

## Recipe: This Avocado Oil Chocolate Cake Is Free From Gluten & Dairy

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GUEST EXPERT May, 20 2019



Image The Healthy Chef + Unsplash

### Recipe: This Avocado Oil Chocolate Cake Is Free From Gluten & Dairy

Packed full of healthy fats and antioxidants.

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Packing a healthy punch, avocado oil is brimming with antioxidants, beneficial fats, vitamins and minerals, says Australia's ***The Healthy Chef***, Teresa Cutter. "Not only have the good fats in avocado oil been shown to lower blood pressure, boost 'good' cholesterol and enhance the absorption of other nutrients, but its versatility in the kitchen is unparalleled.

Teresa uses avocado oil in many of her recipes including salad dressings and dips, and due to its heat-stability and high smoke point, also uses it as a cooking oil. Here, she shows how it can also be used in baking, with her deliciously healthy avocado oil chocolate cake.

"This chocolate cake is brimming with antioxidants to boost energy and promote wellbeing. I love that's its super-moist and rich in heart healthy essential fats from the avocado oil. This cake is gluten free, dairy free and refined sugar free, making it the perfect healthy treat for everyone."

**RECIPE: HEALTHY AVOCADO OIL CHOCOLATE CAKE**

*Image supplied: Avocado Oil Chocolate Cake.*

*Recipe using Grove Avocado Oil courtesy of Teresa Cutter aka The Healthy Chef.*

*Makes 1 cake*

GUTEN-FREE | LOW GI | DAIRY-FREE

**Ingredients**

125 ml (½ cup/4 fl oz) **Grove avocado oil**  
125 ml (½ cup/4 fl oz) almond milk  
125 ml (½ cup/4 fl oz) pure maple syrup  
4 organic eggs  
2 teaspoons vanilla extract  
3 teaspoons gluten free baking powder  
60 g (½ cup/2 oz) dark cocoa powder  
300 g (3 cups/10½ oz) almond meal  
avocado frosting to serve (see inspiration)

**Method**

PREHEAT your oven to 160°C (320°F) fan forced.  
COMBINE avocado oil, almond milk, maple syrup, eggs and vanilla into a bowl.  
ADD the baking powder, cocoa and almond meal and mix through until combined.  
BAKE for 45 minutes until cooked then remove from the oven to cool.  
COMBINE frosting ingredients until smooth then ice the cake generously.  
STORE in the fridge until ready to serve.

**Inspiration**

To make the avocado frosting combine the flesh from 2 ripe avocados, 125 ml (½ cup/4 fl oz) pure maple syrup, 125 ml (½ cup/4 fl oz) coconut cream, 2 teaspoons vanilla extract, 60 g (½ cup/2 oz) dark cocoa powder and a generous pinch of sea salt. Blend until smooth and use as the frosting for the cake.

Teresa Cutter, founder of **The Healthy Chef**, is an author, nutritionist and classically trained chef. You can find more of Cutter's tips and recipes on her [website](#), [Healthy Recipes App](#), [eBooks](#), [Facebook](#) and [Instagram](#).

Love this recipe? Be sure to check out The Healthy Chef's favorite [anti-aging breakfast smoothies](#), [3-ingredient pumpkin pie](#), and deliciously chewy [ANZAC biscuits](#).

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