

# *frenchmaid*

## TASTY VEGAN BAKING





## VEGAN BAKING RECIPES



Veganism is a trend that's rapidly becoming mainstream.

More than 74 million photos on Instagram are tagged vegan, and "Vegan recipes" was New Zealand's number one recipe search last year.

Offering vegan baking on your menu can be a real distinction for your establishment.

In this booklet you will find easy and tasty baking recipes using French Maid Vegan

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# VEGAN BANANA LOAF



## Ingredients

Ripe bananas, mashed	300g
Flour	280g
Sugar	165g
Baking Powder	1½tsp
Baking soda	1tsp
Mixed spice	1½tsp
Ground ginger	1½tsp
<b>Frenchmaid Vegan Mayonnaise</b>	<b>250g</b>
Walnuts chopped (optional)	55g

## Method

Heat oven to 160 C

Into a bowl combine all ingredients. Stir until mixture forms a lumpy batter.

Pour into a lined or greased 9x5 inch loaf tin.

Bake for 55 minutes or until skewer inserted in centre comes out clean.

Remove from oven and place on wire rack to cool.

Easier to slice when cool. Enjoy!

# VEGAN DOUBLE CHOCOLATE MUFFINS



## Ingredients

Flour	280g
White sugar	240g
Baking powder	3tsp
Cocoa powder	3Tbsp
<b>Frenchmaid Vegan Mayonnaise</b>	<b>170g</b>
Almond, or soy milk	250ml
Vegan dark chocolate 70% chopped*	100g
Raspberries (optional)	100g

\*Ensure chocolate is vegan, and doesn't have milk or milk fat added as an ingredient

## Method

Preheat oven to 170 C. Grease or line a 12 hole muffin tin.

Into a bowl combine flour, baking powder, sugar and cocoa, mix to combine. Add chopped chocolate, **Frenchmaid Vegan Mayonnaise** and either almond or soy milk. Stir until mixture is combined, do not overmix.

Spoon the mixture into prepared muffin tin.

Bake for 18 minutes, or until muffins spring back when lightly touched or until skewer inserted in centre comes out clean.

Place on wire rack to cool. Makes 12 medium muffins.

# VEGAN WHITE CHOCOLATE & RASPBERRY MUFFINS



## Ingredients

Flour	280g
White Sugar	220g
Baking Powder	3tsp
<b>Frenchmaid Vegan Mayonnaise</b>	<b>170g</b>
Almond or soy milk	250ml
Vegan white chocolate chopped*	100g
Raspberries fresh or frozen	120g
*Ensure chocolate is vegan, and doesn't have milk or milk fat added as an ingredient	

## Method

Preheat oven to 170 C fan forced. Grease or line a 12 hole muffin tin.

Into a bowl combine flour, baking powder, sugar and white chocolate. Add **Frenchmaid Vegan Mayonnaise** and either almond or soy milk. Stir until mixture is combined, do not overmix.

Gently fold in raspberries. Spoon the mixture into prepared muffin tin.

Bake for 20 minutes, or until muffins spring back when lightly touched or until skewer inserted in centre comes out clean.

Place on wire rack to cool. Makes 12 medium muffins .

### Mix it up by substituting the white chocolate and raspberries:

Lemon Muffins: Add zest of 2 medium lemons to the batter. For a crunchy topping add lemon juice to white sugar and spoon over hot muffins.

Orange Chocolate Chip: add 100g dark chocolate, zest of 2 medium oranges and 2Tbsp orange juice.

Blueberry Muffins: add 100g of blueberries and ½tsp of nutmeg.

Apple Cinnamon: Add 100g grated apple and 1tsp cinnamon.

Top with cinnamon sugar before baking.

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# VEGAN CLASSIC VANILLA CUPCAKES



## Ingredients

Flour	335g
Baking powder	1½tsp
Baking soda	½tsp
Brown sugar	160g
White Sugar	70g
Salt	½tsp
Water	230ml
<b>Frenchmaid Vegan Mayonnaise</b>	<b>250g</b>
Vanilla extract	2Tbsp

## Method

Preheat oven to 180 C and line a 12 hole muffin tin with paper liners.

Whisk together dry ingredients; flour, sugars, salt, baking soda and baking powder.

Add the wet ingredients; water, **Frenchmaid Vegan Mayonnaise**, vanilla extract and beat with an electric mixer until smooth.

Divide evenly into the cupcake tins (fill about ¾ of the way up the liner)

Bake for 17-20 minutes, or until slightly golden. Remove cupcakes from pan, let cool.

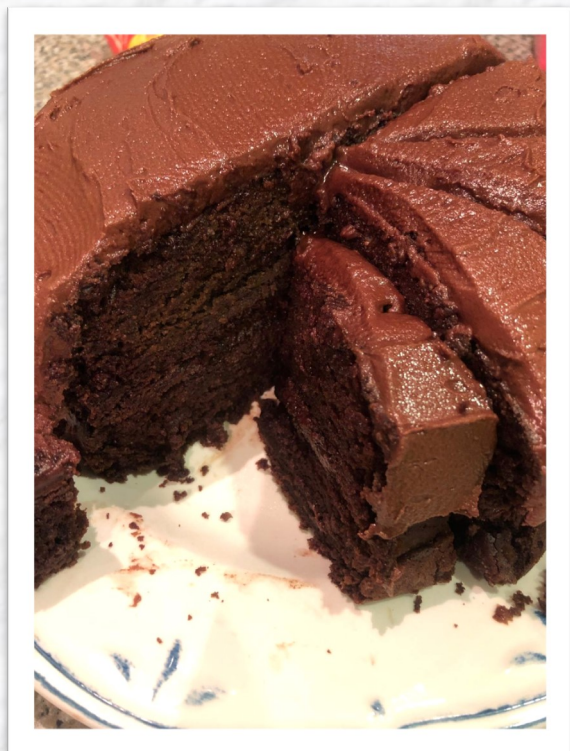
## For the frosting :

Icing sugar 250g  
Vegan butter 215g  
Water 2Tbsp  
Vanilla extract 2tsp

Whip all ingredients together using an electric mixer start at a low speed, gradually increasing speed until smooth and creamy. The colour should turn pale and texture should hold as you draw the beater through the mix.

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# VEGAN CHOCOLATE CAKE



## Ingredients

Water	250ml
<b>Frenchmaid Vegan Mayonnaise</b>	<b>250g</b>
Vanilla extract	1tsp
Flour	335g
Sugar	230g
Cocoa powder	55g
Baking soda	2tsp

## Method

Heat oven to 180 C. Grease or line a 9 inch round cake tin.

Combine the water, **Frenchmaid Vegan Mayonnaise** and vanilla until well blended.

Combine the flour, sugar, cocoa and baking soda, gradually beat into the mayonnaise mixture.

Bake for 30-35 minutes or until a cake skewer comes out clean. Cool completely before icing.

### For the icing :

Icing sugar 250g  
Vegan butter 215g  
Water 2Tbsp  
Vanilla extract 2tsp  
Cocoa Powder 50g

Whip all ingredients together using an electric mixer start at a low speed, gradually increasing speed until smooth and creamy. The colour should lighten and texture should hold as you draw the beater through the mix.

# VEGAN OATMEAL & LEMON COOKIES



## Ingredients

Rolled oats	345g
Flour	140g
Ground cinnamon	1tsp
Baking soda	½tsp
Brown sugar	220g
<b>Frenchmaid Vegan Mayonnaise</b>	<b>250g</b>
Vanilla extract	1½tsp
Raisins	170g
Lemon zest	1 medium lemon

## Method

Heat oven to 190 C

Combine oats, flour, cinnamon and baking soda. Set aside.

In a separate bowl mix brown sugar, **Frenchmaid Vegan Mayonnaise** and vanilla until thoroughly combined. Add dry ingredients, raisins and lemon zest. Mix until thoroughly combined.

Divide dough into 30g pieces, roll into balls and press flat.

Bake for 10-12 minutes until golden.



# VEGAN PANCAKES



## Ingredients

Flour	170g
White sugar	2Tbsp
Baking powder	2tsp
<b>Frenchmaid Vegan Mayonnaise</b>	<b>150g</b>
Vanilla extract	1tsp
Water	170ml
<b>French Maid Maple Flavoured Syrup</b>	

## Method

Mix the water and **Frenchmaid Vegan Mayonnaise** together until smooth. Add the dry ingredients to make a smooth batter. Fry over a medium high heat, flipping the pancake when the bottom is golden.

Serve with fresh fruits and **French Maid Maple Favoured Syrup**.

# VEGAN CHEESE SCONES



## Ingredients

Flour	335g
Baking powder	2tsp
Salt	½tsp
White sugar	1tsp
<b>Frenchmaid Vegan Mayonnaise</b>	<b>250g</b>
Vegan cheese grated	150g
Cayenne pepper	Pinch
Chopped herbs (optional)	50g

## Method

Heat oven to 200 C

Combine dry ingredients and cheese. Add **Frenchmaid Vegan Mayonnaise** and stir until combined.

Turn dough out onto a floured bench and cut into desired shapes.

Bake for 15-20 minutes until golden on the top and base.

# VEGAN DATE & ORANGE SCONES



## Ingredients

Flour	280g
Sugar	2tsp
Baking powder	3tsp
Orange Zest finely grated	1tsp
<b>Frenchmaid Vegan Mayonnaise</b>	<b>125g</b>
Almond milk	180ml
Dates chopped	100g

## Method

Heat oven to 200 C

Combine dry ingredients in a medium sized bowl.

Add **Frenchmaid Vegan Mayonnaise** and almond milk and fold in until a soft dough forms. Try not to overwork the dough.

Dust the counter with flour and turn out the dough. Add additional flour if too sticky.

Pat out to 3cm thickness, cut with a glass or biscuit cutter or cut into squares.

Place the scones on a lightly greased baking tray and bake for 12 minutes. Should be light to touch and slightly brown.

Makes 10 scones.

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