



Tracy's Whole Wheat Chocolicious Chocolate Cake

By: Tracy Oldfather

Who said chocolate cake couldn't be good for you? OK, maybe not as good as broccoli; but, you can certainly make it healthier by using wholesome and healthy ingredients like: fresh milled flour, beans, flax seed coconut oil and buttermilk.



10 Inch Bunt Pan Serves: 12-16

Ingredients:

Dry

1-3/4 cups **Soft White Flour**, freshly milled
1/4 cup **Bean Flour*** (or swap for wheat flour)
1/4 cup **Flax Seed**, freshly ground
1-1/3 cups **Sucanat***, or Brown Sugar
1/3 cup **Raw Sugar***
1 cup **Cocoa**
1-3/4 tsp **Baking Powder** (aluminum free)
1-1/2 tsp **Baking Soda**
1-1/4 tsp **Sea Salt**

Liquids

1-1/4 cups **Buttermilk***
2 **Eggs**
2/3 cup **Virgin Coconut Oil***
2 tsp **Vanilla**
1 cup **Boiling Water**



Frosting recipe below

Cake pan coating recipe below

Instructions

- 1. Preheat oven to 350 degrees.** – Grease and flour a 10 inch bunt pan or two 8 or 9 inch cake pans. – **All ingredients should be room temperature.**
- 2. In a large mixer bowl, using a whisk combine all dry ingredients.**
- 3. Add buttermilk, eggs, coconut oil and vanilla.** Beat 2 minutes on medium speed.
- 4. Stir in boiling water;** careful, batter will be very hot and thin.
- 5. Pour batter into prepared pans.** Gently tap filled pans on counter top a couple of times to bring air bubbles to the top.
- 6. Bake in preheated 350 degree oven for 35-40 minutes** (30-35 minutes for round pans) or until knife or toothpick inserted in the center comes out clean. DO NOT overbake. Remove from oven and **cool on rack for about 10 minutes.** Run a spatula or **knife gently around the edges of pan to release cake.** Place a cooling rack or plate on top of pan, then invert. **Allow to cool completely before frosting.**

Cupcakes: Fill 2/3 full with batter and bake for 20-25 minutes. Makes about 26-30 cupcakes.

Tips

Flour – You may use Hard White flour, or if you do not mill your own yet, then use unbleached organic all-purpose flour.

Bean Flour – Mill 2 tablespoons dried navy or other beans when you mill your grain. If you don't mill yet, then simply replace the 1/4 cup of bean flour with the all-purpose flour.

Flax Seed – Grind about 1/8 cup of whole flax seed to yield the 1/4 cup.

Sucanat – Real brown sugar. Dehydrated cane juice with the molasses still in it; unprocessed, unbleached.

Raw Sugar – Dehydrated cane juice, molasses removed; unprocessed, unbleached.

Buttermilk – If you do not have buttermilk you can sour regular milk by adding 1/2 Tablespoon vinegar to the 1/2 cup regular milk. Stir and allow to “sour” for a few minutes before adding.

Coconut Oil – I use organic either virgin (has a slight coconut flavor) or expeller-pressed coconut oil for no coconut flavor.

Tracy's Chocolicious Chocolate Frosting

By: Tracy Oldfather www.BreadRoots.com

1/3 cup **Virgin Coconut Oil**

4 Tbls **Butter**

3/4 cup **Cocoa Powder**

3-1/2 cups **Powdered Sugar**

1/2 cup **Milk**

1 tsp **Vanilla**



On low heat, melt coconut oil and butter; pour into a glass or metal mixing bowl. Using a whisk or hand mixer, blend in cocoa powder. Add alternating powdered sugar and milk. Whisk till smooth. Stir in vanilla. Add more sugar for stiffer consistency to frost or more milk to thin for drizzle.

Pan Coating

1/4 cup **Coconut Oil** 1/4 cup **Flour** 1/4 cup **Palm Shortening**



Soften coconut oil and palm shortening in microwave for about 10-20 seconds. Whisk ingredients together until blended and smooth. Store cake pan coating in a glass jar in refrigerator. When ready to use allow mixture to come to room-temp to soften a bit before using. Use a pastry brush or folded paper towel to coat inside of cake pans.