

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 food processor or high-powered blender. Whisk the egg and mix it into the cake batter last.

Mix the blended mixture into the dry ingredients. Pour batter into a round or square cake pan (you'll need to double the recipe for a two-layer cake). 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) soaked overnight in the refrigerator. Or you can use 1 cup almond flour, if you want to avoid presoaking the nuts.

½ cup cow or goat milk, coconut milk, soy milk, almond, hemp or rice milk

½ 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 may make the icing less thick; therefore you may have to add more nuts or almond flour – or start with using less milk and add more as needed for thickness).

½ tsp. vanilla extract (or ½ tsp. strawberry extract if making strawberry icing).

Directions: Combine all icing ingredients in a food processor or high-powered blender (blender must be 1400 to 1800 watts to handle the thick icing). Blend 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.

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