

RAW CHOCOLATE PEANUT BUTTER MOLTEN CAKE



INGREDIENTS - Makes 6 individual molten cakes

Cake

2 cups [raw pecans](#) (*best result if frozen*)

2/3 cup raw agave

1/2 cup [raw cacao powder](#)

1/2 cup [coconut flour](#)

Filling

1 Tbs. organic peanut butter for each cake

Toppings

Fun Fresh Foods [chocolate agave nectar](#)

powdered sugar for dusting

fresh sliced bananas

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Take the frozen pecans and place them in the food processor. Turn on the processor and process until the nuts become meal. Do not process too long or it will turn into nut butter.

Pour the raw agave into the nuts while processing. The nuts and agave will turn into a batter.

Add the raw cacao and process to incorporate. The processor will begin working very hard. At that point take the batter out and transfer it to a bowl. Wearing latex-type gloves (to avoid sticking), mix in the coconut flour with your hands.

Prepare your mini cake molds by lining them with plastic wrap (this will prevent sticking).

Once the batter is mixed well, use a 2 Tbs. ice cream scoop to fill each of the 6 molds. Wrap the remaining cacao batter in Saran Wrap and place it as well as the filled molds in the fridge for 30 minutes to harden.

Once hardened take the molds out and wearing gloves press the batter into the molds making a well in the middle. Make sure you spread the cacao mixture as evenly as possible so it dehydrates evenly.

Fill the wells with 1 Tbs. of organic peanut butter.

Take the remaining batter that was in plastic wrap out of the fridge and pinch off enough (approx. 1 Tbs.) to make a disc that will cover the bottom of each PB filled mold. Gently press the disc onto the bottom of the filled cakes.

Put the cakes in the fridge for another hour to harden. Keep the cakes in the fridge until 2 hours before you plan on serving them.

2 hours before serving time place the cakes on your dehydrator's mesh tray and dehydrate for 2 hours (It takes longer than that for the Excalibur dehydrator get to 115°, so rest assured those enzymes will still be alive and kicking).

When the 2 hours is up you will notice that the cakes are no longer shiny, they will look matte as if they have been cooked. Top each cake with some chocolate sauce, a very thin sprinkling of organic powdered sugar, and sliced bananas. Serve IMMEDIATELY since these cakes are best warm...it will allow the peanut butter to ooze out when cut into.

<http://veggiegrettie.com/2011/02/12/sweet-valentine-raw-chocolate-pb-molten-cake/>