

WORLD VEGAN MONTH

World Vegan Month celebrates the decision to remove meat and animal products from diets and brings awareness to the benefits of a vegan lifestyle

VEGAN CUPCAKES WITH VEGAN CHOCOLATE BUTTERCREAM

INGREDIENTS

Cupcakes

34079	Plain flour	190g
07531	Caster sugar	210g
29710	Cocoa powder	32g
04439	Everyday Favourites salt	3g
25595	Bicarbonate of soda	5g
03435	Oil	75g
50182	Vinegar	15g
	Cold water	240ml
55096	Callebaut finest Belgian dark chocolate – recipe N° 811 (melted)	20g

Chocolate buttercream:

55096	Callebaut finest Belgian dark chocolate – recipe N° 811 (melted)	125g
73021	Soya milk	125g
92802	Soya butter	50g

METHOD

Method for cup cake mix

- 1 Mix all of the dry ingredients together.
- 2 In a separate bowl, mix the wet ingredients together.
- 3 Gradually mix the dry and wet ingredients together to create the cupcake mixture.
- 5 Bake for 15-20 minutes at 180°C.

Method for buttercream

- 6 Mix the Callebaut 811 Dark Chocolate Callets with the milk and butter to create a smooth consistency.
- 7 Once the cupcakes are cool, decorate the top with the buttercream and add sprinkles or fresh fruit as desired.



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VEGAN MAC 'N' CHEESE

INGREDIENTS

00137	Olive Oil	50ml
73021	Alpro Professional soya milk	1ltr
71815	Kerrymaid premium baking	50g
34079	Everyday Favourites plain flour	80g
38139	Vegan grated Cheddar	100g
38140	Vegan grated parmesan	80g
36847	Alpro soya single cream alternative	80g
	Cooked butternut squash	100g
07650	Maldon sea salt	4g
70488	Everyday Favourites macaroni	500g

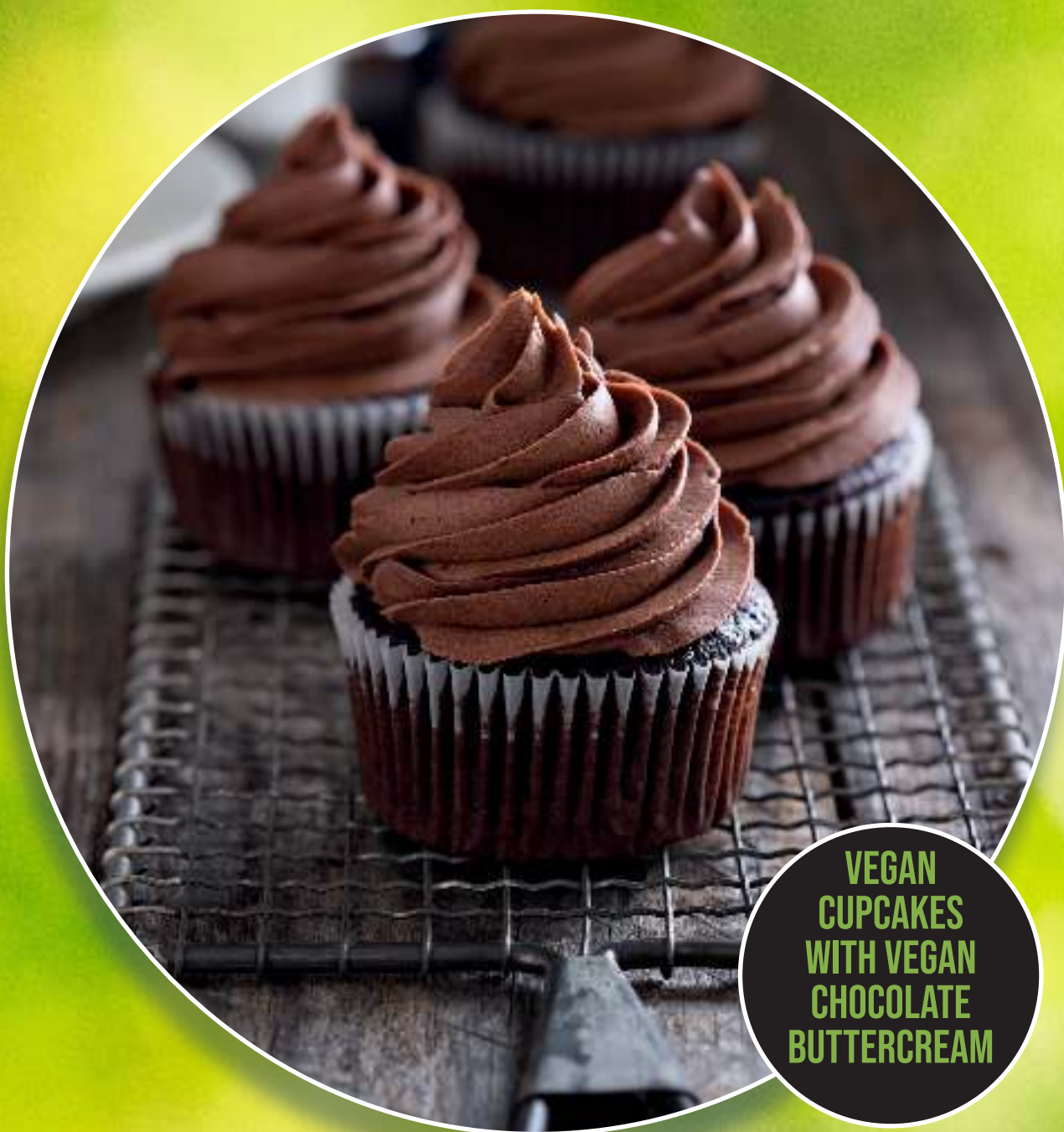
METHOD

- 1 In a saucepan, add the oil and milk and warm through. In another pan, melt the Kerrymaid, stir in the flour and cook out.
- 2 Slowly blend the milk mix into the flour until a smooth sauce is formed.
- 3 Blend in the vegan cheese, cream alternative and cooked butternut squash and season with salt.
- 5 Mix the sauce with the cooked pasta and bake for 5 minutes in a very hot oven.
- 6 Once cooked, leave to cool slightly and serve.



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