

# The Natural Healing Center



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## Flourless Chocolate Cake

### Ingredients:

- 1 -15oz. can of unseasoned black beans
- 5 large eggs
- 1 Tbsp vanilla extract
- ½ tsp sea salt
- 6 Tbsp unsalted butter (or coconut oil)
- ½ cup honey, or pure maple syrup
- ½ tsp stevia extract
- 6 Tbsp unsweetened cocoa powder
- 1 tsp aluminum-free baking powder
- ½ tsp baking soda

### Preparation:

Preheat oven to 325F. Grease a 9" cake pan with butter or coconut oil. Dust cocoa all over the inside of the pan, tapping to evenly distribute. Cut a round of parchment paper and line the bottom of the pan, then lightly grease the parchment.

Drain and rinse beans in a strainer or colander. Shake off excess water. Place beans, 3 of the eggs, vanilla, stevia and salt into blender. Blend on high until beans are completely liquefied. No lumps!

Whisk together cocoa powder, baking soda, and baking powder.

Beat butter with sweetener until light and fluffy. Add remaining two eggs, beating for a minute after each addition. Pour bean batter into egg mixture and mix.

Finally, stir in cocoa powder and beat the batter on high for one minute, until smooth. Scrape batter into pan and smooth the top. Grip pan firmly by the edges and rap it on the counter a few times to pop any air bubbles.

Bake for 40-45 minutes. Cake is done with the top is rounded and firm to the touch.

After 10 minutes, turn out cake from pan, and flip over again on to a cooling rack. Let cool until cake reaches room temperature, then cover in plastic wrap or with cake dome.

For BEST flavor, let cake sit over night (this cake will not have a hint of beaniness after letting it sit for eight hours).