

Amy's Organic Cakes II (Frozen) (Vegan, Nut-Free, Soy-Free)

If you had told me that I could grab a cake from the freezer, let it thaw for two hours, and a deliciously moist and tender dessert would emerge, I would never have believed you. But, now I have tasted the proof. In fact, dare I say, the new little cakes from Amy's are seemingly perfect. Let me recount the ways that this dessert made me insanely satisfied:

- All natural AND organic Ingredients
- No baking OR nuking required (just a painful 2 hour wait while it defrosts in the fridge)
- Made with whole wheat flour and unrefined sugar
- Soy-free, dairy-free, egg-free, and consequently vegan (all Amy's products are peanut-free and vegetarian)
- Cute "giftable" packaging (think defrost and take to a neighbor or a potluck)
- Available even at conventional / mainstream grocers
- Excellent size (will last 2 to 3 days in a 1 or 2 person household, or serve up to 6 on a single day)
- The taste and texture (details below)

Some may say calling this product a "cake" is pushing it. My grandma called it "breakfast bread." In my opinion, it is sweeter and tenderer than a quick bread (and my grandma shouldn't be eating it for breakfast!), but heartier than your average fluffy cake. I refer to it as a "tea cake." It comes in a neat and tidy little loaf that offers wonderfully thick slices for each serving that I enjoyed immensely each afternoon with a nice cup of tea.

Amy's Organic Frozen Cakes come in two flavors (but I am really hoping they add more!):

Orange – This flavor was insanely tender, perfectly moist, and delightfully sweet, with a perfectly balanced orange-vanilla flavor that was decidedly a naturally delicious tea cake rather than artificial "creamsicle." I loved that it wasn't overly citrus, just a dreamy orange flavor that left my taste buds so satisfied. Move over Entenmanns!

Chocolate – I love gooey brownies and pure bites of dark chocolate, but chocolate cake, not so much. Nonetheless, this cake had a very, very dark chocolate appearance that intrigued me. The flavor definitely had a rich fudgy vibe, not unlike my favorite brownies, but with the texture of a tender cake. Really it was delicious, but I am still not brought over to the chocolate cake side. However, with a nice vanilla frosting, or icing, I could be convinced. My chocolate-loving husband on the other hand was delighted to polish it off.

The price of these convenient little cakes is just a bit outside my regular budget, especially since I don't typically buy premade desserts, but it isn't outrageous by any means, especially for the quality - we are talking around \$4.00 in store. Nonetheless, the next time I see them on sale, I will definitely be purchasing more.

Now just in case Amy's is listening, I think this cake has an almost pound cake like quality that would make a pure vanilla version ecstasy! Perhaps from there, blueberry, carrot, gingerbread … okay, I will stop now. This is a third party review by Alisa Fleming, author of Go Dairy Free: The Guide & Cookbook. For more information on this product, or to contact the company, visit the Amy's Kitchen website.