



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Dark Chocolate Cake

2.2g Net Carbs (Low Carb Keto)

This is a very rich in taste Dark Chocolate Low Carb Keto Cake. Beautiful in Color, Texture and Taste. It's absolutely Delicious.



Per Serving = 10 Servings

NUTRITION Calories: 187kcal

Carbohydrates Net: 2.2g |

Protein: 4.3g | Fat: 16.7g |

Fiber: 3g |

Ingredients:

- 4 large eggs at room temperature
- 1 teaspoon (5mL) vanilla extract
- ½ cup (113g) unsalted melted butter or coconut oil
- ½ cup (100g) granulated Monkfruit Sweetener
- ¼ teaspoon (1g) salt
- ¼ cup (25g) unsweetened Dutch Dark Cocoa
- 2 teaspoons (8g) baking powder

- ⅓ cup (37g) coconut flour

Chocolate Icing

- 2 ounces (60g) sugar-free chocolate
- ¾ cup Heavy Whipping Cream
- 1 tablespoon (15mL) melted coconut oil
- 15-20 drops of liquid Stevia to taste
- chopped nuts (optional)

Instructions:

1. Add dry Ingredients to bowl (Monkfruit, salt, cocoa, baking powders, coconut flour) and mix.
2. Add wet ingredients to the dry ingredients (melted butter, vanilla extract, eggs) and Mix.
3. Grease cake pan, add cake batter.
4. Bake on 325F for 16-18mins, longer if needed.
5. Once removed from oven let cool, then add the icing, add nuts for topping and place in fridge for 1 hour.
6. Remove from fridge, use toothpick to go around the inside edge to ensure icing is detached from the side of the cake pan.
7. Remove the side of the cake pan leaving the bottom of the pan. Cut into 10 pieces and serve.