted chocolate mixture into the bowl of a food processor. Blend about 2 minutes, or until smooth. The batter should be thick and the beans smooth. Set aside.

In a large bowl, mix together the remaining ½ cup walnuts, remaining chocolate mixture, coffee substitute, and salt. Mix well and set aside.

In a separate bowl, with an electric mixer beat the eggs until light and creamy, about 1 minute. Add the agave nectar and beat well. Set aside.

Add the bean/chocolate mixture to the coffee/chocolate mixture. Stir until blended well. Add the egg mixture reserving about ½ cup. Mix well. Pour the batter into the prepared pan. Using an electric mixer, beat the remaining ½ cup egg mixture until light and fluffy. Drizzle over the brownie batter. Use a wooden toothpick to pull the egg mixture through the batter, creating a marbled effect.

Bake for 30-40 minutes, until the brownies are set. Let cool in the pan completely before cutting into squares. (They will be soft until refrigerated).

### **Vanilla Butter Cream Frosting**

Makes 2 cups (frosts one 9" layer cake)

½ cup unsalted butter  
6 tbl. Madhava's Light Agave Nectar  
1 cup nonfat dry milk  
1 ½ tsp. Vanilla extract  
4 tbl. Whole milk  
pinch of sea salt

Cream the butter with an electric mixer until light in color. Slowly add the agave nectar and beat until fluffy, about one to two minutes. Gradually add the dry milk and beat again. Add the vanilla extract and the milk, one tablespoon at a time, until completely blended. Add the salt, turn the mixer to high speed, and beat about two minutes, or until very fluffy. Store in refrigerator for up to 3 weeks.

## Raw

### Avocado Mousse

Makes 6 servings

This is a very simple recipe which can be made in the food processor. The flavor is rather delicate, so use mild avocados like Hass. Make sure they do not have a smoky or bacon smell when you cut them open, as it will definitely affect the flavor of this dessert. The avocados take the place of butter, cream, and eggs in the mousse. The taste is very rich and creamy.

Ingredients:

4 avocados

1 cup Madhava's Raw Agave Nectar

1/2 cup lime juice

1/4 teaspoon Celtic or Himalayan salt

Place all ingredients in food processor and process until very smooth and fluffy. Adjust for sweetness and tartness which will vary depending on size of avocados. Serve chilled, topped with fresh raspberries. Variations: *Instead of using raspberries, you can turn this dessert into Kiwi Lime Mousse by garnishing with circles of fresh kiwi fruit. Topping the mousse with fresh mango is another delicious option. Recipes from consumers*

### Chocolate Mousse

*This is the most amazing stuff. It taste SO much better than the "real" thing. I use it for icing too. Usually, my children just lick it off and leave the cake. Oh, it makes a wonderful chocolate pie as well - just double the recipe.*

Makes about 2 cups

2 small ripe avocados

1/2 -3/4 C Madhava's Light Agave Nectar

1/4 C raw cacao powder (or carob if you prefer)

2 T coconut butter or oil

1 T alcohol-free vanilla

dash of sea salt

dash of cinnamon (optional)

Preparation:

Place everything in a Blendtec blender or food processor and blend (on high) until very smooth. Keep stored in an air-tight container in the fridge - that is, if it lasts long enough to make it to the fridge.

## Lemon-Caraway Slaw

Serves 8-10 as a side dish

### Ingredients:

1/4 head of red cabbage, shredded  
1/4 head of green cabbage, shredded  
1 cup peeled and shredded carrots  
1/2 cup lemon juice  
1/4 cup flaxseed oil or safflower oil  
2 tablespoons caraway seeds  
1 teaspoon Madhava's Raw Agave Nectar  
Pinch of sea salt  
Freshly ground black peppers

In a large bowl, toss together shredded cabbages and carrots. Place lemon juice, oil, caraway, seeds, 1/4 cup of water, and agave nectar in a blender and blend until smooth. Strain, add the liquid to the cabbage mixture, and toss together. Add the salt and pepper to taste and toss again. Taste and adjust seasonings. Slaw is best served the day it is made.

## Raspberry Sorbet

Yields 3 cups

### Ingredients:

5 cups raspberries (other berries may be substituted)  
3/4 cup Madhava's Light Agave  
1/3 cup water  
2 tablespoons lemon juice

Place all ingredients in a blender or food processor. Blend until smooth. Pour mixture through a fine mesh strainer using a rubber spatula to press through. Cover and chill. Chill completely before freezing.

## Vegan

### Agave Tomato Sauce

- 2 medium tomatoes
- 1/4 c chopped red onion
- 1c spinach leaves
- 1 clove garlic
- ½ c fresh basil leaves
- 1/4 c fresh cilantro
- 2 ½ tbsp tomato paste
- 2 tsp Madhava's Agave nectar
- 1 tbsp extra virgin olive oil
- pinch of rosemary and oregano
- Salt and Pepper to taste

Squeeze out the tomato centers and combine all ingredients except salt, pepper and agave nectar in the food processor. Blend until you have reached the desired consistency (1-2 minutes). Add the agave nectar. Add the salt and pepper to taste.

### Barbeque Sauce

Makes about 4 cups

Our barbeque sauce is a pantry staple. We serve it with grilled tofu and tempeh as well as with burgers and sandwiches. It is absolutely scrumptious!

Ingredients:

- 3 dried or canned chipotle peppers
- 1 cup hot water
- 1 tablespoon minced garlic
- 1 1/2 cups tomato paste
- 1 cup apple cider vinegar
- 1/2 cup shoyu or tamari soy sauce
- 1/2 cup molasses
- 1 cup Madhavas Amber Agave Nectar
- 1/4 cup mustard
- 2 teaspoons dried basil
- Pinch of salt
- Freshly ground black pepper to taste

Soak the peppers in hot water for 15 minutes. Drain and discard the liquid. Put the peppers and all of the remaining ingredients in a blender and blend until smooth. Taste and adjust the seasonings, adding more molasses if you prefer a thicker, sweeter sauce. The sauce will keep in the refrigerator, covered, for up to a week.

## Basic Cake Recipe

2 cups whole wheat flour  
2 cups unbleached white flour  
½ tsp. Sea salt  
2 Tbl. Baking powder  
½ cup canola oil  
1 cup Madhava's Amber Agave Nectar  
1 1/2 cups water  
2 tsp vanilla extract  
1 tbsp. Dried orange peel

Combine wet ingredients. Combine dry ingredients. Mix together. Bake at 350 degrees in two oiled 9in. cake pans. It takes 30-35 minutes. A knife should come out clean when cake is ready. Cool the cake completely and glaze/frost if you would like,

## Canned Peaches

9 cups water  
1 1/3 cups of Madhava's Light Agave Nectar (add more agave for sweeter peaches)  
About 1/4 bushel of peaches

Fruit Fresh

Combine water and agave nectar. Heat mixture.

Put a teaspoon of Fruit Fresh in each jar and then add peaches. Add heated syrup mixture until it is about 1/2 inch from the top of the jar.

Process about 40 minutes in a hot water bath.

This recipe yields about 9 quarts of canned peaches.

## Chipotle Barbeque Sauce

Makes 5 cups

This spicy sauce is a great pantry item. It's great to have some on hand to use over grilled tofu or seitan. It's also delicious with grilled vegetables.

Ingredients:

3 dried chipotle peppers  
3 tablespoons minced garlic  
1 1/2 cups tomato paste  
1 cup apple cider vinegar  
1/2 cup molasses  
1 cup Madhava's Amber Agave Nectar  
1/4 cup Dijon mustard

3/4 cup dried basil  
1 teaspoon sea salt  
Freshly ground black pepper to taste  
1/2 cup shoyu or tamari sauce

Soak peppers in hot water to cover for 15 minutes. Drain and chop. Place the chopped chipotles and the remaining ingredients with 1 cup of water in a blender and blend until smooth. The sauce will keep, covered, in the refrigerator for up to 2 weeks.

### Chocolate Syrup

Yields 1 1/2 cups

Ingredients:

1 cup Madhva's Light Agave  
1/2 cup cocoa powder  
1/3 cup water  
1 teaspoon vanilla extract

Combine agave and cocoa butter in small saucepan. Stir over medium heat until powder is completely mixed with agave and remove from heat. Stir in water and vanilla until thoroughly combined. Transfer to container and refrigerate.

### Lemon-Poppy Seed Muffins

**Makes 12 muffins**

Ingredients:

1 cup whole wheat flour  
1 cup unbleached flour  
1 teaspoon baking soda  
2 teaspoons baking powder  
1/2 teaspoon sea salt (fine grained)  
1/2 cup soy margarine, preferably Soy Garden brand  
1/2 cup **Madhava's Agave Nectar**  
1/2 cup soy milk  
1/4 cup lemon juice  
1/4 cup poppy seeds  
2 teaspoons grated lemon zest

Preheat oven to 350 degrees F. Grease a muffin tin or line tins with cupcake papers.

Sift the flours, baking soda, baking powder, and salt into a large mixing bowl and whisk to mix. In a separate bowl, whisk together the margarine, agave nectar, soy milk, and lemon juice until foamy. Pour the wet ingredients into the flour mixture and mix until the batter is smooth. Fold in the poppy seeds and lemon zest. Pour the batter into the muffin tins, dividing evenly. Bake on a center rack of the oven for 20 to 25 minutes, or until a cake tester or toothpick inserted into the center comes out clean. Serve at once.

## No Bake Carrot Cake

Serves 6-8

Ingredients:

5 1/2 cups grated carrots  
1 1/2 cups walnuts, finely chopped  
1/2 cup dessicated coconut  
5 ounces dried papaya or mangoes, roughly chopped  
2 tablespoons finely chopped orange zest  
1 1/2 cups dried dates, pitted and chopped  
Juice of 1 large orange  
1 teaspoon vanilly extract  
2 tablespoons ground flax seeds  
1/3 cup Madhava's Agave Nectar  
1 teaspoon ground cinnamon  
Pinch of sea salt  
Grated coconut and grated nutmeg, to decorate

### Cashew Nut Puree Frosting:

1 1/2 cups raw cashews, or any other raw, untreated nut  
3 tablespoons agave nectar  
1/3 cup fresh orange juice  
1/2 teaspoon vanilla extract

### Cake:

Take an 8-inch cake tin or loaf tin and line with cling film, leaving a little extra hanging over the edge. Mix the carrots, walnuts, coconut, papaya or mangoes, and orange zest in a large bowl. Place the dates, orange juice, vanilla extract, flax seeds, agave nectar, cinnamon, and salt in a food processor. Turn the machine on and blend until the mixture becomes soft. Stop the machine and scrape down the sides if you needs to, until you get a nice, smooth puree. Mix the puree with the carrot mixture. You may need to use

your hands. Mix until it all clings together. Place the mixture in the prepared tin and spread it around using your hands, until smooth and level. Cover with more cling film and leave it in the fridge overnight.

### **Frosting:**

Place cashews in enough water to cover them, and let them soak for about two hours. Drain off water and place nuts in food processor or blender with the agave nectar, orange juice, and vanilla extract. Add more sweetness if needed. Blend mixture until creamy and smooth. Take carrot cake out of fridge and flip it over onto a serving dish. Remove cling film and shape it a little if necessary. Frost with cashew nut puree and decorate with grated coconut and grated nutmeg, and serve.

### **Oriental Dressing**

Yields 1 1/4 cup

Ingredients:

- 1/2 cup vegetable oil
- 1/3 cup Madhava's Light Agave
- 1/4 cup pineapple juice
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoons sesame oil
- 1 teaspoon sesame seeds
- 1/2 teaspoon ground mustard
- 1/4 teaspoon ground ginger
- 1/4 teaspoon dried minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon xanthan gum (optional)

In a small bowl whisk together all ingredients. Cover and chill.

### **Seitan Skewers with Chimichurri Citrus-Herb Sauce**

Makes about 12 skewers, serves 6

These seitan skewers are wonderful when well charred and served with refreshing Chimichurri Citrus Herb Sauce. They freeze very well and are great to have on hand to serve as appetizers, snacks, or an entre.

Marinade

- 1 cup fresh lemon juice
- 1 cup extra-virgin olive oil
- 2 garlic cloves, minced
- 1/4 cup agave nectar

- 1 teaspoon sea salt
- 1/2 cup finely chopped parsley
- 1 cup finely chopped cilantro
- 1 1/2 pounds seitan, cut into 1 1/2-inch pieces

### Chimichurri Citrus-Herb Sauce

- 1 cup fresh orange juice
- 1/4 cup fresh lemon juice
- 1/4 cup fresh lime juice
- 1 cup extra-virgin olive oil
- 1/4 cup silken tofu
- 1/4 cup chopped parsley
- 2 tablespoons Madhava's Agave Nectar (Light, Amber, or Raw)
- sea salt to taste

To prepare the marinade, put all of the marinade ingredients in a blender. Blend on high speed until well combined. Put 4 pieces of seitan on each of 12 metal or bamboo skewers. Place them in a large non-reactive bowl or baking dish, pour the marinade over them, and let marinade from 1 hour to overnight. To prepare the Chimichurri Citrus-Herb sauce, put all of the chimichurri ingredients in a blender. Blend on high speed until well combined. Refrigerate until ready to use. Prepare a charcoal, gas

### Tempeh Teriyaki

- 8 oz. package tempeh
- 1/4 cup tamari
- 1/4 cup sake
- 2 tbl. Madhava's Agave Nectar Amber
- 2 tsp. grated ginger root
- 2 cloves of garlic minced
- 1 tbsp sesame oil
- 1/2 tsp dry mustard

Cut tempeh into 6 pieces, Combine remaining ingredients to make the teriyaki sauce. Marinate the tempeh for several hours. Broil on both sides until nicely browned. This is a good all-purpose marinade. For variety, try using tofu for seitan instead of tempeh. Broil tofu until speckled and brown.

## **Beverages**

### **Banana Split Smoothie**

Yields 5 cups

Ingredients:

16 ounces silken tofu  
1 ripe banana  
1 cup pineapple  
2 cups frozen strawberries  
1 cup ice  
1/2 cup light agave

Add ingredients to a blender. Blend until smooth. Garnish with chocolate syrup if desired.

### **Frozen Cafe Mocha**

2 Servings

Ingredients:

1 cup milk or unsweetened soy milk  
1/3 cup Madhava's Light Agave Nectar  
2 tablespoons cocoa powder  
1 tablespoon instant coffee  
1 teaspoon vanilla extract  
2 cups of ice

Add ingredients to a blender in order listed. Blend on high until mixture is slushy. Garnish with whipped cream (recipe follows) and/or chocolate syrup, if desired.

### **Mango Lemonade**

Yields 6 one-cup servings

Ingredients:

2/3 cup lemon juice  
1/2 cup Madhava's Light Agave  
1 cup mango (diced)  
1 cup water  
4 cups ice

Add ingredients to a blender in the order listed. Blend thoroughly. Adjust amount of water and ice depending on desired consistency.

### **Non-Alcoholic Pina Colada**

Yields 8 cups

Ingredients:

3 cups fresh pineapple

1 14-ounce can coconut milk (unsweetened)

3/4 cup Madhava's Light Agave

6-7 cups ice

Place all ingredients in a large blender. Make in two batches if using a small blender.

2. Blend until smooth. Serve immediately.

### **Sweet Green Tea**

Takes 10 minutes, makes 1 gallon

Ingredients:

12 green tea bags

6 cups boiling water; plus additional cold water

2/3 cup to 1 cup Madhava's Light Agave Nectar

Ice

Lemon wedges or fresh mint sprigs (optional)

Place tea bags in a large heat-proof 1-gallon pitcher. Add boiling water and steep for 5 minutes. Spoon out the tea bags and squeeze them into the tea, then discard tea bags.. Stir in 2/3-cup agave. Add enough cold water to fill the pitcher. Taste and adjust sweetness with remaining agave and water. To serve, pour over ice and garnish with lemon wedges or fresh mint

### **Other**

#### **Agave Jelly**

Ingredients:

4 cups well crushed fruit

1 cup **Madhava's Amber Agave**

1 cup warm water

2 packages sure jell (no cook)

Stir together crushed fruit and agave. In a separate bowl, blend water and sure jell well with a "whip." Add to fruit mixture, stir well.

## Asian Vinaigrette

Ingredients:

1/8 cup agave nectar  
1/4 cup Wasabi mayonnaise  
1/4 cup extra virgin oil  
1/8 cup balsamic vinegar

## Banana Bread

Mix together and set aside:

2 cups flour  
2 tsp baking powder  
1 tsp salt  
1 tsp baking soda

In mixer bowl:

3 ripe bananas, mashed (1-1/2 cup approx.)  
1/2 cup butter, room temperature (1 stick)  
2 eggs  
1/2 cup Madhava's Agave Nectar  
1/2 cup nuts (and/or raisins or sunflower seeds)

Preheat oven to 350°. Grease an 8-1/2" x 4-1/2" x 3" loaf pan and set aside.

In a bowl, mix together the dry ingredients and set aside.

Mash the bananas; add eggs and nectar. Blend together.

Stir in dry ingredients a little at a time until well mixed together. Add nuts and blend.

Pour mixture into loaf pan.

Bake at 350° for 45 minutes or until loaf springs back slightly to a light touch or test with toothpick/knife until it comes out clean.

Makes one loaf or two mini loaves. (Bake half the time for mini loaves.) (If doubling the recipe, bake in two regular loaf pans together for 60+ min.; test with toothpick to make sure center is done)

## Chocolate Truffles

Makes 32 truffles

This dark, rich confection is the perfect treat for true chocoholics. Feel free to adjust the level of sweetness to your own taste. If you prefer a creamier consistency, just add an extra 2 tablespoons of cream.

#### Ingredients:

1/2 cup + 2 tablespoons heavy (whipping) cream  
8 ounces unsweetened bakers' chocolate  
1 1/2 tablespoons butter  
1/3 cup Madhava's Light Agave Nectar  
1/2 teaspoon vanilla  
1/2 cup pecans  
1/2 cup dehydrated shredded coconut, unsweetened

Place the heavy cream in a heavy saucepan on your stovetop's lowest heat setting. Break the chocolate into smaller pieces and add to the cream. Add the butter, agave nectar (dark or light, both work), and vanilla. Continue heating the mixture, stirring constantly, until the chocolate is melted and the mixture is smooth.

Place the mixture into an 8 inch square pan and chill in the refrigerator for about an hour or until the chocolate mixture is firm.

While the mixture is chilling, spread the pecans on a baking sheet and toast lightly under the broiler. Watch them carefully and remove the nuts as soon as they begin to brown. Place the nuts in a food processor or choppers and cup until finely minced. Set aside in a small bowl.

Place the coconut in a separate small dish.

When the chocolate mixture is firm, remove it from the refrigerator. Using a teaspoon, scoop walnut-sized portions of chocolate from the dish. Then, roll each scoop of chocolate into small bite-sized balls. Roll half the balls in chopped pecans and half in the coconut to coat. Store, covered, in the refrigerator until ready to serve. Remove about an hour before serving for creamier consistency. Tastes best at room temperature.

#### Minnesota Jelly

Double the recipe as follows:

4 cups well crushed fruit  
1 cup Madhava's Amber Agave

Stir together.

1 cup warm water  
2 packages sure jell (no cook)

Blend well with a "whip"

Add to fruit mixture and stir well, put in jars. Freeze or eat.

#### No-Bake Cheesecake

9 Servings

Ingredients-Crust:

2 cups sugar-free cookie crumbs  
1/4 cup butter (melted)

Combine cookie crumbs and butter in a small bowl. Toss to coat. Empty into an 8x8 baking dish. Press down with fork to form crust.

#### Ingredients-Filling:

1 envelope unflavored gelatine  
2/3 cup boiling water  
2 8-ounce packaged of cream cheese (softened)  
1/2 cup Madhava's Light Agave  
1 teaspoon vanilla

In a small bowl, combine boiling water and gelatine. Stir gelatine to completely dissolve. Set aside. In a medium bowl, beat cream cheese, agave, and vanilla until smooth. Gradually beat in gelatine mixture. Pour over crust. Refrigerate until set (approx. 3 hours). Cut into squares. Top with berries or berry sauce if desired.

### **Peanut Butter Pie**

12 Servings

#### Ingredients-Crust:

2 cups cocktail peanuts (coarsly ground)  
1/2 cup whole wheat flour  
1/2 cup butter (melted)  
1/4 cup Madhava's Light Agave

Place peanuts in a blender and blend until coarsly ground. In a medium bowl combine peanuts, flour, butter, and agave. Mix thoroughly. Pour mixture into a 9 or 9 1/2" pie pan. Spread mixture in bottom of pan with a spoon. Spread some along the sides to make a crust. Refrigerate while making filling.

#### Ingredients-Filling:

1 8-ounce package cream cheese (softened)  
1 cup unsweetened creamy peanut butter  
1 cup light agave nectar  
2 tablespoons butter (softened)  
1 1/2 teaspoons vanilla extract

1 cup heavy cream  
1/2 cup chocolate syrup

In a medium bowl, beat cream cheese, peanut butter, agave, butter, and vanilla together with an electric mixer until smooth and set aside.

In a chilled metal bowl, beat heavy cream with an electric mixer until thick. Fold whipped cream into peanut butter mixture. Mix. Remove pie crust from fridge. Pour 1/4 cup of chocolate syrup onto bottom of pie crust. Pour filling on top of syrup. Pour evenly. Cover and place in freezer for a few hours or overnight. Before serving, garnish with remaining 1/4 cup of chocolate syrup.

### **Vanilla Ice Cream**

Makes 1 quart

Ingredients:

4 oz. Liquid pasteurized egg substitute (don't use raw eggs!)  
1/4 cup Madhava's Light Agave Nectar  
1 cup Half and Half (or milk)  
2 cups heavy cream  
1 1/2 teaspoons vanilla

In a 4-cup measuring bowl, combine egg substitute, agave nectar, and vanilla in a bowl and stir to mix. Add cream and Half and Half (or milk). Chill thoroughly. Process in a ice cream maker of choice.

### **Whipped Cream**

8 Servings

Ingredients:

1 cup heavy cream  
2 tablespoons Madhava's Light Agave  
1/2 teaspoon vanilla extract

Beat all ingredients with an electric mixer on high for 4 to 5 minutes or until thick.