



Mom's Chocolate Cake

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 12

PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

INGREDIENTS

Cake:

- 45 g (1/2 cup) cocoa
- 45 ml (3 tbsp) light olive oil
- 210 g (1 1/2 cups) all-purpose flour "La Merveilleuse"
- 10 ml (2 tsp) baking powder
- 1 ml (1/4 tsp) baking soda
- 0.5 ml (1/8 tsp) salt
- 2 large eggs (110 g)
- 110 g (1/2 cup) cane sugar
- 65 g (1/3 cup) light olive oil
- 5 ml (1 tsp) vanilla extract
- 5 ml (1 tsp) cider vinegar
- 250g (1 cup) plant-based milk substitute

Chocolate icing:

For the effect shown in the photograph, triple the recipe of **chocolate icing**.
Note : Do not prepare the icing in advance, but when the cake is cooled and ready to be glazed.

PREPARATION

1. Preheat the oven to 350 °F (180 °C). Oil and flour two 8-inch (20 cm) round moulds.
2. In a small pot, heat cocoa and 3 tbsp of oil over low heat (do not boil). Set aside.
3. In a bowl, combine flour, baking powder, baking soda and salt.
4. In another bowl, using an electric mixer, beat the eggs; gradually add the sugar and continue beating until smooth (about 2 minutes).
5. Then add the cocoa mixture, 65 g (1/3 cup) of olive oil, vanilla and cider vinegar. Beat again until smooth.
6. With an electric mixer, combine the dry ingredients into the egg mixture, alternating with the plant-based milk substitute and mixing well after each addition. Start and finish with the dry ingredients. Beat until mixture thickens (about 1 minute).
7. Divide the batter evenly among the 2 moulds (about 400 g of dough each). Equalize with a spatula.
8. Bake on the centre rack for 30 to 35 minutes, until a toothpick inserted in the middle comes out clean.



This cake always reminds me of happy times. This was the first cake recipe my mother taught me when I was a child.

NUTRITION FACTS

Per portion 190 Calories

Fat: 10 g	15 %
Saturated 1,5 g	
Trans 0 g	8 %
Polyunsaturated: 1,5 g	
Omega-6: 0,9 g	
Omega-3: 0,2 g	
Monounsaturated: 6 g	
Cholesterol: 25 mg	
Sodium: 75 mg	3 %
Carbohydrate: 25 g	8 %
Fibres: 2 g	8 %
Sugars: 10 g	
Protéines: 3 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	6 %
Iron	8 %
Magnesium	10 %
Manganese	25 %
Vitamin B12	10 %

9. Remove from oven and let stand for 5 to 10 minutes, then unmould and let the cakes cool on a wire rack. Allow to cool completely before freezing.

To serve:

1. Place a cake on a serving plate and spread some chocolate icing on it.
2. Cover with the second cake.
3. Then completely glaze the cake and decorate, as desired. (For the photo, I used slivered almonds to create flowers.)