Decadent Chocolate Olive Oil Cake (Low FODMAP)

This impossibly moist, dairy-free chocolate cake uses olive oil for richness and ground almonds for a tender crumb that melts on your tongue.

Prep: 20 min   Cook: 45 min   Total: 80 min   Servings: 12   **Low FODMAP** ✓

Ingredients

150ml, plus extra for greasing the tin regular olive oil

50g, sifted, pure unsweetened cocoa powder

125ml boiling water

2 tsp, pure (not imitation) vanilla extract

150g (or 125g certified low FODMAP gluten-free flour blend) ground almonds

1 tsp (baking soda) bicarbonate of soda

1/4 tsp fine sea salt

200g (superfine sugar) caster sugar

3, at room temperature large eggs

Instructions

Step 1: Prepare the oven and tin

(5 min)

Position a rack in the center of your oven and preheat to 170°C (325°F/Gas Mark 3). Lightly grease a 23cm (9-inch) springform cake tin with olive oil, making sure to coat the sides well. Cut a circle of baking parchment to fit the base and press it into the tin, smoothing out any air bubbles.

Step 2: Create the chocolate paste

(5 min)

Sift the cocoa powder into a medium heatproof bowl to remove any lumps. Pour the boiling water over the cocoa and whisk vigorously until you have a smooth, glossy paste that's thick but still pourable – it should look like melted chocolate. Stir in the vanilla extract and set aside to cool while you prepare the other components. This cooling step is important to prevent the eggs from scrambling later.

Step 3: Combine the dry ingredients

(3 min)

In a separate small bowl, mix together the ground almonds (or gluten-free flour if using), bicarbonate of soda, and salt. Whisk with a fork to ensure the leavening agent is evenly distributed throughout. Set this mixture aside.

Step 4: Whip the base mixture

(5 min)

In the bowl of a stand mixer fitted with the paddle attachment (or using a large bowl with an electric hand mixer), combine the caster sugar, olive oil, and eggs. Beat on medium-high speed for about 3 minutes, stopping once to scrape down the sides. The mixture should transform into a pale, creamy yellow color and increase in volume significantly – it should look thick, fluffy, and almost mousse-like. This aeration is crucial for the cake's tender texture.

Step 5: Incorporate the chocolate and flour

(4 min)

Reduce the mixer speed to medium-low. Gradually pour in the cooled chocolate paste in a steady stream, mixing continuously until fully incorporated and the batter turns a rich, dark brown. With the mixer still running on low, slowly add the ground almond mixture, mixing just until no dry streaks remain. Use a flexible spatula to scrape down the bowl and give the batter a final gentle fold to ensure everything is evenly combined. The batter will be quite liquid and pourable.

Step 6: Bake the cake

(45 min)

Pour the dark batter into your prepared tin, using the spatula to get every last bit. Gently tap the tin on the counter once or twice to release any large air bubbles. Bake for 40 to 45 minutes, until the edges are set and pulling slightly away from the sides, but the center still looks slightly moist and has a subtle sheen. A skewer inserted into the center should come out with a few moist crumbs clinging to it – you want it slightly underdone in the middle for that fudgy texture.

Step 7: Cool and serve

(15 min)

Remove the cake from the oven and place the tin on a wire cooling rack. Let it rest for 10 minutes to set – this prevents it from breaking apart. Run a thin metal spatula or knife around the inside edge of the tin to loosen any stuck bits, then carefully release the springform sides. Allow the cake to cool completely on the base for the cleanest slices, or serve it slightly warm as a decadent dessert with a scoop of lactose-free vanilla ice cream. The cake keeps well at room temperature, covered, for up to 3 days, and actually improves in flavor as it sits.