

Wes Allison's 'Hummingbird' Vegan Cupcakes



Society of PEACE Member **Wes Allison** shares his yummy **vegan** recipe for "**Hummingbird Cupcakes**", which he describes as "reminiscent of banana bread & carrot cake". We can't wait to sample these cupcakes at a vegan potluck in the near future!

Wes frequently posts fun & delicious creations on his blog, "**Don't Lose Your Lunch**" (www.dontloseyourlunch.com). He also created www.VeganHouston.org, which lists dining options and a rating guide for local vegan cuisine. Be sure to check out both websites!

Ingredients:

- 1/2 c pecan halves or pieces
- 1 1/2 c all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 2 very ripe medium bananas
- 1/4 c canola oil
- 4 oz crushed pineapple with liquid
- 1 c turbinado sugar
- 1/2 tsp vanilla extract



Directions:

Preheat oven to 350. Use an oven thermometer! Oil or line your cupcake pan. Spread pecans out on cookie sheet & toast in oven for about 10 minutes. Take care not to burn them. Chop pecans & set aside. Sift flour, baking soda, cinnamon & salt into a bowl. Set aside. In a separate bowl, mash bananas. Mix oil, pineapple, sugar & vanilla into bananas. Mix the dry bowl into the wet bowl until just combined. Fold in chopped pecans. Fill cupcake tins 3/4 of the way up. Put in oven for 26-28 minutes. Cool completely before icing..

Cream Cheez Icing Ingredients & Directions:

- 4 tB Tofutti "Better than Cream Cheese"
- 2 tB Earth Balance vegan margarine
- 2 cups powdered sugar
- 1/2 tsp vanilla extract

Beat room-temp Tofutti & Earth Balance with electric mixer. Slowly add powdered sugar until it reaches a thick consistency. Mix in vanilla. Spread on cooled cupcakes.