
Gluten-Free Chocolate Cake

Total time: 1 hr Yield: 9 inches

Ingredients

coconut oil cooking spray
6 Tbsp cocoa powder (unsweetened)
15 oz black beans
5 large eggs
1 tsp sugar extract or substitute
1/2 tsp sea salt
1 Tbsp pure vanilla extract
6 Tbsp unsalted organic butter or extra virgin coconut oil
1/2 cup honey
1/2 tsp baking soda
1 tsp aluminum-free baking powder
1 cup coconut milk
8 oz chocolate (pistoles, chips or chopped)

Prep Time: 1 hr Total Time: 1 hr

Instructions

Preheat oven to 325° F. Cut a round of parchment paper and line the bottom of a baking pan, then grease the parchment lightly with coconut oil cooking spray. Dust cocoa all over the inside of the pan.

Rinse and drain beans. Place beans, 3 eggs, sugar substitute, salt and vanilla into blender. Blend on high until beans are completely liquefied. No lumps! In a large mixing bowl, beat butter (or coconut oil) with honey until light and fluffy. Add remaining eggs, beating for a minute after each addition. Hold a strainer over the bowl and add 6 tbsp. cocoa powder, baking soda, and baking powder. Tap the strainer to sift. Mix together until smooth. Add contents from blender to the bowl and mix together. Scrape batter evenly into pan and smooth the top.

Bake for 40 to 45 minutes, until the top is rounded and firm to the touch. After 10 minutes, gently turn out cake from pan onto to a cooling rack. Cool to room temperature before frosting.

To make chocolate ganache frosting, bring coconut milk to a boil on medium heat. Place chocolate bits into a large bowl and pour hot coconut milk over and let sit until the chocolate has melted. Stir. Frost immediately before serving by either pouring over cake, or whipping with a whisk and swirling onto the

cake.

Recipe brought to you by:

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