



16

Servings

5 min

Prep Time

20 min

Cook Time

25 min

Total Time

Nut Free Chocolate Cake

Ingredients

80g butter
140g sun flour
80g keto sweetener, I used monkfruit sweetener
35g cacao powder
60g cream
3 large eggs
1 tsp instant coffee
1 tsp vanilla extract
1 ½ tsp baking powder
1 tsp bicarb soda
¼ tsp salt

Keto Icing

2 tbsp powdered sweetener, I used Sukrin Icing
1 tbsp cacao powder
2 tbsp boiling water

Macros Per Serve

Calories - 103 | Fat – 7.7g

Net Carbs – 2.9g | Protein – 5.9g

Conventional Method

Nut Free Chocolate Cake

- 1 Preheat oven to 170°. Line the base of a cake tin and grease the sides with a little butter.
- 2 Place the butter in a microwave proof bowl and melt in 30 sec bursts. It doesn't have to be completely melted, a mix of melted and soft is fine.
- 3 Add cream, vanilla extract and instant coffee and mix well with a spatula.
- 4 Add the eggs, whisking after adding each one. Combine well.
- 5 Add the remaining ingredients and stir until well combined.
- 6 Scrape the batter into the prepared cake tin and smooth out the top with a spatula.
- 7 Bake for 20 minutes, testing with a cake tester before removing from the oven.
- 8 Leave for 5 minutes and then remove from the tin and place on a wire rack to cool completely before icing.

Keto Icing

- 1 Once the cake has cooled completely, combine powdered sweetener and cacao powder in a bowl.
- 2 Add 1 tablespoon of boiling water and mix well (I use a mini whisk to get all the lumps out). Continue adding 1/2 tablespoon of water at a time until you get the desired thickness.
- 7 Pour on top of the cake and spread around the top using a spatula. Allow to harden.
- 8 Serve as is or with cream and fresh berries.

Thermomix Method

Nut Free Chocolate Cake

- 1 Preheat oven to 170°. Line the base of a cake tin and grease the sides with a little butter.
- 2 Place the butter in the Thermomix bowl and melt 2 mins/60°/sp3. It doesn't have to be completely melted, a mix of melted and soft is fine.
- 3 Add cream, vanilla extract and instant coffee and mix for 30 sec/sp3.
- 4 Set the Thermomix to mix on sp3 and add the eggs one at a time through the measuring cup hole. Mix for 30 seconds.
- 5 Add the remaining ingredients and mix for 30 sec/sp3. Scrape the sides and mix for a further 15 sec/sp3.
- 6 Scrape the batter into the prepared cake tin and smooth out the top with a spatula.
- 7 Bake for 20 minutes, testing with a cake tester before removing from the oven.
- 8 Leave for 5 minutes and then remove from the tin and place on a wire rack to cool completely before icing.

Keto Icing

- 1 Once the cake has cooled completely, combine powdered sweetener and cacao powder in a bowl.
- 2 Add 1 tablespoon of boiling water and mix well (I use a mini whisk to get all the lumps out). Continue adding 1/2 tablespoon of water at a time until you get the desired thickness.
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- 8 Serve as is or with cream and fresh berries.