



purple cake day®



PURPLE RECIPES

delicious recipes to celebrate with

Purple Themed Cupcakes & Cakes	1
Nutritious Purple Cake.....	3
Purple Jelly	4
Purple Ice Cream.....	5
Julie Le Clerc’s Purple Cupcake Recipe	6
Vegan Vanilla Cupcakes	7
Schiacciata con Uva.....	8
Raw Blueberry ‘Cashew’ Cheese Cake.....	9





Purple Themed Cupcakes & Cakes

including gluten and dairy free options

Everyone will have fun making cakes and cupcakes for Purple Cake Day. Here you will find recipes by Anna Wilde (www.wildehealthfood.com) for every cook. Bake up your favourite variation and then go wild with purple icing. Decorate with sparkly silver balls, rainbow sprinkles, elegant squiggles and edible flowers. Unleash your creativity and prepare to create the most beautiful purple cakes ever!



Quick and Easy Cupcakes

Perfect when you want yummy cupcakes in a few minutes. A great recipe for kids to mix up themselves!

Makes 12 cupcakes

125 ml oil or melted butter (approx 125 gms or ½ cup solid butter)
1 cup self-raising flour (sift)
½ cup sugar
pinch of salt
2 eggs (beat)
1 tsp vanilla essence
¼ cup milk

Optional: Stir in ½ cup frozen blueberries before baking.

Mix all ingredients in a bowl until just combined. Spoon into paper cupcake cases. Bake 12 – 15 minutes at 180°C. Go *wild* with purple icing!

Light and Fluffy Vanilla Cakes

A traditional, versatile vanilla cake recipe. This is fun and easy to make with either a mixer or wooden spoon (and plenty of elbow grease).

This recipe makes 16 cupcakes, or a 9 inch (23cm) round cake or 8 inch (20cm) square cake

2 cups of white flour
1 cup white sugar
2 tsp baking powder
½ tsp salt
170 gms (¾ cup) softened butter
3 eggs
1½ tsp vanilla
¾ cup milk

1. Pre-heat oven to 180°C (350°F). Grease tins/pans (if not using non-stick or cupcake cases). Line the base of the cake tin with baking paper.
2. Beat the butter, sugar and vanilla together until pale and creamy. Add the eggs and beat gently until combined.
3. Gradually add sifted dry ingredients to the butter mixture, alternating with the milk.
4. Spoon into the prepared tin or cupcake molds, then bake in the preheated oven until lightly golden and a skewer comes out clean when inserted into the centre (10-15 minutes for cupcakes and 30-40 minutes for a cake).
5. Cool in the tin for 10 minutes, then turn out onto a wire rack to cool completely.

Personalize your cakes... Make these variations using the vanilla cake recipe.



Option 1 Blueberry cupcakes

Add $\frac{3}{4}$ cup frozen blueberries to the last addition of flour in step 3. and gently stir to combine. Do not over-mix.

Option 2 Gluten and/or dairy free

Instead of standard wheat flour use 2 cups of a gluten free baking mix (or $\frac{2}{3}$ cup white rice flour, $\frac{2}{3}$ cup tapioca flour, $\frac{2}{3}$ cup potato starch and 1 tsp xanthan gum)
Replace butter with a dairy free olive oil spread
Exchange the dairy milk with rice or soy milk

Option 3 Nutritious wholemeal cupcakes

Use wholemeal wheat or spelt flour instead of white flour, and exchange white sugar for dehydrated cane juice or unrefined brown sugar.

Icing

Decorate your cakes with beautiful icing. Simply spread it on, and/or pipe on stars, squiggles, or whatever you fancy. Sprinkle on coloured sprinkles, silver balls or even purple edible flowers.

Purple standard icing

1½ cups icing sugar
15 gms butter
2 drops red food colour
1 drop blue food colour
1-2 Tbs milk (dairy/rice/soy)

Mix sugar, butter and colouring in a small bowl and slowly dribble in milk to give a firm paste. Sit bowl in boiling water and stir if a creamier texture is required.

Classic Lemon Butter Icing

This is excellent for piping squiggles and shapes on your cakes. Try using white or another colour on a base of purple icing!

50 gms butter, softened
1¼ cups icing sugar, sifted
Juice of one small lemon
2 drops red food colour
1 drop blue food colour

1. Place butter, icing sugar and lemon juice in a bowl and beat until combined.
2. Beat for 2 to 3 minutes on high speed until mixture is pale and creamy.
3. Beat in colouring, as desired. Use to spread over cakes to cover, or for piping cake decorations.

Blueberry Icing

The natural alternative! You could also try colouring your icing with a little tamarillo pulp or beet-root juice.

35 gms frozen blueberries (defrost)
1½ cups icing sugar
2 tsp butter or dairy free spread

Blend in a food processor until smooth.





Anna Wilde's Nutritious Purple Cake



wildhealthfood.com

Here is a cake I created for Purple Cake day. Purple cake day is an opportunity for kids to care for kids all over the world. It's wonderful to support a great cause and even more wonderful to nurture our bodies with love-filled nutritious foods at the same time.

The wholefood ingredients in this cake provide an abundance of phytonutrients. For example, beetroot is a rich source of calcium, iron, Vitamins A and C, folic acid, manganese and potassium. Cinnamon and ginger are known to support heart health and circulation. Using wholemeal flour offers more vitamins, minerals, fibre and protein than white flour. Unrefined sweeteners like honey, dehydrated cane juice, or unrefined sugar are much more balanced choices than white sugar.

Purple cake day is a great opportunity to learn how to bake healthier cakes!

Healthy Purple Beetroot Cake with Cream Cheese Blueberry Icing

Makes 2 loaves or one large cake or many cupcakes!

- 4 cups wholemeal flour
- 1 tsp salt
- 2 tsp dried ginger
- 1 tsp cinnamon
- 1½ tsp soda
- 2½ cups grated beetroot
- 1¾ cup dark honey/dehydrated cane juice powder/xylitol/brown sugar
- ¾ cup very soft or melted butter butter or dairy free alternative
- ¾ cup oil (olive/grapeseed)
- 4 eggs
- 3 tsp vanilla

Sift dry ingredients including spices together.

Using an electric mixer or a wooden spoon oils and honey/sugar in a large bowl until smooth. Beat in eggs one at a time until light and creamy.

Gently add flour mixture and grated beetroot alternatively to the wet ingredients in this order: flour > beetroot > flour > beetroot > flour. Do not overmix!

Scrape batter into a greased large cake pan or muffin tins or 2 loaf tins.

Bake in a 350 degree F (180 C) oven, 30-45 minutes.

Check cake is firm and a skewer comes out clean. Cool for ten minutes then remove from tin.

Blueberry Icing (optional)

- ½ cup blueberries
- 250 gms cream cheese
- 75 gms butter
- 3 Tbs honey or 5 drops stevia liquid

Beat until smooth in a food processor or blender.





Ruth Carr's Purple Jelly

using gelatin leaves or powdered gelatine



Using Blackcurrant Juice Syrup is an easy way to make a yummy jelly! You can use gelatine leaves or powdered gelatine to make jelly - gelatine leaves are the best but the following recipes give you both options.

Purple Jelly Using Gelatine Leaves

For 500ml. Serves 4

- 5 Gelatine Leaves
- 500ml Blackcurrant Juice

Method:

1. Make up 500ml of juice by diluting blackcurrant syrup with water until you think it tastes yum.
2. Cut the leaves of gelatine into a few pieces with scissors and place in a heatproof bowl. Add a few tablespoons of the blackcurrant juice mixture so that the gelatine is just covered. Let the gelatine soften for 10 minutes while you bring a small pan of water to a simmer.
3. Place the bowl of softened gelatine over the simmering water and stir from time to time until totally melted. This takes about 10 minutes.
4. Pour the remainder of the jelly mixture over the melted gelatine and stir to combine. Pour through a sieve into a jug and then fill your mould. Refrigerate until set. Eat!

Purple Jelly Using Powdered Gelatine

For 500ml. Serves 4

- 1 Sachet Powdered Gelatine
- 125ml Hot Water
- 375ml Blackcurrant Juice

Method:

1. Pour 125ml of hot water into a jug and add 1 sachet of powdered gelatine. Stir briskly with a fork until dissolved.
2. Make up 375ml of juice by diluting blackcurrant syrup with water until you think it tastes yum. Add this to the dissolved gelatine mixture. Stir. Pour into a mould. Refrigerate until set. Eat!

Hint: You can make purple jelly sugar free by diluting unsweetened blackcurrant syrup with water and dissolving xylitol or melted honey into it to taste. The flavour of anything cold is less obvious than something at room temperature, so when making jelly, the liquid you use must be slightly sweeter than you want it to finally taste.





Purple Ice Cream

original Penguino recipe



Purple Cheesecake Ice Cream (makes about 600ml)

225 gms cream cheese

¼ or ½ cup of blackcurrants or boysenberry

75 gms caster sugar

2 egg yolks

240 ml whipping cream (whipped)

115 gms butter (melted)

40 gms digestive biscuits crumbs

Method:

1. Beat together all the ingredients, except the butter and the biscuit crumbs, until smooth.
2. Taste and add more sugar if you prefer it sweeter.
3. If you have an ice cream maker, churn the ice cream for about 30 minutes or until firm. If you don't have an ice cream maker then:
 - Pour your mixture into a sturdy bowl and put in the freezer.
 - After forty-five minutes, open the door and check it.
 - As it starts to freeze near the edges, remove from the freezer and stir it vigorously with a spatula or whisk. Really beat it up and break up any frozen sections. Return to freezer.
 - Continue to check the mixture every 30 minutes, stirring vigorously as it's freezing. If you have one, you can use a hand-held mixer for best results, or use a stick-blender or hand-held mixer.
 - Keep checking periodically and stirring while it freezes (by hand or with the electric mixer) until the ice cream is frozen. It will likely take a few hours to be ready.
 - Transfer the ice cream to a recycled ice cream container until ready to serve.
4. Meanwhile, mix the melted butter and crumbs together thoroughly. Let cool.
5. When the ice cream is nearly firm, tip into a freezer container, add the crumbs and stir just once or twice, to swirl or ripple rather than mix evenly. Freeze until firm or ready to serve.





Julie Le Clerc's Purple Cupcake Recipe for Purple Cake Day



Next
julieleclerc.com

Next Magazine is encouraging readers to support Purple Cake Day to raise money to provide education opportunities for children in need around the globe. Food editor [Julie Le Clerc](#) has created a special cupcake recipe.

Makes 12 cupcakes

125 gms butter (well softened)
¾ cup sugar
2 eggs
½ cup milk
1 tsp vanilla essence
1½ cups self-raising flour

Purple Icing

1½ cups icing sugar (sifted)
25 gms butter (melted)
2-3 drops red food colouring
2-3 drops blue food colouring

Method:

1. Heat oven to 180°C. Line 12-hole standard muffin pan with paper cases.
2. Place all ingredients in a bowl and beat with an electric mixer on low speed to combine. Beat 1 minute more until pale and smooth.
3. Spoon mixture into paper cases. Bake for 20-25 minutes or until firm and golden brown. Remove to a wire rack to cool before icing.
4. Make purple icing by beating all ingredients together in a bowl. Place icing in a piping bag fitted with a star nozzle and pipe onto cupcakes.

Julie's Chef Tricks

- To make purple, add equal quantities of red and blue liquid food colouring.
- Add only a few drops of food colouring at a time until the desired depth of colour is created - you can always add more once the icing is mixed.
- If you don't own a piping bag simply spread icing onto cupcakes. Or make a temporary icing bag by cutting one corner off a sturdy plastic bag.



Vegan Vanilla Cupcakes

from 'The Icing on the Quake'



vegetarianchristchurch.org.nz

Egg/dairy free. Makes 18 cupcakes

- 2 $\frac{1}{8}$ cups white flour
- $\frac{1}{2}$ tsp salt
- 1 $\frac{1}{8}$ cup sugar
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- 1 $\frac{1}{2}$ cup soy milk
- $\frac{1}{2}$ cup veg/salad oil
- 1 $\frac{1}{4}$ tsp vanilla essence
- $\frac{1}{2}$ tsp coconut essence
- 1 Tbsp vinegar

Method:

1. Pre-heat oven to 175°C
2. Line two muffin tins with 18 cupcake papers
3. Add vinegar to soy milk, stir well and set aside to curdle
4. Mix together dry ingredients
5. In a separate bowl, mix together wet ingredients (except the curdled soy milk and vinegar)
6. Add all the wet ingredients to the dry ingredients, mix together first, then beat with a beater for only a minute or two until smooth
7. Pour mixture into cupcake liners, filling each $\frac{3}{4}$ full
8. Bake for 15 - 20 mins, or until a toothpick inserted into the middle of a cupcake comes out clean
9. When cool, ice with this frosting:

Purple Icing

- 2 cups sifted icing sugar
- 2 tsp margarine
- $\frac{1}{4}$ tsp vanilla essence
- 1 Tbsp hot water
- 1-2 drops of blue and red food colouring

1. Put icing sugar in a small bowl
2. Put margarine and vanilla essence in a mug and add hot water
3. Mix well, and pour into the icing sugar
4. Add food colouring
5. Stir to make a spreadable icing, adding more water - one drop at a time - to get desired consistency



Alexa Johnston's Schiacciata con Uva (squashed bread with purple grapes)



ladiesaplate.co.nz

During the autumn grape harvest in the Italian province of Tuscany, bakers produce big trays of this delicious sweet flat bread covered in lots of grapes which cook to a wonderful rich purple. The grape juice soaks into the spongy bread and you end up with purple fingers and thumbs when you eat a piece, so it's the perfect thing to make on Purple Cake Day!

I usually make Schiacciata (skee-ach-ata) with our own Albany Surprise grapes, but you could try making it with other red or black grapes or even blueberries - they'll all produce lots of purple juice. Italian bakers often scatter the grapes with fennel seeds and a few chopped walnuts, so that the crunch of the nuts disguises the grape pips as you eat them - a very clever idea I think.

Here is a quick and easy recipe for this lovely bread. It makes a big tray which cuts into at least 16 very large pieces.

For the dough

250 ml warm water
2 tsp dried yeast
100 gms butter
2 eggs
100 gms sugar
1 tsp salt
500 gms flour

For the topping

4 cups ripe purple grapes
1/4 cup walnuts
1 tbsp fennel seeds
1/3 cup Demerara sugar

Mixing the dough

1. Put the warm water and 1 tbsp of the sugar into a large mixing bowl and sprinkle over the dried yeast. Leave to stand for about 5 minutes.
2. Melt the butter gently. Beat the eggs, the remaining sugar and the salt together with a whisk and pour on the melted butter. Whisk until well combined.
3. Pour this mixture onto the yeast, mix to combine and then add the flour about half a cup at a time, mixing with a wooden spoon to make a soft dough.
4. When the dough is too stiff to mix with the spoon, change to your hand and lift the dough up and throw it back into the bowl several times to finish the mixing.
5. Now put the soft dough into a greased bowl, cover it, and leave to rise on the kitchen bench for 1-2 hours. It should double in size.
6. (You could also put it in the fridge overnight, just allow it to return to room temperature in the morning and continue with the recipe.)





Raw Blueberry 'Cashew' Cheese Cake

From the Author of Feeding Little Tummys



www.nicolagalloway.com

Several years ago Emily asked me to create a recipe for a healthy purple cake without the addition of food colouring. As I had just had my daughter at the time and then my son not long after it took me a while to make this cake. The creamy filling is purple coloured with fresh blueberries sitting on a chewy chocolate base. It is refined sugar-, dairy- and gluten-free. This cake is for Emily and Alyahna. I hope that your amazing efforts continue to flourish and bring support to those most in need... the beautiful children of this world.

Note: You will need a basic food processor to make this cake to blend the cashews and make the base.

Base:

- 1 cup Brazil nuts (or other nuts)
- 1 cup desiccated coconut
- ½ cup pitted dates
- 1 Tbs coconut oil (optional, helps to hold the base together)
- Pinch of salt
- 1 Tbs good-quality cocoa powder
- 1 Tbs cocoa nibs (or an extra tablespoon cocoa powder)
- ½ tsp pure vanilla extract

Method:

Line the base of a 20cm spring-form cake tin with baking paper.

Base:

Process the nuts and coconut into a course meal. Add the remaining base ingredients and process until the mixture holds together when squeezed. Press firmly into the prepared cake tin, using a spatula to smooth. Chill in the freezer while you prepare the filling. Filling: Rinse the soaked cashews in a sieve. Tip into the clean food processor bowl, add the creamed coconut and honey and process until smooth. This will take 2-3 minutes with the machine running, stop several times to scrap down the sides. Once creamy add the berries and lemon juice and blitz until smooth and the mixture is a vivid purple colour. Assemble: Remove the base from the freezer and pour over the berry filling, spreading evenly. Cover and chill in the fridge for at least 2 hours to set. To serve, garnish with extra berries. Eat within 2 days.

Note: Creamed Coconut

This is basically the thick cream part of a can of coconut cream. You will need to use a natural brand without the addition of emulsifiers (I used Ceres Organic). The day before making the cake put a can of coconut cream into the fridge upside-down. When ready to make the cake open the top of the can, tip out the milky liquid (reserve for using in a curry etc.) and scoop out the thick coconut cream (creamed coconut) to blend with the cashews. Depending on the brand you will get about 1/2 - 3/4 cup, use all of it, the more the better.

Filling:

- 1 cup cashews, soaked 2 hours or overnight
- ½ - ¾ cup creamed coconut (see note below)
- 4 tablespoons honey
- 1 ½ cups (approx 200g) blueberries (or other fresh or frozen berries)
- Juice of ½ lemon

