

*Made for us by Carole Maisonneuve*

## **Quinoa Chocolate Cake (Gluten-free)**

No one will believe this chocolate cake is made with cooked quinoa; no flour required. This recipe is kid-friendly, gluten-free and vegetarian. Serves 12 (or less depending on how many pieces you eat!).

- 2/3 cups (160 ml) white or golden quinoa
  - 1-2/3 cups (330 ml) water
  - 1/3 cup (80 ml) milk
  - 4 large eggs
  - 1 tsp (5 ml) pure vanilla extract
  - ¾ cup (185 ml) butter, melted and cooled
  - 1-1/2 cups (375 ml) white or cane sugar
  - 1 cup (250 ml) unsweetened cocoa powder
  - 1-1/2 tsp (7.5 ml) baking powder
  - ½ tsp (2 ml) baking soda
  - ½ tsp (2 ml) salt
1. Bring the quinoa and water to a boil in a medium sauce pan. Cover, reduce to a simmer and cook for 10 minutes. Turn off the heat and leave the covered saucepan on the burner for another 10 minutes. Fluff with a fork and allow the quinoa to cool.
  2. Preheat the oven to 350F (180c). Lightly grease two 8-inch square (or round) cake pans. Line with parchment paper.
  3. Combine the milk, eggs and vanilla in a blender or food processor. Add 2 cups (500 ml) of cooked quinoa and the butter and continue to blend until smooth.
  4. Whisk together the sugar, cocoa, baking powder, baking soda and salt in a medium bowl. Add the contents of the blender and mix well. Divide the batter evenly between the two pans and bake on the centre oven rack for 40 to 45 minutes or until knife inserted in the centre comes out clean.
  5. Store in a sealed container in the refrigerator for up to 1 week or freezer for up to 1 month.

Note: I spread a nice raspberry jelly between the two layers of cake. You do not need to put icing at all. It is delicious as is. I sprinkle confectioner's sugar for colour.

Per serving: 279 calories, 35.7g carbohydrates, 260 mg sodium, 8.5g saturated fat.