

## Espresso Truffle Cake (S)

Espresso Truffle Cake is one of three versions of the "Chocolate Truffle Cakes" which is a triple-offer recipe: Mint Chocolate Truffle, Espresso Chocolate Truffle, or Raspberry Chocolate Truffle. Hmmm, what a hard choice. Poor you! All versions of this cake are a treat to your taste buds, and are incredibly healing to your body, so take your pick or try them all. This recipe is found in the "Sweet Treats - Family Cakes" section of the [Trim Healthy Mama Cookbook](#), page 304. This recipe makes a family-serve cake.

Multiple Servings

### TRUFFLE LAYER INGREDIENTS:

- 1 cup [TH GuateMama Java](#) (strongly brewed)
- 1½ Tbs [TH Just Gelatin](#)
- 4 Tbs unsweetened cocoa powder
- ¾ cup extra virgin coconut oil
- 1½ cups frozen okra (diced)
- 6 Tbs [TH Gentle Sweet](#)
- 2 - 3 doonks [TH Pure Stevia Extract Powder](#)
- 1-2 tsp coffee extract
- 1 pinch [TH Mineral Salt](#)
- 3 Tbs [TH Integral Collagen](#)
- 2 Tbs [TH Unflavored Pristine Whey Protein Powder](#) (optional)



### CAKE INGREDIENTS:

- coconut oil spray
- 1 cup [TH Baking Blend](#) (plus 3 Tbs)
- ½ cup unsweetened cocoa powder
- 6 pinches [TH Mineral Salt](#) (only 2 if using butter)
- 1½ tsp aluminum-free baking powder
- ½ tsp baking soda
- ¾ cup [TH Gentle Sweet](#) (plus more for sprinkling on top)
- ⅛ tsp [TH Pure Stevia Extract Powder](#)
- 5 large eggs
- ¾ cup egg whites (carton or fresh)
- ½ cup extra virgin coconut oil (or ½ cup (1 stick) butter)
- 1 tsp [TH Vanilla Natural Burst Extract](#)
- ½ cup [TH GuateMama Java](#) (strongly brewed)
- 4 Tbs unsweetened cocoa powder

This and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)

## Espresso Truffle Cake (S) cont.

### DIRECTIONS:

1. Make the truffle layer. Put the hot water, gelatin and coffee extract in a blender and puree until smooth. Add the coconut oil and blend again.
2. Add the okra and blend until completely smooth. Add the remaining truffle ingredients except the optional whey powder and blend until well combined and perfectly smooth. Add the whey and blend for only 10 more seconds. Pour the truffle mix into a shallow dish and refrigerate.
3. Preheat the oven to 350°F. Lightly coat a 10-inch Bundt pan with coconut oil spray.
4. Make the cake. Combine the Baking Blend, cocoa, salt, baking powder and soda, and sweeteners in a medium bowl. Combine the whole eggs and egg whites, coconut oil, vanilla, and coffee in a food processor or blender and process for 20 seconds. Add the dry mixture and pulse to combine (don't over process).
5. Pour the batter into the prepared pan and bake for 35 minutes. Put a dish of water in the oven while baking to create a steaming effect. Cool the cake, then remove from the pan.
6. Place the cake on a cake stand or large plate and horizontally slice it in half, lifting the top half off. Spread a thick layer of the mint truffle on the bottom layer, then put the top back on. Sprinkle the cake with a light dusting of Gentle Sweet. Keep cake refrigerated.