



PALEO CHOCOLATE CAKE

Here's a delicious dairy-free, wheat-free Paleo Chocolate Cake that the whole family will enjoy.

Ingredients:

4 large eggs
2 teaspoons vanilla extract
1/2 cup coconut flour
1/4 cup almond flour plus 1 teaspoon
2 teaspoons grain-free baking powder
1/2 cup unsweetened high-quality cocoa powder
400 mL can coconut milk
1/2 cup honey OR 1/8 cup Erythritol + 1/4 cup of honey
1/2 tsp Himalayan salt

WHAT IS GRAIN FREE BAKING POWDER?

Cornstarch is the main ingredient in commercial baking powder. Avoiding commercial baking powder is a great way to rid your pantry of GMO ingredients. Here's how you make your own -

1/2 Cup Baking Soda
1/2 Cup Arrowroot Powder or Tapioca Flour
1 Cup Cream of Tartar
Blend and store in an airtight container

WHAT IS ERYTHRITOL?

Erythritol is a sugar alcohol naturally found in some fruits and fermented foods. This includes wine, beer, pears, watermelons, grapes, sake and soy sauce. It is a low impact sweetener and a choice by many who are following a low glycemic, paleo or low carb diet.

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