

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Quinoa Chocolate Cake

(Makes 16 servings)

Ingredients

- 2/3 cup whole quinoa (cook according to package)
- 1/3 organic milk (or rice, soy or almond milk)
- 4 eggs
- 1 tsp vanilla extract (pure, not artificial)
- 1/2 cup butter (dairy free, use coconut or olive oil)
- 1/4 cup applesauce
- 3/4 cup agave nectar
- 1 cup cocoa powder, unsweetened
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt



Instructions

Prepare two 8-inch round cake pans by lightly spraying with olive or canola oil and lining bottoms with parchment paper. Preheat oven to 350°F. Combine milk, eggs and vanilla together. Blend in a food processor or with a hand blender. Add 2 cups of cooled quinoa (cooked), butter and applesauce. Continue blending until smooth. Combine agave nectar, cocoa powder, baking powder, baking soda and salt in a medium bowl. Stir well to incorporate. Add quinoa mixture to bowl and stir to form a smooth batter.

Divide batter evenly into the two pans and bake on centre rack for 40-45 minutes. A skewer inserted into the centre should come out clean. Let cool before removing from pans. Serve lightly dusted with cocoa powder and garnished with a few fresh berries.

Nutritional Info (per serving) **Calories...163** **Protein...4g**
Fat...8.3 **Carbohydrate...22g**

Healthy Living Program ~ creating body, mind and spiritual health for life!

McCoy
Fitness & Health

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