

Basic Chocolate Cake

Yield: 12 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-basic-chocolate-cake-recipe>

Ingredients:

- 2 1/2 cups whole wheat pastry flour
- 3/4 cup Dutched cocoa powder non-alkaline/non-, I use Dagoba
- 1 tablespoon baking powder look for non-aluminum type
- 3/4 teaspoon fine grain sea salt
- 1/2 cup unsalted butter barely melted, or coconut oil
- 1 cup maple syrup real, room temperature
- 2 eggs lightly beaten
- 2 teaspoons vanilla extract
- 1 cup coconut milk room temp
- 8 ounces bittersweet chocolate good-quality, shaved or finely chopped
- 2 ounces bittersweet chocolate chopped
- 1/4 cup unsalted butter room temperature
- 1/4 cup maple syrup
- 1 cup heavy cream whipped to stiff peaks

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 100 milligrams
4. Fat: 34 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 22 grams
8. Sodium: 310 milligrams
9. Sugar: 34 grams

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