

COCONUT FLOUR CHOCOLATE CAKE

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An easy moist keto chocolate cake, dairy-free and gluten-free with coconut flour and chocolate ganache.

Prep Time
15 mins

Cook Time
50 mins

Total Time
1 hr 5 mins

Servings: 12 slices Net Carbs: 4.2g Calories: 166kcal

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EQUIPMENT

- 1 [9-Inch Springform Pan](#)
- 1 [Measuring Cups Set](#)
- 2 [Mixing Bowls](#)
- 1 [Non-Stick Saucepan](#)

INGREDIENTS

- ☐ 1/2 cup [Coconut Flour](#)
- ☐ 2 teaspoons [Baking Powder](#) or half amount of baking soda
- ☐ 1/2 cup [Unsweetened Cocoa Powder](#)
- ☐ 4 [Eggs](#) large
- ☐ 1/2 cup [Crystal Sweetener](#) erythritol, Monk fruit, Xylitol
- ☐ 1 teaspoon [Vanilla Extract](#)
- ☐ 13.5 oz [Coconut Cream](#) (1 can, 400 ml) or heavy cream

CHOCOLATE GANACHE

- ☐ 4 oz [Sugar-free Chocolate Chips](#) or bars chopped in pieces
- ☐ 1/2 cup [Coconut Cream](#) or heavy cream

OPTIONAL - TO DECORATE

- ☐ 2 tablespoons [Unsweetened Cocoa Powder](#)

INSTRUCTIONS

1. Preheat oven to 170°C (340°F) conventional mode
2. Grease a [9-inch round cake pan](#) with coconut oil or butter. Set aside.
3. In a medium-size mixing bowl, whisk together the coconut flour, baking powder, and unsweetened cocoa powder. Set aside
4. In another bowl, beat eggs with a sugar-free crystal sweetener of your choice. It shouldn't take more than 30 seconds using a manual whisk. Process as if you are making an omelette.
5. Pour the liquid mixture onto the coconut flour/cocoa blend.



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- 6. Whisk in vanilla and full-fat coconut cream (or heavy cream).
- 7. Stir until fully combined, and a shiny cake batter forms with no lumps.
- 8. Transfer the cake batter to the prepared cake pan.
- 9. Bake for 50 minutes in the center of the oven. You can add a piece of foil on top of the cake after 30 minutes of baking. This prevents the top of the cake from burning and ensures consistent cooking inside the cake
- 10. Your cake is cooked when a skewer inserted in the middle of the cake comes out clean.
- 11. Cool in the cake pan for 10 minutes, then release the cake onto a cooling rack for at least 1 hour before adding the chocolate ganache on top.

CHOCOLATE GANACHE

- 1. Meanwhile, prepare the chocolate ganache.
- 2. In a medium saucepan, under medium heat, warm the sugar-free dark chocolate with coconut cream (or heavy cream) until it forms bubbles on the side of the saucepan. Don't boil the cream and whisk constantly to prevent the chocolate from burning. It will melt as you go creating a glossy chocolate ganache after about 3 minutes.
- 3. Spread the chocolate ganache over the chocolate cake using a piping bag or squeeze sauce bottle. Decorate with unsweetened desiccated coconut if desired (add about 2 tablespoons).

STORAGE

- 1. Store the cake in an airtight cake box in the fridge for up to 4 days.
- 2. Freeze the cake sliced, in individual zip lock bags, defrost the day before. I recommend freezing without the frosting for better results.

NOTES

Net carb per slice including the chocolate ganache: 4.2 grams

Ganache: The ganache will thicken as it cools, so pop the cake in the fridge if too runny, and it will thicken quickly. The ganache can be made the day before, stored in the fridge, and rewarmed to liquefy. You can set aside some ganache to add as an extra on each slice you serve.

NUTRITION

Nutrition Facts	
Coconut Flour Chocolate Cake	
Amount Per Serving (1 slice with ganache)	
Calories 166	Calories from Fat 130
% Daily Value*	
Fat 14.4g	22%
Carbohydrates 8.1g	3%
Fiber 3.9g	16%
Sugar 1.2g	1%
Protein 5g	10%
Net Carbs 4.2g	
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition facts are provided as is from the Spoonacular API. If any doubt, you should always calculate the nutrition facts using your own method. Net Carbs are calculated by removing fiber, erythritol from the carbohydrate content because these normally have no affect on blood sugar levels.

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