

THE FLOURLESS CHOCOLATE CAKE

From Jan, at the July pot-luck

1.5 cups raw walnut, unsoaked

dash Himalayan salt

10 pitted Medjool dates

1/3 cup unsweetend cocoa or carob powder

1/3 tsp vanilla extract (optional)

2 tsp. water

◆ c. fresh raspberry or other berries (optional)

Place the walnuts and salt in a food processor fitted with the S blade and process until finely ground. Add the dates, cocoa powder, vanilla and process until the mixture begins to tick together (I love it when ingredients do that!!) Add the water and process briefly.

Transfer to a serving plate and form into a 5 round cake. Chill for 2 hours. Decorate the cake and plate with fresh berries before serving, if desired. Cover with plastic wrap, the cake will keep for 3 days in the fridge and 2 weeks in the freezer. Bring to room temperature before serving.

From the book Raw Food Made Easy for 1 or 2 people, by Jennifer Cornbleet.