HEALTHY FOOD

The Vegan Apple Loaf Cake that Went Viral

By bestfolkmedicine · 21/09/2020 · 1 min read

This vegan apple cake is so good, sweet, and moist. It's ideal for plant-based people and when you want to use the apples in your home that are becoming a bit too soft.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

This recipe asks for apple butter that you can make on your own or purchase it in the store. Or, just use applesauce.

The cake is so easy to make-you just need to mix the basic ingredients and bake it for half an hour.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

The slices are delicious, especially when topped with some vegan butter or a scoop of ice cream.

But, enough talking-let's check out the recipe below. We bet most of you apple lovers out there are impatient to see the recipe!

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Homemade Vegan Apple Loaf Cake Recipe

You'll need:

1 ½ cup of flour

1/3 cup of brown sugar + ¾ cup of brown sugar

A cup of applesauce or apple butter

½ cup of coconut oil or vegan butter

A tsp of cinnamon

1 ¾ tsp of baking powder

A tbsp of vanilla extract

½ cup of almond milk

2 apples, peeled and diced in small pieces

Prep:

Preheat your oven to 350 degrees F and beat ¾ of sugar and butter until you get a creamy texture. Add the vanilla, milk, and apple butter and blend until it's all smooth.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Mix the flour, baking powder, and cinnamon together and stir it into the butter.

Add the 1/3 cup of brown sugar and half of the chopped apples into the batter. Mix and transfer it into a loaf pan (9×5).

Sprinkle the remaining apples over the top and slightly press them into the batter.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });
Bake around 20 to 35 minutes. You can check out if it's ready with a toothpick-if it comes out clean, take it out.

Wait to cool down a bit and then slice it.

Enjoy!

Sources:

ONE GREEN PLANET

Read online: https://bestfolkmedicine.com/2020/09/the-vegan-apple-loaf-cake-that-went-viral/

Downloaded on 24/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.