

Decadent Chocolate Squares or Cake

(no refined sugars)

Recipe updated Dec 2023

Ingredients: 2 cups flour (wheat, spelt, or buckwheat flours work best)
2 teaspoons baking soda
1 tsp baking powder
4 tablespoons unsweetened cocoa powder
1 cup shredded beets (about one medium-sized beet)
1 cup shredded carrots (about 1 large carrot)
1 cup shredded zucchini (about 1 small zucchini)
1 398 mL can of pineapple tidbits in its own juice (use entire can, liquid too – or use the equivalent: 1 cup tightly packed fresh chopped pineapple and 3/4 c water or pineapple juice)
1 banana
2 teaspoons vanilla extract
2 cups pitted dates

For optional chocolate icing if making a cake:

1.5 cups almond flour or hazelnut flour
1 cup milk (or use coconut or almond milk)
1 cup pitted dates
2 tablespoons unsweetened cocoa powder
1 teaspoon vanilla extract

Directions for Squares or Cake:

Preheat oven 176 C (350 F).

Mix flour, baking soda, baking powder, 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 the pineapple and liquid, banana, vanilla, and dates. If using a blender, chop dates and add them last, gradually, as the mixture is blending (or soften the dates first in warm water to make them easier to blend).

You can choose to add the grated beets, carrots and zucchini to the blender now, if you don't want visible pieces of vegetable showing in the cake. But if you want the grated veggies visible, skip this step and add them to the batter last (NOTE if this is going to be a "cake" with icing, you may want to blend up the veggies to keep the texture of the cake smooth).

Add the blender mixture (the wet ingredients) to the flour mixture in the bowl, combining well.

If you didn't add the grated veggies to the blender mix previously, you can fold the grated veggies into the batter now.

Pour the batter into a non-stick 13.5" x 9.5" baking pan (or lightly grease a regular pan). Spread the batter evenly (see the last step if this recipe will be a "cake" with icing).

Bake for about 40 minutes and check if done by sticking knife in centre of cake. If knife comes out clean, the cake is ready. Cut into small squares.

Best to store in a sealed container in the refrigerator, or freeze, as there are no preservatives to lengthen shelf life. 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.

For a "cake" version, Cut the cooled cake in half for a two-layer cake, and ice it with the chocolate icing included here (or you can pour the batter equally into two small round baking pans).

Directions for icing:

Combine all ingredients – except the flour – in a high-powered blender or food processor until smooth and creamy.

Add the nut flour gradually – small amounts at a time – as you may not require the full 1.5 cups. Refrigerate (preferably overnight or at least for several hours) to allow the icing to become even firmer. Then spread on cooled cake.

Designed by Eve Lees, [Nutrition Coach](#), 2021 -- Updated Dec 2023