

# Show Me MO Vegan • Choose Your Own Adventure Cake

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## Start with the Basic Cake:



### Dry Ingredients

3 cups oat flour  
2 teaspoons baking soda  
2 teaspoons vanilla bean powder  
3 tablespoons date sugar



### Wet Ingredients

$\frac{3}{4}$  cup applesauce  
 $\frac{1}{3}$  cup date syrup  
2 tablespoons vinegar  
1 cup water



## Then choose a flavor:

### For Chocolate Cake

Add 6 tablespoons cocoa, cacao, or carob powder to the dry ingredients

### For Chocolate Mint Cake

Add 6 tablespoons cocoa, cacao, or carob powder to the dry ingredients and 1 to 2 teaspoons peppermint extract to the wet ingredients

### For Spice Cake

Add 2 tablespoons pumpkin pie spice to the dry ingredients

### For Vanilla Cake

Add 1 teaspoon vanilla bean powder to the dry ingredients (in addition to the 2 tsp in the base recipe)

## Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Add the dry ingredients to a large mixing bowl, and the wet ingredients to a large measuring cup.
3. Combine the wet and dry ingredients in the mixing bowl, and gently mix until well incorporated.
4. Pour batter into a silicone or parchment-lined 8 by 8 pan or 12-cup muffin pan.
5. Bake for 20-25 minutes for cupcakes or 25 to 30 minutes for cake.
6. Allow to cool completely, and then frost with your choice of vanilla icing or chocolate icing.

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## Vanilla Cake

### Dry Ingredients

3 cups oat flour  
2 teaspoons baking soda  
3 tablespoons date sugar  
3 teaspoons vanilla bean powder

### Wet Ingredients

$\frac{3}{4}$  cup applesauce  
 $\frac{1}{3}$  cup date syrup  
2 tablespoons vinegar  
1 cup water

### Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Add the dry ingredients to a large mixing bowl.
3. Add the wet ingredients to a large measuring cup.
4. Combine the wet and dry ingredients in the mixing bowl and gently mix until well incorporated.
5. Pour batter into an 8 by 8 silicone or parchment-lined pan. Or use a silicone or parchment-lined muffin pan to make 12 cupcakes.
6. Bake for 20-25 minutes for cupcakes or 25 to 30 minutes for cake. It is done when the top of the cake "bounces" back when touched.



## Spice Cake

### Dry Ingredients

3 cups oat flour  
2 teaspoons baking soda  
3 tablespoons date sugar  
2 teaspoons vanilla bean powder  
2 tablespoons pumpkin pie spice

### Wet Ingredients

$\frac{3}{4}$  cup applesauce  
 $\frac{1}{3}$  cup date syrup  
2 tablespoons vinegar  
1 cup water

### Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Add the dry ingredients to a large mixing bowl.
3. Add the wet ingredients to a large measuring cup.
4. Combine the wet and dry ingredients in the mixing bowl and gently mix until well incorporated.
5. Pour batter into an 8 by 8 silicone or parchment-lined pan. Or use a silicone or parchment-lined muffin pan to make 12 cupcakes.
6. Bake for 20-25 minutes for cupcakes or 25 to 30 minutes for cake. It is done when the top of the cake "bounces" back when touched.



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## Chocolate Cake

### Dry Ingredients

3 cups oat flour  
2 teaspoons baking soda  
3 tablespoons date sugar  
2 teaspoons vanilla bean powder  
6 tablespoons cocoa, cacao, or carob powder

### Wet Ingredients

$\frac{3}{4}$  cup applesauce  
 $\frac{1}{3}$  cup date syrup  
2 tablespoons vinegar  
1 cup water

### Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Add the dry ingredients to a large mixing bowl.
3. Add the wet ingredients to a large measuring cup.
4. Combine the wet and dry ingredients in the mixing bowl and gently mix until well incorporated.
5. Pour batter into an 8 by 8 silicone or parchment-lined pan. Or use a silicone or parchment-lined muffin pan to make 12 cupcakes.
6. Bake for 20-25 minutes for cupcakes or 25 to 30 minutes for cake. It is done when the top of the cake "bounces" back when touched.



## Chocolate Mint Cake

### Dry Ingredients

3 cups oat flour  
2 teaspoons baking soda  
3 tablespoons date sugar  
2 teaspoons vanilla bean powder  
6 tablespoons cocoa, cacao, or carob powder

### Wet Ingredients

$\frac{3}{4}$  cup applesauce  
 $\frac{1}{3}$  cup date syrup  
2 tablespoons vinegar  
1 cup water  
1 to 2 teaspoons peppermint extract

### Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Add the dry ingredients to a large mixing bowl.
3. Add the wet ingredients to a large measuring cup.
4. Combine the wet and dry ingredients in the mixing bowl and gently mix until well incorporated.
5. Pour batter into an 8 by 8 silicone or parchment-lined pan. Or use a silicone or parchment-lined muffin pan to make 12 cupcakes.
6. Bake for 20-25 minutes for cupcakes or 25 to 30 minutes for cake. It is done when the top of the cake "bounces" back when touched.



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## Vanilla or Spice Icing

### Ingredients

1 cup plant-based milk  
8 medjool dates, chopped or about 1 cup (or more if you want it sweeter)  
15-ounce can great northern beans  
15-ounce can garbanzo beans\*  
2 teaspoons vanilla powder  
Optional: 1 to 2 teaspoons pumpkin pie spice

### Directions

1. Soak the dates in the plant-based milk for 20 to 30 minutes for best results.
2. Add all ingredients to a food processor container.
3. Blend until smooth, scraping down the sides as needed. Add more milk as needed to get the desired consistency.
4. Store in the refrigerator for 4 or 5 days. Or store in an air-tight container in the freezer.

\*Note: You can use two cans of white beans instead of one of each, but I don't recommend using all garbanzo beans, as it won't be as smooth a texture.

## Chocolate or Chocolate Mint Icing

### Ingredients

1 cup plant-based milk  
8 medjool dates, chopped or about 1 cup (or more if you want it sweeter)  
2 15-ounce cans black beans  
2 teaspoons vanilla powder  
6 tablespoons cocoa, cacao, or carob powder  
Optional: 1 to 2 teaspoons of mint extract

### Directions

1. Soak the dates in the plant-based milk for 20 to 30 minutes for best results.
2. Add all ingredients to a food processor container.
3. Blend until smooth, scraping down the sides as needed. Add more milk as needed to get the desired consistency.
4. Store in the refrigerator for 4 or 5 days. Or store in an air-tight container in the freezer.