

Gently fold in the egg whites, a bit at a time, until no streaks remain.

Pour the batter into the prepared pan and transfer to the preheated oven. Bake for about an hour, or until the cake jiggles in the center but the outer edges are firm.

Remove from the oven and set on a wire rack to cool. When cool, transfer to the refrigerator to set for at least 4 hours or overnight.

When ready to serve, unmold from the springform pan, then pull off and discard the parchment paper.

Place the cocoa powder in a fine-mesh sieve and gently tap to dust the top of the cake with cocoa.

Cut into slices and serve.

Chocolate Chip Cookies

Makes about 2 dozen

Time required: About 20 minutes

We love the combination of almond flavors and chocolate in these cookies. It is important that you use chocolate chips with at least 80% cacao. And if you toast the almonds, the cookies will have an even deeper almond flavor. These make a great introduction to the Brain Wash diet.

- 125g organic almond flour
- 4 tablespoons granulated organic stevia
- ¼ teaspoon bicarbonate of soda
- 4 tablespoons organic coconut oil
- 2 teaspoons pure organic vanilla extract
- 75g organic dark chocolate chips, at least 80% cacao
- 60g chopped raw unsalted organic almonds or walnuts

Preheat the oven to 180°C/gas 4.

Line two baking sheets with nonstick silicone liners or parchment paper.

Combine the almond flour, stevia, and bicarbonate of soda in a medium mixing bowl. Stir in the coconut oil and vanilla. When well combined, stir in the chocolate chips and nuts.

Drop heaped teaspoonfuls of the dough onto the prepared baking sheets. Transfer to the preheated oven and bake for about 9 minutes, or until set and golden around the edges.

Remove from the oven and, using a spatula, transfer to wire racks to cool.

Store in an airtight container at room temperature for no more than five days.

Almond-Coconut Biscuits