

Luscious GAPS Chocolate Cake - with Buttercream Icing

Ingredients:

- 3/4 cup organic coconut flour, sifted
- 1/2 cup organic cocoa powder (raw not roasted)
- 1 teaspoon Celtic or Himalayan pink sea salt (or other good salt)
- 1 teaspoon baking soda (Not baking powder)
- 10 organic pastured eggs (non-vegetarian fed)
- 1 cup room temperature softened grass-fed Kerrygold butter (*can use coconut oil instead*)
- 1 1/2 cups THICK raw unfiltered honey. (If thin honey use less - to taste)
- 1-2 tablespoon organic pure vanilla extract (We use Rose & Ivy Madagascar Bourbon Pure Vanilla Extract)



Process:

- Preheat oven to 325°.
- In a small bowl combine and sift: flour, cocoa, salt and baking soda
- Oil (2) 9-inch round non-aluminum cake pans, or (1) 12x9 glass baking dish with butter and dust with coconut flour (*for ease of removal, you can cut parchment paper to put in cake pans and then simply use butter or coconut oil to grease the paper and sides of the pan - this works really well!*)
- In a large bowl using an electric hand mixer, blend the honey and softened butter FIRST, then blend in the eggs and vanilla. Do NOT melt the butter in the microwave! It must just be room temperature softened. It is best to crack and put the eggs in a separate glass bowl before adding to the batter, to be careful to not get any shells in the batter.
- Add dry ingredients into large bowl and continue to blend on high for 1-2 minutes
- Pour batter immediately into the greased and prepared NON-aluminum pans and bake at 325° for 35-40 minutes, 10 minutes longer if high altitude. Test with knife into the middle of the cake.
- Remove from oven, allow to cool completely then remove from pans
- Frost and serve

You should be able to enjoy multiple slices of this cake (um, even with breakfast...), and not have any bad blood sugar effects. The usual cakes (the flour-y, sugar filled kind), you can feel awful afterwards, tired, and have sugar crashes where you don't feel like doing anything and just want to sit and then go to sleep. This cake does not make you feel this way at all! It's wonderful to enjoy good food like this without it harming how I feel. This cake actually FEEDS your body :-)



Chocolate Buttercream Icing

Makes enough for one double layer cake

Ingredients:

- 2 sticks Kerrygold grass-fed butter, softened to room temperature
- 1 cup raw unfiltered honey (*thick, unfiltered, unpourable honey makes the best icing! If you use thin pourable store-bought honey, which is more sweet, only use ½ cup*)
- 2/3 cup organic cocoa powder (*raw not roasted*)
- *A couple grinds of Himalayan pink salt to enhance the chocolate taste, but be careful and don't add too much! It is easy to add the salt to taste after it is all whisked together before you put it in the fridge.*
- 1-2 tablespoon organic pure vanilla extract (We use Rose & Ivy Madagascar Bourbon Pure Vanilla Extract)



Process:

1. Put butter and honey into a bowl on your stand mixer (*or hand mixer*) fitted with the whisk attachment. Whisk at a high speed for 3-5 minutes until well-combined and light colored. Turn mixer off and add cocoa powder and vanilla. Start mixer slow until combined, then whisk on high for another three minutes. Turn off, scrape down the sides of the bowl, unhook the whisk attachment and use to combine by hand.
2. Chill entire bowl and detached whisk attachment in the fridge for 30 minutes. Remove and whisk once more for 3 minutes. Use to frost immediately. Store leftover frosting in the fridge.

Note: If you make this ahead of time and refrigerate it, allow for time to sit on the counter to soften before needing to use. Once soft enough, whisk again to fluff the frosting. If needed (if it got too soft), repeat step 2 above before using on the cake.



More Information can be found on our website:

www.ForbiddenDoctor.com