



## BEET CHOCOLATE CAKE

SUBMITTED BY: KATHY JAMES

### **Ingredients:**

1 large beet

water (to boil the beet in)

Unsweetened applesauce

2 T. water

1 t. vanilla

1 t. apple cider vinegar

1 C. white whole wheat flour

1/2 C. unbleached white flour

1/2 C. cocoa

1 C. sugar

1 T. cornstarch

2 t. baking soda

1/2 t. salt

1/2 t. cinnamon

**Instructions:**

1. Cook one large beet in a saucepan with water to cover and boil until soft. Allow to cool, then drain, peel and put into the food processor with 1/4 C. clear water and process until pureed.
2. Preheat the oven to 325 degrees. Oil or spray your cooking pan.
3. Put the pureed beets into a 2 C. measure. Add enough applesauce to reach the 2 cup line. add the 2 T. water, vanilla and apple cider to the beets and mix well.
4. Mix the dry ingredients together, then add the beet mixture and stir until well combined. Bake for 35-60 minutes, depending on the size of pan you use: more for small, deep pans and less for a 9 X 13 pan. (A 9X13 pan takes about 40 minutes.) Test by inserting a toothpick into the center; it's done when the toothpick comes out clean.
5. Allow to cool completely before cutting and serving. Frost with Vegan Ganache: 16 oz, dairy free chocolate bits, 15 oz can coconut milk (not lite) and 1/2 t. vanilla. Heat coconut milk over medium high heat until bubbles just begin to appear around the edges and steam rises from the surface. Pour the hot coconut milk over the chopped chocolate bits and let stand without stirring for 5 minutes. After 5 minutes, stir until glossy and smooth. Add vanilla and stir until incorporated. Use warm or slightly cooled. (This recipe makes more than needed for a cake. I use about half and store the rest in the refrigerator for the next beet cake!