



Chocolate Date Cake

Serves: 12 servings

Preparation time: 30 minutes

Baking: 35-40 minutes

Cake Ingredients

1 cup all purpose flour
½ cup whole-wheat flour
1 teaspoon baking soda
1/3 cup cocoa or carob powder
½ teaspoon salt
1 cup unsweetened soy or almond milk
½ cup maple syrup or other natural sweetener
½ cup soft dates, pressed down to measure
1 tbsp lemon juice
2 teaspoons ground flaxseed
1 ½ teaspoon vanilla

Date Spread

1 cup hot water
½ cup soft dates, pressed down to measure
½ teaspoon vanilla

Toppings

1/3 cup almonds, chopped and roasted
1/3 cup unsweetened macaroon coconut, toasted
1/3 cup cacao/carob nibs



Directions

- Preheat oven to 180 degrees Celsius
- Mix all dry ingredients together.
- Place milk, syrup, dates, and seasonings in blender, and blend until completely smooth.
- Pour liquid mixture into dry ingredients, mixing just until blended – do not overmix.
- Cover bottom of nonstick square cake pan with parchment paper or use a silicone cake pan. Pour batter into pan
- Bake for 35-40 minutes, until toothpick inserted in the center comes out clean. Remove from oven and cool completely.
- For toppings, while cake is baking, toast nuts and coconut separately.
- For date spread, combine water, dates, and seasonings, and blend until completely creamy.
- After cake has cooled, spread date mixture on top and sprinkle with nuts, coconut, and cacao nibs. Or place cake slices on plates, drizzle nuts, coconut, and cacao nibs.

NUTRITIONAL DATA PER SERVING (1 SLICE): calories 236.50 | fat 9.05g | saturated fat 2.72g | cholesterol 0mg | sodium 200.56mg | carbohydrates 37.98g | fiber 7.09g | sugars 20.49g | protein 4.50g