

All occasion Chocolate Cake (or cupcakes)

No refined sugars: Sweetened only with fruit and dates.

Ingredients:

- 1.5 cups flour (your choice: wheat or spelt – or for those with Celiac Disease, oat flour)
- 3 TB cocoa powder (unsweetened)
- 1 tsp. baking soda (*and 1/2 teaspoon salt if you are using oat flour*)
- 1.5 cups dates, chopped well
- 2 tsp. vanilla extract (alcohol-free)
- 1 banana, sliced
- ½ cup finely diced apple or ½ cup applesauce (unsweetened)
- 1 cup milk (your choice: Rice, oat, almond, cow or goat milk, skim or 2%, etc.)
- One whole egg

Combine the first three dry ingredients (flour, cocoa, baking soda/salt) in a bowl and set aside. Combine all remaining ingredients (except for the egg) and blend in a high-powered blender. Mix the blended mixture into the dry ingredients. Whisk the egg and mix it into the cake batter. Pour batter into round or square cake pan. Or makes 12 cupcakes. Bake at 175 C (350 F) in prewarmed oven for about 25 to 30 minutes.

Optional chocolate icing (*double this recipe for a two-layer cake*)

- 1 cup raw cashews, macadamia nuts or Brazil nuts (or a combination of all three)
- 1/2 cup cow or goat milk, coconut milk, soy milk, almond, hemp or rice milk
- 1/2 cup pitted dates, chopped well
- 1 tablespoon unsweetened cocoa powder (for 'strawberry' icing, omit the cocoa and instead use ¼ to ½ c cooked beets and ¼ to ½ c fresh, diced strawberries. This will may make the icing less thick, therefore you may have to add more nuts – or start with using less milk and add more as needed for thickness).
- 1/2 teaspoon vanilla extract

Directions: Combine all icing ingredients in a food processor or high-powered blender until smooth and creamy. Spread on cooled cake/cupcakes.

I designed this recipe in the 1980s, for the birthday cakes I always made for my kids.

– Eve Lees, Health Writer & Speaker, Nutrition Coach

www.artnews-healthnews.com

evelees@telus.net