



## Tracy's Chocolicious Chocolate Cake

By: Tracy Oldfather [www.HealthyHomePrinciples.com](http://www.HealthyHomePrinciples.com)

Who said chocolate cake couldn't be good for you? OK, maybe not as good as broccoli, but you can certainly make it healthier by using wholesome and healthy ingredients like: fresh milled whole wheat flour, beans, flax seed, coconut oil and buttermilk.



### Ingredients:

1-3/4 cups **Soft White Flour**, fresh milled \*  
1/4 cup **Bean Flour\*** (or swap for above flour)  
1/4 cup **Ground Flax Seed**, fresh ground \*  
1-1/3 cups **Sucanat \*** or Brown Sugar  
1/3 cup **Raw Sugar\***  
1 cup **Cocoa**  
1-1/2 teaspoons **Baking Powder** (aluminum free)  
1-3/4 teaspoons **Baking Soda**  
1-1/4 teaspoons **Real Salt Sea Salt**

1-1/4+ cups **Buttermilk\***  
2 **Eggs**  
2/3 cup **Virgin Coconut Oil\***  
2 teaspoons **Vanilla**  
1 cup **Boiling Water**

*Frosting recipe below  
Cake pan coating recipe below*

### Directions:

1. **Preheat oven to 350 degrees. Grease and flour a bunt pan or two 8 or 9 inch cake pans.**
2. **In a large mixer bowl combine all dry ingredients.** (Bosch – use batter whisks & bowl scraper attachments).
3. **Add buttermilk, milk, eggs, coconut oil and vanilla. Beat 2 minutes on medium speed** (Bosch – speed 2).
4. **Stir in boiling water;** careful, **batter will be very hot and thin.**
5. **Pour batter into prepared pans. Gently tap filled pans on counter top** a couple of times to bring air bubbles to the top.
6. **Bake at 350 degrees for 35-40 minutes** for bunt pan (30-35 minutes for 8" rounds) or until knife or toothpick inserted in the center comes out clean. **DO NOT over bake.** Remove from oven and **cool on a rack for about 10 minutes.** Run a spatula or knife around the edges of pan to release cake. Place a cooling rack on top of pan, then **invert onto a cooling rack or cake plate.** Allow to **cool completely before frosting.**



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**Cupcakes:** Fill 2/3 full with batter and bake for 20-25 minutes. Makes about 26-30 cupcakes.

## Tips:

**Flour** – You may use Hard White flour, or if you do not mill your own yet, then use unbleached organic all-purpose flour.

**Bean Flour** – Mill 2 tablespoons dried navy or other beans when you mill your grain. If you don't mill yet, then simply replace the 1/4 cup of bean flour with the all-purpose flour.

**Flax Seed** – Grind about 1/8 cup of whole flax seed to yield the 1/4 cup.

**Sucanat** – Real brown sugar. Dehydrated cane juice with the molasses still in it; unprocessed, unbleached.

**Raw Sugar** – Dehydrated cane juice, molasses removed; unprocessed, unbleached.

**Buttermilk** – If you do not have buttermilk you can sour sweet milk by adding 1/2 Tablespoon vinegar to the 1/2 cup regular milk. Stir and allow to "sour" for a few minutes before adding.

**Coconut Oil** – I use organic either virgin (has a slight coconut flavor) or expeller-pressed coconut oil for no coconut flavor.

## Chocolicious Frosting

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- 1/3 cup **Virgin Coconut Oil**
- 4 tablespoons **Butter**
- 3/4 cup **Cocoa**
- 3-1/2 cups **Powdered Sugar**
- 1/2 cup **Milk**
- 1 teaspoon **Vanilla**



On low heat, melt coconut oil and butter; pour into a glass or metal mixing bowl. Using a whisk or hand mixer, blend in cocoa. Add alternating powdered sugar and milk. Whisk till smooth. Stir in vanilla. Add more sugar for stiffer consistency to frost or more milk to thin for drizzle.

## Pan Coating Recipe

- 1/4 cup **Coconut Oil**
- 1/4 cup **Flour**
- 1/4 cup **Palm Shortening**

Soften coconut oil and palm shortening in microwave for about 10-20 seconds. Whisk ingredients together until blended and smooth. Store cake pan coating in a glass jar in refrigerator. When ready to use allow mixture to come to soften a bit before using. Use a pastry brush or folded paper towel to coat inside of cake pans.