



Chocolate Cake

From: **Pulse Canada**



Nutrition Facts

1 slice (65g)

Amount % Daily Value

Energy 251 kcal

Fat 8 g 12%

Saturated Fat 1 g 5%

Sodium 175 mg 7%

Carbohydrates 42 g 14%

Fibre 2 g 8%

Potassium 106 mg 3%

Protein 3 g

Folate 27 mcg

Calcium 11 mg

Iron 1 mg

Ingredient List

1 c	brown rice flour blend *	250 mL
3/4 c	sugar	175 mL
1/3 c	cocoa	75 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	xanthan gum	2 mL
1/4 tsp	table salt	1 mL
1/2 c	black bean purée, at room temperature	125 mL
1	large egg, room temperature	1
1/2 c	hot water (120 F / 50 C)	125 mL
1/4 c	canola oil	50 mL
1/2 tbsp	apple cider vinegar	7 mL
1/2 tbsp	vanilla extract	7 mL



Directions

PREPARATION TIME: 10 MIN. / BAKING TIME: 25 TO 30 MIN.

Pulse purée recipe*

Pulse purée can be made from canned or boiled pulses. Here are two methods:

STARTING WITH CANNED PULSES (LENTILS OR BEANS ARE BEST)

1. Rinse and drain a 15-ounce can of pulses; discard the liquid; yields about 1 ¼ cups (300 ml) pulses.
2. Place the pulses in a food processor, add ¼ cup (50 ml) hot water and purée (scraping down sides of bowl frequently) until the mixture has the consistency of canned pumpkin, about 3 minutes. If needed, add additional water, 15 ml (1 tablespoon) at a time, to reach this consistency.
3. Makes about 1 cup (250 ml) purée. Refrigerate or freeze unused purée (see tips for storing cooked pulses).

STARTING WITH RAW PULSES

1. Add 1/3 cup (75 ml) sorted and rinsed raw lentils or beans to 2 cups boiling water. Cook according to Table D until soft. Drain; discard the cooking water, leaving you with about 1 ¼ cups (300 ml) cooked pulses.
2. Place lentils in a food processor, add ¼ cup (50 ml) hot water and purée (scraping down sides of bowl frequently) until the mixture has the consistency of canned pumpkin, about 3 minutes. If needed, add additional water, 15 ml (1 tablespoon) at a time, to reach this consistency.
3. Makes about 1 cup (250 ml) purée. Refrigerate or freeze unused purée.

Brown rice flour blend *

1½ cups (375 ml) brown rice flour

1½ cups (375 ml) potato starch

1 cup (250 ml) tapioca flour (also called tapioca starch)

Blend thoroughly. Store, tightly closed, in dark, dry place.

Powdered sugar for dusting

1. Place a rack in the middle of the oven. Preheat the oven to 350°F (180°C). Generously grease an 8-inch round nonstick metal pan. Line with parchment paper.
2. In a medium mixing bowl, whisk together the flour blend, sugar, cocoa, baking soda, xanthan gum and salt. Add the black bean purée and egg and beat with an electric mixer on low speed until blended. Add the hot water, oil, vinegar and vanilla and beat until thoroughly blended. Spread the batter evenly in the pan.
3. Bake 25 to 30 minutes or until a toothpick inserted into the center of the cake comes out clean. Cool in the pan for 10 minutes on a wire rack. Remove cake from pan with a thin metal spatula, discard parchment paper and cool completely on the wire rack. Dust the tops with powdered sugar, cut each cake into 6 slices and serve.

Makes 8 servings