



Blood Type Diet Recipe

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Closest Thing to Real Chocolate Cake

(votes)

Category: Dessert

Description:

I tinkered with this recipe until I found a gooey, soft, chocolate cake that really holds up as the real thing! Adapted from Solitude1972's recipe. Double the recipe for a two layer cake and bake in two pans!

General applicability:

Closest Thing to Real Chocolate Cake

Green: recipe contains only neutral or a beneficial ingredients for that type.

Yellow: recipe contains an avoid ingredient that may be substituted by a more permissible one.

Orange: contains an avoid in a primary ingredient.

Ingredient list:

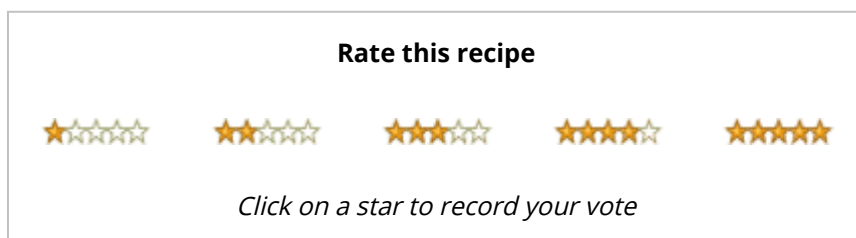
- 1/2 Ghee, butter, or substitute
- 3/4 Agave Nectar

- 3 Eggs
- 3/4 Almond Milk (I used unsweetened cocoa flavored)
- 2 1/2 teaspoons Baking Powder (or 1 1/2 teaspoons soda)
- 1/2 Good Quality Unsweetened Cocoa
- 3/4 Cup Rice Flour
- 1/2 Cup Amaranth
- 1/2 Cup Almond Flour

Note:OPTIONAL 1 teaspoon Xanthan Gum (You don't need this, but it really improves the texture and keeps the cake from being crumbly. A definite must if serving this to others and trying to fool them with this cake)

How to make it:

- Preheat oven to 350
- You can make this all in a food processor.
- Place in butter, agave, and eggs, blend til creamy
- Add Milk and Soda, blend again
- Add remaining ingredients, and blend.
- Pour into greased pan and bake 30-45.
- Let cool, remove from pan, and cool completely before icing.



Blood Type Diet Analysis:

Core Ingredients Analysis:

The ingredients in this category are either BTM compliant for all types or the recipe author and/or editor did not suggest a possible substitution. If this category contains avoids for your blood type this recipe may not work for you, unless you feel like you can omit the item or make an appropriate substitution.

Ingredient	A	B	O	AB	A NS	B NS	O NS	AB NS
Chocolate	N	N	N	N	N	N	N	N
Ghee, Clarified Butter	N	N	N	N	N	B	N	B
Almonds	N	N	N	N	N	N	N	N
Agave Syrup	N	N	N	N	N	N	N	N

Egg Whole, Chicken	N	N	N	N	N	N	N	N	B
Baking Soda	N	N	N	N	N	N	N	N	N

Variations and Substitutions Analysis:

This category of ingredients contains possible substitutions that may allow different blood types to use the recipe or ingredients that can be left out of the recipe altogether.

Ingredient	A	B	O	AB	A NS	B NS	O NS	AB NS
Milk, Almond	N	N	N	N	N	N	A	N
Guar Gum	A	A	A	A	A	A	A	A
Amaranth	B	A	N	B	B	N	N	B

Macronutrient Analysis:

This recipe may have contain macronutrients with important effects on health

- The recipe may contain ingredients high in lignans
- The recipe may contain ingredients encourage health microbiome balance

