

Flourless Chocolate Cake

Hands On Time: 20 minutes

Total Time: 1 hour and 15 minutes, plus chilling time

Serves: 12



This cake shouldn't work. I mean, it's like a giant chocolate omelette, how could it turn into a cake?

But it does! A rich and fudgy, decadently chocolate cake.

It doesn't rise and become fluffy like a standard baked cake but that's okay because one slice of this indulgent chocolate masterpiece is more than enough to satisfy even the most die-hard chocolate lovers out there.

Completely flourless, so it is suitable for those with a gluten intolerance, I mean if you WANT to share.

Enjoy!

INGREDIENTS:

3 bars of **Sukrin Milk Chocolate** (you can use any of our flavored chocolates for a special twist)

4 ounces of **Nut Butter** of choice (I used **Almond**)

4 ounces of unsalted butter

$\frac{3}{4}$ cup of **Sukrin Gold** granulated sweetener

$\frac{1}{2}$ teaspoon of salt

4 eggs

$\frac{1}{2}$ cup of good quality cocoa powder, sifted

1 teaspoon of vanilla extract

METHOD:

Pre-heat your oven to 375° F, conventional

Grease and line an 8-inch cake pan and then grease the liner too.

Wrap the outside of the pan tightly in two layers of foil and place it inside a larger baking tray.

Place the chocolate, nut butter and butter in a pot over med-low heat and stir while melting until combined.

Beat the eggs until light and fluffy and then slowly add the sweetener.

Add the melted chocolate mixture and then the cocoa, mixing until combined.

Put your kettle on to boil.

Pour the cake batter into the prepared tin and then half fill the baking tray with boiling water.

This helps the cake to bake at a gentle, even temperature.

Bake for 25 minutes.

Note: The cake will 100% look like it is not cooked enough, the middle will still be very wet and you will be tempted to put it back in for a few more minutes. **DON'T!** I pinky-promise you that once you've chilled the cake it will be dense and fudgy, not runny.

Store, wrapped, in the fridge for up to one week.

NUTRITIONAL INFORMATION:



Nutritional data (per serving)

Net Carbs	Protein	Fat	Calories
2.8 grams	4.7 grams	17.9 grams	188 kcal

Calories from carbs 5.9%, protein 9.9%, fat 84.2%.

• Total Carbs 8.2 grams • Fiber 5.4 grams • Sugars 1.2 grams

• Saturated Fat 7.8 grams • Sodium 237 mg(10.3 %RDA)

• Magnesium 49.1 mg(12.3 %RDA) • Potassium 155 mg(7.7 %EMR)

Ingredients (makes 12 servings)

120 grams of Lily's sugar-free milk chocolate bar	120 grams	<input type="checkbox"/>
4 fl oz of almond butter (unsweetened)	128 grams	<input type="checkbox"/>
4 fl oz of Butter, without salt	113.6 grams	<input type="checkbox"/>
¾ cup of Sukrin Gold, brown sugar substitute	120 grams	<input type="checkbox"/>
1 tsp of salt, sea salt	6 grams	<input type="checkbox"/>
4 large of egg white, fresh	132 grams	<input type="checkbox"/>
½ cup of cocoa powder, raw (cacao)	43 grams	<input type="checkbox"/>
1 tsp of Vanilla extract, imitation, alcohol	4.2 grams	<input type="checkbox"/>

Add all to Basket