



HEALTH SCORE

17%

No-bake Toasted Coconut Chocolate Cake with Chocolate Macaroon Cookies



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 4 medium avocado
- ☐ 1 cup cocoa / carob powder dark
- ☐ 4 tbsp chocolate chips melted
- ☐ 0.5 cup coconut or toasted
- ☐ 0.5 cup coconut oil
- ☐ 0.7 cup dates
- ☐ 0.5 cup maple syrup

- ☐ 2 tbsp peanut butter
- ☐ 1.5 cup pecans (or nut)
- ☐ 0.5 C coconut flakes unsweetened
- ☐ 0.5 C coconut flakes unsweetened
- ☐ 1 vanilla extract

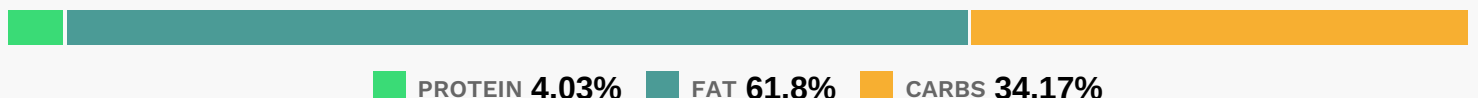
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ CRUST: Soak nuts if desired, for 1 hour or longer.
- ☐ Mix nuts and dates into a blender or food processor and pulse until chopped. Press into pan, and place into the fridge while you prepare the filling. FILLING
- ☐ Combine the carob powder, avocados, maple syrup, and coconut oil into a food processor or blender until completely smooth.
- ☐ Sprinkle toasted coconut evenly over cake. COOKIES: Preheat oven to 300 F
- ☐ Combine the rest of the coconut, vanilla, and almond or peanut butter in bowl, and mix.
- ☐ Roll into small balls and flatten on cookie sheet.
- ☐ Bake for 10 minutes. Cool and then place into freezer. Melt 3 tbsp chocolate chips with 1 tsp coconut oil. Dip cookies into melted chocolate and place back into freezer for 10 minutes.
- ☐ Cut cookies in half, and lightly press into cake, around the edge, so each slice gets one.

Nutrition Facts



Properties

Glycemic Index:18.45, Glycemic Load:8.15, Inflammation Score:-5, Nutrition Score:16.844782608696%

Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 3.1mg, Epicatechin 3-gallate: 3.1mg, Epicatechin 3-gallate: 3.1mg, Epicatechin 3-gallate: 3.1mg Epigallocatechin 3-gallate: 11.74mg, Epigallocatechin 3-gallate: 11.74mg, Epigallocatechin 3-gallate: 11.74mg, Epigallocatechin 3-gallate: 11.74mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 463.04kcal (23.15%), Fat: 34.95g (53.77%), Saturated Fat: 11.89g (74.3%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 29.9g (10.87%), Sugar: 26.69g (29.65%), Cholesterol: 0mg (0%), Sodium: 28.56mg (1.24%), Protein: 5.12g (10.25%), Manganese: 1.57mg (78.56%), Fiber: 13.59g (54.38%), Copper: 0.51mg (25.43%), Vitamin B2: 0.4mg (23.4%), Potassium: 732.25mg (20.92%), Folate: 77.8µg (19.45%), Magnesium: 68.79mg (17.2%), Vitamin K: 17.72µg (16.88%), Vitamin B6: 0.33mg (16.68%), Vitamin E: 2.28mg (15.22%), Vitamin B5: 1.42mg (14.21%), Phosphorus: 130.04mg (13%), Vitamin B1: 0.19mg (12.35%), Vitamin B3: 2.4mg (12.02%), Zinc: 1.72mg (11.47%), Vitamin C: 8.52mg (10.33%), Iron: 1.67mg (9.3%), Calcium: 85.91mg (8.59%), Selenium: 3.83µg (5.48%), Vitamin A: 128.12IU (2.56%)