



Flourless chocolate peppermint cake

Super easy and really delicious. Though low in carbs and sugar, it's still high calorie and as such, a lovely treat. I also added sugar free M and Ms (not included in the nutritional breakdown). Serves 10.
Per serve: Cals: 257; Fat: 22.4g; Pro: 4.6g; Carbs: 7.5g (from Easy Diet Diary)

Serves: 10, Prep time: 00:15, Cook time: 00:40

Instructions

Preheat oven to 180 degrees and grease a 20cm cake tin with butter/coconut oil/olive oil spray to prepare.

In a microwave proof bowl, add the chocolate chips and chop up the butter into cubes and add to the bowl.

Microwave on high for 1 min 10 secs, checking after 40 secs. You want the butter to be almost melted. The chocolate chips will still appear untouched.

When you whisk/mix, the chocolate chips will melt and mix with the butter.

Move to a larger bowl if necessary and add the eggs, the cocoa powder, the vanilla essence and the peppermint drops.

Using an immersion blender or egg beater, mix until well blended. The mixture will be quite thick.

Transfer to your cake tin, evenly spread and add any additions (such as I did, with the M&Ms, mindful that these aren't included in the nutritional breakdown).

Bake in oven until the top is cracked on top and a knife comes out clean when you put it in to check its level of doneness.

Leave to cool, enjoy with cream/yoghurt/coconut cream or the likes.

*if using peppermint essence as opposed to the stevia drops, check the level of sweetness. You should be fine as it's not that sweet really, but just for palate purposes.

Ingredients

- 180 grams Sugar free dark chocolate chips, I used Healtheries (6.5 oz)
- 180 grams Butter (6.5 oz)
- 100 grams Sugar free cocoa, I used Avalanche sugar free hot chocolate (3.5 oz)
- 4 Eggs
- 2 teaspoon Unsweetened vanilla extract
- 1 teaspoon Peppermint drops, I used Better foods stevia drops*