



Healthier Chocolate Yogurt Cake

(with Ganache Frosting)

This beautiful chocolate yogurt cake tastes as good as it looks, which is not always an easy task for healthier desserts. It's rich, chocolatey, lightly sweet, gluten-free, and finished with smooth chocolate ganache, and fresh raspberries.

The whole recipe is amazingly easy to make, but the frosting and raspberries make it feel special. Simple, beautiful, and delicious without requiring pastry-school rigidity.

Ingredients

For the Chocolate Yogurt Cake

- 2 cup almond flour
- 1 cup cacao powder
- 2 teaspoons baking powder
- 1.5 teaspoon vanilla powder
- 1 teaspoon salt
- 1 cup plain no sugar added coconut yogurt
- 4 eggs
- 1 cup date syrup
- 1 medium avocado, mashed

For the Chocolate Ganache

- 1 cup date-sweetened chocolate chips, such as Just Date
- 1 cup of your favorite unsweetened almond milk of choice

For Serving

- 8 ounces fresh raspberries

Instructions

Preheat the oven to 350°F.

Line the bottom of a springform pan with parchment paper.

In a medium mixing bowl, combine the dry ingredients - almond flour, cacao powder, baking powder, vanilla powder, and salt. Stir until evenly mixed.

In a separate bowl, whisk together the coconut yogurt, eggs, and date syrup until smooth.

Add the wet ingredients to the dry ingredients and stir until fully combined. The batter will be thick and rich.

Pour the cake batter into your prepared springform pan and spread it evenly.

Bake at 350°F for 20-25 minutes, or until a toothpick inserted into the center comes out clean. Baking time may vary slightly depending on the size pan you are using.

Let the cake cool completely, about 45 minutes, before adding the ganache.

Once the cake is cool, make the ganache. Warm the almond milk until hot, just before boiling, but not boiling.

Pour it over the chocolate chips and let it sit for a minute so the chocolate can soften, then stir until smooth and glossy. I like to do half first, then add more milk and the remaining chips. Don't add the milk at once as you may not need all of it.

Spread the ganache over the top of each cooled cake, then refrigerate until ready to serve.

Just before serving, top with 8–10 fresh raspberries per slice of cake.

Notes

This recipe makes one large (8-10 inch pan) or four individual chocolate yogurt cakes (4-inch springform pans).

For the best texture, let the cakes cool completely before adding the ganache. After adding the ganache, refrigerate the cakes until you're ready to serve.

Add the fresh raspberries just before serving so the cakes stay beautiful and the berries stay fresh.

This cake is gluten-free and naturally sweetened with date syrup and date-sweetened chocolate chips. It's still dessert, but it's dessert made with intentional ingredients that make more sense. Which is my favorite kind of dessert.