
Sugar And Flour-free Chocolate Cake

1.8 ounces (50 grams) of chocolate

4 tablespoons of cocoa powder

2 tablespoons of milk

2 bananas

2 eggs

1/2 teaspoon baking powder

- 1 Start by peeling the ripe bananas and cutting them into slices.
- 2 Place the banana slices in a kitchen blender along with the two eggs.
- 3 Add the cocoa powder and baking powder to the blender.
- 4 Blend the ingredients together until you achieve a smooth, lump-free, and creamy consistency.
- 5 Take a 14 cm wide cake tin and grease it lightly to prevent sticking.
- 6 Pour the smooth batter into the cake tin.
- 7 Place the cake tin in the microwave for 5-8 minutes, or until the cake is fully set. Be sure to check on it periodically to avoid overcooking.
- 8 Chop the chocolate into small pieces and place them in a microwave-safe bowl.
- 9 Add the milk to the bowl with the chocolate pieces.
- 10 Microwave the mixture for short intervals, stirring in between until the chocolate is completely melted and you have a smooth, velvety chocolate sauce.
- 11 Once the cake is done, carefully remove it from the microwave.
- 12 Place a plate over the top of the cake tin and invert it to release the cake onto the plate.
- 13 Pour the melted chocolate sauce generously over the cake, allowing it to flow over the edges, creating a tempting chocolate cascade.
- 14 Let the cake cool for a few minutes before slicing it into servings.
- 15 Serve your sugar and flour-free chocolate cake slices on a saucer or dessert plate.