

# Chocolate & Beetroot Layer Cake with Cacao Fudge Frosting



By [Ashley Alexander](#)

Here's a deliciously rich and fudgy 'healthier' Chocolate & Beetroot Cake. It's dairy-free, gluten-free, and refined sugar-free, packed with raw beetroot, and topped with a smooth, decadent chocolate avocado frosting—though you'd never guess it! This cake is easily one of my favourites and has become incredibly popular on the website. It strikes the perfect balance between indulgence and wholesome ingredients. Saying I'm happy with how it turned out would be an understatement—especially the frosting. The star ingredient? Avocado! Yes, really. Avocado gives the frosting its velvety texture and creamy consistency while helping it hold its shape beautifully. And the best part? It's so simple to make.

**SERVES** 12-15 | **PREP** 45 minutes | **COOK** 30 minutes | **TOTAL TIME** 1 hour 15 minutes (+ cooling time)

## INGREDIENTS

### Cake

- 300g good-quality dark chocolate, roughly broken or chopped
- 80g (1/3 cup) coconut oil
- 3 eggs
- 240g (1 1/2 cups) coconut sugar (or 200g brown sugar)
- 1 tablespoon vanilla bean paste or extract
- 105g (3/4 cup) buckwheat flour
- 180g (1 1/2 cups) almond meal
- 1/2 teaspoon bicarb soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 30g (1/4 cup) dark Dutch-processed cocoa powder
- 400g fresh, raw beetroot, peeled and coarsely grated (approx. 4 medium-sized

beetroot, about 600g before peeling and trimming)

- 250ml (1 cup) plant-based milk of choice (I've used soy)

### Chocolate fudge frosting

- 200g good-quality dark chocolate, roughly broken or chopped
- 80g (1/3 cup) coconut oil
- 670g (3 large) ripe avocados (anywhere from 600-700g in total is fine)
- 200g (2/3 cup) pure maple syrup
- 60g (1/2 cup) dark Dutch-processed cocoa powder
- 1 teaspoon vanilla bean paste or extract
- Pinch of sea salt

## METHOD

### **Cake**

1. Preheat your oven to 180°C/350°F. Grease and line two 20cm cake tins with baking paper.
2. Melt the chocolate and coconut oil in a medium saucepan over low heat, stirring until smooth. Set aside to cool slightly.
3. In a large mixing bowl, whisk the eggs, coconut sugar, and vanilla until thick and light. Fold in the melted chocolate mixture.
4. Now gently fold in the buckwheat flour, almond meal, cocoa powder, bicarb soda, baking powder, and sea salt.
5. Add the grated beetroot and milk, folding gently until just combined.
6. Divide the batter evenly between the prepared tins. Bake at 180°C/350°F for 30 minutes.
7. Remove from the oven, and allow the cakes to cool in the tins. For faster cooling, you can chill the cakes in the freezer for about an hour.

### **Chocolate fudge frosting**

1. Melt the chocolate and coconut oil in a saucepan over low heat. Once smooth, set aside to cool slightly.
2. In a food processor, blend the avocado until very smooth (2–3 minutes). This step is key for achieving a silky texture.
3. Add the maple syrup, cocoa powder, vanilla, and sea salt, and blend for another 1–2 minutes until smooth.
4. Finally, add the melted chocolate mixture and blend until completely smooth (1–2 minutes).
5. Transfer the frosting to the fridge for 1–2 hours to firm up before assembling the cake.

### **To assemble**

1. Ensure the cakes are completely cold before frosting (this will prevent any melted frosting disasters).
2. Place one cake layer on a serving plate and spread a generous amount of frosting on top. Smooth with the back of a spoon or a frosting spatular.
3. Place the second cake on top then add more frosting to the top of the second layer and around the sides of the now 2 layered cake.
4. Add the second cake layer on top, then frost the top and sides of the cake. Smooth the frosting with a spatula for a polished finish.
5. Decorate as desired with a dusting of cocoa, flaked chocolate, or fresh berries (I've also used dried beetroot powder). Slice, serve, and enjoy!

## NOTES

### **Beetroot Tips**

Grating: I use a basic box grater, using the course side. You could also use a food processor with a grating attachment to save time and effort.

Moisture Content: Freshly grated beetroot can be quite moist, which is essential for the cake's texture.

Avoid pre-grating it too far in advance to prevent drying out.

### **Modifications**

For a vegan option, replace the eggs with flax eggs. 1 tablespoon ground flaxseed mixed with 3 tablespoons water per egg.

If you don't have buckwheat flour, substitute it with oat flour or a gluten-free all-purpose blend.

### **Baking Tips**

Even Layers: Ensure the cake batter is divided evenly between the two tins.

Check for Doneness: Test with a skewer—if it comes out clean or with a few crumbs, the cakes are ready.

Avoid overbaking, as this can dry out the cake.

### **Chocolate Choice**

Use a high-quality dark chocolate (70% cocoa) for the best flavor in both the cake and frosting.

Lower-quality chocolate may result in a less rich and balanced taste.

### **Frosting Texture**

Ensure the avocado is ripe for a silky smooth frosting. Any lumps in the avocado will affect the final texture.

If the frosting seems too soft after chilling, return it to the fridge for another 30 minutes before assembling.

### **Make-Ahead Options**

Cake Layers: The cakes can be baked a day ahead. Once cooled, wrap them tightly in plastic wrap and store in the fridge.

Frosting: Prepare the frosting up to 2 days in advance and store it in an airtight container in the fridge.

Allow to sit at room temperature to soften, and stir well before using.

### **Storage and Shelf Life**

Assembled Cake: Store in the fridge in an airtight container for up to 3 days.

Freezing: The unfrosted cake layers can be frozen for up to 2 months. Wrap them individually in plastic wrap and place in a freezer-safe container. Defrost at room temperature before frosting.

### **Decoration Ideas**

Dust the cake with extra cocoa powder, add grated chocolate curls, or scatter fresh raspberries for a beautiful finish.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/chocolate-beetroot-layer-cake-cacao-fudge-frosting>*

Let me know if you make the recipe! x @gatherandfeast