

Ooh La La! Rich Vanilla Cake With Chocolate Butter Cream Frosting (Gluten Free, of Course!)

This lovely recipe is based on the flourless cakes that have become so popular in high-end restaurants. (See my Chocolate Buttercream Frosting Recipe below!) It is rich, satisfying and doesn't seem like a substitute cake at all. It's become my family's favorite birthday cake.

The main ingredient may surprise you.

Beans!

Here's what you do:

Soak 2 cups dry of white beans overnight in double the amount of water.

Next day, rinse well and cook until tender.

(You might have a little more than 2 cups once they've been hydrated and cooked, but only use 2 cups.)

Cool to room temperature and add the following to a food processor and puree well:

- 2 cups cooked beans (use white for vanilla)

- 6 eggs
- 3/4 cup maple syrup or sucanat
- 1 tsp vanilla extract

Add:

- 1/4 cup slightly warm coconut oil (so that it is liquid)
- 1/3 cup sifted coconut flour
- 1/2 tsp Celtic salt
- 1 tsp baking soda
- 1 ½ tsp baking powder

Puree again

Pour into spring form pan, lined with unbleached parchment paper, well oiled with butter or coconut oil.

Bake at 325 degrees for *about* 30 minutes. I like to check to see if it's done by inserting a toothpick into the middle. If it comes out mostly clean, it's done.

(Cupcakes take about 20-22 minutes)

Chocolate Butter Cream Frosting

In a food processor add the following:

- 2 tsp raw honey (more, if you like a sweeter frosting)
- ½ cup almond butter
- 1 stick butter, room temperature
- 5 tbsp cocoa powder
- 1 organic egg yolk (Be sure to wash the outside of the shell with hot soapy water) The addition of an egg yolk offers live enzymes and gives the frosting a little gloss

When the cake has fully cooled, smooth on the frosting. Keep refrigerated.

Enjoy!