

GLUTEN-FREE

Chocolate Cake and Veggie Parfaits

Think beets and avocados are only for salads?

Think again. At the forefront of embracing the trend of incorporating vegetables into desserts, the Original Cakerie is incorporating these highly nutritious vegetables into our newest innovative recipe – **Gluten-Free Chocolate Cake & Veggie Parfaits.**

Chocolate Cake Mason Jar Parfaits with Avocado Chocolate Mousse and Beet Frosting

This is a perfect way to use up leftover cake pieces. It uses avocado and beets in a new and tasty way to get veggies into your desserts.

INGREDIENTS

1/2 Inspired By Happiness Gluten-Free Dreamin' of Chocolate Dark & White Chocolate Layer Cake (61 oz/3.81 lb/2.17 kg) (6 portions)

Avocado Chocolate Mousse:

4 ripe avocados, peeled and pit removed
1/2 cup (125 mL) chopped bittersweet chocolate, melted (3 oz/83 g)
1/2 cup (60 mL) cocoa powder (1.5 oz/47 g)
1/4 cup (60 mL) honey
1 tsp (5 mL) vanilla
Pinch salt
1/4 cup (60 mL) almond milk or cashew milk

Beet Frosting:

1 cooked beet, peeled
1/2 cup (125 mL) butter, softened
1/2 cup (125 mL) cream cheese, softened
1 tsp (5 mL) vanilla
2 cups (500 mL) icing sugar
1 tbsp (15 mL) milk
12 1-cup (250 mL) Mason jars



DIRECTIONS

1. Avocado Chocolate Mousse: In food processor, combine avocados, melted chocolate, cocoa powder, honey, vanilla and salt. Process until smooth. Add milk; process until light and fluffy. Refrigerate for 20 minutes. Store in piping bag with large plain tip.
2. Beet Frosting: Grate cooked beet finely; measure out 2 tbsp (0.9 oz). (Save remaining beet for another use).
3. With electric mixer, beat together butter, cream cheese and vanilla. Beat in icing sugar and milk until fluffy. Beat in reserved beet. (Mixture will turn a bright magenta; if desired, add more beet for desired colour.) Store in piping bag with large plain tip.

Prep time: 20 minutes | Chill time: 20 minutes
Total Time: 1 hour 20 minutes | Makes: 12 servings



Try garnishing with chocolate curls and dried beet chips, or with fresh raspberries!

Gluten Free Dreamin of Chocolate Cake
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ASSEMBLY: Divide cake portions into 12 pieces.

SERVICE: Cube 1 piece of cake per serving. Pipe one layer (2 tbsp/2 oz/58 g) Avocado Chocolate Mousse into 1-cup (250 mL) Mason jar. Top with half of the cubed cake (1.3 oz/36 g). Repeat layers once, ending with cake cubes. Pipe Beet Frosting (2 tbsp/2 oz/58 g) over top.

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For more information, please contact our local food broker representative.

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