



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## Honey Sweetened Flourless Chocolate Cake

Prep Time: 10 Min Cook Time: 8 Min; Yields 6

### Ingredients

4oz Bittersweet Chocolate (I use Ghiradelli 60% Cacao) (*use Enjoy Life chocolate bar or chips*)  
½ c Coconut Oil (If you hate the flavor of coconut, use Spectrum brand, its flavorless!)  
¼ c Honey  
½ t Salt  
3 Lg Eggs  
½ c Unsweetened cocoa powder

### Instructions

1. Preheat oven to 375°F, grease individual molds (I use vintage jello molds!) and coat with a generous dusting of cocoa powder. If using ramekins, line the bottom of each with parchment before dusting. Set aside.
2. Chop chocolate into small pieces. In a double boiler or metal bowl set over a saucepan of barely simmering water melt chocolate with coconut oil, stirring until smooth.
- 3 Remove top of double boiler or bowl from heat and whisk honey into chocolate mixture, add salt. Add eggs and whisk well. Sift ½ cup cocoa powder over chocolate mixture and whisk until just combined.
- 4 Fill molds ¾ of the way full and bake for 8 minutes. Cool cake in pan on a rack 5 minutes, then invert onto a serving plate. Dust cake with additional cocoa powder and serve with berries and honey sweetened & whipped heavy cream. (*can whip some full fat coconut milk & sweetener of choice to taste if avoiding cow's dairy*)

### Notes

I love this cake warm, but it will keep cooled in an airtight container for up to 1 week or in the freezer for months!  
VARIATIONS: This chocolate cake is heavenly as is, but if you'd like to change it up a bit, here are some fun ways to do it!  
Add ½ tsp. of lavender extract.  
Add 1T of brewed espresso or 1 tsp of instant espresso powder.  
Add ½ tsp of cinnamon and ¼ tsp of cayenne pepper.  
Add the zest of one orange & 1 T of brandy. (*omit if avoiding brewer's yeast*)

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*\*Laura's note: you may experiment with a sweetener of choice and oil. If sensitive to egg, you may try the EnerG egg replacer.*

ENJOY!



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