

Chocolate Cake

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: (1) 8" 3 layer cake or 30 cupcakes

Ingredients	Quantity	Measure
Cake		
All-purpose flour	12	ounces
Cocoa powder (not Dutch)	1.31	ounces
Baking soda	1	teaspoon
Salt	½	teaspoon
Sugar, granulated	14	ounces
Vegetable oil	4	ounces
Egg-free mayonnaise	6	ounces
Water, hot	12	ounces
White vinegar, distilled	1	teaspoon
Chocolate Buttercream Icing		
Non-dairy margarine	12	ounces
Cocoa powder	1	cup
Karo syrup, corn syrup	8	tablespoons
Sugar, powdered	2	pounds
Non-dairy milk (add to above 1 teaspoon at a time)	2 (+-)	tablespoon

Preparation

Cake

1. Mix flour, cocoa powder, baking soda and salt. Set aside.
2. Blend sugar, vegetable oil, egg-free mayonnaise until creamy.
3. Add dry ingredients and start beating and add hot water and beat 2-3 minutes.
4. Add vinegar and beat for another 1-2 minutes.
5. Use 9X13 pan or 3 eight" rounds or thirty cupcakes.
6. Bake at 350 degrees Fahrenheit for 20 minutes, test for springy when touched in center or use toothpick.

Icing

1. Mix margarine, cocoa powder and Karo syrup until paste.
2. Add all of the powdered sugar and slowly mix on low speed.
3. Add the non-dairy milk one teaspoon at a time until creamy. (Be careful not to make it too soft).

Nutrition Information per serving *From USDA Nutrient Database

Calories: 390 Total Fat: 18g Saturated Fat: 3.4g Trans Fat: 0g Monounsaturated Fat: 8g Polyunsaturated Fat: 2.2g Carbohydrate: 59g Fiber: 1.7g Total Sugars: 44g Protein: 2.2g Sodium: 219mg Vitamin A: 117mg Vitamin C: 0mg Calcium: 18mg Iron: 0.7mg Folate: 5mcg