

MELT-IN-YOUR-MOUTH FLOURLESS CHOCOLATE CAKE

May 3, 2015



I first wrote this post a week ago, which is why I'm still writing about the end of April.

It's hard to believe it's the end of April. The first four months of this year flew by, and here we are, about to jump into late spring and early summer. The days are getting warmer and sunnier and I'm pinching myself because it's almost too good to be true. Patio weather? In Canada? At the end of April? Let's not jinx it.



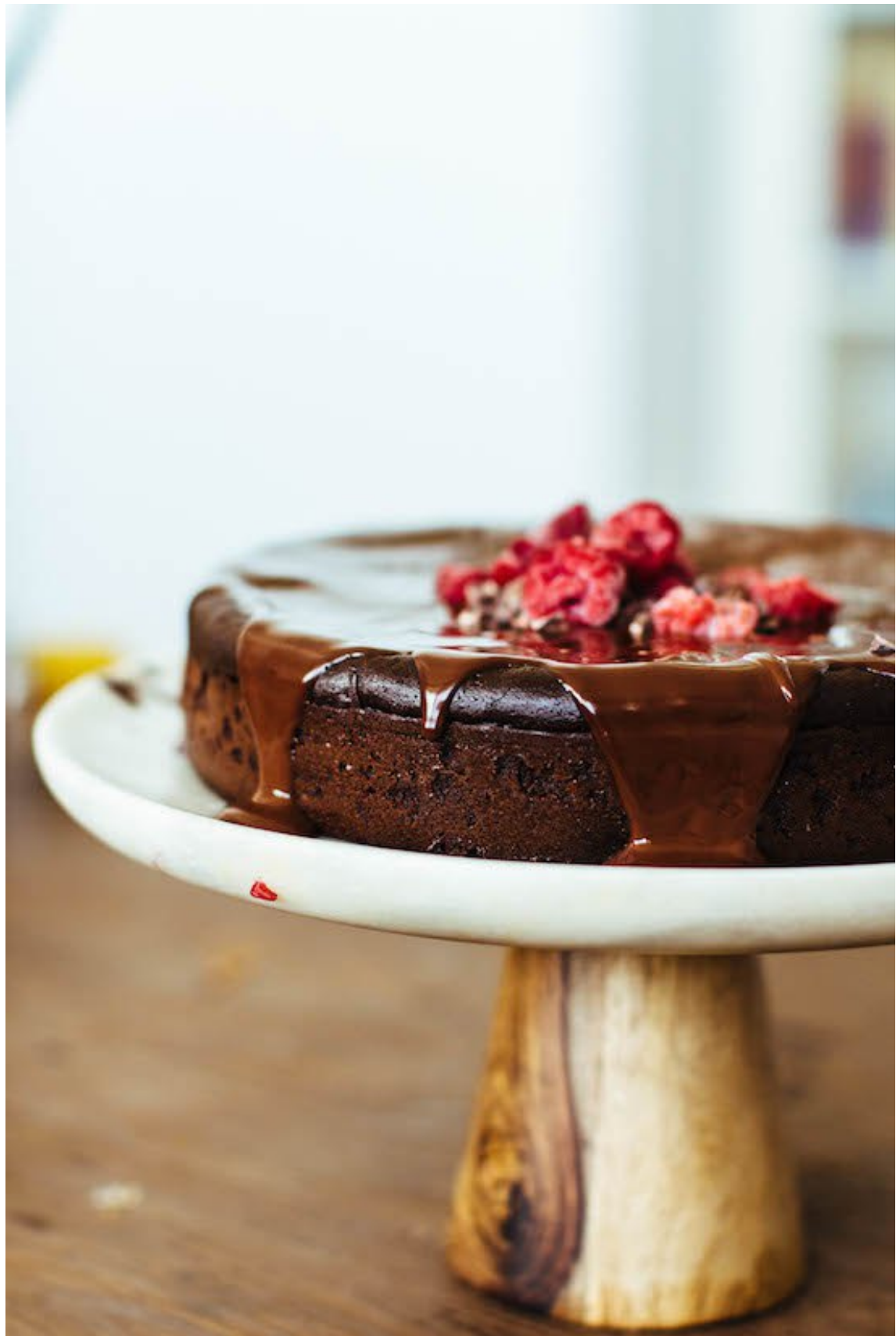




This week, I had a bit of a meltdown. My to-do list seemed never ending, and things that, realistically, don't mean much became overblown in my head. I was holding myself to standards too high, taking on too much, and not knowing when to take a step back. I was beginning to crack under the pressure of not having enough time for myself: I wasn't spending enough time on and with the people I love, and I wasn't taking the time to do things I enjoy,

such as leisurely cooking (which is not the same thing as recipe testing something five times and not having it work) and reading. It also didn't help that I'd been suffering from writer's block for a long, long time.





So, I took a deep breath and did some reflecting. I realized that most of this blogging block—with both the writing and the recipe development—came from: firstly, having standards that were just too high; and secondly, from the fact that I was scared to share my more vulnerable side, a side that is normally reserved for a select few in my life. People get a glimpse into your life when they read your blog, and because I don't usually share my weaker moments, people

tend to think I have it together all the time. Even / like to think that I have it together most of the time.

And the truth is, I don't.

Nor do I have to.

Phew. What a relief.







With that said, I don't have an original recipe to share with you today. Today's recipe for the best ever gluten-free and flourless chocolate cake actually comes from another blog, Yammie's Glutenfreedom. Yammie also happens to be the creative genius behind her other primary blog, Yammie's Noshery. All her recipes are beautifully photographed and will just make you drool, and you can visit her site by clicking [here](#). I first shared her cake recipe two years ago when I first started this blog. I've made it for loved ones several times since then, and it has never failed to please. I made this cake for my boyfriend's birthday last week, because it was the only thing he wanted. Who was I to turn down his one and only birthday wish? The recipe is simple, straightforward, and with some slight adaptations, a bit healthier than your average chocolate cake.

NOTES: I unfortunately wasn't able to come up with a vegan version, but I promise it's in the works. Stay posted, because I'd love to have a recipe for melt-in-your-mouth chocolate cake for all the vegan folks out there!

MELT-IN-YOUR-MOUTH FLOURLESS CHOCOLATE CAKE

Serves 6-8.

INGREDIENTS

- 6 eggs
- 1 1/2 cups 70% to 85% dark chocolate, chopped
- 1 cup coconut oil
- 3/4 cup coconut sugar

- 3/4 cup cocoa powder
- 1/4 cup good coffee at room temperature
- 1 tablespoon pure vanilla extract
- 1/2 teaspoon sea salt

For the ganache:

- 2 cups 70% dark chocolate
- 3/4 cup full fat coconut milk
- raw cacao nibs + frozen raspberries, to garnish – you can also use fresh fruit, shredded coconut, nuts, or whatever ingredient of your choice to garnish

INSTRUCTIONS

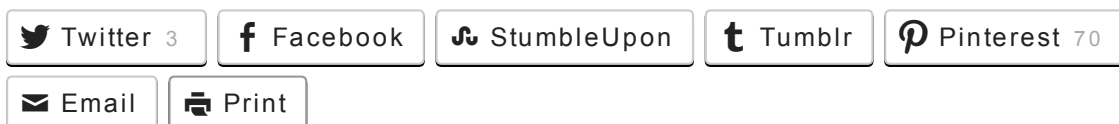
1. Preheat the oven to 175°C/350°F.
2. In a small saucepan, melt the coconut oil on low heat. Whisk the dark chocolate in, and allow the coconut oil and chocolate to cool.
3. Whisk the eggs, coconut sugar, and vanilla extract. Add the cocoa powder and salt. Pour the coffee into the batter, followed by the coconut oil and chocolate mixture.
4. Grease a six or eight inch cake mould (I used a silicon cake pan) and pour the batter in. Bake for 25-30 minutes, until a cake tester comes out clean.
5. While the cake is baking, prepare the ganache by heating up the coconut milk over low heat. Whisk the chocolate in, and stir until fully incorporated.
6. Remove the cake from the oven and allow it to cool completely. When cooled, flip the silicon case upside down. The cake should slide out easily.
7. Frost the cake with the ganache and garnish with frozen raspberries and cacao nibs. You can also use fresh berries if you'd prefer.

Wishing you much love and happy kitchen adventures,
Gen.

don't forget to subscribe and stay updated! follow me on facebook; twitter; pinterest; instagram; and bloglovin'

<< vegan and gluten-free pb & j ice cream sandwiches

Share this:



LABELS: DESSERTS Tags: baking, chocolate, cooking, dessert, flourless, food, gluten-free, healthy, recipe

11 COMMENTS

FARRAH May 3, 2015

I want to grab this out of my screen! *-* It looks super good! (I hate that I'm too lazy these days to make much of anything. ._.)

I hope things get less hectic for you soon! I like to think/project that I have it together most of the time too, but sometimes, I really just...don't. But what matters is that we pick ourselves back up and get through it! :] We can't be perfect, but I think as long as we try to keep improving, it'll be a-okay! <3

Farrah recently posted...Osteoporosis 

REPLY

KATIE | HEALTHY SEASONAL RECIPES May 4, 2015

I have so many things to say about this post. It so reminds me of me, and I feel like I have been right there in your shoes with you. I know that feeling of wanting to rely on those old faithful recipes in times like these. And I so appreciate your candor too even though it is scary to show the vulnerable side. Brava my friend!

Katie | Healthy Seasonal Recipes recently posted...my cookbook, maple, is available for pre-order 

REPLY

LAUREN @ EATING WITH A PURPOSE May 4, 2015

This will definitely be my next dessert choice- wish I could try a slice right now! Pinning to make.

Lauren @ Eating with a Purpose recently posted...What I Ate This Week: April 26-May 2 

REPLY

KELLY // THE PRETTY BEE: COOKING & CREATING May 4, 2015

Wow, these photos are just stunning, Genevieve! I hear you on being overwhelmed...I am right there, too! Just take care of yourself...chocolate cake is a good start. 😊

Kelly // The Pretty Bee: Cooking & Creating recently posted...Zucchini and Peppers with Sesame Teriyaki Sauce. 

REPLY

REBECCA @ STRENGTH AND SUNSHINE May 4, 2015

We all go through those stuck periods. But with the beautiful warm summer coming, spirits lift, life gets better, and we feel more energized! Sending you love, light, strength, and happiness dear! XOXO

Rebecca @ Strength and Sunshine recently posted...Spiced Cashew Plum Rice Porridge 

REPLY

MELANIE @ NUTRITIOUS EATS May 4, 2015

I agree, it's easy to get overwhelmed by the to-do list. But this cake would definitely make me feel better. It's hard to beat a flour less cake. sooooo rich and chocolatey! Yum.

Melanie @ Nutritious Eats recently posted...Egg, Greens and Goat Cheese Breakfast Sandwich 

REPLY

SHASHI AT RUNNINSRILANKAN May 4, 2015

Glad you took a deep breath and did some reflecting – sometimes, we need the

crazy times to remind us to slow down – some of us are not as good as you are in realizing when those times are!

Genevieve – this is on gorgeous cake – I haven't read Yammie's Glutenfreedom and might not have stopped by had you not highlighted this fabulous recipe!

Shashi at RunninSrilankan recently posted...Quick & Easy Mango Chicken 

REPLY

LISA | THE VIET VEGAN May 4, 2015

I hope you break out of your writer's block soon! I love reading personal posts (hence why I also tend to share extremely personal posts), so I hope you're not afraid to show different sides to yourself. Nobody's perfect, nobody has all their sh!t together, everyone has their off days. I think sharing about it makes us all more relatable =) This cake looks gorgeous, and I look forward to seeing the vegan version soon!

Lisa | The Viet Vegan recently posted...Best Vegan Chocolate Chip Cookies and a Letter to Future Me 

REPLY

JOSEFINE May 4, 2015

I am so sorry to hear you've had a tough week – good thing it is over 😊

This cake looks amazing!

Josefine recently posted...Insta Wrap Up – April 

REPLY

LISA @ HEALTHY NIBBLES & BITS May 4, 2015

I went on a weekend blogging retreat this weekend, and it felt good just sitting in nature and spending time with other people who enjoy food. Most weekends now have been dedicated to shooting photos and backend blogging things, and it was just nice to take a break from that. The inspiration will come in due time.

Lisa @ Healthy Nibbles & Bits recently posted...Churro Waffles with Cayenne Whipped Cream 

REPLY

JESSIE SNYDER | FARING WELL May 4, 2015

So sorry you had such a tough week Genevieve! Glad you have released a bit of that pressure though and are hopefully getting some rest. This cake looks super scrumptious and am excited to see what vegan version you come up with too <3

Jessie Snyder | Faring Well recently posted...Saturday Links + Favorite New Recipes 

REPLY

gratitude and greens © 2015. All Rights Reserved

Designed by Light Morango

