

CHOCOLATE DEPRESSION CAKE (EGG-FREE, DAIRY-FREE)

This cake may not cure your depression, but we hope that it brightens your day! This unique Chocolate Cake recipe was popularized during the great depression when fresh food ingredients (like milk and eggs) were in limited supply; it is rich and chocolatey without using any eggs, butter, or milk! A cake without butter?? That's right just add any neutral-flavored cooking oil and you're all set. Choose avocado oil as your neutral oil for a boost of healthy fats!

Yield= 9 servings

Ingredients

CHOCOLATE CAKE:

1.5 cups **all-purpose flour**
1 cup **granulated sugar**
1/2 tsp **salt**
1 tsp **baking soda**
1/3 cup **unsweetened cocoa powder**
1/3 cup **cooking oil** (see below*)
1 Tbsp **apple cider vinegar** (see below**)
1 tsp **vanilla extract**
1 cup **water**

*Neutral cooking oil of your choice: vegetable, grapeseed, corn, or avocado oil.

**Any light vinegar will work, like white vinegar, rice vinegar, or apple cider vinegar.

CHOCOLATE ICING:

1.5 cups **powdered sugar**
1/4 cup **cocoa powder**
3 Tbsp **water**
1 tsp **vanilla extract**



Instructions

CHOCOLATE CAKE:

1. Preheat the oven to 350°F. In a large bowl, stir together the flour, sugar, salt, baking soda, and cocoa powder until well combined.
2. Add 1 cup water to a liquid measuring cup, then add the vanilla extract and vinegar to the water.
3. Add the oil to the bowl of dry ingredients, followed by the water mixture. Stir until the chocolate cake batter is mostly smooth. Make sure no dry flour remains on the bottom of the bowl.
4. Pour the cake batter into an 8x8" or 9x9" baking dish. Transfer the baking dish to the oven and bake the cake for 35 minutes.

CHOCOLATE ICING:

1. If using the chocolate icing, let the cake cool for at least an hour after baking before adding the icing.
2. After the cake is cool, prepare the icing. Add the powdered sugar, cocoa powder, and vanilla extract to a bowl. Begin adding water, 1 tablespoon at a time, until it forms a thick but pourable icing (about 3 Tbsp total). If you let the icing sit, it may begin to dry, but you can add a splash more water to make it moist again.
3. Pour the icing over the cooled cake and spread until the cake is evenly covered. Slice the cake into 9 pieces and serve.

Per Serving (1 slice)- Calories: 242, Saturated Fat: 1.2 g, Sodium: 271.5 mg, Sugars: 22.4 g

Recipe featured in the April 2021 issue of Beyond Hunger's Nutrition Newsletter.
Recipe & pictures adapted from Budget Bytes.