Paleo Chocolate Cake with Vanilla Frosting

Cake:

- 6 Tablespoons Coconut oil
- 1/2 cup cocoa powder
- 6 eggs, room temperature, 3 separated
- 1/4 cup coconut milk
- 1/2 teaspoon stevia powder
- 3 Tablespoons honey
- 1/2 teaspoon sea salt
- 1 teaspoon vanilla extract
- 1/2 cup sifted coconut flour (I used Bobs Red Mill)
- 1/2 teaspoon aluminum-free baking powder
- I used about a 10" Heart shape pan (thats all I had, but I would suggest something smaller - The original recipe uses a 7" pan)

Frosting:

- 2 cans full-fat coconut milk, **refrigerated for 24 hours or more**
- a few drops Vanilla liquid Stevia or about 1 teaspoon vanilla extract

The cake recipe is from:
http://untilthethinladysings.blogspot.com/2010/06/coconut-flour-chocolate-cake-with.html
The frosting recipe is from:
http://ovenlove.blogspot.com/2012/09/paleo-chocolate-cake-with-vanilla.html

1. Oil your cake pan well - make sure to get all the sides.   Preheat oven to 350°F.

2. Melt Coconut oil in saucepan over medium heat. Mix in cocoa powder, set aside to cool. (It is very beneficial to have all of your ingredients at the same temperature.)

3. In one large bowl, whip the egg whites until stiff peaks form. If your kitchen is warm, it is okay to put these into the fridge until you need them so they don't melt

4. In another bowl, mix together the other 3 eggs, egg yolks, Coconut milk, stevia, honey, salt, and vanilla. Stir in cocoa mixture. Combine sifted coconut flour with baking powder and whisk into batter until there are no lumps. (Taste your batter to see if it is sweet enough - you may want to add more sweetener, if it is not)

5. Fold egg whites into mixture, starting with 1/3rds, mixing, then the rest. Pour into cake pan and bake for 20 - 30 minutes or until toothpick entered comes out clean when inserted into middle of cake.

6. While this is baking, make your frosting:

7. Remove coconut milk from the refrigerator and Scoop out the top layer of coconut cream into a mixing bowl, leaving the clear-ish part of the coconut milk in the can (save this for other uses- smoothies, etc).

8. Mix on high with the whisk attachment for about 5 minutes or until stiff peaks of cream form. Add your Stevia or vanilla extract to taste.

9. When your cake is done, cool and remove from the pan

10. Take a long piece of wire or dental floss and slice this cake in half and make it two layers so that you can put frosting between the layers. Or you can cut it in half with a large knife.

11. Then frost! This frosting can be also used in place of anything that has whipped cream

Enjoy!!