

Chocolate hazelnut and Buckwheat Cake

Remember that although this a healthier version of cake, its still cake! Once small slice is enough and should give you a nice chocolate hit. This cake will last up to a week if it is covered and stored in a cool place. Enjoy ☺



You'll need:

- 60g organic dark chocolate – no less than 85% cocoa
- 100g hazelnuts
- 4 large eggs
- 100g coconut sugar or 3 tablespoons pure maple syrup
- Pinch sea salt
- 1 tsp vanilla essence
- 40g buckwheat flour
- 100g Organic Butter

Preheat Oven to 180°C

Place the nuts onto a baking sheet and place in the oven for approx. 5 mins. Remove and cool. Once cooled, put them into a high powered food processor or nutribullet and blitz until you have a hazelnut flour.

Melt the chocolate and the butter together. Leave to cool slightly.

Whisk together the eggs, vanilla, sugar and salt in a bowl until the mixture has almost double in size and is frothy.

Gently fold in the butter and chocolate as well as the buckwheat and hazelnut flour.

Spoon into a cake tin and bake for approx. 30 mins. Do the skewer test to make sure the cake is cooked throughout.

Serve with some yogurt and a few berries.

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