

Flourless Carob Cake

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I was at a raw food class sponsored by our local health food store, the first time I tasted this cake. I could not believe my taste buds! It was like eating a warm frosted brownie, fresh out of the oven!

Equipment:

Food Processor
Small Mixing Bowl

Ingredients:

1 1/2 cups raw walnuts
dash of sea salt
10 pitted medjool dates
1/3 cup unsweetened carob powder
1/2 tsp vanilla extract (optional)
2 tsp water
raspberries or strawberries, for garnish (optional)

Directions:

1. Place the walnuts and salt in a food processor fitted with the S blade and process until finely ground.
2. Add the dates, carob powder and optional vanilla and process until the mixture begins to stick together. Add the water and process briefly.
3. Transfer to a serving plate and form into a 5 inch round cake.
4. Decorate the cake with fruit before serving, if desired, or try the frosting recipe below.

Note: Covered with plastic wrap, Carob Cake will keep for three days in the refrigerator or two weeks in the freezer.

CAROB FROSTING *

No one will know that avocado is what makes this frosting oh, so creamy!

Ingredients:

1/4 cup pitted medjool dates, soaked (about 20 minutes)
1/4 cup pure maple syrup or agave nectar
1/2 tsp vanilla extract (optional)
3/4 cup mashed avocados (1 1/2 avocados)
1/4 cup plus 2 Tbsp unsweetened carob powder

Directions:

Place all the ingredients in a food processor fitted with the S blade and process until creamy.

“Raw Food Made Easy for 1 or 2 People” by Jennifer Cornbleet