



Flourless Chocolate Cake

"After all of the holiday splurges, it's nice to have an option for a dessert that is healthy AND gluten free, grain free, dairy free, paleo, soy free, corn free and sugar free that tastes good! You can use this recipe for Valentine's Day or Birthdays. For those of you who can't have almonds, you can experiment with flax meal, sesame meal or sunflower seed meal (grind up in food processor) as a substitution. **Bon Appetit! ~ Laura**"

"Prep Time: 15 minutes; Cook Time: 25 minutes; Total Time: 50 minutes; Yield: 1 cake. 8-10 slices

Modifications in red by Laura McKay, B.S., Health Educator

Ingredients:

- 1 1/2 cup packed almond meal*
- 1/2 cup cocoa powder (can substitute carob powder, which is not chocolate)
- 1/2 teaspoon baking soda pinch salt
- 1 1/2 cup packed pitted dates**
- 1/2 cup water
- 3 eggs (can use Ener G egg replacer)
- 2 Tablespoons coconut oil
- 2 teaspoons vanilla



Notes:

- *Make your own almond meal by processing raw almonds until no large chunks remain. Don't over process because it will turn into almond butter.
- **You may soak the dates for a few hours or overnight to make them softer and easier to blend.

Whipped Cinnamon Cream:

- 1 can full-fat coconut milk
- 1 teaspoon cinnamon
- 1/4 teaspoon vanilla

Preparation:

- Preheat oven to 325*.
- Mix together all dry ingredients (almond meal, cocoa powder, baking soda, and salt) in a bowl and set aside.
- Place the dates and water in a food processor or strong blender and blend until it forms a smooth paste.
- Mix the date paste with the wet ingredients (eggs, coconut oil, vanilla), and mix until smooth.
- Add the wet to the dry and stir until smooth.
- Grease an 8" round cake pan, and pour in batter.
- Bake for 25-30 minutes, or until a toothpick comes out clean. Let cool for at least 10-15 minutes before serving so that it has time to set.
- Serve plain or with fresh fruit and/or coconut whipped cream. May also be served chilled from fridge.

Place your can of coconut milk in the fridge and leave overnight. Open the milk the next morning, and do not shake. The top of the can should be thick, scoop this out. About halfway through you should reach a point where the cream turns to water. Do not scoop out the water. Whip the cinnamon and vanilla into the cream until well-combined.

<http://www.spoonfulofsugarfree.com/2013/07/15/flourless-chocolate-cake-made-with-almonds/>

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