

We are ready.....

Cocoa and beetroot cake



Suggested portion

Size for recipe

1-2 years - 40g

3-4 years - 60g

Ingredients - Serves 5

Beetroot, raw, peeled	65g
Cocoa powder	35g (1½ tablespoons)
Wholemeal flour	100g
Baking powder	1½ teaspoons
Bicarbonate of soda	½ teaspoon
Vegetable oil	60ml
Caster sugar	100g
Egg	100g (2 medium)

Method

1. Preheat the oven to 200°C /400°F/gas mark 6. Grease and line a cake tin .
2. Wash and grate the beetroot.
3. Mix the cocoa, flour, baking powder, bicarbonate of soda, oil, caster sugar and egg in a large bowl and beat until smooth and light in colour
4. Stir in the beetroot.
5. Pour into the cake tin and bake in the oven for approximately 30 minutes.