

Hummingbird cake



For a cake with a diameter of 20 cm

2 x spring form (20 cm)

For the leaves:

350 g flour

250 ml of sunflower oil

200 g raw sugar

4 medium ripe bananas, mashed

1 tin pineapple chunks (450 g), drained

50 ml pineapple syrup (from the pineapple tin)

1 teaspoon cinnamon powder

3 tsp. vanilla essence

a handful pecans (or walnuts), finely chopped

Mix the oil, pineapple syrup and sugar until the sugar has dissolved. Add the flour, bananas, cinnamon and vanilla. Mix well.

Add the pineapple chunks and pecans and mix.

Grease the spring forms with a little bit of oil. Divide the batter evenly and pour into the 2 spring forms.

Bake in the preheated oven, on medium heat (175 C), for about 30-40 minutes. Check with a straw if it is baked inside, if it

sticks to the straw bake for a few minutes longer.

Allow to cool, remove from the spring forms and cut each leaf horizontally into 2 equal parts.

For the cream:

3 packs silken tofu (3 x 350 g)

150 g icing sugar

3 tsp. vanilla essence

5-6 tablespoons coconut butter (oil), melted in bain-marie

Place all ingredients in blender and blend until smooth.

Refrigerate for an hour.

Assembling the cake:

Place a leaf on a plate and add 1/4 of the cream on top. Spread evenly. Add another leaf on top and repeat the process 3 times.

Add the remaining cream on the last leaf and spread evenly, including the sides.

Garnish with pecans/walnuts as desired.

Before serving refrigerate for at least an hour.

Tangerine sorbet



For 4 servings:

100 g raw sugar

150 ml water

400 ml fresh tangerine juice

Put the water and sugar in a saucepan and boil for 5-6 minutes (do not stir!!). Allow to cool.

Add the tangerine juice and mix well.

Put the mixture into a container with a lid and place it in the freezer. After about an hour remove from the freezer and stir well with a spoon (to prevent crystals formation). Repeat the process 2-3 times.

Jam cake



For an oven tray of approx. 30/45 cm.

3 cups flour

1/2 cup raw sugar

1/2 cup sunflower oil

1/2 cup cold water

2 teaspoons vanilla essence

1 1/2 teaspoons baking powder

lemon / orange zest, optional

approx. 600 g fruit jam (1 1/2 jar)

Whisk the water with the oil, sugar and vanilla essence until the sugar has dissolved. Add the baking powder and flour and knead.

Put 1/3 of the dough in the freezer for about 30 minutes.

Roll the remaining dough to the tray size. Place it in the tray and spread the jam evenly on top of the dough.

Grate the dough from the freezer on top of the jam.

Bake it in the preheated oven, on medium heat (175 C) for about 30-40 minutes.

Allow to cool then cut into pieces.

Banana bread



- 1 1/2 cup flour
- 3 large ripe bananas
- 1/2 cup raw sugar
- 1/2 cup sunflower oil
- 1 1/2 teaspoon baking powder
- a pinch of salt
- 1 teaspoon vanilla essence
- 1/2 teaspoon cinnamon powder
- 1/2 cup sunflower seeds (optional)
- 1/2 cup raisins (optional)

Blend the bananas with the sugar until smooth.

Mix all ingredients.

Grease a oven cake form with a little oil, pour the mixture into it and bake over medium heat (175C) for approx. 50 minutes.

Allow to cool a little bit before cutting slices.

Coconut cake



300 g flour

6-7 tablespoons coconut flakes

150 g raw sugar

125 ml sunflower oil

375 ml coconut milk (if you use the canned coconut milk than dilute it with water, 1/2 coconut milk, 1/2 water)

1 teaspoon orange flower water (or vanilla essence)

2 teaspoons baking powder

a pinch of salt

oven form approx. 40/25 cm

Mix all the ingredients until the sugar is dissolved.

Grease the oven form with a little bit of oil. Pour the mix into the form and bake (in the preheated oven) on medium heat (175 C), for about 30 minutes. Check with a straw if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer.

Allow to cool, remove from the form and cut into pieces.

Garnish with coconut flakes.

Chocolate ganache topped with mango mousse



200 g good quality pure chocolate, more than 72% cocoa
200 ml liquid vegetable whipped cream

Bring the liquid whipped cream to a boil. Allow it to cool slightly.

Break the chocolate into small pieces and melt it au bain marie.

When the chocolate is melted, pour it little by little, over the cream, stirring continuously.

Mango mousse:

1 large mango
100 ml vegetable whipped cream

Peel the mango, cut into pieces and blend until smooth.

Mix it with the whipped cream.

Refrigerate for at least half an hour than pour over the ganache. Serve directly.

Chocolate truffles



200 g good quality pure chocolate, more than 72% cocoa

150 ml liquid vegetable whipped cream

1-2 tablespoons disaronno or cognac (to taste)

1 tablespoon coconut oil

1-2 tablespoons cocoa powder

Bring the liquid whipped cream to a boil. Allow it to cool slightly.

Break the chocolate into small pieces and melt it au bain marie.

When the chocolate is melted, pour it little by little, over the cream, stirring continuously.

Add the melted coconut oil (also au bain marie) and disaronno or cognac. Mix well.

Refrigerate for at least 2-3 hours.

Sift the cocoa powder onto a plate.

With 2 teaspoons, spoon round balls of the chocolate mixture (or with a melon baller).

Roll each ball through cocoa powder.

Variation: Instead of cocoa you can use also dried coconut flakes or ground hazelnuts.

Brownie topped with mango mousse



300 g flour
3 tablespoons cocoa powder
175 g raw sugar
125 ml sunflower oil
375 ml soy milk
100 g walnuts, crushed
15 g baking powder
a pinch of salt

oven form approx. 40/25 cm

Mix all the ingredients except the walnuts, until the sugar is dissolved. Add the walnuts and mix.

Grease the oven form with a little bit of oil. Pour the mix into the form and bake (in the preheated oven) on medium heat

(175 C), for about 30 minutes. Check with a straw if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer. Allow to cool, remove from the form and cut into pieces.

Top with mango mousse.

Mango mousse:

1 large mango

100 ml vegetable whipped cream

Peel the mango , cut into pieces and blend until smooth.

Mix it with the whipped cream.

Refrigerate for at least half an hour before consumption.

Mango mousse



1 large mango

100 ml vegetable whipped cream

Peel the mango , cut into pieces and blend until smooth.

Mix it with the whipped cream.

Refrigerate for at least half an hour before consumption.

You can serve it with grated chocolate or chocolate ganache.

Panettone



For a 24 cm diameter panettone:

800 g flour

approx. 2 cups of soy milk, warm

200 g vegan sugar

200 g vegan margarine

3 1/2 teaspoons dry yeast

200-250 g raisins

100-150 g candied orange peel (and / or lemon)

zest of an orange / lemon (optional)

2 teaspoons lemon essence (or vanilla)

1/2 teaspoon salt

1/4 teaspoon turmeric, for the color

Mix one teaspoon of sugar with the yeast in 1/2 cup warm soy milk. Allow to ferment for 10 minutes.

Dissolve the sugar in soymilk. Add the remaining ingredients (except raisins and candied orange) and mix. The dough should be elastic and soft but should not stick to the hands. Add a little bit more flour or soy milk if needed.

Knead for about 10 minutes.

Cover with a kitchen towel and let it rise, in a warm place, for 2-3 hours.

Add the candied peel and raisins and knead again for about 5 minutes.

Put the dough in the baking form (greased with a little bit margarine and dusted with flour). Let it rise until it doubles in volume (1-2 hours).

Bake at medium heat (175 C), in a pre-heated oven, approx. 45-60 minutes. Do not open the oven door during this time!

Check with a straw if it is baked inside otherwise continue baking a few minutes longer.

Allow to cool in the baking form.