

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Luscious Fatty Chocolate Cake

1/2 cup almond flour
1/2 tsp sea salt
1/4 tsp baking powder
9 ounces bittersweet 85% chocolate
1 1/2 sticks (6 ounces) unsalted, grass-fed butter
2 tbsp extra-virgin olive oil
1/3 cup monkfruit
1 tbsp bourbon
1 tsp pure vanilla extract
4 large pastured eggs, lightly beaten

Preheat the oven to 350°. Butter and flour an 8-inch round cake pan. Line the bottom with parchment paper and butter and flour the paper.

In a small bowl, whisk the flour with the salt and baking powder. Chop the chocolate and melt it with the butter in a double-boiler or a steel bowl set above gently simmering water. When the chocolate is melted, whisk in the 2 tablespoons of olive oil, monkfruit, bourbon and vanilla. Add the eggs and whisk until smooth and the eggs are tempered, about 2 minutes. Whisk in the dry ingredients until evenly combined. Pour the batter into the prepared cake pan.

Set the cake pan in a roasting pan large enough to hold the cake pan. Transfer the roasting pan to the center of the oven. Carefully pour enough hot water into the roasting pan to reach one-third of the way up the side of the cake pan. Bake for about 40 minutes, until the chocolate is firm to the touch. Transfer the cake pan to a rack and let cool and set for 30 minutes.

Run a knife around the edges of the cake pan and invert it onto a plate. Peel off the paper and invert the cake again onto a cake plate. Cut into wedges and serve with roasted almonds and keto vanilla ice cream drizzled with extra virgin olive oil.

Makes 1 cake.



Recipe courtesy of Lynn Ogryzlo
Photograph courtesy of www.foodandwine.com

Episode #37: The Skinny on Fats

Email Lynn with questions or comments at
lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!