

## Apple Cocoa Cake with No Sugar - Naturally Sweet, Just 4 Ingredients

Looking for a dessert that's



**OVEN**  
**360°F**

**TIME**  
**45 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

? For the Apple Cocoa Cake:

4 medium sweet apples (about 600g or 21 oz)

4 large eggs

5 tbsp unsweetened cocoa powder (35g | 1.2 oz)

1 tsp baking powder

Olive oil, for greasing the mold

? For the Mango Tea:

2 lemon wedges

1 tbsp freeze-dried mango pieces

2 tbsp black loose-leaf tea

1 liter (4 cups) boiling water

### DIRECTIONS

1. Preheat and Prep: Preheat your oven to 180°C (360°F).
2. Grease a silicone loaf pan with a small amount of olive oil.
3. Prepare the Apples: Peel, core, and chop the apples into medium pieces.
4. Place them in a blender or food processor and blend until smooth.
5. Make the Batter: Add eggs, unsweetened cocoa powder, and baking powder to the apple purée.
6. Blend again until fully combined and smooth.
7. Bake the Cake: Pour batter into the prepared loaf pan.
8. Bake for 45 minutes, or until a toothpick comes out clean from the center.
9. Let the cake cool in the pan for 10 minutes before slicing.

### SWAPS & NOTES

Apples : Fuji, Gala, or Golden Delicious are sweet enough on their own-no sugar needed.

Cocoa Powder : Use a high-quality Dutch-process or natural cocoa powder for rich flavor.

Optional Add-In : Add cinnamon or a pinch of salt to boost complexity.

Mango Tea Add-On : A few fresh mint leaves elevate the flavor even more.

### TIPS FOR SUCCESS

Use sweet apples -this recipe depends on natural fruit sugars for flavor.

Let the cake cool completely before slicing for the best texture.

Add a splash of espresso or coffee to the batter.

Don't skip the tea-it balances the richness of the cake with bright, tart notes.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/apple-cocoa-cake-with-no-sugar-naturally-sweet-just-4-ingredients/>