



Choc Beetroot Cake

This chocolate beetroot cake is a very moist, moorish chocolate cake that is packed with protein, vitamins and minerals as well fibre. It also contains healthy fats! It is great for the kids as they wont even know!

INGREDIENTS

2 small or 1 very large beetroot
(cooked, I usually roast them
1/2 zucchini
2 eggs
1/2 cup raw sugar or coconut
sugar
3/4 cup of stevia
3/4 cup raw cocoa powder
1 cup lupin flour
1 cup tapioca flour
2 heaped teaspoons baking
powder
1/4 cup rice bran oil
1/4 cup of yoghurt (plain dairy
or coconut)
1/2 cup milk of choice

NOTES

I tend to make this in the thermomix, but a blender will work too.

DIRECTIONS

First put the beetroot and zucchini in blender and whizz until a pulp. Then add the eggs, sugar and stevia. Whizz for 30 seconds to blend. Meanwhile, mix the flours, baking powder and cocoa together in a bowl. I like to use a whisk to combine and sift the flours. Add the milk, oil and yoghurt to the blender and whizz until combined. Add the flour mixture and blend together. This batter should be a little runny, not too thick, so add more milk if need be. Pour the cake batter into a 20cm cake tin and bake at 180 degrees for around 30min.

Icing

For the icing, melt 80% cocoa chocolate with 1 tbs of coconut oil and then pour over the cake. This adds to the chocolate flavour and texture, giving it a rich finish, without all that sugar from regular icing! YUM!