

1. Healthy Flourless Chocolate Cake, serves 16

This cake is naturally sweetened with honey, and has less fat and calories than the traditional version. It is dairy-free with a rich chocolate flavor.

INGREDIENTS

4 oz unsweetened
baking chocolate
¼ cup coconut oil
¼ cup pumpkin puree
¼ cup cocoa powder
¾ cup honey
3 whole eggs

DIRECTIONS

2. Preheat the oven to 375°F, and grease an 8” spring form pan generously with oil. Melt the baking chocolate and coconut oil together, stirring until completely smooth. (You can use a double-boiler for this, or microwave in 30-second intervals).
3. In a large bowl, combine the melted chocolate mixture with the pumpkin puree, cocoa powder, and honey to help it cool down slightly. Then add the eggs and use a whisk to mix until completely smooth.
4. Pour the batter into the greased pan, and smooth the top with a spatula. Bake until the center looks firm, about 20 to 25 minutes.
5. Allow the cake to cool in the pan for 15 minutes, then remove the sides and allow to completely cool before serving. If you need to cool quickly put cake in the freezer, otherwise cover cake tightly and place it in the frig to chill. You can keep it in the refrigerator for a week.

<https://detoxinista.com/healthier-flourless-chocolate-cake-refined-sugar-free/>