




CHOCOLATE & BEETROOT LAYER CAKE WITH CACAO FUDGE FROSTING

 GF, RSF, Dairy Free  2-3 hrs  12-15



Ingredients

Cake

- 300g good quality dark chocolate (use a 'raw chocolate' for a refined sugar free cake)
- 80g coconut oil
- 3 eggs or 3 'chia seed eggs' for a completely vegan cake (blend 3 tbs chia seeds with 6 tbs water (or 9 tbs of water if it seems a little dry) and leave to sit for a couple of minutes)
- 280g coconut sugar
- 1 tbs vanilla bean powder (or extract)
- ½ cup pure maple syrup
- ¾ cup buckwheat flour
- 1½ cups almond meal
- ½ tsp bi carb soda
- ½ tsp baking powder
- ¼ cup cacao powder
- 400g beetroot, peeled, finely grated & squeezed of excess liquid
- ¾ cup almond milk
- ½ tsp sea salt

Chocolate Fudge Frosting

- 2 large or 3 medium 'just ripe' avocados (about 2 cups). 'Reed' are the best type of avocado for this as they are the creamiest. If you can't get hold of 'reeds', use avocados that are a little under ripe rather than over ripe.
- ½ cup coconut oil
- ½ cup pure maple syrup
- 2 tbs rice malt syrup
- 3 tbs cacao powder
- ½ tsp vanilla powder
- ¼ tsp sea salt
- 200g dark chocolate, melted and slightly cooled (I used a mix of 'raw cacao' and '80%' Pana Chocolate)



Method

Cake

1. Pre-heat your oven to 180 degrees celsius.
2. Grease and paper line two 20cm sponge tins.
3. Melt chocolate and coconut oil in a large heatproof bowl over a pan of simmering water. Once melted, set aside to cool slightly.
4. In a large mixing bowl whisk the eggs, coconut sugar, vanilla powder and maple until thick and light (about 5 minutes).
5. Fold in the buckwheat flour, almond meal, cacao powder, bi-carb, baking powder and sea salt.
6. Next fold in the grated beetroot, almond milk and melted chocolate, and mix gently until just combined.
7. Pour the mixture into the prepared tins and bake for about 1 hour.
8. Once the cakes are cooked remove from the oven and set aside to cool.

* If you are planning on frosting the cakes relatively quickly, place them into the freezer for about an hour or until completely cool.

Frosting

1. In a food processor add the avocado and blend until super smooth (this will take 2-3 minutes). Taking the time on this step will ensure the frosting is silky smooth, which is exactly what we want.
2. Next add the coconut oil, maple, cacao powder, vanilla powder, sea salt, and blend until smooth (1-2 minutes).
3. Finally add the melted chocolate and blend until smooth (a further 1-2 minutes).
4. Place the mixture into the fridge for an hour or two to firm up before frosting the cakes.

To Assemble the Cake

1. Ensure the cakes are completely cold before frosting (this will prevent any melted frosting disasters).
2. Place the first cake layer onto your serving plate then scoop a couple of large spoonfuls of frosting onto the cake and 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. Smooth the frosting around the cake with a tall frosting spatular until smooth.
5. Decorate with dried beets, pretty flowers and foliage or some flaked chocolate. Enjoy!