

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Chocolate cake

Suggestions: a very tasty cake perfect for winter as it is rich in vitamins and minerals such as vitamin K, C, E, B1, B2, B3, B5, B6, B9, copper, manganese, phosphorus, potassium, iron, calcium, magnesium, sodium and zinc.

Instructions



sea salt



yeast



bicarbonate of soda



Mix in a bowl in equal parts some almond flour, whole wheat flour and potato starch, add a little spoon of bicarbonate of soda, yeast and a pinch of salt.

raisins



pine nuts



cocoa powder



Add the raisins that you had soaked so that they are now soft, the pine nuts and some chocolate powder.



orange zest



Add the orange zest that you have chopped very finely, the juice of some oranges according to the quantity of the mix and the eggs. Make sure that the mix is not too liquid and not too dry and hard.

coconut milk



Add the coconut milk and the agave syrup to your taste and let it settle for a couple of hours so that the yeast will start make its effect; even better would be to leave it in the fridge overnight or a couple of days.



When you are ready to bake the cake, make some chocolate sauce with some chocolate mass which is without sugar or other additives, melt it with some coconut milk and some honey. When it is all nice and fluid put it aside and spread a layer of your dough in the oven dish, then a layer of the chocolate sauce and then top it up with the rest of the dough.

Sprinkle the cake with some sunflower seeds or nuts of your taste, put the cake in the oven at medium heat and leave it until it is cooked.



If you like this recipe, I would like to read your comments!

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