

ONE BITE

AN MAGAZINE

Special Edition:
*One Bite Vegan Food
Blogger Awards*

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**Meet our 2019
Overall Winner:**
*Sam from 'It Doesn't
Taste Like Chicken'*

**Vegan Eating in
LA, California**

Win a copy of
**Heavenly Vegan
Dals and Curries**

**Vegan Ice Cream &
Popsicle Recipes**

Vegan Spinach & Cardamom Celebration Cake

By Louise-Claire Cayzer

Servings: 8

Ingredients

- 150 ml sunflower oil or other neutral oil such as light olive oil
- 15 tbsp Aquafaba (chickpea water) This is the equivalent to the juice from a 400g tin of chickpeas
- 225 g caster sugar
- 230 g frozen spinach or half kilo of fresh. You want 200g total weight when finished.
- 300 g general purpose flour
- 3 tsp baking powder
- 1 tsp ground cardamom

For the Lemon Buttercream

- 100 g vegan margarine we use Naturali as it is palm oil free
- 200 g icing sugar (in the US this is called powdered sugar)
- 1 tsp lemon oil

Instructions

1. Grease two 20cm round sandwich tin and line the bases of the cake tin with baking parchment.
2. Steam the spinach on the stove until it is unfrozen (if using frozen) or wilted (if using fresh)
3. Give the spinach a good squeeze to remove



excess water, then whizz it up in your blended until smooth.

4. Whisk the oil, aquafaba, and sugar until the mixture is well combined, lighter, and noticeably thickened.

5. Fold the blended spinach into the aquafaba and sugar mixture until it is completely mixed.

6. Gently fold in the flour & baking powder & mix until combined.

7. Evenly divide the mixture into the two tins
8. Pop in the oven and bake for 35-40 mins. Test with a skewer to see if it is cooked through. If it comes out clean, it's ready to take out of the oven. If it comes out a little gooey, leave the cake in for another 5 mins.
9. Cool the cake in its tin for 10 mins, then turn out onto a cake rack.

For the Buttercream

1. Using a whisk, whizz up the vegan butter, sugar and lemon oil until it is floofy (technical term)
2. Sandwich the cake together with the buttercream. Add fresh berries if you would like! Top with more buttercream and extra berries.



About the author...

Vanessa & Louise-Claire are vegan foodies and the creators of The Vegan Larder and have teamed up to create delicious, kind and sustainable foods. They aim to make veganism easy, fun and to demystify vegan cooking. They both love finding the yummiest food there is out there and want to share their discoveries with the world. Already blogging and involved in the vegan community for years, when they met they found a kindred spirit in each other and decided two heads were better than one to spread the vegan message! Together they help anyone interested in the vegan lifestyle from the individual just starting out or the plant-based restaurant in need of some tips.

[Check out their website.](#)

