## RED VELVET CAKE

## INGREDIENTS:

## CAKE:

- 2 medium red beets (about 8 ounces), to yield 1 cup beet purée
- 1 teaspoon butter (for pans)
- <sup>3</sup>/<sub>4</sub> cup granulated sugar
- <sup>1</sup>/<sub>2</sub> cup neutral oil, such as avocado
- 2 eggs
- <sup>1</sup>/<sub>2</sub> cup + 2 tablespoons low-fat buttermilk (or ½ cup low-fat milk + 2 tablespoons plain yogurt)
- 2 tablespoons lemon juice
- <sup>1</sup>/<sub>2</sub> tablespoon white vinegar
- <sup>1</sup>/<sub>2</sub> tablespoon vanilla extract
- 1 <sup>3</sup>/<sub>4</sub> cups whole wheat pastry flour
- <sup>1</sup>/<sub>4</sub> cup cocoa powder (not Dutchprocess)
- 1 <sup>1</sup>/<sub>2</sub> teaspoons baking powder
- <sup>1</sup>/<sub>4</sub> teaspoon baking soda
- <sup>1</sup>/<sub>2</sub> teaspoon fine sea salt

## FROSTING:

- 8 ounces low-fat (or Neufchâtel) cream cheese
- <sup>1</sup>/<sub>2</sub> cup powdered sugar
- <sup>2</sup>/<sub>3</sub> cup (or 1 5.3-ounce container) full-fat, plain strained vogurt
- 1/16 teaspoon fine sea salt
- <sup>1</sup>/<sub>2</sub> teaspoon vanilla extract



- freeze any extra purée for another use.

- to combine.

- Slice and serve at room temperature.

Nutrition Facts SERVES 12

306 calories | 16g fat | 5g saturated fat | 277mg sodium | 36q carbohydrate | 3q fiber | 20q sugar | 7q protein

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1 HOUR 25 MIN

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To make the beet purée, scrub beets, place in a small saucepan covered by 1 inch of water, and boil until tender when pierced with a knife, 20–30 minutes. Drain, let cool to room temperature, and cut into large pieces. Purée in a food processor until smooth. Measure out 1 cup and refrigerate or

While beet is boiling, position a rack in the center of the oven and preheat to 350°F. Grease 2 9-inch round cake pans with butter and line the bottom and sides with parchment paper.

In a large bowl, whisk together the cooled beet purée, sugar, oil, egg, buttermilk, lemon juice, vinegar, and vanilla.

Place a strainer over the bowl and sift in the flour, cocoa powder, baking powder, baking soda, and salt. Whisk or stir

Divide the batter evenly into the prepared pans and bake until the cake springs back to the touch and a toothpick inserted near the center comes out with cleanly, 35-45 minutes. Remove cakes from the oven, let cool for about 10 minutes, and invert onto a wire rack. Peel away the parchment and let cool completely. Dry cake can be stored in a covered container at room temperature for up to 2 days.

To make the frosting, add all ingredients to a mixing bowl and beat with a hand mixer or stand mixer until smooth.

To assemble the cake, first trim the tops of each layer to be flat, if necessary. Place 1 layer on a large plate, with the bottom side down. Use an offset spatula to spread about 1/2 cup of frosting on top and then place the second layer on top. Spread remaining frosting over top and sides of cake.