

FIONA TUCK

NUTRITION WELLNESS YOGA



Healthy Chocolate Ganache Cake

This is a deceptively healthy cake that tastes like a decadent, rich, chocolatey ganache piece of heaven. Nobody would ever guess this cake is jammed packed with healthy nutrient rich foods such as pumpkin and black beans. This is **THE** perfect cake to impress and convert any chocolate lover to the healthy side! Serve with Greek yoghurt, double cream or coconut cream as a non-dairy alternative.

Ingredients:

1&¼ cup of steamed pumpkin (equates to about 1/4 of a butternut pumpkin or you could substitute 1 large peeled cooked sweet potato)
200g can of black beans (rinsed and drained, can use kidney beans or chickpeas)
10 medjool dates, destoned and chopped
1 cup raw cacao powder (can use cocoa powder)
3 tablespoons macadamia oil (can use olive oil)
¾ cup of almond meal
½ cup of chopped walnuts
1 cup sugar free almond milk (can use regular milk)
pinch of sea salt

Prep: 15 mins

Cook: 45 mins

Serves: 12

For decorating:

Chopped nuts,
Shaved dark chocolate,
Cacao powder

Chocolate syrup (optional):

This gives a lustrous glaze and makes it more of a decadent looking dessert)
2 tablespoons of water
1 tablespoon of cacao powder
¾ tablespoon of maple syrup
10 g of dark chocolate

Place the water, maple syrup and cacao powder in a saucepan and gently bring to the boil, stirring continuously. Turn off the heat and add the chocolate. Stir through until it is melted.

Directions:

1. Preheat your oven to 180C
 2. Peel the pumpkin, cut into small chunks and steam until soft. Leave to cool.
 3. Place pumpkin, drained black beans, dates, flour, cacao powder, oil, milk, baking powder and salt to the blender.
 4. Blend until smooth.
 5. Stir through the chopped nuts until evenly blended.
 6. Line a 9 inch round cake tin with a removable base with baking paper. The removable base is important as the cake is very soft and will disintegrate if you try to remove it from a regular cake tin.
 7. Pour the cake mixture into the lined cake tin and smooth out the top so that it is even.
 8. Place in the oven for up to 45 minutes (or until a cake skewer comes out almost clean. The cake will still be a bit wobbly when it is ready so do not worry that it is not cooked. It will firm as it cools).
 9. Remove from oven and let the cake cool for 10 minutes. After 10 minutes, pour over 3 tablespoons of the chocolate syrup (the syrup can be warm) and leave to completely cool. Once the cake is completely cool, dust with cacao powder and decorate with any chopped nuts of your choice and or shaved dark chocolate.
 10. Place the cake in the fridge to firm it up and keep in the fridge until ready to serve. If you leave it out of the fridge for too long, it will soften. Remove the cake gently from the tin and serve.
-