

Kay amazing Garbanzo Bean Chocolate Cake

(Gluten Free)A high-protein alternative to flour-less chocolate cake.

Ingredients:

1 1/2 cups semi-sweet chocolate chips (like Ghirardelli---gluten free)

2 or 3 Tbsp. coconut oil (optional)

1 19 oz. can garbanzo beans, rinsed, drained and I hull them (take off skin around bean---makes cake grainy if left on but doesn't make it taste bad) If a 19 oz. can is difficult to find then use 1 15 oz. can with part or all of a second 15 oz. can. Or use one 15 oz. can and add 1/8th c. or so of rice flour.

4 eggs

3/4 c. white sugar

1/2 tsp. baking powder (I use 1 tsp.)

1 tsp. vanilla

(optional---can add other ingredients like 1/3 c. coconut flakes, peanut butter or cinnamon. A fun recipe that can be tweaked this way or that and still turns out good.)

1 Tbsp. confectioners' sugar for dusting.

1. Preheat the oven to 350 degrees F. Grease a 9-inch round cake pan. Add wax paper or parchment paper but not needed.
2. Place the chocolate chips into a microwave-safe bowl. Cook in the microwave for about 2 minutes, stirring every 20 seconds after the first minute, until chocolate is melted and smooth. If you have a powerful microwave, reduce the power to 50 percent. (I gently heated mine in a kettle on top of the stove).
3. Combine the beans and eggs in the bowl of a food processor. Process until smooth---at least for 4 minutes. Add the sugar and the baking powder, and pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down sides to make sure chocolate is completely mixed. Transfer the batter to the prepared cake pan.
4. Bake for 40 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool in the pan on a wire rack for 10 to 15 minutes before inverting onto a serving plate. Don't rush it or cake will stick to cake pan & break apart. Dust with confectioners' sugar just before serving.
5. Can also be topped with chocolate glaze, strawberries or other fruit, whipped cream, etc.
6. Makes 1 9-inch round cake.
7. P.S. Skin on bean comes off easy if gently rubbed while rinsing under water.