



CHOCOLATE CAKE

- Calories:221
- Carb:35.8g
- Fat:6.6g
- Protein:4.1g
- Prep
- Time:25 minutes
- Cook
- Time:45 minutes
- Total
- Time:1 hour 10 minutes
- Serving:8
- Category:
- Dessert

INGREDIENTS

- 125 g nuts
- 50 g coconut flakes
- 50 g cocoa powder
- 20 ml almond milk
- 1 tsp baking powder
- 1 tsp vanilla essence
- 5 dates
- 2 ripe bananas
- pinch of salt
- Topping
- 50 g mixed nuts
- 25 g coconut flour

DIRECTIONS

01

Preheat the oven to 330F(170C). Add 50g of the nuts in a blender and blend until flour. Chop the remaining nuts in a chopper.

02

In a mixing bowl combine the chopped nuts, coconut flakes, chopped chocolate, baking powder, cocoa powder and salt. Add the pitted dates and banana in the blender and blend until smooth.

03

Add the banana date mixture in the dry ingredients mixture and mix until well combined.

04

Pour the cake batter in a lined baking dish, top with chop nuts, bake for 40-45 minutes.