

Chocolate Beet Cake

This fun cake is a delicious way to sneak some fiber and heart healthy phytochemicals into your next celebration!

Serves 24



Nutrition Facts

Serving Size 1 Piece of Cake
Servings Per Recipe 24

Amount Per Serving

Calories 180 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 150mg **6%**

Total Carbohydrate 28g **9%**

Dietary Fiber 2g **8%**

Sugars 17g

Protein 3g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

- 2 cups beets, cooked, peeled and chopped, or use canned
- ½ cup applesauce
- 1½ cups sugar
- ½ cup oil
- ½ cup plain yogurt
- 3 eggs
- ½ cup baking cocoa, sifted
- 1½ teaspoon vanilla
- 1½ cups flour
- 1 cup whole wheat flour
- 1½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup chocolate chips

Directions

1. Preheat oven to 350 degrees.
2. Puree beets and applesauce in blender until smooth. Set aside.
3. Combine sugar, oil, yogurt and eggs in a large mixing bowl and beat well.
4. Add cocoa and vanilla, along with pureed beets blend; beat again until well mixed.
5. In a separate bowl, combine flour, baking soda, and salt.
6. Mix dry ingredients into the batter, stirring only until blended.
7. Fold in chocolate chips and pour into greased jelly roll pan (12½ x 17½ x 1).
8. Bake in preheated oven until knife inserted in center comes out clean (about 35-50 minutes).

Adapted from *Simply in Season*,
by Mary Beth Lind and
Cathleen Hockman-Wert

