VEGAN CHOCOLATE CUPCAKES RECIPE
MAKES 14 CUPCAKES

WHAT YOU NEED
• 1 ¼ cup of unbleached flour or whole wheat pastry flour
• 1 cup of sugar
• ½ cup of unsweetened cocoa
• ½ tsp of salt
• ¼ tsp baking soda
• 1 cup of water
• ½ cup of canola oil
• 1 tsp of vanilla extract
• 1 tsp of vinegar
• optional toppings: frosting, powdered sugar, chocolate chips

STEPS
1. Preheat oven to 350° Fahrenheit.
2. Spray muffin tins to prevent sticking, even if using paper inserts.
3. Mix dry ingredients together in a bowl.
4. Add wet ingredients to dry mixture and stir well with spoon.
5. Fill muffin tin wells 2/3 full.
6. Bake for 25 minutes or until top is firm and toothpick comes out clean.
7. Allow cupcakes to cool for 30 minutes before decorating as desired.

NOTES
This recipe can also be made as a cake in a round or square, greased 9x9 baking dish. Cook for about 30 minutes or until top is firm and toothpick comes out clean.

SOURCE
https://www.dinner-mom.com/vegan-chocolate-cupcake
CRABBYLESS CRAB CAKES RECIPE

MAKES 4 CAKES

WHAT YOU NEED

• 2.36 gram egg replacer
• 2 tsp of water
• 8 ½ ounces-weight of canned palm hearts, drained, chopped
• 1 ½ tsp of olive or canola oil
• 1 ¼ ounces-weight of red bell pepper, diced
• 1 ¼ ounces-weight of yellow onion, diced
• ½ tsp of fresh garlic, minced
• 2 tbsp of vegan mayonnaise
• ¾ ounce-weight of panko bread crumbs
• 2 tsp of nutritional yeast
• 1 ½ tsp of old bay seasoning
• 1 ½ tsp of reduced-sodium soy sauce
• ½ tsp of tabasco sauce
• ¼ tsp of salt
• ¼ tsp of ground black pepper
• 1 ¾ ounces-weight of panko bread crumbs
• 2 tbsp of olive or canola oil
• 1 cup of lexington slaw (see recipe below)

STEPS

1. Preheat oven to 300° Fahrenheit.
2. Combine egg replacer and water. Mix well.
3. Place heart of palm in food processor and pulse until mixture resembles flaked crab meat.
5. Combine chilled vegetable mixture, flaked hearts of palm, vegan mayonnaise, first amount of bread crumbs, egg replacer mixture, nutritional yeast, old bay seasoning, soy sauce, second amount of oil, tabasco sauce, salt and pepper. Mix until well blended.
6. Portion mixture into second amount of bread crumbs and coat cakes.
7. On flat-top griddle over medium-high heat, heat third amount of oil. Cook cakes, turning once, until golden brown, 1-2 minutes on each side.
8. Serve with Lexington Slaw.

LEXINGTON SLAW RECIPE

WHAT YOU NEED

• 2 tbsp, 2 tsp of vegan bbq sauce
• 4 ounces-weight of green cabbage, chopped
• ½ ounce-weight of shredded carrots

STEPS

Combine all ingredients. Toss to coat.
WHAT YOU NEED
• 2 tbsp, 2 tsp of unsweetened coconut milk
• 9 ¼ ounces-weight semi-sweet chocolate block, grated
• 1 cup, 3 tbsp of reserved low-sodium canned chickpea liquid
  • ⅛ tsp of cream of tartar
• 2 ¼ ounces-weight of granulated sugar

STEPS
1. In top of double boiler, over hot (not boiling) water, heat coconut milk. Add chocolate. Stir until chocolate is melted and smooth. Remove from heat.
2. In mixing bowl with whisk attachment, beat reserved bean liquid and cream of tartar on medium-high speed until foamy, about 5 minutes. Gradually add sugar, beating until stiff peaks form.
3. Add one third of whipped mixture to melted chocolate. Whisk until well blended.
4. Gently fold in remaining whipped mixture, one half at a time.
5. Refrigerate overnight.
JALAPEÑO “NOT-SO” CHEESE SAUCE
MAKES 2 CUPS

WHAT YOU NEED

• 2 tbsp of nutritional yeast
• ¼ ounce-weight of canned jalapeño chili peppers, drained, minced
• ¾ tsp of lemon juice
• ½ tsp of garlic powder
• ½ tsp of onion powder
• ground cayenne to taste
  • ¼ tsp of salt
• ½ cup of potato, peeled and diced
  • 2 tbsp of water
• 1 tbsp, 1 tsp of olive or canola oil
  • ¼ cup of carrot, diced

STEPS

1. In stockpot over medium heat, boil diced potato and diced carrots until tender.
2. Drain and reserve liquid.
3. Put all ingredients in blender and blend until smooth.
4. If too thick, add reserved liquid.