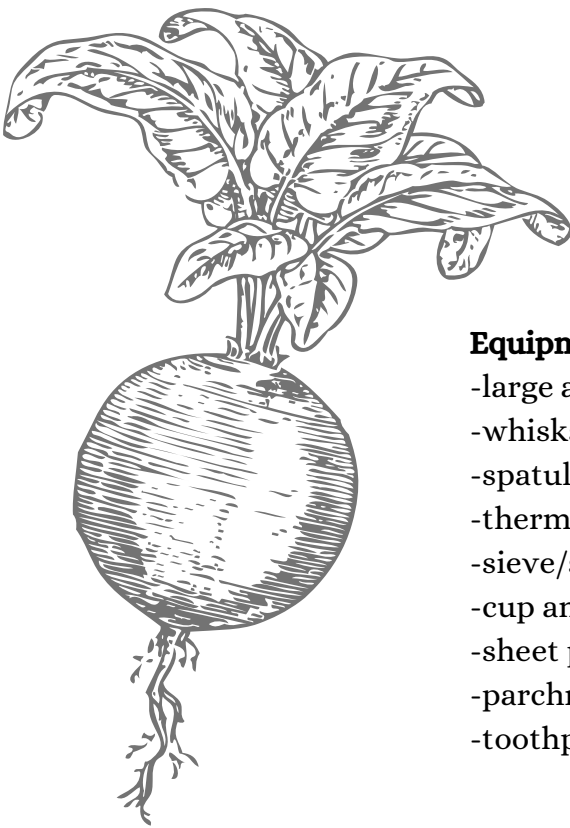


BEET CAKE



Equipment:

- large and small bowls
- whisks
- spatulas
- thermometer
- sieve/sifter
- cup and spoon measures
- sheet pans
- parchment paper
- toothpicks

Ingredients:

- 10 eggs
- 1/2 cup sugar
- 1/2 cup honey
- 2 Tbsp coconut oil
- 10 Tbsp whole wheat flour
- 1/4 tsp salt
- 2 Tbsp cacao or unsweetened cocoa powder
- 10 Tbsp beet pulp (or grated beets if you do not have access to a juicer)

1. Make beet pulp OR grate beets if you do not have access to a juicer.

If you have a juicer:

- Cut Beets into pieces that will fit the juicer chute; quarters or sixths, depending on the size of the beets.
- Check juicer is properly set up, with strainer basket connecting with base, waste container fitted to the lid, catchment pitcher to the tube.
- Turn juicer on to the hard setting. Feed beet pieces into the chute, using the fitted insert piece to push beet into chute.
- Once juice pitcher is full, start filling jars with beet juice. Empty beet pulp into a large bowl periodically. Remove any big pieces.

2. Grease and line sheet pan. Set oven to 325 degrees. Measure and melt coconut oil.
3. Sift cacao. Measure flour and mix with cacao.
4. Measure beet pulp.
5. Measure honey and sugar into large bowl. Add salt.
6. Crack 7 eggs into same large bowl.
7. Separate yolk from egg white of 3 eggs and add to whole eggs. Discard whites.
8. Fill sink with hot water. Place bowl in sink and whisk mixture, testing with thermometer periodically. Once mixture has reached 100 degrees F, remove.
9. Mix until thick, pale and doubled. 5-8 mins. It is ready when the mixture mounds then sinks back in.
10. Carefully fold in flour, oil and beet pulp, just until no streaks are visible.
11. Pour onto prepared sheet pan.
12. Bake 15- 20 minutes or until a toothpick comes out clean.

Note: the batter can also be split into two 2 x 9 inch cake pans for a 2 layered cake.

