

Class: AJ III
Homework: 1.
Version: 2.
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Protein choco-cake

Method

Cook the peeled potatoes gently, then cool down and mix them into a fine mash with a stick mixer.

Then peel and grate the apples to make apple puree. Mix the puree into sweet potatoes and processed everything briefly with a stick mixer.

Then add cocoa and protein powder and mix it all.

Cover the plate with baking paper and pour the dough into it.

Bake it in a pre-heated oven at 180°C for 30 minutes.

After baking, let the cake cool down, then cut it into cubes.

Ingredients

370g potatoes
2 apples
4 eggs
 $\frac{1}{2}$ cup cocoa
 $\frac{1}{4}$ cup flour
8 tablespoons protein
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking soda

Kitchen equipment

Knife
Pan
Oven
Blender
Bowl
Wooden spoon
Tin
Baking paper