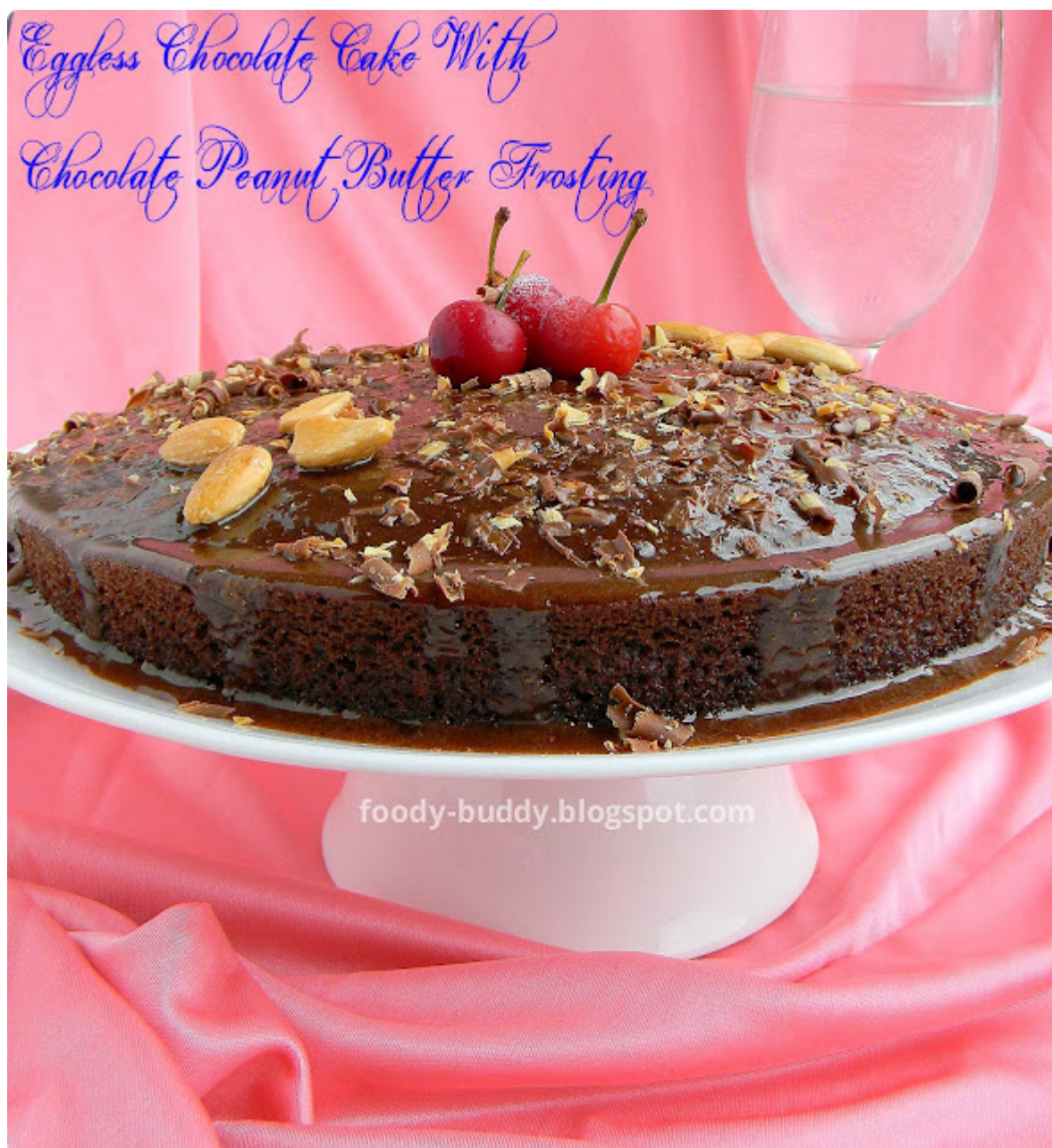


Vegan Eggless Chocolate Cake Recipe With Chocolate Peanut Butter Frosting



Are you guys in the mood to bake some tasty, yet healthy chocolate cake... I made this cake for my husband's birthday, already I have posted [single serving eggless chocolate cake recipe](#). This is again No Butter No Egg Vegan Cake Recipe and it turned out really good without using a tons of butter and other unhealthy fats , this cake was really

moist inside and the taste was rich and complex..Here I have frosted the cake with chocolate peanut butter frosting. This cake is good for any occasion.

” How to Make Moist and Soft Eggless Cake Recipe Using No Butter”



Recipe Source : The Peaceful Palate Cookbook

Ingredients:

Chocolate Cake

1.5 All Purpose Flour

1 Cup of White Sugar
1/2 Tsp of Salt
1 Tsp of Baking Soda
1/4 Cup Unsweetened Cocoa Powder
1 and 1/2 Tsp of Vanilla Extract
1/3 Cup of Canola Oil or any Vegetable oil
1 Tbsp of Apple Cider Vinegar or White Distilled Vinegar
1 Cup of Water

Chocolate Peanut Butter Frosting

1/4 Cup of Natural Peanut Butter
1/8 Cup of Unsweetened Cocoa Powder
1/4 Cup or more of Non Dairy Milk (Soy Milk or Almond Milk)
1 Cup of Powdered Sugar
Pinch of Salt
1/2 Tsp of Vanilla Extract

To Garnish

Hersheys Chocolate Shavings
3 Cherries
8 Roasted Almonds



Method

- Preheat the oven to 350 degree F (180 degree C).

For The Cake

- Lightly grease the 9 Inch baking pan with oil.
- In a mixing bowl, add the flour, sugar, salt, baking soda and cocoa powder, mix well with a fork until thoroughly combined.
- Create a well in the center of the dry ingredients and add the vanilla extract, oil, vinegar and water. mix until just combined.
- Pour this into the greased baking pan and bake it in the

preheated oven for 30 mins, until a tooth prick inserted into center comes out clean.

- Cool on a wire rack. To remove the cake from the pan, run a sharp knife around the inside of the pan to loosen the cake. Cool completely before frosting.

For the Frosting

- In a bowl, combine together the peanut butter and cocoa. Add the milk and whisk it. Add the powdered sugar, salt and vanilla, mix well. Add a little more milk at a time to get spreading consistency.

Storing

- Store the cake in an airtight container for 2-3 days outside or in the refrigerator.

Tips

- The recipe calls for 3/4 cup of sugar, but I felt it needs little more sugar. So I gave 1 cup of sugar in the ingredient list.
- You can also bake it muffin pan or bundt cake pan.
- If you don't want vegan version, add 1/2 cup of water and 1/2 cup of milk.
- You can frost the cake, with any frosting of your choice like butter cream frosting or cashew cream or cream cheese frosting.



Tags : [chocolatecake recipe](#), [cake recipe](#), [vegan chocolate cake recipe](#), [eggless chocolate cake](#), [eggless cake](#), [how to make eggless cake without butter](#), [no egg no butter cake recipe](#), [no egg cake recipe](#), [no butter cake recipe](#), [soft and moist chocolate cake recipe](#)

Stir Fried Asparagus With Mushroom Recipe | Asparagus Stir Fry



Asparagus is also called Thannervittan Kilangu in Tamil. This is a delicious and healthy stir fry of asparagus and baby bella mushroom. Asparagus is a power house of goodness because it has lot of health benefits like detox, anti-aging properties and it increases the chances of fertility, so it should be added to the healthy diet. This stir fry is full of flavor of coconut oil and steak seasoning. Here, I used Tamari in place of table salt. With just 5 ingredients, you can make this asparagus dish in less than 15 mins. This easy asparagus (Thannervittan Kilangu) stir fry goes well with rice.

Ingredients

10 Oz of Asparagus
5 Baby Bella Mushroom, Sliced
1/2 Tsp of Steak Seasoning
1 Tsp of Tamari / Soy Sauce or to taste
1/4 Cup of Water
2 Tsp of Extra Virgin Coconut Oil

Method

- Wash and slice the mushroom into thin slices.
- Wash and cut the lower end of the asparagus.
- Heat coconut oil in a cast iron pan over medium heat, add asparagus and mushroom, saute this for 2 mins, add steak seasoning, mix it to evenly coat asparagus. Add water and tamari or soy sauce, mix it, cover and steam until water evaporates and asparagus turns tender, about 5-7 mins in medium flame.
- Yummy asparagus baby bella mushroom stir fry is ready to serve.

Tips

- If you don't want soy sauce in your stir fry, you can use normal table salt.
- Add garlic powder, pepper powder, red chilly flakes and salt in place of steak seasoning.
- You can use cooking oil instead of EV Coconut Oil.
- Steak seasoning is little salty in taste so be careful in adding tamari or soy sauce.

Health Benefits of Asparagus

- Good source of vitamin A, E, C, K and folate.
- Rich source of glutathione, a detoxifying compound that helps to break down the carcinogens.

- Increases the chances of fertility
- It contains anti-inflammatory compound that protects you from diabetes type II and heart disease.
- It can help to prevent osteoporosis, osteoarthritis and birth defects.
- It helps to lose weight.



[Easy Bread Recipe Without Yeast / No Yeast Wheat Bread](#)

Easy Bread Recipe Without Yeast



Baking bread is one of life's simple joy. I got messages from two readers asking for yeast free and allergy free bread recipe. So I was searching for yeast free bread in google, I saw lot of beer bread recipes. Finally I got this recipe from [here](#) where club soda is used in place of beer. I really love that non alcoholic version of bread and slightly modified the recipe. In this bread recipe, there is no need for yeast or dough starters . This is so simple and easy to make yeast free bread. This is like quick to fix, mix all dry and wet ingredients together and pour it into a pan and bake it. If you have yeast allergy, then try this allergy free bread and enjoy with a cup of hot soup or coffee...

Ingredients

3 Cups of Whole Wheat Flour
1.5 Tsp of Baking Powder
1 Tbsp of Sugar
Pinch of Salt
3 Tbsp of Flax Seed Powder / Flax Seeds
2 Tbsp of Sesame Seeds
2 Tbsp of Pumpkin Seeds, for topping
2 Cups of Club Soda / Coke(Room Temperature)

Method

- In a bowl, add all the dry ingredients except club soda and pumpkin seeds. Mix everything well with a fork. Make a well in the center of the dry ingredients.
- Now add club soda to the flour. Measure carefully, trying not to let it froth up. Stir everything well to combine.
- Preheat the oven to 492 degree F.
- Grease the pan with some oil or butter.
- Transfer and fold the dough into greased baking bread pan, sprinkle some pumpkin seeds on top. Bake at 392 degree F (200 degree C) for 45-50 minutes. Check it by inserting tooth prick in the center of bread, if it comes out clean, then your bread is ready.
- Allow the bread to cool down for 10 mins, then carefully take it out from the pan and enjoy the slice of healthy bread with hot soup !!!!!

Tips

- You can use mix of whole wheat and white flour (maida)
- It stays good only for 3 days as it has no preservatives.
- To make the bread more flavorful, add some mixed herbs

or Italian seasoning or crushed garlic to the flour.

- For topping, you can use any seeds like sunflowers, cucumber seeds, sesame seeds or any chopped nuts.
- If you want to change the bread to alcoholic version, add beer in place of club soda.

Health Benefits of Whole Wheat Bread

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.

Read more at <http://foody-buddy.blogspot.com/2013/08/whole-wheat-sandwich-bread-how-to-make.html#G6sCiUsud2LVTg1g.99>

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Tags : [Yeastfree Bread](#), [No yeast bread](#), [Easy bread Recipe](#), [Bread Recipe](#), [How to make no yeast bread](#), [No yeast wheat bread Recipe](#), [healthy wheat bread](#), [allergy free bread recipe](#), [vegan bread recipe](#), [easy bread without yeast](#)