

## Chocolate Avocado Pie

### Crust:

- 2 cups pecans, divided
- 4-6 soft dates, pitted
- 1 tablespoon maple syrup
- 2 tablespoons cocoa powder
- 1 tablespoon cinnamon
- 2 teaspoons ground fresh nutmeg
- 1 tablespoon vanilla extract, optional
- pinch sun dried sea salt

### Filling:

- 2-3 ripe avocados
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 12 ounces semi sweet vegan chocolate chips

### *To make Crust:*

Soak 1 cup pecans in 2 cups fresh water for 2-4 hours. Drain and rinse. In a food processor, chop 1 cup dry pecans into a fine meal. Set aside. Chop soaked pecans into a fine meal.

Cut or break the dates into pieces. If the dates are very dry or firm, soak them in 1/2 cup fresh water for 5 minutes to soften. Add the date pieces, vegan maple syrup, cocoa, cinnamon, nutmeg, vanilla, and sea salt to the ground soaked pecans and chop until well mixed.

Add the ground dry pecans and chop until well mixed. The dough should be crumbly but sticky enough to hold shape when pressed. Press the dough evenly into a pie plate; it is easiest to press the dough first to the sides of the plate and then press into the bottom for an even depth.

### *To make Filling:*

Slice avocados in half, remove stones and scoop out the flesh with a teaspoon. In a blender, cream the avocados, lemon juice, and vanilla. Melt chocolate chips, then let chocolate cool slightly.

Add melted chocolate to the avocado mixture and blend until smooth. Pour into prepared crust and chill overnight.

## Brownies

- 1 15 oz can black beans
- 1 cup water
- 1 1/2 cups whole wheat flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 1/4 cups sugar
- 1 1/4 cups dark cocoa powder
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 1 1/2 cups chopped walnuts
- 1/2 cup dairy-free chocolate chips

Preheat oven to 180°C (350°F). Grease and line a 9x13 baking dish.

Open the can of black beans. Drain, rinse and top up the can with fresh water. Pour beans and water into a blender, along with the additional cup of water. Blend until completely liquefied.

Combine all dry ingredients: flour, salt, baking powder, sugar, cocoa powder and cinnamon. Mix to ensure everything is well combined.

Add black bean puree and vanilla to dry ingredients and mix well.

To that add walnuts and chocolate chips. Mix until just combined.

Pour batter into prepared dish and bake for 25 to 30 minutes, rotating the dish 1/2 way through. You will know they are done when the edges are crusty and just pulling away from the pan.

Definitely do not overbake ... they will continue to cook outside the oven. Also, the consistency is very fudge-like so do take them out even if the middle seems soft.

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# Vegan Baking



None of these recipes require the use of any dairy or animal-derived products.

Dairy-free margerines such as ‘Suma’ and ‘Biona’ can be bought in health and wholefood shops. Tesco sells ‘Pure’ and Dunnes Stores sells ‘Sunlite’ spread—both of which are also dairy-free. Any of these margerines can be used in the recipes.

For more information and recipes, see our website: [www.irishvegan.ie](http://www.irishvegan.ie)

## Chocolate Cake

**1-1/2 cups flour**  
**3/4 cup castor sugar**  
**1/2 tsp. salt**  
**1 tsp. baking soda**  
**3 tablespoons cocoa powder**  
**1 tsp. vanilla**  
**1/3 cup vegetable oil**  
**1 tablespoon vinegar**  
**1 cup cold water**

Preheat the oven to 175°C (350°F). Combine the flour, sugar, salt, baking soda, and cocoa powder in a bowl and stir with a fork until mixed. Make a well in the centre and add the vanilla, oil, vinegar, and water. Stir with a fork until well mixed. Pour into a 9x9-inch (greased) baking dish, and bake for 30 minutes, until a toothpick inserted in centre comes out clean.

*Cool completely, then frost with chocolate fudge topping:*

2 tablespoons margarine  
1-1/3 cups icing sugar  
1/3 cup cocoa  
1/2 teaspoon vanilla essence  
2-4 tablespoons water

Cream the margerine in a small bowl then add the sugar, cocoa, vanilla, and enough water to make a thick but spreadable frosting.

## Banana Cake

**250g flour,**  
**1 tbsb baking powder,**  
**100g margarine**  
**100g sugar,**  
**1 banana**  
**100ml plant-based milk**

Lightly grease the base of a loaf tin.  
Put the flour and baking powder into a large bowl.  
Melt the margarine in a saucepan, add the sugar and stir until dissolved.  
Make a well in the flour mixture and add the melted margarine and sugar.  
Mix in the banana. Mix and add the milk. If the mixture is too liquid, add more flour, if not liquid enough, add more milk.  
Transfer to the tin and level the top with the back of a spoon.  
Bake for 45 min at 180°, or until a skewer inserted into the centre of the cake comes out clean.  
Allow to cool before removing from the tin.

## Ginger Cake

**220g self-raising flour**  
**225g sugar**  
**3-4 teaspoons of ground ginger**  
**½ tsp bicarbonate of soda**  
**225ml soya milk**  
**4oz margarine**  
**2tbsp golden syrup**

Mix the dry ingredients together.  
Meanwhile over a gentle heat, stir the soya milk, margarine and golden syrup until dissolved.  
Cool slightly, then add bit by bit to the dry stuff.  
Cook at Gas Mark 2 (150°C) for one hour, with sheet of tin foil on top. (For fan ovens, reduce the time to 45 mins).  
Store well wrapped.

## Pancakes

Cup of flour (white, wholegrain or spelt flour are all fine)  
Pinch of salt  
1 tablespoon of baking powder  
2 thirds of a cup of soya milk (or rice milk)  
1 third of a cup of oil (rapeseed or sunflower oil are fine)  
(tablespoon of castor sugar - optional)

Heat some oil on frying pan. Sift flour, salt and baking powder into a bowl. Add milk and oil and mix. The mixture will be a bit 'lumpy' - this is fine. (Add the sugar if desired).  
Cook pancake for about 5 minutes on one side, then 2-3 minutes on other side. Serve with maple syrup.

## Brown Bread

**1 cup all-purpose flour**  
**2 tablespoons sugar**  
**1 teaspoon baking powder**  
**1 teaspoon baking soda**  
**1/2 teaspoon salt**  
**1 1/2 tablespoons margarine**  
**2 cups whole-wheat flour**  
**1/4 cup rolled oats**  
**1 1/2 cups plain soya yogurt**  
**Soya milk**

In a bowl, mix all-purpose flour, sugar, baking powder, baking soda, and salt. With a pastry blender or 2 knives, cut in the margarine until mixture forms fine crumbs. Stir in whole-wheat flour and oats.

Add yogurt; stir gently. If mixture is too dry to hold together, stir in milk, 1 teaspoon at a time, just until dough holds together; it should not be sticky.

Turn dough onto a lightly floured board and knead gently 5 times to make a ball. Set on a lightly greased baking sheet. Pat into a 7-inch circle. With a floured knife, cut a large X on top of loaf.

Bake in a 190°C (375°F) oven until well browned, about 40 minutes. Cool on a wire tray.