

Chocolate Beet Cake Recipe is Refined Sugar-Free

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Make a healthy version of a chocolate cake: Chocolate beet cake is moist, chocolaty and refined-sugar-free.



Baking with natural sweeteners

Plain old sugar has its place in baking. It's easy to cook with and does the job of sweetening whatever it is you're making but I think we should expect more from our sweeteners. Yes, we need them to sweeten, but more natural sweeteners, like molasses, honey and maple syrup can do double duty in a recipe by adding flavour too.

In this recipe you'll see how molasses, honey and maple syrup can work together to create a moist and flavourful cake. In fact, this Chocolate Beet Cake is so chocolaty and moist that you can adapt it to all sorts of wonderful uses. Double the recipe and make a layer cake. Make it as cupcakes, or leave it just as is — the perfect snacking cake.



It's easy to substitute molasses for honey or maple syrup:

Real maple syrup is pricy and honey isn't exactly cheap. Feel free to substitute additional molasses for either the maple syrup or honey called for in this recipe.

This recipe is adapted from the new cookbook, Brown Eggs and Jam Jars by food blogger Aimee Wimbush-Bourque. I have already made a few things from the book and have many more tagged to try. All have been a hit with my family so this cookbook is quickly becoming one of those dog-eared family favourites. (I'll share more in next week or so).

Aimee cooks a lot with natural sweeteners so in this book there is no shortage of recipes for molasses.

Chocolate Beet Cake Recipe

Slightly adapted from Brown Eggs and Jam Jars

- 2 small beets, roasted and pureed (about 1/2 cup puree)
- ½ cup flour
- 1/2 cup whole wheat or spelt flour
- ¼ cup cocoa powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 egg
- 1/2 cup butter, melted (or grapeseed oil)
- 1/3 cup Crosby's Fancy Molasses
- 1/4 cup honey
- 1/4 cup maple syrup
- 3 Tbsp. strong coffee or chai tea (cooled)
- 2 Tbsp. milk

Instructions:

1. Preheat oven to 350 F and line an 8"x 8" pan with parchment paper or grease it well.
2. Combine flours, cocoa, baking soda and salt.
3. In another bowl whisk the egg with the melted butter then whisk in the molasses, honey and maple syrup. Add coffee and beet puree and beat well.
4. Gently stir the dry ingredients into the wet ingredients then stir in the milk.
5. Spread batter in pan and bake for 25-35 minutes.

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Make this recipe delicious with Crosby's Molasses.

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