

Chocolate and Beetroot Cake

Serves 14

Ingredients

- 85g dark chocolate
- 3 medium eggs
- 300g brown sugar (Modification: trial using ½cup sugar with ½cup Splenda)
- 240ml olive oil
- 300g beetroots (grated finely)
- 1tsp vanilla extract
- 30g cocoa powder
- 200g plain flour (Modification: trial 100g plain, 100g oatmeal blended)
- 1½ tsp. baking powder
- ¼ tsp. salt

Method:

1. Pre heat oven to 180°C.
2. Grate the beetroots finely and melt the dark chocolate over a double boiler (or place the chopped chocolate in a bowl, cover with cling film and microwave on low for approximately 30-45 seconds until chocolate melts a little. When you remove from the microwave, stir quickly to melt any pieces that are still solid.
1. In a separate bowl, whisk together the eggs, sugar and olive oil.
2. Slowly add the grated beetroot, the melted chocolate and vanilla extract into the egg mixture and beat until just combined.
3. Sift the cocoa. Add this and the plain flour, baking soda and salt to the beetroot batter.
4. Fold until everything is combined.
5. Spread a teaspoon of oil over the surface of a 10 inch cake pan. Sprinkle some flour all over, and tap out the excess. Pour the cake batter into the prepared cake tin.
6. Bake for approximately 50 minutes.

7. Cake is ready when a tooth pick or skewer inserted in the middle of the cake comes out clean. Baking time may vary depending on the pan and oven used.
8. Remove from oven and leave to cool in the pan.

Modifications

- Sugar in a recipe gives volume and caramelisation in a recipe. Therefore I often do not like swapping out all the sugar. Instead, I find a balance of a half and half approach often yields the best result.
- To increase the fibre content, you can try using some quick oats and blending it to a fine powder in a blender before using.
- An easy recipe to modify to make it gluten free; just swap the flour to a gluten free flour mix or alternatively try a nut based flour (i.e almond meal)

Nutrient analysis per serve (after modifications):

Energy: 1144kJ (272 calories), total fat 19g , saturated fat 4g, carbohydrate 22g, fibre 1.5g, sodium 65mg

Recipe adapted from <http://thenutritionguruandthechef.wordpress.com/> .