

1. Cocoa-Coconut Raisin-Date Torte, serves 8

No added sugar and no gluten, but plenty of flavor! Ground almonds replace flour for a little extra fiber and protein. You really can have your cake and eat it too!

INGREDIENTS

- 1 cup natural raisins (make ½ golden raisins, if desired)
- ¾ cup hot water
- 1 cup almond meal, finely ground
- ½ cup cocoa powder, unsweetened
- ½ cup coconut flakes unsweetened, coarsely chopped
- 1 tsp baking soda
- ¼ tsp salt
- 3 eggs
- 2 tbsp coconut oil
- 2 tsp vanilla

DIRECTIONS

2. Preheat oven to 325°F. Grease a 9-inch round cake pan or 8-inch spring form pan, or coat with cooking spray, or line 30 mini-muffin cups.
3. Place raisins, dates, and water in a blender jar or food processor bowl, let stand for fruit to soften.
4. Combine almond meal, cocoa, coconut flakes, baking soda, and salt in a mixing bowl.
5. Blend the raisins, dates, and water until smooth. Add eggs, coconut oil, and vanilla; blend until smooth.
6. Stir raisin-date mixture into the dry ingredients just until combined. Spread batter evenly in prepared pan.
7. Bake 30-40 minutes or until a pick inserted in center comes out clean; 18 minutes for mini-muffins. Cool 10-15 minutes before slicing, or serve at room temperature.

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