



Dark Chocolate Chickpea Spoon Cake

(Available in Love Bites)

I'll bet you would normally pass this recipe right on by! Chickpeas in a chocolate cake - gross! No way would my kids ever eat this, you say. Well, I'm going to prove you 100% wrong! This recipe is one of my favorite dump, blend and bake recipes. It really doesn't get any easier, and it's so simple that it lends itself to playing around with flavors. You can use honey or maple syrup as the sweetener, you can use different extracts, essential oils or spices to switch up the flavors a bit. Have fun and make it your own! I like to serve it with a dollop of whipped coconut cream or ice cream and fresh berries on top. Yum yum time!

Ingredients

- 15 oz. can chickpeas, drained and rinsed thoroughly
- 1 egg
- ⅓ cup raw cacao powder
- ¼ cup raw, organic honey or pure maple syrup
- 2 TB full fat canned organic coconut milk (I scrape the thick goodness off of the top)
- 2 tsp baking powder
- ½ cup mini chocolate chips
- Pinch of pink Himalayan sea salt (optional)

Preparation

Preheat the oven to 350°F. Lightly grease 8x8 glass dish with coconut oil. Add all ingredients except pink Himalayan sea salt, into a food processor and blend until smooth (you will have some chocolate chip pieces, and that is fine). Pour into dish and sprinkle with salt, if you desire. Bake for 25 minutes. Allow cake to cool for 20 minutes before serving. Store in the fridge.

Optional: To experiment with flavors, feel free to add 2 drops of Orange or Peppermint Vitality essential oil or 1 drop of Cinnamon Bark Vitality essential oil to the honey or maple syrup before blending.

