



Chocolate, coffee & beetroot cakes

Perfect for before PARKSTRONG or parkrun



Chocolate, coffee & beetroot cakes

Adapted from a recipe by Jill Dupleix

½ cup oats
½ cup polenta or fine cornmeal
½ cup ground almonds
1 ½ 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 ¾ full with the mixture, cook for approx 25 mins until a skewer comes out of the mixture clean.

Makes 18-20 cakes

High Carb (17g)

Low Protein (2g)

Fridge/Freeze



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.”



Fuel Smarter. Train Stronger. Perform Better.

These recipes are just the beginning! Eat Well Perform Better helps runners and triathletes:

- Build sustainable nutrition habits
- Create personalised fuelling plans for training and race day
- Recover smarter to reach new goals

Let's chat about how nutrition can support your goals.

Book a free 15-min consult at eatwellperformbetter.co.uk

