



Dr. Libby's Beetroot Chocolate Cake

This divine cake created by Dr. Libby packs all the divine flavor of a traditional chocolate cake but is so much more beneficial for your health. The beetroot aids in liver detoxification processes, the selenium from the nuts is a potent antioxidant and a nutrient vital for thyroid function. Enjoy in small slices with a dash of yogurt. Thanks to my mum for playing with the recipe to include ENDURObeet and giving it some more nutritional punch.

Serves: - , Prep time: - , Cook time: -

Instructions

For the cake mixture:

1. Grind the brazil nuts in a food processor, then set them aside in a bowl.
2. Combine the dates, currants and maple syrup in the bowl of the food processor and pulse until smooth.
3. Blend the date mixture with the ground nuts and the grated beetroots in a large bowl.
4. Add the coconut, cacao powder and psyllium husks to the bowl and stir them in until blended with the date and nut mixtures.
5. Scrape the blended mixture back into the bowl of the food processor and pulse until the ingredients are well combined and finely textured.
6. Line a cake tin with baking paper and spread the batter evenly over the bottom.
Refrigerate for about 15 minutes or until firm to the touch.

For the icing:

1. Gently melt the cacao butter in a small saucepan then allow it to cool.
2. Combine the cashews, cacao powder, maple syrup, lemon juice and tamari in the bowl of a food processor or Vita-mix blender and process until the nuts are well ground.
3. With the motor running, pour in the melted cacao butter and blend until the mixture is smooth.
4. Spoon the icing over the cake and refrigerate until the icing is set, about 15 minutes.

Ingredients

Cake mixture:

- 2 cups brazil nuts
- 2 cups desiccated coconut
- 3 medium beetroots (beets), peeled and grated + 2 Tablespoons of ENDURObeet
- 4 fresh medjool dates, pitted and coarsely chopped
- 1/2 cup currants
- 1/2 cup cacao powder
- 1/4 cup maple syrup
- 2 tablespoons wheatgerm (Dr. Libby used psyllium husks)
- For the icing:
- 1 cup raw cashew nuts, unsalted
- 1/2 cup raw cacao powder
- 100g cacao butter, melted
- 1/2 cup maple syrup
- 1 teaspoon fresh lemon juice
- 1 teaspoon tamari



