Low FODMAP Flourless Chocolate Olive Oil Cake

Serves: 12   Prep: 15 minutes   Cook: 55 minutes

Stack Cup

Ingredients	Metric	Imperial
regular olive oil	138 g	4.9 oz
½ cup good quality cocoa powder, sifted	50 g	1.8 oz
½ cup boiling water	125 g	4.4 oz
2 tsp vanilla extract	10 g	0.35 oz
1¼ cup almond meal/flour (for nut free option - 125g/4.4 oz gluten free flour)	150 g	5.3 oz
½ tsp bicarbonate soda	1 g	0.03 oz
1 pinch salt	1 g	0.03 oz
caster sugar	200 g	7.05 oz
3 large eggs		
raspberries or strawberries to serve		

Method

1. Preheat your oven to 170°C/338°F. Grease a 23cm spring-form tin with a little oil and line with baking paper
2. Add the sifted cocoa powder to a jug and which in the boiling water, stirring until you have a smooth but still a little runny paste. Whisk in vanilla extract and set aside.
3. In another small bowl, combine the ground almonds (or flour) with the bicarb soda and the salt.
4. Place the sugar, olive oil and eggs into the bowl of a freestanding mixer with the paddle attachment (or a regular bowl and whisk of your choice) and beat well for about 3 minutes until you have a pale, aerated and thick creamy mixture.
5. Turn the speed down and pour in the cocoa mixture, whisking as you go, when fully combined, add the almond meal (or flour) and combine.
6. Pour the batter into the prepared tin and bake for 40-45 minutes. The sides should be set but the top will look damp and a little soft. Nigella's tip is a cake skewer should come out mainly clean with a few sticky crumbs clinging to it.
7. Let the cake cool in the tin on a wire rack for 10 minutes before serving.

Hints

- The cake is delicious warm or cool, served with low FODMAP berries, some ice-cream (lactose free if required) or my favourite - some Natural yoghurt for a tart balance to the sweet cake.

Nutrition Information (per serve)	
Energy	1161 Kj / 277 cal
Protein	5.00g
Carbohydrates	18.00g
Sugar	17.00g
Total Fat	20.00g
Saturated Fat	3.00g
Fibre	2.00g

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