

## Gluten Free Chocolate Beetroot Cake

### Ingredients

- $\frac{3}{4}$  cup coconut oil
- $\frac{1}{2}$  cup organic maple syrup
- $\frac{3}{4}$  cup raw cacao
- 1 medium raw beetroot, peeled and finely chopped in the food processor or grated (approx.  $\frac{3}{4}$  cup)
- 2 cups almond meal
- 3 eggs (beaten in a separate small bowl)
- 3 tbsp coconut palm sugar
- 3 tsp gluten-free baking powder



### Method

1. Preheat a fan-forced oven to 180°C and line a cake tin with greaseproof paper.
2. Peel and quarter the beetroot and pulse in a food processor until it's finely chopped (it will resemble a sloppy beetroot dip). Then add coconut oil, maple syrup, cacao & beetroot into a saucepan on really low heat and stir for a couple of minutes until all combined and it resembles a smooth chocolate sauce.
3. Mix together the almond meal, coconut palm sugar, and baking powder in a large bowl until combined. Then add the beaten eggs and chocolate/beetroot mix to the bowl and stir until completely combined.
4. Pour the mix into the lined cake tin and bake in the oven for 30-40 minutes or until cooked through. Leave to cool before removing from tin.

### Chocolate Icing

#### Ingredients

- $\frac{3}{4}$  cup organic dark chocolate (broken into pieces)
- $\frac{1}{4}$  cup organic coconut cream

#### Method

- Melt chocolate in a saucepan on very low heat
- Once it's melted, remove from the heat and pour in coconut cream and beat until combined
- Leave to cool for a few minutes then continue to beat until it's smooth and glossy.