

Dark Chocolate Almond Flourless Cake

A rich, naturally low-glycemic dessert featuring dark chocolate and almond butter with no refined flour or sugar—perfect for stable blood sugar levels.

Prep: 20 min

Cook: 30 min

Total: 50 min

Servings: 16

GL 2.7 / GI 38

Ingredients

- High cocoa content keeps glycemic index low

70% dark chocolate, chopped
- 100% pure nut butter with no added sugars

unsweetened almond or hazelnut butter
- Provides protein to slow glucose absorption

large eggs, at room temperature
- Low-glycemic flour alternative

almond meal or hazelnut meal
- Natural sweetener, minimal amount per serving

pure maple syrup
- natural vanilla extract
- Just a pinch

sea salt
- Low-glycemic fruit, high in fiber

fresh mixed berries for topping
- fresh mint leaves for garnish

Instructions

Step 1

Position your oven rack in the center and preheat to 160°C (320°F). Prepare a 20cm springform pan by greasing the sides with butter or oil, then line the bottom with parchment paper cut to fit precisely.

Step 2

Create a double boiler by placing a heat-safe bowl over a saucepan filled with 5cm of simmering water. Add the chopped dark chocolate to the bowl and stir occasionally until completely melted and smooth. Remove from heat, add the almond butter, and whisk together until the mixture is glossy and uniform. Set aside to cool for 5 minutes.

Step 3

In a large mixing bowl, crack the room-temperature eggs and beat them using an electric mixer on medium-high speed for 8-10 minutes. The eggs should transform into a pale, thick, and voluminous foam that nearly triples in volume—this aeration is crucial for the cake's light texture.

Step 4

Add the maple syrup, vanilla extract, and salt to the whipped eggs. Continue beating for another minute until these ingredients are fully incorporated and the mixture remains fluffy and light.

Step 5

Using a spatula, gently fold 2-3 tablespoons of the chocolate-almond butter mixture into the egg foam using broad, sweeping motions from the bottom of the bowl upward. Continue adding the chocolate mixture gradually, a few tablespoons at a time, folding gently to preserve the airiness. Once nearly combined, sprinkle the almond meal over the top and fold just until no streaks remain.

Step 6

Pour the batter into your prepared springform pan, using the spatula to spread it evenly to the edges. Bake for 28-32 minutes, until the top appears set and springs back lightly when touched in the center. A toothpick inserted should come out with just a few moist crumbs—avoid overbaking to maintain the fudgy texture.

Step 7

Remove the cake from the oven and allow it to cool completely in the pan on a wire rack for at least 1 hour. The cake will settle and may crack slightly on top, which is normal for flourless cakes. Once cooled, carefully release the springform sides.

Step 8

Just before serving, arrange fresh berries artfully across the top of the cake and tuck mint leaves between them for a beautiful presentation. Slice into 16 portions using a sharp knife wiped clean between cuts, with each slice weighing approximately 60g. For best blood sugar management, serve after a balanced meal containing protein and vegetables.