

WHOLE GRAIN OLIVE OIL CAKE WITH ROSEMARY AND DARK CHOCOLATE

SERVES 8

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1 cup unrefined, cold pressed, extra virgin olive oil + extra for greasing pan
¾ cup whole spelt flour (or use all purpose)
1 ½ cups whole wheat pastry flour or all-purpose flour
*¾ cup Grade A maple syrup or natural cane sugar**
1 ½ teaspoons aluminum-free baking powder
¾ teaspoon sea salt
3 eggs, at room temperature
¾ cup whole milk or unsweetened hemp milk, at room temperature
1 ½ Tablespoons fresh rosemary, finely chopped (measure, then chop)
5 ounces bittersweet chocolate (70% cacao), chopped into ½-inch pieces
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1. Preheat the oven to 350 degrees. Grease a 9-inch round cake pan with olive oil.
2. Whisk the dry ingredients (including cane sugar, if using) in a large bowl. Set aside.
3. In another large bowl, whisk the eggs thoroughly. Add the maple syrup (if using), olive oil, milk and rosemary and whisk again.
4. Using a spatula, fold the wet ingredients into the dry, gently mixing until combined. Stir in chocolate. Pour the batter into the pan, spreading evenly and smoothing the top.
5. Bake for about 45-50 minutes, or until the top is domed, golden brown and a skewer inserted into the center comes out clean. The cake can be eaten warm or cool from the pan, or cooled, wrapped tightly in plastic, and kept for 2 days.

*If using cane sugar, add with the dry ingredients. If using maple syrup, add with the wet ingredients.