

Chocolate Buckwheat Cake

No added sugar. Easy and made with nutritious buckwheat flour.

Categories

Gluten-free

Yields: 8 servings

Preparation time: 10 mins

Cooking time: 30 mins

Category: Desserts

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked

Ingredients

Figs, dried, uncooked	7 each
Coconut milk, plain or original, fortified	1 cup
Water	0.33 cup
Banana, fresh	2 medium - 7" to 7 7/8" long
Applesauce, canned, unsweetened	6 tablespoon
Vanilla extract	1 teaspoon
Peanut butter, unsalted	1 tablespoon
Buckwheat flour	1 cup
Cacao powder	4 x 1 tbsp
Baking powder	2 teaspoon
Salt, sea salt	1 dash
Dark chocolate bar 70%-85% cacao	3 ounce
Coconut oil	2 teaspoon

Instructions

1. Chop dry figs and add them to a bowl with the coconut milk and water. Set aside and let soak for 20 minutes.
2. Preheat oven to 350 F.
3. In a large bowl add flour, baking powder, salt and cacao. Stir to combine.
4. In a blender add the figs with soaking liquid, bananas, peanut butter (or other nut butter like walnut butter or almond butter), applesauce and vanilla. Mix until smooth.
5. Add the wet ingredients to the dry ingredients and mix with a spoon until well combined, and there is no flour left at the bottom of the bowl.
6. Add the chopped dark chocolate and mix it in.
7. Grease a square baking dish (or round) with coconut oil. Spoon in batter. Bake for 30 - 35 minutes. Let cool in the baking dish for 20 minutes before removing. For final cooling place on cooling rack.

You can drizzle a bit of maple syrup on top and add fresh berries, some shredded coconut or crushed chocolate.

Store in sealed container in refrigerator.