

Lighten Up Life

Peppermint Patty Cake (Vegan & Wheat Free)

Submitted by Rebecca Chaplin

Chocolate Cake

Ingredients:

1 cup white spelt flour
1/2 cup soy flour (or whole spelt, barley, rice flour, other non-wheat flour)
1 cup natural cane sugar (such as Sucanat or Florida Crystals)
1/2 teaspoon good salt (real salt or sea salt)
1/3 - 1/2 cup cocoa
1 teaspoon baking soda
5 tablespoons combination of melted Earth Balance, coconut oil and/or coconut butter
1 cup cold water
1 teaspoon vanilla
1 teaspoon apple cider vinegar

Preparation:

Preheat oven to 350 degrees. Lightly oil an 8-inch round cake pan. Place Earth Balance and coconut oil in an oven proof bowl and melt in the preheating oven. While the oils are melting, mix together the dry ingredients with a whisk. Add the oils, water, vanilla and cider vinegar to the dry mixture. Mix thoroughly with a whisk until all lumps are gone. Allow cake to cool thoroughly (about 2 hours).

Macadamia Nut Peppermint Whipped Cream

Ingredients:

1/2 cup raw macadamia nuts
1/3 cup water
1/4 cup agave nectar or brown rice syrup
3 tablespoons maple syrup
Pinch of good salt (real salt or sea salt)
1 teaspoon peppermint extract
5 drops of peppermint essential oil

Preparation:

Blend all ingredients (except peppermint oil and extract) in a blender or good food processor until creamy (5-10 minutes). Heat gently in a saucepan, simmering for about 2 minutes, remove from heat and whisk in peppermint extract and essential oil. Refrigerate overnight or until it has firmed a bit. Optional: Re-whip in blender and add additional sweetener or peppermint oil/extract if necessary.

Chocolate Glaze

Ingredients:

1/2 cup maple syrup (or combination of maple syrup and agave nectar)
1/4 cup cocoa powder
1/4 cup water
1/4 teaspoon cider vinegar
1/8 teaspoon good salt (real salt or sea salt)
2 teaspoons vanilla

Preparation:

Heat maple syrup in a saucepan, bringing to a boil. Reduce the heat to low, whisk in the cocoa powder, water, vinegar, and salt, and cook the mixture an additional 3 minutes. Remove the saucepan from the heat and whisk vanilla. Set aside for at least 5 minutes to cool. Pour glaze into a small jar, good in the refrigerator for weeks.

FINAL ASSEMBLY

Pour glaze over cooled cake and spread evenly. Allow to harden slightly (refrigerate for a few minutes if necessary). Spread macadamia nut peppermint topping evenly over cake. Starting on one end of the cake slowly drizzle glaze back and forth over the cake in a large zig zag. Marble the glaze: Take a clean knife and pull glaze perpendicular to the zig zag at one inch parallel lines. Turn the cake around and pull the drizzle the other way in between the original knife pull.