

ONE BITE

Vegan Magazine

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Sept / Oct 2019

TAKING CONTROL OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

MUST EATS IN MALTA -

THE VEGAN TREATS YOU DON'T WANT TO MISS

WIN A COPY OF VEGAN COMFORT COOKING + RECIPES

SEASONAL
» Fall Recipes «

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



Halloween Pumpkin Pie

JACK-O'-LANTERN PIE

By Ruxandra Micu

Halloween is just around the corner and what better way to celebrate it than with a delicious vegan Halloween Pumpkin Pie?

PREP TIME:

15 Mins

COOK TIME:

45 Mins

TOTAL TIME:

1 hour

SERVES:

6+

INGREDIENTS

FOR THE CRUST:

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 1 Tbsp brown sugar
- 6 Tbsp almond milk
- 6 Tbsp soft vegan butter
- 4 Tbsp water
- 1 tsp lemon juice

FOR THE PUMPKIN FILLING:

- $\frac{2}{3}$ cup brown sugar
- 3 Tbsp tapioca flour
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{2}$ tsp ground anise
- $\frac{1}{8}$ tsp ground cloves
- 2 cups pumpkin puree
- $\frac{1}{2}$ cup almond milk
- 1 tsp vanilla extract

INSTRUCTIONS

MAKING THE CRUST:

1. In a medium bowl, combine the flour, baking powder, salt, and sugar.
2. In another small bowl, combine the almond milk, butter, water, and lemon juice.
3. Pour the milk mixture into the flour mixture. Stir until combined.
4. Roll out the dough on a lightly floured surface with a floured rolling pin into 2 same size circles.
5. Transfer one of the circles to the pie plate/pan.
6. Decorate another circle by cutting a pumpkin face shape with a sharp knife.

MAKING THE FILLING:

7. In a mixer bowl add the sugar, tapioca flour, cinnamon, anise, ginger, and cloves.
8. Stir in the pumpkin, ½ cup almond milk, and the vanilla extract until combined.
9. Pour into the pie crust. Cover with the pumpkin face circle and crimp the edges.
10. Bake in preheated oven for about 45 minutes.
11. Let cool for about an hour and transfer to refrigerator.
12. Decorate with Halloween candy and serve.



Ruxandra Micu —

Ruxandra is the creator of gourmandelle.com. She loves to veganize meat-based recipes, making them cruelty-free and healthy, and share for them for her followers to enjoy. She hopes to inspire people to cook more and adapt a healthier, cruelty-free lifestyle.

Visit her website: gourmandelle.com

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Spider Cupcakes for Halloween

PREP TIME:
15 mins

COOK TIME:
20 mins

TOTAL TIME:
35 mins

SERVES:
6

By Ruxandra Micu

Impress all your family and friends with these spooky and delicious cupcakes! These vegan spider cupcakes for Halloween are easy to make, tasty and healthy!

INGREDIENTS

FOR THE CUPCAKES:

- ½ cup chocolate chips

Dry ingredients:

- 1¼ cup all-purpose flour
- ½ cup white sugar
- ¾ tsp baking powder
- ¼ tsp baking soda
- 3 Tbsp cocoa powder
- ¼ tsp salt

Wet ingredients:

- 1 Tbsp coconut oil, melted
- ½ cup chocolate soy milk
- ½ tsp apple cider vinegar
- ½ tsp vanilla extract

FOR THE FROSTING:

- 3 Tbsp dark chocolate chips
- 3 Tbsp vegan milk
- For the decoration:
- 2 Tbsp dark chocolate, shredded
- fruit strip candy
- 1 tbsp fresh cranberries

INSTRUCTIONS

1. Pre-heat the oven to 180°C.
2. In a mixing bowl combine all the dry ingredients.
3. Whisk, then add all the wet ingredients and whisk again until you get a smooth batter.
4. Equally, fill the batter in a cupcake pan lined with cupcake wrappers.
5. Add some chocolate chips on top of each cupcake.
6. Bake for about 20 minutes.
7. Let the cupcakes cool on a rack.

MEANWHILE, PREPARE THE FROSTING:

8. Heat the vegan milk in a small pot. Turn off the heat.
9. Add the chocolate chips and let it sit a minute.
10. Whisk until well incorporated and until you get a smooth frosting cream.
11. Dip the top of each cupcake in the frosting, then set aside for few minutes.
12. When the frosting is set, gently dip the top of the cupcakes in shredded chocolate.
13. Decorate each cupcake with strips candy and two fresh cranberries in order to get a spider cupcake.



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