

Chocolate Beetroot Fudge Slice

The texture of this slice is very dense and fudgy. Serve small squares as a special treat. Chocolate is a mood elevator and contains magnesium, so small quantities can be justified. Carob may be substituted for chocolate. The Frosting recipe is on page 206.

2½ cups wholemeal spelt, rice, soy or oat flour
2 tsp baking powder
½ cup organic cocoa or carob powder
1 cup *Splenda* or *Perfect Sweet*, or 2 tsp of Stevia Mix
½ cup rice syrup or honey
2 cups grated raw beetroot
1 tsp vanilla essence
1 cup light olive oil, or vegetable oil
½ cup soy, rice or oat milk
4 egg yolks
4 egg whites

Options

Replace ½ cup flour with ½ cup whey protein powder.
Reduce beetroot to 1 ½ cups and add ½ cup chopped nuts.

Preheat oven to 170°C (325°F). Oil a 19cm x 29cm (8in x 12in) lamington tray and line with baking paper. Sift together flour, baking powder and cocoa into a large bowl, returning sifted husks to bowl. Stir in all ingredients, except egg whites. Whip egg whites in a separate bowl until stiff, then gently fold into slice mixture. Pour into prepared tray and bake for 35–45 minutes, until an inserted skewer comes out cleanly. Remove from oven, leave to stand for 5 minutes, then turn out. Ice with carob or chocolate frosting. Cut into small squares.

Makes 28 squares Suitable for freezing



This recipe is from *Very Wellness* by ANTA life member Val Allen.

For more information visit pnmc.com.au/verywellness.html