

VILLAGE HEALTH CLINIC

RECIPES

Unbelievable Vegan Chocolate Cake

(With chocolate or peanut butter frosting)

This cake is a beautiful thing; moist and dense; every bit as sinful tasting as any non-vegan chocolate cake could be. It is also extremely easy to make.

2 cups sugar (I've used unrefined brown sugar, and beet sugar, successfully)

1 3/4 c. flour (1-1/4 c. oat flour)

3/4 c. cocoa powder

1 1/2 tsp. baking powder

1 1/2 tsp. baking soda

1 tsp. salt

Equivalent of 2 eggs (3 tsp. Egg-replacer plus 4 TB water)

1 c. soymilk

1/2 c. vegetable oil

2 tsp. Real vanilla extract

1 c. boiling water

Heat oven to 350 degrees. Grease and flour two 9-inch round baking pans or one 9 x 13 square baking pan. Combine all dry ingredients in large bowl. Add egg substitute, soymilk, oil and vanilla. Beat for 2 minutes on medium speed. Stir in boiling water (batter will be thin). Pour into pans and bake for 30-35 minutes (round pans) and 35 to 40 minutes for the square pan.

CHOCOLATE FROSTING

1 stick (1/2 c.) vegan margarine (oil will not work in this)

2/3 c. cocoa

3 c. powdered sugar

1/3 c. soymilk

1 tsp. vanilla extract

Melt margarine. Stir in cocoa. Alternately add powdered sugar then soymilk, beating on medium speed to spreading consistency. Add more milk, if needed. Add vanilla. Makes enough to frost a round 9" layered cake or one 9" x 13" square cake.

PEANUT BUTTER FROSTING

1/2 cup natural peanut butter

1/2 cup vegan margarine

2-3 cups icing sugar

Dash of sea salt

2-3 TB soymilk

Place all ingredients in a bowl and beat until smooth. Chill for a half an hour before icing the cake (and make sure your cake is completely cooled). Should make enough for two round 8" or 9" layers or one 9" x 13" sheet cake.