



**Eternal Health**

OPTIMUM NUTRITION AND INSPIRED LIVING

## Chocolate & Beetroot Cake with Strawberry & Cashew Cream Serves 6

GL **Per Serving: 9**

### Ingredients

1 beetroot, steamed for 1 hour until soft  
100g dark chocolate, 70% cocoa solids, melted  
35g coconut oil, melted  
1 tsp baking powder (GF)  
4 tbsp pure maple syrup  
130g ground almonds  
1 tbsp cacao powder (optional)  
3 eggs



### Cashew & Strawberry Cream

85g cashew nuts, soaked 4 hours  
6 large strawberries  
1 tbsp pure maple syrup (optional)

### Method

Place the cooked, peeled & chopped beetroot in a blender and blend until smooth. Add the melted chocolate, melted coconut oil, maple syrup, baking powder, ground almonds and cacao powder, if using, blend. Ensure the mixture is cool enough so not to set the eggs, then add the eggs and blend once more. Divide into individual, greased pudding basins, or a greased spring-form cake tin. Place in a pre-heated oven at 190C for 25 minutes for individual puddings, and 35-40 minutes for a larger cake. Cool the cakes for a few minutes before removing from the cake tins. Cool on a rack.

To make the cashew cream, drain the cashew nuts, rinse and put in a blender. Remove the strawberry leaves & pith, roughly chop and add to the blender with the maple syrup. Whizz until smooth.

Halve the cakes and fill with cashew & strawberry cream. You can top the cakes with the same cream or top with chocolate, and drizzle the plate with strawberry purée as pictured. Enjoy!

#### *TIP*

*For those who are not dairy sensitive, replace cashews with cream. Swap out the strawberries and use cherries or oranges for a variation.*