

1. Mix together the beetroot, sugar, orange zest and oil in a large bowl. Pour the water and orange juice over the mixture.
 2. In another bowl mix together flour, baking powder, cocoa, cinnamon, nuts & fruit. Add to the beetroot mixture and stir well.
 3. Line the bottom of a microwaveable bowl with greaseproof paper, pour in the mixture and cook on high for about 10-12 minutes, until the edges are firm but the centre is just setting.
 4. Leave stand for 5-10 minutes in the bowl.
 5. Remove from bowl and cool on a wire rack.
- 350 g (12 oz/1 1/2 cups) cooked beetroot, grated
150 g (5 oz/3/4 cup) granulated sugar
100 ml (4 fl oz/1/2 cup) vegetable oil
zest of one orange
225 ml (8 fl oz /1 cup) boiling water and orange juice
175 g (6 oz/ 1 1/2 cups) whole wheat flour
1 1/2 tsp baking powder
60 g (2 oz/1/4 cup) cocoa powder, unsweetened
1 tsp cinnamon
50gm dried fruit
50gm chopped nuts

'What's Cooking!' Recipe Card**Treat****BEETROOT & ORANGE CHOCOLATE CAKE****FOOD FACT:**

This low fat & egg free cake is a great way to boost your immune system.

Beetroot is valuable for those recovering from chronic fatigue syndrome and for convalescents

Preparation time 10 mins

Cooking time 12-15mins

Serves 6-8