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prevent & reverse chronic illness with whole plant foods

Sweet Potato Chocolate Cake

INGREDIENTS

Cake

- 3/4 cup peeled cooked, and cooled orange sweet potato
- 1/2 cup water
- 1/4 cup pure maple syrup
- 1 tablespoon balsamic vinegar
- 2 teaspoons pure vanilla extract
- 1/2 cup brown rice flour
- 1/2 cup almond flour
- 1/3 cup coconut sugar
- 1/4 cup cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 scant teaspoon sea salt

Frosting

- 1 cup loosely packed peeled cooked, and cooled sweet potato
- 1/2 cup coconut sugar or other unrefined sugar see note
- 1/2 cup cocoa powder
- 1/2 cup scant raw cashew butter or almond butter
- 1/4 teaspoon sea salt
- 2-5 tablespoon non-dairy milk
- 1 teaspoon pure vanilla extract

METHOD

Cake

In a food processor, puree the sweet potato, water, maple syrup, balsamic vinegar, and vanilla extract until completely smooth. In a large bowl, combine the flours, coconut sugar and sea salt, then sift in the cocoa, baking powder, and baking soda. Add the dry ingredients to the food processor and pulse to mix. Bake for 20–25 minutes at 180 degrees Celsius, remove, and let cool on a cooling rack.

Frosting:

Place the sweet potato, coconut sugar, cocoa powder, cashew butter, sea salt, 1–2 tablespoons of the milk, and vanilla extract in a food processor and puree until very smooth. Taste, and add more sweetener if desired. Add another 2–3 tablespoons of milk if needed to thin to preferred consistency. Puree until as smooth as possible. Transfer to a container and refrigerate until ready to use on the cake.