



ME Recipe: Chocolate Loaf

This little morsel was a tasty surprise. I had my doubts as I was tinkering around getting the ingredients together, but this loaf turned out lovely. Cocoa is wonderfully satiating. This is a great buffer food.

Ingredients:

Bowl 1:

- 1/2 cup almond flour
- 1/2 cup coconut flour, sifted
- 1/2 cup unsweetened cocoa powder
- 1/2 cup truvia (can also use coconut nectar or coconut sugar, will increase carb content)
- 1 tsp baking powder
- 1/4 tsp sea salt

Bowl 2:

- 4 egg whites PLUS 4 eggs
- 1/2 cup melted coconut oil
- 1/2 cup unsweetened vanilla hemp or almond or flax milk
- 2 TB vanilla
- 2 TB bittersweet chocolate chips (optional)

Directions:

Preheat oven 350F.

Mix the dry ingredients (bowl #1) together. In a separate bowl, mix together the wet. Combine the 2 bowls together and fold in the chocolate chips. Spray a loaf pan with non-stick spray. Pour batter into loaf pan and bake until the top is springy, 60-70 minutes. Cool in the pan for 15 minutes or so and then take the loaf out and put on a wire rack. Slice.