

Ingredient List - 6th Annual Totally Fabulous Vegan Bake-Off

Version 2.0

***Please note: these lists are provided by the bakers and may or may not contain detailed information about each item. Some assume that the reader is familiar with vegan products (ie. "Earth Balance"). If you are not certain about an ingredient please research thoroughly. If your allergy is severe, please use EXTREME caution.

Entry #	Category Title	Ingredient List
1	Captivating Cupcakes	Vegan margarine Organic unbleached sugar Flour Baking soda Salt Cinnamon Nutmeg Applesauce Vanilla Walnuts Raisins Icing sugar Lemon zest Vegan cream cheese Vegan sour cream
2	Captivating Cupcakes	vegetable oil sugar coconut yogurt almond milk lemon juice lemon zest unbleached all purpose flour baking powder baking soda salt raspberries beets vegan margarine vegetable shortening
3	Captivating Cupcakes	-6 medium carrots, grated -2/3 cup pineapple purée -1/2 cup + 2 tbsp coconut oil, softened -3/4 cup almond milk + 1 tsp apple cider vinegar -1 cup coconut sugar -1/2 cup apple sauce -1 tsp vanilla extract

		<ul style="list-style-type: none"> -1 tbsp flax + 3 tbsp water -1 1/3 cup spelt flour -1/2 cup kamut flour -3/4 tsp nutmeg -1 tsp cinnamon -1 1/2 tbsp ground ginger -1 tsp double acting baking powder -1 tsp baking soda -1/2 cup crushed walnuts -2/3 cup raisins Filling: -2 cups soaked cashews -Cream from one can of coconut milk -1/4 cup coconut oil -1/2 cup coconut sugar -1/4 cup lemon juice Frosting: -"Cream" of one can coconut milk (full fat) -3 tbsp coconut sugar, powdered -2 tbsp pineapple juice -1 tsp vanilla
4	Captivating Cupcakes	<p>Fresh/unsweetened canned Pineapple, Coconut shreds (either from fresh coconut / unsweetened dehydrated), Guava (this is a hard to obtain fruit, so my use of it will be dependent on whether it's in season or the unsweetened frozen version is available), coconut milk, redpath white sugar, redpath icing sugar, olive oil, vanilla essence, white flour, baking soda, salt, earth balance natural buttery spread (contains soybean), baking powder.</p>
5	Captivating Cupcakes	<ul style="list-style-type: none"> Beets hemp milk apple cider vinegar coconut sugar coconut oil vanilla extract spelt flour cocoa powder baking soda baking powder sea salt coconut milk maple syrup vegan white chocolate chips giddy yoyo original chocolate bar, powdered sugar
6	Charming Vegan Cookies I	<ul style="list-style-type: none"> 3/4 cup fresh cooked beet purée (boiled or roasted) 3/4 cup coconut oil (solid) 1 1/4 cup granulated sugar 1 tsp apple cider vinegar (or regular vinegar)

		<p>1 tsp vanilla extract 1/4 tsp salt 2 cups all purpose flour 1 cup whole wheat all purpose flour (or you could do all white flour) 1 Tbsp baking powder 1/4 cup natural cocoa powder (do not use Dutch processed) 2/3 cup icing sugar for rolling</p>
7	Charming Vegan Cookies I	<p>Quick-cooking oats All-purpose flour Cocoa Powder Baking soda Baking powder Salt Sugar Ground flax seeds Soy milk Canola oil Artificial vanilla extract Pure almond extract Chocolate chips (sugar, cocoa mass, cocoa butter, soya lecithin, vanilla)</p>
8	Charming Vegan Cookies I	<p>Vegan Margarine (contains soy) Sugar Brown Sugar Powdered Egg Replacer Flour (contains gluten) Cream of tartar Salt Cinnamon Nutmeg Cloves Coriander Black Pepper Cumin Cardamom Coconut Oil Almond Milk Vegan Shortening Vegan Cream Cheese (contains soy) Icing Sugar Vanilla Extract Almond Extract</p>
9	Charming Vegan Cookies I	<p>non hydrogenated vegan margarine (Earth Balance) organic cane sugar organic brown sugar organic vanilla extract organic almond milk</p>

		<p>canola oil organic all purpose flour organic spelt flour</p> <p>baking powder baking soda salt organic pecans organic orange vegan chocolate chips</p>
10	Charming Vegan Cookies I	<p>Earth Balance, light brown sugar all-purpose flour coconut milk (from a carton, not a can) vanilla extract salt semisweet chocolate chips sugar cocoa powder baking powder baking soda maple syrup agave nectar canola oil natural peanut butter (just peanuts)</p>
11	Charming Vegan Cookies II	<p>cocoa powder avocado agave syrup vanilla rice milk salt cinnamon cane sugar corn starch Earth Balance buttery spread flour (spelt and unbleached white)</p> <p>These cookies will be prepared in a kitchen that contains nuts and gluten.</p>
12	Charming Vegan Cookies II	<p>organic unbleached flour - organic oatmeal - raisins - organic hemp seeds - coconut - organic applesauce - vegan butter - cinnamon</p>

		<ul style="list-style-type: none"> - baking soda - brown sugar - water
13	Charming Vegan Cookies II	<ul style="list-style-type: none"> rolled oats - shredded coconut - cocoa - sugar - Earth Balance - So Delicious vanilla coconut milk - vanilla bean paste
14	Charming Vegan Cookies II	<ul style="list-style-type: none"> Crunchy peanut butter Almond butter Earth Balance Margarine Brown sugar Chia seeds All-purpose flour Baking soda Sea salt Vanilla Vegan chocolate chips Chopped pecans
15	Charming Vegan Cookies II	<ul style="list-style-type: none"> canola oil or olive oil sugar vanilla flax seeds almond milk all purpose flour cocoa powder baking soda salt chocolate chunks (brown sugar, cocoa mass, cocoa butter) peanut butter (peanuts, salt)
16	Chocolate Lover's Collection	<ul style="list-style-type: none"> -maple syrup -salt -wheat germ -hazelnuts -crunchy peanut butter -vegan chocolate chips -Coconut Oil -Crispy Rice Cereal
17	Chocolate Lover's Collection	<ul style="list-style-type: none"> Cake: Unbleached all-purpose flour Unsweetened cocoa powder baking soda cayenne pepper cinnamon salt

		<p>Organic sugar Unsweetened applesauce Canola oil Unsweetened vanilla almond milk Apple cider vinegar Icing: Powdered sugar Earth balance buttery spread Unsweetened cocoa powder Unsweetened vanilla almond milk Decorative: Melted Enjoy Life brand chocolate chips Nature's Path Whole Wheat O's cereal Red licorice Black food colouring* (investigating vegan options - will follow up)</p>
18	Chocolate Lover's Collection	<p>Earth balance Peanut butter Dark chocolate chips Icing Sugar</p>
19	Chocolate Lover's Collection	<p>Flour, sugar, cocoa powder, baking powder, salt, vegetable oil, vanilla extract, corn syrup, cashews, shredded coconut, Earth Balance buttery spread, baking soda, coconut milk, coconut oil, agave, dark chocolate, silken tofu, pineapple</p>
20	Chocolate Lover's Collection	<p>soy milk almond milk Blesoy cream apple cider vinegar all purpose flour baking soda baking powder corn starch arrowroot starch fine sea salt granulated sugar brown sugar icing sugar cocoa powder vanilla extract almond extract butterscotch flavouring canola oil safflower oil vegan butter (soy milk, apple cider vinegar, salt, refined coconut oil, safflower oil, soy lecithin, xanthan gum) chocolate vegan butter (soy milk, apple cider vinegar, salt, unrefined cocoa butter, unsweetened dark</p>

		chocolate, granulated white sugar, decaffeinated instant coffee powder, soy lecithin, vanilla extract, xanthan gum)
21	Coffeehouse Creations	Cream of wheat oil tofu baking soda raisin salt cayenne powder cumin seeds cinnamon carrots
22	Coffeehouse Creations	White and whole wheat flours organic apples organic cane sugar nutmeg cinnamon almond milk apple sauce baking powder salt vanilla extract grapeseed oil vegan organic icing sugar
23	Coffeehouse Creations	organic unbleached flour - organic unbleached cane sugar - organic bananas - organic apple sauce - organic apples - organic walnuts - vegetable oil - baking powder - baking soda - salt, nutmeg
24	Coffeehouse Creations	almonds walnuts chocolate chocolate wafer crumbs sugar cinnamon lemon filo pastry
25	Coffeehouse Creations	Flour Baking powder Organic sugar Earth Balance margarine

		Silk Original soy milk Organic blueberries
26	Decadent Raw Desserts	Coconut Coconut oil Lemon peel & juice Stevia Lucuma Himalayan Salt tumeric vanilla bean Dates Coconut Flour Cashews
27	Decadent Raw Desserts	organic raw cashews - organic raw almonds - raw cacao powder - organic virgin coconut oil - organic raw agave - medjool dates - pure vanilla extract - dried lavender buds - sea salt
28	Decadent Raw Desserts	Base; Zucchini, flax, vanilla, cinnamon Caramel; Dates vanilla coconut butter Frosting; Cashews vanilla cinnamon, coconut nectar, coconut butter.
29	Decadent Raw Desserts	coconut (flour,sugar,butter,oil) flax cashews rejuvalac raw apricots agave raisins all ingredients are raw and organic
30	Decadent Raw Desserts	dates, raw agave, sunflower seeds, cacao powder, sea salt
31	Nutty Gluten-Free Sweets	Bob's red mill wheat free oats, almond meal, unsweetened shredded coconut, giddy yo yo cacao paste, Fry's cocoa powder, 100% pure maple syrup, unsweetened apple sauce, unsweetened original almond milk, almond extract.
32	Nutty Gluten-Free Sweets	-1 package Enjoy Life chocolate chunks, divided in half -1 cup cooked sweet potato, mashed -1/2 cup date paste -1/2 cup crunchy almond butter -3/4 cup strong brewed coffee

		<ul style="list-style-type: none"> -1 cup cashew milk + 1/2 tsp apple cider vinegar -2 flax or chia "eggs" -1 tsp vanilla extract Dry: -1 1/3 cups almond flour/meal -1 cup brown rice flour -1/2 cup cacao powder -1 tsp baking powder -1/2 tsp sea salt -2/3 cup crushed walnuts **For the caramel drizzle: -10 Medjool dates -3/4 cup cashew milk -2 tbsp coconut oil -2 tbsp carob powder -2 tbsp coffee
33	Nutty Gluten-Free Sweets	<ul style="list-style-type: none"> Shortbread layer: Earth Balance baking sticks Organic raw sugar Pure vanilla extract Cornstarch White rice flour Coconut flour Tapioca flour Quinoa flour Ground flax seed Peanut butter layer: Natural peanut butter Powdered ginger Ground cinnamon Organic Sucanat Coconut sugar Maple sugar White rice flour Baking soda Ground flax seed Ground almonds Ground pecans Coconut milk Chocolate layer: Enjoy Life chocolate chips Coconut shreds Topping Organic icing sugar Coconut milk Tumeric
34	Nutty Gluten-Free	almonds

	Sweets	avocados hazelnuts dates cashews cocoa maple syrup coconut oil salt vanilla water
35	Nutty Gluten-Free Sweets	flax seed brown sugar soy milk earth balance oats baking powder peanuts baking soda icing sugar salt vanilla
36	Glorious Gluten-Free Sweets	hempseeds, sprouted buckwheat, sunflower seeds, dried cranberries, maple syrup, sea salt, coconut and lots of love.
37	Glorious Gluten-Free Sweets	Wow butter Icing sugar (corn starch free) sea salt pure vanilla extract shredded coconut
38	Glorious Gluten-Free Sweets	Coconut Lemon Maple syrup Salt Pure Vanilla Blueberries Basil
39	Glorious Gluten-Free Sweets	GF all purpose flour Organic cane sugar Cocoa powder Sea salt Baking powder Baking soda Earth Balance soy free margarine Vanilla extract Coconut milk Enjoy Life chocolate chips & Vegan white chocolate chips
40	Glorious Gluten-Free Sweets	cocoa powder, salt, sugar, coconut oil, coffee, coconut milk, apple cider vinegar, baking soda, vanilla extract, xanthan gum, powdered

		sugar, vegan chocolate, gluten-free all-purpose flour. may contain peanuts or other nuts
41	Professionally Crafted Gluten-Free Goodies	Black beans, dates, cocoa powder, coconut oil.
42	Professionally Crafted Gluten-Free Goodies	Brown sugar, cane sugar, sunflower oil, almond milk, tapioca, baking soda, salt, bobs redmill gf flour blend, earth balance buttery spread, shredded coconut, flax seed, walnut, cocoa powder, GF oats, vanilla, dark chocolate, corn starch, coconut milk
43	Professionally Crafted Gluten-Free Goodies	Brown rice flour organic cane sugar potato starch organic cocoa powder fresh banana tapioca starch baking powder Natura soy milk Earth Balance Buttery Spread gluten free vanilla cinnamon strawberry blueberry cherry Icing Earth Balance buttery spread Gluten free vanilla Gluten free powdered sugar garnish assorted fresh berries Organic cocoa powder
44	Professionally Crafted Gluten-Free Goodies	Crust Organic Shredded Coconut Brown Rice Flour Brown Sugar Earth Balance Buttery Spread Flax Meal Mojdool Dates 'Organic cocoa Powder Cinnamon Filling Fresh Pumpkin Roasted and pureed Natura soy milk brown sugar Organic Molasses Gluten free vanilla Tapioca starch cinnamon ginger nutmeg

		cloves allspice Icing Earth balance Buttery spread gluten free powdered sugar gluten free vanilla garnish heart cookies (made from crust recipe) fresh currents gooseberries strawberry Vegan and gluten free Marshmallows
45	Professionally Crafted Gluten-Free Goodies	Almonds -Coconut oil - Maple syrup - Coconut Oil - salt - Cashews - Vanilla bean - Dates - Dillion's Rose Gin! - Rose hip - Rose Petals - Cane Sugar
46	Professionally Crafted Vegan Classics I	Yeast, water, soy milk, apple cider vinegar, earth balance buttery spread, sunflower oil, wheat flour, grey salt, baking soda, brown sugar, cinnamon, pecans, vegetable shortening, raw cane sugar, corn starch, coconut milk, vanilla
47	Professionally Crafted Vegan Classics I	Cake Organic flour Organic eextra virgin olive oil Water Organic wine vinegar Organic soy milk Cream Organic sprouted rice cheeses (Organic sprouted brown rice, coconut oil, water, sea salt, organic agar agar) Organic cane sugar Organic fair-trade cacao Organic espresso
48	Professionally Crafted Vegan Classics I	Peaches Rolled oats vanilla vegan margarine flour cinnamon brown sugar

49	Professionally Crafted Vegan Classics I	white unbleached flour, organic soy milk, sugar, vegetable shortening, spices, chocolate, earth balance, water, dry active yeast.
50	Professionally Crafted Vegan Classics I	Cupcake: all purpose flour, sugar, cocoa, baking soda, salt, vegetable oil, vanilla, vinegar, water. Filling: hazelnuts, vanilla, cocoa, sugar, salt, almond milk, vegetable oil. Buttercream: earth balance, icing sugar, vanilla, almond milk, chocolate hazelnut paste (see above filling). Garnish: dark chocolate, hazelnuts.
51	Professionally Crafted Vegan Classics I	Almonds - Sugar - Organic Unbleached Wheat Flour
52	Professionally Crafted Vegan Classics II	soy milk (unsweetened) canola oil organic fair trade sugar Active Dry Yeast organic all-purpose flour baking powder baking soda vegan margarine fair trade organic cinnamon coconut butter organic fair trade icing sugar some type of vegan oreos (newman o's or trader joes brand) organic fair trade cocoa powder
53	Professionally Crafted Vegan Classics II	Sugar - Pecans - Vegan Margarine - Salt - Lemon Juice - Corn Starch - Baking Powder - Corn Syrup - Soy Milk - Baking Soda - Vanilla - Organic Unbleached Wheat Flour
54	Professionally Crafted Vegan Classics II	white unbleached flour, instant yeast, organic crushed tomatos, garlic, onions, herbs, spices, sugar, daiya cheddar shreds, water.
55	Professionally Crafted Vegan Classics II	Flour, sugar, cocoa powder, baking soda, salt, vegetable oil, vanilla, apple cider vinegar, water, margarine, powdered sugar vanilla, sprinkles, food colouring
56	Professionally Crafted Vegan Classics II	Kale -Garlic - Chili Flakes - Olive Oil

		<ul style="list-style-type: none"> - Unbleached White Flour - Earth Balance - Baking Powder - Salt - Coconut milk, -Daiya Provolone
57	Terrific Tarts & Bars	Earth Balance or non-dairy butter, Icing sugar, Unbleached All purpose flour, Almond meal/flour, Salt, Tofu, raw organic cane sugar, lemon, Cornstarch, Turmeric, Icing sugar
58	Terrific Tarts & Bars	<ul style="list-style-type: none"> -white flour -earth balance -confectioners sugar -vanilla extract -cornstarch -salt -strawberries -rhubarb -lemon -granulated sugar -coconut milk
59	Terrific Tarts & Bars	<p>Crust:</p> <p>Flour</p> <p>Almond powder</p> <p>Vegan margarine (Earth Balance)</p> <p>salt</p> <p>Ganache:</p> <p>Vegan white chocolate</p> <p>Soy cream</p> <p>Coffee extract</p> <p>Mousse:</p> <p>Raw cashew</p> <p>Water</p> <p>Agave nectar</p> <p>Sugar</p> <p>Coffee extract</p> <p>Vanilla extract</p> <p>Agar</p> <p>Glaze:</p> <p>Vegan white chocolate</p> <p>Cashew & almond cream</p> <p>Corn syrup</p> <p>Glucose</p>
60	Terrific Tarts & Bars	<ul style="list-style-type: none"> vegetable shortening flour agave nectar earth balance salt

		bananas dark rum pecans brown sugar coconut milk vanilla
61	Terrific Tarts & Bars	<p>CRUST + TOPPING: certified gluten-free oats, organic sugar, coconut oil, brown rice flour, salt</p> <p>FUDGE FILLING: allergen-free chocolate chips (Enjoy Life brand), organic sugar, potato starch, coconut milk, coconut oil</p>