


Almond Flour Chocolate Cake

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This **Almond Flour Chocolate Cake** is a fudgy and gluten-free version of my date chocolate cake, instead made with almond flour, but still with no eggs and no dairy. It's a healthy cake rich in fiber and natural protein.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:
<https://www.theconsciousplantkitchen.com/almond-flour-chocolate-cake/> or scan the QR code here 



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Prep Time
15 mins

Cook Time
1 hr

cool down
2 hrs

Total Time
3 hrs 15 mins

Servings: 12 slices Calories: 257.2kcal Author: Carine Claudepierre

Ingredients

- 1 ½ cups Medjool Dates (note 1)
- ⅓ cup Maple Syrup (note 2)
- ¼ cup Peanut Butter (note 3)
- 1 ¼ cups Almond Milk (note 4)
- 2 ½ cups Almond Flour (note 5)
- ½ cup Unsweetened Cocoa Powder
- 2 tablespoons Flaxmeal (note 6)
- 1 teaspoon Baking Soda
- 1 teaspoon Baking Powder

Instructions

1. Preheat the oven to 350°F (180°C). Line a 9-inch springform round cake pan with parchment paper, on the bottom and on the sides of the pan. Oil the bottom and sides with cooking oil spray. Set aside.
2. In a bowl, add dates, cover with boiled water, and set them aside for 5 minutes to soften.
3. Drain the dates over a sieve to discard the water.
4. Place the soaked dates in a food processor with maple syrup, peanut butter, and almond milk.
5. Process on medium-high speed until smooth.
6. Add remaining dry ingredients and blend again until a thick, smooth chocolate cake batter forms. Remove the food processor blade, scrape down any batter that sticks to it into the food processor bowl.
7. Use a rubber spatula to transfer the batter from the food processor to the cake pan.
8. Sprinkle a few sliced almonds on top of the cake.
9. Bake the cake for 55-65 minutes at 350°F (180°C) - foiling the top of the pan after 30 minutes to prevent the cake from darkening or burning on top.
10. Insert a toothpick in the middle of the cake to check the baking time. If the toothpick comes out clean or with a little crumb, it's ok. If it's wet, it needs a longer baking time.
11. Cool down 10 minutes in the pan at room temperature, then run a knife around the cake pan to loosen the cake. Then, open the springform carefully to release the cake on a cooling rack.
12. Let the cake cool down for 2 hours at room temperature before slicing.
13. Slice and serve with melted dark chocolate on top, or using my vegan ganache recipe.

Notes

Note 1: I don't recommend other date varieties. They won't bind the almond flour as much, and the cake will be fragile. 1 1/2 cup Medjool dates equivalent to 220g.

Note 2: Or agave syrup, or coconut nectar. You need the added sweetener for taste and texture.

Note 3: Or almond butter, sunflower seed butter, or cashew butter.

Note 4: Or any milk you want, like oat milk or soy milk.

Note 5: Scoop, fill, and sweep off the excess. Don't over-pack by pressing the flour in the cup. Almond meal works as well, but the cake will be a bit more grainy.

Note 6: Or ground chia seeds.

Storage: Store the cake in an airtight container for up to 4 days or freeze it sliced for up to 1 month and thaw in the fridge the day before.

Nutrition

Serving: 1 slice | Calories: 257.2kcal | Carbohydrates: 28.6g | Protein: 7.5g | Fat: 15.6g | Saturated Fat: 1.7g | Polyunsaturated Fat: 1.2g | Monounsaturated Fat: 1.8g | Sodium: 185.5mg | Potassium: 242.3mg | Fiber: 5.7g | Sugar: 19.1g | Vitamin A: 27.4IU | Vitamin C: 0.01mg | Calcium: 131.5mg | Iron: 1.8mg | Magnesium: 43.4mg | Phosphorus: 70.7mg | Zinc: 0.6mg

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