



Chocolate espresso torte

Really quick to put together, great low carb dessert. I've used 'espresso' because it sounds better, but I just used Moccona to give it a hint of coffee. Serves 10. Per serve: Cal: 178; Fat: 16.1g; Pro: 4.1g; Carbs: 3.2g

Serves: 10, Prep time: 00:05, Cook time: 00:20

Instructions

Preheat oven to 170 degrees, grease a round (23cm x 23cm) or loaf like tin with a little butter or coconut oil if not silicon.

Once you have melted the chocolate chips and oil, blend all ingredients together until smooth.

Pour into baking dish and cook in oven ~20 minutes until peak forms at the top.

Take out and leave to cool on rack before serving slices with cream, coconut cream or yoghurt.

Ingredients

- 4 Eggs
- 0.5 cups Coconut oil, melted
- 0.5 cups Healthies sugar free chocolate chips, dark
- 0.25 cups Equal Natural Sweetener (Stevia)
- 0.5 cups Unsweetened cocoa powder
- 1 teaspoon Unsweetened vanilla extract
- 2 teaspoon Moccona coffee
- 0.25 teaspoon Salt, Himalayan