

# CHOCOLATE QUINOA CAKE

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## - Nichol Hebert's version

**PLEASE READ** the ENTIRE recipe PRIOR to making. You need to do at least 2 steps ahead of time (ie cooking/cooling the quinoa for the cake & refrigerating the coconut cream for the frosting/icing overnight).

### Ingredients Cake:

- 2 cups Cooked (but cooled) quinoa  
(~ 1 cup uncooked quinoa to 2 parts liquid, then cook)\*
  - ⅓ cup Almond Milk or Coconut Milk
- 2 large eggs (or 3 small)
- 1 tsp vanilla
- ¼ cup melted coconut oil
- ½ cup Xylitol  
(from a birch tree source)\*\*
- ⅓ cup pure cacao powder
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp Himalayan sea salt



### Ingredients Frosting/Icing:

- 1 bag (10 oz/ 283 grams) sugar free, dairy free chocolate chips or other preferred solid chocolate; see notes at end for what I use.\*\*\*
- 1 x 13.5 oz/400ml can coconut cream or coconut milk (refrigerated overnight)\*\*\*\*

### Instructions Cake:

1. Preheat the oven to 350F/160C.
2. Line two 8"/20cm round (or square) cake pans (or one 9x13") with parchment paper.
3. Sift together the dry ingredients in a large bowl (cacao powder, xylitol, baking powder, baking soda, and sea salt).
4. In a food processor or blender, combine the eggs, almond milk (or coconut milk) and vanilla extract then blend for ten seconds to combine.
5. Add the cooked (and cooled) quinoa along with the melted coconut oil, then blend until completely smooth, about thirty to sixty seconds. The batter will be slightly lumpy due to the quinoa, but the smoother you can get it without being obsessive about it, the smoother the cooked cake will be.
6. Immediately add the above dry sifted ingredients to the wet mixture and mix together with the food processor until well combined.
7. Divide the batter between the two pans, spread fairly evenly and bake for 30 minutes (350F/160C).
8. Remove the cakes from the oven and allow to cool.

## Instructions Frosting:

1. Refrigerate the coconut cream overnight.
2. Melt the chocolate in stainless steel (or glass Pyrex bowl) that is placed over lightly simmering water. *(Place it in a dry, stainless steel or Pyrex type bowl. Melt it gently over a pot of very gently simmering water by resting the bowl on the top of the pot of water. The bowl should be bigger than the pot and should not be submerged in the water, but resting on the edge of the pot. Do Not bring the water underneath the chocolate to a boil. Also don't rush the melting by turning up the heat on the stovetop. Trying to melt the chocolate too soon will cause it to scorch, ruining the taste. Be careful not to allow any water into the chocolate.)*
3. Once melted, add the entire can of coconut cream (and any of its liquid water/milk contents, not just the solid bits) and whisk until well mixed and melted together.
4. Remove from heat.
5. Allow to cool on the counter then cover and refrigerate for several hours, until thickened.
6. Once it has thickened, remove from the refrigerator and beat on high for 30 to 60 seconds, until a fluffy icing has formed.

## Putting it all together:

1. Transfer one of the cakes to a surface/platter for frosting/icing. *(I recommend that you only transfer the cakes once, if possible, as they are fragile and difficult to hold together once removed from the parchment paper).*
2. Place the frosting/icing only on the top of this layer.
3. Add the second cake to the top of the first.
4. Frost/ice the top and sides of both layers.
5. Refrigerate until ready to serve. The frosting will 'melt' in really warm conditions, but should be fine for a few hours in cooler settings.



# NOTES:

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\*approximately  $\frac{3}{4}$  cup dry quinoa will yield 2 cups cooked quinoa, but I always make the full 1 dry cup to ensure I have enough (*if there is a bit left over, use for a meal or snack later*). Also, for the heck of it, I cook my quinoa in my typical base of steeped Rooibos tea (no real flavour, but lots of extra healing nutrients).

\*\* consider using less birch-based Xylitol with a few drops of 100% liquid stevia

\*\*\*oh!!! also instead of using 'choc chips' in the frosting bit, I use the dark dairy free/sugar free chocolate bars "well, naturally", vitality brand (used 4 1/2 of them) that are sweetened with stevia (see the picture). You can get this online or at many supermarkets in the "Health Foods" section.

\*\*\*\*using 'light' coconut milk may result in undesirable results for the frosting/icing. Use only full cream coconut cream.

... and let me tell you all, this cake IS the BOMB, every time I have made it (about 5x now)!!!! and VERY, VERY, VERY rich!!!!

My cake/frosting recipe was adapted multiple times from:

<http://makingthymeforhealth.com/.../best-ever-chocolate-quin.../> who adapted it from:

CAKE Recipe adapted from: Quinoa 365

FROSTING Recipe adapted from: Oh She Glows