Beetroot and Chocolate Cake

(Serves 8)

Preparation time = 30

Cooking time = 45-50 mins for cake,
= 20-25 mins for muffins.

Method

1. Grease and line a 7 inch cake tin with baking paper and set the oven to 190°c/350°F.
2. Sift the flour, cocoa powder and baking powder
3. Add the sugar
4. Puree the beetroot with a hand blender or in a food processor
5. Measure and add the oil.
6. Add the vanilla extract and eggs, blend the mixture until smooth.
7. Stir in the wet mixture into the dry ingredients and mix in the chocolate.
8. Place in lined cake tin or muffin cases.
9. Bake for 45-50 minutes or until skewer comes out clean. For muffins, bake for around 25 minutes.

INGREDIENTS

- 50g cocoa powder
- 175g plain flour
- 1½tsp baking powder
- 200g caster sugar
- 250g cooked beetroot
- 3 medium eggs
- 200ml sunflower oil
- 100g dark chocolate, finely chopped
- icing sugar

EQUIPMENT

- Cake tins or muffin tin
- Bowl
- Measuring jug
- Scales
- Oven
- Spoons
- Blender

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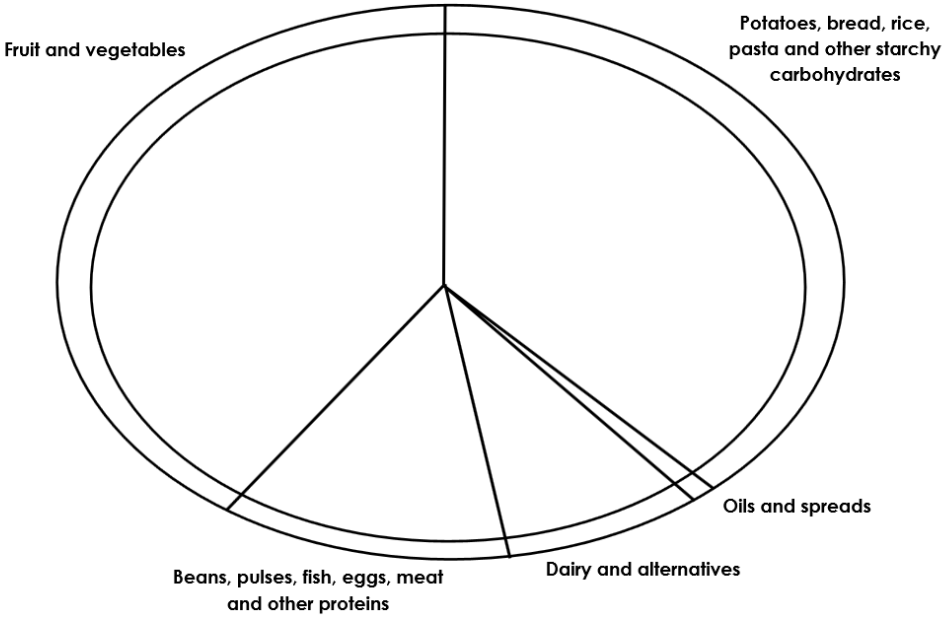
What skills have I learnt?

□ Weigh	□ Follow recipe	□ Open tin	□Peel	□Knead
□ Cut	□ Spread	□ Grate	□Break an egg	□ Mash
□ Stir	□ Blend	□ Mix	□ Fold	□ Beat
□ Grill	□ Chop	□ Bake	□ Whisk	□ Boil

What food groups are used?

Refined high sugar and/or fat foods



The Taste Test!

Taste and rate the dish with your family and friends. Mark the taste, texture and appearance out of 5, with 5 being the best!

Name	Appearance (tick)					Taste (tick)					Texture (tick)				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Comments:

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Will you cook this dish at home?

Yes ☐ No ☐