

ONE BITE

onebitevegan.com

Vegan Magazine

July / August 2019

VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



Vegan Strawberry Cake

By Larisha Campbell

This Vegan Strawberry Cake with vegan strawberry buttercream is out of this world. Super soft, insanely rich, and perfectly filled with natural strawberries!

INGREDIENTS

FOR THE CAKE

- 1 pint fresh strawberries
- 1 tbsp apple cider vinegar
- 1 cup unsweetened almond milk (see post for allergies notes)
- 1 cup flour
- 1 cup cake flour
- 1 cup vegan sugar
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt
- ½ cup coconut oil, melted (see post for food allergies notes)
- 2 tsp strawberry extract
- 1 recipe for strawberry buttercream frosting

PREP TIME:
15 Minutes

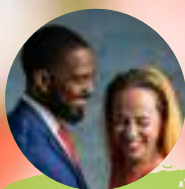
COOK TIME:
30 Minutes

TOTAL TIME:
45 Minutes

RESTING TIME:
1 hr

SERVINGS:
16 slices





Andrew and Larisha —

Andrew and Larisha are an award-winning photographer and writer team at makeitdairyfree.com. Their goal is to help others find everything they need in one place; whether that's a recipe, a menu of dairy free options at their favorite restaurants, or resources in how to make the transition easier.

Website: makeitdairyfree.com

[Facebook](#)
[Twitter](#)
[Pinterest](#)
[Instagram](#)
[YouTube](#)

INSTRUCTIONS

1. Make the strawberry puree: Add the fresh strawberries to a blender and blend until small pieces remain.
2. Make the vegan buttermilk: Pour 1 tbsp apple cider vinegar into a 1 cup measuring cup and fill the remaining cup with almond milk.
3. Grease and lightly flour 2 9" cake pans.
4. Set both aside.
5. Preheat your oven to 350 degrees.
6. In a large bowl, add the flour, cake flour, sugar, salt, baking soda, and baking powder. Whisk together.
7. Add in melted coconut oil, strawberry extract and vegan buttermilk. Beat with a mixer until almost completely combine (this will be a thick dough).
8. Add the strawberry puree and beat again.
9. Pour half the batter into 1 cake pan. Repeat with remaining batter in another cake pan.
10. Bake for 30-35 minutes on until a toothpick inserted in the center of the cake comes out clean.
11. Remove from oven and let cool before frosting.
12. Best stored in fridge for the icing to not melt. If making ahead, best to frosting day of.

FOR THE STRAWBERRY BUTTERCREAM FROSTING::

1. Puree the strawberries like above for the cake.
2. In a bowl, beat cold butter just enough to make it apart.
3. Add half the powdered sugar. Beat
4. Add strawberry puree and extract. Beat again.
5. Add rest of powdered sugar. Beat until fully combined.



Peach Cobbler

By Larisha Campbell

This is the absolute best vegan peach cobbler recipe you will ever have! This completely from scratch dairy free peach cobbler needs just 11 ingredients and is super easy to throw together.

INGREDIENTS

FOR THE PEACHES:

- 5 fresh peaches (about 4 cups sliced)
- $\frac{2}{3}$ cup vegan sugar
- $\frac{1}{4}$ tsp salt

FOR THE PEACH COBBLER:

- $\frac{1}{2}$ cup dairy free butter (we like Earth Balance Soy Free)
- 1 cup flour (swap if GF)
- $\frac{3}{4}$ cup brown sugar
- 1 tbsp baking powder
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ cup vanilla almond milk (swap if nut allergy)
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- ground cinnamon

OPTIONAL TOPPINGS

- vegan vanilla ice cream
- vegan whipped topping (click for recipe)

PREP TIME:

10 Minutes

COOK TIME:

35 Minutes

TOTAL TIME:

45 Minutes

RESTING TIME:

15 Minutes

SERVINGS:

12 servings



Andrew and Larisha —

Andrew and Larisha are an award-winning photographer and writer team at makeitdairyfree.com. Their goal is to help others find everything they need in one place; whether that's a recipe, a menu of dairy free options at their favorite restaurants, or resources in how to make the transition easier.

Website: makeitdairyfree.com

[Facebook](#)
[Twitter](#)
[Pinterest](#)
[Instagram](#)
[YouTube](#)

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Add butter to 9×13 casserole dish and place in the oven. Remove when butter is completely melted, about 5-7 minutes.
3. Peel the skin off peaches. Cut them in half and remove the seed and any seed remnants. Slice the peaches into equal size slices.
4. Inside of a large skillet, add the sliced peaches, 2/3 cup vegan sugar and 1/4 tsp salt over medium heat. Stir and cook for about 5 minutes. The peaches will get really juicy as the sugar dissolves into them. Remove and set aside.
5. In a large bowl, add the flour, brown sugar, baking powder, and salt. Whisk together.
6. Pour in the maple syrup, vanilla extract, and dairy free milk.
7. Pour this batter into the casserole dish over the butter.
8. Spread out into an even layer as much as possible. Some of the butter will come up over it and that is fine, but do not stir them together.
9. Pour the peaches and juice over top of the mixture in the casserole dish.
10. Sprinkle with ground cinnamon on top. *You can do as little as 1/4 teaspoon or as much as a whole teaspoon.
11. Place in pre-heated oven for 35-45 minutes.
12. Check for doneness of the sweet dough mixture. A toothpick inserted should come out clean.
13. Remove from oven and let sit for 15-20 minutes.
14. Serve with vegan whipped topping or vanilla ice cream.