

## No Sugar, No Flour Chocolate Cake

**This recipe was an adaptation of one I found online.** When I stopped eating sugar and flour, I couldn't eat cereal for breakfast anymore. And bacon and eggs wasn't a happy alternative. This was a perfect solution!

The base of this cake is butter, almond flour, egg, butter, and cocoa, with erythritol\* as a sweetener.

**First, you need a small bowl to make it and cook it in.** Something like this will do. About 5" diameter, 2.4" deep.



Put 1/3 stick of butter in the bowl and melt in the microwave. Takes 40 - 50 - secs.

### **Add to bowl:**

2 Tbs Almond flour. (Costco or health food store)

2 Tbs Erythritol sweetener. (Amazon)

1 Tbs Cocoa powder (Hershey's is fine)

½ tps baking powder (not soda)

½ tsp vanilla

**Mix all ingredients with a fork until smooth.**

**Then add:**

1 Jumbo or Extra-large Egg

**Continue to mix with fork until smooth.**

**Then add:**

2 Tbs Almond flour

1 Tbs Cocoa

**Do the final mixing with fork until batter is smooth and consistent.**

Cook in microwave for 75 seconds.

**Add on top:**

¼ cup heavy cream.

**The resulting cake is light and spongy.** Not only is it yummy, It is also very filling and doesn't give you any kind of sugar rush. This cake is often the only food I eat until my dinner in the evening.

**P.S.** This cake has a high percentage of fat, some protein and ultra-low carbs. Sugar and refined carbs are the enemy, not fat!

\*Erythritol is a sugar alcohol made by natural means. It's a little less sweet than sugar and doesn't have any calories or aftertaste. I buy it in 2# bags from Amazon.

You are free to share this with your friends.

Cheers, Robert Middleton