

LYDIA LUNCH THE NEED TO FEED

CHOCOLATE

(DON'T TELL LOVERBOY ABOUT THE BEETS)

CAKE

Indulge in this dark delight. Between the beets, chocolate, coconut oil, and almonds, there's no place for guilt.



Feeds 8

All-purpose flour for dusting
8 ounces of very dark chocolate, broken to bits
2 cups raw beets, grated
(approximately 4 medium sized beets)
3 large eggs
1/2 cup dark brown sugar
1/4 cup virgin coconut oil
1 teaspoon vanilla extract
1 cup self-rising flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/3 cup ground toasted almonds to top

SWEET FREAK



Note:

To make a double boiler, add water to a large pan, bring to boil and rest a heat-proof metal mixing bowl—with the chocolate inside—over the top.

Preheat the oven 350°F. Grease a cake pan with a little butter or oil and dust with flour.

Place the chocolate in a double boiler (see Note) and melt slowly over low heat. Set aside.

Using a pair of rubber gloves to protect your fingers from staining, peel and grate the beets. This will get messy. Squeeze out excess liquid. Fold the grated beets into the cooled chocolate, mixing thoroughly. Set aside.

Place the eggs, brown sugar, and oil in a large mixing bowl and whisk together for 3 minutes until the mixture is smooth and creamy. Stir in the vanilla extract.

In another bowl, sift the flour, baking soda, and baking powder together. Gently fold the dry ingredients into the wet ingredients. Add beets and chocolate and mix it like you mean it.

Pour the whole glorious mess into the prepared 8 x 10 inch cake pan and bake for 50 minutes. Cover with foil if the cake browns too quickly. Test by inserting the sharpest knife you have into the center. Gently, my little chocoholic. If it comes out clean, it's ready. Sprinkle the top with ground almonds. Cool for 20 minutes, if you can stand the suspense.
