



chocolate lover's
MINI COOKBOOK



DECADENT PALEO & GLUTEN-FREE DESSERTS



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DECADENT PALEO & GLUTEN-FREE CHOCOLATE DESSERTS



[Recipe from Paleo Running Momma](#)

no-bake chocolate **GINGERBREAD TRUFFLES**

*These no-bake chocolate gingerbread truffles are sweetened with dates and molasses for a rich, gooey gingerbread center with a sweet chocolate shell. This recipe is from Michelle Rosen of **Paleo Running Momma**.*

INGREDIENTS

- ¾ cup pre-soaked dates, pitted
- ½ cup thickened coconut cream
- 1/3 cup creamy cashew butter
- 3 tablespoons blackstrap molasses
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon allspice
- 3 tablespoons organic coconut flour
- ½ teaspoon pure vanilla extract
- 1.5 cups dark chocolate chips/morsels
- ½ teaspoon coconut oil

Add the dates, coconut cream and cashew butter to the food processor or a blender, and process on high until smooth, about 1 minute.

Add the molasses, spices and vanilla and process to combine. Stir in the coconut flour until fully combined. Chill the mixture in the freezer for about 10 minutes to make it easier to work with.

In the meantime, melt the chocolate morsels and coconut oil in a small saucepan over very low heat, while stirring. Once melted, set aside.

Using a cookie scoop or small spoon, scoop the chilled mixture into small balls and place on a large baking sheet lined with parchment paper. After forming balls (they will be sticky - this ensures a nice gooey center!) you can put them in the freezer before dipping in the melted chocolate, if they're too sticky to work with.

Once firm, dip the truffles in the melted chocolate mixture (you can re-melt the chocolate, if needed) and place each one back on the parchment-lined baking sheet.

Once dipped, chill the truffles until the chocolate hardens into a shell, about 10-15 minutes. Once the chocolate forms a nice shell, it should stay solid at room temperature but I recommend storing in the refrigerator to prevent any melting.

Prep time: 35 mins **Makes:** 20 truffles



[Recipe from A Girl Worth Saving](#)

decadent paleo **CHOCOLATE CUPCAKES**

*These grain- and dairy-free cupcakes come from Kelly Bejelly of **A Girl Worth Saving** blog. They are fluffy and decadent, like cupcakes should be.*

INGREDIENTS

- 2 cups almond flour
- ¼ cup cocoa powder
- ½ teaspoon sea salt
- ½ teaspoon baking soda
- ½ cup melted butter or coconut oil
- ¼ cup water or milk of choice
- ¼ cup maple syrup
- 2 large eggs
- 1 teaspoon vanilla extract

Frosting

- 1 cup palm shortening
- ¼ cup maple syrup
- 2 teaspoons of vanilla

Preheat the oven to 175 C / 350 F. Line a cupcake pan with 10 cupcake liners and set aside.

In a medium bowl, add the ingredients and mix with a spoon until completely combined.

Pour the batter into the cupcake liners and place in the oven.

Cook for 15 to 18 minutes, or until a toothpick comes out clean.

Remove from the oven and let cool.

In mixing bowl, add the ingredients for the frosting and mix with a hand mixer.

Frost the cupcakes and enjoy!

Prep time: 10 mins **Cooking time:** 18 mins **Makes:** 10



[Recipe from Stupid Easy Paleo](#)

dark chocolate **COCONUT PUDDING**

*This dairy-free dark chocolate coconut pudding has four ingredients, and it's stupid-easy to make. It ends up being quite firm instead of more liquidy like a pudding. If you prefer it with a looser texture, experiment with using less gelatin. This recipe is from Stephanie Gaudreau of **Stupid Easy Paleo**.*

INGREDIENTS

- 2 cups full-fat coconut milk
- 100 g of 85% to 90% dark chocolate, chopped into small pieces
- 1 tablespoon high-quality gelatine
- ½ teaspoon vanilla extract

Heat the coconut milk on medium-low in a heavy-bottomed pot. You want to warm it enough to dissolve the gelatine, but not boil. Add the chocolate and whisk constantly until it melts.

Once the chocolate has melted, whisk in the gelatine, by slowly pouring as you whisk. If you just dump the whole tablespoon in, it'll get clumpy.

Turn off the heat and whisk in the vanilla extract.

Pour into your desired glasses or cups and chill for at least 2 hours or until set.

Prep time: 10 mins **Cooking time:** 5 mins **Serves:** 4 to 6



[Recipe with step-by-step pics from Eat Drink Paleo](#)

sweet potato **CHOCOLATE BROWNIES**

These brownies are nut-free but they do contain coconut flour. You can use white or orange coloured sweet potato for this recipe. These will keep for 4-5 days in the refrigiretor. Recipe from Eat Drink Paleo.

INGREDIENTS

- 1 medium sweet potato - 2-3 cups, when grated
- 2 whole eggs
- 1/2 cup melted coconut oil
- 1/3 cup honey
- 2 teaspoons vanilla extract/essence
- 1/2 cup raw cacao powder, sifted
- 1 teaspoon gluten-free baking powder
- 1 teaspoon baking soda
- 2½ tablespoon coconut flour

Preheat oven to 185 C / 365 F, make sure the oven is hot before you put in the brownies in.

Combine grated sweet potato, eggs, vanilla, honey and coconut oil in a large mixing bowl and stir together until well incorporated.

Add cacao powder, baking powder and baking soda and stir. Finally add coconut flour. Avoid adding too much coconut flour as it will absorb too much moisture which will result in drier brownies.

Once combined, pour the mixture into a baking tray lined with greased baking paper. I used a 9"/23cm square tin.

Cook for 25-30 minutes. Remove the tin and cool for 5-10 minutes before carefully removing the brownie cake form the tin. Cut them into squares and dust with a little cacao powder, or melt some dark chocolate in a bowl over boiling water or in a microwave and drizzle it over the top. Serve with raspberries or strawberries and maybe some fresh cream or coconut yoghurt to be extra decadent.

Prep time: 10 mins **Cooking time:** 30 mins **Makes:** 12 squares



[Recipe from A Calculated Whisk](#)

CHOCOLATE CAKE

with mocha buttercream

*This grain-free chocolate cake with mocha buttercream is super decadent and perfect for the coffee-drinking chocolate lover in your life. Recipe from Becky Winkler of **A Calculated Whisk**.*

INGREDIENTS

For the chocolate cake

- 2¾ cups ground almond flour
- ¾ cup tapioca flour
- 1 cup plus 2 tablespoons cocoa powder (Dutch-processed preferred)
- 1½ teaspoons espresso powder
- 1½ teaspoons baking soda
- ½ teaspoon sea salt
- 1 cup honey
- ½ cup raw or coconut sugar
- ¼ cup plus 2 tablespoons melted ghee or butter
- 1 tablespoon plus 1 teaspoon pure vanilla extract
- 6 large eggs

For the mocha buttercream

- 4 sticks (2 cups) unsalted butter, at room temperature (e.g. Kerrygold brand)
- 1.5 ounces / 40 g unsweetened chocolate, melted
- 1-2 tablespoons espresso powder dissolved in a splash of hot water*
- 1 tablespoon plus 1 teaspoon vanilla extract
- 1 tablespoon plus 1 teaspoon unsweetened cocoa powder
- ¼ teaspoon sea salt
- 6 cups powdered sugar

For decorating

- About 20 chocolate-covered coffee beans or cherries

For a more paleo-friendly, sugar-free version, decorate the cake with whipped coconut cream and cherries or berries. See the picture on the next page.

Prep time: 40 mins **Cooking time:** 30 mins **Serves:** 15



[Recipe from A Calculated Whisk](#)

To make the cake

Preheat the oven to 350°F. Line the bottom of two 9 x 2-inch round cake pans with parchment paper, and grease the paper and the sides of the pans with ghee or coconut oil.

Sift the almond flour, tapioca flour, cocoa, coffee, and baking soda into a large bowl, discarding any coarse bits of almond flour that remain in the strainer. Whisk in the salt.

Whisk together the honey, sugar, melted ghee, and vanilla in another large bowl. Add the eggs and whisk until smooth. Add the wet ingredients to the dry ingredients and fold with a spatula until just combined.

Transfer the batter to the pans and bake until just set, about 30 minutes. A toothpick inserted in the middle of the cake should come out with a few small crumbs attached.

Place the pans on a wire rack to cool for about 15 minutes, and then loosen the cakes by running a small knife around the edges of the pans. Carefully invert each cake onto a plate and remove the parchment. Return the cakes to the rack, right side up, and let cool completely.

To make the mocha buttercream

Beat the butter in a large bowl with a mixer or whisk until smooth, about two minutes. Beat in all the remaining ingredients except the powdered sugar. Sift in about $\frac{3}{4}$ cup of powdered sugar at a time, beating until smooth after each addition.

To assemble and decorate the cake

Place one layer on a cake stand or plate and top with a layer of mocha buttercream. Place the other cake layer on top and frost the top and sides. Use an offset spatula to smooth the sides if desired, and create a spiral swirl on top of the cake with a spatula or spoon. Using a frosting bag fitted with a star tip (I used a small star tip, but would have used my Wilton 1M if I'd been able to find it) to pipe 16-20 round swirls around the edge of the top of the cake. Top each swirl with a chocolate-covered coffee bean.

Serve at room temperature. Refrigerate the cake if you frosted it more than four hours before you plan to serve it (bring back to room temperature before serving). Leftover cake keeps well in the fridge for several days.

raw cacao butter **CHOCOLATE BARK**



[Recipe with more details on Eat Drink Paleo](#)

*Smooth and crunchy, this chocolate bark from Irena Macri of **Eat Drink Paleo** is made using raw cacao butter and cacao powder. Find cacao butter in health food stores and online.*

INGREDIENTS

- 225-250 g solid cacao butter (broken into chunks, about 1 cup)
- 6-7 tablespoons raw cacao powder (or cocoa powder)
- 3-4 tablespoons honey or maple syrup
- 1/2 teaspoon sea salt
- 1 teaspoon vanilla extract/essence
- 1 tablespoon pumpkin seeds or sunflower seeds
- 1 tablespoon almond slivers
- 1 tablespoon coconut flakes (optional)
- 1 tablespoon dried blueberries or cranberries or raisins

Bring a quarter-full saucepan of water to boil and turn the heat down to simmering. Add cacao butter to a heatproof bowl and place over the simmering water. Make sure no water gets in the cacao butter.

Stirring with a spatula, heat the cacao butter, and when almost all melted, stick the digital thermometer in. Make sure the temperature doesn't go over 48 C / 118 F. If it's close, remove the bowl from the heat and let the butter melt further on the countertop. The temperature will start to drop and that's what we're after.

Add the cacao powder, vanilla and honey or maple syrup to the melted cacao butter and whisk until dissolved and well incorporated. The temperature will drop once you add other ingredients. Keep it at about 32-35 C, warm it up if needed, but NOT all the way up to 48 C. This will keep it smooth and silky, and decrease the chances of chocolate seize (when it turns into grainy paste).

Finally, add the salt and whisk together. Line a tray with baking paper, covering the sides so no chocolate is spilt over the edges. Pour the chocolate into the tray and let it spread into a thin bark layer. While still melted, sprinkle with pumpkin seeds, almonds, coconut flakes and dried blueberries, or other nuts and dried fruit of your choice.

Place the tray in the fridge for at least 2 hours. The bark will solidify within 30 minutes, but it's a good idea to let it stand for a little longer. Keep in an airtight container, in or out of the fridge, depending on how crunchy you like it. It will keep for a few weeks.

Prep time: 5 mins **Cooking time:** 15 mins **Serves:** 12



[Recipe from The Whole Daily](#)

self-saucing CHOCOLATE PUDDING

*This gluten-free self-saucing chocolate pudding recipe comes from Alice Nicholls of **The Whole Daily**. It's also free from refined sugar and dairy.*

INGREDIENTS

- 1 cup buckwheat flour (250 g)
- 2/3 cup almond milk (or milk of your choice)
- 1/3 cup raw cacao powder
- 1/3 cup olive oil
- 1/2 cup rice malt syrup
- 1 egg lightly beaten
- 1/2 teaspoon baking powder
- 1/4 teaspoon bicarb soda
- 1 teaspoon apple cider vinegar (this activates the bicarb and helps the pudding to rise)

Chocolate sauce

- 1/4 cup raw cacao powder
- 1/3 cup rice malt syrup
- 2 tablespoons honey (optional)
- 1 1/4 cups boiling water

Pre-heat oven to 180 C / 355 F and boil a kettle of water.

Mix together all of the ingredients until combined into a batter.

Pour into a 20cm baking dish or 4 ramekin dishes.

To make the chocolate sauce, mix together the ingredients in a bowl.

Using a large spoon or spatula so you don't damage the pudding batter, carefully pour the chocolate sauce over the back of the spoon or spatula into the baking dish over the batter*. You don't want to be too rough and break the mix up too much as it may end up with a sloppy texture – so just go slow.

Bake in the oven* for 20-30 mins depending on your dish size until the center of the pudding is firm. Take out and dish up.

**The chocolate sauce will float on top and as the pudding cooks it sinks to the bottom of the baking dish*

**It's worth laying a tray under the rack that the baking dish is on to catch any sauce drips that may bubble over the side so you don't end up with them burnt to the bottom of your oven.*

Prep time: 10 mins **Cooking time:** 25-30 mins **Serves:** 4



[Recipe from Texanerin Baking](#)

paleo chocolate

HAZELNUT FUDGE

*This rich and creamy chocolate hazelnut fudge is full of hazelnut flavour thanks to the addition of hazelnut butter! Paleo-friendly, vegan and gluten-free. Recipe from Erin of **Texanerin Baking**.*

INGREDIENTS

- 2 cups (340 g) finely chopped semi-sweet chocolate or chocolate chips*
- 1/3 cup (80 ml) full-fat canned coconut milk
- 1/4 cup (64 g) toasted hazelnut butter* (the kind with just hazelnuts)
- 4 teaspoons maple syrup
- 1/4 teaspoon vanilla extract
- A pinch of salt, optional
- 3/4 cups (90 g) + 1/4 cup (30 g) toasted hazelnuts*, chopped, optional

In a large saucepan, mix everything, except for the hazelnuts, together. Melt over low heat, while frequently stirring. Meanwhile, prepare a 9"x5" loaf pan with a piece of parchment paper.

Once the mixture is melted, add 3/4 cup chopped hazelnuts, if using. Pour the fudge into the prepared pan. Let sit for about 20 minutes and then sprinkle the remaining 1/4 cup chopped hazelnuts over the top of the fudge. Refrigerate for 2 hours or until set.

You can cut this when cold but it's easier when at room temperature. Store at room temperature for 1 day and then refrigerate. It'd likely stay well for much longer than 1 day at room temperature but I figure I'd better stay on the safe side and say 1 day due to the hazelnut butter.

Notes

*Use [these chocolate chips](#) for paleo / vegan / dairy-free.

*See [the post for directions](#) on how you can make your own hazelnut butter.

*To toast hazelnuts, place on a baking tray and bake at 165 C / 350 F for about 5-8 minutes, or until they smell toasty. Shake the pan halfway through. Let cool for 5 minutes and then place the nuts in the middle of a clean tea towel and rubs off the skin. Discard the skin. You could alternatively toast them in a pan on the stove top.

Prep time: 10 mins **Cooking time:** 2 mins **Yield:** 20 pieces



[Recipe from Eat Drink Paleo](#)

jaffa chocolate RUM BALLS

*These wickedly delicious paleo rum balls are a perfect Christmas treat minus the guilt. Grain, dairy and refined sugar-free, these chocolate orange balls of goodness are also raw and vegan friendly. Recipe from **Eat Drink Paleo**.*

INGREDIENTS

- 1 cup almond meal (or other ground nuts)
- 30 ml /1 fl oz dark rum (about a shot glass)
- 6 tablespoons coconut oil
- 3 tablespoons cocoa powder
- 2 tablespoons brown rice malt syrup or maple syrup
- 1/2 cup sultanas or raisins
- Zest of 2 oranges
- 1/2 cup desiccated coconut (unsweetened)
- Extra cocoa and desiccated coconut for dusting

Place all ingredients in a food processor. Process into a thick, doughy mixture. It should be coming off the sides and sticking together.

Roll into small balls using your hands. Note that your hands will be oily from coconut oil inside, which makes it very easy to roll the balls without the mixture sticking to your fingers. No need to wet your hands.

Dust the finished balls with some desiccated coconut and extra cocoa powder. Place on a plate and refrigerate, covered with cling wrap.

Store in an air-tight container in a cool place, refrigerator if possible, before serving. These should keep for a week, if not a little longer.

Prep time: 20 mins **Makes:** About 20 balls



[Recipe from The Whole Daily](#)

paleo chocolate

BROWNIE CAKE

*Perfect for a special occasion, this grain- and dairy-free brownie cake comes from Alice Nicholls of **The Whole Daily**. Make it any shape you like.*

INGREDIENTS

- 1 medium sweet potato, grated (you will need two cups of grated raw sweet potato)
- 2 eggs
- 1 teaspoon vanilla bean paste
- 1/2 cup dates chopped finely (these add a caramel flavour to the brownie)
- 1/2 cup maple syrup for a really decadent flavour – or you can use rice malt syrup
- 1/2 cup light flavoured olive oil (generally the lighter the colour, the lighter the flavour)
- 1 teaspoon gluten-free baking powder
- 1/2 teaspoon bicarb soda
- 1 cup of raw cacao powder (or cocoa powder, unsweetened)
- 2 tablespoons coconut flour

Preheat oven to 180 C / 360 F. Grease and line a 22cm square cake tin.

Place the grated sweet potato, eggs, chopped dates, vanilla, maple syrup and olive oil into a food processor and quickly pulse to mix and combine. Turn into a bowl.

Add bicarb soda and baking powder as well as the raw cacao powder. Stir in the coconut flour.

Pour into the prepared cake tin and bake for 25-30 minutes. You want the brownie to feel moist in the center, but not wet. After you take it out of the oven it will firm up in the tin/tray.

When you remove the tin from the oven, allow to sit for 10 minutes before you turn the brownie out so that it has the chance to firm up a bit.

Serve with fresh cream or coconut cream and fresh strawberries (or drizzle with melted chocolate...nomnomnom).

Prep time: 10 mins **Cooking time:** 30 mins **Serves:** 8



[Recipe from Texanerin Baking](#)

double chocolate

PALEO COOKIES

*These perfect paleo double chocolate cookies are ultra rich, soft and chewy, and taste just like traditional chocolate cookies, with a vegan option. Recipe from Erin of **Texanerin Baking**.*

INGREDIENTS

- 3/4 cup (75 g) almond flour or meal
- 1/4 cup (32 g) coconut flour
- 1/3 cup + 4 teaspoons (48 g) Dutch-processed cocoa powder (using regular cocoa powder may result in cakey cookies)
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 7 tablespoons (98 g) coconut oil (if your coconut oil is a little melty, put it in the fridge for about 10-20 minutes or until firmer, like softened butter. Melted coconut oil will make the dough greasy and the chocolate chips will be hard to incorporate), or unsalted butter, room temperature
- 3/4 cup (150 g) coconut sugar or brown sugar
- 6 tablespoons (98 g) natural almond butter (the kind with just almonds and salt), room temperature
- 1 1/2 teaspoons vanilla extract
- 1 large egg, room temperature (or 1 chia egg)
- 1 cup (170 g) semi-sweet chocolate chips, divided (use paleo / dairy-free chocolate, if needed)

Notes

Author used refined coconut oil. If you use unrefined coconut oil, these cookies may have a little coconut taste to them.

Butter works in these cookies but they're fudgier - and in author's opinion - better, with coconut oil.

For paleo: use coconut sugar, coconut oil, and paleo chocolate.

For dairy-free: use coconut oil and dairy-free chocolate.

Prep time: 15 mins **Cooking time:** 15 mins **Makes:** 16 small cookies



[Recipe from Texanerin Baking](#)

In a medium mixing bowl, stir together the almond flour, coconut flour, cocoa powder, baking soda and salt. Set aside.

In a large mixing bowl with an electric hand mixer or using a stand mixer, beat together the fat and sugar at medium speed until well combined, about 1 minute. If you use coconut oil, it may not come together easily. If that's the case, use your hands to combine it and then beat another 20 seconds.

Beat in the almond butter and vanilla extract on medium speed and mix until combined. Beat in the egg on low and mix until well incorporated. Stir in the flour mixture until well combined. Then stir in 3/4 cup (128 grams) chocolate chips. If you used brown sugar, skip to the next step. If you used coconut sugar, place the bowl in the refrigerator for about 1 hour or until the dough is firm.

Preheat the oven to 175 C / 350 F and line a baking sheet with a piece of parchment paper.

Roll the dough into 8 (93 g) balls and place the remaining 1/4 cup (43 g) of chocolate chips on the top and on the sides of the dough balls. Place 3" apart on the prepared baking sheet. Press the cookies down lightly with the palm of your hand.

Bake for 11-14 minutes (if using coconut sugar) or 12-15 minutes (if using brown sugar) or until the surface of the center of the cookies no longer appears wet. They'll be very soft but will continue to cook as they sit on the cookie sheet.

Let cool completely on the baking sheet. Store in an airtight container for up to 3 days.

You might also like to try these [paleo chocolate chip cookies by Erin](#).



[Recipe from Living Healthy With Chocolate](#)

buttery avocado **CHOCOLATE BREAD**

*This bread is made with buttery avocado goodness and chocolate. This is a great combination because the avocado adds healthy fats and nutrients to this dessert, while the chocolate hides the flavour of the avocado. Recipe is from Adriana Harlan of **Living Healthy With Chocolate**.*

INGREDIENTS

- 1½ cups avocado, mashed*
- 3 tablespoons coconut oil, melted
- 1 teaspoon vanilla extract
- 2½ tablespoons coconut cream (cream that forms on the top of a can of coconut milk when can is left in the fridge overnight)
- 3 tablespoons raw honey
- 2 eggs
- ½ cup pecans
- 2 cups blanched almond flour or almond meal
- 1 teaspoon baking soda
- ¼ cup raw cacao powder
- ½ teaspoon salt
- 1/3 cup chocolate chips

Preheat oven at 175 C / 350 F.

Add the avocado to a food processor and pulse until creamy.

Add the coconut oil, vanilla, coconut cream, honey and eggs to the avocado and pulse to combine.

Chop the pecans and mix with the almond flour, baking soda, cacao powder, salt and chocolate chips in a large bowl.

Combine wet and dry ingredients and mix gently with a spatula. Do not over mix.

Spoon batter into an 8½ x 4½-inch medium loaf pan lined with parchment paper and sprinkle top with chocolate chips. Note: the batter will be very thick and you will need to spread it across the pan with a spatula.

Bake until a toothpick inserted into the center of the loaf comes out clean, approximately 45 minutes.

Let it cool on a wire rack and serve. To preserve freshness, place inside an airtight container and store in refrigerator.

Prep time: 15 mins **Cooking time:** 45 mins **Serves:** 8-10



[Recipe from Get Inspired Every Day](#)

chocolate mousse

BROWNIES

*Creamy and decadent, these chocolate mousse brownies can be topped with anything you enjoy paired with chocolate! They're perfect for holidays, paleo, gluten- and dairy-free. Recipe from Kari Peters of **Get Inspired Every Day**.*

INGREDIENTS

Brownie Base

- 1 cup cashew butter, not raw but made from toasted cashews
- 6 tablespoons cocoa powder
- ½ cup maple syrup
- 2 tablespoons coconut oil, melted
- 1 egg
- 1 teaspoon vanilla extract

Chocolate Mousse

- 1 - 15.5 ounce can of coconut milk chilled at least 24 hours

- 1 avocado, just ripe not super soft
- ½ cup cocoa powder
- 2/3 cup maple syrup
- 2 tablespoons coconut oil, melted
- 1 tablespoon vanilla extract

Toppings

- Fresh Berries
- Homemade berry sauce
- Anything you love paired with chocolate!



Prep time: 30 mins **Cooking time:** 20 mins **Serves:** 8



[Recipe from Get Inspired Every Day](#)

Preheat the oven to 162 C / 325 F, and grease a 9-inch fluted tart pan with coconut oil. You can line the removable bottom in the tart pan with a circle of parchment paper to make the brownies slightly easier to serve. I've done it both ways and I think the parchment paper does make it a bit easier.

Thoroughly combine all the ingredients for the brownie base in a medium sized mixing bowl. You don't need to worry about over mixing with these brownies because there isn't any flour in them!

Bake the brownie base for 15-20 minutes or until slightly puffed, with a fudgy center. The way I figure out whether or not they're done is to poke them in the center, once the mousse topping is on top, no one will see the little indent, and that way I don't overcook them.

Let the brownie base cool completely before topping with the chocolate mousse.

While the brownies are baking make the chocolate mousse.

Start by scooping off the hardened coconut cream from the top of the can, reserving the liquid for another use (smoothies are a great option).

Add the scooped coconut cream to a food processor with the rest of the ingredients for the chocolate mousse. Process the filling just until smooth, stopping to scrape the sides at least twice to make sure all the avocado is thoroughly processed into the filling.

When cooled, frost the brownies with the chocolate mousse, spreading the filling evenly over the surface, (a slight swirl pattern inwards toward the center looks nice).

Cover and refrigerate 8 hours or overnight. This helps the brownies firm up and the chocolate flavor deepens with a good chilling.

When you're ready to serve, un-mold the brownies from the tart pan by removing the base and placing it on a serving plate or cake stand.

Top the Chocolate Mousse Brownies with whatever topping you'd like!



[Recipe from Living Healthy With Chocolate](#)

creamy ganache CHOCOALTE CAKE

*This grain-, gluten- and dairy-free chocolate cake is deliciously soft and moist, with rich ganache filling and decadent frosting. One of best paleo chocolate cakes around. Recipe from Adriana Harlan of **Living Healthy With Chocolate**.*

INGREDIENTS

For the cake

- 3 cups blanched almond flour
- ¼ cup coconut flour
- ¾ cup raw cacao powder
- ½ cup raw coconut palm sugar
- 2 teaspoons baking soda
- 1 teaspoon salt
- ½ cup coconut oil, melted
- 1 cup coconut milk, full-fat
- 3 large eggs, room temperature
- 2 teaspoons vanilla extract
- 2 tablespoons raw honey

Middle layer chocolate ganache*

- 1 can (13.5 ounces) full-fat coconut milk
- 2 tablespoons raw honey
- 4 tablespoons raw cacao powder
- ½ teaspoon vanilla extract

Chocolate frosting

- 6 tablespoons coconut milk, full-fat
- ¾ cup dark chocolate chips

Notes

*The middle layer chocolate ganache takes a long time to make. Please plan ahead and have this ready before you bake the cake.

If you make this cake with almond flour by Bob's Red Mill, your cake may turn out oily, dense and it may sink in the middle. Be sure to use finely ground almond flour with the skin removed to get a light and fluffy consistency out of your cake. I suggest blanched almond flour by Honeyville. I am not affiliated with them. Their almond flour just works the best for baking.

Prep time: 30 mins **Cooking time:** 2 hours + chilling **Serves:** 12



[Recipe from Living Healthy With Chocolate](#)

To make the cake

Preheat oven at 175 C / 350 F.

Grease the bottom and sides of a 7-inch springform pan with coconut oil and line the bottom with parchment paper.

In a large bowl, mix together the almond flour, coconut flour, raw cacao powder, raw coconut palm sugar, baking soda and salt.

In a separate bowl, whisk together the coconut oil, coconut milk, eggs, vanilla and honey.

Using a rubber spatula, gently mix dry ingredients into wet ingredients to form a batter. Do not over mix.

Pour batter into prepared pan and bake until a toothpick inserted into the center comes out clean, approximately 45-50 minutes. If you feel you need to cook it longer, cover cake with aluminium foil to prevent burning the top and lower the heat to 160 C / 325°F. Cook until toothpick comes out clean.

Let cake cool completely then cut horizontally in the middle. Spread the chocolate ganache over the bottom half of the cake and refrigerate for 30 minutes.

Top with other half of cake, then spread the chocolate frosting over the top and sides of the cake. Sprinkle top with shaved dark chocolate if desired

To make the middle layer chocolate ganache

In a medium saucepan, bring the coconut milk and honey to a light boil. Simmer on low heat for two hours, stirring occasionally. Do not cover the pan. You will know you cooked it long enough when the coconut milk is reduced to half and has a thicker consistency and darker color, similar to sweetened condensed milk.

Mix in the raw cacao powder and vanilla extract and stir until all is combined and smooth. Let it cool and refrigerate until cake is ready.

To make the chocolate frosting

Melt the chocolate chips in a bowl over simmering water (double boiler).

Mix coconut milk with melted chocolate until all is combined and smooth. Let cool for 5 minutes before icing the cake.

Recipe contributors



Irena Macri

Irena is a cookbook author and food blogger who has an insatiable desire to play with food. She's the force behind the [Happy Body Formula](#), a 9-week nutrition and wellness program, and her personal food blog, [Eat. Drink Paleo](#), where she shares her paleo and gluten-free recipes. Irena is an Aussie living in London, UK.



Steph Gaudreau

Steph Gaudreau helps people get stronger so they can achieve their highest potential. She's a holistic nutritionist, best-selling author of *The Performance Paleo Cookbook*, and weightlifting coach. She's been featured in *Outside*, *SELF*, and *Greatist* as the founder of [Stupid Easy Paleo](#). Steph lives in San Diego, CA.



Alice Nicholls

Alice Nicholls is a nutritional medicine practitioner and natural products expert who wants to see you step back to your most natural state of health and wellbeing. Alice is the creator of award-winning blog, [The Whole Daily](#), where you'll find recipes for physical and emotional health and a hefty dose of really simple health advice. Alice is based in Australia.



Erin Dooner

Erin Dooner, who is originally from Texas but currently lives in Germany, is the recipe developer and blogger behind [Texanerin Baking](#). Her blog focuses on making healthier sweet treats, with a focus on gluten-free, dairy-free and paleo desserts that taste just as delicious and decadent as their unhealthy counterparts.



Michelle Rosen

Michelle is a grain-free and paleo recipe creator, runner, coach, sometimes yogi, and mom of 3. She is the creator of [Paleo Running Momma blog](#). Breakfast and dessert are her happy places!



Adriana Harlan

Adriana Harlan is known as one of the world's top healthy-desserts chefs. She is the author of [Living Healthy With Chocolate blog](#), where she shares tasty paleo and gluten-free recipes and wellness tips. She has been featured in magazines and blogs around the world.



Kelly Bejelly

Kelly Bejelly is the recipe developer, cookbook author, writer and photographer behind the popular grain-free food blog, [A Girl Worth Saving](#). After being diagnosed as pre-diabetic in 2009, in a last ditch effort to save herself, she tried the paleo diet and never looked back.



Becky Winkler

Becky is a food photographer, recipe developer, and cookbook author who shares creative paleo and gluten-free recipes on her blog, [A Calculated Whisk](#). Becky lives in Chattanooga with her fiancé and his cat.



Kari Peters

Kari runs [Get Inspired Everyday](#) - a food, adventure, and lifestyle blog. She enjoys country living in the Flathead Valley, Montana and loves creating simple healthy recipes, with the occasional chocolatey indulgence.