

Chocolate Cake

flourless



Ingredients

1 (15 OZ) CAN ORGANIC BLACK LENTILS
OR
1 (15 OZ) CAN BLACK BEANS
4 ORGANIC CAGE-FREE EGGS
1/3 CUP GRANULATED SUGAR
1 1/2 CUP BITTERSWEET CACAO CHIPS
(60-70% CACAO)

Easy Instructions

Preheat oven to 350

Line bottom of 8" round with parchment paper (grease sides)

Place drained lentils or black beans, eggs, and sugar in a food processor - process until creamy

Place chocolate chips in microwavable bowl and heat for 1 minute

Add chocolate chips into food processor and blend everything together until creamy

Pour batter into the pan and bake for 15-17 minutes (if you want it a little soft/molten in the middle reduce baking time)

Cool on rack

Options: Use another sugar option if you are concerned about your glucose levels spiking
I used Xylitol in this recipe and it worked great with no after taste - Add sugar free whip cream on top, blueberries, strawberries

Note: The fiber and protein in the beans/lentils make this a good option for diabetics

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Xtreme-Measures