

Raw Chocolate Cake

Delicious healthy cake – how can you feel guilty when you are eating avocado's!

Equipment:

Food processor or blender
Spring form pan

Ingredients:

Base:

10 pitted dates (medjool dates if you have them)

250g of nuts and seeds

1 tsp vanilla extract

2 tbsp of coconut oil (melted)

3 tsp raw cocoa powder

Filling:

3 ripe avocados

6 tbsp agave syrup

6 tbsp raw cocoa powder

2 tsp vanilla extract

4 tbsp coconut oil (melted)

Method:

Base

1. Place all the base ingredients into the food processor and mix until it forms a sticky mixture
2. Press into the spring form and place in the fridge to set

Filling

1. Place all the filling ingredients (except the coconut oil) into the food processor and mix until its completely smooth.
2. Add the coconut oil and blend until well combined.
3. Spread over the base layer and allow to set in the fridge for a couple of hours.
4. Enjoy :)



Serves: 8
Prep time: 20 minutes
Set time: 1-2 hours

Top Tips: You can vary the sweetness – I tend to use less agave but try it this way first. You can also use date syrup or a combination of both