

Chocolate Cake (no refined sugars)

This recipe was slightly altered from a recipe designed by Dr. Joel Fuhrman.

Ingredients: 1.5 cups flour (your preference: wheat, spelt, quinoa, chickpea flour, etc.)
1 teaspoon baking powder
3 teaspoons baking soda
4 tablespoons unsweetened cocoa powder
1 cup shredded beets (about one medium-sized beet)
1 cup shredded carrots (about 1 large carrot)
2/3 cup shredded zucchini (about 1 small zucchini)
1 cup fresh pineapple or canned pineapple tidbits in its own juice (drain & save juice)
1 banana
1 cup diced apple or 1 cup unsweetened applesauce
1 ½ cups water – include the saved pineapple juice if you used canned pineapple
2 teaspoons vanilla extract
3 cups pitted dates (1, 375 g “brick” of pitted dates is about 3 cups,
or 20 dates, chopped, = 1 cup)
(Optional) 1/2 cup chopped or finely ground nuts (your choice)

For optional chocolate icing (*cake is very rich and moist, therefore icing is really not required*):

2 cups raw macadamia nuts or raw cashews or Brazil nuts (or a combination
of all three)
1 cup skim milk, soy milk, almond, hemp or rice milk
1 cup pitted dates
2 tablespoons unsweetened cocoa powder
1 teaspoon vanilla extract

Directions for cake:

Preheat oven 176 C (350 F).

Mix flour, baking powder, baking soda, and cocoa powder in a mixing bowl. Set aside.

Shred the beets, carrots and zucchini and set aside in a small bowl.

In a high-speed blender or food processor puree pineapple, banana, apple, water, vanilla, and dates. If using a blender, chop dates and add them last, gradually, as mixture is blending.

Add the blender mixture (dates, etc.) to the flour mixture in the bowl, combining well. Add the shredded beets, carrots and zucchini. Mix again then mix in nuts last, if including them.

Pour the thick batter into a non-stick 13.5" x 9.5" baking pan (or lightly grease and flour a non-stick pan). Spread the batter evenly.

Bake for up to one hour, but check after 45 minutes by sticking knife in centre of cake. If knife comes out clean, the cake is ready. You can also bake the batter in muffin tins to make cupcakes.

Reduce the baking time to about 25 to 30 minutes. Makes approx. 20 cupcakes.

Best to store in a sealed container in the refrigerator, as there are no preservatives to lengthen shelf life. Fortunately, this recipe is so moist it will *not* dry out in the refrigerator.

Directions for icing:

Combine all ingredients in a high-powered blender until smooth and creamy.

Spread on cooled cake.