

Vegan Gluten-free Choco Sponge Cake



Vegan

Gluten-free

Dairy free

Nuts free

Chocoholics

Paleo

*THE BEST VEGAN
SPONGE HEALTHY
CAKE BASED ON
CHICKPEA FLOUR!*

*YOU WILL
CONVINCE
EVERYONE THAT
DESSERTS CAN BE
HEALTHY WITH
THIS CAKE*

PREPARATION TIME:10 MINUTES

COOKING TIME: 25-30 MINUTES

This recipe makes a cake with 6 slices

INGREDIENTS:

1 cup or 200g of coconut milk

1 cup or 100g chickpea flour

1/2 cup or 30g cacao

1/2 cup of 50g raw brown sugar

1/3 cup or 25g coconut or olive oil

1/3 cup or 3 tbsp boiling water

1 tsp baking powder or cream of tartar

A pinch of salt

(Optional) 1 tbsp of vanilla

(Optional) Nuts or chocolate chips to decorate

STORAGE: Up to 1 week in the fridge and about 5 days in room temperature in an airtight container



INSTRUCTIONS:

- Mix dry ingredients until all is well mixed: chickpea flour, cacao, sugar, salt and baking powder. Boil the water in the meantime.
- Add the wet/liquid ingredients (boiling water, coconut milk and oil) slowly and mix everything making sure there are no lumps and the final mix has a smooth consistency. And, if the chickpea flour has made lumps and you can't get rid out of them, you can pass the mix through a blender. This is important because lumps of chickpea flour will harden when cooked in the oven.
- Pour in a container of about 8.5 inches or 21 cm covered with baking paper
- You can add chocolate chips or crushed nuts on top for decoration and extra taste.
- Cook in preheated oven at 180° for about 25 minutes or until a toothpick comes out clean
- Take it out the oven and let it cool down for 10 minutes
- After that it should be easier to take off the paper and you can even try it! Let it cool down completely before storage and enjoy!

Nutrition Facts

Servings: 6

Amount per serving

Calories **221**

% Daily Value*

Total Fat 14.2g 18%

Saturated Fat 11.4g 57%

Cholesterol 0mg 0%

Sodium 18mg 1%

Total Carbohydrate 22.2g 8%

Dietary Fiber 4g 14%

Total Sugars 11g

Protein 5.5g

Vitamin D 0mcg 0%

Calcium 25mg 2%

Iron 2mg 10%

Potassium 240mg 5%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

NUTRITIONAL INFORMATION

Chickpea flour is rich in iron and fibre, which makes this recipe nutritious!

Chickpea flour is a great source of iron and fiber, which makes it one of the healthiest gluten-free alternative for cakes.

And, some extra tips to make this recipe even healthier:

- reduce the added sugars by replace half of the sugar with stevia
- reduce the saturated fats contents by replacing coconut oil with olive oil
- add some mix nuts or crushed nuts on top to increase the content of fiber and unsaturated fats

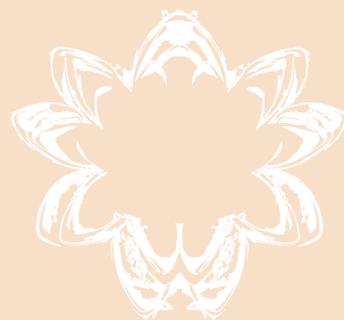
Enjoy!



Thank you!!!!

YOU CAN EMAIL YOUR FEEDBACK OR ANY
QUESTIONS OR VISIT MY WEBSITE!

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