

Milky Way Brownie Cake

THM-Friendly: S

Cake batter:

- 3/4 cup THM [Baking Blend](#)
- 2 Tbsp. [lupin flour](#)
- 2 Tbsp. [coconut flour](#)
- 2 Tbsp. arrowroot flour
- 1/4 cup cocoa
- 1/2 cup THM [Gentle Sweet](#)
- 1 tsp. baking soda
- 1/4 tsp. [mineral salt](#)
- 1/3 cup avocado oil
- 1/2 cup water

- 1 Tbsp. [gelatin](#) plus 3 Tbsp. water (divided)
- 2 Tbsp. balsamic vinegar



Mix the ingredients in the first group in the bowl of a stand mixer and start mixing on low. While that's going, bloom 1 Tbsp. gelatin in 1 Tbsp. of cool water in a small bowl. Then add 2 Tbsp. of just off-the-boil water to the gelatin and stir well. You don't want lumps in your cake.

While the mixer is running, add the gelatin mixture along with the balsamic vinegar. When it's mixed well, pour the batter into a greased 8x8" pan; the layer will be very thin and the batter is very thick. Bake at 350 degrees for about 20-25 minutes. Take out and let cool.

Caramel Filling:

- 2/3 cup coconut cream (be sure to shake the can well before measuring out)
- 1 tsp. [coconut oil](#)
- 1/3 cup [allulose](#)
- 1/2 tsp. [caramel extract](#)

Cook all the ingredients in a medium frying pan (the more surface the better) until it's thickened and light brown, stirring continually. Let cool (but not cold or it won't spread easily).

Chocolate Frosting:

- 1/4 cup coconut cream
- 1 tsp. arrowroot powder
- 1/2 cup THM Gentle Sweet
- 1/2 cup cocoa
- 1/2 cup [Nutiva shortening](#)
- 1/4 tsp. mineral salt
- 1 tsp. [vanilla extract](#)
- unsweetened nut milk as needed for consistency



Cook the coconut cream and arrowroot powder in a saucepan over medium heat until it thickens. Add this to a clean mixing bowl along with the rest of the ingredients. Add the nut milk only if needed. Blend well with the stand mixer.

To assemble the cake:

When all the ingredients have cooled, spread the caramel filling over the cake and spread the frosting over that. Put it in the refrigerator to let it set and then enJOY!

