

Going Healthy: Two-Layer Chocolate Microwave Cake

Description

Parents hardly get to have their cake and eat it too; the kids always eat it before you get a chance!

As most of you know, I donâ€™t advocate highly processed foods filled with fat and sugar and loaded with chemicals for that perfect look and long shelf life. Nope, if you want a treat, I feel you should learn to make it for yourself.

Convenience is one of the major factors in the Worldâ€™s obesity issue, but when you only make things for yourself, over-consumption *usually* is not a problem.

This is also a great way to lead by example for children. Seeing mom and dad create their own (still healthy) treats will hopefully encourage them to do the same. Iâ€™m hopeful that Averyâ€™s interest will grow as she grows and we can start creating tasty, healthy, treats in the kitchen. But first, she needs to walk, talk, and probably eat more solid foods.



Anyway, enough with my health talk, for now. I want to share a healthy recipe for a delicious treat you can make in the microwave. Yep, within minutes you can create chocolaty goodness thatâ€™s so easy, you and your kids can each have a cake and eat it too!



Microwave Chocolate Layer Cake

Ingredients for 2 layers:

- 1/4 cup unsweetened cocoa powder
- 3 tablespoons whole grain flour (I used spelt); sub coconut or another flour to make gluten/grain free
- 3 tablespoons peanut flour or favorite protein powder
- 1/4 tsp salt
- 12 drops liquid stevia or 2 packets powder stevia
- 1/2 tsp baking powder
- 2 tablespoons mashed banana, pumpkin puree, or applesauce
- 1/4 cup milk of choice (I used unsweetened vanilla almond milk)
- 1/2 tsp pure vanilla extract
- Optional: 2 tablespoons Greek yogurt icing (*See instructions below)
- Optional #2: Add a pinch of cayenne for a sweet and spicy chocolate treat.

Directions:

Combine dry ingredients and mix very, very well. Add liquid, stir, then transfer to a small dish coated with non-stick spray. I used a mini quiche ceramic dish (as shown below) for even cooking and layering.



Microwave 45 seconds; you may need to do a few more runs in 9 second increments to make sure the bottom is cooked enough. Be sure to allow it to cool before trying to remove it. Repeat for second layer.

Cover the first cake with frosting (if using), set the second layer on top, and then cover with more frosting. Now make it all go away by eating; sharing is optional and not recommended.

*For the Greek yogurt frosting/icing/dip thatâ€™s good all on its own:

- **2 cups of plain, Greek yogurt and mix in one of the following:**
- **1/2 cup peanut flour for peanut butter icing**
- **1/2 cup vanilla protein powder (preferably stevia sweetened) and 1/4 tsp pure vanilla extract**
- **1/2 cup chocolate protein powder (preferably stevia sweetened) or unsweetened cocoa powder and 6 drops regular or chocolate liquid stevia**
- **1 very ripe mashed banana and 1/4 tsp vanilla extract**
- **1/2 cup pumpkin puree, 1 tsp cinnamon, 1/2 tsp ginger and nutmeg, and 1/4 tsp cloves**

The taste can be deceiving as youâ€™ll think thereâ€™s no way itâ€™s healthy, but really itâ€™s perfect as a dessert or breakfast. Plus, since it can be made in minutes, it wonâ€™t take too long to cook one or more before you head out for the day. Or stay in since its Sunday!

Oh yeah, hereâ€™s a picture of Avery, just because I canâ€™t get enough of her! Sheâ€™s really into her reflectionâ€¦..or maybe sheâ€™s ready to help dad in the kitchen now!



Have you ever made a treat in the microwave?

I have a few other microwave recipes Iâ€™d like to share soon; interested?

Date Created
2014/07/27