

EAT
KIND

Baking with Kindness

FREE RECIPES INSIDE

HINTS AND TIPS

FOR EASY VEGAN BAKING

Think vanilla cupcakes with 'buttercream' icing, scrumptious banana cake and even chocolate brownies. We all have a natural sweet tooth that desires delicious delights and **cruelty-free is the sweetest kind!**



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HANDY TIPS AND TRICKS

■ If a recipe calls for three or more eggs, choose a replacer that will perform the same binding or leavening function.

■ Trying to replicate airy baked goods that call for a lot of eggs, such as angel food cake, can be very difficult. Instead, look for a recipe with a similar taste but fewer eggs, which will be easier to replicate.

■ When adding tofu as an egg replacer be sure to purée it until smooth to avoid any unnecessary lumps in the finished product. Always use plain tofu as a replacer. Silken works best for creamier recipes.

■ If you want a lighter texture and you're using fruit purées as an egg substitute, add an extra 1/2 tsp of baking powder. Fruit purées tend to make the final product denser than the original recipe.

■ Believe it or not, the water from a can of chickpeas has seemingly supernatural powers. Whip it up like egg whites and make meringues, pavlovas, macarons and more! Just Google 'Aquafaba' to learn more!

■ For a softer, chewier cookie or biscuit use any dairy-free margarine in place of butter.

■ For icing recipes that require butter, try Kremelta for a smooth, white and fluffy result!

■ Dairy-free baking is as easy as ditching the dairy and switching to any one of the many plant-based options available. Some of our favourite ones are soy, coconut and almond! Margarine is a good butter replacement but if you're not sure 'google' the recipe and put 'vegan' in front of it to find an animal-friendly version!

HOW TO REPLACE 1 EGG

- 2 Tbsp potato starch
- 1/4 C mashed potato
- 1/4 C canned pumpkin
- 2 Tbsp water + 1 Tbsp oil + 2 tsp baking powder
- 1 Tbsp ground flax seed + 3 Tbsp cold water (let sit 2-3min)
- 3 Tbsp aquafaba (liquid drained off a can of legumes)

SWEET EGGLESS OPTIONS

When making desserts, try any of the following, but note that these will add flavour, so make sure that whatever you use is suitable for the dessert.

- 1 banana, mashed
- 1/4 C apple sauce
- 1/4 C puréed prunes
- For 1 egg white add 1 Tbsp plain agar powder dissolved in 1 Tbsp water whipped, chilled and whipped again
- 1 Tbsp ground flax seed + 3 Tbsp cold water (let sit 2-3 min)

RECOMMENDED: BOOKS

Vegan Cupcakes Take Over The World, Isa Chandra

Moskowitz, Terry Hope Romero, Rebecca Bent

The Joy of Vegan Baking, Colleen Patrick-Goudreau

My Sweet Vegan, Hannah Kaminsky

ONLINE

safe.org.nz/recipes/desserts

ohsheglows.com

minimalistbaker.com/recipes/vegan

IN YOUR SUPERMARKET

Orgran No Egg can be used in cakes, meringues and icing. 1 heaped tsp = 1 egg

The Veg is a versatile egg yolk replacer that can be used instead of egg yolks in a wide range of recipes, including those that call for 'yolk dipping', like French toast or breading. 1 heaped tsp = 1 egg

Tofu is a surprisingly good egg substitute for things such as custard flans and mousse. 1/4 C soft tofu, puréed = 1 egg

Soy milk is an easy go-to option for any recipe requiring milk. 1 C milk = 1 C soy milk



DID YOU KNOW?

EGGS

A lot of baked goods are made with eggs and quite often, caged eggs. While free range seems like a logical alternative for many, it is not the best cruelty-free option.

Free range birds still only live for a fraction of their natural lifespan and suffer the same fate at the slaughterhouse. Male chicks become by-products so they are killed and discarded at only one day of age.

The great news is you can still bake your favourite sweet treats without any eggs, simply by making a few changes in the kitchen.

DAIRY

The grim reality of the dairy industry is that cows must repeatedly be made pregnant to keep producing milk and large numbers of calves are killed annually in New Zealand as an unwanted by-product.

Eating kind is easy and with an abundance of delicious dairy-free milk and margarine options on the market, you'll be spoilt for choice.



These egg-free alternatives are not only *cheaper* and 100% *cruelty-free*, they are *healthier* for you too!

VANILLA CUPCAKES

AFGHAN BISCUITS

200g margarine
1/2 C caster sugar
1 1/2 C plain flour
3 Tbsp cocoa powder
1 1/4 C cornflakes
1/4 C dried coconut

For Icing:
1 C icing sugar
2 Tbsp cocoa powder
3 Tbsp hot water
3-4 drops of peppermint essence, optional
1/4 C walnut halves

Kiwi Favourite

Preheat oven to 180 degrees Celsius. Line a baking sheet with baking paper.

Cream the margarine and sugar until light and fluffy. Sift in the flour and cocoa powder and mix with a wooden spoon. Gently fold in cornflakes and coconut. If the mixture is a little crumbly, add 1-4 tsp of water or maple syrup and mix.

Firmly press into small balls and flatten slightly, placing them about 3cm apart on the baking sheet. Bake in the oven for 10 to 15 minutes.

Remove from oven and leave for 5 minutes before moving to a wire rack to cool.

Prepare the icing by combining the icing sugar and cocoa powder in a bowl. Gradually add water. Mix well until the mixture is free of lumps and of a creamy consistency. Add essence before final mix. Add more water, if necessary.

Spoon a little icing on each cookie and then decorate with a walnut before serving.

1 C soy milk	1 1/4 C plain flour	For Icing:
1 tsp apple cider vinegar	3/4 tsp baking soda	50g vegan margarine
3/4 C caster sugar	1/2 tsp baking powder	200g Kremelta
1/3 C canola oil	1/2 tsp salt	2c icing sugar
2 tsp vanilla essence	2 Tbsp cornflour or custard powder	1 tsp vanilla essence

Preheat oven to 180 degrees Celsius. Whisk together the soy milk and vinegar in a small bowl. Set aside. In another bowl, whisk the sugar, oil and vanilla essence together until foamy. Add both wet mixes together and mix lightly.

Sift together all of the dry ingredients in a separate bowl before gradually adding to the wet ingredients and lightly beat until thoroughly combined.

Using a small spoon, gently fill cupcake liners to two-thirds full before baking for 18-20 minutes until a toothpick inserted into the centre comes out clean. Remove from oven and allow to cool for 10 minutes before transferring to a wire rack to cool completely.

Easy White 'Butter-cream' Icing: Beat vegan margarine, Kremelta and vanilla until soft and fluffy, slowly add icing sugar, continuing to beat until thick and fluffy.



BANANA CAKE

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| 2 1/2 C plain flour | Caramel Frosting: |
| 2 tsp baking powder | 1 C margarine |
| 2 tsp baking soda | 3 1/2 C icing sugar |
| 1/2 tsp salt | 1/3 C brown sugar |
| 2/3 C soy milk | 1 1/2 tsp water |
| 1 tsp apple cider vinegar | 1 tsp vanilla essence |
| 1/2 C margarine | |
| 3/4 C caster sugar | |
| 1/2 C brown sugar | |
| 5 bananas, ripe (brown) | |
| 1 Tbsp vanilla essence | |



Preheat oven to 175 degrees Celsius. Lightly grease and flour two 20cm round cake pans. In a small bowl, whisk together the flour, baking powder, baking soda, and salt. Set aside. In another bowl, combine the soy milk and vinegar. Set aside.

Cream together the margarine and both sugars until light and fluffy. Peel and mash the bananas before adding the vanilla. Slowly add the flour mixture, alternately with your now curdled soymilk, into your mixer.

Ensure that everything is fully combined before equally dividing the batter between your two prepared pans. Bake for 25 to 30 minutes, until a toothpick inserted into the center of each layer comes out clean. Remove from oven and let cool completely before turning out of the pans.

For the frosting, cream the margarine well and incorporate the icing sugar slowly. Microwave the brown sugar together with the water for up to 1 minute, just until the sugar dissolves and it begins to bubble. Let the brown sugar stand for a few minutes to cool before pouring into the margarine mixture. With the mixer on high, beat the frosting vigorously until all of the ingredients are fully incorporated.

Stir in the vanilla, and frost the cake as desired. Allow to sit in the fridge for at least one hour before serving.

CHOCOLATE BROWNIES

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| 3 tsp No-Egg | For Icing: |
| 1 3/4 C plain flour | 50g dark chocolate |
| 1/4 tsp baking soda | 1 tsp instant coffee |
| 3/4 tsp salt | 1/4 C boiling water |
| 7 Tbsp cocoa | 1 bag frozen raspberries |
| 1 1/2 C caster sugar | Handful of crushed nuts of your choice |
| 6 Tbsp margarine | |
| 1 1/2 tsp vanilla essence | |

Preheat oven to 135 degrees Celsius. Mix the No-Egg with a little water as per packet instructions then set aside. Sift the flour, baking soda, salt and cocoa together. Beat together sugar and margarine until light and creamy, before adding the vanilla. Then add the No-Egg mixture and gently combine.

Cut the chocolate into small pieces and add to dry ingredients. Dissolve coffee in the hot water before combining everything together and spooning into a 20cm square greased baking dish lined with baking paper. Decorate the top with the frozen raspberries before baking at 135 degrees Celsius for 30-35 minutes on the lowest rack in the oven. Cook until a toothpick inserted into the centre comes out clean. Allow to cool completely before removing.