[Recipe] The IBS-Friendly Double Chocolate Gluten-Free Cake

by LAUNIE KETTLER

An IBS-Friendly Cake You Can Enjoy

Gooey. Chocolatey. Comforting. Those are things that we crave in our food when the weather turns colder, and branches scratch at the window. Clear chilly nights invite us to love a warm stove, hot tea, and cozy blankets.

And chocolate.

One of the first things you learn when getting ready for your driver's license is to turn into a skid. Likewise, when you're embracing a gluten-free diet – learn to love the ingredients you play with. In this case, two types of chocolate come together to create a dense nearly brownie-like cake that will make you fall in love.

Almost actual love.

People tend to associate chocolate with love for romantic reasons, and there are chemicals in chocolate that activate neurotransmitters like phenylethylamine which elevates the pulse rate and increases our feeling of wellbeing.

Which is why it's called "the love drug."

Mentally we love chocolate!

But, cocoa is also good for our bodies. It's filled with antioxidants, like polyphenols, and flavanols which can help alleviate arthritis and other diseases. Antioxidants can also fight against blood clots.

Cocoa also helps fight low-density lipoprotein (LDL) which is commonly referred to as "bad cholesterol." LDL can create a plaque in arteries which can lead to cardiovascular disease.

Also, with winter vacations around the corner – now is the time to moderately boost your chocolate intake. Studies have shown that the bioactive compounds in dark chocolate can improve circulation to our skin, which helps to keep it hydrated.

Pack a chocolate bar along with your sunblock!

Chocolate doesn't only have incredible feel and taste, it's also good for our physical and mental wellbeing. It floods our senses with happy memories, while we linger over every bite.

So, dig in and enjoy this cake.

Serving suggestion: This cake is delicious with fresh berries!

Double Chocolate Gluten-Free Cake

Serves 6-8.

Ingredients:

- 6 large room temperature organic eggs
- 2 sticks unsalted butter
- 8 oz. dark chocolate chips
- 1 cup granulated sugar
- 1 cup unsweetened dark cocoa powder
- 2 teaspoons roughly chopped fresh mint (optional)
- ½ teaspoon kosher salt

Instructions:

1. Preheat oven to 375 degrees.
2. Crumple parchment paper, and fit into a 9-inch springform pan. (Crumpling parchment makes it more pliable. Also, a great trick to secure the sides of a pan lined with parchment, is to use metal binder clips.)
3. Break the eggs into a medium bowl, and reserve
4. In a medium saucepan over medium-low heat, melt the butter. Add the chocolate chips by the handful until they’re all incorporated into the butter.
5. Pour the butter/chocolate mixture into the bowl of a standing mixer fitted with a paddle attachment.
6. Add the granulated sugar, cocoa powder, mint if using, salt, and the eggs one at a time.
7. When the mixture is combined, pour into the parchment lined pan.
8. Bake in the center rack for 35-40 minutes, or until a toothpick comes out clean when inserted into the center.
9. Let cool on a cooling rack for 20 minutes. Remove the sides, parchment and metal bottom.
10. Place on a serving tray, and garnish with mint.

Photos by Launie Kettler