

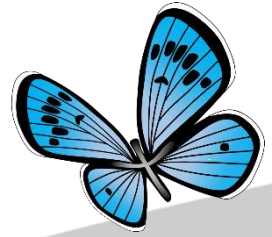
# Contents



Recipes used for the vegan refreshments at Poynton Methodist Church  
after the Epiphany concert on 29<sup>th</sup> September 2024

	page
<i>Carrot cake</i>	2
<i>Victoria Sponge</i>	3
<i>Chai cake</i>	4
<i>Lemon cake</i>	5
<i>Flapjacks</i>	6
<i>Swedish chocolate balls</i>	7
<i>ANZAC biscuits</i>	8

# Carrot Cake



- Liz Baker

2 tbsp flax seeds  
250g plain flour  
300g brown sugar  
1½ tsp baking powder  
1½ tsp bicarbonate of soda  
2 tsp ground cinnamon  
2 tsp ground nutmeg  
1 tsp ground ginger  
2 tsp vanilla extract  
½ cup ( 125ml) vegetable oil  
1 tbs apple cider vinegar

¼ tsp salt  
½ cup (125ml) plant-based milk  
380g carrots (grated)  
75g sultanas

## For icing

80g plant-based butter  
3 tsp vanilla extract  
450g icing sugar  
½ lemon and zest  
50g walnut halves

Preheat oven to 180°C (160 °C fan-assisted) and line the bottom of a deep greased 20cm cake tin (preferably loose bottomed) with greaseproof paper.

Mix the flax seeds in a small bowl with 6 tbsp warm water to make a “flax egg”. Leave for 5 minutes.

Whizz the flour, sugar, baking powder, bicarbonate of soda, cinnamon, nutmeg, ginger, vanilla extract, vegetable oil, vinegar, salt, milk and flax egg in a food processor or in a bowl with an electric beater.

Fold in the carrot and sultanas and pour into the cake tin.

Bake for 50-60 minutes then take out of oven and allow to cool.

Beat dairy-free butter, vanilla extract, icing sugar and lemon into a thick spreadable paste.

Cut the cake in half (top and bottom). Spread a third of the icing on the bottom half then replace the top and cover with the rest of the icing. Decorate with walnuts and lemon zest

# Victoria Sponge



## A vegan version – Hilary Banks

400g self-raising flour  
1¼ tsp bicarbonate of soda  
250g caster sugar  
120ml sunflower oil  
400ml almond or soya milk  
3 tbsp golden syrup  
2 tsp vanilla extract  
1 tbsp cider vinegar  
4 tbsp raspberry jam

### For icing

150g plant-based butter  
300g icing sugar  
1 tbsp vanilla extract  
150g raspberries

Preheat oven to 180°C (160 °C fan-assisted) and line the bottom of two greased 23cm cake tin (preferably loose bottomed) with greaseproof paper.

Sift the flour and bicarbonate of soda into a mixing bowl

Whisk the oil, milk, syrup, vanilla extract and vinegar in a jug.

Pour into the dried ingredients and then whisk until thick and creamy.

Divide this batter between the two cake tins and bake for 35-45 minutes.

Remove from the oven and leave to cool for 15 minutes before removing from the tin and transferring to a wire rack to cool completely.

Make the filling/topping by beating together the butter, icing sugar and vanilla extract.

Spread the jam over one half of the cake then half the cream mixture. Put on the top half and spread the remaining cream over it decorating with the raspberries.

# Chai cake



– Helen Holmes

180g plain flour

2 tsp baking powder

pinch of salt

2 tsp powdered cinnamon

1½ tsp powdered ginger

1 tsp powdered cardamom

pinch of all spice

pinch of ground cloves

220g brown sugar

180g non-dairy milk

85g Stork baking block (melted)

2 tsp vanilla essence

**For topping:**

Vanilla buttercream topping

Line a brownie tin with greaseproof and preheat the oven to 180C.

Combine brown sugar, milk, butter and vanilla in a large bowl. Whisk until combined well.

Add all the dry ingredients into the large bowl and whisk to combine, don't overmix.

Pour into the brownie tin and even out. Bake for 30-35 minutes or until a knife comes out clean.

Leave to cool, then top with vanilla buttercream (whiz plant-based butter with icing sugar and vanilla extract and add a little plant-based milk if necessary to help it spread more easily).

# Lemon Cake



– Christine Ding

100ml vegetable oil (+ extra for tin)

275g self-raising flour

200g golden caster sugar

1 tsp baking powder

1 lemon, zested and ½ juiced

**For icing:**

150g icing sugar

the other ½ lemon, juiced

Heat oven to 200C/180C fan/gas 6. Oil a 1lb (500g) loaf tin and line it with baking parchment.

Mix the flour, sugar, baking powder and lemon zest in a bowl. Add the oil, lemon juice and 170ml cold water, then mix until smooth.

Pour the mixture into the tin. Bake for 30 mins or until a skewer comes out clean. Cool in the tin for 10 mins, then remove and transfer the cake to a wire rack to cool fully.

For the icing, sieve the icing sugar into a bowl. Mix in just enough lemon juice to make an icing thick enough to pour over the loaf (if you make the icing too thin, it will just run off the cake).

# Flapjacks



– Hilary King

75g (3oz) margarine

2 tbsp golden syrup or black treacle

75g (3oz) Barbados sugar

150g (5oz) porridge oats

Heat oven to 180°C (160°C fan-assisted)/350°F/Gas mark 4.

Lightly grease a shallow 10cm/7 inch square tin.

Put margarine and syrup or treacle in a saucepan and heat gently until margarine has melted. Remove from heat.

Stir in sugar and rolled oats. Mix well.

Spread mixture evenly into tin.

Bake in centre of oven for 20 minutes.

Remove from oven. Leave to cool in tin for 5 minutes.

Cut into 5 strips down tin and into 3 across to make 15 bars. Leave in tin until cold before breaking into bars.



# Chokladbollar



*Chocolate balls discovered in Ikea and then in Sweden itself*

*– Helen Holmes*

1 cup (90g) oats

56g Stork baking block

⅓ cup (67g) caster sugar

3 tbsp cocoa powder

2½ tsp hot, strong black coffee

pinch of salt

1 tsp vanilla

¼ cup (25g) desiccated coconut

Pour the oats into the food processor and blend until fine (or use a stick blender)

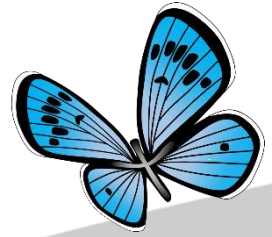
Melt the 'butter' and add all the ingredients except the coconut into the oats .

Blend until you get a well combined mix.

Divide the mixture into round balls (10 if small truffle size or 6 if larger pudding size)

Place the coconut on a plate and roll the balls in the coconut. Chill, covered, in the fridge and remove from the fridge about half an hour before serving.

# ANZAC Biscuits



*An Australian favourite – Richard Baker*

1 cup (150g) plain flour

1 cup (90g) rolled oats

1 cup (220g) sugar

1 cup (80g) desiccated coconut

1 tbsp golden syrup

125g plant-based butter or margarine

1½ tsp bicarbonate of soda

2 tbsp boiling water

Preheat oven to 180°C (160 °C fan-assisted) and line a baking tray with greaseproof paper.

Mix all the dried ingredients together in a bowl.

Melt the syrup and plant-based margarine gently in a small saucepan.

Dissolve the bicarbonate of soda in the boiling water and pour the mix into the syrup mixture.

Pour this into the dry ingredients and stir until well-mixed. It should be dry enough to come away from the bowl.

Form small balls with about a teaspoon of the mix and place these on the baking sheet about 5cm apart.

Bake until golden brown (about ten minutes).

Allow to cool on the tray for ten minutes and then lift onto a wire rack to cool completely.