Decadent Chocolate Squares or Cake

(No refined sugars: finished product must be refrigerated or frozen)

Ingredients: 2.5 cups flour (wheat, spelt, or buckwheat flours work best)
2 tsp baking soda
4 TB 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, and ¼ c of the liquid – or use the equivalent: 1 cup fresh chopped pineapple and 1/4 c water or pineapple juice)
1 banana
2 tsp 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 chopped dates. Add dates last, gradually, as the mixture is blending (or soften the dates first in warm water to make them easier to blend).

Add the grated beets, carrots and zucchini to the blender.

Combine the blender mixture with the flour mixture in the bowl, combining well.

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 30-35 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 rectangular cake in half for a two-layer cake, and ice it with the chocolate icing included above (or you can double the recipe and bake in two 9” round baking pans).

Directions for icing:

Combine all ingredients listed above – except the flour – in a high-powered blender or food processor until smooth and creamy (note: your blender must be at least 1400 amps to achieve this).

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 Nov 2026