

Strawberry Brownie Cake

11 ingredients · 30 minutes · 6 servings



Directions

1. To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
2. Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
3. To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
4. Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
5. Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

Notes

No Strawberries

Top with your fruit of choice (raspberries, blueberries, blackberries, kiwi, bananas, etc!).

Ingredients

- 1 cup Coconut Flour
- 1 cup Pitted Dates
- 1/4 cup Unsweetened Applesauce
- 1/2 cup Unsweetened Coconut Flakes
- 2 2/3 tbsps Cocoa Powder
- 1 Banana (ripe and mashed)
- 1 cup Cashews (soaked for 1 hour and drained)
- 2/3 cup Canned Coconut Milk
- 1/2 tsp Vanilla Extract
- 1/4 cup Maple Syrup
- 1 cup Strawberries (sliced)