

Chocolate Beet Cake

by Healing Family Eats

Prep time: 20 minutes

Cook time: 1 hr + 35 minutes

Makes one 6 inch cake

Note: Cake is best made 1-2 days in advance of serving

12 oz small beets

1/3 cup cacao powder, divided (stage 1 reintroduction)

3/4 cup tigernut flour

1/4 tsp baking soda

1/2 tsp cream of tartar

generous pinch sea salt

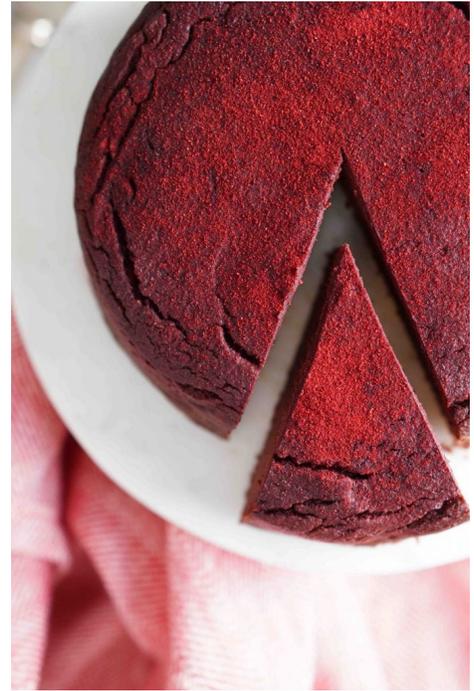
2 tbsp honey

1/4 cup + 2 tbsp extra virgin olive oil

1 tsp vanilla extract

3 large eggs (Stage 2 reintroduction)

beet powder or cacao powder to dust (optional)



Preheat the oven to 350F. Put a baking sheet in the oven. Line a 6 inch cake tin with parchment paper.

Start by cooking the beets. Choosing small ones will mean they cook quicker. Give your beets a gentle scrub and put into a medium pan with half an inch of water. Cover with a lid and cook for around 1 hour until tender. Allow to cool, then top and tail and slip off their skins.

Put 2 tbsp of the cacao powder into a bowl with the tigernut flour, baking soda, cream of tartar and sea salt.

Put the remaining cacao, honey and 3 tbsp of the olive oil into a double boiler or bowl set over a pan of simmering water. Stir until melted and set aside to cool. Purée the beets with the remaining olive oil. Put into a mixer bowl, together with the vanilla extract and chocolate sauce. Beat until smooth.

Beat in the eggs, one at a time and finally the flour mixture. Mix quickly to avoid knocking out too much air.

Spoon the mixture into the prepared cake tin and place on the hot baking sheet. Bake for around 35 minutes, or until a skewer comes out clean. Remove from the oven and leave to cool in the tin before turning out.

I find that making it a day or two in advance allows the flavours to settle, the natural sweetness to come out and the dominant flavour switch from beet to chocolate. It will be worth the wait!

Put onto a serving plate and dust with beet powder, or cacao powder if you prefer.

Note: You can also bake the Chocolate Beet Cake in a 7 or 8 inch tin. You will need to cook for around 5 minutes less, and remember you will have a larger but thinner cake.