

## Chocolate Cake

PREP: 15 MINS (plus baking time)

YIELD: One 9-inch two layer cake

*1 Betty Crocker, Super Moist Cake Mix, Chocolate Fudge*

*1 small box Jell-O Instant Pudding mix (chocolate, vanilla or coconut)*

*1 ¼ cups Milk (or water)*

*½ cup Butter, melted (or vegetable oil)*

*4 Eggs*

### Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Grease the bottom of two 9-inch cake pans.
3. In a large standing mixer or mixing bowl, whisk together the cake and pudding mixes, milk (or water), melted butter (or oil) to combine.
4. Add eggs, one at a time, and continue mixing until well combined.
5. Whisk together on medium speed (or whisk by hand) for two minutes.
6. Pour equal amounts of batter into both cake pans.
7. Bake on middle shelf of pre-heated oven until a toothpick comes out clean and cake has shrunk a bit from the sides of the pan (about 25-30 minutes).
8. Remove from oven and cool on rack for ten minutes.
9. Remove from cake pan by inverting onto a baking rack.
10. Cool completely before spreading with raspberry jam and frosting (see below).

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## Healthier Chocolate Frosting

PREP: 10 MINS

YIELD: About 2 ½ cups frosting

*1 cup Sweet Potato, cooked and mashed*

*1 cup Nut or Seed Butter (preferably almond butter)*

*1 cup Cocoa*

*2 Tbsp. Espresso Powder, instant*

*1 cup Maple Syrup*

*1 Tbsp. Soy Sauce or tamari (gluten-free)\**

*1 tsp. Vanilla Extract*

*Raspberry jam, seedless or apricot jam (optional), for moistening the cake layers*

### Instructions:

1. In a mixer fit with a whisk attachment (or a large mixing bowl and hand held mixer), mix together the sweet potato, nut butter, cocoa, and espresso powder.
2. Slowly pour in the maple syrup, the vanilla and the soy sauce.
3. Continue whisking until creamy and smooth.
4. Correct for taste, adding more maple syrup, if necessary.
5. Spread jam on each cooled cake layer, if using, before frosting the cake.

**Note:**

\*Although Tamari soy sauce is typically gluten-free, make sure to read the label on the bottle because some brands labeled Tamari are not gluten-free.

**Equipment:**

Two 9-inch round cake pans

Liquid measuring cups

Measuring spoons

2 large mixing bowls (or a standing mixer fitted with whisks)

Hand-held mixer or whisk (if not using a standing mixer)

Spatulas

Offset spatula (optional).

Baking rack

Pot holders