

## Amaranth, Quinoa and Dark Chocolate Cake (Gluten free cake)

by La Tartine Gourmande

- 4.5 oz dark chocolate, 70 % cocoa (Valhrona for me)
- 7 Tbsp butter, unsalted
- 1/2 cup blond cane sugar
- 3 Tbsp amaranth flour (1 oz)
- 3 Tbsp quinoa flour (1 oz)
- 1 tsp pure vanilla extract
- 1/3 cup pecans, chopped coarsely (1 oz)
- 3 eggs
- Pinch of salt

## Steps:

- Preheat your oven at 350 F.
- Butter a 2 x 7 3/4 "rectangular mold and line it with parchment paper.
- Melt the chocolate with the butter in a double-boiler (or a bowl placed on top of a pot full of simmering water).
- Separate the egg yolks from the whites.
- Beat the yolks with the sugar and vanilla until light and white in color.
- Add the chocolate preparation and mix until well incorporated.
- Add the nuts and the flours, and mix well until smooth in texture.
- Add a pinch of salt to the whites and beat them until light and firm. Fold in the previous preparation, making sure that it stays light.
- Pour the batter in the mold and cook for 45 min or so. Check if the cake is cooked by inserting
  the blade of a knife. It should come out almost dry, but not totally (the cake is moist).
- Remove the cake and let cool slightly before unmolding. Let cool on a rack.

The Balanced Body Center
(704) 849-9393 www.knowbalance.com