

HAZELNUT & CHOCOLATE TORTE



A deliciously nutritious dessert with hazelnuts and dark chocolate. A wedge of this torte goes a long way to satisfying the taste buds. Enjoy either in the afternoon with a cuppa tea or as a healthy dessert after dinner.

INGREDIENTS: (serves 8)

80g (2/3 cup) whole hazelnuts
100g (1/2 cup) unsalted butter
100g (1/2 cup) coconut sugar
60g (1/2 cup) oat flour *
1 large egg
1/4 tsp salt
1/2 tsp baking powder
75g organic dark chocolate (70%)

*to make oat flour: place plain oats into a blender or food processor and blend until fine.

HOW TO MAKE IT:

- Place the hazelnuts on a baking tray and roast in an oven at 180 C (350 F) for 8-12 minutes
- Remove from the oven (leave oven on for later) and leave hazelnuts to cool
- Once cooled, place into a food processor or blender and grind until fine
- Grease a 6-inch (20cm) flan tin with butter
- Place the butter into a medium pot. Melt over a low heat then remove from the heat and stir in the sugar and ground hazelnuts with the oat flour
- Crack in the egg and stir together well
- Add the salt, baking powder and stir them in well
- Chop the chocolate into small pieces
- Pour the batter into the prepared cake tin and cover with the chopped chocolate mixing it slightly into the batter
- Bake the cake in a preheated oven for 25-30 minutes
- Leave to cool completely before turning out onto a plate
- Dust the cake with coconut sugar and sprinkle with a few chopped hazelnuts
- Chill cake until ready to serve

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