

# Blood Sugar-Friendly Dark Chocolate Celebration Cake

Indulge guilt-free with this low-GI chocolate cake sweetened naturally with yam and applesauce, delivering rich flavor without the blood sugar spike.

Prep: 20 min

Cook: 20 min

Total: 40 min

Servings: 12

GL 13.7 / GI 39

## Ingredients

whole-wheat pastry flour

baking soda

kosher salt

chia seeds

water for chia gel

unsweetened dark chocolate, chopped

unsalted butter, softened

roasted yam, mashed

brown sugar, lightly packed

unsweetened applesauce

honey

vanilla extract

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plain fat-free Greek yogurt

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boiling water

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dark chocolate bar, melted for drizzle

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**optional** fresh strawberries, thinly sliced

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**optional** ground cinnamon

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## Instructions

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### Step 1

Position oven rack in the center and preheat to 375°F (190°C). Lightly coat a 9-inch round cake pan with cooking spray, then dust with a small amount of whole-wheat flour, tapping out excess.

### Step 2

Combine chia seeds with 2 tablespoons water in a small bowl and stir well. Set aside for 10 minutes to form a gel. Meanwhile, sift together the whole-wheat pastry flour, baking soda, and kosher salt in a medium bowl.

### Step 3

Melt 2 ounces of the unsweetened dark chocolate using a double boiler or microwave in 20-second intervals, stirring between each. Allow to cool for 5 minutes while remaining liquid. Reserve the remaining 2 ounces for garnish.

### Step 4

In a large mixing bowl, beat together the softened butter, mashed roasted yam, coconut sugar, applesauce, and allulose using an electric mixer on medium speed for 2 minutes until well combined. Add the chia gel and beat for another 2 minutes. Mix in the vanilla extract, then gradually incorporate the melted chocolate, beating until smooth.

### Step 5

Reduce mixer speed to low. Add half of the flour mixture and blend just until incorporated, then add half of the Greek yogurt and mix gently. Repeat with remaining flour mixture and yogurt, being careful not to overmix. The batter should be thick and well-combined.

### Step 6

With a wooden spoon or spatula, gently fold in the boiling water until the batter is smooth and pourable. The batter will be thin, which is normal. Transfer to the prepared cake pan, smoothing the top with a spatula.

### Step 7

Bake for 18-22 minutes, until a toothpick inserted in the center comes out with moist crumbs but not wet batter. The cake should spring back lightly when touched. Cool in the pan on a wire rack for 20 minutes.

### Step 8

Carefully invert the cake onto the rack, then flip right-side up. Once completely cooled, cut into 12 equal wedges. Melt the remaining 2 ounces of dark chocolate and drizzle artistically over each slice. Garnish with fresh strawberry slices and a light dusting of cinnamon if desired. Serve at room temperature.