
SPELT CHOCOLATE FONDANT CAKES

 VEG, (GF option)  30-40 mins  6



Ingredients

- 45g good quality butter
- 150g coconut sugar
- 4 eggs
- 1½ tsp vanilla powder or extract
- 50g spelt flour (or buckwheat flour for gluten free)
- 1 tsp fleur de sel (sea salt)
- 350g good quality dark chocolate (you could also use a mix of dark & milk chocolate)
- Extra butter for greasing
- Cacao powder for dusting



Method

1. Pre-heat your oven to 220 degrees celsius (non fan forced).
2. Grease 6 small pudding moulds with a little butter. Then dust with a generous amount of cacao powder, coating the inside of the pudding moulds.
3. Place the moulds onto a baking tray and set aside.
4. Melt chocolate over low heat and set aside to cool slightly.
5. Mix the butter and coconut sugar together until combined and beat in the eggs one at a time. Then add the vanilla and salt.
6. Next fold through the flour and then the melted chocolate.
7. Divide the mixture into the prepared moulds.
8. Place the tray of filled moulds into the oven and bake for 10 minutes.
9. Remove from the oven and let sit for 1 minute.
10. Turn the cakes out onto plates and serve immediately.
11. Serve with fresh cream and berries. Enjoy!

GATHER & FEAST

Discover more great recipes, resources and styling tips by visiting:

www.gatherandfeast.com ↗

© Gather & Feast. All Rights Reserved
