

## TASTE WITHOUT WASTE

### Chocolate Beetroot Cake

Makes one 20cm round cake or one 12 cup capacity (24cm diameter) bundt pan.

#### Ingredients

1 cup roughly chopped boiled beetroot  
¼ tsp salt  
1 ½ cups plain flour  
1 cup cocoa powder  
1 tbsp baking powder  
½ cup caster sugar  
¾ cup apple puree  
3 eggs  
2 tsp vanilla essence  
½ cup sunflower oil  
1/3 cup dark chocolate chips

#### Method

Preheat the oven to 190C. Thoroughly grease your cake tin. If you are using a round cake tin, line with baking paper. If you are using a bundt tin, dust well with flour, ensuring all surfaces of the tin are well greased and floured.

Blitz the beetroot in your food processor, fitted with an 's' blade until finely chopped. If you don't have a food processor, roughly grate the beetroot and tip into a large bowl.

Whisk together the flour, cocoa powder, salt and baking powder in a bowl. Set aside.

In a separate bowl, whisk together the caster sugar, apple puree, eggs, vanilla and sunflower oil until well combined.

Tip ½ of the flour mixture and all of the wet ingredients into the food processor/bowl containing beetroot. Blitz, scraping down the sides regularly, or beat with a wooden spoon until smooth. If you are using a food processor, remove the bowl from the machine and finish by hand. Slowly add the remaining ½ of flour, along with the chocolate chips and mix until just incorporated.

Scrape the cake batter into your prepared tin and bake for 30 minutes if using a bundt pan or 45 minutes if using a round pan.

Cake is done when firm to touch and a skewer comes out clean when inserted. Set cake pan on a wire rack and leave to cool completely in the tin before removing.

Dust with icing sugar, otherwise ice or glaze with melted chocolate.

Cake will keep in an airtight container for up to three days. Alternatively, the cake can be frozen.

*Source: Adapted from Australian Healthy Food Guide Magazine.  
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