

BLACK BEAN ANYTIME CAKE

BY BRITTANY SUELL



Ingredients

One 15 ounce can (or 15 ounces, cooked) unseasoned black beans
6 large eggs
1 Tablespoon pure vanilla extract
1/2 Teaspoon sea salt
5 1/2 Tablespoons coconut oil
1/2 cup + 2 Tablespoons honey
6 tablespoons unsweetened cocoa powder
2 teaspoons baking powder

Instructions

1. Preheat oven to 350 degrees Fahrenheit (163 degrees Celsius).
2. Spray a 9" cake pan with extra virgin olive oil cooking spray, or just grease it with a thin layer of butter.
3. Dust cocoa all over the inside of the pan, tapping to evenly distribute.
4. Drain and rinse beans in a strainer or colander. Shake off excess water.
5. Place beans, 3 of the eggs, vanilla, stevia (if using) and salt into blender.
6. Blend on high until beans are completely liquefied. No lumps!
7. Whisk together cocoa powder and baking powder.
8. In a bowl, use a mixer to cream the coconut oil with honey until light and fluffy.
9. Mix in the three remaining eggs, beating for a minute after each addition.
10. Beat the bean mixture in with the rest of the batter.
11. Finally, stir in cocoa powder and beat the batter on high for one minute, until smooth.
12. Scrape batter into pan and smooth the top.
13. Grip pan firmly by the edges and rap it on the counter a few times to pop any air bubbles.
14. If you are baking the cake as a single round layer, bake for 40-45 minutes. If you are baking the batter as cupcakes, bake for 35 minutes. Cake is done when the top springs back when you press on it.
15. Remove cake to a cooling rack to cool for 10 minutes.
16. Turn out cake from pan, and flip over again onto cooling rack.
17. Let cake cool until it reaches room temperature, then cover in plastic wrap. For BEST flavor, let cake sit overnight!
18. If you are stacking this cake, level top with a long serrated knife, shaving off layers until the cake round is flat and even.
19. Store cake or cupcakes in the refrigerator. For the best flavor and texture, warm the cake to room temperature before serving.

Notes: If you'd like to bake the batter as cupcakes, line 16 cupcake tins with paper liners. This cake is surprisingly fluffy, and definitely moist, and tastes amazing!

SUGAR-FREE WHIPPED ICING

Ingredients

1 cup heavy cream (not ultra-pasteurized)
3 TBSP honey
1 tsp pure vanilla extract

Instructions

1. Add all three ingredients to bowl.
2. Whip cream using an electric mixer on medium (can also whisk by hand).
3. When it forms soft peaks (meaning the peaks bend over at the top when you remove the whisk), the whipped cream is done. Be careful not to over-whisk.
4. Chill bowl in fridge for 2 hours.
5. Spread on your cake or cupcakes.