

Predmet: AJ III
Ukol: 1.
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Autor: David Napravnik

Protein choco-cake

Method

We cooked the peeled potatoes gently, allowed them to cool down and mixed them into a fine mash with a stick mixer.

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

Then add cocoa and protein and mixed the dough.

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

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

After baking, Let the bun cool down, then cut it into cubes.

Ingedients

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

Kitchen equipment

Knife
Pan
Oven
Blender
Bowl
Wooden spoon
Tin
Baking paper