

Flourless Chocolate Tart

energy	protein	fat	carb	fibre	sodium
1565kJ	7g	32g	15g	4g	153mg

per portion

Makes 1 cake

- 200g butter
- 200g dark chocolate, broken into pieces
- 4 eggs
- 1t vanilla essence

- 2T sugar
- 100g ground almonds
- Cocoa powder, for dusting
- Seasonal berries for garnish

Method:

Preheat oven to 180°C.

Place butter and chocolate into a bowl and allow to melt gently over a pot of simmering water.

Beat together the eggs, vanilla essence and sugar until light and pale.

Stir the melted chocolate and butter mix into the whisked eggs and gently fold in the ground almonds.

Pour into a lightly greased and lined 22cm baking tin.

Bake for 40 minutes or until firm to the touch.

Remove from oven and allow to cool for 15 minutes in tin before tipping out and cooling completely.

Dust with sifted cocoa powder and serve with fresh berries.



Top tip:

This is a treat that is not too high in carbs, but does have a very high fat content, particularly saturated fat, which is not recommended for good heart health. Enjoy a very small serving for a special occasion!