

Aiming to increase plant-based nutrition - vegan Bible cake

A couple of years ago, I came across a Bible cake recipe online. I became interested in the cake because of its name and looked up what was needed for it. According to one story, the cake got its name because every ingredient in it is mentioned in verses from the Old Testament. Figs are mentioned there, although some of the ingredients are only mentioned in passing, such as baking powder and sugar. I concluded that based on the recipe, the cake resembles cakes eaten at Christmas and that the preparation is not complicated (<https://kotiliesi.fi/resepti/raamattukakku/>). I made the cake and liked it.

For the cake you need butter, sugar, eggs, baking powder, wheat flour, salt (half a teaspoon), cinnamon, ground almonds, chopped dried figs, raisins and lactose-free milk or cream, as well as soft butter and coconut flakes or rye flour for greasing the pan. I used plant-based baking margarine instead of butter. I usually use liquid vegetable fat in baking because it is convenient. It also makes greasing the pan easy.



Picture 1. The Bible cake

More information about the cake can be found here:

<https://kotiliesi.fi/ruoka/kuivakakku-jonka-ainekset-ovat-peraisin-raamatun-jakeista/>

According to that article, you shouldn't try to tweak the recipe, but I made a vegan version. I replaced the eggs with soy product ("soy yogurt", half a deciliter/egg) and cow's milk with oat milk. I used breadcrumbs in the pan. The cake was a success. The taste is not quite the same as when made according to the original recipe, but it's good nonetheless. The cake also crumbles more easily.



Picture 2. The vegan Bible cake