Flourless Chocolate Tart

**Makes 1 cake**

- 200g butter
- 200g dark chocolate, broken into pieces
- 4 eggs
- 1t vanilla essence
- 2T sugar
- 100g ground almonds
- Cocoa powder, for dusting
- Seasonal berries, for garnish

**Method:**

**Preheat** oven to 180°C.

**Place** butter and chocolate into a bowl and allow to melt gently over a pot of simmering water.

**Beat** together the eggs, vanilla essence and sugar until light and pale.

**Stir** the melted chocolate and butter mix into the whisked eggs and gently fold in the ground almonds.

**Pour** into a lightly greased and lined 22cm baking tin.

**Bake** for 40 minutes or until firm to the touch.

**Remove** from oven and allow to cool for 15 minutes in tin before tipping out and cooling completely.

**Dust** with sifted cocoa powder and serve with fresh berries.

**Top tip:**

This is a treat that is not too high in carbs, but does have a very high fat content, particularly saturated fat, which is not recommended for good heart health. Enjoy a very small serving for a special occasion!

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