

Red Velvet Cake

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 1 (8x13) or 3 (8 inch layers) or 24 cupcakes

Serving Size: 1-2 inch piece or 1 cupcake

Ingredients	Quantity	Measure
Apple cider vinegar	1	tablespoon
Non-dairy milk	1 1/3	cup
Sugar, granulated	12	ounces
Vegetable oil	6	ounces
Vanilla extract	1	teaspoon
Vegan red food coloring	2	ounces
Self-rising flour	14	ounces
Natural cocoa powder	1	tablespoon
Cream Cheese Icing		
Non-dairy margarine	4	ounces
Vegetable shortening	1/2	cup
Vanilla extract	1	teaspoon
Sugar, powdered	1	pound
Non-dairy cream cheese	4	ounces

Preparation

1. In a large mixing bowl, combine vinegar, non-dairy milk, sugar, vegetable oil, vanilla extract and red food coloring and mix using a mixer.
2. Add flour and cocoa powder to the mixing bowl and mix for 2-3 minutes.
3. Spoon into prepared cake or cupcake pan and bake at 350 degrees Fahrenheit 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 margarine 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 1/2 cup powder sugar until spreading or piping consistency is achieved.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 330 Total Fat: 16g Saturated Fat: 2.4g Trans Fat: 0g Monounsaturated Fat: 7.1g Polyunsaturated Fat: 5.3g Carbohydrate: 46g Fiber: 0.6g Total Sugars: 33g Protein: 2g Sodium: 274mg Vitamin A: 39mg Vitamin C: 0mg Calcium: 83mg Iron: 1mg Folate: 51mcg