

Free Range Mag

Recipes

Vegan Cake

Compiled by Sue D Nim

3 cups of plain flour (white/wholemeal/mix)

1 cup sugar

2 teaspoons bicarb soda

2 cups water (or juice)

1 cup oil

2 tablespoons vinegar (wine/apple cider)

1 tablespoon vanilla essence

Some optional extras (mix and match for many variations):

1 - 2 cups shredded coconut

1/2 cup cocoa or carob powder

2 cups pear/apple/plums cooked or canned (if canned, use the juice instead of some water)

Pre-heat oven to 160°C. Mix dry ingredients in large bowl. Add wet ingredients. Mix together.

Pour into an oiled cake tin (ring tin works well). If baked in a ring tin, bake for about 30 -40 mins.

It takes about 60 mins if a round or square tin is used. Wait till cooled before turning out, otherwise it tends to fall apart (still tastes good though). Tastes nice served with a drop of Woollies organic coconut cream. Other coconut creams just don't seem to work (for me).

Chocolate Coconut Bars Thanks to the Australia Women's Weekly

Compiled/Edited by Tara Rose

125g butter

1/2 cup Brown Sugar (firmly packed)

1 cup Coconut

1/2 cup Plain Flour

1/3 cup Self Raising Flour

1 Tablespoon Cocoa

1 Egg, lightly beaten

Method for Base:

Preheat oven to moderate oven.

Melt butter over low heat. Stir in sugar, coconut, sifted flours and cocoa. Then mix in the lightly beaten egg. Spread mixture evenly over base of well greased 28cm x 18cm (approx.) lamington tin. Bake for 20 minutes, or until just firm to touch. Spread with icing immediately, stand 10 minutes. Sprinkle with a little extra coconut if desired, cut into bars; cool in tin.

Ingredients for Coconut Bar Icing

Compiled/Edited by Tara Rose

1 cup icing sugar

1 tablespoon of cocoa

1 teaspoon of 'soft' butter

1 tablespoon of milk (approx)

Method for Icing:

Sift icing sugar and cocoa into a bowl, stir in butter (make sure it's soft!) and enough milk to give a thick paste. Spread over slice immediately after taking it from the oven.