



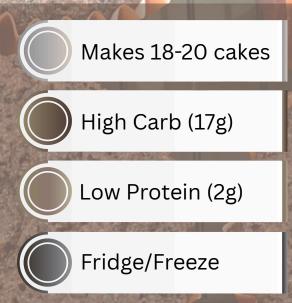




Chocolate, coffee & beetroot cakes

Adapted from a recipe by Jill Dupleix

½ cup oats
½ cup polenta or fine cornmeal
½ cup ground almonds
1½ cups caster sugar
½ cup good quality cocoa powder
1-2 tbsp instant coffee powder
2 tsp baking powder
300g pureed cooked beetroot (the sort you buy vacuum packed)
3 large eggs
1 cup sunflower oil
1 tsp vanilla extract



- Preheat oven to 190 degrees C (fan).
- Mix dry ingredients together in a large bowl.
- Mix wet ingredients together in a separate large bowl.
- Pour wet ingredients into the dry ingredients and stir well to combine.
- Fill paper or silicone muffin cases approx ²/₃ full with the mixture, cook for approx 25 mins until a skewer comes out of the mixture clean.







Pro tip from Becky



"I really liked the taste and texture complexity that the polenta gave these cakes.

They don't feel substantial making them ideal for a pre-event top up before shorter distances."







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