

Gluten Free Chocolate Cake



- 250g plain chocolate, chopped
- 1 1/2 (400g) tins chickpeas, rinsed and drained
- 4 eggs
- 150g caster sugar
- 1/2 teaspoon gluten free baking powder
- 1 tablespoon icing sugar

Prep: 15 mins | Cook: 40 mins | Extra time: 15 mins

1. Preheat the oven to 180 C / Gas mark 4. Grease a 23cm round cake tin, line with parchment and then grease again.

2. Place the chocolate into a microwave-safe bowl. Cook in the microwave for about 2 minutes, stirring every 20 seconds after the first minute, until chocolate is melted and smooth. If you have a powerful microwave, reduce the power to 50%.

3. Combine the beans and eggs in the bowl of a food processor. Process until smooth. Add the sugar and the baking powder, and pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down the corners to make sure chocolate is completely mixed. Transfer the batter to the prepared cake tin.

NB. Only some people with IBS are sensitive to gluten, but do go easy on the chocolate, which is quite rich in fat.