



COOKING DEMONSTRATION

Chocolate Cake

Ingredients:

- Lily's Dark Chocolate Morsels: 1 bag
- Swerve (or other low carbohydrate sweetener): ½ cup
- Butter: 1 stick
- Eggs, large: 9, separated
- Heavy whipping cream: 2 cups

Directions:

- Pre-heat oven to 350 degrees F
- Butter a 8-in square or 9-inch circle pan
- Place chocolate and butter into the top of a double boiler
- Heat over about 1 inch of simmering water until melted
- Whisk the egg yolks with Swerve in a mixing bowl until light yellow in color
- Whisk a little chocolate into the egg yolk mixture to temper the eggs
 - Meaning: to raise the temperature of an egg gradually, essentially cooking it without scrambling it
- Whisk in the remaining chocolate mixture
- Beat egg whites in a mixing bowl until stiff peaks form
- Fold into chocolate mixture
- Pour into the prepared pan and bake until the cake is set
- The top starts to crack and a toothpick inserted into the cake comes out with moist crumbs clinging to it, 15-23 minutes
- Let stand for 10 minutes; cut into 32 slices
- Whip heaving cream using a mixer or a whisk
 - May use a couple drops of flavored extract, such as almond or mint
- Top each slice with 2 tablespoons of whipped cream

Nutrition Facts: per slice

- Calories: 127.3
- Fat: 11.8g
- Protein: 2.8g
- Net Carbohydrates: 8.8g
- Fiber: 1.1g
- Ratio: 1:1