



Vegan Twinkies Recipe

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Ingredients

For the Sponge Cakes:

- 1 cup all-purpose flour
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- ½ cup sugar
- ½ cup unsweetened non-dairy milk (soy or oat works best)
- ¼ cup neutral oil (like sunflower or canola)
- 2 tbsp unsweetened applesauce (egg replacer + moisture)
- 1 tsp vanilla extract
- 1 tsp apple cider vinegar (helps with lift)

For the Cream Filling:

- ½ cup vegan butter (softened)
- 1 ½ cups powdered sugar (sifted)
- 2 tbsp coconut cream (from chilled can, thick part only)
- 2 tbsp vegan marshmallow fluff (optional, but very authentic — look for Dandies or homemade aquafaba fluff)
- 1 tsp vanilla extract

Instructions

1. Make the Sponge Cakes

1. Preheat oven to **350°F (175°C)**. Grease a canoe/Twinkie pan (or use a cupcake pan with foil ovals shaped into boats).
2. In a bowl, whisk together **flour, baking powder, baking soda, salt, and sugar**.
3. In another bowl, whisk **milk, oil, applesauce, vanilla, and vinegar**.
4. Combine wet into dry, stirring just until smooth (don't overmix).

5. Fill molds about $\frac{3}{4}$ **full**.
6. Bake for **12–15 minutes**, until lightly golden and a toothpick comes out clean.
7. Cool completely before filling.

2. Make the Cream Filling

1. Beat **vegan butter** until fluffy.
2. Add **powdered sugar** gradually.
3. Mix in **coconut cream, vanilla, and marshmallow fluff (if using)**. Whip until smooth and fluffy.

3. Fill the Cakes

1. Poke 2–3 holes in the bottom of each cake with a skewer.
 2. Use a piping bag to inject filling until each feels slightly plump.
 3. Wipe away excess filling.
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Tips & Variations

- 🌸 For a **lighter filling**, use aquafaba (whipped chickpea brine) instead of coconut cream.
- 🍫 For a fun twist, dip them halfway in melted vegan chocolate.
- 🥥 If you love coconut, dust the cakes with shredded coconut for a “snowball” vibe.