

## Secret Chocolate Cake

2 cups beets - cooked, peeled, and chopped  
½ cup applesauce  
1 ½ cups sugar  
½ cup oil or butter  
½ cup yogurt  
3 eggs  
½ cup cocoa powder  
1 ½ tsp vanilla  
1 ½ cups white unbleached wheat or spelt flour  
1 cup whole wheat or spelt flour  
1 ½ tsp baking soda  
½ tsp salt  
1 tsp ground cinnamon - optional  
½ cup chocolate chips and/or chopped nuts



### Local Ingredients:

Applesauce  
Beets  
Butter  
Eggs  
Wheat Flour



Cook, peel and chop beets. Prepare a 9" x 13" baking pan with butter or oil, and preheat oven to 350 F.

Place cooked beets and applesauce in a blender and puree until smooth and set aside. Combine the sugar, oil or butter, yogurt and eggs in a large mixing bowl and beat with an electric mixer for 2 minutes. To this mixture add the pureed beets and applesauce mixture, and the cocoa powder and vanilla and beat for another 2 minutes. In another bowl, sift together the flours, baking soda, salt and cinnamon. Gradually add the dry ingredients to the wet ingredients, and mix with a spoon until blended. Stir in the chocolate chips and/or nuts.

Pour mixture into prepared baking pan and bake until knife inserted in centre comes out clean, 40-50 minutes. Variation: In a bundt pan, pour half of batter into the greased pan, sprinkle chocolate chips and/or nuts evenly on top, then add remaining batter.

Delicious plain, frosted, or served in bowls with applesauce. They'll never know the secret ingredient unless you tell.

From Simply in Season