

Healthy Vegan Lemon Blueberry Cake

[Oil Free]

This vegan lemon blueberry cake might be healthier than most, but it's moist, sweet, and absolutely delectable.

Prep Time
20 mins

Cook Time
25 mins

Total Time
45 mins



5 from 13 votes

Course: Dessert Cuisine: American, Canadian Servings: 10 Servings
Calories: 147cal Author: Rosa

Ingredients

Wet Ingredients

- $\frac{3}{4}$ cup soy milk
- $\frac{1}{4}$ cup lemon juice
- 1 tablespoon lemon zest
- $\frac{1}{4}$ cup unsweetened applesauce
- 1 teaspoon pure vanilla extract

Dry Ingredients

- 270 grams oat flour approx. 3 cups spooned + leveled
- $\frac{1}{2}$ cup unrefined coconut sugar or brown sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda

For Fill in

- 1 heaping cup fresh blueberries divided

Instructions

1. Preheat the oven to 350°F/177°C and prepare a nine-inch cake pan or spring-form pan. Use a nonstick pan, or if you don't have a nonstick pan, line it with parchment paper, or grease it if you're not avoiding oil.
2. Combine the soy milk, lemon juice and the zest in a small bowl and set it aside for at least 5 minutes until it starts to thicken and curdle.
3. Meanwhile, add all the dry ingredients to a large bowl and whisk to combine.
4. Then add the curdled milk, with the remaining wet ingredients to the same bowl with the dry ingredients. Mix until no floury bits remain. Then fold in $\frac{3}{4}$ cup of the blueberries.
5. Pour the batter into your cake tin and sprinkle the remaining blueberries on top and gently press them into your cake, just a little.
6. Bake for 25-30 minutes, or until a toothpick inserted in the middle comes out clean. Remove from the oven and let rest 30 minutes or longer before handling.

Notes

Weigh your flour for the most accurate results. If you don't have a kitchen scale, you may spoon the flour into your measuring cup and use a knife to scrape off the excess. **Do not scoop from the**



bag!

Don't skip making the vegan buttermilk. (Mixing the soy milk with lemon juice.) This enhances the dairy flavour, and makes the texture fluffier.

Make sure your baking powder + soda are active. Open products that sit in your pantry for 6+ months begin to lose their effectiveness and rising power.

Keep leftover cake at room temperature in a sealed container or tightly wrapped for 2 days. Refrigerate for up to 5 days or freeze airtight for up to 3 months.

Healthy Vegan Lemon Blueberry Cake [Oil Free] from <https://thishealthykitchen.com/vegan-lemon-blueberry-cake/>

Scan the QR code to check for recipe updates, tips, and images, or to ask me any questions. As always, I'd be over the moon if you come back to leave me a star rating and review.

