

Honey, beets and raisins help make this a very moist, rich-tasting cake. Roast fresh, local beets and serve them for dinner one day; use leftovers to make dessert the next. The bitterness of whole wheat complements the chocolate well.

Chocolate Beet Cake with Chocolate Glaze Makes 9 servings

1 c.	Whole wheat flour
½ c.	Unsweetened cocoa powder
½ tsp.	Baking soda
1/8 tsp.	Salt
2 T.	Canola oil
3 T.	Honey
1 tsp.	Molasses
1	Egg
½ c.	Egg substitute
1/3 c.	Red beets, roasted, peeled and grated (about 3 oz.)
¼ c.	Raisins, packed
1 T.	Vanilla extract
¾ c.	Buttermilk
5 oz.	Chocolate Glaze (recipe follows)

1. Pre-heat oven to 325°F.
2. In a medium mixing bowl, whisk together flour, cocoa, baking soda and salt. In a separate large bowl, beat together oil, honey, molasses, eggs and egg white till doubled in volume (about 5 minutes).
3. In a blender, combine beets, raisins, vanilla and ½ c. buttermilk; blend until smooth. Remove and set aside.
4. Add last ¼ c. of buttermilk to blender and blend, add to puree.
5. Add flour mixture in thirds and liquids in halves to the egg mixture, starting and ending with flour, mixing until incorporated after each addition.
6. Pour batter into a non-stick 8-by-8-inch baking pan. Bake for 45 minutes or until toothpick comes clean, turning pan half way.
7. Cool completely and use immediately or wrap and refrigerate or freeze.

Chocolate glaze

2 tsp. Unsweetened cocoa powder

¼ c. Lowfat milk

2 oz. Semi-sweet chocolate chips (1/3 rounded cup)

3 T. Light cream cheese

Pinch Cinnamon

1 tsp. Vanilla extract

1. In a microwave-safe bowl, whisk cocoa powder with milk till smooth. Microwave on high for 20-30 seconds, or until the mixture just starts to boil. Whisk again, add chocolate chips and let sit 2 minutes.
2. Add cream cheese, cinnamon and vanilla. Whisk till smooth, refrigerate. Stir occasionally until thickened, about 4 hours.
3. Spread evenly on cake, refrigerate to set (about 8 hours).