

# CHOCOLATE SWEET POTATO MUD CAKE

SERVES 8

PREP TIME:  
45 MINUTES

COOK TIME:  
90 MINUTES

1 lb (450 g) white sweet potato, peeled and chopped

1 medium sweet red apple, peeled, cored, and chopped

$\frac{1}{2}$  cup (100 g) softened lard

2 tablespoons (30 ml) honey

Pinch sea salt

$\frac{3}{4}$  cup (85 g) tigernut flour

$\frac{1}{4}$  cup (21.5 g) raw cacao powder

1 teaspoon ground cinnamon

$\frac{1}{2}$  teaspoon baking soda

## GELATIN EGG

1 tablespoon (10 g) grass-fed gelatin

$\frac{1}{2}$  teaspoon raw apple cider vinegar

2 tablespoons (30 ml) hot water

**This more-ish cake gets most of its sweetness from sweet potatoes and apple. It includes a small amount of honey to take the bitterness off the cacao. If you enjoy bitter chocolate, leave the honey out, and definitely omit it if using carob, as it is naturally sweet. This cake has a melt-in-the-mouth moist, fudgy texture. It is delicious on its own, or serve it with a light dusting of raw cacao powder and a spoonful of coconut yogurt. Totally addictive—just don't forget the rest of your veggies need to come from elsewhere!**

Steam the sweet potatoes for 15 to 20 minutes until soft. Meanwhile, put the apple in a small pan with 2 tablespoons (30 ml) water. Bring to a simmer, cover, and cook for 15 minutes or until soft. Put the sweet potatoes and apple onto separate plates and mash well with a fork while still hot. Cool completely. You should have  $1\frac{1}{2}$  cups of sweet potato purée and  $\frac{1}{2}$  cup of apple purée.

Put a baking sheet in the oven and preheat to 325°F (170°C, or gas mark 3). Line an 8-inch (20 cm) cake tin with parchment paper. Cross a couple of long strips of parchment underneath the lining, letting them hang over the edges of the tin so you can lift the cake out, rather than turn the tin upside down. Alternatively use a parchment-lined springform tin.

Put the apple purée, lard, honey, and salt in the bowl of a stand mixer, or use a hand mixer, and combine until fluffy. Add the tigernut flour, cacao powder, cinnamon, and baking soda and mix again. Scrape down the sides of the bowl. Put the sweet potato mash in the bowl and switch the motor back on low.

Make the gelatin egg. Put the gelatin in a small bowl; put the apple cider vinegar and water in a separate small bowl. Pour the liquid onto the gelatin and whisk until frothy. Tip into the cake mixture, increase the motor speed, and blend for 5 to 6 seconds until thoroughly combined.

Spoon the mixture into the cake tin and level the top. Cook for 1 hour, or until firm on the top and coming away from the sides of the parchment. Leave in the tin for 45 minutes before carefully turning out onto a plate.





Cacao

1

AIP COMPLIANT Sub carb for cacao.

FREZER-FRIENDLY Yes

LOW FODMAP Sub pumpkin purée for apple.  
Sub maple syrup for honey. Avoid carb.

COCONUT-FREE Yes

1 lb l  
pot  
choc  
1 m  
pe  
ha  
2  
ha  
pe  
1 m  
choc  
1 lb l  
90 M  
COOK  
45 M  
PREP  
SERVE

CHO  
M

TEA  
Z