

Chocolate Beet Cake with Chocolate Avocado Frosting

Do you have something to celebrate? A birthday? An anniversary? Back-to-school? Your health? Now, with this rich, vitamin-packed delicacy you can celebrate without passing on the cake! Hands-on time: 1 hour. Cook time: 1 hour 45 minutes. Total time: 2 hours 45 minutes. Yields: an 8-inch 2-layer cake with about 1.5 cups of frosting.

Ingredients

For the cake:

- 2 medium beets
- 2 cups plain unsweetened almond milk
- 1 Tbsp cream of tartar
- 1½ cups raw turbinado sugar (or substitute cane sugar)
- ½ cup melted virgin coconut oil
- 1 Tbsp vanilla extract
- 1½ cups oat flour
- ¾ cup almond meal
- 1 cup unsweetened cocoa powder
- 2 tsp baking soda
- 1 tsp baking powder
- pinch of kosher salt

For the frosting:

- 2 ripe avocados, halved and pitted
- 1/2 cup unsweetened cocoa powder
- 1/2 cup maple syrup
- 2 Tbsp melted virgin coconut oil
- 1/2 tsp vanilla extract
- few pinches kosher salt

Instructions

First, you'll need to roast your beets. To do this, preheat your oven to 400 degrees, chop the stems and tips (if they are long) off your beets and scrub the beets clean. Next, wrap the beets in foil and roast them in the oven until a fork can slide easily to the center of the beet. This should take roughly 60 to 75 minutes. When they're ready, remove the foil pack, unwrap and set it aside until it is cool enough to handle. Go ahead and lower your oven temperature to 350 degrees if you are planning to make your cake as soon as the beets have cooled.



Once the beets have cooled, push off the skins and cut the beets into chunks. Next, puree them using a food processor, scraping down the sides as necessary. Go ahead and add a little water if the beets aren't easily pureed. Scoop out 1 cup of puree for this recipe - the rest is leftover.

For a double layer cake, prepare two eight-inch pans with a coat of a high heat oil, such as coconut or sunflower oil. Trace the bottom of the pan onto a piece of parchment paper and cut it out, then use it to line the bottom of the pan. Do this for both pans, coat them again and set them aside. (For a single layer cake, prepare one nine-inch pan the same way.)

To prepare your cake batter, whisk together almond milk and cream of tartar in a large bowl and let it sit for about five minutes, to curdle. Add beet puree, sugar, coconut oil and vanilla extract, then use a hand or stand mixer to beat the mixture until it is foamy. Sift in the remaining dry ingredients and mix it again.

Divide the mixture between the two cake pans and bake at 350 degrees for about 30 to 35 minutes, or until the toothpick test of the center of the cake comes out with fudgy crumbs. Remove the cake layers and let them cool completely in the pans on wire racks. Once at room temperature put the pans in the fridge to cool a bit more. After the cakes have cooled thoroughly, run a knife around the inside edge of the cake pan, then carefully turn the pan over to remove the cake and peel off the parchment paper.

To make the frosting, scoop out the flesh of the avocados use a food processor to puree them until smooth. Add the remaining ingredients and puree again, scraping down the sides of the bowl as needed.

Next, assemble the cake by placing the first layer on your cake stand or serving plate. If the top is uneven, carefully even it off with a knife. Smooth about half of the frosting onto the top of the first layer, then top it with the second cake layer and smooth on the remaining frosting. Now it's ready to decorate and serve!

Resources

Fudgy Chocolate Beet Cake with Chocolate Avocado Frosting (Vegan and GF). Coffee & Quinoa.
<http://www.coffeeandquinoa.com/2014/03/fudgy-chocolate-beet-cake-with-chocolate-avocado-frosting-vegan-and-gf/>.