Yummy Chocolate, Orange and Hazelnut Cake

I made this when I just needed (ok, wanted!) some chocolate cake one afternoon. It's a basic recipe that you should have all the ingredients for once you're in the swing of eating more healthily.

- 2 cups buckwheat flour
- 1 free range egg
- 1 banana, mashed
- Grated rind of ½ orange
- Juice of one orange
- ½ tsp organic baking powder
- 1 tablespoon agave nectar or honey
- 3 tablespoons coconut oil (2 for the cake and 1 for the topping)
- 2 tablespoons organic raw cacao (1 for the cake and 1 for the topping)
- 100g hazelnuts chopped

Pre heat oven to 180'c and grease a cake tin with some coconut oil.

Place the chopped nuts onto a baking tray and put into the oven to roast. This will take just a few mins. Keep your eye on them because they will go from raw to burnt quickly! Once they are done, take them out and let them cool.

In a bowl whisk together the egg, 2 tablespoons of coconut oil, honey, orange juice and the banana. In a separate bowl mix together the flour, 1 tablespoon cacao, baking powder.

Pour the wet ingredients into the dry mix and fold it all together. Mix in most of the nuts leaving about ¼ to decorate the top with. Pour the cake mix into the tin and

bake for approx. 25 mins. Your cake is done when a skewer can be stuck into the middle and it comes back out clean.

Let the cake cool completely.

Once cooled, remove the cake from the tin and make the topping. Melt your last tablespoon of coconut oil for a few seconds in the microwave and then mix in the raw cacao – mix until all lumps have gone. This will be very runny so let this cool slightly and it will thicken back up. Pour this all over the top of your cake, sprinkle over the remaining nuts and maybe a sprinkle more of orange rind if you have any and leave to set in a cool place.

Put the kettle on, slice up the cake and enjoy ☺