

## CHOCOLATE BEETROOT CAKE

### ingredients:

50g dark chocolate  
a tiny pinch of salt  
3 tablespoons cream  
200g brown sugar – I used fructose  
3 eggs  
180mls canola oil  
1 cup cooked and puréed beetroot \*  
3 tablespoons cacao  
1 teaspoon bicarbonate of soda  
1 teaspoon baking powder  
2 cups flour

### method:

preheat the oven to 155° Celsius  
combine the chocolate, salt and cream in a bain-marie over a low heat  
melt the chocolate and then stir until smooth and put to one side  
use a whisk mixer to beat together the sugar, eggs and oil until thickened slightly and the mixture has lightened a little  
add the beetroot to the egg mix and mix in  
add the chocolate mix and mix in until totally incorporated  
sieve together the cacao, bicarbonate of soda, baking powder and flour  
gradually add to the wet ingredients, beating well  
place the mix into a buttered and floured cake tin – I used a springform tin  
bake for 40 minutes  
leave to cool before turning out of the pan

\* to get one cup of cooked beetroot I took 250g of peeled and julienned beetroot and popped it in the microwave for 4 minutes. I then used my immersion blender to purée it. This was really a no mess, no fuss option.

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