

Choc Fudge Cake made with Sweet Potato

Prep time: 25 mins

Cook time: 30 mins

Total time: 55 mins

Serves: 12

Ingredients

Cake:

400 grams raw sweet potato, peeled and grated

1 cup dried dates

1/2 cup coconut flour

3/4 cup raw cacao powder

1 teaspoon baking soda

4 eggs

1/2 cup melted coconut oil

1/2 cup of honey or pure maple syrup

1/2 cup water

Icing:

1 1/2 cups water

1 cup dried dates

1/2 cup coconut oil, melted

2 tablespoons raw cacao powder

1 teaspoon vanilla extract

Strawberries to garnish, optional

Hazel nuts to garnish, optional



Instructions

Cake

- 1) Preheat the oven to 180 degrees C. Line two cake tins with baking paper on the bottom and grease the sides.
- 2) Grate the sweet potato and place in a large bowl.
- 3) Place the dates in a food processor and chop until very fine.
- 4) Add the coconut flour, cacao and baking soda to the food processor and whiz until all the ingredients are combined.
- 5) Place the dry ingredients in to the bowl with the grated sweet potato and combine.
- 6) Place all of the wet ingredients the eggs, coconut oil, honey and water in a bowl.
- 7) Whisk the wet ingredients together and then pour into the sweet potato mixture.
- 8) Combine all of the ingredients and pour half of the mixture into each of the cake tins (or bake them one after the other if you only have one cake tint)
- 9) Bake for 25 minutes or until a skewer inserted comes out clean. Once cooked, place on a baking rack to cool.

Icing

- 1) Place the water and the dried dates in a large saucepan. Place on the stove over a medium heat and simmer for 15 minutes. The dates will breakdown and become very soft.
- 2) Transfer the dates and any syrup to a blender or food processor. Process for a few minutes.
- 3) Add the melted coconut oil, raw cacao powder and vanilla extract. Blend until the ingredients are combined and very smooth.
- 4) chill to thicken the mixture
- 5) Place a layer of the chocolate icing on top of one of the cakes and top with sliced strawberries.
- 6) Place the second cake on top and use the rest of the icing to decorate the top of the cake.
- 7) Optional - Top with crushed hazel nuts.