



VEGAN FUDGY CHOCOLATE QUINOA CAKE W/ PEANUT BUTTER FROSTING

INGREDIENTS

DIRECTIONS (1)

*Tip#1: *Prep quinoa the day before & refrigerate*

Recommended: Soak quinoa after rinse for up to 30 minutes. Soaking will remove the bitter taste caused by the outer coating which contains saponins.

Cooking quinoa

2:1 ratio liquid to dry uncooked quinoa – in this case – 1 1/3 cup of filtered water needed to 2/3 cup of quinoa .

Rinse quinoa well (using a colander) under cold water, and add to a medium sized saucepan. Add the water and a pinch of salt. Bring to boil under medium heat.

Reduce heat and simmer, covering saucepan with a lid until all liquid is absorbed (10-15 min).

Remove from heat when fluffy looking, and leave covered for extra steaming.

Tip#2: Prepare the flex egg(s) the day before and refrigerate

1:2 ratio – 1 tbsp white chia seeds to 2 tbsp water – in this case – mix the 3 tbsp of white chia seeds with the 6 tbsp of cold bottled or filtered water

Chocolate Quinoa Cake Ingredients:

2 cups (370 g) – cooked quinoa (2/3 cup/180 g-
org uncooked quinoa
needed) *See Tip#1
1 cup (150 g) – org oat flour
1 cup (240 ml) – oat milk (or any plant-based)
½ cup (115 g) – org turbinado sugar (or any
unrefined sugar)
½ cup (75 g) – org raw cacao powder
1/3 cup (83.3 ml) – org raw coconut oil
2 Flex Eggs
(4 tbsp/59 ml water: 2 tbsp/28.4 g chia seeds)
1 tsp (5 g) – baking powder
1 tsp (5 g) – baking soda
1 tsp (4.2 g) – pure chocolate extract (*optional*)
1 tsp (5 g) – himalayan or celtic salt

Chocolate Quinoa Cake Prep:

Pre-Heat oven to 350° F (180°C) degrees.

Prepare a 7-inch round cake spring form (with removable bottom & quick release handle) and slightly grease with coconut oil (add baking sheet only at the bottom)

Step 1

In the large bowl of your food processor or stand up mixer with a paddle, combine ALL the following ingredients:

- cooked quinoa (cooled)
- oat flour
- sugar
- raw cocoa
- baking soda
- baking powder
- salt

Blend slightly (10-20 sec) until the cooked quinoa is well-combined with the other dry ingredients.

Step 2

Add the following remaining ingredients straight into the blender with the other mixed ingredients:

- milk
- coconut oil
- flex eggs
- chocolate extract

Blend well stopping and scraping the sides of the blender as needed. The composition should blend fairly well due to the majority of the wet ingredients. The final composition should be firm enough that it should stick to the whisk and not drip (as a runny mixture would).

Step 3

Pour the beautiful chocolate mixture into the pan, even out the top, and bake at 350° F (180°C) degrees for 50-55 minutes. The final toothpick test in the middle of the cake will show a slightly wet batter, and that is fine. If preferred, turn off the oven (after the 55 min) and leave cake to bake for five extra minutes.

Let rest for at least 30 minutes before proceeding to remove the cake from the pan.

Overnight refrigeration is recommended before adding the frosting. Frosting the cake while warm will be a disaster!

PREP TIME: 10 MIN

COOK TIME: 55 MIN*SEE TIP#1

TOTAL TIME: 65 MIN + OVERNIGHT

REFRIGERATION (OR MIN. 6 HOURS)

SERVES: 12

VEGAN

GLUTEN-FREE

REFINED SUGAR-FREE

SOY-FREE

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VEGAN FUDGY CHOCOLATE QUINOA CAKE W/ PEANUT BUTTER FROSTING

INGREDIENTS

Peanut Butter Frosting Ingredients:

1 cup (240 ml) – org coconut cream (full fat) *refrigerated
4 tbsp (26 g) – org peanut butter powder (gluten-free) (or creamy peanut butter)
1 tbsp (21.87 ml) – org pure maple syrup

DIRECTIONS (2)

Peanut Butter Frosting Prep:

Step 1

Add all the frosting ingredients to a high-speed blender (or use a mixing bowl and large whisk).

Blend at high speed for approx 1 minutes until the mixture looks well blended and creamy.

If using a whisk, whisk until the frosting looks fluffy and smooth.
Refrigerate until ready to frost the cake.

Add frosting just before serving – top the cake with three to four spoonfulls of frosting, and work around in circles towards the edge, and then covering the sides evenly.

Powder raw cocoa if desired or chocolate shavings.

Enjoy cold!

Leftovers can be refrigerated up to five days, or frozen up to a month.

PREP TIME: 10 MIN

COOK TIME: 55 MIN*SEE TIP#1

TOTAL TIME: 65 MIN + OVERNIGHT

REFRIGERATION (OR MIN. 6 HOURS)

SERVES: 12

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