



Summer BBQ Chocolate Cake

Gluten free, refined sugar free, dairy free, egg free.

$\frac{3}{4}$ cup coconut palm sugar
1 cup all-purpose gluten-free flour mix
 $\frac{1}{2}$ cup almond flour
2 tbsp coconut flour
 $\frac{1}{3}$ cup raw cocoa powder
1 $\frac{1}{2}$ tsp baking soda
Pinch sea salt
2 tsp vanilla extract
 $\frac{1}{2}$ cup extra virgin olive oil
1 cup cold water
1 tsp chia seeds
2 tbsp apple cider vinegar

1. Preheat oven to 375F. Ensure oven is fully preheated before you begin to mix the ingredients, as you have to work quickly once you get started. Have a greased 8×8-inch baking pan prepared as well.

2. In a large mixing bowl, whisk together the coconut palm sugar, flour mix, almond flour, coconut flour, cocoa powder, baking soda, sea salt, vanilla extract, oil, and cold water - mix until well blended (note the mixture will be thick, this is good)

3. Add chia seeds to the mixture and allow mixture to stand for 2 minutes.

4. This is where you move quickly: Add the vinegar and stir immediately. The vinegar and baking soda reaction will cause the mixture to foam up a bit. Stir quickly, then pour mixture into a greased pan and place it in the oven, as quickly as possible. (Delay in getting the mixture getting into the pan, and into the oven, may result in a more crumbly, dry texture)

5. Bake for 20-25 minutes, until toothpick comes out clean. Remove the pan to a cooling rack, and let it cool completely before cutting. Serve with strawberries and cashew maple cream.

Cashew maple cream:

$\frac{1}{4}$ cup of raw cashews soaked in water for 20 minutes
 $\frac{1}{2}$ tsp. of maple syrup
Filtered water

Drain cashew nuts and place in a blender; add water to cover half the cashews and blend on high for at least 4 to 6 minutes until whipped and thick. Add maple syrup and blend to mix.

