

## RED VELVET CAKE – PLANT BASED

*A plant-based version of a Southern classic!*

**Yield:** 3 x 8-inch rounds or 2 x 9-inch rounds

### GATHER EQUIPMENT:

- 8-inch or 9-inch round cake pan
- Parchment paper
- 3 medium bowls
- Hand or stand mixer
- 2 silicone spatulas
- Measuring spoons, cups (dry and wet)
- 1 whisk
- Oven
- Oven mitts
- Toothpick

### PREP IT!

#### For Red Velvet Cake:

- 1½ cups Flour, all-purpose
- 1 cup Flour, cake
- 1½ teaspoon Baking soda
- 1 teaspoon Salt
- 1 tablespoon Cocoa powder, alkalized (Dutch processed)
- 1 cup Oil, canola, or vegetable
- ½ cup Vegetable shortening (I recommend Crisco brand)
- 1 ½ cups Sugar, granulated
- 1 tablespoons Food coloring (any color you like but red is traditional)
- 1 teaspoon Vanilla extract
- 2 tablespoons Flax meal (finely ground flax seeds)
- 6 tablespoons Water
- 1 cup Vegan sour cream (I recommend Follow Your Heart Brand)
- 1½ teaspoon Vinegar, white distilled

#### For Plant Based “Cream Cheese” Frosting:

- 16 ounces Vegan cream cheese (I recommend Follow Your Heart Brand)
- 7½ ounces Vegan butter, salted (I recommend Earth Balance Brand)
- ½ cup Vegetable shortening (I recommend Crisco brand)
- 1 teaspoon Vanilla extract
- 1 large Lemon, zested
- 6 cups Powdered sugar (start with this and add ½ cup more at a time as needed)

### MAKE IT!

#### For Red Velvet Cake:

1. Preheat oven to 350F. Prepare your cake pans by lining them with parchment paper and lightly greasing with oil or spraying with non-stick pan spray.
2. In a small cup or bowl, stir together flax meal and water. Set aside to thicken. *This will provide the same binding functionality you would get if you were to add 2 eggs which is what the non-plant based version of this recipe calls for.*
3. Mix flours, baking soda, salt, and cocoa powder in a bowl and set aside.
4. Mix oil, shortening, sugar, food coloring, and vanilla in a separate bowl until smooth.
5. Whisk flax meal mixture into the wet mixture.
6. Fold 1/3 of dry mixture into wet mixture then whisk in 1/3 of the vegan sour cream.
7. Keep alternating mixing in dry ingredients and vegan sour cream until everything is incorporated. Batter will be VERY thick.
8. Add vinegar and whisk. *This will provide some of the aeration and leavening (rise) functionality you would be getting from the egg whites in the 2 eggs the non-plant based version of this recipe calls for.* Immediately scoop batter into cake pans and bake at 350F degrees for 30-35 minutes.
9. Check it after 20 minutes. You'll know it's done when you stick a toothpick in the cake, and it comes out clean.
10. Cool cakes completely in the fridge. Once completely cooled, frost cake with plant based cream cheese frosting.

#### For Plant Based “Cream Cheese” Frosting:

1. Place vegan cream cheese, vegan butter, vegetable shortening, vanilla, and lemon zest in a mixer or mix with a hand mixer. Whip until creamy. Add in powdered sugar until well incorporated and smooth.
2. Refrigerate immediately. Frosting must stay cold to remain set. Cake must be refrigerated.
3. It stays fresh in the fridge for approximately 3 days

**Tips:**

- Cake batter will be VERY thick.
- Line each cake pan with parchment paper or a cake liner. This is imperative for easy removal of this super moist cake from the pan.
- Recommend using light colored cake pans for best results so the edges don't get too dark.
- Recommend storing the cake layers in the fridge before frosting them after they've cooled at room temperature.
- When frosting this cake recipe, make sure both the cake layers and the prepared frosting are cold. This will make frosting easier, produce less crumbs, and give you more time before the frosting starts to melt.

**Storage:** in the refrigerator in an airtight container. for up to 3 days.

## GROCERY LIST

### Dry Goods/Center Store

- 1 small bottle White vinegar
- 1 small bag Flax meal (or flax seeds - you can grind at home)

### Dairy Aisle

- 16 ounces Vegan sour cream (*I recommend Follow Your Heart Brand*)
- 16 ounces Vegan cream cheese (*I recommend Follow Your Heart Brand*)
- 8 ounces Vegan butter, salted (*I recommend Earth Balance Brand*)

### Spice/Oils/Baking

- 1 pound Flour, all-purpose
- 1 pound Flour, cake
- 1 small carton Cocoa powder, alkalized (Dutch processed)
- 1 small carton Baking soda
- 1 small jar Salt
- 1 pound Sugar, granulated
- 32 ounces Powdered sugar
- 1 tube Food coloring (any color you like but red is traditional)
- 1 small bottle Vanilla extract
- 1 small bottle Oil, canola, or vegetable
- 1 cup Vegetable shortening (*I recommend Crisco brand*)

### Produce

- 1 large Lemon, zested

## HEALTHY & FLAVORFUL BUDGET FRIENDLY TIDBITS

- When converting recipes to plant based, try to think about the role the ingredients you want to replace are playing in your finished dish or baked good. That will help you decide what to replace those ingredients with.
- A great way to make indulgent recipes a bit healthier is to substitute some of the ingredients for lower calorie alternatives as well as adding more vegetables than the recipe calls for.
- Also, pairing portion controlled rich foods with lower calorie healthier foods is a great way to enjoy your favorite foods in moderation.
- Try to keep a steady balance of whole, colorful, and nutritious foods in your diet. This will ensure you are getting all the nutrients your body needs to succeed. Different colored foods indicate different nutrients that are naturally occurring and good for your body.
- For most recipes, try to choose foods that are naturally vegan like vegetables, whole grains, fruits, and legumes rather than expensive meat alternatives.
- Having a well-stocked seasoning cabinet so you can impart any desired flavor to any of your dishes. 😊  
<https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings>

Happy cooking & baking folx! 😊