

Red velvet cake

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 1 (9x13) or 3 (8 inch layers) or 24 Cupcakes

Ingredients	Qty	Measure
Apple cider vinegar	1	Tbsp.
Almond milk	1 1/3	cup
Self-rising flour	14	oz.
Sugar, granulated	12	oz.
Vegetable oil	6	oz.
Vanilla extract	1	tsp.
Natural cocoa powder	1	Tbsp.
Red food coloring	2	oz.
Cream Cheese Icing		
Earth Balance	4	oz.
Vegetable shortening	½	cup
Powdered sugar	1	lb.
Vegan cream cheese	4	oz.
Vanilla extract	1	tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. In a large mixing bowl, combine sugar, vinegar, vegetable oil, almond milk, vanilla and red food coloring and mix.
2. Add flour and cocoa powder and mix for 2-3 minutes.
3. Spoon into prepared cake or cupcake pan and bake at 350 degrees for 15-20 minutes or until a toothpick inserted in the center comes out clean. Allow to cool on a wire rack.

Cream Cheese Icing

1. Using a mixer, blend together Earth Balance and shortening until creamy.
2. Add vanilla extract; blend well.
3. Add powder sugar and start to blend, then add cream cheese; blend until creamy.

Note: If icing is too soft add ½ cup powder sugar until spreading or piping consistency is achieved.

Serving Information

1 (2 inch) piece or cupcake

Nutrition Information

 *From USDA Nutrient Database

Calories: 351 Total Fat: 17g Saturated Fat: 4.5g Carbohydrate: 46g Protein: 2g Sodium: 298mg
Vitamin A: 8µg RAE Vitamin C: 0mg Calcium: 82mg Iron: 1.5mg