Dark Chocolate Pudding Cake

This oil-free whole food plant-based dessert oozes a self-made pudding sauce over chocolate cake.

Ingredients

- 1 cup spelt flour (or AP/GF)*
- ¼ cup cacao or cocoa powder
- ¼ cup brown sugar (optional)
- 2 tsp baking powder
- ¼ tsp salt
- ½ cup unsweetened apple sauce
- ½ cup maple syrup
- 1 Tbsp vanilla extract
- ¼ cup cacao/cocoa powder
- ½ cup maple syrup
- ½ cup chopped nuts** (optional)
- 1 ½ cups boiling water

Instructions

1. Preheat oven to 350°F.
2. In a bowl, whisk together the dry ingredients: flour, cacao powder, sugar (if using), baking powder, and salt.
3. In a liquid measuring cup, combine the apple sauce, maple syrup, and vanilla.
4. Pour the maple syrup-apple sauce mixture into the dry ingredients and stir to combine.
5. Spread the batter in a small 8x8 baking dish or loaf pan.
6. Back in the bowl, combine the cacao powder and maple syrup and pour over the batter.
7. Pour the boiling water evenly over the chocolate syrup layer.
8. Bake in the preheated oven for 40-45 minutes, until the center is set.
9. Allow to cool 3-5 minutes. Don't wait too long since the pudding thickens at is cools.
10. Serve with your favorite vanilla ice cream, if desired.

Notes

* You can use any kind of flour, including gluten-free.
** If you like walnuts or pecans in brownies, you may enjoy them in this. Go for it!
*** I highly recommend serving this with your favorite vanilla ice cream. I have served with frozen nice cream as well as Aldi's vanilla vegan ice cream. Both are delicious.