

ben and jerry's vegan cookie dough

ben and jerry's vegan cookie dough has become a popular choice among ice cream enthusiasts who seek delicious plant-based alternatives without compromising on taste or texture. This innovative product combines the classic indulgence of cookie dough with the growing demand for vegan-friendly desserts, making it a standout option in the frozen treat market. Ben & Jerry's commitment to sustainability and ethical sourcing is also reflected in their vegan offerings, which appeal to environmentally conscious consumers. This article explores the key aspects of ben and jerry's vegan cookie dough, including its ingredients, nutritional profile, flavor experience, and how it fits into the larger trend of vegan ice cream. Additionally, the discussion covers the brand's approach to allergy considerations and availability. The following sections provide an in-depth examination of everything consumers need to know about this popular vegan dessert.

- Overview of Ben & Jerry's Vegan Cookie Dough
- Ingredients and Nutritional Information
- Flavor Profile and Texture
- Production and Sustainability Practices
- Allergen Information and Dietary Considerations
- Availability and Purchasing Options

Overview of Ben & Jerry's Vegan Cookie Dough

Ben & Jerry's vegan cookie dough is part of the brand's expanding line of plant-based ice creams designed to cater to vegans and those seeking dairy-free options. This product replicates the beloved classic cookie dough ice cream by using non-dairy ingredients while maintaining the rich, creamy texture fans expect. By utilizing alternative milk bases such as almond milk or sunflower butter, the vegan cookie dough flavor delivers a satisfying experience that is both indulgent and ethical. The product continues Ben & Jerry's tradition of combining innovative flavors with social and environmental responsibility.

History and Development

The development of ben and jerry's vegan cookie dough was driven by the

increasing consumer demand for dairy-free frozen desserts. After the successful launch of their first line of non-dairy ice creams in 2016, Ben & Jerry's expanded their vegan offerings to include the classic cookie dough flavor. The brand's research and development team focused on creating a formula that would preserve the signature taste and texture of cookie dough ice cream while using plant-based ingredients. This commitment has helped the vegan cookie dough become one of the most popular flavors within the non-dairy range.

Position in the Vegan Ice Cream Market

Ben & Jerry's vegan cookie dough holds a significant position in the competitive vegan ice cream market, competing with other premium and mainstream dairy-free brands. Its recognizable flavor, combined with Ben & Jerry's reputation for quality and social activism, provides a distinct advantage. The product appeals to a broad demographic, including vegans, lactose-intolerant consumers, and those reducing animal product consumption for environmental or health reasons. Its availability in major supermarkets and natural food stores also increases accessibility.

Ingredients and Nutritional Information

The ingredients of ben and jerry's vegan cookie dough are carefully selected to ensure they are plant-based, sustainable, and allergen-conscious where possible. The base is typically made from almond milk or sunflower butter, which provides a creamy mouthfeel without dairy. The cookie dough pieces embedded throughout the ice cream are vegan-certified, containing ingredients such as organic flour, brown sugar, and vegan chocolate chips. The formulation avoids common animal-derived additives like milk fat and whey.

Key Ingredients

- Almond milk or sunflower butter as the non-dairy base
- Organic cane sugar and brown sugar for sweetness
- Unbleached organic flour for the cookie dough chunks
- Vegan chocolate chunks or chips
- Natural flavors and stabilizers such as guar gum and locust bean gum

Nutritional Profile

Ben & Jerry's vegan cookie dough provides a nutritional profile comparable to traditional ice cream, with some variations due to the plant-based ingredients. It offers a source of energy primarily from carbohydrates and fats, including healthy unsaturated fats from almond or sunflower sources. The ice cream contains no cholesterol and is free from lactose, making it suitable for those with lactose intolerance. However, the product is still calorie-dense and contains sugars, so moderation is recommended for those monitoring sugar intake.

Flavor Profile and Texture

The flavor profile of ben and jerry's vegan cookie dough is designed to closely mimic the original dairy-based version, providing a rich and creamy vanilla base with generous chunks of chewy, sweet cookie dough. The chocolate chips add bursts of cocoa flavor, complementing the overall sweetness without overpowering it. The texture balances creamy smoothness in the ice cream with the soft yet slightly firm bite of the cookie dough pieces.

Taste Characteristics

The vanilla base is subtly sweet and aromatic, enhanced by natural vanilla extracts that provide depth. The cookie dough pieces are buttery and sweet, with a slightly grainy texture typical of raw cookie dough but made safe for consumption. Chocolate chips add a bittersweet contrast, making the flavor combination well-rounded and satisfying.

Texture and Mouthfeel

The use of plant-based milks ensures a creamy texture, though some consumers may notice a slight difference compared to dairy-based ice cream due to the absence of milk fat. The cookie dough chunks maintain their shape and tenderness within the frozen environment, providing a pleasant contrast to the smooth ice cream. Overall, the texture is rich and indulgent, contributing to the product's popularity.

Production and Sustainability Practices

Ben & Jerry's commitment to sustainability extends to their vegan ice cream line, including the vegan cookie dough flavor. The company implements environmentally responsible sourcing for ingredients, prioritizing organic and Fairtrade-certified components where possible. Additionally, the production process aims to minimize carbon footprint and reduce waste. Packaging is increasingly designed to be recyclable and eco-friendly.

Ingredient Sourcing

Ingredients such as sugar, vanilla, and chocolate used in ben and jerry's vegan cookie dough are often Fairtrade certified, ensuring ethical labor practices and sustainable farming methods. The use of plant-based milk alternatives also contributes to a lower environmental impact compared to traditional dairy farming. This aligns with the brand's broader mission to promote climate justice and reduce greenhouse gas emissions.

Packaging and Environmental Impact

The packaging for the vegan cookie dough ice cream is made from renewable or recyclable materials, helping to reduce landfill waste. Ben & Jerry's has committed to ongoing improvements in packaging sustainability, including reducing plastic use and increasing the use of biodegradable components. These efforts demonstrate the company's dedication to environmental stewardship in all aspects of production.

Allergen Information and Dietary Considerations

Ben & Jerry's vegan cookie dough caters to a variety of dietary needs but also contains certain allergens that consumers should be aware of. The product is free from dairy and eggs, making it suitable for vegans and those with lactose intolerance or egg allergies. However, the presence of nuts, gluten, and soy in some formulations requires attention for individuals with specific allergies.

Common Allergens

- Tree nuts (such as almonds or sunflower seeds depending on the base)
- Gluten from wheat flour in cookie dough pieces
- Soy lecithin or other soy derivatives in chocolate chips or stabilizers

Suitability for Dietary Restrictions

This vegan cookie dough ice cream is suitable for those following a vegan diet, as well as people avoiding lactose or eggs. It is not gluten-free, so individuals with celiac disease or gluten sensitivity should exercise caution. Additionally, it is free from artificial colors and preservatives, aligning with clean-label preferences. Consumers with nut allergies should review ingredient labels carefully due to the use of almond milk or sunflower

butter.

Availability and Purchasing Options

Ben & Jerry's vegan cookie dough is widely available across the United States and in many international markets. It can be found in major grocery chains, natural food stores, and specialty vegan retailers. The product is also accessible through online grocery delivery platforms, increasing convenience for consumers. Seasonal availability may vary depending on region and retailer.

Retail Locations

- Supermarkets such as Whole Foods, Kroger, Safeway, and Target
- Health food stores specializing in organic and vegan products
- Convenience stores that stock premium frozen desserts

Online Purchasing

Online grocery services and delivery apps often carry Ben and Jerry's vegan cookie dough, allowing consumers to order directly to their homes. This option is particularly beneficial for those living in areas without easy access to specialty stores. Availability may depend on shipping limitations related to frozen products.

Frequently Asked Questions

Is Ben and Jerry's Vegan Cookie Dough completely dairy-free?

Yes, Ben and Jerry's Vegan Cookie Dough is completely dairy-free, made with almond milk and other plant-based ingredients suitable for vegans.

Does Ben and Jerry's Vegan Cookie Dough contain gluten?

Yes, Ben and Jerry's Vegan Cookie Dough contains gluten because it includes cookie dough pieces made with wheat flour.

Where can I buy Ben and Jerry's Vegan Cookie Dough?

Ben and Jerry's Vegan Cookie Dough is available at many grocery stores, supermarkets, and online retailers such as Amazon and the official Ben and Jerry's website.

How does Ben and Jerry's Vegan Cookie Dough taste compared to the original?

Ben and Jerry's Vegan Cookie Dough has a similar rich and creamy texture with chunks of cookie dough, but it uses plant-based ingredients, offering a slightly different but delicious flavor.

Is Ben and Jerry's Vegan Cookie Dough suitable for people with nut allergies?

No, Ben and Jerry's Vegan Cookie Dough is made with almond milk and may not be safe for individuals with nut allergies.

What ingredients make Ben and Jerry's Vegan Cookie Dough vegan?

Ben and Jerry's Vegan Cookie Dough uses almond milk instead of dairy, vegan cookie dough chunks without eggs or milk, and other plant-based ingredients to ensure it is vegan-friendly.

Does Ben and Jerry's Vegan Cookie Dough contain any artificial preservatives or flavors?

Ben and Jerry's Vegan Cookie Dough is made with non-GMO ingredients and does not contain artificial preservatives or flavors, aligning with their commitment to natural ingredients.

Additional Resources

1. *Ben & Jerry's Vegan Cookie Dough: The Sweet Scoop*

This book delves into the story behind Ben & Jerry's popular vegan cookie dough ice cream, exploring the brand's journey toward plant-based innovation. It covers the creation process, ingredient sourcing, and the challenges of maintaining flavor while going vegan. Readers will enjoy behind-the-scenes anecdotes and insights from the company's founders and product developers.

2. *The Vegan Cookie Dough Craze: Ben & Jerry's and Beyond*

Explore the rise of vegan cookie dough as a beloved treat, with Ben & Jerry's as a central figure in this trend. This book highlights the cultural and culinary impact of vegan desserts and features recipes inspired by the iconic ice cream. It's perfect for fans looking to recreate vegan cookie dough

delights at home.

3. *Plant-Based Indulgence: Ben & Jerry's Vegan Cookie Dough Recipes*

A recipe book dedicated to the rich, creamy indulgence of vegan cookie dough desserts. Inspired by Ben & Jerry's famous flavor, it offers a variety of homemade recipes that are dairy-free, egg-free, and full of deliciousness. From ice cream to cookies and cakes, this book is a must-have for vegan dessert lovers.

4. *The Sweet Revolution: How Ben & Jerry's Made Vegan Cookie Dough Mainstream*

This title examines the social and environmental motivations behind Ben & Jerry's shift to vegan options. It discusses the company's commitment to sustainability, animal welfare, and how these values influenced the creation of their vegan cookie dough ice cream. The book also offers perspectives on the broader vegan movement in the food industry.

5. *Cookie Dough Dreams: Vegan Treats Inspired by Ben & Jerry's*

A collection of creative vegan dessert recipes inspired by the classic cookie dough flavor. This book includes innovative twists on traditional recipes, showcasing how to enjoy cookie dough in various forms without animal products. It's ideal for creative home bakers and vegan enthusiasts.

6. *From Dairy to Delicious: The Making of Ben & Jerry's Vegan Cookie Dough*

This book provides an in-depth look at the product development process behind Ben & Jerry's vegan cookie dough ice cream. It covers ingredient selection, testing phases, and the quest to match the iconic taste with plant-based alternatives. Industry experts and food scientists share their insights into vegan ice cream innovation.

7. *Vegan Treats for All: Ben & Jerry's Cookie Dough and Other Delights*

Highlighting a variety of vegan desserts inspired by Ben & Jerry's cookie dough, this book offers recipes, tips, and nutritional information. It's designed to help readers enjoy indulgent sweets while adhering to a plant-based lifestyle. The book also features stories from people who transitioned to veganism through desserts like these.

8. *The Ultimate Guide to Vegan Ice Cream: Featuring Ben & Jerry's Cookie Dough*

A comprehensive guide to vegan ice creams, with a special focus on Ben & Jerry's vegan cookie dough flavor. The book covers homemade vegan ice cream recipes, commercial product reviews, and tips for choosing the best dairy-free options. It's perfect for anyone looking to explore the world of vegan frozen treats.

9. *Sweet Sustainability: How Ben & Jerry's Vegan Cookie Dough Supports a Greener Future*

This book explores the environmental impact of dairy farming and how Ben & Jerry's vegan cookie dough contributes to sustainability efforts. It discusses corporate responsibility, sustainable sourcing, and how consumers can make eco-friendly dessert choices. Readers will gain a deeper understanding of the connection between food and the planet.

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ben and jerry s vegan cookie dough: Epic Vegan Dustin Harder, 2019-07-02 Not Your Granny's Home Cookin'! Epic Vegan offers a step-by-step guide to creating timeless comfort foods that are over-the-top delicious, and always plant based. Think classic and nostalgic, yet messy, juicy, and Instagram-worthy at the same time. Are you into playing with your food? Epic Vegan does just that, encouraging home cooks to think outside of the box. Author Dustin Harder, host and creator of the original vegan travel culinary series, The Vegan Roadie, is your culinary coordinator for the adventure ahead, sharing recipes that everyone from beginner cooks to experienced chefs can create at home. How does it work? Recipes are built from the ground up, so you can stop at just the biscuit, or go beyond to the Deep Dish Brunch Pizza with Garlicky Cheddar Biscuit Crust—the choice is yours! Also included are recreations of fast-food classics, like Norito's Los Tacos and Cray Cray Bread (you know you can't resist). Every creation is a flavor sensation guaranteed to wow your friends and your taste buds. The level of indulgence is up to you to decide! What does an Epic Vegan recipe sound like? Here are just a few examples: Festive Cheesy Spinach Bread Savory Cheddar Fondue Waffle Bowl Monte Cristo Rolls Crab Rangoon Pizza Double Stacked Cookie Dough Cake Bacon Macaroni and Cheese Blue Burger Hushpuppy Phish Filet Sandwich Pumpkin Cream Cheese Latte Shake Cheesesteak Baked Potato Bowl Fried Chicken n Waffle Benedict Sandwich Stuffed Crust Meatball Parm Pizza Almost Famous Buffalo Chicken Lasagna Churro Cup Sundaes Epic Vegan offers a choose-your-own-adventure approach for you to become a kitchen warrior in your own home, your own way. Playing with your food has never been more fun, or more epic!

ben and jerry s vegan cookie dough: The Sweetest Scoop Lisa Robinson, 2022-05-10 The Sweetest Scoop is a picture book biography of the entrepreneurial activist duo behind Ben & Jerry's Ice Cream and their rocky road to success, from author Lisa Robinson and award-winning illustrator Stacy Innerst. Chunky Monkey. Cherry Garcia. Truffle Kerfuffle. Legendary ice cream makers Ben & Jerry are behind some of the wackiest, tastiest flavors we know and love. It all began when two groovy guys, Ben Cohen and Jerry Greenfield, met when they were 12 years old. Ben liked art, Jerry liked science, and they both loved food . . . especially ice cream! They started a business together, and with no idea how to actually make ice cream, they made it happen with teamwork, determination, and an appetite for fun and experimentation. When the doors of Ben & Jerry's Homemade ice cream shop finally opened, crowds flocked. But the pair would still have a rocky road ahead—and ambitious activist goals to fulfill. Chock-full of facts and humor, this entertaining biography about two hardworking partners living their Americone Dream gives readers plenty to chew on. Through their inventiveness, passion, and activism, Ben & Jerry dreamed of making the world a better, more delicious place—one scoop at a time. "The Sweetest Scoop is a visual treat!" —Ben Cohen & Jerry Greenfield, Co-founders of Ben & Jerry's

ben and jerry s vegan cookie dough: Animalkind Ingrid Newkirk, Gene Stone, 2021-01-19 The founder and president of PETA, Ingrid Newkirk, and bestselling author Gene Stone explore the wonders of animal life with "admiration and empathy" (The New York Times Book Review) and offer tools for living more kindly toward them. In the last few decades, a wealth of new information has emerged about who animals are: astounding beings with intelligence, emotions, intricate communications networks, and myriad abilities. In Animalkind, Ingrid Newkirk and Gene Stone

present these findings in a concise and awe-inspiring way, detailing a range of surprising discoveries, like that geese fall in love and stay with a partner for life, that fish “sing” underwater, and that elephants use their trunks to send subsonic signals, alerting other herds to danger miles away. Newkirk and Stone pair their tour through the astounding lives of animals with a guide to the exciting new tools that allow humans to avoid using or abusing animals as we once did. Whether it’s medicine, product testing, entertainment, clothing, or food, there are now better options to all the uses animals once served in human life. We can substitute warmer, lighter faux fleece for wool, choose vegan versions of everything from shrimp to marshmallows, reap the benefits of animal-free medical research, and scrap captive orca exhibits and elephant rides for virtual reality and animatronics. *Animalkind* provides a fascinating look at why our fellow living beings deserve our respect, and lays out the steps everyone can take to put this new understanding into action.

ben and jerry s vegan cookie dough: Food Americana David Page, 2021-05-04 Whet Your Appetites for A Fascinating History of American Food Terrific food journalism. Page uncovers the untold backstories of American food. A great read. —George Stephanopoulos, Good Morning America, This Week and ABC News’ Chief Anchor #1 New Release in History Humor David Page changed the world of food television by creating, developing, and executive-producing the groundbreaking show *Diners, Drive-Ins and Dives*. Now from the two-time Emmy winner David Page comes the book *Food Americana*, an entertaining mix of food culture, pop culture, nostalgia, and everything new on the American plate. The remarkable history of American food. What is American cuisine? What national menu do we share? What dishes have we chosen, how did they become “American,” and how are they likely to evolve from here? David Page answers all these questions and more. *Food Americana* is engaging, insightful, and often humorous. The inside story of how Americans have formed a national cuisine from a world of flavors. Sushi, pizza, tacos, bagels, barbecue, dim sum—even fried chicken, burgers, ice cream, and many more—were born elsewhere and transformed into a unique American cuisine. *Food Americana* is a riveting ride into every aspect of what we eat and why. From a lobster boat off the coast of Maine to the Memphis in May barbecue competition. From the century-old Russ & Daughters lox and bagels shop in lower Manhattan to the Buffalo Chicken Wing Festival. From a thousand-dollar Chinese meal in San Francisco to birria tacos from a food truck in South Philly. Meet incredibly engaging characters and legends including: • The owner of a great sushi bar in an Oklahoma gas station • The New Englander introducing Utah to lobster rolls • Alice Waters • Daniel Boulud • Jerry Greenfield of Ben & Jerry’s • Mel Brooks If you enjoyed captivating food history books like *A History of the World in 6 Glasses*, *On Food and Cooking*, or the classic *Salt* by Mark Kurlansky, you’ll love *Food Americana*.

ben and jerry s vegan cookie dough: Making It Laura Kay, 2024-07-02 From the author of *Wild Things* comes a heartwarming and relatable queer coming of age story about an isolated young woman whose artistic celebration of her pet chinchilla suddenly launches her into the professional art world, reality TV fame, and first love. Brilliantly and truthfully rendered friendships, flirtations, and workplace dramas . . . but also a truly nuanced, sensitive, and warm-hearted portrait of living with mental illness. —Emma Hughes, author of *No Such Thing as Perfect Isobel's life is small*: just her, her mum, and her pet chinchilla, Abigail, in their council flat on the Kentish coast. After mental health troubles in her teens, Issy, now twenty-eight, has kept things that way on purpose, only deviating from routine when her part-time job at a paint-your-own pottery studio demands it, or when she's inspired to create art of Abigail: knitted Abigails, sculptural Abigails, delicately rendered paintings of Abigail. When the Abigails earn the attention of famous artist and reality TV star Elizabeth Staggs, Issy is awestruck and a little alarmed. These emotions compound when Elizabeth makes Issy an unexpected offer: move to London and work for a year shadowing Elizabeth as she produces her hit arts documentary series. Terrified but determined, Issy agrees, and soon finds herself sharing a flat with a crew of boisterous roommates who welcome her into their queer enclave and attempt to mentor her in the city's wide world of romantic possibilities. Issy can't help but wish that one roommate—gorgeous and cool aspiring actress, Robin—might make her mentorship a bit more hands on...even while, at work, she struggles under the guidance of Elizabeth's harsh and

exacting young producer, Aubrey. But when Elizabeth seizes on Issy's idea to structure the upcoming season around a group of outsider artists, Issy finds both her work and love lives growing more complicated by the day, whether she's ready or not. Making It is a nuanced and life affirming look at living with depression and of finding, as we all deserve to, self-acceptance, community, and love.

ben and jerry s vegan cookie dough: Twelve Feet Down John Penteros, 2016-10-24 Whoever said life would be easy...was a liar. A car wreck took away his father and his leg. But a year later, thirteen-year-old Joseph McKinnon has a mission and it begins with an underground construction project in the woods. Joe's relying on dad's buddy Fred to get the supplies he needs...and to keep things secret from mom. Aside from that, Joe plans to complete the project alone. But help keeps knocking and interference creates big problems. Soon, the situation gets dangerous. To make matters worse, Joe must deliver two speeches in his language arts class—the only thing he fears more than public speaking is death. But there's no way out of it. Or is there? Accepting help from others and telling a few harmless fibs seem like reasonable temporary solutions to Joe's problems. And while there's no telling how deep his lies will go, he's definitely dug himself a hole...twelve feet down.

ben and jerry s vegan cookie dough: Magic Food Mauro Bergonzoli, Franziska Gräfin Fugger von Babenhausen, 2021-09-20 Eine radikale Ernährungsumstellung rettete dem italienischen Neo Pop Künstler Mauro Bergonzoli nach einem Herzinfarkt das Leben. Der Künstler und seine Lebenspartnerin Franziska Gräfin Fugger von Babenhausen verzichten nun seit einigen Jahren komplett auf tierische Produkte, Zucker und Gluten. Franziska begleitete Mauro bei dieser bewegenden Reise, mit selbstentwickelten, einzigartigen Rezepten, deren Zutaten der Maestro in der farbenfrohen Kunst-Serie Magic Food festhielt – und nun die ganze Familie zum Nachkochen einlädt und inspiriert. Ein umfangreiches Potpourri an veganen Gerichten begeistert die ganze Familie und verwöhnt Körper, Herz und Seele. Neben den vielfältigen Gerichten werden auch die einzelnen Zutaten im Detail behandelt und es wird verraten, mit welcher besonderen Power das Magic Food unseren Körper stärken und heilen kann. Diese Leidenschaft für Kunst und Kulinarik trifft mit viel Lebensfreude und Energie direkt ins Herz.

ben and jerry s vegan cookie dough: The Great American Chocolate Chip Cookie Book Carolyn Wyman, 2013-11-05 Full of fun facts, myths, secrets, and cookie recipes apt to make you as famous as Amos among your family and friends, The Great American Chocolate Chip Cookie Book makes for great reading and great baking. The advent and swift rise of the chocolate chip cookie offers some of the best stories in American myth-making and king-making. It might feel like this favorite treat is part of our national heritage, perhaps dating back to the founding fathers, but not until 1930 was the first batch impulsively baked in the kitchen of a Massachusetts inn. How quickly it became our nation's favorite is what makes the chocolate chip cookie more relentlessly American than even apple pie. Easily commodified and mass-produced, it birthed new business moguls overnight, ultimately accounting for more than half of all homemade cookies, with sales of 6 billion packaged cookies annually in the U.S.—it's the stuff of legend. Revisit the Toll House Inn kitchen of Ruth Wakefield, who one fateful day took an ice pick to a block of chocolate and sprinkled it into her cookie dough, spawning a national craving that continues unabated to this day. Get to know the first chocolate chip cookie-preneurs and their unlikely success stories. Did you know that Wally "Famous" Amos was a successful music talent agent who signed Dionne Warwick and Simon and Garfunkel to recording contracts before he decided a brighter future lay in perfecting his dear aunt's irresistible cookie recipe? Or that Mrs. Fields was a determined young trophy wife whose husband said her idea of trying to sell her chunky, chewy cookies would never work? And the recipes are packed into this book like brown sugar in a measuring cup, from close approximations of the original Toll House and Mrs. Fields recipes to creative variations like Cake Mix Chocolate Chip Cookies and Pudding Chocolate Chip Cookies. Vegan, gluten-free, and low-fat/low-cal recipes are here, too. So whether you prefer yours crunchy or soft, with or without nuts, you'll be delighted by the wealth of fun facts and delicious recipes in The Great American Chocolate Chip Cookie Book—and you're sure to be

scrambling for the pantry or nearest bakery to feed your craving.

ben and jerry s vegan cookie dough: The Great American Chocolate Chip Cookie Book

Carolyn Wyman, 2013-10-07 A history, guidebook, and cookbook showcasing the chocolate chip cookie! Wyman tells the true story of the cookie's invention; provides a state-by-state survey of bakeries and restaurants known for their chocolate chip cookie creations; and provides recipes for sour cream, pudding, kosher, vegan, and gluten-free cookies, as well as tips for taking your recipe to the next level.

ben and jerry s vegan cookie dough: Vegan Cookies Polly Martin, 2020-01-28 Do you want

to make heavenly, melt in the mouth vegan cookies? If so, Vegan Cookies: Simple, Easy, and Delicious Cookie Cookbook For A Plant-Based, Vegetarian, and Vegan Diet. With Gluten-Free, Sugar-Free, Egg-Free, Dairy-Free, and Nut-Free Recipe Options! By Polly Martin is THE book for you! A plant-based lifestyle is beneficial for health and wellness. However, it can still be hard adjusting and restricting your diet. Our book 'Vegan Cookies' offers a huge variety of snacks and desserts designed for a vegan diet. Whether you're looking for healthy cookies, oatmeal cookies, cookie dough, or chocolate cookies, we have every option! Why choose this book? Our book will help you save money and teach you just how easy it is to create incredible tasting cookies from your own home. There is nothing better than a soft, fresh cookie and a glass of almond milk in the evening! What is inside? Introduction to a Vegan Diet Introduction to Vegan Cookies, Including Baking, Ingredients, and Skills Delicious Vegan Cookie Recipes, Including Cookie Dough And much, much more! What are you waiting for? Kickstart your life now by purchasing this book! See you inside!

ben and jerry s vegan cookie dough: Fantastic Vegan Cookies Tiina Strandberg, 2021-12-07

Your Ultimate Go-To Guide for Exceptional Vegan Cookies Vegan blogger Tiina Strandberg has perfected the art of making mouth-watering cookies using only plant-based ingredients, and now she shares her best recipes with you! Every vegan cookie imaginable is represented in this outstanding collection—from gooey chocolate treats and fruit-studded confections to no-bake delights and to-die-for bar bakes. No matter what you're craving, there's a cookie that'll hit the spot, including: Cinnamon Roll Sugar Cookies Oatmeal Chocolate Chip Cookies Citrus Sandwich Cookies Cookie Butter Bars Cranberry Date Cookies Rainbow "Oreos" Piña Colada Cookies Chocolate Chip Peanut Butter Cookie Pizza Raspberry Cheesecake Cookies With easy-to-follow instructions and accessible ingredients, bakers of all skill levels are sure to find their new favorites among Tiina's recipes. No matter which standout recipe you bake first, you'll soon learn just how easy it is to whip up healthier versions of your favorite cookies that are both quick to make and downright delicious.

ben and jerry s vegan cookie dough: Vegan Cookies Invade Your Cookie Jar Isa Chandra

Moskowitz, 2010-04 Don't run. Don't hide. Vegan cookies are going to invade your cookie jar, one delicious bite at a time. Join award-winning bakers Isa Chandra Moskowitz and Terry Hope Romero (authors of the hit cookbook Vegan Cupcakes Take Over the World) as they ...

ben and jerry s vegan cookie dough: Hello, Cookie Dough Kristen Tomlan, 2019-10-15

Safe-to-eat cookie doughs and baked treats from the creator of the world's first edible cookie dough shop Finally, you can eat cookie dough how you've always craved it: straight from the mixing bowl! In her rule-breaking first book, Kristen Tomlan, the Queen of Cookie Dough, spills her secrets about how to make cookie dough safe-to-eat and all of the best ways to enjoy it. Kristen is sharing 110 decadent recipes--a mix of fan favorites from her famous New York City confectionery and never-before-seen creations--each with an innovative twist. HELLO, COOKIE DOUGH is filled with recipes for cookie dough lovers at every age and skill level. All 40 flavors, spanning the classic to the wildly creative, are ready to eat off the spatula OR can be baked into perfect, chewy cookies. Kristen's baked creations are equally tempting, with treats like cookie dough-stuffed cinnamon rolls, deep dish skillet cookies, and molten cookie dough cupcakes. Sprinkled throughout are her tips on perfecting your confections plus easy swaps to make the recipes gluten-free or vegan. Since cookie dough is best when shared, Kristen is serving up inspiration for all your party needs, including ideas for baby showers, weddings, ice cream parties, and the all-important girls' night in. This is the unconventional baking book every person with a sweet tooth will love. Join Kristen on her mission to

make cookie dough all about joy, transforming this once-forbidden treat from a no-no to HELLO!

ben and jerry s vegan cookie dough: Chill Vegan: 44 Delicious Ice Creams, No-Bake Cakes, Cookie Dough, and Other Easy-To-Make Everyday Plant-Based Desserts Katherine Eglund, Nicholas Tamblyn, 2016-12-12 In this easy to follow and diverse collection of dairy, egg, and gluten-free no-bake dessert recipes, every variety of vegan sweets are covered - ice creams (or nice creams), popsicles, sorbets, and shaved ice, dessert bars, bliss balls and bites, pies and cakes, and puddings, jellies and panna cottas. Chill Vegan: 44 Delicious Ice Creams, No-Bake Cakes, Cookie Dough, And Other Easy-To-Make Everyday Plant-Based Desserts, a plant-based cookbook that gives its focus to not cooking, with helpful notes by authors Nicholas Tamblyn and Katherine Eglund, will be a delicious and valuable addition to every kitchen!

ben and jerry s vegan cookie dough: Cookie Dough Sylvia Van't Foort, 2018 Life is too short not to embrace and enjoy the simple pleasures. Cookies and Cookie dough! In this book, you'll find fun, delicious and inspiring recipes. Tempting you to break cut your apron and whip up a batch, impressing friends and family.

ben and jerry s vegan cookie dough: Cookie Doughlicious Lara Ferroni, 2014-06-03 Peanut Butter Cookie Dough-Filled Pretzels, Anyone? Cookie dough is no longer just for making cookies. Cookie Doughlicious shows bakers how to make 20 safe-to-eat, egg-free cookie doughs that take the guilt out of raw. Now, conflicted bakers don't have to choose between safety and a spoonful of heaven! Each of the doughs can be incorporated into any of the 50 delicious recipes for cakes, cookies, candies, bars, pies, tarts, ice cream and frozen treats, and much more. Recipes include: Chocolate Hazelnut Cookie Dough Pop Tarts, Cashew Caramel Cookie Dough Candy Bars, Snickerdoodle Cookie Dough Crisp, Gingerbread Cookie Dough Crème Brulee, Pistachio-Lemon Cookie Dough Sorbet, Chocolate Espresso Cookie Dough Tiramisù, and more!

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ben and jerry s vegan cookie dough: Pure Cookies Sprouted, Raw Vegan, Gluten-Free Amanda Smith, 2015-10-10 Calling all healthy cookie monsters! Let's replace the ingredients to our favorite cookies with pure, simple and whole ingredients. We're replacing flour, refined sugar, butter and eggs with ingredients such as almonds, cashews, buckwheat groats, and dates. You'll find the classics like thin mints, oreos, maple pecan, snickerdoodle, oatmeal raisin, lemon poppyseed and more! My goal was to make a versatile cookie batter that could be used in a variety of different cookies. I wanted options and I especially wanted a raw vegan cookie with crispy outsides and soft insides. Many cookies later, I came up with 3 base recipes that can be used interchangeably in all 12 cookies. That means there are a total of 36 cookies recipes! These cookies can be sprouted, gluten-free and are all raw vegan. However they could be made in the oven like regular cookies as well. The cookie options are limitless with the simple techniques I'm about to show you. Equipment required: Food processor or blender, dehydrator or oven. Have a nut allergy? Alternatives are included in the book. For example almonds and cashews can be replaced with oats and coconut flour.

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