

Chocolate and Beetroot Cake (SCD)

Preparation Time: 15 min

Cooking Time: 45 min

Servings: 16

Ingredients

75g Organic cocoa powder
180g Chestnut flour
1 Tbsp Gluten free baking powder
200g Honey
300g Fresh beetroots (about 2 large)
3 Large Eggs
1 Tsp Pure vanilla extract
100g Ghee melted



Method

Preheat the oven to 170C.

Use a small amount of ghee to grease a 25cm springform tin.

Sift the cocoa powder, flour and baking powder into a large bowl.

Peel the beetroots. Place in a microwave safe container with a few tablespoons of water. Cover an microwave on high until the beetroot is tender - about 12 minutes depending on your microwave. You should be able to prick the beetroot easily with a fork.

Place the beetroots into the bowl of a food processor and process until finely chopped. Allow to cool.

Add the eggs, one at a time, beating after each addition.

Add the vanilla extract.

Combine the beetroot mixture with the cocoa powder mixture in the large bowl. Add the honey and ghee and stir to combine.

Pour mixture into the greased tin and bake for 45 minutes or until a skewer inserted into the centre of the cake comes out clean.

Allow to cool slightly and then turn out onto a wire rack to cool completely.

Due to the honey content, the cake may burn slightly. To prevent this, place a sheet of aluminium foil over the cake approximately 20 minutes into the cooking time.

This cake is delicious served on its own, and is even better served with some sliced strawberries or other berries.