



Fluffy Maple Frosting (vegan, grain-free, refined sugar free, nut-free)

Ingredients:

- 1 cup palm shortening (available [here](#) on iHerb)
- ½ cup maple syrup
- 2 tsp pure vanilla extract
- 4 T tapioca flour
- 5 T coconut milk powder (available [here](#) on iHerb)
- ¼ tsp sea salt or Himalaya salt

- 4 T melted coconut oil

Instructions:

1. Combine all in a mixer bowl except the coconut oil.
2. Whip on high until mixture is totally incorporated, light and fluffy (about 5 minutes).
3. Drizzle coconut oil in slowly while mixing on high until totally whipped together.
4. Spread on cooled cake *

*This frosting does not need to be refrigerated. If refrigerated, it will still be delicious, but the consistency will not be as creamy.

Vegan Cream Cheese Frosting (vegan, grain-free, refined sugar free)

Ingredients:

2 cups raw cashews soaked overnight (only cashews - other nuts will not work)

1/3 cup water

1/3 cup maple syrup

3 T lemon juice

Pinch of sea salt or Himalaya salt

Pinch of cinnamon (optional)

Instructions:

1. Soak the cashews in water overnight.
2. Drain the cashews and transfer to a high-powered blender, together with the water, lemon juice, and maple syrup.
3. Run the blender on high, stopping about six times to scrape the sides, until you get a thick, smooth frosting.
4. Refrigerate until ready to use and spread on cooled cake.

In health and yumminess,
Mindy