



This is a chocolate cake made with cocoa powder, dates, prunes, natural yoghurt, almond flour, eggs and a little water. If you like dark chocolate and prunes you should like this. You won't taste the dates, they are just used to sweeten the cocoa.

Will this taste as scrumptious as the your average butter and sugar laden chocolate cake? No, of course not. But it's moist and has a bitter sweet taste which personally I love and it is packed with nutrients. It's also coeliac friendly. I like to serve it with a spoonful of natural yoghurt with a few drops of vanilla extract added in.



The way I make Chocolate Goodness Cake is

Ingredients

- 3 - 4 tbsp cocoa powder
- 250g dates
- 2 tbsp whole natural yoghurt
- 75ml (1/2 cup) hot water
- 75g almond flour
- 15 prunes, chopped
- 2 eggs
- 1 tsp vanilla extract (optional)

Instructions

1. In a blender mix 3 tbsp of the cocoa powder, the dates, yoghurt and water.
2. Taste the mixture and if it isn't "chocolatey" enough blend in another tbsp of cocoa.
3. Separate the eggs, placing the whites in a large bowl and the yolks in a smaller bowl.
4. Whisk the egg whites until they form soft white peaks.
5. Add the almond flour and the chocolate mixture to the egg yolks and whisk. Stir in a tsp of vanilla extract if you have it.
6. Stir in the chopped prunes.

7. Fold egg whites into the chocolate and prune mixture.
8. Pour the mixture into a greased (with sunflower is fine) cake tin and bake for 40 minutes in a preheated oven at 180° C / 350° F / Gas Mark 4.
9. Take out of the oven. Leave to cool completely before taking out of the tin.

Update

I tried this recipe again today. I'm on a health-kick again and I was worried after having had so much chocolate, butter and cream lately that this would taste really lacking in comparison but as I really craving chocolate I went ahead and tried it. I got doubly worried when I tasted the handmade organic natural yoghurt which seemed to me a lot more sour than the normal natural yoghurt I use. So I decided to use some of the (unsweetened) licorice and cinnamon tea I have - I used a cup of this instead of the hot water. If you like licorice and cinnamon I definitely recommend it - it adds a lovely mellow sweet spiciness to the chocolate. Although having tasted the chocolate mix from the blender I realised the dates would have made it sweet enough anyway.

Another thing which I hadn't noticed before is that the chocolate mix was not perfectly smooth this time - there were "bits" of dates in it and I was worried I would burn out the motor in my blender getting it smooth. If you are having the same issue I guess you could push it through a sieve. I didn't bother - no surprise there.

Anyhow I'm glad to report that even just a couple of days after several a couple of [Baby Guinness Mousses](#) this hits the spot.