



MALTED RYE CHOCOLATE CAKE

Can be frozen in slices

Here's one way you can start switching out processed white flour and white sugar, for something more wholesome. The ingredients in this cake are totemic of a modern, wholefoods whore; barley malt, rye, home-made ghee, and dark chocolate. When I am poofing my final breath, and my life flashes before my eyes, there is no doubt that this chocolate cake will loom large like an illicit peep show portal. You're about to find out why.

200g **ghee** or butter
200g dark chocolate
3 eggs
100ml malted barley
100g coconut, rapadura or muscavado sugar
 $\frac{1}{2}$ teaspoon flaky sea salt
100g whole rye flour
1 teaspoon baking powder
nip of lemon juice

Whack up your oven to 150 Celsius. Now let the chocolate and Irish ghee party over a pot of