

Black Forest Style Chocolate Cake

Swick

Makes 1 cakes | Active Time: 1 hour 30 minutes | Total Time:

Step 1: Make the Cake

- 8 fl oz unflavored plant milk (≈1 cup)
- 4 oz dates pitted & chopped (≈3/4 cup)
- 1/2 avocado, coarsely chopped
- 1/2 cup unsweetened applesauce
- 1/4 cup pure maple syrup
- 1 tablespoon ground flaxseed
- 1 1/2 teaspoons pure vanilla extract
- 1 1/2 cups oat flour (you can make your own; see tip)
- 1/4 cup cocoa powder
- 2 teaspoons baking powder
- 2 teaspoons baking powder
- 1/2 teaspoon sea salt
- FOR THE CHERRY SAUCE
- 10 1/2 oz frozen dark sweet cherries pitted (≈2 cups)
- 1/4 cup pure maple syrup
- 1 tablespoon fresh lemon juice
- 1 teaspoon arrowroot powder (or cornstarch)
- 1/4 teaspoon almond extract

Preheat the oven to 350°F.

PREPARE WET INGREDIENTS

In a high-powered blender (or food processor), purée plant milk, dates, avocado, applesauce, 1/4 cup maple syrup, flaxseed, and vanilla until smooth. Let rest for 10 minutes.

COMBINE DRY INGREDIENTS

In a large bowl, combine oat flour, cocoa powder, baking powder, and sea salt.

MIX BATTER

Add wet ingredients to dry ingredients. Mix just until flour is moistened. Pour into 1 (8-inch) square baking pan; spread evenly.

BAKE CAKE

Bake until a toothpick inserted in the center comes out clean, 40 minutes. Transfer to a wire rack to let cool.

MAKE CHERRY SAUCE

Meanwhile, in a saucepan over medium-high heat, heat cherries, 1/4 cup maple syrup, lemon juice, and arrowroot until thickened and bubbly. Stir in almond extract. Let cool slightly.

SERVE

Cut cake into 8 slices and top with cherry sauce. Garnish with fresh mint, if desired.