



The Gathered Green

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CHOCOLATE BEETROOT CAKE

Thank you to thenutritionguruandthechef.com for this amazing gluten free cake and picture.

Ingredients

- 85 grams dark chocolate
- 3 medium eggs
- 1 cup coconut sugar
- 200 ml coconut oil (melted)
- 300 grams cooked beetroot
- 1 teaspoon vanilla essence
- ½ cup cacao powder
- 200 grams almond meal
- 1 ½ teaspoons baking powder
- ¼ teaspoon salt

Icing (optional)

- 1 cup cream or full fat yoghurt
- 1 cup of softened cream cheese
- ½ cup icing sugar or honey
- Plain dark chocolate for shaving over icing



The Nutrition Guru and The Chef





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Method

Preheat oven to 180 degrees Celsius.

Peel and roughly cut beetroot. Steam for approximately 30 minutes or until soft and fully cooked.

Blend or mash beetroot until slightly smooth, but still some chunks remaining.

Melt dark chocolate over a double boiler.

In a separate bowl, whisk together eggs, sugar and oil.

Slowly add the cooked beetroot puree, the melted chocolate and vanilla into the egg mixture.

Stir well to combine, but take care not to over work the mixture.

Add cacao (sifted), almond meal, baking powder and salt to mixture. Fold until everything is just combined.

Grease a 20cm spring form cake pan. Bake for at least 50 minutes (may need longer depending on oven). Keep checking every 10 minutes until skewer comes out clean.

Remove from oven and leave to cool in the pan before icing.

Icing (optional)

Place the cream in a bowl and whip to soft peaks.

Add icing sugar and cream cheese and beat until combined.

Use a potato peeler to shave off curls of chocolate. Sprinkle over top of iced cake.

Enjoy!

Jane

