



CHOCOLATE ALMOND CAKE

6 ounces (1 ½ cups) (170 g) sprouted whole-wheat flour
1 heaping tablespoon cocoa powder
1 ounce (scant 1/3 cup) (25 g) ground almonds
½ teaspoon baking powder
pinch of salt
3 ounces (6 tablespoons) (85 g) very soft salted butter
4 ounces (generous ½ cup) (115 g) granulated sugar
1 ounce (2 tablespoons) (25 g) date sugar
2 eggs, separated
2/3 cup (150 ml) (¼ Imperial pint) milk
½ teaspoon almond extract
1 ounce (¼ cup) (25 g) slivered almonds

Preheat oven to 325° Fahrenheit (160° Celsius) and line a loaf tin with parchment paper. Set aside.

Stir together the flour, cocoa, ground almonds, baking powder, and salt in a mixing bowl. Set aside. In a large mixing bowl, cream together the butter and sugars. Beat in the egg yolks one at a time. Stir in the dry ingredients alternately with the milk. Add almond extract.

Beat the egg whites to stiff peaks then gently fold into cake batter. Spoon into prepared loaf tin and sprinkle top with slivered almonds. Bake 50 minutes, or until a cake tester comes out clean. Cool 10 minutes in tin on a rack then remove cake from tin to cool completely.

Serves 8-10

Ingredient notes:

- Use a finely-milled sprouted whole-wheat flour. Don't use one that has large pieces of bran! You can also substitute the same weight of wheat or all-purpose flour.
- Ground almonds are also called "almond meal" and may be in the specialty flours section or in a refrigerated case.
- Coconut sugar or sucanat can be substituted for date sugar. Alternately, just use another ounce of white sugar.

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