

## **You can have your cake and eat it!**

Research shows that most people care about climate change, but how to tackle it can seem so overwhelming it's hard to know where to start!

What we choose to eat can make a big difference – consuming less meat and dairy products is one of the **biggest** ways to reduce our carbon footprint and environmental impact!

“But I’ll miss out on cake!” I hear you say!

Fortunately, eating a plant-based diet doesn’t mean that you have to miss out on your favourite meals and snacks. Many plant-based alternatives are now readily available in supermarkets and health stores and can replace a wide range of meat and dairy products.

Why not try this delicious tofu-based recipe and see for yourself?

### **Best Brownies**

#### **Ingredients:**

- 1/3 pack silken tofu (100g)
- ¼ cup plant-based milk (50ml)
- ½ cup rapeseed oil (100ml)
- 1 cup golden caster sugar (200g)
- 3 teaspoons vanilla extract/essence
- 1 cup plain flour (130g)
- ½ cup cocoa (60g)
- 1 tablespoon cornflour
- ½ teaspoon baking powder
- Pinch of salt
- Dark or dairy-free chocolate chunks or chips (optional)

Silken tofu is soy bean curd (usually sold in 300-350g cartons). It is low in calories and relatively high in protein and replaces eggs in this recipe.

**Method:**

- Preheat your oven to 180 degrees C and line a square brownie/cake tin with baking paper
- Blend the tofu, milk and oil together so that they resemble mayonnaise. Transfer the mixture to a mixing bowl.
- Mix in the sugar and vanilla and then the dry ingredients. Mix well. If using chocolate chunks, now is the time to stir them through
- Transfer the mix to your baking tin and bake for about 30 minutes
- Remove from the oven and let it cool for at least 15 minutes before slicing and enjoying!

 **So, yes, you can still have your cake and eat it!** 

Tofu is a very versatile ingredient which is used in many plant-based recipes. It can be added to smoothies and used to thicken soups and stews.

You could make this mayonnaise with some of your left-over silken tofu.

**Vegan mayonnaise**

**Ingredients:**

- 100g silken tofu
- 1 tsp cider vinegar
- ½ tsp Dijon mustard
- 100ml light olive oil
- 1-2 tsp lemon juice

**Method:**

Put the tofu, vinegar and mustard into a jug and blend with a stick blender until smooth. Drizzle the olive oil into the jug in a slow stream, with the blender still on, to incorporate it into the mayonnaise. Season with salt, pepper and lemon juice to taste.

Store in an air-tight container in the fridge and use within 7 days.

Why not check out the '**Veganuary**' website <https://veganuary.com> for loads more information and inspiration?

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