

# RECIPES

## FOUR CAKES WITHOUT EGGS AND ANIMAL MILK

### Cocoa slices

*Ingredients:* 20ml oil, 270g sugar, 340g flour, 2 tablespoons of soya flour (not essential), 30ml milk (or more if needed), 2 large tablespoons of cocoa, baking powder



*Preparation method:* Mix oil and sugar and add soya flour, and then normal flour (T-850), cocoa, baking powder, and milk. Mix them all together and pour into an oiled and floured baking tin. Bake for about half an hour at 180°C.

### Energy balls

*Ingredients:* 1 cup of oats, 1/2 cup raisins, 1 cup apricots, 1 cup walnuts (or hazelnuts), 2 table spoons sugar (or sweetener), vanilla essence powder, lemon peel (or orange), blueberry syrup (or a different one), little bit of lemon juice.

*Preparation method:* Quickly fry the oats, wash the raisins and mix, also add apricots. Fry and grind walnuts. Wash lemon peel and grate. Mix all the ingredients and shape into balls, roll in sugar.

### Vegan custard cakes

*Crust:* Puff pastry or make your own: 300g flour, 250g margarin, juice from half a lemon, pinch of salt, baking powder

*Preparation method:* Knead ingredients, divide mixture into six parts and put into freezer for 5-10 minutes. After 10 minutes, knead into thin sheets (1-2 mm). Bake until rosy at 200°C.

*Note:* Ingredients should be kneaded as quickly as possible and baking tin should be cold (because of the margarine).

*Filling:* 2l soya, oat or rice milk, 350-370g cornstarch, 200-250g sugar, 2 vanilla sugars, 1/2l soya cooking cream, little turmeric or half a teaspoon of saffron (for the colour)



*Preparation method:* Mix together 100g sugar, vanilla sugar and turmeric with 1.6l milk. Heat up. Mix the rest of the milk and sugar with cornstarch and add to the boiling milk while stirring constantly in order to avoid lumps. Reduce heat to a minimum temperature and stir for another 2-3 minutes. Leave to cool with occasional stirring. At the same time beat 1/2l of cooking cream. When the mixture has cooled down, stir well and add half of the cooking cream.

*Putting together:* Puff pastry of 3 sheets of homemade pastry, pour mixture onto it, level and add the remainder of the cooking cream. If you wish put another puff pastry sheet or 3 sheets of homemade pastry and sprinkle with powder sugar.

## **Sweet dumplings**

*Ingredients:* 1 cup of couscous, 1/2 cup of coconut flour, 2 cups of oat milk, 2 tablespoons of rice sweetener, 1/2 cup of fried and ground almonds, 2 tablespoons of mirin, 1 teaspoon of vanilla powder, 10 teaspoons of vegan chocolate or carob spread.

*Preparation method:* Mix couscous, oat milk and coconut flour and bring to a boil. When it comes to a boil reduce heat and cook for 10 minutes on low heat with occasional stirring. Mix in rice sweetener, mirin, almonds and vanilla powder and leave to cool down. When the mixture has cooled down shape into dumplings (8 pieces), make a hole in each ball using your index finger and insert a teaspoon of spread and close the hole again. Heat two spoonfuls of the spread and decorate the dumplings with the melted cream.