



## Fudgy "Chocolate" Cake (AIP)

**Active Time:** 10 minutes | **Total Time:** 30 minutes | **Serves:** 12

### Nutrition Information Per Serving

269.4 calories, 43.27 g carbohydrate, 6.2 g fiber, 37.07 g NET carbs, 1.24 g protein, 14.25 g fat

#### Ingredients

- 3 medium(s) ripe plantains, chopped
- 12 Tbsp(s) virgin coconut oil, melted
- 3/4 cup(s) honey
- 1 1/2 cup(s) organic carob powder
- 1 tsp sea salt
- 3/4 tsp(s) baking soda
- 1/2 tsp(s) cream of tartar
- 1 tsp organic vanilla extract

#### Preparation

1. Preheat oven to 375 F. Grease a cake pan or prepare a cupcake pan with liners.
2. In the bowl of a food processor or blender, add the plantain, coconut oil and honey. Puree for 2 minutes until creamy, scraping down the bowl as needed.
3. Add the remaining ingredients and process until smooth and fully combined.
4. Scrape batter into greased cake pan or lined cupcake tin. Transfer to oven and bake 14-16 minutes for cupcakes, 22-24 minutes for cake.
5. Let cool and serve with fresh Whipped Coconut Cream.

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