

MELTnMIX CHOCOLATE BROWNIE CAKE

(Makes 12 slices)



INGREDIENTS – FOR THE CAKE

165g (3/4 C)	Sugar Alternative (I use Natvia granulated – a stevia and erythritol blend)
200g (1 ½ C)	Dark Chocolate, sugar free (I use Well Naturally sugar free 70% dark chocolate)
110g	Butter, melted (or you can use the equivalent in coconut oil)
3	Large eggs
1-2 tsp	Pure Vanilla Extract
20g (1/4 C)	Cocoa Powder, unsweetened
½ tsp	Baking Powder
190g (2C)	Blanched Almond Flour
1+ drops	Liquid Stevia (optional, to your taste)

INGREDIENTS – FOR THE FROSTING

60g (1/2 C)	Powdered Sugar Alternative (I use Natvia icing mix)
30g	Cream Cheese
1Tb	Cocoa Powder, unsweetened
50g	Butter, softened
As needed	Water (just enough to get the frosting to a good spreading consistency)

METHOD

1. Preheat oven to 180°C/350° (fan forced 160°C/320°F).
2. Grease and line a 20cm (8”) springform cake tin.
3. On a cutting board, slice the chocolate into small pieces. This will help the chocolate melt quickly and evenly.
4. In a medium saucepan, place the butter and melt on low heat until fully melted. Take care not to brown or burn the butter.
5. Remove the saucepan from the heat and mix in the chocolate pieces. Stir with a spatula until the chocolate has melted and the mixture is smooth and emulsified.
6. Add the sugar alternative and mix to incorporate.
7. Then add the eggs and vanilla and mix to combine.
8. Sift in the cocoa powder, baking powder and almond flour (to get ensure there are no clumps) and fold into the wet ingredients until just combined. The batter will be quite thick. If you feel it is just too thick, you can add 1-2Tb of cream or coconut milk but I didn’t need to for my cake.
9. Spoon the batter into the prepared cake tin and smooth out the surface. Place in the preheated oven and bake for 45 minutes or until the top has firmed and a skewer comes out clean when poked into the cake.

10. Once cooked, remove from oven and remove the sides of the springform cake tin. The cake will be quite fragile so allow to cool and firm up before removing the bottom of the cake tin and then finish cooling on a wire cake rack.
11. While the cake is cooling, make the frosting.
12. Place all the frosting ingredients except for the water into a small mixing bowl. Whisk until combine and fluffy. If the mixture is too firm add water a teaspoon at a time until the desired consistency is reached.
13. Once the cake is cool, slice the cake in half horizontally and spread half of the frosting onto the bottom half then replace the top half.
14. Spread the remaining frosting over the top of the cake and decorate with edible flowers or a sprinkle of sugar-free icing mix or cocoa powder.
15. Alternatively, if you do not want to slice the cake in half, you can spread all the frosting over the top of the cake or you can omit the frosting altogether and just sprinkle the top with cocoa powder and serve with some whipped cream.

Nutritional Information (per serving – makes 12 modest slices)

Calories	319
Total Carbs	6.3g
Fibre	1.7g
Net Carbs	4.6g
Fat	29.9g
Protein	8.2g