

108

Eggless Baking Recipes

(Cakes - Cookies - Cupcakes - Muffins)



素



ROSE SOO HOO



“ I SEE YOU EVERYDAY”

Dedicated to Sri Bhagavan Sathya Sai Baba who gave me a chance to compile this eggless bakery book. You came into my dream on 28th August 2010 giving me inspiration to compile all the recipes. At your Lotus Feet, I humbly place them to you. Thank you so much Baba for guiding and inspiring me in my work as I know you are always there for me. For many years I have been thinking of coming out with recipe books but never got down to doing it. You have opened the door for me to start thinking what I can do with my experiences in cooking and baking. Also thank you Baba for telling me in June 1997 during morning Darshan in Whitefield. These four treasured words from GOD “I SEE YOU EVERYDAY”. I will treasure them till the end of my life. (Please note Baba’s right hand blessing me with his vibrations showering down to me in the top photograph.)

Om Sai Ram



Thank You to my Sai Family in Sri Sathya Sai Centre Gelugor, Penang, Malaysia for helping me to double test the recipes. Thank you to my Sai Bro Joseph Teh for painstakingly taking all the photo shots during our baking time. To my daughter-in-law Soo Yen who has helped me translate them into Mandarin. To my very best friend Sis Kim who helped proof read my recipes. To Kim's husband Bro OC Yeoh who was the one who lead me to Bhagavan on 23rd November 1989. Without him I would not have the chance to know that there is a living God on earth. Last but not least to my husband Teoh Yong Cheng and my two sons Boon Keat and Boon Hee for helping me to cultivate my spiritual path. Thank you to each and every one who had helped me in one way or another in my spiritual path to God, Our Beloved Sri Bhagavan Sathya Sai Baba. I humbly place my love and devotion at the Lotus Feet of our Omnipresent God.

Jai Sai Ram
Rose Soo Hoo



Sai Devotees in Sri Sathya Sai Centre Gelugor, Penang, Malaysia is helping in baking session to double test the recipes of Sis. Rose Soo Hoo.



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Cakes

Recipes



(1)

EGGLESS FROSTED CHOC-ORANGE CAKE 素糖霜巧克力香橙蛋糕

Ingredient:

125g butter 1 Tbsp grated orange rind 1 tsp vanilla buttermilk flavour
3 Tbsp flaxseeds powder mix with 6 Tbsp hot water
(or substitute with 150g vegetarian mayonnaise or 150g sour cream)
1 ¾ cups self raising flour 1 1/3 cups castor sugar ¼ cup water 1 Tbsp glycerine
½ cup chocolate powder ½ tsp soda bicarbonate ½ cup orange juice

Method:

1. Mix all cake ingredients and beat till changed in colour about 4 mins.
2. Pour into greased lined 8" square pan.
3. Bake in preheated oven 180°C for 1 hour. Allow to cool in pan 5 mins. before removing.
4. Top cold cake with frosting.

Choc-Orange Frosting: 60g butter 1 Tbsp grated orange rind
1 ½ cups icing sugar 2 Tbsp milk 1 Tbsp chocolate powder

Frosting:

1. Beat butter and rind till light. Slowly add in icing sugar and milk and beat well.
2. Divide frosting in half, stir sifted chocolate into 1 half, mix well.
3. Top cake with spoonfuls of orange and chocolate icing, swirl icing with knife to give a marbled effect.

材料:

125克牛油 1汤匙橙皮（磨碎） 1茶匙云尼拉奶油香精（香草奶油香精）
3汤匙 亚麻籽粉加入 6汤匙热水搅拌至浓调（或 150克素美奶滋 或 150克酸奶油）
1 ¾杯自发面粉 1 1/3杯细砂糖 ¼杯水 1汤匙柑油 ½杯巧克力粉
½茶匙苏打粉 ½杯橙汁

做法:

1. 把全部材料搅打至幼滑大约4分钟及呈现乳白色。
2. 倒入已抹油8寸方形盘内。
3. 即可放入预热烘炉，以180°C烘1小时。待冷5分钟后才脱模。

巧克力橙糖霜：60克牛油 1汤匙橙皮（磨碎） 1 ½杯糖粉 2汤匙奶水
1汤匙巧克力粉

1. 把牛油和橙皮搅打至松发，慢慢加入糖粉和奶水搅打至均匀。
2. 把糖霜分成2份，把1份加入过筛的巧克力粉拌至均匀。
3. 把糖霜覆盖在冷却的蛋糕上面，并用小刮刀稍微搅拌成大理石花纹。

(2)

EGGLESS MOIST CARROT ALMOND CAKE 素红萝卜杏仁蛋糕

Ingredient:

- A. 360g butter 350g caster sugar
- B. 3 Tbsp flaxseeds powder mix 6 Tbsp hot water 1 Tbsp glycerine
- C. 1 tsp vanilla prima 180g grated carrot
- D. 360g self raising flour 1 tsp soda bicarbonate 1 tsp double-action baking powder
90g ground almonds
- E. 90ml fresh milk

Method:

1. Line a 22cm square cake tin with parchment paper.
2. Cream (A) till fluffy. Add in (B) and beat well.
3. Add in (C) and stir till well mixed.
4. Mix well (D) and stir into butter mixture till well mixed alternating with (E)
5. Pour into pan and bake in preheated oven 175°C for 1 hour 5 mins. Allow to cool 10 mins before removing.

材料:

- A. 360克牛油 350克细砂糖
- B. 3 汤匙亚麻籽粉加入6汤匙 热水搅拌至浓调 1汤匙甘油
- C. 1茶匙云尼拉香精（香草香精） 180克胡萝卜（磨碎）
- D. 360克自发粉 1茶匙苏打粉 1茶匙双重发粉 90克杏仁粉
- E. 90毫升鲜奶

做法:

1. 备1个已抹油及铺上油纸的22厘米方形盘。
2. 把（A）材料搅打至松发，然后再拌入（B）材料至均匀。
3. 加入（C）拌至均匀。
4. 把（D）材料拌均匀，然后把（D）材料及（E）材料拌入面糊中。
5. 倒入已抹油 22 厘米方形盘内，即可放入预热烘炉，以 175°C 烘 1 小时 5 分钟。
待冷 10 分钟后才脱模。

(3)

EGGLESS MOIST COCONUT CAKE WITH COCONUT ICE FROSTING 素椰子及椰子糖霜蛋糕

Ingredient:

- A. 125g butter ½ tsp coconut essence
- B. 1 Tbsp glycerine 1 cup caster sugar 2 Tbsp flaxseeds powder mix with 4 Tbsp hot water (or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- C. ½ cup dessicated coconut 1 ½ cups self raising flour
- D. 300g sour cream 1/3 cup fresh milk

Method:

1. Grease 9" round cake pan and lined with baking paper.
2. Beat (A) till fluffy. Add in (B) and beat till well combined.
3. Mix well (C) and stir into (2) till well combined.
4. Stir in (D) mixture till well mixed.
5. Pour into pan and bake in preheated oven 180°C for 1 hour. Allow to cool in pan for 5 mins before removing. Top with frosting when cold.

Coconut ice frosting: 2 cups icing sugar 1 1/3 cups coconut flakes
30g sour cream pink colouring

Combine sifted icing sugar with coconut, sour cream and pink colouring, mix well.

材料:

- A. 125 克牛油 ½茶匙椰子香精 1 汤匙柑油 1 杯细砂糖
- B. 2 汤匙亚麻籽粉加入 4 汤匙 热水搅拌至浓调 (或 100 克素美奶滋 或 100 克鲜奶油)
- C. ½杯椰丝 1 ½杯自发面粉
- D. 300 克酸奶油 1/3 杯鲜奶

做法:

1. 备1个已抹油及铺上油纸的9 寸圆形盘。
2. 把 (A) 材料搅打至蓬松, 然后再拌入(B)材料搅打至均匀。
3. 把(C)材料拌均匀后加入 (2) 面糊中。
4. 然后再加入(D)材料拌均匀。
5. 倒入已抹油 9 寸圆形盘内, 即可放入预热烘炉, 以 180°C 烘 1 小时。
待冷 5 分钟后才脱模。

椰子冰霜: 2 杯糖粉(过筛) 1 1/3 杯椰片 30 克酸奶油 粉红色素
把全部材料拌均匀, 把椰子冰霜覆盖在冷却的蛋糕上面即可。

(4)

EGGLESS HONEY-ICED COFFEE CAKE 素蜂蜜冰咖啡蛋糕

Ingredient:

Cake: 3 tsp instant coffee 1 Tbsp glycerine 125g butter 2 tsp vanilla essence
1 tsp coffee oil $\frac{3}{4}$ cup brown sugar, firmly packed
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water
(or substitute with 100g vegetarian mayonnaise or 50g thicken cream)
1 cup self raising flour $\frac{1}{3}$ cup fresh milk $\frac{1}{4}$ cup custard powder

Method:

1. Grease and line 8" ring pan.
2. Mix all cake ingredients and beat for about 4 mins till mixture is smooth.
3. Spread into prepared pan and bake in preheated oven 180°C for 40 mins. Stand 5 mins before removing. Spread cold cake with icing.

Honey Icing: 30g butter 1 tsp instant coffee 1 tsp honey 1 tsp vanilla essence
1 tsp coffee oil 1 cup icing sugar

Decoration: Chocolate beans

Melt butter and remove from heat. Stir in all balance ingredients and mix till smooth. Decorate with chocolate beans.

材料:

蛋糕: 3茶匙即溶咖啡 1汤匙柑油 125克牛油 2茶匙云尼拉香精(香草香精)
1茶匙咖啡油 $\frac{3}{4}$ 杯黄糖
2汤匙亚麻籽粉加入4汤匙热水搅拌至浓调(或100克素美奶滋 或100克鲜奶油)
1杯自发面粉 $\frac{1}{3}$ 杯鲜奶 $\frac{1}{4}$ 杯蛋黄粉

做法:

1. 备1个已抹油及铺上油纸的8寸圆形盘。
2. 把全部材料搅打大约4分钟至幼滑。
3. 倒入已抹油8寸方形盘内。即可放入预热烘炉, 以180°C烘40分钟。待冷5分钟后才脱模。

蜂蜜结冰: 30克牛油 1茶匙即溶咖啡 1茶匙蜂蜜 1茶匙云尼拉香精 1茶匙咖啡油
1杯糖粉

装饰: 巧克力粒

先把牛油溶解, 然后加入其它材料拌均匀, 把蜂蜜结冰覆盖在冷却的蛋糕上面, 然后撒上巧克力粒即可。

(5)

EGGLESS GREEK HONEY AND LEMON CAKE 素希腊蜂蜜柠檬蛋糕

Ingredient:

- A. 40g butter 4 Tbsp honey
- B. finely grated rind and juice of 1 lemon 150ml fresh milk
- C. 150g plain flour 1 ½ tsp baking powder ½ tsp nutmeg powder 50g semolina(sugee)
- D. 1 Tbsp flaxseeds mix with 2 Tbsp hot water
- E. 2 Tbsp sesame seeds

Method:

1. Preheat oven 200°C. Lightly grease a 8" square cake pan and line the base with parchment paper.
2. Melt butter and 3 Tbsp honey. Reserve 1 Tbsp lemon juice and mix with 1 Tbsp butter honey mixture keep aside for drizzling on top of hot cake. Stir in the rest of butter honey mix with the lemon rind and fresh milk.
3. Stir in the flour, baking powder and nutmeg, then beat in with the semolina.
4. Whisk the flaxseeds mixture, then fold into the semolina mixture.
5. Pour into the tin and sprinkle with sesame seeds.
6. Bake for 25-30 mins, until golden brown.
7. Mix the reserved honey and lemon juice and drizzle over the cake while still warm.

材料:

- A. 40 克牛油 4 汤匙蜂蜜
- B. 1 粒磨碎的柠檬皮和柠檬汁 150 毫升鲜奶
- C. 150 克面粉 1 个半茶匙发粉 ½茶匙豆蔻粉 50 克苏吉
- D. 一汤匙亚麻籽粉与 2 汤匙热水拌匀
- E. 2 汤匙芝麻

做法:

1. 烤箱预热200°。备1个已抹油及铺上油纸的8寸方形盘。
2. 先把牛油和蜂蜜溶解，然后取出 1 汤匙加入 1 汤匙柠檬汁混合，备用。把剩下的加入磨碎的柠檬皮和鲜奶。
3. 加入过筛的面粉，发粉和豆蔻粉然后再拌入苏吉搅拌均匀。
4. 把(D)材料拌均匀，然后加入苏吉面糊。
5. 倒入已抹油 8 寸方形盘内，撒上芝麻。
6. 即可放入预热烘炉，以 200°C 烘 25-30 分钟至金黄色。
7. 烘好后即可淋上牛油，蜂蜜和柠檬汁的混合物。

(6)

EGGLESS RICH CHOCOLATE BROWNIES

素浓郁的巧克力布朗尼蛋糕

Ingredient:

125g butter 1 cup caster sugar 1 ½ tsp vanilla prima ½ cup chocolate powder
4 Tbsp flaxseeds powder mix with 8 Tbsp non-dairy whipping cream
(or substitute with 200g vegetarian mayonnaise or 200g sour cream)
1/3 cup self raising flour 200g chopped cooking chocolate 75g chopped walnuts

Method:

1. Line a lamington tray with parchment paper.
2. Melt the butter and stir in caster sugar and vanilla prima.
3. Mix in chocolate powder.
4. Beat flaxseeds powder and whipping cream till fluffy. Mix in (3) mixture until well blended.
5. Add self raising flour, chopped chocolate and walnuts. Stir until just combined.
6. Pour into prepared pan and bake in preheated 175C oven for 40mins. Cool and cut into squares.

材料:

125 克牛油 1 杯细砂糖 1 ½茶匙云尼拉香精 ½杯巧克力粉
4 汤匙亚麻籽加入 8 汤匙的植物性鲜奶牛（或 200 克素美奶滋 或 200 克酸奶油）
1 / 3 杯自发面粉 200 克煮食巧克力（切碎） 75 克切碎的核桃

做法:

1. 备 1 个已抹油及铺上油纸的把托盘。
2. 牛油溶解后加入细砂糖和云尼拉香精。
3. 再拌入巧克力粉。
4. 把亚麻籽粉加入鲜奶牛搅拌至蓬松。然后加入面糊（3）拌均。
5. 加入自发面粉，切碎的核桃和切碎的巧克力搅拌均匀。
6. 倒入备好的托盘, 即可放入预热烘炉，以 175°C 烘 40 分钟, 待冷后切成正方形。

(7)

EGGLESS MOIST CHOCOLATE ALMOND CAKE

素湿巧克力杏仁蛋糕

Ingredient:

- A. 200g butter 120g castor sugar
- B. 4 Tbsp flaxseeds powder mix with 8 Tbsp non-dairy whipping cream
(or substitute with 200g vegetarian mayonnaise or 200g thicken cream)
- C. 100g melted cooking chocolate ¼ cup fresh milk 1 Tbsp glycerine
- D. Sifted together : 120g plain flour 1 tsp baking powder
- E. 30g ground almonds

Method:

- 1. Grease and line base of 11x24cm loaf pan with parchment paper.
- 2. Cream (A) till smooth. Add in (B) and beat till fluffy.
- 3. Add in (C) and beat till well combined.
- 4. Fold in (D) and add in (E) and mix well.
- 5. Pour into pan and bake in preheated oven 175°C for 50-60 mins. Allow to rest in pan for 15 mins before removing.

材料:

- A. 200 克牛油 120 克细砂糖
- B. 4 汤匙亚麻籽加入 8 汤匙的植物性鲜奶牛 (或 200 克素美奶滋 或 200 克浓鲜奶油)
- C. 100 克溶化的烹饪巧克力 ¼ 杯鲜奶 1 汤匙柑油
- D. 120 克面粉 和 1 茶匙发粉过筛
- E. 30 克的杏仁粉

做法:

- 1. 备 1 个已抹油及铺上油纸的 11x24 厘米托盘。
- 2. 把 (A) 材料搅拌至滑, 加入 (B) 和搅拌至蓬松。
- 3. 然后加入 (C) 材料搅拌均匀。
- 4. 再慢慢加入 (D) 和 (E) 材料拌均匀。
- 5. 倒入备好的托盘, 即可放入预热烘炉, 以 175°C 烘 50-60 分钟。待冷 15 分钟后才脱模。

(8)

EGGLESS MOIST ORANGE CAKE

素湿香橙蛋糕

Ingredient:

- A. 175g butter 175g caster sugar
- B. 3 Tbsp flaxseeds powder mix with 6 Tbsp non-dairy whipping cream
(or substitute with 150g vegetarian mayonnaise or 150g sour cream)
- C. Grated rind from 2 oranges
- D. 225g plain flour & 1 ½ tsp baking powder (sifted)
- E. 3 Tbsp fresh orange juice

Method:

- 1. Grease sides and line base of a 21cm round cake tin with parchment paper.
- 2. Cream (A) till smooth. Add in (B) and beat till fluffy.
- 3. Add in (C) and mix well.
- 4. Fold in sifted (D) till well combined.
- 5. Add in (E) and mix well.
- 6. Pour into pan and bake in preheated oven 160°C for 1 ½ hours. Leave cake in pan for 15 mins before removing.

材料:

- A. 175 克牛油 175 克细砂糖
- B. 3 汤匙亚麻籽加入 6 汤匙的植物性鲜奶牛（或 200 克素美奶滋 或 200 克酸奶油）
- C. 2 粒橙皮磨碎
- D. 225 克面粉和 1 个半茶匙发粉（过筛）
- E. 3 汤匙鲜橙汁

做法:

- 1. 备1个已抹油及铺上吸油纸的21厘米圆形盘。
- 2. 把（A）材料搅打至滑，然后再拌入（B）材料搅打至蓬松。
- 3. 加入（C）材料拌均匀。
- 4. 加入（D）材料拌均匀。
- 5. 然后再加入（E）材料拌均匀。
- 6. 倒入21厘米圆形盘内。即可放入预热烘炉，以160°C烘 1 小时30分钟。待冷15 分钟后才脱模。

(9)

EGGLESS MOIST CHOCOLATE BROWNIES

素湿巧克力布朗尼蛋糕

Ingredient:

- A. 1 ½ cups plain flour ¼ cups chocolate powder 1 tsp baking powder ½ tsp baking soda
- B. 200g chopped roasted walnuts
- C. 125g butter 200g cooking chocolate, chopped
- D. 1 cup caster sugar 90g sour cream
- E. 2 Tbsp flaxseeds powder mix with 4 Tbsp non-dairy whipping cream
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)

Method:

1. Preheat oven 180C. Grease a 9" square tin and line sides and base with baking paper.
2. Sift (A) and stir in (B), mix well.
3. Melt (C), remove from heat and add in (D). Beat till mixture is smooth.
4. Add chocolate mixture to flour mixture and mix till just combine. Do not overmix.
5. Spread into tin and bake for 30-35 mins. Allow brownies to cool in tin.

Topping: 150g chopped chocolate 125g sour cream
70g chopped toasted walnuts

Melt chocolate in double-boiler and allow to cool for 2 mins. Add in sour cream and beat till thick and glossy. Spread topping over brownies and sprinkle with chopped walnuts

材料:

- A. 1 ½杯面粉 ¼杯巧克力粉 1茶匙发粉 ½茶匙苏打粉
- B. 200克烤核桃碎
- C. 125克牛油 200克烹调巧克力, 切碎
- D. 1杯细砂糖 90克酸奶油
- E. 4汤匙亚麻籽加入8汤匙的植物性鲜奶牛(或200克素美奶滋或200克浓鲜奶油)

做法:

1. 烤箱预热180°。备1个已抹油及铺上吸油纸的9寸方形盘。
2. 过筛(A), 加入(B)材料拌均匀。
3. 溶(C), 离火后, 然后加入(D)材料搅打至滑。
4. 巧克力混合物(3)和面糊(2)拌均匀(不要过于搅拌)。
5. 倒入9寸方形盘, 即可放入预热烘炉, 以180°C烘30-35分钟, 待冷。

装饰: 150克酸奶油 125克切碎的巧克力 70克烤核桃碎

把巧克力放进双锅炉让它溶化, 然后待冷却2分钟。再加入酸奶油和搅拌至浓和有光泽。然后倒在冷却的蛋糕上, 在撒上核桃即可。

(10)

EGGLESS BLACK FOREST CAKE 素黑森林蛋糕

Ingredient:

1x8 Eggless Chocolate Sponge Cake
300g Dark Pitted Cherries
400g Non-Dairy Whipped Cream
100g Cooking chocolate
100g Chocolate Rice
100g Maraschino cherries

Method:

1. Slice sponge cake into 3 layers.
2. Place one layer on cake board and spread with whipped cream. Place drained dark pitted cherries on top of cream. Coat again with a thin layer of whipped cream.
3. Sandwich with another layer and repeat the above step.
4. After sandwiching the 3rd layer, the whole cake is covered with a layer of whipped cream.
5. Coat side of cake with chocolate rice and pipe cream rosettes with whipped cream on top of cake. Decorate with maraschino cherries on the rosettes.
6. Decorate with scrap cooking chocolate on top of cake.

材料:

1x8 寸素巧克力海绵蛋糕
300 克无核黑樱桃
400 克植物性鲜奶油
100 克烹调巧克力(括片)
100 克巧克力米
100 克装饰马拉希诺红樱桃

做法:

1. 将海绵蛋糕切成 3 片。
2. 将一片蛋糕放在蛋糕板上然后涂上植物性鲜奶油。将黑樱桃对半切，沥干水份排列在鲜奶油上。再涂一层薄薄植物性鲜奶油。
3. 将第二片蛋糕体叠上去，涂一层鲜奶油。
4. 将第三片蛋糕体叠上去，把整个蛋糕的外层覆盖一层的植物性鲜奶油。
5. 蛋糕周边沾上巧克力米，蛋糕上挤花，并以红樱桃及括片巧克力装饰。

(11)

EGGLESS STREUSEL-TOPPED RICH BUTTER CAKE

素牛油蛋糕

Ingredient:

Topping: $\frac{3}{4}$ cup plain flour $\frac{1}{3}$ cup brown sugar

2 tsp cinnamon powder 90g butter 1 tsp butter flavour

Cake: 125g butter 1 tsp vanilla prima $\frac{1}{2}$ cup caster sugar

2 Tbsp flaxseeds powder mix with 4 Tbsp non-dairy whipping cream

(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)

$\frac{1}{2}$ cup plain flour & $\frac{2}{3}$ cup self raising flour(sifted) 2 Tbsp fresh milk

Method:

1. Grease a 9" square cake pan, line base with greased paper.
2. Prepare topping: Combine flour, sugar and cinnamon powder, rub in butter and butter flavour. Press into a ball. Refrigerate for about 30 mins. Grate coarsely when cold.
3. Cake: Cream butter, vanilla prima and sugar till smooth.
4. Add in flaxseeds powder mixture and beat till fluffy.
5. Stir in sifted flours and fresh milk till well mixed.
6. Spread into pan and sprinkle with grated topping. Bake in preheated oven 180°C for 30 mins. Allow to rest in pan for 5 mins before removing.

材料:

装饰馅料: $\frac{3}{4}$ 杯面粉 $\frac{1}{3}$ 杯黄糖 2 茶匙肉桂粉 90 克牛油 1 茶匙牛油香味粉

蛋糕: 125 克牛油 1 茶匙浓云尼拉香精 (浓香草香精) $\frac{1}{2}$ 杯细砂糖

4 汤匙亚麻籽加入 8 汤匙的植物性鲜奶 (或 200 克素美奶滋 或 200 克浓鲜奶油)

$\frac{1}{2}$ 杯面粉及 $\frac{2}{3}$ 自发面粉 (过筛) 2 汤匙鲜奶

做法:

1. 备1个已抹油及铺上油纸的9寸方形盘。
2. 装饰馅料: 将面粉, 糖, 桂皮粉, 牛油香味粉和牛油混合在一起成一个面团如球形。冷藏
3. 约 30 分钟。然后把它磨粗 (冷)。
4. 蛋糕: 把牛油, 云尼拉香精和细砂糖搅打至滑。
5. 加入亚麻籽粉混合, 打至蓬松。
6. 拌入过筛的面粉及鲜奶打至均匀。
7. 倒入9寸方形盘撒上装饰馅料, 即可放入预热烘炉, 以180°C烘 30分钟, 待冷15 分钟后才脱模。

(12)

EGGLESS STRIPED CHEESE CAKE

素条纹乳酪蛋糕

Ingredient:

Biscuit base: 225g crushed digestive biscuits

3 Tbsp chocolate powder 2 Tbsp brown sugar

90g butter, melted

Filling: 750g cream cheese 200g castor sugar

6 Tbsp non-dairy whipping cream 2 tsp vanilla prima 3 Tbsp custard powder

150g chocolate melted with 50ml water

Method:

1. Mix crushed biscuits with chocolate and sugar.
2. Pour in melted butter and mix with a fork.
3. Press into springform pan 9" and bake in preheated Oven 180°C 10 mins.. Cool on wire rack.
4. Carefully remove from tin and lightly grease the sides of the tin only.
5. When the base has cooled, put back into tin.
6. Filling: Beat cream cheese till smooth. Slowly add in sugar and custard powder and beat well.
7. Add the whipping cream and beat well.
8. Divide cheese mixture into two bowls. Add one bowl with warm melted chocolate and the other bowl with vanilla prima
9. Pour the vanilla mixture on top of the base and followed by the chocolate mixture as shown in photograph.
10. Bake using steam-bath method. Oven temp. 160°C for 1 hour 10 mins. Allow cake to cool in tin.

材料:

饼底: 225克粉碎消化饼 3汤匙巧克力粉 2汤匙黄糖 90克溶化牛油

芝士面糊: 750克奶油乳酪 200克细砂糖 6汤匙植物性鲜奶油 2茶匙浓云尼拉香精

3汤匙蛋黄粉 150克巧克力溶化与50毫升水中

做法:

1. 将粉碎消化饼, 巧克力粉和糖混合在一起。倒入融化的牛油拌均。
2. 把饼料倒入烤模里, 压实。即可放入预热烘炉, 以180°C烘 10分钟。
3. 小心取出饼底, 轻轻在烤模旁涂上少许油。当底层冷却后, 放回烤模里。
4. 乳酪面糊: 将奶油乳酪打至光滑。慢慢加入 糖和蛋黄粉, 搅打至均匀。加入鲜奶油, 搅打至均匀。
5. 将搅打好的乳酪面糊分成2份。把1份加入巧克力糊, 另一份加入浓云尼拉香精。
6. 乳酪面糊: 将奶油乳酪打至光滑。慢慢加入 糖和蛋黄粉, 搅打至均匀。加入鲜奶油, 搅打至均匀。
7. 将搅打好的乳酪面糊分成2份。把1份加入巧克力糊, 另一份加入浓云尼拉香精。
8. 把云尼拉乳酪面糊倒入烤模里, 然后再将巧克力糊倒进就好像照片所示。
9. 用蒸烤, 烘160°C为1小时10分钟。然后让蛋糕待冷后才脱模。

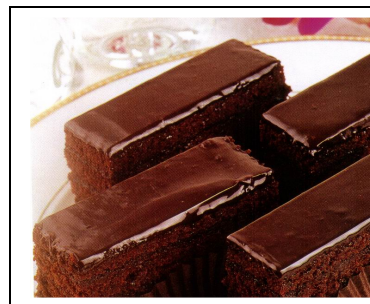
(13)

EGGLESS SUPERMOIST CHOCOLATE CAKE 素超湿巧克力蛋糕

Ingredient:

Cake: 125g butter 175g brown sugar
½ tsp mocha oil 1 Tbsp ovalette 40g cocoa powder
1 Tbsp glycerine 130g warm water 140g self raising flour
2 Tbsp flaxseeds powder mix with 4 Tbsp sour cream
(or substitute with 100g vegetarian mayonnaise)

Chocolate ganache: 60g whipping cream
110g chopped cooking chocolate



Method:

1. Cake: Mix cocoa powder with hot water. Beat butter, ovalette, glycerine, flaxseeds powder mixture, mocha oil and sugar till fluffy.
2. Add in cocoa mixture and fold in flour.
3. Pour into 10"x14"x1" cake tin. Bake in preheated oven 180°C for 35 mins.
4. Chocolate ganache: Heat whipping cream until just hot but not boiling. Off the fire and add in chopped chocolate, mix till dissolve.
5. Split cake into 3 layers and spread with ganache. Place one layer on top of another and pour balance on top of cake.

材料:

125 克牛油 175 克黄糖 半茶匙模卡油 1 大匙黄油
40 克巧克力粉 1 大匙柑油 130 克温水 140 克自发粉
2 大匙亚麻籽粉加入 4 大匙酸奶油 (或 100 克 素美奶滋)

巧克力甘那 : 60 克鲜奶油 110 巧克力块

将鲜奶油加热, 离火后加入巧克力块, 搅拌巧克力块直到溶解。

把蛋糕分辨成 3 份, 然后铺上一层巧克力甘那, 反复以上动作至材料完成

做法:

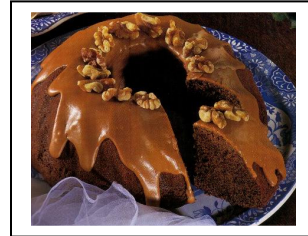
1. 蛋糕做法: 先将巧克力粉溶于热水中。然后把牛油, 黄油, 柑油, 模卡油和幼糖搅打至松发。
2. 慢慢加入自发粉在面糊里, 然后搅拌均匀。
3. 然后再把面糊倒入 10 寸模内。即可放入预热烘炉, 以 180°C 烘 35 分钟。
4. 巧克力甘那做法: 将鲜奶油加热, 离火后加入巧克力块, 搅拌巧克力块直到溶解。
5. 把蛋糕分辨成 3 份, 然后铺上一层巧克力甘那, 反复以上动作至材料完成

(14)

EGGLESS SUPERMOIST MOCHA YOGURT CAKE 素超湿摩卡优格蛋糕

Ingredient:

60g soft butter 200g castor sugar
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water
(or substitute with 100g vegetarian mayonnaise)
225g self-raising flour 40g cocoa powder
1 Tbsp Glycerine 1 Tbsp Ovalette
2 Tbsp Nescafe 1 tsp Mocha Oil
1 tsp baking soda
250ml plain yogurt



Method:

1. Grease and line 21cm Baba cake pan. Preheat oven 180C.
2. Mix all ingredients and beat for 10 mins. till smooth and changed in colour.
3. Pour into pan and bake for 50 mins. Stand few mins. before turning out.

You can decorate cake with Coffee Glace Icing and top with toasted walnuts

材料:

60 克牛油 200 克细砂糖
2 汤匙亚麻籽粉加入 4 汤匙热水（或 100 克素美奶滋）
225 克自发粉 40 克可可粉 1 汤匙柑油 1 汤匙黄油 2 汤匙即溶咖啡 1 茶匙摩卡油
1 茶匙苏打粉 250 毫升优格（酸奶）

做法:

1. 烤箱预热 180°。备 1 个已抹油及铺上油纸的 21 厘米巴巴形盘。
2. 把全部材料搅打大约10分钟至幼滑。
3. 即可放入预热烘炉，烘 180°C 为 50 分钟，然后让蛋糕待冷几分钟后才取出。
4. 蛋糕可用咖啡装饰馅料及烤核桃作为装饰。

(15)

TIRAMISU CHEESE CAKE (NO-BAKE) 提拉米苏乳酪蛋糕（不用烘烤）

Ingredient:

20 white cream wafer 150ml cooled coffee without sugar
350g cream cheese 65g caster sugar
150g instant custard powder warm water to dissolve custard

DECORATION: 250g non-dairy whipping cream whip till firm.
20g chocolate powder for sifting on top



Method:

1. Beat cream cheese until soft, then add sugar and beat till well combined.
2. Dissolve custard powder in warm water and add to cream cheese. Stir to combine. Put aside.
3. Dip wafer in coffee and arrange in a glass dish.
4. Top with cheese mixture.
5. Arrange more wafers which have been dipped in coffee, on cheese mixture.
6. Top with cheese mixture and refrigerate before serving. Pipe with whipped non-dairy whipping cream for decoration. Sprinkle with sifted chocolate powder.

材料:

20 片白色威化饼 150 毫升不加糖的冷咖啡
350 克奶油乳酪 65 克细砂糖
150 克即溶蛋黄粉加入温水来溶解蛋黄粉
装饰: 250 克植物性鲜奶油搅打直滑及浓调
20 克的巧克力粉过筛

做法:

1. 把奶油乳酪搅打至幼滑，再加入糖，打至均匀。
2. 用温水溶解蛋黄粉，加入（1），搅拌均匀。待用。
3. 把威化饼浸在咖啡里，并放在一个玻璃盘。
4. 在 倒入奶油乳酪面糊。
5. 再加入浸泡在咖啡的威化饼在奶油乳酪面糊上。
6. 把剩下的乳酪面糊加入浸泡在咖啡的威化饼上面即可冷藏。在食用前挤上植物性鲜奶油做装饰。撒上过筛巧克力粉即可食用。

(16)

CHEEZY STRAWBERRY JAPANESE JELLY CAKE 乳酪草莓日式果冻蛋糕

Ingredient:

- A. 300g cheezy crème cake mix 1/3 cup fresh milk
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water
(or substitute with 100g vegetarian mayonnaise)
B. 100g cream cheese-softened



Jelly: 10g Japanese Konnyaku jelly & 1/3 tsp citric acid & 250g sugar mix well.

2 Tbsp strawberry emulco a drop of red colouring

Mix the jelly mixture with strawberry emulco and red colouring and 850ml water.

Cook over slow fire till start to boil Remove from heat . Set aside for a while to use.

Whipped cream: 200ml non-dairy whipping cream beat till stiff.

Method:

1. Cream (A) for 4 mins. Add in (B) and beat till smooth. Pour into 8" pan and bake in preheated oven 180°C for 30 mins. Allow to cool.
2. Poke cake all over with holes about ½ inch deep .
3. Prepare japanese konnyaku jelly per top instructions.
4. Pour jelly into cake through the holes and allow to set.
5. Whip whipping cream and spread onto cake.

材料:

- A. 300 克乳酪蛋糕粉 1 / 3 杯鲜奶 2 汤匙亚麻籽粉加入 4 汤匙热水（或 100 克素美奶滋）
B. 100 克软化奶油乳酪

果冻: 10 克日本果冻粉, 1 / 3 茶匙柠檬酸及 250 克糖拌匀。

2 汤匙草莓酱 红色素

将草莓酱, 果冻, 红色素和 850 毫升的水混合起来。 慢火煮滚, 待用。

鲜奶油: 200 毫升植物性鲜奶油打至松发

做法:

1. 把 (A) 材料搅打至 4 分钟。加入 (B) 和搅拌至光滑。倒入 8 寸烘盘, 即可放入预热烘
2. 炉, 烘 180°C 为 30 分钟, 然后让蛋糕待冷。
3. 戳整个蛋糕与 1/2 寸的深洞。
4. 倒入日本果冻入 1/2 寸的深洞, 待凝固。
5. 将鲜奶油覆盖在蛋糕上。

(17)

EGGLESS BATIK MARIE CAKE 素马里饼蛋糕

Ingredient:

- A. 175g butter 35g castor sugar 2 tsp butter flavouring powder
- B. 4 Tbsp flaxseeds powder mix with 8 Tbsp hot water
(or substitute with 200g vegetarian mayonnaise)
- C. 1 tin sweetened condensed milk(405g) 40g rolled oats 125ml water
100g chocolate powder 25g cocoa powder
- D. 280g Marie biscuits (break into pieces and remove crumbs)



Method:

- 1. Beat (A) till smooth then add in (B) and beat till combined.
- 2. Mix (C) till well combined then fold into (1).
- 3. Cook mixture over low fire till thickened. Remove from heat and set aside to cool.
- 4. Spread the mixture and marie biscuits layer by layer in a 7" square cake tin.
- 5. Bake in preheated oven 150°C for 1 hour. Remove and let it cool thoroughly. Wrap up tightly with aluminium foil and chill in refrigerator. Cut into slices before serving.

材料:

- A. 175 克牛油 35 克细砂糖 2 茶匙牛油香味粉
- B. 4 大匙亚麻籽粉加入 8 大匙热水搅拌均匀 (或 200 克素美奶滋)
- C. 1 罐甜炼奶 (405 克) 40 克燕麦片 125 毫升水
- D. 280 克 马里饼

做法:

- 1. 先将 A 材料搅打至幼滑。然后加入 B 材料搅打至均匀。
- 2. 先把 C 材料拌均匀, 然后慢慢加入 A 材料拌均匀。
- 3. 把拌均匀的材料已小火煮至浓调, 离火放置一旁待凉。
- 4. 把凉的材料铺上 7 寸模, 再铺上一层的马里饼, 反复以上动作至材料完成。
- 5. 即可放入预热烘炉, 以 150°C 烘 1 小时, 取出待凉后包上锡箔纸放入冰箱至冷却后即可食用。

(18)

EGGLESS SACHER TORTE 素巧克力蛋糕

Ingredient:

150g chocolate, chopped 1 Tbsp water 155g butter ½ cup caster sugar
3 Tbsp flaxseeds powder mix with 6 Tbsp sour cream
(or substitute with 150g vegetarian mayonnaise)
1 cup plain flour 2/3 cup apricot jam

Chocolate icing: 125g cooking chocolate, chopped
125g unsalted butter



Method:

1. Grease a deep 9" round cake pan, line base with baking paper.
2. Melt chocolate over hot water, stir in water; cool to room temperature.
3. Cream butter, sugar and flaxseeds powder mix till creamy.
4. Stir in chocolate mixture, then sifted flour.
5. Pour into pan and bake in preheated oven 180°C for 30 mins. Stand 5 mins before removing.
6. Split cold cake in half, place on cake board. Heat and strain jam, brush over half the cake. Top with remaining cake, brush cake all over with remaining jam. Stand about 1 hour to allow jam to set. Spread top and side of cake with icing.
7. Chocolate icing: Melt chocolate and butter. Cool and stir occasionally; this can take up to 2 hours. Spread over cake. This icing is also suitable for piping.

材料:

150 克切碎巧克力 1 汤匙水 155 克牛油 ½ 杯细砂糖
3 汤匙亚麻籽加入 6 汤匙的酸奶油（或 150 克素美奶滋）
1 杯 面粉（过筛） 2/3 杯杏桃果酱
巧克力糖衣：125 克烹调巧克力（切碎） 125 克无盐牛油

做法:

1. 备1个已抹油及铺上油纸的9寸圆蛋糕模。
2. 把巧克力溶化，加入水拌匀。
3. 把牛油，糖和亚麻籽粉拌匀。然后加入溶化巧克力，再加入过筛面粉。
4. 倒入圆形盘内。即可放入预热烘炉，以180°C烘 30分钟。待冷5 分钟后才脱模。
5. 把冷却的蛋糕分成 2 片，涂上杏桃果酱，再把另 1 片蛋糕涂上杏桃果酱待凝固大约 1 小时。
6. 巧克力糖衣：把巧克力和牛油溶化即可淋在蛋糕上。

(19)

EGGLESS CHERRY COCONUT AND ORANGE CAKE 素樱桃椰子和橘子蛋糕

Ingredient:

125g butter 1 Tbsp glycerine
2 tsp grated orange rind $\frac{3}{4}$ cup caster sugar
2 Tbsp flaxseeds powder mix with 4 Tbsp sour cream
(or substitute with 100g vegetarian mayonnaise)
 $\frac{1}{2}$ cup dessicated coconut
 $\frac{3}{4}$ cup sliced red cherries
2 cups self raising flour
 $\frac{2}{3}$ cup orange juice



Method:

1. Grease a 14cm x 21cm loaf pan. Line base and side with greased baking paper.
2. Cream butter, rind, glycerine, sugar and flaxseeds powder mix till fluffy.
3. Stir in coconut and cherries. Add in flour and orange juice. Stir till well mix.
4. Pour into pan and bake in preheated oven 180°C for 1 hour. Stand 5 mins before removing.

材料:

125 克牛油 1 汤匙柑油 2 茶匙橙皮（磨粹） $\frac{3}{4}$ 杯细砂糖
2 汤匙亚麻籽加入 4 汤匙的酸奶油（或 100 克素美奶滋）
 $\frac{1}{2}$ 杯椰丝 $\frac{3}{4}$ 杯切片红樱桃 2 杯自发面粉 $\frac{2}{3}$ 杯橙汁

做法:

1. 备1个已抹油及铺上油纸的14厘米x 21厘米面包盘。
2. 把牛油，橙皮，柑油，细砂糖和亚麻籽糊搅打至蓬松。
3. 拌入椰子和樱桃。然后加入面粉和橙汁搅拌至均匀。
4. 即可放入预热烘炉，以180°C烘1小时，待冷5 分钟后才脱模。

EGGLESS CHOC-ORANGE MARBLE CAKE

素巧克力香橙大理石蛋糕

Ingredient:

60g cooking chocolate, chopped 125g butter 1 Tbsp glycerine
1 Tbsp vanilla prima 1 1/3 cups castor sugar 1 Tbsp grated orange rind
2 Tbsp flaxseeds powder mix with 4 Tbsp sour cream
(or substitute with 100g vegetarian mayonnaise)
2 cups self-raising flour 3/4 cups fresh milk
Chocolate fudge frosting: 125g chocolate 125g butter 3 1/2 cups icing sugar
1/4 cup fresh milk 1 tsp vanilla essence

Method:

1. Grease 2 square 8" cake pan, line with baking paper.
2. Melt chocolate and cool to room temperature.
3. Cream butter, vanilla prima, glycerine, sugar and flaxseeds powder mixture till fluffy.
4. Fold in sifted flour and fresh milk.
5. Divide into 2 bowls, stir chocolate into 1 bowl and orange rind into another bowl.
6. Drop spoonfuls of chocolate mixture into corners and centre of each pan. Spoon orange mixture into balance spaces. Swirl knife into mixture to make pattern.
7. Bake in preheated oven 180°C for 35 mins. Stand 5 mins. before removing. Join cold cakes with 1/4 of the chocolate frosting. Spread whole cake with balance frosting.
8. Chocolate fudge frosting: Melt chocolate and cool to room temperature. Beat butter until fluffy then add in 1/2 the sugar and beat well. Beat in chocolate, essence and milk, then remaining sugar, beat until frosting is spreadable.

材料:

60克烹饪巧克力(切碎) 125克牛油 1汤匙柑油
1汤匙浓云尼拉香精 1 1/3杯细砂糖 1汤匙磨碎的橙皮
2汤匙亚麻籽加入 4汤匙的酸奶油(或 100克素美奶滋)
2杯自发面粉 3/4杯鲜奶
巧克力结霜: 125克巧克力 125克奶油 3 1/2杯糖粉
1/4杯新鲜奶 1茶匙云尼拉香精(香



做法:

1. 备2个已抹油及铺上油纸的8寸长方形盘。
2. 把巧克力溶化。把牛油，浓云尼拉香精，柑油，糖和亚麻籽粉，搅拌直到蓬松。
3. 拌入过筛的面粉和牛奶。
4. 分成2份，1份加入巧克力另1份加入橘子皮。
5. 把各1汤匙的面糊重复倒入长方形盘内。用小刀轻轻地搅成大理石纹。
6. 即可放入预热烘炉，以180°C烘35分钟，待冷5分钟后才脱模。把1/4巧克力糖霜平均涂在2片蛋糕之间，然后把剩下的巧克力糖霜覆盖整个蛋糕上。
7. 巧克力结霜：把巧克力融化，把牛油打至蓬松，然后加入1/2糖搅拌至均匀。然后加入巧克力，云尼拉香精和鲜奶搅拌至均匀，然后再加入剩下的糖，搅拌至散开。

EGGLESS PEANUT BUTTER CHOC CAKE

素花生酱巧克力蛋糕

Ingredient:

125g chocolate, chopped 1 ½ cups caster sugar 1 Tbsp glycerine
125g unsalted butter 2 tsp vanilla essence 1 cup chocolate fresh milk
4 Tbsp flaxseeds powder mix with 8 Tbsp hot water
(or substitute with 200g vegetarian mayonnaise)
¼ cup smooth peanut butter 1 cup self raising flour ¾ cup plain flour



Peanut butter cream: 90g butter 90g cream cheese 1 ½ cups icing sugar
½ cup smooth peanut butter 2 Tbsp honey

Method:

1. Grease 9" round cake pan and line with baking paper.
2. Melt cooking chocolate and cool to room temperature.
3. Cream butter, essence, glycerine, flaxseeds powder mixture and sugar till fluffy, then beat in melted chocolate and peanut butter.
4. Sift self raising flour and plain flour. Stir flour and fresh milk into butter mixture.
5. Pour in pan and bake in preheated oven 150°C for 1 ½ hours. Stand 5 mins before removing.
6. Split cold cake into half, join with half the peanut butter cream, spread top of cake with remaining cream.
7. Peanut butter cream: Cream butter and cream cheese till fluffy. Add in sugar, peanut butter and honey. Cream till smooth.

材料:

125克巧克力（切碎） 1 ½杯砂糖 1汤匙柑油 125克无盐牛油
2茶匙云尼拉香精（香草香精）
1杯巧克力鲜奶 4大匙亚麻籽粉加入8大匙热水搅拌均匀（或200克素美奶滋）
¼杯滑花生酱 1杯自发面粉 ¾杯面粉
花生奶油：90克牛油 90克奶油乳酪 1 ½杯糖粉 ½杯滑花生酱 2汤匙蜂蜜

做法:

1. 备1个已抹油及铺上油纸的9寸圆蛋糕模。
2. 把巧克力溶化然后冷却。
3. 把牛油，云尼拉香精，柑油，亚麻籽粉和糖一起搅拌直到蓬松，然后加入溶化的巧克力和花生酱。
4. 过筛自发面粉和普通面粉。把面粉和鲜奶加入面糊搅拌均匀。
5. 倒入蛋糕模然后放入烤箱为150°C烘烤1个半小时。5分钟后再取出备用。
6. 把冷却的蛋糕分成一半，把一半的蛋糕加入花生奶油，把剩余的花生奶油覆盖在蛋糕上。
7. 花生奶油：把牛油和奶油乳酪打至蓬松。加入糖，花生酱和蜂蜜搅拌至滑。

EGGLESS PINEAPPLE COCONUT CAKE 素黄梨椰子蛋糕

Ingredient:

125g butter 2 tsp grated lemon rind 1 cup caster sugar
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water
(or substitute with 100g vegetarian mayonnaise)
1 Tbsp glycerine ½ cup dessicated coconut 2 cups self raising flour ¾ cup pineapple juice
Pineapple Frosting: 30g butter 2 cups icing sugar ¼ cup pineapple juice

Method:

1. Grease 8" round cake pan and line base with greased baking powder
2. Cream butter, glycerine, sugar, flaxseeds powder mixture and rind till fluffy. Stir in coconut, then flour and then juice, stir till well combined.
3. Pour into pan and bake in preheated oven 150°C for 1 hour. Stand 5 mins before removing. Spread with frosting if desired.
4. Pineapple frosting: Combine butter and sifted icing sugar. Slowly add in pineapple juice and mix till smooth.

材料:

125 克牛油 2 茶匙磨碎的柠檬皮 1 杯细砂糖
2 大匙亚麻籽粉加入 4 大匙热水搅拌均匀 (或 100 克 素美奶滋)
1 汤匙柑油 ½ 杯椰丝 2 杯自发面粉 ¾ 杯黄梨汁
黄梨结糖: 30 克牛油 2 杯糖粉 ¼ 杯黄梨汁



做法:

1. 备 1 个已抹油及铺上油纸的 8 寸圆蛋糕模。
2. 把牛油, 柑油, 糖, 亚麻籽粉搅拌至蓬松。加入椰子, 自发面粉, 黄梨汁, 搅拌至均匀。
3. 倒入蛋糕模然后放入烤箱为 150°C 烘烤 1 小时。5 分钟后再取出备用。把黄梨结霜覆盖在蛋糕上。
4. 黄梨结霜: 把牛油和过筛糖粉拌均。慢慢加入黄梨汁搅拌至滑。

(23)

EGGLESS POPPY SEED CAKE 素罌粟籽蛋糕

Ingredient:

1/3 cup poppy seeds ¾ cup fresh milk 185g butter-softened
1 Tbsp glycerine 2 tsp vanilla essence 1 cup caster sugar
3 Tbsp flaxseeds powder mix with 6 Tbsp sour cream
(or substitute with 150g vegetarian mayonnaise)
2 cups self raising flour



Method:

1. Grease 14cm x 21cm loaf pan and line sides and base with greased baking paper.
2. Combine poppy seeds and milk in medium bowl, stand 1 hour.
3. Add butter, essence, sugar, glycerine, flaxseeds powder mixture, sifted flour and poppy seed mixture.
4. Beat for 3 mins till mixture is changed in colour.. Pour into pan.
5. Bake in preheated oven 180°C for 1 hour. Stand 5 mins before turning onto wire rack.

材料:

1 / 3 杯罌粟籽 ¾杯鮮奶 185 克软化牛油
1 汤匙柑油 2 茶匙云尼拉香精 (香草香精) 1 杯砂糖
3 汤匙亚麻籽加入 6 汤匙的酸奶油 (或 100 克素美奶滋)
2 杯自发面粉

做法:

1. 备 1 个已抹油及铺上油纸的 14 x 21 厘米面包模。
2. 把罌粟籽和鮮奶拌均，待放 1 小时。
3. 然后加入牛油，香精，糖，柑油，亚麻籽，过筛面粉和罌粟籽拌均。
4. 搅打 3 分钟，直到面糊呈乳白色。
5. 倒入蛋糕模然后放入烤箱为 150°C 烘烤 1 小时。 5 分钟后再取出才转放到架上。

(24)

EGGLESS MOIST FRUIT CAKE 素湿水果蛋糕

Ingredient:

500g mixed fruits 1 cup water ½ tsp baking soda 185g butter
2/3 cup caster sugar 1 ½ cups self raising flour ¼ cup plain flour
3 Tbsp flaxseeds powder mix with 6 Tbsp sour cream
(or substitute with 150g vegetarian mayonnaise)

Method:

1. Combine mixed fruits, water and soda in bowl and mix well. Cover and stand overnight.
2. Grease 8" square pan, line base with baking paper and grease well.
3. Cream butter, flaxseeds powder mixture and sugar till fluffy.
4. Stir in flours and fruit mixture. Spread into prepared pan.
5. Bake in oven 180°C for 1 ¼ hours. Stand 5 mins before removing.



材料:

500 克杂果 1 杯水 ½ 茶匙苏打粉 185 克牛油
2 / 3 杯砂糖 1 ½ 杯自发面粉 ¼ 杯面粉
3 汤匙亚麻籽粉加入 6 汤匙酸奶 (或 150 克素美奶滋)

做法:

1. 把杂果, 苏打粉和水拌匀。封面和待放隔夜。
2. 备 1 个已抹油及铺上油纸的 8 寸蛋糕模。
3. 把牛油, 亚麻籽糊和糖搅打至蓬松。
4. 然后加入自发面粉和杂果。即可倒入蛋糕模。
5. 放入预热烘炉, 以 180°C 烘 1 小时, 待冷 5 分钟后才脱模。

(25)

EGGLESS CARAMEL BANANA CAKE

素焦糖香蕉蛋糕

Ingredient:

125g butter $\frac{3}{4}$ cup brown sugar, firmly packed
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water
(or substitute with 100g vegetarian mayonnaise)
1 tsp banana essence 1 cup mashed banana 1 $\frac{1}{2}$ cups self raising flour
1 tsp baking soda $\frac{3}{4}$ cup whipping cream 1 Tbsp fresh milk
Caramel icing: 60g butter $\frac{1}{2}$ cup brown sugar 2 Tbsp whipping cream
1 $\frac{1}{2}$ cups icing sugar

Method:

1. Grease 14cm x 21cm loaf pan.
2. Cream butter, flaxseeds powder mixture and sugar till fluffy.
3. Stir in banana. Stir in flour, whipping cream, baking soda and milk till well combined.
4. Pour into pan and bake in preheated oven 180°C for 1 hour. Stand 5 mins before removing. When cold spread with icing.
5. Caramel Icing: Melt butter and sugar in saucepan, stir constantly over heat without boiling for 2 mins. Add in whipping cream, bring to boil, remove from heat, stir in sifted icing sugar.

材料:

125 克牛油 $\frac{3}{4}$ 杯黄糖
2 汤匙亚麻籽粉加入 4 汤匙热水拌均 (或 100 克素美奶滋)
1 茶匙香蕉香精 1 杯香蕉磨烂 1 $\frac{1}{2}$ 杯自发面粉
1 茶匙苏打粉 $\frac{3}{4}$ 杯鲜奶油 1 汤匙鲜奶
焦糖糖霜: 60 克牛油 $\frac{1}{2}$ 杯黄糖 2 汤匙淡奶 1 $\frac{1}{2}$ 杯糖粉



做法:

1. 备 1 个已抹油及铺上吸油纸的 14x 21 厘米面包模。
2. 把牛油，亚麻籽粉和糖搅打至蓬松。
3. 拌入香蕉。拌入面粉，鲜奶油，苏打粉和鲜奶拌均。
4. 放入预热烘炉，以180°C烘1小时，待冷5 分钟后才脱模。把冷却的蛋糕覆盖焦糖糖霜。
5. 焦糖结冰：把牛油和黄糖 溶化，不断搅拌大约 2 分钟（不要滚），加入鲜奶油，煮滚，离火，拌入过筛的糖粉。

EGGLESS BUTTERSCOTCH WALNUT RAISIN CAKE

素核桃葡萄干奶油蛋糕

Ingredient:

90g butter $\frac{3}{4}$ cup brown sugar, firmly packed 1 Tbsp golden syrup
1 Tbsp glycerine 1 tsp butterscotch flavour
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water
(or substitute with 100g vegetarian mayonnaise)
1 cup chopped black raisins 1 $\frac{1}{4}$ cups self raising flour $\frac{1}{4}$ cup fresh milk
Topping: $\frac{1}{4}$ cup supersoft cake flour 2 Tbsp brown sugar 30g butter
 $\frac{1}{2}$ cup chopped walnuts

Method:

1. Grease 8" ring pan.
2. Cream butter, sugar, glycerine, flaxseeds powder mixture and butterscotch flavour till fluffy. Add in golden syrup. Beat until combined.
3. Stir in raisins, then sifted flour and fresh milk.
4. Spoon into pan and sprinkle with topping. Bake in preheated oven 180°C for 45 mins. Stand 5 mins before removing.
5. Topping: Combine flour and sugar, rub in butter, stir in walnuts



材料:

90 克牛油 $\frac{3}{4}$ 杯黄糖 1 汤匙糖浆
1 汤匙柑油 1 茶匙奶油香精
2 汤匙亚麻籽粉加入 4 汤匙热水拌均 (或 100 克素美奶滋)
1 杯切碎黑色葡萄干 1 $\frac{1}{4}$ 杯自发面粉 $\frac{1}{4}$ 杯鲜奶
装饰馅料: $\frac{1}{4}$ 杯底筋面粉 2 汤匙黄糖 30 克牛油
 $\frac{1}{2}$ 杯切碎的核桃

做法:

1. 备 1 个已抹油及铺上吸油纸的 8 寸环蛋糕模。
2. 把牛油, 糖, 柑油, 亚麻籽糊和奶油香精搅打至蓬松。然后加入糖浆搅打至均。
3. 加入葡萄干, 然后过筛面粉和鲜奶。
4. 倒入蛋糕模然后撒上装饰馅料, 放入预热烘炉, 以 180°C 烘 45 分钟, 待冷 5 分钟后才脱模。
5. 装饰馅料: 把面粉, 糖, 牛油和核桃拌均。

(27)

EGGLESS APPLE ALMOND CAKE 素苹果杏仁蛋糕

Ingredient:

125g butter 2/3 cup caster sugar 1 Tbsp glycerine 1 tsp apple flavour
2 Tbsp flaxseeds powder mix with 4 Tbsp sour cream
(or substitute with 100g vegetarian mayonnaise)
½ cup self raising flour ½ cup plain flour 1/3 cup fresh milk
1 apple, grated 50g slivered almonds



Method:

1. Grease 8" round cake pan and line base with greased baking paper.
2. Cream butter, glycerine, apple flavour, flaxseeds powder mixture and sugar until fluffy.
3. Stir in flour and fresh milk and mix well.
4. Spread into pan and sprinkle with grated apple and almonds. Bake in preheated oven 180°C for 45 mins. Stand 5 mins before removing

材料:

125 克牛油 2 / 3 杯砂糖 1 汤匙柑油 1 茶匙苹果香精
2 汤匙亚麻籽加入 4 汤匙的酸奶油（或 100 克素美奶滋）
½杯自发面粉 ½杯面粉 1 / 3 杯鲜奶
1 粒苹果（磨碎） 50 克杏仁切长形

做法:

1. 备 1 个已抹油及铺上油纸的 8 寸环蛋糕模。
2. 把牛油，柑油，苹果香精，亚麻籽粉和糖搅打至蓬松。
3. 加入面粉及鲜奶拌匀。
4. 倒入蛋糕模然后撒上苹果和杏仁，放入预热烘炉，以 180°C 烘 45 分钟，待冷 5 分钟后才脱模。

Cookies Recipes



EGGLESS PARTYTIME HEART COOKIES

素派对时间心思曲奇饼

Ingredient:

- A. 125g butter 30g shortening
1 Tbsp flaxseeds powder mix with 2 Tbsp hot water
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
50ml fresh milk 70g caster sugar 1 Tbsp vanilla essence
- B. 100g arrowroot flour 100g almond powder 100g plain flour
50g ground cornflakes 1 tsp baking powder
- C. 100 pieces jumbo sugar heart flakes
50g breadcrumbs (preferably orange coloured once)

Method:

1. Beat (A) till smooth.
2. Mix (B) till combined. Mix (A) & (B) till form into a smooth dough.
3. Roll dough about $\frac{3}{4}$ cm thick on top of a piece of plastic sheet.
Cut with cookie cutter and decorate with jumbo sugar heart flakes and sprinkle with Bread crumbs. Place on top of cookie tray lined with parchment paper.
4. Bake in preheated oven 180°C for 18-20 mins.

材料:

- A. 125 克牛油 30 克酥油
1 汤匙亚麻籽粉混合 2 汤匙热水 (或 150 克素美奶滋 或 150 克鲜奶油)
50 毫升鲜奶 70 克细砂糖 1 汤匙云尼拉香精 (香草香精)
- B. 100 克沙谷粉 (藕粉) 100 克面粉 100 克杏仁粉 50 克粟米脆片碎
1 茶匙发粉
- C. 100 件糖心片 50 克橙色面包糠 (面包屑碎)

做法:

1. 把 (A) 搅打至滑。
2. 把 (B) 拌均, 然后把 (A) 和 (B) 混合成光滑面团。
3. 捍平约 $\frac{3}{4}$ 厘米厚在塑料袋片上。用模形将面团分别压成形, 糖心片装饰, 撒上橙色面包糠。并排在铺上油纸烤盘中。
4. 即可放入预热烘炉, 以 180°C 烘 18-20 分钟。

EGGLESS ORANGE CASHEWNUTS OATS COOKIES

素橙腰豆燕麦曲奇

Ingredient:

- A. 180g butter 100g shortening 80ml fresh milk
100g caster sugar 1 Tbsp orange emulco
- B. 200g arrowroot flour 50g custard powder 1 tsp baking soda ¼ tsp salt
200g self raising flour 30g milk powder 80g blended rolled oats
- C. 100g cashewnuts break into 2 pieces each 30g 1001 chocolate coloured balls

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a smooth dough
3. Roll dough about ¾ cm thick. Cut with cookie cutter.
Place on top of cookie tray lined with parchment paper.
Decorate top with cashewnuts and 1001.
4. Bake in preheated oven 180°C for 18-20 mins.

材料:

- A. 180 克牛油 100 克酥油 80 毫升鲜奶 100 克细砂糖 1 汤匙橙香精膏
- B. 200 克沙谷粉（藕粉） 50 克蛋黄粉 1 茶匙苏打粉 ¼茶匙盐
200 克自发面粉 30 克奶粉 80 克燕麦片碎
- C. 100 克腰豆各分成 1 半 30 克 1001 巧克力色球

做法:

1. 把（A）搅打至滑。
2. 把（B）拌均，然后把（A）和（B）混合成光滑面团。
3. 捍平约¾厘米厚在塑料袋片上。用模形将面团分别压成形，腰豆片装饰，撒上 1001 巧克力色球。并排入铺上油纸烤盘中。
4. 即可放入预热烘炉，以 180°C 烘 18-20 分钟。

(30)

EGGLESS SHANGTUNG PEANUT COOKIES 素花生曲奇

Ingredient:

- A. 180g butter 60g shortening 40g peanut butter
50ml fresh milk 150g icing sugar
- B. 200g arrowroot flour 200g self raising flour
1 tsp baking soda 200g ground shangtung peanuts
- C. 100g skinless shangtung peanuts

Method:

- 1. Beat (A) till smooth.
- 2. Mix (B) till well combined. Mix (A) & (B) till form into a dough
- 3. Roll dough about $\frac{3}{4}$ cm thick. Cut with cookie cutter.
Place on top of cookie tray lined with parchment paper.
Decorate top with skinless shangtung peanuts.
- 4. Bake in preheated oven 180°C for 18-20 mins.

材料:

- A. 180 克牛油 60 克酥油 40 克花生酱 50 毫升的鲜奶 150 克糖粉
- B. 200 克沙谷粉（藕粉） 200 克自发面粉 1 茶匙苏打粉 200 克花生磨成粉
- C. 100 克花生去皮

做法:

- 1. 把（A）搅打至滑。
- 2. 把（B）拌均，然后把（A）和（B）混合成光滑面团。
- 3. 辊面约 $\frac{3}{4}$ 厘米厚在塑料袋片上。用模形将面团分别压成形，花生装饰，并排入铺上油纸烤盘中。
- 4. 即可放入预热烘炉，以 180°C 烘 18-20 分钟。

EGGLESS MARBLE BUTTERSCOTCH COOKIES 素大理石奶油曲奇

Ingredient:

- A. 125g butter 40g shortening 3 Tbsp fresh milk
1 Tbsp flaxseeds powder mix with 2 Tbsp hot water
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
1 Tbsp butterscotch essence 60g caster sugar
- B. 120g arrowroot flour 50g blended cornflakes
50g ground almonds ¼ tsp salt
180g self raising flour 1 tsp baking soda
- C. 20g cocoa powder 50g custard powder

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a soft dough.
3. Separate dough into 2 portions.
4. Mix 1 portion with (C) cocoa powder and the other portion with custard powder.
5. Flour the cookie shaped mould. Take some cocoa dough and some custard dough and form into a small ball and press into moulds.
6. Knock out and place on top of cookie tray lined with parchment paper.
7. Bake in preheated oven 160°C for 20 mins.

材料:

- A. 125 克牛油 40 克酥油 3 汤匙鲜奶
1 汤匙亚麻籽粉加入 2 汤匙热水拌均 (或 50 克素美奶滋 或 50 克浓鲜奶油)
1 汤匙奶油香精 60 克细砂糖
- B. 120 克沙谷粉 (藕粉) 50 克粟米脆片粹 50 克杏仁粉 ¼茶匙盐 180 克自发面粉
1 茶匙苏打粉
- C. 20 克可可粉 50 克蛋黄粉

做法:

1. 把 (A) 搅打至滑。
2. 把 (B) 拌均, 把 (A) 和 (B) 混合成光滑面团, 然后分成 2 份。
3. 把 1 份加入可可粉, 另 1 份加入蛋黄粉。
4. 把少许可可粉面团和少许蛋黄粉面团揉成团压进饼模形里, 然后敲出。并排在铺上油纸烤盘中。
5. 即可放入预热烘炉, 以 160°C 烘 20 分钟。

EGGLESS LEMON CHOCOLATE DOUGHNUT COOKIES

素柠檬巧克力甜甜圈曲奇

Ingredient:

- A. 125g soft butter ½ tsp yellow liquid food colouring ½ tsp lemon essence
100ml fresh milk 60g caster sugar 1 Tbsp grated lemon rind 2 Tbsp lemon juice
- B. 100g custard powder 100g potato starch 50g blended nestum cereals
100g self raising flour ¼ tsp salt 1 tsp baking powder
- C. 240g white cooking chocolate
80g dark cooking chocolate

Method:

1. Mix (A) till well combined.
2. Mix (B) till well combined.
3. Mix (A) & (B) till form into a smooth dough.
4. Roll dough about ¾ cm thick and cut with small doughnut cutter. Place on top of baking tray lined with parchment paper.
5. Bake in preheated oven 180°C for 18 - 20 mins. Allow to cool on rack.
6. Melt white cooking chocolate and brush top of cookies with chocolate. Allow to set.
7. Melt dark cooking chocolate and pipe on top of white chocolate. Allow to set.

材料:

- A. 125 克软质牛油 ½茶匙黄色液体食用色素 ½ 茶匙柠檬香精 100 毫升鲜奶
60 克细砂糖 1 汤匙磨碎的柠檬皮 2 汤匙柠檬汁
- B. 100 克蛋黄粉 100 克马铃薯淀粉 50 克麦片粹 100 克自发面粉 ¼茶匙盐
1 茶匙发粉
- C. 240 克烹饪白巧克力
- D. 80 克烹饪黑巧克力

做法:

1. 把 (A) 搅打均匀。
2. 把 (B) 搅拌均匀。
3. 把 (A) 和 (B) 混合成光滑面团。
4. 捍平约¾厘米厚在塑料袋片上。用模形将面团分别压成形，并排入铺上油纸烤盘中。
5. 即可放入预热烘炉，以 180℃ 烘 18-20 分钟，待凉。
6. 把烹饪白巧克力 炖溶，把饼干沾上溶化的白巧克力。
7. 把烹饪黑巧克力炖溶，把溶化的黑巧克力放入挤花袋挤出条纹在饼干上。

(33)

EGGLESS CORNFLAKES CHOCOLATE COOKIES 素玉米片巧克力曲奇

Ingredient:

- A. 480g dark cooking chocolate 150g peanut butter
- B. 300g cornflakes 200g roasted peanuts
- C. 50g white sugar balls

Method:

1. Melt (A) cooking chocolate and quickly mix in peanut butter till well combined.
2. Quickly mix in cornflakes and roasted peanuts till well combined.
3. Spoon into papercups, sprinkle with some white sugar balls and allow to set.

材料:

- A. 480 克烹饪黑巧克力 150 克花生酱
- B. 300 克粟米脆片 200 克花生（烤）
- C. 50 克白糖球

做法:

1. 把烹饪黑巧克力炖溶，巧克力溶化后加入花生酱拌均。
2. 然后加入粟米脆片和花生拌均。
3. 舀入纸杯里撒上白糖球即可。

EGGLESS PEANUT CHOCOLATE BALLS COOKIES

素花生巧克力球曲奇

Ingredient:

- A. 125g butter 40g shortening 1 Tbsp vanilla essence 2 Tbsp maple syrup
1 Tbsp flaxseeds powder mix with 3 Tbsp hot water
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
50g soft brown sugar 2 Tbsp fresh milk
- B. 80g arrowroot flour 120g self raising flour ¼ tsp salt 1 tsp baking powder
80g ground cornflakes 50g ground nestum cereals ½ tsp baking soda
- C. 100g peanut butter
- D. 480g dark cooking chocolate 150g peanut nibs

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a smooth dough.
3. Wrap some peanut butter with 1 tsp dough and roll round.
Place on top of cookie tray lined with baking paper.
4. Bake in preheated oven 180°C for 20-23 mins. Allow to cool.
5. Melt dark cooking chocolate and mix with peanut nibs.
6. Dip cooled cookie balls into chocolate mix and place in papercups. Allow to set.

材料:

- A. 125 牛油 40 克酥油 1 汤匙云尼拉香精 2 汤匙枫糖浆
1 汤匙亚麻籽粉加入 2 汤匙热水拌均 (或 50 克素美奶滋 或 50 克浓鲜奶油)
50 克黄糖 2 汤匙鲜奶
- B. 80 克沙谷粉 (藕粉) 120 克自发面粉 ¼茶匙盐 1 茶匙发粉 50 克麦片粹
80 克粟米脆片碎 ½茶匙苏打粉
- C. 100 克花生酱
- D. 480 克烹饪黑巧克力 150 克花生碎粒

做法:

1. 把 (A) 搅打至滑。
2. 把 (B) 拌均, 把 (A) 和 (B) 混合成光滑面团。
3. 把少许面团包上花生酱揉成圆形然后放入纸杯里。
4. 即可放入预热烘炉, 以 180°C 烘 20-23 分钟, 待凉。
5. 把花生碎粒加入溶化的黑巧克力里。
6. 把饼干沾上花生碎粒及黑巧克力即可。

(35)

EGGLESS CARAMEL SEEDS COOKIES 素迦密籽曲奇

Ingredient:

- A. 220g caster sugar 100g butter 80g glucose syrup 3 Tbsp golden syrup
150g sweetened condensed milk 2 Tbsp water
- B. 100g white sesame seeds 100g sunflower seeds 100g pumpkin seeds
100g peanut nibs 100g roughly crushed cornflakes 50g red turnips
- C. 200g dark cooking chocolate

Method:

1. Cook (A) on top of slow fire for about 5 mins till
2. boil and turn caramel.
3. Mix (B) till well combined. Quickly mix with (1) till well combined.
4. Spoon into papercups and allow to set.
5. Melt (C) cooking chocolate and pipe on top of cookies. Allow to set.

材料:

- A. 220 克细砂糖 100 克牛油 80 克葡萄糖浆 3 汤匙糖浆
150 克甜炼乳 2 汤匙水
- B. 100 克白芝麻 100 克向日葵籽 100 克南瓜种子 100 克花生碎粒
100 克 粟米脆片碎 50 克红萝卜碎
- C. 200 克烹饪黑巧克力

做法:

1. 用小火把 (A) 煮大约 5 分钟。
2. 把 (B) 拌均, 然后加入 (1) 拌均。
3. 舀入纸杯里待凉。
4. 把烹饪黑巧克力炖溶, 把溶化的黑巧克力放入挤花袋挤在饼干上。

(36)

EGGLESS BLACK COFFEE SESAME COOKIES

素芝麻黑咖啡曲奇

Ingredient:

- A. 180g butter 60g shortening 100g caster sugar 1 Tbsp coffee paste
1 Tbsp flaxseeds mix with 2 Tbsp hot water
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
- B. 150g arrowroot flour 180g self raising flour $\frac{1}{4}$ tsp salt 20g malt
30g cocoa powder 1 tsp baking soda 20g coffeemate 30g dessicated coconut
- C. 100g white sesame seeds 70g almond strips

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a dough.
3. Roll dough $\frac{3}{4}$ cm thick and cut with cookie cutter.
Place on top of baking tray lined with parchment paper. Decorate with (C).
4. Bake in preheated oven 170°C for 18 – 20 mins.

材料:

- A. 180 克牛油 60 克酥油 100 克细砂糖 1 汤匙咖啡香精膏
1 汤匙亚麻籽粉加入 2 汤匙热水拌均 (或 50 克素美奶滋 或 50 克浓鲜奶油)
- B. 150 克沙谷粉 (藕粉) 180 克自发面粉 $\frac{1}{4}$ 茶匙盐 20 克麦芽
30 克可可粉 1 茶匙苏打粉 20 克咖啡精 30 克椰丝
- C. 100 克白芝麻 70 克杏仁切条

做法:

1. 把 (A) 搅打至光滑。
2. 把 (B) 拌均, 然后把 (A) 和 (B) 混合成光滑面团。
3. 捍平约 $\frac{3}{4}$ 厘米厚在塑料袋片上。用模形将面团分别压成形, 撒上 (C)。并排在铺上油纸烤盘中。
4. 即可放入预热烘炉, 以 170°C 烘 18-20 分钟。

(37)

EGGLESS CHEEZY PINEAPPLE JAM COOKIES 素乳酪黄梨果酱曲奇

Ingredient:

- A. 125g cream cheese 50g icing sugar 125g golden churn butter
1 tsp pineapple essence 20g cheese powder
- B. 360g plain flour 2 Tbsp custard powder
- C. 500g pineapple jam

Method:

1. Beat (A) till smooth.
2. Mix (B) till combined. Mix (A) & (B) till form into a smooth dough.
(VERY IMPORTANT ALLOW DOUGH TO REST FOR 30 MINS OTHERWISE COOKIES WILL CRACK)
3. Place dough into pineapple tat nozzle and pipe about 2 inches long. Place some pineapple jam in centre and roll up. Place on baking tray lined with parchment paper.
4. Bake in preheated oven 180°C for 16 mins.

材料:

- A. 125 克奶油乳酪 50 克糖粉 125 克纯牛油 1 茶匙黄梨香精 20 克乳酪粉
- B. 360 克面粉 2 汤匙蛋黄粉
- C. 500 克黄梨果酱

做法:

1. 把 (A) 搅打至光滑。
2. 把 (B) 拌均, 然后把 (A) 和 (B) 混合成光滑面团。待 30 分钟。
3. 把黄梨饼模挤出面团大约 2 寸½ 的长度, 然后卷上黄梨果酱并排在铺上油纸烤盘中。
4. 即可放入预热烘炉, 以 180°C 烘 16 分钟。

(38)

EGGLESS COCONUT CRUNCHIES COOKIES

素椰子脆曲奇

Ingredient:

- A. 125g butter 70g shortening 80g caster sugar 3 Tbsp fresh milk 1 tsp vanilla essence
- B. 30g potato starch 120g self raising flour 50g blended cornflakes
100g arrowroot flour 30g milk powder
- C. 50g dessicated coconut mix with 50g orange coloured breadcrumbs

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a dough.
3. Roll 1 tsp dough round and roll into (C) mixture. Place in papercups.
4. Bake in preheated oven 170°C for 20-25 mins.

材料:

- A. 125 克牛油 70 克酥油 80 克细砂糖 3 汤匙鲜奶 1 茶匙云尼拉香精 (香草香精)
- B. 30 克马铃薯淀粉 120 克自发面粉 50 克粟米脆片碎
- C. 100 克沙谷粉 (藕粉)
30 克奶粉
50 克椰丝 和 50 克橙色面包糠 (面包屑碎) 混合

做法:

1. 把 (A) 搅打至滑。
2. 把 (B) 拌均, 然后把 (A) 和 (B) 混合成光滑面团。
3. 取大约 1 茶匙面团包入 (C) 揉成圆形放入纸杯里, 并排在铺上油纸烤盘中。
4. 即可放入预热烘炉, 以 170°C 烘 20-25 分钟。

(39)

EGGLESS CLASSIC PEANUT CHOCOLATE CHIPS 素经典花生巧克力粒曲奇

Ingredient:

- A. 125g butter 120g shortening 80g soft brown sugar
1 tsp baking soda 50g caster sugar 2 Tbsp chocolate emulco
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- B. 250g plain flour 100g chocolate chips
200g peanut nibs

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a soft dough.
3. Spoon 1 Tbsp dough on top of baking tray lined with parchment paper.
4. Bake in preheated oven 190°C for 12-14 mins.

材料:

- A. 125 克牛油 120 克酥油 80 克黄糖 1 茶匙苏打粉 50 克细砂糖 2 汤匙巧克力膏
1 汤匙亚麻籽粉加入 2 汤匙热水拌均 (或 50 克素美奶滋 或 50 克浓鲜奶油)
- B. 250 克面粉 100 克巧克力粒 200 克花生碎粒

做法:

1. 把 (A) 搅打至滑。
2. 把 (B) 拌均, 然后把 (A) 和 (B) 混合成光滑面团。
3. 取大约 1 汤匙面团, 排在铺上油纸烤盘中。
4. 即可放入预热烘炉, 以 190°C 烘 12-14 分钟。

EGGLESS CHOCOLATE CHIPS MARBLE SHELL COOKIES

素巧克力粒大理石壳曲奇

Ingredient:

- A. 250g butter 50g shortening 100g caster sugar
1 Tbsp vanilla buttermilk flavour 1 tsp yellow liquid food colouring
1 Tbsp flaxseeds powder mix with 2 Tbsp hot water
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
- B. 180g arrowroot flour 250g self raising flour 3 Tbsp custard powder
1 tsp baking soda 100g blended cornflakes
- C. 30g cocoa powder 1 Tbsp chocolate emulco 100g chocolate chips

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a dough.
3. Divide dough into 2 portions and mix 1 portion with (C) till well combined.
4. Take some chocolate dough and some butter dough, mix like marble pattern, flatten and place some chocolate chips in centre, roll round and press into floured shell cookie mould. Place on tray lined with parchment paper.
5. Bake in preheated oven 160°C for 25 mins.

材料:

- A. 250 克牛油 50 克酥油 100 克细砂糖 1 汤匙云尼拉奶油香精（香草奶油香精）
½茶匙黄色液体食用色素
1 汤匙亚麻籽粉加入 2 汤匙热水拌均（或 50 克素美奶滋 或 50 克浓鲜奶油）
- B. 180 克沙谷粉（藕粉） 250 克自发面粉 3 汤匙蛋黄粉 1 茶匙苏打粉
100 克粟米脆片碎
- C. 30 克可可粉 1 汤匙巧克力膏
- D. 100 克巧克力粒

做法:

1. 把（A）搅打至滑。
2. 把（B）拌均，把（A）和（B）混合成光滑面团。
3. 然后分成 2 份，把 1 份加入（C），另 1 份保留原味。
4. 取少许可可粉面团和少许原味面团揉成大理石面团包入巧克力粒揉成圆形压进饼模形里，然后敲出。并排在铺上油纸烤盘中。
5. 即可放入预热烘炉，以 160°C 烘 25 分钟。

(41)

EGGLESS 3- MINUTES CHOCOLATE OATS COOKIES 素 3 分钟巧克力燕麦曲奇

Ingredient:

- A. 150g caster sugar 125g butter 30g cocoa powder 1 Tbsp orange essence
125g non-dairy whipping cream
- B. 300g instant oats 100g peanut nibs
- C. 100g white chocolate rice

Method:

1. Cook (A) on top of slow fire till boil. Quickly remove from fire when start to boil.
2. Quickly mix in (B) till well combined.
3. Spoon into papercups and sprinkle top with white chocolate rice. Allow to set.

材料:

- A. 125 克牛油 150 克细砂糖 30 克可可粉 1 汤匙橙香精 125 克植物性鲜奶油
- B. 300 克速溶燕麦 100 克花生碎粒
- C. 100 克白巧克力米

做法:

1. 用小火把 (A) 煮滚, 离火。
2. 然后加入 (B) 拌均。
3. 舀入纸杯里, 撒上白巧克力米待凝固。

EGGLESS NUTTY CHOCOLATE CHIPS CORNFLAKES COOKIES 素坚果巧克力粒粟米脆片曲奇

Ingredient:

- A. 1 cup peanut butter 1 cup icing sugar ¼ cup butter 1 Tbsp chocolate emulco
- B. 100g cornflakes roughly crushed 100g toasted peanut halves
20 red cherries cut into long strips 150g chocolate chips
- C. 100g dessicated coconut

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a soft dough.
3. Roll 1 ½ Tbsp dough round and roll in dessicated coconut.
4. Place in papercups and keep in refrigerator for 1 ½ hours till set.

材料:

- A. 1 杯花生酱 1 杯糖粉 ¼杯牛油 1 汤匙巧克力膏
- B. 100 克粟米脆片 100 克烤花生切半 20 粒红樱桃切成长条状 150 克巧克力粒
- C. 100 克椰丝

做法:

1. 把 (A) 搅打至滑。
2. 把 (B) 拌均, 然后把 (A) 和 (B) 混合成光滑面团。
3. 取大约 1 个½汤匙面团沾上椰丝。
4. 放入纸杯里, 然后放入冰橱 1 个½小时待凝固。

(43)

EGGLESS HAZELNUT CHOCOLATE DROPS COOKIES 素榛子巧克力豆曲奇

Ingredient:

- A. ½ cup butter 1 tsp hazelnut essence
- B. 1/3 cup cocoa powder
- C. 1 tin (405g) sweetened condensed milk
- D. 2 ½ cups roughly crushed cornflakes 100g roughly chopped roasted hazelnuts

Method:

1. Melt (A) on top of slow fire and let boil.
2. When start to boil quickly remove from fire.
3. Add in (B) and mix till well combined.
4. Add in (C) and mix till well combined.
5. Add in (D) and mix till well combined.
6. Spoon into papercups and allow to set.

材料:

- A. ½杯牛油 1 茶匙榛子香精
- B. 1 / 3 杯可可粉
- C. 1 罐（405 克）甜炼乳
- D. 2 ½杯粟米脆片稍微碎 100 克烤榛子

做法:

1. 用小火把（A）煮滚，离火。
2. 加入（B）拌均。
3. 加入（C）拌均。
4. 加入（D）拌均。
5. 舀入纸杯里待凝固。

(44)

EGGLESS CHINESE WHITE FLOWER COOKIES 素中华白花曲奇

Ingredient:

- A. 250g shortening 130g icing sugar ¼ tsp salt 1 tsp rose essence
- B. 5 Tbsp fresh milk
- C. 250g arrowroot flour 300g plain flour 60g coffeemate
- D. Golden ball cachous for decorating

Method:

1. Beat (A) till smooth.
2. Add in (B) and beat till well combined.
3. Mix (C) till well combined. Mix into (2) till form into a soft dough.
4. Place in piping bag fitted with flower nozzle.
5. Pipe in red papercups and decorate with golden balls cachous.
6. Place papercups of piped dough very near each other on top of baking tray.
7. Bake in preheated oven 150°C for 30 mins.

材料:

- A. 250 克糖粉 130 克酥油 ¼茶匙盐 1 茶匙玫瑰香精
- B. 5 汤匙鲜奶
- C. 250 克沙谷粉（藕粉） 300 克面粉 60 克咖啡精
- D. 金球糖（装饰）

做法:

1. 把（A）搅打至滑。
2. 加入（B）搅打至均匀。
3. 把(C)拌均然后加入（2）混合成光滑面团。
4. 把花嘴放入挤花袋，然后挤在纸杯里排上金球糖。
5. 把纸杯排满在烤盘上（不可有空位以免纸杯会张开）。
6. 即可放入预热烘炉，以 150°C 烘 30 分钟。

(45)

EGGLESS GINGER BREADMAN COOKIES

素姜公仔曲奇

Ingredient:

- A. 180g shortening 150g caster sugar 3 Tbsp molasses
1 Tbsp flaxseeds powder mix with 2 Tbsp hot water
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
- B. 300g plain flour 2 tsp baking soda
2 tsp ginger powder 2 tsp cinnamon powder
- C. 80g icing sugar 1 Tbsp lemon juice
some smarties or decorative sweets (optional)

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a smooth dough.
3. Roll dough between 2 plastic sheets. Cut with cookie cutter.
Place on tray lined with parchment paper.
4. Bake in preheated oven 170°C for 20-25 mins. Let cool on wire rack.
5. Beat (C) till smooth. If mixture is too thick add in some lemon juice and if too thin add in some icing sugar. Close with lid if not using.
6. Pipe icing on top of cooled cookies and decorate as desired.

材料:

- A. 180 克酥油 150 克细砂糖 3 汤匙糖浆
1 汤匙亚麻籽粉加入 2 汤匙热水拌均 (或 50 克素美奶滋 或 50 克浓鲜奶油)
- B. 300 克面粉 2 茶匙苏打粉 2 茶匙生姜粉 2 茶匙肉桂粉
- C. 80 克糖粉 1 汤匙柠檬汁
- D. 彩色糖 (随义)

做法:

1. 把 (A) 搅打至滑。
2. 把 (B) 拌均, 然后把 (A) 和 (B) 混合成光滑面团。
3. 捍平在塑料袋上, 用模形将面团分别压成形, 并排在铺上油纸烤盘中。
4. 即可放入预热烘炉, 以 150°C 烘 30 分钟, 待凉。
5. 把 (C) 搅打至滑, 如面糊太浓可加入少许的柠檬汁, 如面糊太稀可加入少许的糖粉。
6. 然后把 (C) 放入挤花袋挤在饼干上。

EGGLESS ARABIAN RAINBOW CASHEWNUT COOKIES
素阿拉伯彩虹腰豆曲奇

Ingredient:

- A. 100g butter 100g ghee 50g soft brown sugar 1 tsp vanilla essence
1 Tbsp flaxseeds powder mix with 2 Tbsp hot water
(or substitute with 50g vegetarian mayonnaise or 50g sour cream)
- B. 250g plain flour 150g ground cashewnuts
- C. ½ tsp pink food liquid colouring
½ tsp apple green food colouring
½ tsp yellow food liquid colouring
- D. 150g cashewnuts 100g caster sugar

Method:

- 1. Beat (A) till smooth.
- 2. Mix (B) till well combined. Mix (A) & (B) till form into a soft dough.
- 3. Separate dough into 3 portions and colour each portions with different colourings.
- 4. Take a little of each coloured dough all in about 1 Tbsp and roll round. Roll dough balls into caster sugar (C). Place in papercups and decorate with (C) cashewnuts.
- 5. Bake in preheated oven 180°C for 20 mins.

材料:

- A. 100 克牛油 100 克酥油 50 克黄糖 1 茶匙云尼拉香精（香草香精）
1 汤匙亚麻籽粉加入 2 汤匙热水拌均（或 50 克素美奶滋 或 50 克酸奶油）
- B. 250 克面粉 150 克腰豆粉
- C. ½茶匙粉红色液体食用色素 ½茶匙青色液体食用色素 ½茶匙黄色液体食用色素
- D. 150 克腰豆 100 克细砂糖

做法:

- 1. 把（A）搅打至滑。
- 2. 把（B）拌均，把（A）和（B）混合成光滑面团。
- 3. 把面团分成 3 份，然后分别加上色素。
- 4. 分别取少许面团揉成圆形，沾上细砂糖放入纸杯里排上腰豆。
- 5. 即可放入预热烘炉，以 180°C 烘 20 分钟。

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EGGLESS ALMOND WHITE COFFEE COOKIES

素杏仁白咖啡曲奇

Ingredient:

- A. 180g butter 100g shortening 100g soft brown sugar
8 Tbsp fresh milk 1 Tbsp white coffee essence
1 Tbsp Nescafe mix with 2 Tbsp hot water
- B. 180g arrowroot flour 100g blended Nestum Cereals
20g cocoa powder 30g coffeemate 1 tsp baking soda
180g self raising flour 100g ground almonds ½ tsp salt
- C. 50g almond nibs

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a dough.
3. Roll dough ¾ cm thick in between two plastic sheets.
4. Cut with cookie cutter and place on tray lined with parchment paper.
5. Decorate with almond nibs. Bake in preheated oven 180°C for 18 - 20 mins.

材料:

- A. 180 克牛油 100 克酥油 100 克黄糖 8 汤匙鲜牛奶
1 汤匙白咖啡香精 1 汤匙咖啡粉加入 2 汤匙热水
- B. 180 克沙谷粉（藕粉） 100 克麦片碎 20 克可可粉 30 克咖啡精
1 茶匙苏打粉 180 克自发面粉 100 克杏仁粉 ½ 茶匙盐
- C. 50 克杏仁碎粒

做法:

1. 把（A）搅打至滑。
2. 把（B）拌均，然后把（A）和（B）混合成光滑面团。
3. 捍平约¾厘米厚在塑料袋片上。用模形将面团分别压成形，撒上杏仁碎粒。并排在铺上油纸烤盘中。
4. 即可放入预热烘炉，以 180°C 烘 18-20 分钟。

(48)

EGGLESS CHOCOLATE BEAN LEGENDA

素巧克力豆曲奇

Ingredient:

- A. 180g butter 100g shortening 80ml fresh milk
100g caster sugar 1 Tbsp chocolate flavour
- B. 200g arrowroot flour 50g custard powder 100g peanut nibs ¼ tsp salt
100g self raising flour 100g instant oats 50g dessicated coconut
50g milk powder 1 tsp baking powder 1 tsp baking soda
- C. 480g white cooking chocolate
100 pcs chocolate beans

Method:

- 1. Beat (A) till smooth.
- 2. Mix (B) till well combined. Mix (A) & (B) till form into a dough.
- 3. Roll ½ Tbsp dough round and place in papercups. Place papercups near each other on top of baking tray.
- 4. Bake in preheated oven 180°C for 25 mins. Allow to cool.
- 5. Melt white cooking chocolate and spoon on top of cooled cookies. Place 1 piece of chocolate bean on top and allow to set.

材料:

- A. 180 克牛油 100 克酥油 80 毫升鲜奶 100 克细砂糖 1 汤匙巧克力味香精
- B. 200 克沙谷粉（藕粉） 50 克蛋黄粉 100 克花生碎粒 ¼茶匙盐 100 克自发面粉
100 克燕麦碎 50 克椰丝 50 克奶粉 1 茶匙发粉 1 茶匙苏打粉
- C. 480 克烹饪白巧克力
- D. 100 粒巧克力豆

做法:

- 1. 把（A）搅打至滑。
- 2. 把（B）拌均，然后把（A）和（B）混合成光滑面团。
- 3. 取大约½汤匙面团放入纸杯里排烤盘中。
- 4. 即可放入预热烘炉，以 180°C 烘 25 分钟，待凉。
- 5. 把烹饪白巧克力炖溶，把饼干沾上白巧克力排上巧克力豆做装饰。

EGGLESS APPLE BUTTERFLY COOKIES

素苹果蝴蝶曲奇

Ingredient:

- A. 125g butter 50g shortening 80g caster sugar
5 Tbsp fresh milk 1 Tbsp apple essence
1 Tbsp flaxseeds powder mix with 2 Tbsp hot water
(or substitute with 50g vegetarian mayonnaise or 50g sour cream)
- B. 100g arrowroot flour 50g blended cornflakes 20g malt
¼ tsp salt 130g self raising flour 30g milk powder 1 tsp baking soda
- C. 1001 sugar balls 50g almond strips

Method:

- 1. Beat (A) till smooth.
- 2. Mix (B) till well combined. Mix (A) & (B) till form into a dough.
- 3. Roll dough ¾ cm thick in between two plastic sheets. Cut with cookie cutter.
- 4. Place on top of tray lined with parchment paper. Decorate with (C).
- 5. Bake in preheated oven 170°C for 18-20 mins.

材料:

- A. 125 克牛油 50 克酥油 80 克细砂糖 5 汤匙鲜奶 1 汤匙苹果香精
1 汤匙亚麻籽粉加入 2 汤匙热水拌均 (或 50 克素美奶滋 或 50 克酸奶油)
- B. 100 克沙谷粉 (藕粉) 50 克粟米脆片碎 20 克麦芽 ¼茶匙盐
130 克自发面粉 30 克奶粉 1 茶匙苏打粉
- C. 1001 糖球 50 克杏仁切条

做法:

- 1. 把 (A) 搅打至滑。
- 2. 把 (B) 拌均, 然后把 (A) 和 (B) 混合成光滑面团。
- 3. 捍平约¾厘米厚在塑料袋片上。用模形将面团分别压成形, (C) 做装饰并排在铺上油纸烤盘中。
- 4. 即可放入预热烘炉, 以 170°C 烘 18-20 分钟。

(50)

EGGLESS RAINBOW FLOWER BUTTER COOKIES 素彩虹牛油曲奇

Ingredient:

- A. 250g butter 1 Tbsp shortening 80g icing sugar
1/2 tsp salt 50ml fresh milk 1 Tbsp butter oil flavour
- B. 100g custard powder 50g milk powder 300g plain flour
- C. 1/4 tsp red liquid food colouring
1/4 tsp apple green liquid food colouring
1/4 tsp yellow liquid food colouring
1/4 tsp purple liquid food colouring

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a soft dough.
3. Divide dough into 4 portions and colour each with different colouring (C).
4. Spoon little of each different colouring soft dough into a piping bag fitted with flower nozzle and pipe dough on top of tray lined with parchment paper.
5. Bake in preheated oven 160°C for 20 mins.

材料:

- A. 250 克牛油 1 汤匙酥油 80 克糖粉 1/2 茶匙盐 50 毫升鲜奶 1 汤匙牛油香精
- B. 100 克蛋黄粉 50 克奶粉 300 克面粉
- C. 1/4 茶匙红色液体食用色素 1/4 茶匙青色液体食用色素 1/4 茶匙黄色液体食用色素
1/4 茶匙紫色液体食用色素

做法:

1. 把 (A) 搅打至滑。
2. 把 (B) 拌均, 把 (A) 和 (B) 混合成光滑面团。
3. 把面团分成 4 份, 然后分别加上色素。
4. 分别取少许面团放入以放花嘴的挤花袋挤在铺上油纸烤盘中。
5. 即可放入预热烘炉, 以 160°C 烘 20 分钟。

(51)

EGGLESS POPPYSEED CRUNCHY COOKIES

素罌粟籽脆曲奇

Ingredient:

- A. 125g butter 40g shortening 30ml fresh milk
50g caster sugar 1 Tbsp vanilla essence
- B. 100g arrowroot flour 50g blended Nestum Cereals 20g malt 20g milk powder
100g plain flour 1 tsp baking powder ¼ tsp salt 50g blended cornflakes
- C. 30g blue poppyseeds 80 pieces cashewnut halves

Method:

1. Beat (A) till smooth.
2. Mix (B) till well combined. Mix (A) & (B) till form into a dough.
3. Roll dough ¾ cm thick in between two plastic sheets. Cut with cookie cutter.
4. Place on top of tray lined with parchment paper and decorate with (C).
5. Bake in preheated oven 180°C for 18 – 20 mins.

材料:

- A. 125 克牛油 40 克酥油 30 毫升鮮奶 50 克砂糖 1 湯匙云尼拉香精（香草香精）
- B. 100 克沙谷粉（藕粉） 50 克麥片碎 20 克麥芽 20 克奶粉
100 克面粉 1 茶匙發粉 ¼ 茶匙鹽 50 克粟米脆片碎
- C. 30 克罌粟籽 80 個腰豆切半

做法:

1. 把（A）攪打至滑。
2. 把（B）拌均，然后把（A）和（B）混合成光滑面团。
3. 捍平約¾厘米厚在塑料袋片上。用模形將面团分別壓成形，（C）做裝飾並排在鋪上油紙烤盤中。
4. 即可放入預熱烘爐，以 180°C 烘 18-20 分鐘。

EGGLESS STRAWBERRY DOUBLE HEART COOKIES

素草莓双心曲奇

Ingredient:

- A. 180g butter 100g shortening 80ml fresh milk
100g caster sugar 1 Tbsp strawberry emulco
- B. 180g arrowroot flour 50g custard powder $\frac{1}{4}$ tsp salt 1 tsp baking soda
180g self raising flour 100g blended rolled oats 30g milk powder
50g dessicated coconut
- C. 320g strawberry cooking chocolate
120g white cooking chocolate

Method:

1. Melt (C) and pour into heart shape chocolate moulds.
Allow to set. Leave aside for later use.
2. Beat (A) till smooth.
3. Mix (B) till combined. Mix (A) & (B) till form into a dough.
4. Roll dough $\frac{3}{4}$ cm thick in between two plastic sheets. Cut with heart shape cookie cutter. Place on top of tray lined with parchment paper.
5. Bake in preheated oven 180°C for 20 mins. Allow to cool on wire rack.
6. Melt white cooking chocolate and brush cooled cookie tops with white chocolate and quickly place heart shaped strawberry chocolate on top. Allow to set.

材料:

- A. 180 克牛油 100 克酥油 80 毫升鲜奶 100 克细砂糖 1 汤匙草莓膏
- B. 180 克沙谷粉（藕粉） 50 克蛋黄粉 $\frac{1}{4}$ 茶匙盐 1 茶匙苏打粉 180 克自发面粉
100 克燕麦片碎 30 克奶粉 50 克椰丝
- C. 320 克烹饪草莓巧克力
- D. 120 克烹饪白巧克力

做法:

1. 把烹饪草莓巧克力炖溶倒入心形巧克力模里，待凝固备用。
2. 把（A）搅打至滑。
3. 把（B）拌均，然后把（A）和（B）混合成光滑面团。
4. 捍平约 $\frac{3}{4}$ 厘米厚在塑料袋片上。用心形模型将面团分别压成心形，并排在铺上油纸烤盘中。
5. 即可放入预热烘炉，以 180°C 烘 20 分钟，待凉。
6. 把冷却的饼干沾上溶化的白巧克力然后把心形草莓巧克力做装饰，待凝固。

EGGLESS CRISPY CROQUANT COOKIES 素脆粟米粒曲奇

Ingredient:

- A. 250g butter 100g shortening 100ml fresh milk
1 Tbsp vanilla essence 120g icing sugar
- B. 200g arrowroot flour 300g plain flour ¼ tsp salt 1 tsp baking soda
2 tsp baking powder 100g rolled oats – blended 100g cornflakes-blended
- C. 100g croquant 40 balls red cherries cut into 4 pcs

Method:

1. Beat (A) till smooth.
2. Mix (B) till combined. Mix (A) & (B) till form into a dough.
3. Roll dough ¾ cm thick in between two plastic sheets. Cut with cookie cutter. Place on top of tray lined with parchment paper. Decorate with (C).
4. Bake in preheated oven 170°C for 18 – 20 mins.

材料:

- A. 250 克牛油 100 克酥油 100 毫升鲜牛奶 1 汤匙云尼拉香精 (香草香精)
120 克糖粉
- B. 200 克沙谷粉 (藕粉) 300 克面粉 ¼茶匙盐 1 茶匙苏打粉 2 茶匙发粉
100 克燕麦片碎 100 克粟米脆片碎
- C. 100 克粟米粒 40 粒红樱桃 (切 4 分)

做法:

1. 把 (A) 搅打至滑。
2. 把 (B) 拌均, 然后把 (A) 和 (B) 混合成光滑面团。
3. 捍平约¾厘米厚在塑料袋片上。用饼干模形将面团分别压成形, 并排在铺上油纸烤盘中。(C) 做装饰。
4. 即可放入预热烘炉, 以 170°C 烘 18-20 分钟。

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EGGLESS MILKY ALMOND COOKIES

素牛奶杏仁曲奇

Ingredient:

- A. 250g shortening 80g icing sugar 1 tsp vanilla essence
4 Tbsp sweetened condensed milk
- B. 150g arrowroot flour 200g self raising flour ½ tsp salt 50g breadcrumbs
1 tsp baking soda 50g milk powder 50g instant oats
- C. 1001 sugar balls 150 pcs whole almonds

Method:

1. Beat (A) till smooth.
2. Mix (B) till combined. Mix (A) & (B) till form into a dough.
3. Roll dough ¾ cm thick in between two plastic sheets. Cut with cookie cutter. Place on top of tray lined with parchment paper. Decorate with (C).
4. Bake in preheated oven 170°C for 20 mins.

材料:

- A. 250 克酥油 80 克糖粉 1 茶匙云尼拉香精（香草精） 4 汤匙甜炼乳
- B. 150 克沙谷粉（藕粉） 200 克自发面粉 ½ 茶匙盐 50 克面包糠（面包屑）
1 茶匙苏打粉 50 克奶粉 50 克即溶燕麦
- C. 1001 糖球 150 粒杏仁

做法:

1. 把（A）搅打至滑。
2. 把（B）拌均，然后把（A）和（B）混合成光滑面团。
3. 捍平约¾厘米厚在塑料袋片上。用饼干模形将面团分别压成形，并排在铺上油纸烤盘中。（C）做装饰。
4. 即可放入预热烘炉，以 170°C 烘 20 分钟。

Cupcakes Recipes



(55)

EGGLESS PINEAPPLE ALMOND CUPCAKES 素黄梨杏仁杯子蛋糕

Ingredient:

- A. 5 pieces canned pineapple rings
- B. 200g butter 200g soft brown sugar 1 tsp pineapple essence
- C. 110ml fresh milk
- D. 1 heaped baking powder 200g self raising flour
- E. 100g almond slice

Method:

- 1. Cut (A) into smaller pieces to fit into base of solo baking cups.
- 2. Beat (B) till fluffy. Slowly add in (C) and beat till well mix.
- 3. Sift (D) 3 times and slowly fold into butter mixture.
- 4. Spoon into solo baking cups, top with almond slices and bake in preheated oven 170°C for 20 mins

材料:

- A. 5 片罐装黄梨
- B. 200 克 牛油 200 克 黄糖 1 茶匙 黄梨香精
- C. 110 毫升 奶水
- D. 1 茶匙发粉 200 克自发粉
- E. 100 克 杏仁片

做法:

- 1. 把 5 片黄梨切成小块放入纸杯里。
- 2. 把 (B) 材料搅打至松发,慢慢加入 (C) 搅打至均匀。
- 3. 过筛 (D) 3 次,然后慢慢加入已搅拌好的面糊拌均匀。
- 4. 舀入纸杯里至八分满,然后撒上杏仁片。即可放入预热烘炉,以 170°C 烘 20 分钟。

(56)

EGGLESS RICH CHOCOLATE SUGEE CUPCAKES

素浓巧克力苏吉杯子蛋糕

Ingredient:

- A. 250g butter 1 can(525g) sweetened condensed milk 1 Tbsp chocolate emulco
1 can chocolate fresh milk (fill the empty condensed milk can with chocolate fresh milk)
- B. 450g sugée ½ tsp salt
- C. 50g almond nibs 1 Tbsp baking powder 70g cocoa powder

Method:

1. Place (A) in saucepan and stir over low heat till boil. Remove from fire and allow the mixture to cool till lukewarm.
2. Stir in (B) and let rest for 30 mins.
3. Mix (C) till well combined. Stir into sugée mixture till well combined.
4. Spoon into paper cups and bake in preheated oven 170°C 20-25 mins.

材料:

- A. 250 克 牛油 1 罐 (525 克) 甜炼奶 1 汤匙 巧克力香精
1 罐 巧克力奶水 (可用甜炼奶罐量)
- B. 450 克 苏吉 ½茶匙 盐
- C. 50 克 杏仁粒 1 汤匙 发粉 70 克 巧克力粉

做法:

1. 把 (A) 拌均匀已小火煮至滚, 离火放置一旁待稍微凉。
2. (A) 材料稍微凉后慢慢加入 (B) 休息半小时。
3. 把 (C) 材料拌均匀。然后慢慢加入苏吉面糊拌均匀。
4. 舀入纸杯里, 即可放入预热烘炉, 以 170°C 烘 20 - 25 分钟。

(57)

EGGLESS ALMOND SUGEE RAISINS CUPCAKES

素杏仁苏吉葡萄干杯子蛋糕

Ingredient:

- A. 250g butter 1 can (525g) sweetened condensed milk 1 tsp almond flavour
- B. 1 can fresh milk (fill the empty milk can with fresh milk) 300g sugree
- C. 100g almond nibs 100g golden raisins 100g almond powder
- D. 120g plain flour 1 Tbsp baking powder

Method:

1. Place (A) in saucepan and stir over low fire till boil. Remove from fire and allow mixture to cool till lukewarm.
2. Stir in (B) and let rest for 30 mins.
3. Mix (C) till well combined. Stir into sugree mixture till well mixed.
4. Spoon into paper cups and bake in preheated oven 170°C 20-25 mins.

材料:

- A. 250 克 牛油 1 罐 (525 克) 甜炼奶 1 茶匙 杏仁香精
- B. 1 罐 奶水 (可用甜炼奶罐量) 300 克 苏吉
- C. 100 克 杏仁粒 100 克 金葡萄干 100 克 杏仁粉
- D. 120 克 面粉 1 汤匙 发粉

做法:

1. 把(A)拌均匀已小火煮至滚, 离火放置一旁待稍微凉。
2. (A)材料稍微凉后慢慢加入(B)休息半小时。
3. 把(C)材料拌均匀。然后慢慢加入苏吉面糊拌均匀。
4. 舀入纸杯里, 即可放入预热烘炉, 以 170°C 烘 20 - 25 分钟。

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EGGLESS MOIST CHOCOLATE ALMOND CUPCAKES

素巧克力杏仁杯子蛋糕

Ingredient:

- A. 180g butter 250g caster sugar 250ml chocolate milk 1 tsp almond essence
3 Tbsp flaxseeds powder mix with 6 Tbsp hot water till thick
(or substitute with 150g vegetarian mayonnaise or 150g sour cream)
- B. 280g plain flour 50g cocoa powder ½ tsp salt
1 tsp baking soda 1 tsp baking powder
- C. 100g almond slices

Method:

1. Beat (A) till well combined and smooth.
2. Combine (B) and slowly fold into (A). Mix well.
3. Spoon into paper cups , top with almond slices and bake in preheated oven 180°C for 20 mins.

材料:

- A. 180 克 牛油 250 克 细砂糖 250 毫升 巧克力奶水 1 茶匙 杏仁香精
3 汤匙 亚麻籽粉加入 6 汤匙 沸水搅拌至浓稠 (或 150 克素美奶滋 或 150 克酸奶油)
- B. 280 克 面粉 50 克 巧克力粉 ½茶匙 盐 1 茶匙 苏打粉 1 茶匙 发粉
- C. 100 克 杏仁片

做法:

1. 先将 (A) 材料搅打至幼滑。
2. 先把 (B) 材料拌均匀, 然后慢慢加入 (A) 材料拌均匀。
3. 舀入纸杯里, 然后撒上杏仁片。即可放入预热烘炉, 以 180°C 烘 20 分钟。

(59)

EGGLESS COCONUT SUGEE CHOCOLATE CHIPS CUPCAKES 素椰子苏吉巧克力粒杯子蛋糕

Ingredient:

- A. 250g butter 1 can (525g) sweetened condensed milk
1 Tbsp coconut essence
- B. 1 can coconut milk (fill empty milk can with coconut milk) 300g sugée
- C. 80g chocolate chips 50g dessicated coconut 180g plain flour
- D. ½ tsp salt 1 Tbsp baking powder

Method:

1. Place (A) in a saucepan and cook over low fire till boil. Remove from fire and allow mixture to cool till lukewarm.
2. Stir in (B) and let rest 30 mins.
3. Mix (C) till well combined. Stir into sugée mixture till well mixed.
4. Spoon into paper cups and bake in preheated oven 170°C for 20 mins.

材料:

- A. 250 克 牛油 1 罐 (525 克) 甜炼奶 1 汤匙 椰子香精
- B. 1 罐 椰浆 (可用甜炼奶罐量) 300 克 苏吉
- C. 80 克 巧克力粒 50 克 椰丝 180 克 面粉 ½茶匙 盐 1 汤匙 发粉

做法:

1. 把 (A) 拌均匀已小火煮至滚, 离火放置一旁待稍微凉。
2. (A) 材料稍微凉后慢慢加入 (B) 休息半小时。
3. 把 (C) 材料拌均匀。然后慢慢加入苏吉面糊拌均匀。
4. 舀入纸杯里, 即可放入预热烘炉, 以 170°C 烘 20 分钟。

(60)

EGGLESS MOIST BUTTER CHERRY CUPCAKES

素牛油樱桃杯子蛋糕

Ingredient:

- A. 280g plain flour 4 tsp baking powder ½ tsp baking soda ½ tsp salt
 - B. 125g cool melted butter 400g sweetened condensed milk
 - C. 150ml water 1 tsp vanilla essence 1 Tbsp glycerine
- 20 pieces red cherries each cut into smaller pieces

Method:

1. Sift (A) 3 times.
2. Mix (B) till well combined.
3. Mix (A) & (B) and beat till mixture is smooth.
4. Add in (C) and stir till well combined.
5. Spoon into papercups and bake in preheated oven 180°C 20 mins.

材料:

- A. 280 克 面粉 4 茶匙 发粉 ½茶匙 苏打粉 ½茶匙 盐
- B. 125 克 冷却溶化牛油 400 克 甜炼奶 150 毫升 水 1 茶匙 云尼拉香精
- C. 1 汤匙 柑油
- D. 20 粒切小块的樱桃

做法:

1. 过筛 (A) 材料 3 次。
2. 把 (B) 材料拌均匀。
3. 把 (A) 材料和 B 材料搅打至幼滑。
4. 然后加入 (C) 材料拌均匀。
5. 舀入纸杯里，即可放入预热烘炉，以 180°C 烘 20 分钟。

(61)

EGGLESS MOIST ORANGE RAISINS CUPCAKES

素香橙葡萄干杯子蛋糕

Ingredient:

- A. 280g plain flour 4 tsp baking powder ½ tsp baking soda ½ tsp salt
- B. 125g cool melted butter 40g sweetened condensed milk 1 Tbsp glycerine
- C. 150ml orange juice 1 tsp orange oil 2 tsp grated orange rind
- 100g golden raisins

Method:

1. Sift (A) 3 times.
2. Mix (B) till well combined.
3. Mix (A) & (B) and beat till mixture is smooth.
4. Add in (C) and stir till well combined.
5. Spoon into papercups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 280 克 面粉 4 茶匙 发粉 ½茶匙 苏打粉 ½茶匙 盐
- B. 125 克 冷却溶化牛油 400 克 甜炼奶 1 汤匙 柑油 150 毫升 橙 汁
- C. 1 茶匙 橙香精 2 茶匙 橙皮（磨粹）
- D. 100 克 金葡萄干

做法:

1. 过 筛（A）材料 3 次。
2. 把（B）材料拌均匀。
3. 把（A）材料和（B）材料搅打至幼滑。
4. 然后加入（C）材料拌均匀。
5. 舀入纸杯里，即可放入预热烘炉，以 180°C 烘 20 分钟。

(62)

EGGLESS MOIST BLUEBERRY PIE FILLINGS CUPCAKES

素蓝莓果酱杯子蛋糕

Ingredient:

- A. 180g butter 180g caster sugar 100ml fresh milk
3 Tbsp flaxseeds powder mix with 6 Tbsp hot water till thick
(or substitute with 150g vegetarian mayonnaise or 150g sour cream)
- B. 320g plain flour ½ tsp salt 1 tsp baking powder 1 tsp baking soda
150g blueberry pie filling

Method:

- 1. Beat (A) till well combined and smooth.
- 2. Combine (B) and slowly fold into (A). Mix well. Add in (C) and mix well.
- 3. Spoon into paper cups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 180 克 牛油 180 克 细砂糖 100 毫升 巧克力奶水
3 汤匙 亚麻籽粉加入 6 汤匙 沸水搅拌至浓稠 (或 150 克素美奶滋 或 150 克酸奶油)
- B. 320 克 面粉 ½茶匙 盐 1 茶匙 发粉 1 茶匙 苏打粉
- C. 150 克 蓝莓果酱

做法:

- 1. 先将 (A) 材料搅打至幼滑。
- 2. 先把 (B) 材料拌均匀, 然后慢慢加入 (A) 材料拌均匀。然后加入 (C) 拌均匀。
- 3. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20 分钟。

(63)

EGGLESS MIXED FRUIT CUPCAKES 素杂果杯子蛋糕

Ingredient:

- A. 250g butter 100g soft brown sugar 50g caster sugar 1 Tbsp maple syrup
1 Tbsp mixed fruit essence
2 Tbsp flaxseed powder mixed with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
- B. 350ml fresh milk
- C. 250g plain flour 50g high protein flour 2 tsp baking powder ½ tsp baking soda
- D. 90ml fresh milk
- E. 300g mixed fruits

Method:

1. Beat (A) till smooth.
2. Add (B) a little at a time and beat till combined.
3. Sift (C) 3 times. Slowly add into butter mixture and beat till just combined. Do not let curdle.
4. Add in (D) & (F) slowly and fold till combined.
5. Spoon into paper cups and bake in preheated oven 180°C for 25 mins.

材料:

- A. 250 克 牛油 100 克 黄糖 50 克 细砂糖 1 汤匙 槭糖浆
1 汤匙 杂果香精
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓稠 (或 100 克素美奶滋 或 100 克酸奶油)
- B. 350 克 奶水
- C. 250 克 面粉 50 克 高筋面粉 2 茶匙 发粉 ½茶匙 苏打粉
- D. 90 毫升奶水
- E. 300 克 杂果

做法:

1. 先将 (A) 材料搅打至幼滑。
2. 分数次把 (B) 材料搅打至均匀。
3. 过筛 (C) 材料 3 次, 然后慢慢加入面糊拌打至均匀。
4. 把 (D) 材料和 F 材料慢慢拌均匀。
5. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 25 分钟。

(64)

EGGLESS MOIST WHITE COFFEE CUPCAKES

素白咖啡杯子蛋糕

Ingredient:

- A. 180g butter 250g caster sugar 2 Tbsp maple syrup
1 Tbsp white coffee essence
2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- B. 250ml fresh milk 100g sour cream
- C. 2 cups plain flour 1 tsp baking soda $\frac{3}{4}$ tsp salt 5 Tbsp cocoa powder
80ml hot water mix with 2 Tbsp Nescafe

Method:

1. Beat (A) for 3 mins.
2. Add in (B) and beat for another 2 mins.
3. Mix (C) and add into (2) alternately with (D) and beat till combined.
4. Spoon into papercups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 180 克 牛油 250 克 细砂糖 2 汤匙 槭糖浆
1 汤匙 白咖啡香精
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓调 (或 100 克素美奶滋 或 100 克鲜奶油)
- B. 250 克 奶水 100 克 酸奶油
- C. 2 杯 面粉 1 茶匙 苏打粉 $\frac{3}{4}$ 茶匙 盐 5 汤匙 可可粉
- D. 80 毫升沸水加入 2 汤匙咖啡粉拌至均匀

做法:

1. 把 (A) 材料搅打 3 分钟。
2. 加入 (B) 材料再搅打 2 分钟。
3. 先把 (C) 材料拌均匀, 分数次把面糊和 (D) 材料搅打至均匀。
4. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20 分钟。

(65)

EGGLESS LEMON CUPCAKES

素柠檬杯子蛋糕

Ingredient:

- A. 110g butter 150g caster sugar 50g vanilla sugar 2 Tbsp golden syrup
- B. 2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
- C. 150g self raising flour 125g plain flour
- D. 90ml fresh milk 2 Tbsp lemon juice 1 Tbsp sour cream
- E. 1 tsp grated lemon rind

Method:

- 1. Beat (A) for 4-5 mins.
- 2. Add in (B) and beat for about 2 mins till combined.
- 3. Mix (C) till well combined.
- 4. Mix (D) till well combined.
- 5. Slowly add (C) and (D) alternately into butter mixture and beat till well combined. If mixture looks curdled add in 2 extra Tbsp plain flour and beat till smooth.
- 6. Spoon into papercups and bake in preheated oven 180°C 25 mins.

材料:

- A. 110 克 牛油 150 克 细砂糖 50 克 云尼拉糖 2 汤匙 糖浆
- B. 2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓调 (或 100 克素美奶滋 或 100 克酸奶油)
- C. 150 克 自发面粉 125 克 面粉
- D. 90 毫升 奶水 2 汤匙 柠檬汁 1 汤匙 酸奶油 1 茶匙 柠檬皮 (磨粹)

做法:

- 1. 把 (A) 材料搅打 4-5 分钟。
- 2. 加入 (B) 材料再搅打 2 分钟至均匀。
- 3. 把 (C) 材料拌均匀。
- 4. 把 (D) 材料拌均匀。
- 5. 分数次把 (C) 和 (D) 材料拌均匀。(如面糊太稀可加入 2 汤匙面粉)
- 6. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 25 分钟。

EGGLESS CHEEZY STRAWBERRY CHOCOLATE MARBLE CUPCAKES 素芝士草莓巧克力云石杯子蛋糕

Ingredient:

- A. 180g cream cheese 250g caster sugar 250ml fresh milk 40g cheese powder
3 Tbsp flaxseeds powder mix with 6 Tbsp hot water till thick
(or substitute with 150g vegetarian mayonnaise or 150g sour cream)
- B. 250g plain flour ½ tsp salt 1 tsp baking soda 1 tsp baking powder
- C. 20g cocoa powder 30g plain flour & 1 Tbsp strawberry emulco

Method:

1. Beat (A) till well combined and smooth.
2. Combine (B) and slowly fold into (A). Mix well. Divide into 2 portions. Mix 1 portion with cocoa powder and the other portion with plain flour & strawberry emulco.
3. Spoon a little of each portion into paper cups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 180 克 奶油芝士 250 克 细砂糖 250 毫升 奶水 40 克 芝士粉
3 汤匙 亚麻籽粉加入 6 汤匙 沸水搅拌至浓稠 (或 150 克素美奶滋 或 150 克酸奶油)
- B. 250 克 面粉 ½茶匙 盐 1 茶匙 苏打粉 1 茶匙 发粉
- C. 20 克 可可粉 30 克 面粉 1 汤匙 草莓香精

做法:

1. 先将 (A) 材料搅打至幼滑。
2. 先把 (B) 材料拌均匀, 然后慢慢加入 (A) 材料拌均匀。然后分成 2 分, 1 分加入
3. 可可粉, 另 1 分加入面粉和草莓香精。
4. 把各 1 汤匙的面糊舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20 分钟。

(67)

EGGLESS CARROT CUPCAKES 素红萝卜杯子蛋糕

Ingredient:

- A. 225g carrots, grate and drain off all liquid 100g golden raisins
- B. 2 Tbsp Maple Syrup 120ml salad oil 1 tsp vanilla essence
2 tsp grated orange rind 100g caster sugar
2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- C. 120g plain flour 1 tsp baking soda 1 tsp cinnamon powder 1/8 tsp salt

Method:

1. Beat (B) for 2 mins.
2. Sift (C) and slowly add into (1) beat till well combined.
3. Slowly mix in (A) till well combined.
4. Spoon into papercups and bake in preheated oven 180°C 25 mins.

材料:

- A. 225 克 红萝卜 (磨粹沥干) 100 克 金葡萄干
- B. 2 汤匙 槭糖浆 120 毫升 沙拉油 1 茶匙 云尼拉香精
2 茶匙 橙皮 (磨粹) 100 克 细砂糖
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓调 (或 100 克素美奶滋 或 100 克鲜奶油)
- C. 120 克 面粉 1 茶匙 苏打粉 1 茶匙 肉桂粉 1/8 茶匙 盐

做法:

1. 把 (B) 材料搅打 2 分钟。
2. 过筛 (C) 然后慢慢加入 1 搅打至均匀。
3. 慢慢加入 (A) 拌均匀。
4. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 25 分钟。

(68)

EGGLESS HONEY MIXED SEEDS CUPCAKES

素蜜糖杂子杯子蛋糕

Ingredient:

- A. 110g butter 50g caster sugar 180g honey
2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- B. 220g plain flour 1 tsp baking soda 1 ½ tsp baking powder ½ tsp salt
- C. 100g sour cream 30g fresh milk 1 tsp vanilla essence
- D. 50g sunflower seeds 50g chopped walnuts 50g pumpkin seeds
50g melon seeds 50g almond nibs

Method:

- 1. Beat (A) for 3 mins.
- 2. Sift (B) and add 1/3 to the butter mixture, beat 1 mins. Add in 1/3 (C) mixture and beat 1 min. Repeat 2 more times till flour and sour cream finish.
- 3. Slowly fold in (D) mixture.
- 4. Spoon into papercups and bake 180°C 25 mins.

材料:

- A. 110 克 牛油 50 克 细砂糖 180 克 蜜糖
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓稠 (或 100 克素美奶滋 或 100 克鲜奶油)
- B. 220 克 面粉 1 茶匙 苏打粉 1 ½ 茶匙 发粉 ½ 茶匙 盐
- C. 100 克 酸奶油 30 毫升 奶水 1 茶匙 香精
- D. 50 克 葵花子 50 克 核桃 (切粹) 50 克 南瓜子 50 克 瓜子 50 克 杏仁粒

做法:

- 1. 把 (A) 材料搅打 3 分钟。
- 2. 过筛 (B) 加入 1/3 的面糊, 再搅打 1 分钟。加入 1/3 的 (C) 面糊, 再搅打 1 分钟。重复 2 次至 (B) 材料和 (C) 面糊完成。
- 3. 慢慢加入 (D) 拌均匀。
- 4. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 25 分钟。

(69)

EGGLESS ROSE POPPYSEED CUPCAKES

素玫瑰蓝罂栗子杯子蛋糕

Ingredient:

- A. 110g butter 150g caster sugar 50g vanilla sugar 2 Tbsp golden syrup
2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- B. 150g self raising flour 180g plain flour 20g blue poppyseeds
- C. 10 dried rose soak with 3 Tbsp water till soft then stir till well combined with 120g sour cream

Method:

- 1. Beat (A) for 3 mins.
- 2. Mix (B) till combined. Add 1/3 into butter mixture and beat till combined. Pour in 1/3 (C) mixture and beat till well combined. Repeat this process 2 more times and beat till well combined.
- 3. Spoon into paper cups and bake 180°C 23 mins.

材料:

- A. 110 克 牛油 150 克 细砂糖 50 克 云尼拉糖 2 汤匙 糖浆
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓稠 (或 100 克素美奶滋 或 100 克鲜奶油)
- B. 150 克 自发面粉 180 克 面粉 20 克 蓝罂栗子
- C. 10 个 干玫瑰 3 汤匙 水至 120 克 酸奶油

做法:

- 1. 把(A)材料搅打 3 分钟。
- 2. 过筛(B)加入 1/3 的面糊, 再搅打 1 分钟。加入 1/3 的(C)面糊, 再搅打 1 分钟。
重复 2 次至 B 材料和 (C)面糊完成。
- 3. 慢慢加入(D)拌均匀。
- 4. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 23 分钟。

(70)

EGGLESS CORNFLAKES PEANUT CHOCOLATE CHIPS CUPCAKES 素玉粟片花生巧克力粒杯子蛋糕

Ingredient:

- A. 200g butter 120g soft brown sugar 4 Tbsp treacle
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
- B. 150g fresh milk
- C. 300g self raising flour 1 Tbsp mixed spice 1/8 tsp salt
- D. 50g cornflakes-crushed roughly 50g peanut nibs 50g chocolate chips

Method:

- 1. Melt (A) over low heat and allow to cool till warm.
- 2. Stir in (B) and mix till well combined.
- 3. Mix (C) till well combined and slowly stir into the warm butter mixture.
- 4. Spoon into papercups ,sprinkle some (D) mixture and bake in preheated oven 180°C 20-25 mins

材料:

- A. 200 克 牛油 120 克 黄糖 4 汤匙 糖
- B. 2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓调 (或 100 克素美奶滋 或 100 克酸奶油)
150 克 奶水
- C. 300 克 自发面粉 1 汤匙 香料 1/8 茶匙 盐
- D. 50 克 玉粟片 (压粹) 50 克 花生粹 50 克 巧克力粒

做法:

- 1. 小火把(A)材料煮至溶, 离火放置一旁待稍微凉。
- 2. 慢慢加入(B)拌均匀。
- 3. 把(C)材料拌均匀, 然后慢慢加入面糊中。
- 4. 舀入纸杯里, 然后撒上(D)。即可放入预热烘炉, 以 180°C 烘 20-25 分钟。

(71)

EGGLESS LIPTON TEA GINGER CUPCAKES 素姜茶杯子蛋糕

Ingredient:

- A. 125ml fresh milk 4 lipton teabags
- B. 110g butter 200g caster sugar 2 Tbsp molasses 1 tsp vanilla essence
2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- C. 250g plain flour 1 ½ tsp baking powder 1 ½ tsp ginger powder

Method:

1. Place (A) in a saucepan and put on top of slow fire. Just allow it to begin to boil and then let teabags steep for 30 mins. Cover the saucepan.
2. Beat (B) for 4 mins. till smooth.
3. Mix (C) and sift 3 times. Remove teabags from milk.
4. Divide into 3 portions the milk mixture and flour mixture.
5. Slowly add one portion by one portion into butter mixture and beat till well combined.
6. Spoon into papercups and bake in preheated oven 180°C 20-25 mins.

材料：

- A. 125 毫升 奶水 4 包 茶
- B. 110 克 牛油 200 克 细砂糖 4 汤匙 糖浆 1 茶匙 云尼拉香精
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓稠（或 100 克素美奶滋 或 100 克鲜奶油）
- C. 250 克 面粉 1 ½茶匙 发粉 1 ½茶匙 姜粉

做法：

1. 把（A）材料已小火煮至滚，离火后把盖盖上大约 30 分钟。
2. 把（B）材料搅打 4 分钟至幼滑。
3. 把（C）材料拌均匀然后过筛 3 次，沥干茶包后把剩下的奶水和（C）分成 3 份。
4. 分次数的把奶水和（C）材料的搅打至均匀。
5. 舀入纸杯里，即可放入预热烘炉，以 180°C 烘 20-25 分钟。

EGGLESS CLASSIC CHOCOLATE COOKIES & CHIPS CUPCAKES 素巧克力饼和巧克力粒杯子蛋糕

Ingredient:

- A. 110g butter 120g soft brown sugar 50g vanilla sugar 2 Tbsp molasses
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- B. 200g plain flour 1 ¾ tsp baking powder 40g cocoa powder
- C. 1 Tbsp sour cream 1 tsp vanilla essence 125ml chocolate fresh milk
- D. 100g chocolate chips 100g chocolate cookies – roughly crushed

Method:

- 1. Beat (A) for 3 mins.
- 2. Mix (B) till well combined. Mix (C) till well combined.
- 3. Slowly add (B) and (C) alternately into butter mixture and beat well after each addition.
- 4. Add in (D) and mix till combined.
- 5. Spoon into paper cups and bake in preheated oven 180°C for 20-25 mins.

材料：

- A. 110 克 牛油 120 克 细砂糖 50 克 云尼拉糖 2 汤匙 糖浆
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓稠（或 100 克素美奶滋 或 100 克鲜奶油）
- B. 200 克 面粉 1 ¾ 茶匙 发粉 40 克 巧克力粉
- C. 100 克 酸奶油 1 茶匙 云尼拉香精 125 毫升 巧克力 奶水
- D. 100 克 巧克力粒 100 克 巧克力饼（压碎）

做法：

- 1. 把（A）材料搅打 3 分钟。
- 2. 把（B）材料拌均匀也把（C）材料拌均匀。
- 3. 分数次把（B）和（C）材料搅打至均匀。
- 4. 然后加入（D）拌均匀。
- 5. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20-25 分钟。

(73)

EGGLESS PEANUT BUTTER CUPCAKES

素巧花生酱杯子蛋糕

Ingredient:

- A. 75g butter 130g peanut butter 1 tsp vanilla essence
2 Tbsp molasses 150g soft brown sugar
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- B. 120g plain flour sifted with 1 tsp baking powder 1/8 tsp salt
- C. 60ml buttermilk
- D. 100g peanut nibs

Method:

- 1. Beat (A) for 3 mins.
- 2. Mix (B) till well combined.
- 3. Slowly add into butter mixture alternately with (C). And beat well after each addition.
- 4. Spoon into paper cups, sprinkle top with (D) and bake in preheated oven 180°C 20-25 mins.

材料：

- A. 75 克 牛油 130 克 花生酱 1 茶匙 云尼拉香精 2 汤匙 糖浆 150 克 黄糖
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓稠（或 100 克素美奶滋 或 100 克鲜奶油）
- B. 120 克 面粉 和 1 茶匙 发粉 (过筛) 1/8 茶匙 盐
- C. 60 毫升 牛油奶水
- D. 100 克 花生粹

做法：

- 1. 把 (A) 材料搅打 3 分钟。
- 2. 把 (B) 材料拌均匀。
- 3. 分数次的加入 (C) 材料搅打至均匀。
- 4. 舀入纸杯里，然后撒上 (D)。即可放入预热烘炉，以 180°C 烘 20-25 分钟。

(74)

EGGLESS MOIST CHOCOLATE MARBLE CUPCAKES

素巧克力云石杯子蛋糕

Ingredient:

- A. 180g butter 250g caster sugar 250ml fresh milk
3 Tbsp flaxseeds powder mix with 6 Tbsp hot water till thick
(or substitute with 150g vegetarian mayonnaise or 150g sour cream)
- B. 280g plain flour ½ tsp salt 1 tsp baking soda 1 tsp baking powder
- C. 20g cocoa powder

Method:

1. Beat (A) till well combined and smooth.
2. Combine (B) and slowly fold into (A). Mix well. Divide into 2 portions. Add (C) to 1 portion.
3. Spoon a little of each butter portion and cocoa portion into papercups and swirl to make marble pattern. Bake in preheated oven 180°C for 20 mins.

材料:

- A. 180 克 牛油 250 克 细砂糖 250 毫升 奶水
3 汤匙 亚麻籽粉加入 6 汤匙 沸水搅拌至浓稠 (或 150 克素美奶滋 或 150 克酸奶油)
- B. 280 克 面粉 ½茶匙 盐 1 茶匙 苏打粉 1 茶匙 发粉
- C. 20 克 可可粉

做法:

1. 先将 (A) 材料搅打至幼滑。
2. 先把 (B) 材料拌均匀, 然后慢慢加入 (A) 材料拌均匀。然后分成 2 分, 1 分加入可可粉。
3. 把各 1 汤匙的面糊舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20 分钟。

(75)

EGGLESS CHERRY COCONUT CUPCAKES 素樱桃椰子杯子蛋糕

Ingredient:

- A. 110g butter 120g caster sugar 2 Tbsp golden syrup 1 tsp coconut essence
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
- B. 250g plain flour 2 tsp baking powder 1/8 tsp salt
- C. 125ml coconut milk
- D. 25g dessicated coconut 10 pieces chopped red cherries

Method:

- 1. Beat (A) for 3 mins.
- 2. Mix (B) till well combined.
- 3. Slowly add into butter mixture alternately with coconut milk and beat well after each addition.
- 4. Slowly stir in dessicated coconut and chopped cherries.
- 5. Spoon into paper cups and bake in preheated oven 180°C for 20-25 mins.

材料:

- A. 110 克 牛油 120 克 细砂糖 2 汤匙 糖浆 1 茶匙 椰子香精
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓稠 (或 100 克素美奶滋 或 100 克 酸奶油)
- B. 250 克 面粉 2 茶匙 发粉 1/8 茶匙 盐
- C. 125 毫升 椰浆
- D. 25 克 椰丝 10 粒切小块的樱桃

做法:

- 1. 把 (A) 材料搅打 3 分钟。
- 2. 把 (B) 材料拌均匀。
- 3. 分数次把面糊和椰子材料搅打至均匀。
- 4. 然后慢慢加入 (D) 拌均匀。
- 5. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20-25 分钟。

(76)

EGGLESS GINGER ALMOND CUPCAKES

素姜杏仁杯子蛋糕

Ingredient:

- A. 200g butter 120g soft brown sugar 3 Tbsp treacle
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- B. 150g fresh milk 1 Tbsp ginger juice
- C. 300g self raising flour 1 Tbsp ground ginger 1/8 tsp salt
- D. 50g almond nibs

Method:

- 1. Melt (A) over low heat and allow to cool till warm.
- 2. Stir in (B) and mix till well combined.
- 3. Mix (C) till well combined and slowly stir into the warm butter mixture.
- 4. Spoon into papercups and bake in preheated oven 180°C 20-25 mins.

材料:

- A. 200 克 牛油 120 克 黄糖 3 汤匙 糖
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓调 (或 100 克素美奶滋 或 100 克鲜奶油)
- B. 150 克 奶水 1 汤匙 姜汁
- C. 300 克 自发面粉 1 汤匙 姜粉 1/8 茶匙 盐
- D. 50 克 杏仁粹

做法:

- 1. 小火把 (A) 材料煮至溶, 离火放置一旁待稍微凉。
- 2. 慢慢加入 (B) 拌均匀。
- 3. 把 (C) 材料拌均匀, 然后慢慢加入面糊中。
- 4. 舀入纸杯里, 然后撒上 (D)。即可放入预热烘炉, 以 180°C 烘 20-25 分钟。

(77)

EGGLESS RICH CHOCOLATE BANANA CUPCAKES 素巧克力香蕉杯子蛋糕

Ingredient:

- A. 125g butter 170g caster sugar 2 Tbsp molasses 1 tsp banana essence
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
- B. 220g plain flour 2 tsp baking powder 30g cocoa powder
- C. 4 ripe bananas (mashed) 160g cooking chocolate chopped into small pieces

Method:

- 1. Beat (A) for 3 mins till smooth.
- 2. Mix (B) till well combined and slowly add into butter mixture and beat till smooth.
- 3. Stir in the mashed bananas and chocolate pieces.
- 4. Spoon into papercups and bake in preheated oven 180°C 20-25 mins.

材料:

- A. 125 克 牛油 170 克 细砂糖 2 汤匙 糖浆 1 茶匙 香蕉香精
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓稠 (或 100 克素美奶滋 或 100 克酸奶油)
- B. 220 克 面粉 2 茶匙 发粉 30 克 巧克力粉
- C. 4 条 香蕉 (压烂) 160 克切小块的煮食巧克力

做法:

- 1. 把 (A) 材料搅打 3 分钟。
- 2. 把 (B) 材料拌均匀然后慢慢加入面糊中。
- 3. 然后加入压碎香蕉和煮食巧克力拌均匀。
- 4. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20-25 分钟。

(78)

EGGLESS MOIST CHEEZY CHOCOLATE CUPCAKES

素芝士巧克力杯子蛋糕

Ingredient:

- A. 180g cream cheese 250g caster sugar 250ml chocolate milk 40g cheese powder
3 Tbsp flaxseeds powder mix with 6 Tbsp hot water till thick
(or substitute with 150g vegetarian mayonnaise or 150g sour cream)
- B. 280g plain flour 50g cocoa powder ½ tsp salt 1 tsp baking soda 1 tsp baking powder

Method:

1. Beat (A) till well combined and smooth.
2. Combine (B) and slowly fold into (A). Mix well.
3. Spoon into papercups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 180 克 奶油芝士 250 克 细砂糖 250 毫升 奶水 40 克 芝士粉
3 汤匙 亚麻籽粉加入 6 汤匙 沸水搅拌至浓调 (或 150 克素美奶滋 或 150 克酸奶油)
- B. 280 克 面粉 20 克 可可粉 ½茶匙 盐 1 茶匙 苏打粉 1 茶匙 发粉

做法:

1. 先将 (A) 材料搅打至幼滑。
2. 先把 (B) 材料拌均匀, 然后慢慢加入 (A) 材料拌均匀。
3. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20 分钟。

(79)

EGGLESS WHOLEMEAL HAZELNUT BUTTERMILK CUPCAKES 素全麦榛子牛油奶水杯子蛋糕

Ingredient:

- A. 200g butter 130g caster sugar 3 Tbsp honey
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
- B. 150g buttermilk 1 Tbsp hazelnut flavour
- C. 250g wholemeal flour 1/8 tsp salt 50g hazelnut powder 1 ¼ tsp baking powder

Method:

1. Melt (A) over low heat and allow to cool till warm.
2. Stir in (B) and mix till well combined.
3. Mix (C) till well combined and slowly stir into the warm butter mixture.
4. Spoon into papercups and bake in preheated oven 180°C for 20-25 mins.

材料:

- A. 200 克 牛油 130 克 细砂糖 3 汤匙 蜜糖
2 汤匙 亚麻籽粉加入 4 汤匙 沸水搅拌至浓调 (或 100 克素美奶滋 或 100 克酸奶油)
- B. 150 克 牛油奶水 1 汤匙 榛子香精
- C. 250 克 全麦面粉 1/8 茶匙 盐 50 克 榛子粉 1 ¼茶匙 发粉

做法:

1. 小火把 (A) 材料煮至溶, 离火放置一旁待稍微凉。
2. 慢慢加入 (B) 拌均匀。
3. 把 (C) 材料拌均匀, 然后慢慢加入面糊中。
4. 舀入纸杯里, 然后撒上 (D)。即可放入预热烘炉, 以 180°C 烘 20-25 分钟。

(80)

EGGLESS ROSE CHEESE CUPCAKES 素玫瑰芝士杯子蛋糕

Ingredient:

Base: 200g digestive biscuits (blended) 75g melted butter

1. Get ready waxed solo paper cups.
2. Mix the biscuits with butter. Press a little of the mixture firmly on to the base of solo papercups.

Topping: A) $\frac{1}{2}$ cup caster sugar $\frac{1}{4}$ cup + 2 tsp fresh orange juice (strained)

B) 1 $\frac{1}{2}$ Tbsp vegetarian gelatine 2 Tbsp water

C) 1 $\frac{1}{4}$ cups non-dairy whipping cream

D) 500g cream cheese 1 tsp rose essence

Method:

1. Place (A) in a saucepan over low heat and stir till sugar dissolves.
2. Combine (B) and stir till dissolve over low heat.
3. Mix (A) & (B) till well combined. Set aside.
4. Beat (C) till stiff.
5. Beat (D) with the orange gelatine mixture.
6. Fold in the stiff cream.
7. Spoon into hardened base and refrigerate overnight to set.

材料:

饼底: 200 克 消化饼压粹 75 克 溶化牛油

1. 先把纸杯涂上牛油。
2. 把压粹的消化饼和溶化牛油拌均, 然后压是在纸杯里。

陷料: A) $\frac{1}{2}$ 杯 细砂糖 $\frac{1}{4}$ 杯 + 2 茶匙 橙汁

B) 1 $\frac{1}{2}$ 汤匙 素吉利丁 2 汤匙 水

C) 1 $\frac{1}{4}$ 杯 植物性鲜奶油

D) 500 克 奶油芝士 1 茶匙 玫瑰香精

做法:

1. 小火把 (A) 材料煮至糖溶解。
2. 慢慢加入 (B) 小火煮至 B 溶解。
3. 把 (A) 材料和 (B) 材料拌均匀。放置一旁。
4. 搅打 (C) 至松发 (松发如奶油)。
5. 把 (D) 材料和 (A+B) 材料搅打均匀。然后加入 (C) 中。
6. 舀入纸杯里放入冰箱冷冻。

1. 把 (A) 材料搅打至光滑。
2. 加入 (B) 再搅打至光滑。
3. 加入 (C) 材料拌均匀。然后加入 (D)。
4. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20 分钟。烘好后把烤炉门稍微打开把蛋糕放在烤炉 1 小时至冷。蛋糕冷后即可食用。

Muffins Recipes



(82)

EGGLESS VANILLA CHOC CHIP MUFFINS 素香草巧克力片松糕

Ingredient:

- A. 325g plain flour 90g soft butter 50g milk powder 3 tsp baking powder
- B. 50g vanilla sugar 130g caster sugar
1 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
½ tsp lemon juice 80g chocolate chips 300ml fresh milk

Method:

- 1. Mix (A) till well combined.
- 2. Mix (B) till well combined.
- 3. Slowly mix (A) & (B) DO NOT OVERMIX.
- 4. Spoon into muffin papercups and bake 180°C for 20 mins.

材料:

- A. 325克面粉 90克软质牛油 50克奶粉 3茶匙发粉
- B. 50克云尼拉糖 130克细砂糖
1 汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调 (或50克素美奶滋 或50克鲜奶油)
½茶匙柠檬汁 80克巧克力粒 300毫升奶水

做法:

- 1. 把(A)材料拌均匀。
- 2. 把(B)材料拌均匀。
- 3. 然后把(A)材料和(B)材料拌均匀(不要过于搅拌)。
- 4. 舀入纸杯里, 即可放入预热烘炉, 以°180°C烘 20 分钟。

EGGLESS CORNFLAKES ALMOND MUFFINS 素玉米片杏仁松糕

Ingredient:

- A. 375g plain flour 3 tsp baking powder 100g soft butter
- B. 180g caster sugar 310ml fresh milk 1 tsp vanilla essence
1 Tbsp flaxseeds powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g sour cream)
- C. 50g cornflakes 50g almond slice

Method:

- 1. Mix (A) till well combined.
- 2. Mix (B) till well combined.
- 3. Slowly mix (A) & (B) DO NOT OVERMIX.
- 4. Take 1/3 batter and slowly mix in cornflakes and almond slice.
- 5. Spoon plain batter $\frac{3}{4}$ full in muffin cups and top with cornflakes batter.
- 6. Bake in preheated oven 180°C for 20 mins.

材料:

- A. 375克面粉 3茶匙发粉 100克软质牛油
- B. 180克细砂糖 1茶匙云尼拉香精 310毫升奶水
1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调 (或50克素美奶滋 或50克酸奶油)
- C. 50克杏仁片 50克玉米片

做法:

- 1. 把(A)材料拌均匀。
- 2. 把(B)材料拌均匀。
- 3. 然后把(A)材料和(B)材料拌均匀(不要过于搅拌)。
- 4. 取1/3的面糊加入玉米片和杏仁粒。
- 5. 舀入纸杯里至八分满, 然后加入少许(4)面糊。
- 6. 即可放入预热烘炉, 以180°C烘20分钟。

(84)

EGGLESS PLAIN MUFFINS

素原味松糕

Ingredient:

- A. 250g plain flour 2 tsp baking powder 60g soft butter
- B. 110g caster sugar 220ml fresh milk
- C. 1 Tbsp flaxseeds mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)

Method:

- 1. Mix (A) till well combined like breadcrumbs.
- 2. Mix (B) till well combined.
- 3. Slowly mix (A) & (B) DO NOT OVERMIX.
- 4. Spoon into muffin cups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 250克面粉 2茶匙发粉 60克软质牛油
- B. 110克细砂糖 220毫升鲜奶水
- C. 1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调 (或50克素美奶滋 或50克鲜奶油)

做法:

- 1. 把(A)材料拌均匀如面包糠。
- 2. 把(B)材料拌均匀。
- 3. 然后慢慢把(A)材料和(B)材料拌均匀(不要过于搅拌)。
- 4. 舀入纸杯里, 即可放入预热烘炉, 以°180°C烘 20 分钟。

(85)

EGGLESS CHOCOLATE MUFFINS 素巧克力松糕

Ingredient:

- A. 275g plain flour 3 tsp baking powder 50g cocoa powder 90g soft butter
- B. 150g caster sugar 250ml chocolate fresh milk 1 Tbsp chocolate paste
- C. 2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)

Method:

- 1. Mix (A) till well combined like breadcrumbs.
- 2. Mix (B) till well combined.
- 3. Slowly mix (A) & (B) DO NOT OVERMIX.
- 4. Spoon into muffin cups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 275克 面粉 3茶匙 发粉 50克 可可粉 90克 软质牛油
- B. 150克 细砂糖 250毫升 巧克力奶水 1汤匙 巧克力香精
- C. 2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调 (或100克素美奶滋 或100克酸奶油)

做法:

- 1. 把 (A) 材料拌均匀如面包糠。
- 2. 把 (B) 材料拌均匀。
- 3. 然后把 (A) 材料和 (B) 材料拌均匀 (不要过于搅拌)。
- 4. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20 分钟。

(86)

EGGLESS HAZELNUT RAISINS MUFFINS

素榛子葡萄干松糕

Ingredient:

- A. 300g plain flour 50g caster sugar 100g soft brown sugar 1 Tbsp baking powder
- B. 2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 50g sour cream)
115g melted butter 175ml buttermilk 1 Tbsp hazelnut flavour
- C. 100g roughly chopped hazelnut 100 black raisins

Method:

- 1. Mix (A) till well combined.
- 2. Beat (B) till smooth.
- 3. Slowly fold in (A) and (C) DO NOT OVERMIX.
- 4. Spoon into muffin cups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 300克 面粉 50克 幼砂糖 100克 黄糖 1汤匙 发粉
- B. 2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调 (或100克素美奶滋 或100克酸奶油)
115克 融化牛油 175毫升 牛油奶水 1汤匙 榛子香精
- C. 100克 切碎榛子 100 黑色葡萄干

做法:

- 1. 把(A)材料拌均匀如面包糠。
- 2. 把(B)材料搅拌均匀。
- 3. 然后把(A)材料和(C)材料拌均匀(不要过于搅拌)。
- 4. 舀入纸杯里,即可放入预热烘炉,以°180°C烘 20 分钟。

(87)

EGGLESS WHITE COFFEE CHOCOLATE CHIP MUFFINS 素白咖啡巧克力松糕

Ingredient:

- A. 2 Tbsp Nescafe mixed with 2 Tbsp hot water and 2 Tbsp fresh milk
- B. 140g melted butter mixed with 1 Tbsp White Coffee Paste
- C. 2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
250ml fresh milk
- D. 100g chocolate chips 400g plain flour
tsp baking powder 1 tsp baking soda 120g caster sugar

Method:

- 1. Beat (C) for 2 mins. Add in (A) & (B) and mix till combined.
- 2. Mix (D) till well combined and slowly stir into (1) DO NOT OVERMIX.
- 3. Spoon into muffin cups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 2汤匙咖啡粉加入2汤匙沸水拌均后再加入2汤匙鲜奶水混合
- B. 140克融化牛油加入1汤匙白咖啡香精
- C. 2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调 (或100克素美奶滋 或100克鲜奶油)
250毫升鲜奶水
- D. 100克 巧克力粒 400克 面粉
3茶匙 发粉 1茶匙 苏打粉 120克 细砂糖

做法:

- 1. 把 (C) 材料搅打 2 分钟。然后加入 (A) 和 (B) 拌均匀。
- 2. 把 (D) 材料拌均匀后再拌入 (1) 料。(不要过于搅拌)
- 3. 舀入纸杯里, 即可放入预热烘炉, 以°180°C 烘 20 分钟。

EGGLESS CAPPUCINO WALNUT RAISIN MUFFINS 素卡布奇诺核桃葡萄干松糕

Ingredient:

- A. 250g butter 180g caster sugar 1 Tbsp Cappucino Paste
- B. 250ml fresh milk 1 Tbsp Nescafe mix with 2 Tbsp hot water
Tbsp flaxseeds powder mix with 8 Tbsp hot water till thick
(or substitute with 200g vegetarian mayonnaise or 200g thicken cream)
- C. 190g plain flour 2 tsp baking powder 50g milk powder 10g chocolate powder
- D. 100g roughly chopped walnuts 100g black raisins

Method:

- 1. Beat (A) till smooth.
- 2. Mix (B) till well combined and slowly pour into (A) and beat till combined.
- 3. Sift (C) till well combined. Pour into (2) and mix till combined. DO NOT OVERMIX.
Slowly mix in (D).
- 4. Spoon into muffin cups and bake in preheated oven 180°C for 20 mins.

材料:

- A. 250克 牛油 180克 细砂糖 1汤匙 卡布奇诺香精
- B. 250毫升 鲜奶水 1汤匙 咖啡粉加入2汤匙热水
汤匙 亚麻籽粉加入 8 汤匙 沸水搅拌至浓调 (或 150 克素美奶滋 或 150 克鲜奶油)
- C. 190克 面粉 2茶匙 发粉 50克奶粉 10克 巧克力粉
- D. 100克 核桃 (切碎) 100克 黑葡萄干

做法:

- 1. 把 (A) 材料搅打至幼滑。
- 2. 把 (B) 材料拌均匀后再拌入 (A) 料至均匀。
- 3. 过筛 (C) 然后慢慢加入(2)拌至均匀 (不要过于搅拌), 再拌入 (2) 料和加入 (D) 料。
- 4. 舀入纸杯里, 即可放入预热烘炉, 以 180°C 烘 20 分钟。

(89)

EGGLESS APPLE CINNAMON MUFFINS

素苹果肉桂松糕

Ingredient:

- A. 320g plain flour 200g caster sugar 4 tsp baking powder 2 tsp cinnamon powder
- B. 4 Tbsp salad oil 50g melted butter 175ml sour cream
- C. 2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise)
2 peeled, cored and finely diced small apples

Method:

1. Mix (A) till well combined.
2. Beat (B) for 1 min. Add in (A) mixture and slowly mix till nearly combined then stir in diced apples. Slowly mix in. DO NOT OVERMIX
3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 320克 面粉 200克 细砂糖 4茶匙 发粉 2茶匙 肉桂粉
- B. 4 汤匙 沙拉油 50克 溶化牛油 175毫升 酸奶油
2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调（或100克素美奶滋）
- C. 2粒苹果去皮，芯，切块

做法:

1. 把（A）材料拌均匀。
2. 把（B）材料搅打1分钟再拌入（A）料至均匀。再加入切块苹果（不要过于搅拌）。
3. 舀入纸杯里，即可放入预热烘炉，以175°C烘20 分钟。

(90)

EGGLESS APPLE CRUMBLE MUFFINS 素苹果酥皮松糕

Ingredient:

For the fillings: 250g chopped apples 3 Tbsp caster sugar 2 Tbsp water
Mix all ingredients in a saucepan and cook for about 5 mins till apples become soft. Allow to cool.

For the crumble : 2 Tbsp melted butter 4 Tbsp plain flour 3 Tbsp soft brown sugar
4 Tbsp rolled oats 1 tsp grated lemon rind
Mix all the ingredients till well combined.

For the muffins:

- A. 375g plain flour 110g soft brown sugar 1/8 tsp salt 1 tsp baking powder
- B. 115g melted butter 250ml fresh milk
1 Tbsp flaxseeds powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g sour cream)

Method:

1. Mix (A) till well combined.
2. Beat (B) for 1 minute. Slowly stir in (A) DO NOT OVERMIX.
3. Spoon into muffin cups ½ full and then spoon in the filling till ¾ full. Top with the crumble.
Bake in preheated oven 200°C for 20 mins.

材料:

馅料: 250克切碎的苹果加入3汤匙细砂糖及2汤匙水煮大约5分钟直到苹果变软, 待凉。

酥皮: 2汤匙融化牛油, 4汤匙面粉, 3汤匙红糖软, 4汤匙燕麦片及1茶匙磨碎的柠檬皮拌均匀。

松糕:

- A. 375克 面粉 110克 黄糖 1/8茶匙盐 1茶匙发粉
- B. 115克 溶化牛油 250毫升鲜牛奶
1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调 (或50克素美奶滋或50克酸奶油)

做法:

1. 把(A)材料拌均匀。
2. 把(B)材料搅打1分钟再慢慢拌入(A)料至均匀(不要过于搅拌)。
3. 舀入纸杯里至半分满, 然后加入馅料至八分满然后撒上酥皮, 即可放入预热烘炉, 以200°C烘20分钟。

(91)

EGGLESS STRAWBERRY MUFFINS

素草莓松糕

Ingredient:

- A. 120g castEr sugar 1 Tbsp grated lemon rind
- B. 265g plain flour 1 Tbsp baking powder
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
225ml fresh milk 115 melted butter 1 Tbsp strawberry paste
- C. 100g strawberry hotfil 30g poppyseeds

Method:

- 1. Mix (A) till well combined.
- 2. Beat (B) for 1 min. Add in (A) mixture and (C). Slowly stir till combined.
- 3. DO NOT OVERMIX.
- 4. Spoon into muffin cups and bake in preheated oven 200°C for 20 mins.

材料:

- A. 120克 细砂糖 1汤匙 柠檬皮（磨碎） 265克面粉 1汤匙 发粉
- B. 2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调（或100克素美奶滋 或100克酸奶油）
225毫升 鲜奶 115克 溶化牛油 1汤匙草莓香精
- C. 100克草莓酱 30克 蓝罂粟子

做法:

- 1. 把（A）材料拌均匀。
- 2. 把（B）材料搅打1分钟。
- 3. 然后慢慢把（A）材料和（B）材料拌均匀（不要过于搅拌）。
- 4. 舀入纸杯里，即可放入预热烘炉，以 200°C 烘 20 分钟。

EGGLESS APPLE MIXED SPICE MUFFINS 素苹果香料松糕

Ingredient:

- A. 320g plain flour 200g caster sugar 4 tsp baking powder 2 tsp mixed spice
- B. 4 Tbsp salad oil 50g melted butter 175ml sour cream
2 Tbsp flaxseeds powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
- C. 2 peeled, cored and finely diced small apples

Method:

- 1. Mix (A) till well combined.
- 2. Beat (B) for 1 min. Add in (A) mixture and slowly mix till nearly combined then stir in diced apples. Slowly mix in. DO NOT OVERMIX.
- 3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 320克 面粉 200克 细砂糖 4茶匙发粉 2茶匙 香料
- B. 4汤匙 沙拉油 50克 溶化牛油 175毫升
2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调 (或100克素美奶滋 或100克鲜奶油)
- C. 2粒苹果去皮, 芯, 切块

做法:

- 1. 把 (A) 材料拌均匀。
- 2. 把 (B) 材料搅打 1 分钟再拌入 (A) 料至拌均匀。再加入切块的苹果拌均匀 (不要过于搅拌)。
- 3. 舀入纸杯里, 即可放入预热烘炉, 以175°C烘20 分钟。

EGGLESS PEACH CRUMBLE MUFFINS

素桃子酥皮松饼

Ingredient:

For the fillings: 250g well drained peaches from tin 2 Tbsp caster sugar
2 Tbsp water
Mix all ingredients in a saucepan and cook for about 5 mins till peaches become soft.

For the crumble : 2 Tbsp melted butter 4 Tbsp plain flour 3 Tbsp soft brown sugar
4 Tbsp rolled oats 1 tsp grated lemon rind
Mix all the ingredients till well combined.

For the muffins:

- A. 375g plain flour 110g soft brown sugar 1/8 tsp salt
1 tsp baking powder
B. 115g melted butter 250ml fresh milk
1 Tbsp flaxseeds powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g sour cream)

Method:

1. Mix (A) till well combined.
2. Beat (B) for 1 minute. Slowly stir in (A) DO NOT OVERMIX.
3. Spoon into muffin cups ½ full and then spoon in the filling till ¾ full. Top with the crumble.
Bake in preheated oven 200°C for 20 mins.

材料:

馅料: 250克罐頭桃子(瀝干), 2湯匙細砂糖, 2湯匙水煮大約5分鐘直到桃子變軟, 待涼。

酥皮: 2湯匙融化的牛油, 4湯匙面粉, 3湯匙紅糖, 4湯匙燕麥片及1茶匙磨碎的檸檬皮拌均。

松糕: 375克 面粉 110克 紅糖 1/8茶匙 鹽 1茶匙 發粉
115克 融化牛油 250毫升 鮮牛奶
1湯匙 亞麻籽粉加入2湯匙 沸水攪拌至濃稠(或50克素美奶滋或50克酸奶油)

做法:

1. 把(A)材料拌均勻。
2. 把(B)材料攪打1分鐘再慢慢拌入(A)料至均勻(不要過於攪拌)。
3. 舀入紙杯里至半分滿, 然後加入餡料至八分滿然後撒上酥皮, 即可放入預熱烘爐, 以200°C烘20分鐘。

(94)

EGGLESS NESTUM APRICOT MUFFINS

素麦片杏松糕

Ingredient:

- A. A) 170g chopped dried apricots 150g Nestum cereals 1 tsp baking powder
250g self raising flour
- B. 125ml orange juice 125ml apple juice 3 Tbsp salad oil 100g golden syrup
1 Tbsp flaxseed powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g sour cream)
½ tsp apple essence ½ tsp orange oil flavour

Method:

1. Mix (A) till well combined.
2. Beat (B) for 1 min. Slowly stir in (A) mixture. DO NOT OVERMIX
3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 170克 干杏（切碎） 150克 麦片 1茶匙 发粉 250克 自发粉
- B. 125毫升 苹果汁 125毫升 橙汁 3汤匙 沙拉油 100克 糖浆
1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调（或50克素美奶滋或50克酸奶油）
½茶匙 苹果香精 ½茶匙 橙香精

做法:

1. 把（A）材料拌均匀。
2. 把（B）材料搅打1分钟再慢慢拌入（A）料至均匀（不要过于搅拌）。
3. 舀入纸杯里，即可放入预热烘炉，以175°C烘20 分钟。

(95)

EGGLESS ROLLED OATS SUNFLOWER SEEDS MUFFINS 素燕麦松饼葵花种子松糕

Ingredient:

- A. 100g chopped apricot 150g rolled oats 1 tsp baking powder
250g self raising flour 50g sunflower seeds
- B. 250ml fresh milk 3 Tbsp salad oil 80g maple syrup 1 Tbsp butter emulco
1 Tbsp flaxseed powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)

Method:

1. Mix (A) till well combined.
2. Beat (B) for 1 min. Slowly stir in (A) mixture. DO NOT OVERMIX
3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 100克干杏（切碎） 150克 燕麦片 1茶匙 发粉 250克自发粉 50克葵花子
- B. 250毫升鲜牛奶 3汤匙沙拉油 80克枫糖浆 1汤匙牛油香精
1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调（或50克素美奶滋或50克酸奶油）

做法:

1. 把（A）材料拌均匀。
2. 把（B）材料搅打1分钟再慢慢拌入（A）料至均匀（不要过于搅拌）。
3. 舀入纸杯里，即可放入预热烘炉，以175°C烘20 分钟。

EGGLESS COCONUT KIWI MUFFINS 素椰子奇异果松糕

Ingredient:

- A. 100g chopped dried kiwi 150g rolled oats 1 tsp baking powder
250g self raising flour 30g poppyseeds 4 Tbsp dessicated coconut
- B. 250ml fresh milk 3 Tbsp salad oil 80g maple syrup 1 Tbsp kiwi essence
1 Tbsp flaxseed powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g sour cream)

Method:

1. Mix (A) till well combined.
2. Beat (B) for 1 min. Slowly stir in (A) mixture. DO NOT OVERMIX
3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 100克 干奇异果（切碎） 150克 燕麦片 1茶匙 发粉 250克 自发粉
30克 蓝罂粟子 4汤匙 椰丝
- B. 250毫升 鲜牛奶 80克 沙拉油 3汤匙 枫糖浆 1汤匙 奇异果香精
1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调（或50克素美奶滋或50克酸奶油）

做法:

1. 把（A）材料拌均匀。
2. 把（B）材料搅打1分钟再慢慢拌入（A）料至均匀（不要过于搅拌）。
3. 舀入纸杯里，即可放入预热烘炉，以175°C烘20分钟。

(97)

EGGLESS CHOCOLATE CHUNK PEANUT MUFFINS 素巧克力块花生松糕

Ingredient:

- A. 2 Tbsp flaxseeds powder mix with 4 Tbsp Hot water blend till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
250ml chocolate fresh milk 1 tsp vanilla sugar 6 Tbsp melted cooled butter
- B. 280g plain flour mix with 1 Tbsp baking powder (Sift 2 twice) 50g peanut nibs
1/8 tsp salt 115g caster sugar 180g cooking chocolate chunks

Method:

- 1. Beat (A) slightly. DO NOT OVER BEAT.
- 2. Mix (B) till well combined.
- 3. Slowly add to (1) and mix till combined. DO NOT OVER MIX.
- 4. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调（或100克素美奶滋 或100克鲜奶油）
250毫升 巧克力奶水 1茶匙 云尼拉香精 6汤匙 融化牛油
- B. 280克面粉和1汤匙发粉（过筛2次） 50克花生碎粒 1 / 8茶匙盐 115克细砂糖
180克巧克力块

做法:

- 1. 把（A）材料搅打均匀（不要过于搅拌）。
- 2. 把（B）材料拌均匀。

(98)

EGGLESS WHOLEMEAL PEACH MUFFINS 素全麦桃松饼

Ingredient:

- A. 450g drained tin peaches
- B. 100g plain flour 90g wholemeal special flour
2 tsp baking powder 1/8 tsp salt 70g soft brown sugar
- C. 1 Tbsp flaxseed powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g sour cream)
Tbsp salad oil 115ml fresh milk

Method:

- 1. Puree the drained peaches in a food processor.
- 2. Combine (B) till well mix.
- 3. Beat (C) for 1 min. Stir in pureed peaches. Slowly stir in (B) mixture. DO NOT OVER STIR
- 4. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 450克罐頭桃子（沥干）
- B. 100克面粉 90克全麦面粉 2茶匙发粉 1/8茶匙盐 70克黄糖
- C. 1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调（或50克素美奶滋或50克酸奶油）
- D. 4汤匙沙拉油 115毫升鲜牛奶

做法:

- 1. 把桃子放入搅拌机搅烂。
- 2. 把（B）材料拌均匀。
- 3. 把（C）材料搅打1分钟再慢慢拌入（B）料至均匀（不要过于搅拌）。
- 4. 舀入纸杯里，即可放入预热烘炉，以175°C烘20分钟。

EGGLESS OATS AND BRAN MUFFINS 素燕麦和麸松糕

Ingredient:

- A. 225g plain flour 180g soft brown sugar 1 Tbsp baking powder
1 tsp cinnamon powder 40g bran 40g rolled oats 1/8 tsp salt
- B. 450ml buttermilk 170ml salad oil
2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
100g black raisins

Method:

1. Mix (A) till well combined.
2. Beat (B) for 1 min. Slowly fold in (A) mixture and then stir in (C). DO NOT OVER STIR
3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 225克面粉 180克黄糖 1汤匙发粉 1茶匙肉桂粉 40克燕麦 40克麸
1/8茶匙盐
- B. 450毫升牛油奶水 170毫升沙拉油 4汤匙沸水
2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调 (或100克素美奶滋 或100克酸奶油)
100克黑葡萄干

做法:

1. 把(A)材料拌均匀。
2. 把(B)材料搅打1分钟。慢慢拌入(A)料后再拌入(C)料拌至均匀。
(不要过于搅拌)
3. 舀入纸杯里, 即可放入预热烘炉, 以175°C烘20分钟。

(100)

EGGLESS BANANA WALNUT DATES MUFFINS

素香蕉核桃 红枣松糕

Ingredient:

- A. 275g plain flour 100g caster sugar 1 Tbsp baking powder
- B. 2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
Tbsp melted butter 60g sour cream 1 large mashed banana 2 Tbsp fresh milk
- C. 100g chopped dates 50g chopped walnuts

Method:

- 1. Mix (A) till well combined.
- 2. Beat (B) for 1 min. Slowly fold in (A) mixture and then fold in (C).
- 3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 275克面粉 100克细砂糖 1汤匙发粉
- B. 2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调 (或100克素美奶滋 或100克酸奶油)
4汤匙溶化牛油 60克酸奶油 1大香蕉泥 2汤匙鲜牛奶
- C. 100克 红枣 (切碎) 50克核桃 (切碎)

做法:

- 1. 把 (A) 材料拌均匀。
- 2. 把 (B) 材料搅打1分钟。慢慢拌入 (A) 料后再拌入 (C) 料拌至均匀。
(不要过于搅拌)
- 3. 舀入纸杯里, 即可放入预热烘炉, 以175°C烘20 分钟。

EGGLESS SPINACH CHEESE MUFFINS

素菠菜芝士松糕

Ingredient:

- A. 270g plain flour 1/8 tsp salt 1 Tbsp baking powder
2 Tbsp caster sugar 1/4 tsp nutmeg powder
- B. 240ml fresh milk 3 Tbsp salad oil 20g cheese powder
1 Tbsp flaxseed powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g sour cream)
- C. 100g chopped walnuts 200g chopped cooked spinach
- D. 100g grated mozzarella cheese

Method:

- 1. Combine (A) till well mix.
- 2. Beat (B) for 1 min. Slowly fold in (A) mixture. Stir in (C) mixture.
- 3. DO NOT OVERMIX
- 4. Spoon into muffin cups, sprinkle top with some grated mozzarella cheese and bake in preheated oven 175°C for 20 mins.

材料:

- A. 270克面粉 1/8茶匙盐 1汤匙发粉 2汤匙细砂糖 1/4茶匙豆蔻粉
- B. 240毫升鲜奶 3汤匙沙拉油 20克芝士粉
1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调 (或50克素美奶滋或50克酸奶油)
- C. 100克切碎的核桃 200克切碎煮熟的菠菜
- D. 100克磨碎芝士

做法:

- 1. 把(A)材料拌均匀。
- 2. 把(B)材料搅打1分钟。慢慢拌入(A)料后再拌入(C)料拌至均匀。
- 3. 不要过于搅拌)。
- 4. 舀入纸杯里，然后撒(D)。即可放入预热烘炉，以175°C烘20分钟。

EGGLESS FRESH STRAWBERRY CHEESE MUFFINS

素草莓芝士松糕

Ingredient:

- A. 300g plain flour 150g caster sugar 1 Tbsp baking powder 1/8 tsp salt
- B. 2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
4 Tbsp salad oil 250ml fresh milk 100g cheese powder
- C. 100g fresh strawberries cut into cubes

Method:

- 1. Mix (A) till well combined.
- 2. Beat (B) for 1 min. Slowly fold in (A) & (C) mixture. DO NOT OVERMIX.
- 3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 300克面粉 150克细砂糖 1汤匙发粉 1/8茶匙盐
- B. 2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调 (或100克素美奶滋 或100克酸奶油)
4汤匙 沙拉油 250毫升鲜奶 100克芝士粉
- C. 100克草莓切丁

做法:

- 1. 把 (A) 材料拌均匀。
- 2. 把 (B) 材料搅打1分钟。慢慢拌入 (A) 料及 (C) 料拌至均匀。(不要过于搅拌)。
- 3. 舀入纸杯里。即可放入预热烘炉, 以175°C烘20 分钟。

EGGLESS PUMPKIN GINGER MUFFINS

素生姜南瓜松糕

Ingredient:

- A. 300g plain flour 70g soft brown sugar ½ tsp nutmeg powder
1 tsp ginger powder 1/8 tsp salt 1 Tbsp baking powder
- B. 1 Tbsp flaxseed powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
40ml salad oil 75ml fresh milk 115g pureed steamed pumpkin
50g pumpkin seeds

Method:

1. Mix (A) till well combined.
2. Beat (B) for 1 min. Slowly mix in (A) mixture. DO NOT OVER MIX
3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 300克面粉 70克黄糖 ½茶匙豆蔻粉 1茶匙生姜粉 1/8茶匙盐 1汤匙发粉
- B. 1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调 (或50克素美奶滋或50克鲜奶油)
40毫升沙拉油 5毫升鲜奶 115克蒸南瓜泥 50克南瓜子

做法:

1. 把 (A) 材料拌均匀。
2. 把 (B) 材料搅打1分钟。慢慢拌入 (A) 料拌至均匀 (不要过于搅拌)。
3. 舀入纸杯里。即可放入预热烘炉, 以175°C烘20 分钟。

EGGLESS CITRUS SOUR CREAM CHEESE MUFFINS

素柑桔酸奶油芝士松饼糕

Ingredient:

- A. 200g plain flour 150g caster sugar 1 Tbsp baking powder 1/8 tsp salt
1 Tbsp grated lemon rind 1 Tbsp grated orange rind 1 Tbsp grated lime rind
- B. 225g sour cream 115ml salad oil 20g cheese powder
1 Tbsp flaxseed powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
- C. 100g grated non-melty type cheese

Method:

- 1. Combine (A) till well mix.
- 2. Beat (B) for 1 min. Slowly stir in (A) mixture. DO NOT OVERMIX
- 3. Spoon into muffin cups and sprinkle with grated cheese. Bake in preheated oven 200°C for 20 mins.

材料:

- A. 200克面粉 150克细砂糖 1汤匙发粉 1/8茶匙盐 1汤匙柠檬皮（磨碎）
1汤匙橘子皮（磨碎） 1汤匙 柑桔（磨碎）
- B. 225克酸奶油 20克沙拉油 115毫升芝士粉
1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调（或50克素美奶滋或50克鲜奶油）
- C. 100克磨碎芝士（非溶化）

做法:

- 1. 把（A）材料拌均匀。
- 2. 把（B）材料搅打1分钟。慢慢拌入（A）料拌至均匀（不要过于搅拌）。
- 3. 舀入纸杯里，撒上芝士碎。即可放入预热烘炉，以200°C烘20 分钟。

(105)

EGGLESS HAZELNUT CHOCOLATE CHIPS MUFFINS

素榛子巧克力粒松糕

Ingredient:

- A. 300g plain flour 180g caster sugar 1 Tbsp baking powder 2 Tbsp cocoa powder
- B. 2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g thicken cream)
115g melted butter 175ml chocolate fresh milk 1 Tbsp chocolate paste
- C. 80g chocolate chips 100g chopped hazelnuts

Method:

- 1. Combine (A) till well mix.
- 2. Beat (B) for 1 min. Slowly mix in (A) & (C) DO NOT OVERMIX
- 3. Spoon into muffin cups and bake in preheated oven 175°C for 20 mins.

材料:

- A. 300克面粉 180克细砂糖 1汤匙发粉 2汤匙可可粉
- B. 2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓调 (或100克素美奶滋 或100克鲜奶油)
115克融化牛油 175毫升巧克力奶水 1汤匙巧克力香精
- C. 80克 巧克力粒 100克榛子

做法:

- 1. 把 (A) 材料拌均匀。
- 2. 把 (B) 材料搅打1分钟。慢慢拌入 (A) 料及 (C) 料拌至均匀。(不要过于搅拌)。
- 3. 舀入纸杯里。即可放入预热烘炉，以175°C烘20 分钟。

EGGLESS PUMPKIN RAISINS MUFFINS

素南瓜葡萄干松饼糕

Ingredient:

- A. 300g plain flour 70g soft brown sugar ½ tsp nutmeg powder
1/8 tsp salt 1 Tbsp baking powder
- B. 1 Tbsp flaxseed powder mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)
75ml fresh milk 115g pureed steamed pumpkin 50g pumpkin seeds
100g black raisins 40ml salad oil

Method:

- 1. Mix (A) till well combined.
- 2. Beat (B) for 1 min. Slowly mix in (A) mixture. DO NOT OVER MIX
- 3. Spoon into muffin cups and bake in preheated oven 175°C 20 mins.

材料:

- A. 300克面粉 70克黄糖 ½茶匙豆蔻粉 1 / 8茶匙盐 1汤匙发粉
- B. 1汤匙 亚麻籽粉加入2汤匙 沸水搅拌至浓调 (或50克素美奶滋或50克鲜奶油)
- C. 75毫升鲜奶 115克蒸熟南瓜泥 50克瓜籽 40毫升沙拉油 100克黑葡萄干

做法:

- 1. 把 (A) 材料拌均匀。
- 2. 把 (B) 材料搅打1分钟。慢慢拌入 (A) 料拌至均匀 (不要过于搅拌)。
- 3. 舀入纸杯里, 撒上芝士碎。即可放入预热烘炉, 以175°C烘20 分钟。

(107)

EGGLESS MANGO CHEESE MUFFINS 素芒果芝士松糕

Ingredient:

- A. 300g plain flour 150g caster sugar 1 Tbsp baking powder 1/8 tsp salt
- B. 2 Tbsp flaxseed powder mix with 4 Tbsp hot water till thick
(or substitute with 100g vegetarian mayonnaise or 100g sour cream)
4 Tbsp salad oil 250ml fresh milk 100g cheese powder 1 Tbsp mango essence
- C. 100g mango flesh cut into cubes

Method:

- 1. Mix (A) till well combined.
- 2. Beat (B) for 1 min. Slowly fold in (A) & (C) mixture. DO NOT OVERMIX.
- 3. Spoon into muffin cups and bake in preheated oven 175°C 20 mins.

材料:

- A. 300克面粉 150克细砂糖 1汤匙发粉 1/8茶匙盐
- B. 2汤匙 亚麻籽粉加入4汤匙 沸水搅拌至浓稠 (或100克素美奶滋 或100克酸奶油)
4汤匙沙拉油 250毫升牛奶 100g芝士粉 1汤匙芒果香精
- C. 100克芒果肉切成方块

做法:

- 1. 把(A)材料拌均匀。
- 2. 把(B)材料搅打1分钟。慢慢拌入(A)料及(C)料拌至均匀。(不要过于搅拌)。
- 3. 舀入纸杯里。即可放入预热烘炉, 以175°C烘20分钟。

(108)

EGGLESS WHITE CHOCOLATE WALNUT MUFFINS

素白巧克力核桃松糕

Ingredient:

- A. 300g plain flour 120g caster sugar 200g white chocolate chips
100g chopped walnuts 1/8 tsp salt
- B. 4 Tbsp melted butter 175g buttermilk 1 Tbsp vanilla essence
1 Tbsp flaxseeds mix with 2 Tbsp hot water till thick
(or substitute with 50g vegetarian mayonnaise or 50g thicken cream)

Method:

- 1. Mix (A) till well combined.
- 2. Beat (B) for 1 min. Slowly stir in (A) mixture. DO NOT OVERMIX.
- 3. Spoon into muffin cups and bake in preheated oven 175°C for 25 mins.

材料:

- A. 300 克面粉 120 克砂糖 200 克白巧克力粒 100 克核桃碎 1 / 8 茶匙盐
- B. 4 汤匙融化牛油 175 克牛油奶水 1 汤匙云尼拉香精
- C. 1 汤匙 亚麻籽粉加入 2 汤匙 沸水搅拌至浓调 (或 150 克素美奶滋 或 150 克鲜奶油)

做法:

- 1. 把 (A) 材料拌均匀。
- 2. 把 (B) 材料搅打1分钟。慢慢拌入 (A) 料拌至均匀 (不要过于搅拌)。
- 3. 舀入纸杯里，撒上芝士碎。即可放入预热烘炉，以175°C烘25 分钟。