

ONE BITE

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Vegan Magazine

Jan / Feb 2020

VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

+ WFPB RECIPES

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

Rose Hot Chocolate

By Tajda - My Vegan Minimalist

Sit down and warm up with this decadent rose hot chocolate while you catch up on your favorite TV program or YouTube channel. This warming drink is inspired by traditional hot chocolate recipes that start off by creating a thick, chocolatey paste. Afterwards, by adding a little bit of our magic ingredient - rose water - this paste is transformed into a rich wintery drink ready to be devoured alone or in good company. Pro tip: perfect for dunking!

INGREDIENTS

- 650 ml unsweetened almond milk
- 2 heaped tablespoons of cocoa powder
- 1 tsp of rose water
- A pinch of Ceylon cinnamon
- Thinly chopped rose petals (topping)
- Sweetener of choice (optional)

INSTRUCTIONS

1. Slowly add three tablespoons of almond milk to your cocoa powder and stir to create a thick, even paste.
2. Add rose water, Ceylon cinnamon and stir well.
3. Warm up the rest of your unsweetened milk to desired temperature, and when warm, stir in your cocoa paste.
4. Add your sweetener of choice (optional step, but I warmly recommend it to bring out the most of the flavors).
5. Top it off with thinly chopped rose petals (optional)



Tajda —

Tajda is the photographer and recipe developer behind myveganminimalist.com. She loves sharing her recipes and photos with her followers; her blog is full of delicious vegan recipes that will inspire and excite anyone!

Website: myveganminimalist.com

Facebook Pinterest Instagram

Double Chocolate Vegan Cupcakes

By Tajda - My Vegan Minimalist

This easy double chocolate vegan cupcake is a dish you absolutely need in your dessert recipe book. Easy and beginner-friendly. Moreover, it only uses staple ingredients and requires no fancy appliances. It's a classic vegan dessert that will leave your friends and family claiming they would "never think this was vegan".

INGREDIENTS

FOR THE CUPCAKE:

- 225 ml unsweetened almond milk
- 3 tsp vinegar
- 115g vegan butter (melted)
- ½ cup white sugar
- 1 cup plain flour
- 3 tsp of baking powder
- 5-6 tbsp unsweetened cocoa powder

FOR THE ICING:

- 90g butter
- 150g icing sugar
- ¼ teaspoons vanilla
- 3 tablespoons cocoa
- ½ teaspoon almond milk
- Optional toppings: pink hundreds and thousands, cocoa nibs, rose petals

INSTRUCTIONS

CUPCAKES:

1. Create sour milk by whisking together almond milk and vinegar.
2. In a separate bowl, add melted butter and sugar, and mix well.
3. Then add your sour milk mixture.
4. Finally, sift in your dry ingredients (flour, baking powder and cocoa)
5. Whisk until combined, but be careful not to overwork.
6. Spoon your cupcake mixture into lined cupcake tray, about $\frac{3}{4}$ full.
7. Bake at 180 (fan oven) for 20-25 minutes.

ICING:

1. Whisk together all your ingredients until smooth.
2. Pipe onto cupcakes and enjoy!



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