

Chocolate Flaxseed Cake

Ingredients

- 1 cup whole wheat flour
- 1/2 cup ground flaxseed
- 1/2 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3/4 cup maple syrup or coconut sugar
- 1/4 cup melted coconut oil
- 1/2 cup unsweetened almond milk
- 2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water, soaked 5 min)
- 1 tsp vanilla extract

Instructions

1. Preheat oven to 350°F (175°C). Line a 9-inch round cake pan with parchment paper.
2. Prepare flax eggs and set aside.
3. In a large bowl, mix flour, ground flaxseed, cocoa powder, baking powder, baking soda, and salt.

4. In another bowl, combine maple syrup, coconut oil, almond milk, vanilla, and flax eggs.
5. Add wet ingredients to dry and mix until just combined.
6. Pour batter into pan and bake for 25–30 minutes or until a toothpick comes out clean.
7. Let cool before slicing.

Benefits

- Flaxseed boosts omega-3s, fiber, and plant-based protein.
- Cocoa adds antioxidants and mood-lifting compounds.
- Naturally sweetened, no refined sugar.