Desserts
Coconut and Chocolate Gateau
Yield: up to 12 servings

A surprisingly sumptuous and succulent gateau, covered in a chocolate coating, which is quite easy to realize. Taste and enjoy!

4 eggs, omega-3
1 tablespoon vanilla extract
1 tablespoon olive oil
4 tablespoons diabetic orange marmalade, to taste
(can be replaced by 3 1/2 tablespoons xylitol, to taste)
2 cups unsweetened shredded coconut (about 6 ounces)*
1 1/2 cups coconut milk
olive oil spray
Coating: 2/3 of a 3.5-ounce bar dark chocolate of minimum 75% cocoa solids
2 tablespoons dark rum (or 2 tablespoons coconut milk)

1. In a large mixing bowl beat the eggs, vanilla extract, olive oil and the orange marmalade (or xylitol) with an electric hand-mixer.
2. Add the shredded coconut and the coconut milk. Blend well together.
3. Spray a round baking dish (approximately 8-9-inch diameter) with the olive oil and spread out the mixture.
4. Bake in a hot oven at 340°F (170°C) for about 30 minutes. Check for doneness. Allow the gateau to cool down.
5. **Coating:** Meanwhile break the chocolate into small pieces and put into a small microwave-proof bowl. Stir in the rum (or coconut milk).
6. Melt the mixture at half power (about 300 watts) in a microwave oven for approximately 2 minutes. Check and stir twice. The chocolate should be melted, but avoid overheating.
7. With a spatula coat the top of the coconut gateau with the chocolate. Allow to cool before serving.

* The volume compared to weight can vary considerably from one brand to another. Feel free to experiment to discover what works best for you.