

Vegan Parsnip Cake

30 x 20cm round cake – 15 portions

350g self-raising flour

225g light brown sugar

1 teaspoon bicarbonate of soda

A pinch salt

4 teaspoons ground ginger

100g dairy free margarine, melted

1 tablespoon white vinegar

250 – 300ml plant-based milk

250g parsnip, peeled and grated



for the Topping

50g desiccated coconut

60g icing sugar

3 tablespoons lemon juice

1. Preheat oven to 180°C / 160°C fan oven / gas mark 4.
2. Line the tray bake tin with baking parchment.
3. Peel and grate the parsnip.
4. Weigh the self-raising flour, light brown sugar, bicarbonate of soda, pinch salt and ground ginger into a large mixing bowl.
5. Melt the dairy-free margarine. Add the plant-based milk and vinegar. Stir this into the dry ingredients. It should be the consistency of a smooth thick batter.
6. Stir in the grated parsnip.
7. The mixture should be a thick pourable batter. Add a drop more plant milk if required.
8. Pour into the traybake tin and bake for 30 minutes until a knife inserted into the centre comes out clean.
9. Leave to cool in the cake tin.

For the topping

1. Weigh the desiccated coconut and icing sugar into a mixing bowl.
2. Stir in the lemon juice and 50ml cold water.
3. Add more water a drop at a time until the icing is a pourable consistency.
4. Spread over the cake and leave to set.