



Coconut Chocolate Cake

20'

Hands on

5"

Hands off

50'

Cook Time

6-8

Portion(s)

1

Difficulty



Method

- Preheat oven to 180* C (350* F) Fan.
- Grease and flour a 10x23 cm [cake pan](#). Set aside.
- Separate the eggs into yolks and whites.
- In a mixer's bowl, beat the egg whites and the salt, with the whisk attachment, until they turn into a stiff [meringue](#). Transfer to a [bowl](#) and set aside.
- Using the same mixing bowl, beat the yolks with the sugar.
- When the mixture turns white and fluffs up, add the milk, flour, vanilla, coconut, cocoa powder and the chocolate (It's best if the flour, vanilla powder and cocoa powder have been sifted first).
- Melt the butter in a small [saucepan](#) over medium heat. Incorporate into the flour mixture.
- Add the meringue gradually. Fold in gently with a spatula, so that the mixture remains fluffy.
- Transfer batter to the cake pan. Bake for 45 minutes, until you insert a knife into the cake and it comes out clean. Allow it to cool for 5 minutes and remove from cake pan.

For the honey frosting

- Beat all of the ingredients for the frosting in a mixer, using the paddle attachment.
- Transfer frosting to a [piping bag](#) and decorate the cake to your liking.

Tip

Add some ground cinnamon to the honey frosting to spice it up!

Ingredients

- 220 g self-rising flour
- 140 g brown sugar
- 150 g soft butter
- 3 eggs
- 100 g milk
- 170 g ground coconut
- 100 g dark chocolate couverture, chopped into small pieces
- 30 g cocoa powder
- some salt
- 1 teaspoon vanilla extract (or 2 packets of vanilla powder)

For honey frosting

- 300 g cream cheese
- 2 tablespoons honey

Διατροφικός πίνακας

Nutrition information per 100 gr.

418 Calories (kcal)	28.0 Total Fat (g)	20.0 Saturated Fat (g)	32.0 Total Carbs (g)
21%	40%	100 %	12%
19.0 Sugars (g)	6.6 Protein (g)	4.3 Fibre (g)	0.34 Sodium (g)
21%	13%	17%	6%