



Replacing Eggs

Why Replace Eggs

Many people eat eggs thinking that they are a healthy protein addition to their meal. But when you realize that eggs are about 70% fat, that an average egg contains over 200 milligrams of cholesterol, and that eggs are frequently contaminated with salmonella, the picture changes drastically. Add to this the fact that most Americans consume far too much protein, leading to osteoporosis and kidney disease, and it becomes clear that, nutritionally speaking, eggs are a liability rather than an asset.

Ethically speaking, the treatment of hens used to produce eggs is terrible. These lively birds are caged for life, debeaked with hot blades, and systematically starved (“force molted”) for as long as two weeks to manipulate egg production artificially. They are prevented from practicing bodily hygiene. Not surprisingly, they develop a multitude of freakish diseases, including cancer and osteoporosis, as a result of no exercise, fluorescent lighting, crowding, filth, and the stress of being unable to lay their eggs in a quiet nest. They lose their feathers from constant rubbing against wire and against each other. They go crazy with a mental disease known as Caged Layer Hysteria. The abnormal stresses to which these birds are subjected have been found to cause a breakdown of the hen’s natural immunity resulting in salmonella poisoning.

A growing number of people are looking to “free range” as an alternative to the battery-cage system described above.* Understandably, many people think that a “free-range” hen spends her day roaming outdoors.

Unfortunately, today’s “free-range” hen is typically confined in a crowded shed with thousands of other debeaked hens. Though less cruel than the battery cage – the hens usually have nest boxes – modern “free-range” is not truly humane. Moreover, the “free-range” hen endures the same brutal slaughter as her battery-caged sisters.

As egg production involves the birth every year of millions of “excess” roosters with no commercial use (half the chicks born are males), the brothers of the “free-range” hens are trashed at the hatchery the same as the brothers of the battery hens.

Over the past 30 years, per capita consumption of eggs has dropped by 40%, as people are choosing healthier lifestyles.

*The term “battery” refers to a group of similar or identical things arranged in a series, hence, “battery cage.”

Cooking Without Eggs

In baking, if a recipe calls for only one egg, you can usually skip a substitute with no noticeable effect. This is often true for two eggs, too. As the number of eggs called for increases, it becomes necessary to use a replacement. By trying out the replacements below and experimenting a little, you should get the recipe you want.

To leaven, bind, and liquefy in baking



- 2 Tbsp. mashed banana or apricot + 1/2 tsp. baking powder for 1 egg. (Or 1 banana for 1 egg.)
- Commercial powdered egg replacer such as ENER-G. Made of refined starches, modified vegetable gums and leavening. 1 to 1-1/2 tsp. egg replacer + 2 Tbsp. water for 1 egg.
- Applesauce or apple butter. 2 Tbsp. to 1/4 cup for 1 egg.
- Commercial fruit purees such as WonderSlim and Just Like Shortenin'. Made mainly of dried plums. Excellent for desserts, pancakes, and muffins. 2 Tbsp. to 1/4 cup for 1 egg.
- Two Tbsp. cornstarch, arrowroot flour, soft tofu, or potato starch for 1 egg.
- 1 Tbsp. flax seeds + 1 cup water for 1 egg. Blend flax seeds and water in blender for 1 to 2 minutes till mixture is thick and has the consistency of a beaten egg.

To hold things together in casseroles, veggieburgers, and loaves

Add a little more vegetable oil. Experiment also with tomato paste, mashed potato, mashed avocado, tahini (sesame butter), peanut butter or nut butters, moistened bread crumbs, cooked quick-cooking tapioca or quick oats.

For lightness

Use some extra yeast or baking soda. Also use fruit juice or tomato juice to replace some or all of the liquid in a recipe. You can also use soft pastry flour instead of, or in addition to, regular flour for cakes.

Glossary

Arrowroot is a powdered starch from the root of a tropical plant that can replace cornstarch and eggs as a thickener and binder. It makes light, tasty sauces and baked goods.

Egg Substitutes. In trying to beat the cholesterol scare, the egg industry is encouraging consumers to substitute two egg whites for a whole egg in cooking and baking. This actually doubles the number of hens in battery cages. Even many so-called “egg substitutes” sold in stores contain egg whites. Be sure to check the ingredients. (Albumin is egg white.)

Ener-G Egg Replacer is a brand-name powdered mixture of vegetable starches that simulates eggs in baking. It contains no preservatives, artificial flavors, sodium, or animal products and has only 10 calories per teaspoon. Use it in recipes calling for unbeaten eggs, egg whites beaten stiff, and egg yolks. One and one-half tsp. Ener-G plus 2 Tbsp. water equal 1 egg. If your local food market does not yet carry this cholesterol-free, easily-stored shelf product, ask them to do so now. One Ener-G “egg” costs 3 cents (half that of an egg) and one box makes twice as many “eggs”!

Just Like Shortenin’ is a delicious, healthy, fat-free replacement for oil, butter, margarine, and eggs in baking brownies, cookies, cakes or muffins. A rich puree made from dried plums, apples, and water, it comes in an 18-oz. jar, available at Fresh Fields and other progressive food stores. Urge your local food store to carry **Just Like Shortenin’** if they don’t already. Contact **PlumLife** at 15 Orchard Park, Suite 15, Madison, CT 06443 (ph: 203-245-5993; fax: 203-245-7893).

Lecithin is a substance found in egg yolk and soybeans. It is used to emulsify ingredients in recipes when the eggs are used to bind the mixture. It can be purchased in liquid or granules. If you buy it, be sure to get **soy lecithin** rather than egg lecithin. Lecithin is 98 percent fat. Most processed foods that have lecithin use soy (soya) lecithin. Check the listed ingredients to make sure.

Nayonaise is a brand-name, sugar-free, low-sodium mayonnaise made with tofu. It has half the calories of regular mayonnaise (35 calories per Tbsp.) and no animal ingredients. Nayonaise is a ready-made delicious mayonnaise available in natural food stores and in the special sections of some supermarkets. Try it: you'll love it!

Soymilk is a nondairy milk made from soybeans that have been soaked, finely ground with water, cooked, and strained. Use it to replace dairy milk in your favorite recipes. Soy milk comes in vacuum packages of plain, vanilla, chocolate, strawberry, and carob and is available in natural food stores and most supermarkets. Since it doesn't need refrigeration till opened, soy milk is not stocked in the dairy case, so ask where to find it. Cows and calves worldwide will thank you for making the switch.

Tahini is sesame seed butter made from ground sesame seeds and is a rich source of calcium and protein. When an egg replacement is called for, 2 heaping Tbsp. tahini plus 4 Tbsp. water mixed together may be used instead of soy powder and water. It's best to experiment. Tahini is sold in cans and jars, like peanut butter, and is available in supermarkets and natural food stores.

Tofu (soybean curd) is a white, cheeselike cake that's sold in the refrigerator or produce section of supermarkets and natural food stores throughout the country. Made of soybeans, water, and a natural coagulant, tofu is high in calcium, complete protein, vitamins, and minerals, and low in calories, fat, and sodium. Tofu is a very digestible, inexpensive, totally versatile food. Use it to replace meat, dairy, poultry, and eggs without worrying about the lactose, cholesterol, and acid of animal products. Like poultry and eggplant, tofu readily absorbs the flavor of other foods. It marinates and grills deliciously.

Tofu Scrambler is a brand-name mix produced by Fantastic Foods, containing a powdered blend of tasty seasonings for a wide range of quick and easy tofu dishes. Tofu Scrambler provides a scrumptious replacement for scrambled eggs, traditional egg salad, and quiche. Each box of Tofu Scrambler includes a leaflet full of recipes.

Microwave Egg Replacer (*The Washington Post* 12-30-92). You can certainly make your own no-fat added, salt-free, preservative-free egg substitute in the microwave. Combine 1 cup of water and 1 tablespoon of flax seeds (available at health food stores) in a 2-cup measure and microwave, uncovered, on full power until the seeds begin to dance and the mixture boils. Then continue to boil for 2 to 3 minutes until the mixture has been reduced to about 3/4 cup. Scoop the mixture into a processor and combine for about 30 seconds to break up the seeds. Then strain. (It's okay if some seeds get through the strainer). You'll have about 2/3 cup of the mixture, which looks like egg whites and smells slightly sweet and spicy. Refrigerate for at least 15 minutes before using. Or cover and store, refrigerated, for up to 2 weeks. You can't scramble it, but this egg substitute is great in batters for pancakes, waffles, cookies, muffins, quick breads and French toast. Use 1/4 cup of the substitute to equal 1 whole egg, or 2 egg whites.



————— Eggless French Toast —————

Makes 7 slices

3 ripe bananas
1 C soymilk
2 Tbsp. molasses or maple syrup
1/4 tsp. cinnamon
7 slices bread

Mash bananas in a bowl. Add soymilk, molasses or maple syrup, and cinnamon. Stir well. Soak bread in above mixture. Fry in margarine or oil on both sides over medium heat. Serve with margarine and maple syrup.

Recipe by Debra Wasserman, from *Meatless Meals for Working People*,
Vegetarian Resource Group, Baltimore, MD.

————— Pancakes —————

Makes 6

1 C unbleached or whole wheat flour
1-1/2 Tbsp. baking powder
2 Tbsp. oil
1 C soymilk

Sift dry ingredients. Stir in wet ingredients for smooth consistency. However, lumps will not alter cooking. Cook on preheated grill or in a frypan until bubbles form around edges. Flip over and cook the other side till golden brown. Serve with your favorite syrup, stewed fruit, or applesauce.

Option: Use Aunt Jemima Original Pancake Mix. Just use egg replacer instead of egg, and soymilk. Or try without egg replacer.



Recipe by Nancy Robinson

— Fantastic Tofu Scrambler —

*"Who will make this newfangled tofu scrambler?" asked Chicken Little.
"I will," clucked the Little Red Hen.
"Me too!" cried Rudy the Rooster.*

3 Tbsp. margarine or oil
1 pound tofu, drained
1/2 C water
1 Tofu Scrambler seasoning packet

Heat oil in a skillet. Crumble the tofu into the skillet and mash with a fork to desired consistency. Stir and cook over medium heat for about 3 minutes. Add water. Add Tofu Scrambler seasoning packet. Stir and cook for a couple more minutes, till seasonings are thoroughly mixed in and tofu is a uniform golden color. Serve with rice cakes. Spread margarine on the rice cakes, broil till the margarine is thoroughly melted (a minute or less), and eat!

"I encourage everyone I know to use ENER-G instead of eggs. I baked a banana bread with it just a few days ago, and it was delicious. I will never use eggs again! I have found that substituting ENER-G for eggs makes baking a snap. Virtually any standard recipe that calls for eggs can be made egg-free just by using ENER-G. Not only is it painless, but baked goods are lighter and fluffier. Happy Baking!"

– Sincerely, Cynthia Benno

— Benevolent Banana Nut Bread —

By Cynthia Benno

ENER-G* egg replacer (3 tsp + 4 Tbsp water=2 eggs)
1-3/4 C unbleached flour
2-3/4 tsp baking powder
1/2 tsp salt
1/3 C vegetable shortening
2/3 C sugar
1 C mashed ripe bananas
1 C nuts (I use Pistachios)

Preheat oven to 350 degrees.

Sift together flour, baking powder and salt. Place shortening in mixing bowl and beat till creamy and glossy (about 2 minutes). Gradually add sugar to shortening, beating till light and fluffy after each addition. Add ENER-G and beat till thick. Add flour mixture and bananas alternately. Grease bottom of a 4-1/2 x 8-1/2 x 3" loaf pan. Turn batter into pan. Bake 1 hour at 350 degrees or until the bread tests done. Cool in pan 20 minutes before turning onto rack. Freezes well. This recipe is fast, easy and delicious!

Note: This bread can be made even without egg replacer.

Basic Muffins

Makes 6 giant muffins or 12 regular size. Use nonstick muffin pans or spray with vegetable spray. Preheat oven to 400 degrees.

- 3 C unbleached flour, preferably whole wheat**
- 1 tsp baking powder**
- 1/2 to 3/4 C sweetener, dry or liquid**
- 1/4 C oil and 3/4 C water OR**
- 1/8 C WonderSlim and 3/4 C water**
- 1 tsp vanilla or appropriate flavoring for *your* muffins**



Mix dry ingredients. Mix wet ingredients. Mix the two together just till flour disappears. Create your own muffins by adding up to one cup of chopped fruit, veggies, or nuts to the batter. Add more water if necessary just to clear flour from bowl. Bake at 400 degrees for 20 minutes.

Recipe by Nancy Robinson, from her book *Southern Vegan Cooking*, to be published by the Book Publishing Company, Summertown, TN.

Tofu Sour Creamy Dressing

Makes 1-1/4 cups

Combine in a blender:

- 1/2 pound tofu**
- 3 Tbsp. oil**
- 2 Tbsp. lemon juice**
- 1-1/2 tsp. sugar**
- 1/4 tsp. salt**

Blend until creamy.

Oil-Free Tofu Mayonnaise

Makes 2 cups

- 1 pound tofu
- 2 cloves garlic
- 1 tsp. onion powder
- 1 tsp. dill weed
- 1 Tbsp. soy sauce
- 1/3 cup lemon juice
- 1 Tbsp. sweetener
- Water, if needed

Blend all ingredients together, using additional water if needed for blending.

Rancheros

Serves 4

Omelet:

- 1 pound tofu, crumbled
- 1 C soymilk
- 1 scallion, minced

Rancheros Sauce:

- 1 tsp. canola oil
- 1 C onion, chopped
- 3 cloves garlic, minced
- 3/4 C mushrooms, sliced
- 1 C green pepper, chopped
- 1 C tomatoes, chopped
- 2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. salt
- 1/8 tsp. pepper



Preheat oven to 400 degrees.

Omelet: Combine tofu and soymilk in a blender or food processor. Stir in scallions. Lightly oil two 9" pie pans, glass if possible. Pour mixture into the two pans, level with a spatula, and bake 30-35 minutes. Loosen from pans when removed from oven. Sauce: Cook all ingredients together for 5 minutes, covered, then 5 minutes, uncovered, stirring occasionally. Place half of the omelet on each plate, and cover with the Rancheros sauce.

————— Eggless Matzoh Balls —————

(Kneidlich)

Makes 10 matzoh balls

4 medium potatoes
1-1/4 C (approx.) matzoh meal
Pepper to taste
Water

Peel, cut up, and boil potatoes till soft. Mash, add pepper to taste, and cool. Add matzoh meal gradually and knead till firm and smooth. Fill a large pot 3/4 full with water. Heat to boil. Form smooth balls out of the mixture, and drop into boiling water or broth. Cook for about 20 minutes in pot, covered. Do not overcook. Serve with your favorite soup or broth.

Recipe by Debra Wasserman, from her book, *Low-fat Jewish Vegetarian Cooking*, Vegetarian Resource Group, Baltimore, MD.

————— Macaroni and Chick-Pea Salad —————

Serves 4. This will remind you of egg salad.

1 (18 ounce) can of chick-peas, or 2 cups cooked
1/2 C Oil-Free Tofu Mayonnaise, or Nayonaise
1/2 C onion, chopped
1/2 C celery, chopped
1/2 tsp. garlic powder
1 tsp. dill leaves, crushed, or dill seed as desired
1 Tbsp. soy sauce
2 C cooked macaroni

Mash the chick-peas with a fork, and mix with mayonnaise, onion, celery, garlic powder, dill, and soy sauce in a bowl. Add the cooked macaroni and mix it all together.

Recipe by Karen Davis, from *Instead of Chicken, Instead of Turkey*,

Basic Quiche

Serves 8 to 16 as an appetizer or hors d'oeuvres.
A little turmeric will add the golden egg color.

14-16 oz. tofu

1/2 C soymilk

2 Tbsp. oil (corn oil will give a more buttery flavor)

1/4-1/2 tsp. turmeric

2 medium onions, minced

Enough oil or margarine for sauteing

Salt and pepper to taste

1/4-1/2 tsp. nutmeg, freshly grated if possible

Dough for 1 pie crust

Cream the tofu, soymilk, oil, and turmeric in a blender or food processor until absolutely smooth. Saute the onion in oil till soft, then combine with the tofu mixture in a bowl. Season with salt, pepper, and nutmeg. Fill shells.

Roll out the crust 1/8" thick and line a 9" pie pan or individual tart shells. Pre-bake the shells in a 400 degree oven, 3-4 minutes for small tarts, 10-12 minutes for a 9" pan. Fill with the above mixture and bake in a 350 degree oven (15 minutes for individual shells or 45 minutes for a large quiche) till the top is firm and puffed up. Serve "quichettes" immediately, but wait 15 minutes before cutting a large quiche. These may also be served at room temperature.

Recipe by Miyoko Nishimoto, *The Now and Zen Epicure*,
Book Publishing Company, Summertown, TN.



Flaky Pie Crust

Makes 3-4 crusts.

Excellent for all pies and pastries, sweet and savory. The tahini produces a rich crust that holds together well.

18 oz. whole wheat pastry flour (approx. 4 cups)

1 tsp. salt

**10 oz. margarine, chilled well and cut into little cubes
(1-1/4 cups)**

2-1/2 Tbsp. creamy tahini

Chilled water added to tahini to make approximately 2/3 C

Combine flour and salt in a large bowl. With a pastry cutter or a mixer on low speed, cut in the margarine to make little beads (the more you blend, the mealier and less flaky the crust becomes). Dilute tahini with a little of the water, then add remaining water and mix well. Add to flour mixture and mix gently. Combine into a ball and chill for at least one hour before rolling out.

Recipe by Miyoko Nishimoto, *The Now and Zen Epicure*,
Book Publishing Company, Summertown, TN.

Crêpes

Serves 6-8

2 Tbsp. egg replacer

1 1/2 C water

1 C soy milk

1 tsp. salt

4 Tbsp. oil

**1 1/2 C flour (whole wheat pastry, unbleached white,
or mixture)**

1/2 C garbanzo (chick pea) flour

Filling:

Fill with fruit or melted chocolate with a little soy milk for dessert. For a main course, fill with asparagus and vegan Hollandaise, or with mushrooms. Create your own!

Place egg replacer and 1/2 cup water in blender and blend till smooth. Add remaining ingredients; blend for 1 minute on high speed. If you don't have a blender, beat with wooden spoon in mixing bowl. Use 8" non-stick skillet. Over low heat, brush it lightly with oil only once. Heat for a few moments then remove from burner. Pour in 3-4 table-
spoons of batter and tilt the pan to coat the bottom. Pour any extra batter back into the bowl. Return skillet to burner and cook till lightly browned. Flip over and cook other side. Stack the crepes as you make them. Fill or wrap and refrigerate.

Lynn Halpern

Ms. Ticklefeather's —— Pumpkin Spice Cookies ——

Makes 36 cookies.

These plump, moist cookies are made with a flax seed and water puree to replace the eggs called for in the original recipe. Flax seeds are available in most natural food stores.

3 C pastry flour
4 tsp. baking powder
1 tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. nutmeg
1-1/2 C sugar, or other sweetener
4 Tbsp. flax seeds
1 C water
1/3 C vegetable oil
1-1/2 C solid-packed canned pumpkin
1/2 C water
1 C raisins

Preheat oven to 350 degrees.

Mix dry ingredients together and set aside. Blend flax seeds and water in a blender for 1 to 2 minutes till seeds are in tiny pieces and mixture has the consistency of raw egg. Add oil to flax seed mixture, and blend to mix. Add to the dry ingredients, along with the pumpkin,

additional water, and raisins. Mix till just combined and no dry flour is left. Drop by tablespoons onto an oiled baking sheet. Bake 15 minutes till lightly browned. Remove from baking sheet with a spatula, and place on a rack to cool. Store in an airtight container.

Recipe by Jennifer Raymond, from *The Peaceful Palate*, Palo Alto, CA.

— Sweet Potato Two-Tone Cake —

Makes one 10-inch tube cake

2-3/4 C pastry flour
1 C sweetener
2 tsp baking powder
2 tsp baking soda
1-1/2 tsp cinnamon
3/4 tsp ground ginger
1/4 tsp ground cloves
1/4 tsp ground nutmeg
1/2 tsp salt
1/2 C chopped walnuts or pecans, optional
2 C mashed cooked dark-orange sweet potatoes
(OR 2 C cooked or canned pumpkin)
2 tsp vanilla extract
2 tsp white vinegar
2/3 C Just Like Shortenin'
1/4 C vegetable oil
8-12 Tbsp. water if needed, to achieve a smooth, thick batter
1/4 C cocoa powder

Preheat oven to 350 degrees.

Combine dry ingredients, except cocoa. Combine wet ingredients, except water. Mix the two mixtures together just till a thick smooth batter forms. Don't over mix. Add water, a few tablespoons at a time, if needed. Spoon a little less than half the mixture into the bottom of a prepared 10-inch tube or Bundt pan. Add cocoa to remaining portion of batter. Mix. Spread over top of batter in the tube or Bundt pan.

With a knife, cut through the two layers to swirl slightly. Bake 1 to 1-1/4 hours or till sides have shrunk away from pan, the top is springy, and tester comes out dry. Cool 10 minutes. Remove to cooling rack.

Recipe by Jennie Collura and Muriel Golde, North American Vegetarian Society, Dolgeville, NY.

— Delicious Dessert Sauce —

Pour over cake, fruit, tofu ice cream, and pudding. So simple you won't need the recipe next time.

1 Tbsp. cornstarch
1 Tbsp. margarine
1/2 C lemon juice
Sugar to taste

Whisk cornstarch in melting margarine in saucepan over medium heat. Slowly add juice and stir till thickened. Cover and simmer till cornstarch taste is gone. Use any flavor of juice and whole or pieces of berries, such as blueberries. If lumps appear, mash with fork or strain the sauce.

Recipe by Nancy Robinson, from *Southern Vegan Cooking*, to be published by the Book Publishing Company, Summertown, TN.

Cock-A-Doodle — Creme-Filled Crumb Cake —

Serves 12. Makes one 10" tube pan.

Preheat oven to 375 degrees.

Use 3 separate bowls to make the 3 separate layers.

First Layer. Mix together till crumbly:

1/2 C brown sugar
1 C flour
1/2 tsp salt
1/2 C walnuts, chopped
1/4 C oil

Press this mixture into the bottom and sides of the pan.

Second Layer. In a blender, blend till smooth and creamy:

- 1 pound tofu, crumbled**
- 3 Tbsp. oil**
- 1/2 C sugar**
- 1 Tbsp. vanilla**
- 2 Tbsp. flour**
- 1/2 tsp salt**

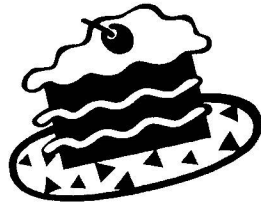
Spread on top of the first layer in the pan.

Third Layer. In a blender, blend till smooth and creamy:

- 1/2 pound tofu, crumbled**
- 3 Tbsp. fresh lemon juice**
- 1/2 C oil**
- 1/2 tsp salt**
- 1 C sugar**
- 3/4 C water**

Mix together in a bowl:

- 2 C flour**
- 1/2 tsp soda**
- 2 tsp baking powder**
- 1/2 C walnuts, chopped**
- 1/2 tsp cinnamon**



Stir blended ingredients for third layer into the flour mixture till there are no lumps. Spread this over the second layer, being careful not to stir the second and third layers together. Bake for 40 to 45 minutes. Let sit for 5 minutes, then loosen the edges and turn out onto a plate or platter. Cool 10 minutes before slicing.

———— Texas Raspberry Cake ————

Decadent!

Preheat oven to 375 degrees.

- 2 C flour**
- 1-1/2 C sweetener**
- 1/2 C oil**

1/2 C fat replacer or 1 C oil
7 Tbsp. cocoa
1 C water
Energ-G egg replacer for 2 eggs or 1 banana mashed
1 tsp baking soda
1/2 C soymilk warmed with 1 tsp vinegar added
1 tsp vanilla

Combine flour and granulated sweetener in large bowl. In heavy pan, heat oil, cocoa and water to boiling, stirring well. Add hot cocoa mixture to flour mixture. Beat egg replacer. Stir soda into soymilk. Add egg replacer, fat replacer and vanilla to soymilk mixture. Mix. Add soymilk mixture to flour mixture and mix well. Pour batter into greased 9x13" cake pan. Bake 25-30 minutes.

During the last 5 minutes of baking, measure:

1/2 C margarine
4 Tbsp. cocoa
6 Tbsp. soymilk

In heavy pan, heat ingredients till boiling, stirring frequently. Add 1 pound confectioner's sugar and 1 C chopped pecans and 1 C raspberries. Pour hot frosting over hot cake. Spread evenly. Cool before serving.

Lower Fat Variation: Use non-fat soymilk. Use 1/4 C oil and 3/4 C fat replacer. Omit nuts in frosting.

NOTE: Margarine must be used in frosting.

Recipe by Renee Wheeler

—— Chocolate Wacky Cake ——

Serves 9

Preheat oven to 350 degrees.

1-1/2 C flour
1 C sugar
1 tsp. baking soda
1/4 C cocoa
1 tsp. vanilla extract

6 Tbsp. margarine (melted) or vegetable oil
1 C water
1 tsp. vinegar

Use an unoled 8 inch cake pan. In the pan, sift and mix together the flour, sugar, soda and cocoa. Make 3 wells in the flour mixture. Put 1 teaspoon of vanilla in the first well. Put 1 teaspoon of vinegar in the second. Put 6 tablespoons of melted margarine or vegetable oil in the third. Pour 1 cup of water over all and mix with a fork till ingredients are entirely moist. Bake for 30 minutes (or till done).

———— Mocha Frosting ————

2-1/2 Tbsp. soft margarine
3 C confectioner's sugar
1/4 C cocoa
1 tsp. (heaping) instant coffee dissolved in 1 Tbsp.
hot water
1/2 tsp. vanilla
Soy milk or water to bring frosting to desired consistency
(between 2-4 Tbsp.)

Cream margarine and sugar. Add remaining ingredients and stir till smooth.

———— Lemon Frosting or Glaze ————

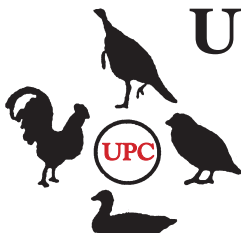
For chocolate or other cakes and desserts

2 Tbsp. soy margarine
2 Tbsp. soy milk or non-dairy cream
3 Tbsp. lemon juice
4-5 tsp. grated lemon rind
3-4 C confectioner's sugar (or to taste)

Heat margarine and milk together till margarine melts. Stir in the sugar till smooth. Beat in lemon juice and rind. Cool till thick enough to spread. Frosted cake can be wrapped in plastic wrap and foil, frozen, and defrosted when needed. It keeps well.

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**UNITED
POULTRY
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**P.O. Box 150
Machipongo, VA 23405-0150
(757) 678-7875**

**Info@UPC-online.org
www.UPC-online.org**