

Desserts

HOPE Begins with a box

Chocolate Beet Cake

Serves 12

Good source of Magnesium and Potassium, & a very good source of **Dietary Fiber**, Vitamin C, **Folate**, Iron & Manganese.



Ingredients:

1 (15 ounce)	Can sliced beets, drained	2	Large eggs
2 ¼ c	All-purpose flour	½ Cup	Unsweetened cocoa powder
1 tsp	Baking powder	¼ tsp	Baking Soda
½ c	Salted butter, melted	2 Cups	Sugar

Directions:

1. Preheat oven to 350 degrees F. Grease bottom of a 10-inch cake pan.
2. Puree beets in a food processor or blender until the consistency is smooth and no lumps remain. Add eggs and blend for a few seconds more.
3. Mix flour, sugar, cocoa, baking powder, and baking soda together in a separate bowl with an electric mixer. Mix in butter. Pour beet puree into the bowl while mixing on low speed to combine. Pour batter into a prepared pan.
4. Bake in preheated oven until a toothpick inserted into the center comes out clean, about 40 minutes. Cool in the pan for 5-10 minutes before inverting onto a wire rack and cool completely.

Chocolate Frosting

Optional addition to the Chocolate Beet Cake.

Ingredients:

1 cup	Softened butter or margarine
½ cup	Cocoa powder
3-5 cup	Powdered sugar
1 tsp	Vanilla
3-4 Tbs	Milk, coconut milk, water or any liquid you would like (I like coffee)

Directions:

1. Whip together butter and cocoa powder until smooth.
2. Stir in powdered sugar and vanilla.
3. Slowly stream in your liquid of choice while whipping the mixture until the frosting is at a consistency that you like.

Arroz Con Leche (Spanish Rice Pudding)

Serves 2



Ingredients:

½ Cup	Medium Grain Rice	1 ¼ Cups Milk
¼ Cup	Water	3 Tbs Sugar (or to taste)
1	Cinnamon Stick	1 pinch cinnamon to serve
1 Strip	Lemon Zest	

Directions:

1. Rinse the rice in water to remove some of the starchiness (the water should start a little cloudy then clear up).
2. Put the rice in a small pan with the water, cinnamon stick and strip of lemon zest. Place over a medium-low heat and warm so the water simmers and is absorbed.
3. Add the milk, around 1/2 cup at a time to the rice and bring to a simmer but don't let it boil – reduce the heat if needed. Cook, stirring gently relatively frequently, so it doesn't stick to the bottom of the pan but also doesn't splash up the sides too much. Add more of the milk as the milk in the pan is almost absorbed.
4. As the last of the milk is almost absorbed, check that the rice is cooked. If needed, add a splash more milk. Let the rice absorb to a little drier-looking than you would want it then remove from the heat.
5. Remove the cinnamon stick and strip of lemon zest then stir in the sugar so that it dissolves. If you prefer it sweeter, you can add a little more.
6. Serve either warm or let it cool to serve chilled, in both cases with a sprinkle of cinnamon on top.

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Peach Cobbler with Oat Crumble Topping Serves 10



Ingredients:

½ Cup	Unsalted Butter	1 Cup	Flour
2 Cups	Sugar	1 Tbs	Baking Powder
1 Tbs	Baking Powder		Pinch Salt
4 Cups	Peach slices	1 Cup	Milk

Directions:

1. Melt butter in a 13- x 9-inch baking dish.
2. Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).
3. Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.
4. Bake at 375° for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool.
5. Add oat crumble topping on top (see oat crumble topping recipe)

Oat Crumble Topping

Ingredients:

1 Cup	Flour	½ Cup	Light Brown Sugar
½ Tsp	Baking Powder	½ Tsp	Cinnamon
¼ Tsp	Salt	¾ Cup	Oats
½ Cup	Unsalted Butter		

Directions:

1. Preheat oven to 375°F. Whisk flour, brown sugar, baking powder, cinnamon, and salt in a large bowl. Add butter and work into dry mixture with your fingertips until pea-sized lumps form. Add oats and mix with your fingertips until clumps form; it should look like crumb topping. Chill 15 minutes.
2. Transfer mixture to a parchment-lined sheet tray and bake 8 minutes. Using a metal spatula, stir and toss crumble. Rotate tray and continue to