



## Brownie Scout Chocolate Cake\*

*\*This recipe comes from No Need To Knead by Suzanne Dunaway*

I have substituted healthful ingredients in the place of white flour, white sugar, and shortening. Makes 1 2-layer 8-inch iced cake.

### Starter

- ½ cup warm whole organic milk (85 to 95 degrees F)
- ½ cup sprouted wheat flour or sifted sprouted spelt flour
- Pinch of active dry yeast

Measure the milk into a bowl. Add the flour and yeast and stir well to aerate the mixture and form wet dough. Cover tightly with plastic wrap and let ferment overnight at room temperature. In the morning, it will be bubbly and fragrant.

### Cake

- ½ cup unsalted organic butter, softened
- 4 teaspoons coconut oil
- 2 cups maple sugar or rapadura
- 2 large organic or pastured eggs
- 2 cups sprouted wheat flour or sifted sprouted spelt flour
- ¾ cup unsweetened organic cocoa powder
- 2 teaspoons aluminum-free baking powder
- 2 teaspoons aluminum-free baking soda
- ¼ teaspoon sea salt
- ¾ cup organic whole milk
- ½ cup strong brewed coffee (*not instant*)
- 1 teaspoon vanilla extract
- Foolproof Chocolate Icing

Preheat your oven to 350 degrees F. Butter and flour two 8-inch round cake pans.

In the bowl of an electric mixer set on medium speed, cream the butter, coconut oil, and sugar until light and fluffy. Add the eggs, one at a time, and mix until blended. Add the starter and mix just until incorporated.



Sift together the flour, cocoa, baking powder, baking soda, and salt. Add to the batter, alternating with the milk and coffee, and mix after each addition until smooth. Add the vanilla and mix well. Divide the batter between the pans. Bake for about 35 minutes or until the cake springs back when pressed gently with a finger. Turn out onto wire racks to cool. Frost when completely cool, filling and stacking the layers.

### **Foolproof Chocolate Icing**

- 1/3 cup heavy organic cream
- 8 ounces bittersweet organic chocolate (at least 88 percent), chopped fine
- 2/3 cup maple sugar
- 2 tablespoons bourbon (can substitute milk)
- 1 teaspoon vanilla extract
- 1/4 cup organic unsalted butter, softened

In a heavy saucepan, heat the cream over medium heat. Add the chocolate, sugar, bourbon, and vanilla, and cook stirring, until very smooth and shiny. Let cool to barely warm. Using a handheld electric mixer set on medium high or a sturdy whisk, beat in the butter until smooth. Use immediately.