

Nature's Plate Chocolate Cake

1 cup	spelt flour	4 tbsp	coconut oil, sunflower oil or olive oil
1 cup	oat flour (grind rolled oats in the coffee grinder)	1 tsp	vanilla extract (optional)
½ cup	cocoa or carob powder	1/8 tsp	liquid stevia (optional)
1 tsp	baking powder	¼ cup	ground flax seed
1 tsp	baking soda	¾ cup	unsweetened apple sauce, pureed prunes or mashed banana – or combo
½ tsp	Celtic sea salt		
½ tsp	cinnamon (optional)		
¼ cup	molasses or organic sugar like sucanat	¾ cup	rice milk or almond milk
		½ cup	chopped nuts - walnuts or pecans (optional)
1/3 cup	maple syrup or agave syrup		

1. In a large bowl, thoroughly blend/beat together the wet ingredients and let sit.
2. In separate bowl, combine flours and the dry ingredients.
3. Stir the flour mixture into the wet ingredients and continue to mix until well blended.
4. Pour into greased cake pan – it bakes best in a bunt-type pan.
5. Bake at 350 degrees for about 35-40 minutes, until toothpick come out clean.
6. Cool completely before removing from pan.
7. Once cooled, you can ice the cake or melt some dairy-free chocolate chips and drizzle it on top! Great topped with raspberries as well.

* For muffins, bake at 350° for approx. 20 min.

Adapted from Laurie Corvese, Allegria Nutrition

Nutritional Value of Select Ingredients

Spelt – This sweet, nutty grain is the grain most tolerated by people with gluten-sensitivities. It contains all 8 essential amino acids, and special carbohydrates that play a major role in blood clotting and stimulating the immune system. Spelt is higher in amino acids, protein, some minerals, and B vitamins than wheat.

Organic Chocolate – Chocolate gets a bad rap, but most of what we think of as “chocolate bars” are little chocolate and lots of processed sugar. But 60-70% dark chocolate has phytochemicals that may help lower cholesterol, decrease inflammation, and lower risks of heart attacks and stroke. Notice the package size – a little bit of chocolate goes a long way.

Agave Syrup – Agave is 90% fructose, therefore has a low glycemic index and is a safe and delicious alternative to table sugar. Agave syrup comes from the agave plant, the plant that is used to make tequila. It requires no processing, so does not contain extra chemicals.

Coconut oil – Coconut oil contains monosaturated fats of the omega 7 family. Tropical oils have been part of a healthy lifestyle for thousands of years, and are very stable for cooking.

Flax seeds – Flax seeds are a great bowel equalizer, and are high in essential fatty acids (EFA's) (when ground or chewed). They are full of anti-cancer lignans and phytoestrogens.

Stevia – Stevia is a plant from South America that is 200-300 times sweeter than sugar, with virtually no calories or glucose. It may help balance the pancreas and stabilize blood sugar levels in the body, making it great for those with diabetes, hypoglycemia, and candidiasis.