

CHOCOLATE CHIA CAKE (GLUTEN-FREE)

50g chia seeds – soaked in about $\frac{3}{4}$ cup water for at least 15 minutes
2 Tbsp cacao (or cocoa) powder
125 g unsalted butter – melted or 100g oil if you prefer dairy-free
175g ground hazelnuts (or almonds or pecans or use 125g nuts + 50g LSA)
200g rapadura or brown sugar
5 eggs, separated
100g chocolate chips
100g frozen berries (raspberries, blueberries or a mix)

Beat egg whites until firm, gradually add half of the sugar and continue beating until stiff. In a separate bowl, beat the egg yolks with the remaining sugar, Stir in ground nuts, cacao, chia gel and chocolate chips. Mix well. Finally fold in the meringue.

Pour into a lined cake pan or muffin pans (makes 12-18 depending on size). Sprinkle with berries.

Bake at 180°C for about one hour. Muffins take about $\frac{1}{2}$ an hour.

Good served warm or cold.

Variation: add 1 dessertspoon of rose water to make it “Ambrosia Cake”)

Recipe by Janet Prentice