



rootmatters

Recipe

Chocolate Beetroot Cake Gluten Free



SERVINGS: 12
PREP TIME: 20 mins
COOKING TIME: 20 mins

METHOD

1. Preheat your oven to 180°C/350°F/gas mark 4.
2. Grease a 21cm cake tin with coconut oil, and line the base with parchment paper.
3. Simmer a small amount of water in a small saucepan on low heat. Break the chocolate into a bowl and gently melt until liquid. Set to one side.
4. Separate the eggs into yolks and whites.
5. Whisk the egg whites until light and fluffy, and transfer to another bowl.
6. Place the coconut oil and sugar in the food processor and cream together for a few minutes. Add in the yolks the grated beets, melted chocolate, ground almonds, vanilla seeds and salt. Process until well combined.
7. Fold in the egg whites into the chocolate mixture and stir gently to keep them nice and airy.
8. Pour the cake mixture into cake tin and bake in the oven for 20 minutes. Test if cooked by inserting a toothpick into the centre of the cake. If it comes out clean, it's ready. If not, give it a few minutes more.
9. Remove and leave to cool in the tin for 10 minutes.
10. Place onto a serving plate or dish, decorate with fresh berries, cream, goji berries, compote, frosting - whatever tickles your fancy for the occasion you are serving it for.

INGREDIENTS

200g good quality dark chocolate
125g coconut oil or butter, plus extra for greasing
100g Coconut Sugar
4 Eggs, separated
2 Beetroots (approx. 100g), grated
200g Ground Almonds
1 Vanilla Pod, seeds scraped out
Pinch of salt
Berries, to decorate

NOTES

*This delicious gluten-free cake was made by a very good friend of mine at a lovely gathering in her home. She gave me the recipe and it inspired me to jazz it up and down for different occasions, such as St.Valentine's Day here.
-Special thanks for the basic recipe from Madeline Shaw's book: A Year of Beautiful Eating

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