



## RAW BEETROOT CHOC CAKE

### **Cake Ingredients:**

2 cups brazil nuts  
4 pitted dates chopped (medjools are best)  
½ cup raisins  
½ cup maple syrup  
1 teaspoon mixed spice  
Pinch himalayan crystal salt or sea salt  
3 medium beetroots finely grated  
2 cups dried desiccated coconut  
½ cup raw cacao powder  
3 teaspoons psyllium husks

### **Icing Ingredients:**

½ cup cacao butter, melted  
1 cup raw cashews (soak for 2 hours and drain)  
½ cup raw cacao powder  
½ cup maple syrup  
2 teaspoons fresh lemon juice  
1 teaspoon tamari

### **Cake method:**

Place brazil nuts into a blender or food processor , until a fine breadcrumb like texture.

Then place the dates, raisins, maple syrup, salt, mixed spice into a blender or food processor and pulse until combined.

Add the brazil nuts and dates mixture together, and combine the grated beetroot into the mix and stir through.

Next add coconut, cacao powder, psyllium husks to bowl and stir until well combined.

Place all of the mix back into a blender or food processor and pulse until well combined.

Pour mixture into a 9 inch spring form cake tin, and press evenly with a fork or your hand – place in fridge for at least ½ hour until firm.

### **To make icing:**

Melt cacao butter over a double boiler – then allow to cool.

In a blender or food processor place cashews, cacao powder, maple syrup, lemon juice and tamari and blend until well combined.

Next keep blender or food processor running on LOW, and pour in cacao butter and blend until mix is smooth.

Spread the icing over the cake and place in freezer for approx 15 mins until set. Then transfer to fridge until you are ready to slice and serve