

Quick and Easy 4th of July Flag Cake



Kid Chiropractic
Family Wellness Center

QUICK AND EASY 4TH OF JULY FLAG CAKE

The 4th of July is all about celebrating freedom, so what better way to honor our country's 250th birthday than with a festive dessert that checks all the "free" boxes?

This patriotic Flag Cake is animal product-free, sugar-free, low carb, and absolutely delicious.

Quick and easy to make, this healthy 4th of July Flag Cake is guaranteed to impress your friends and family. With a light and fluffy vegan vanilla cake, a luscious coconut cream frosting, and fresh berries arranged in a classic American flag design, it's as beautiful as it is tasty.

Best of all, no one will guess it's a healthier dessert—unless you decide to tell them!

- [Vanilla Cake Recipe](#)
- [Coconut Cream Frosting Recipe](#)
- [Toppings](#)
 - 2 cups sliced strawberries or raspberries
 - 1 cup blueberries

Once the cake is cooled and frosted, start making your flag design with the chopped strawberries or raspberries and blueberries as shown in the photo.



Vanilla Layer Cake

Grain Free, Lower Carb, Sugar Free & Vegan

Here's a vanilla cake that won't slow you down.
Rich, decadent, & delicious vanilla layer cake that is 100% grain-free, sugar free, low carb and vegan!

PREP TIME

20 MINUTES

COOK TIME

42-50 MINUTES

Ingredients

- 2/3 cup organic plain nondairy milk (I prefer coconut or almond milk)
- 2 teaspoons organic vinegar (white or cider vinegar)
- 2 and 1/3 cups organic chickpea flour, sifted
- 3/4 cup organic blanched almond flour (not almond meal)
- 1/4 cup potato starch
- 1 tablespoon baking powder
- 1/4 teaspoon fine sea salt
- 1-1/2 organic granulated monk fruit blend (with erythritol, stevia and/or allulose)
- 1/2 cup organic avocado oil
- 1 tablespoon organic vanilla bean paste or vanilla extract
- 2/3 cup aquafaba (liquid from organic canned chickpeas; get cans that are BPA free)

Instructions

1. Preheat oven to 350F. Grease a 9 x 13" baking pan with coconut or avocado oil and line the bottom with parchment paper.
2. In a small bowl, combine the milk and vinegar. Set aside for several minutes to curdle.
3. In a large bowl, whisk together the chickpea flour, almond flour, potato starch, baking powder, salt and monk fruit blend. Set aside.
4. In a medium bowl, beat the aquafaba with an electric mixer on high speed for 4 to 6 minutes until very foamy; soft, light peaks should form when the beaters are lifted from the bowl.
5. Add the milk mixture and oil to the flour mixture, whisking until completely blended. Gently stir in HALF of the aquafaba, then fold/lightly stir in the remaining aquafaba.
6. Divide the batter equally between the two prepared pans.
7. Bake in the middle of the preheated oven for 42 to 50 minutes until deep golden brown and a toothpick inserted near the center comes out with only a few moist crumbs attached.
8. Transfer to a cooling rack and cool the cake completely in the pan. Run a butter knife around the edges of the pan. Keep the cake in the pan for easier portability and storage.



Aquafaba Tip: I find that most 15-ounce cans of chickpeas have about $\frac{3}{4}$ cup liquid (aquafaba).

Go ahead and buy two cans, just in case one can does not have enough (you do not want to have to run to the store midway through prepping the batter!). Save the chickpeas for hummus or the recipe of your liking :)

Cupcakes: To make cupcakes, divide the batter between 24 standard size muffin cups lined with paper or foil liners. Do not overfill the cups! The batter will come up less than halfway in each cup.

Bake for 22 to 26 minutes until deep golden brown and a toothpick inserted near the center comes out with only a few moist crumbs attached.

Storage: Store the frosted cake at (cool) room temperature for up to 1 day or the refrigerator for up to 1 week. The cooled, unfrosted cakes can be frozen (tightly wrapped) for up to 6 months.



Vegan Coconut Cream Frosting

Ingredients

- 2- 14 ounce cans of organic coconut cream or 1-33 ounce carton, chilled in the fridge overnight. (Only 1 can is needed unless the recipe is doubled. Having 2 chilled cans ensures there is enough cream.)
- 1 teaspoon vanilla extract
- ½ cup erythritol powdered sweetener
- *Optional – Arrowroot starch as needed (to thicken)*

Instructions

1. Carefully so as not to shake, remove the coconut cream from the fridge. Scoop the top thick part of the can (where the hardened cream has formed) into the bowl of a stand mixer or a mixing bowl. Discard the water portion. If you are using coconut cream in a carton, make a small cut in the box midway down over the sink and let the water drain out before continuing to cut the rest of the way.
2. Add sweetener and vanilla extract.
3. Place the stand mixer (or handheld mixer) on high, and whip until the cream is light and fluffy.
4. If the frosting isn't firming up as desired, add 1 -2 Tablespoons arrowroot starch, and whip to desired thickness.

Best to store cake with frosting in the fridge for up to 7 days. Cake without frosting will keep at room temperature, covered, for 2 days. **Freezer-friendly.**



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