

Class: AJ III
Homework: 1.
Version: 3.
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Protein choco-cake

Method

Cook the peeled potatoes gently, then cool down and mix them on 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 rest of resources (cocoa, protein powder, eggs, salt, flour and baking soda) 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 sweet 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

Stick mixer
Plate
Knife
Pan
Oven
Bowl
Wooden spoon
Tin
Baking paper