



Icings

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic
By: Cuisine l'Angélique

Vanilla icing

- 30 ml (2 tbsp) plant-based milk substitute
- 15 ml (1 tbsp) light olive oil
- 5 ml (1 tsp) vanilla extract
- [Icing sugar](#)

PREPARATION :

1. In a bowl, combine plant-based milk substitute, oil and vanilla and beat vigorously with a whisk.
 2. Gradually add icing sugar, whisking between each addition, until desired texture is achieved.
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Naturally coloured icing

ORANGE OR PINK

- 30 ml (2 tbsp) extractor (orange) carrot juice or beet juice (pink)
- 15 ml (1 tbsp) light olive oil
- 5 ml (1 tsp) vanilla extract
- [Icing sugar](#)

PREPARATION :

- In a bowl, combine carrot juice (or beetroot), oil and vanilla and beat vigorously with a whisk.
- Gradually add icing sugar, whisking between each addition, until desired texture is achieved.

(Carrot juice allows us to naturally colour our frostings. For a pink colour, use beet juice obtained from a juice extractor).

Orange icing

- 30 ml (2 tbsp) orange juice
- 15 ml (1 tbsp) light olive oil
- 10 ml (2 tsp) orange zest
- 5 ml (1 tsp) vanilla extract
- [Icing sugar](#)



OTHER ICINGS

- [7-minute Frosting](#)
- [Chocolate Icing](#)
- [Cashew Icing](#)
- [Homemade Icing Sugar](#)

PREPARATION :

1. In a bowl, combine plant-based milk substitute, oil and vanilla and beat vigorously with a whisk.
 2. Gradually add icing sugar, whisking between each addition, until desired texture is achieved.
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Imitation "cream cheese" icing

- 255 g (1 small package) of "cream cheese"**
- 40 g (1/3 cup) icing sugar
- 5 ml (1 tsp) vanilla

PREPARATION :

1. Beat all ingredients with an electric mixer.
2. Cover and refrigerate so that the icing freezes.
3. Frost the cake and then keep in the refrigerator.

** You can find excellent alternatives to cream cheese in several stores, without dairy products.

