



Chocolate Super Beet-It

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THE SUPERFOOD OF DESSERTS



Beets

Beets contain many different beneficial properties: stimulate liver function, reduces cholesterol and triglycerides, contains betacyaninis which counteract cancer, boosts energy, prevents cataracts, contains pectine polysaccharides for digestive tract health, anti-inflammatory, natural colon cleanser, prevents macular degeneration, purifier for the blood and they lessen tumor cell growth.

BETROOT AS AN ERGOGENIC AID.

Beetroot has been reported to have a positive effect on exercise performance due to its high nitrate content. After its ingestion, it has shown to produce vasodilatation and to reduce resting blood pressure.



Coconut Oil

Coconut Oil is digested and absorbed like carbohydrates and proteins. It is absorbed quickly and efficiently. Coconut oil also has a high smoking point, which helps prevent it from going rancid. It is the 2nd best source of Lauric Acid, which means it contains antiviral, antibacterial and antimicrobial properties.



100% Dark Chocolate

Dark chocolate is high in flavonoids and antioxidants, and it is rich in minerals such as magnesium and copper. It has shown to have a positive effect on hypertension, cardiovascular disease, chronic fatigue and cognitive function.



Flaxseeds

Flaxseeds are a great source of omega 3. It also provides cardiovascular benefits, improves blood pressure and lowers fasting glucose levels while helps decrease central obesity. It is high in lignanas, which are a fiber-like compound with fiber-like benefits and antioxidant protection due to their structure. It contains mucilage (gum) which is a water-soluble, gel-forming fiber that can provide special support to the intestinal tract.



Goji Berries

This berry is originally from China. It is a very powerful antioxidant and it was traditionally used to increase strength and longevity. It also contains anti-bacterial and anti-fungal compounds. They are loaded with vitamin C, carotenoids, iron, calcium, zinc, selenium among other trace minerals.



Raw Local Honey

In its natural state (raw), it contains pollen, enzymes and antioxidants. Some research supports the theory that local honey can work as an allergy relief, acting like a vaccine.



References

The Worlds Healthiest Foods:
www.whfoods.com

Natural Medicines Comprehensive Database: www.naturaldatabase.com

How to take a traditional recipe and turn it into a superfood

Original Recipe

- 3 Eggs
- 1 ½ Cups Sugar
- 1 Cup Vegetable Oil
- 1 Can (16 oz) drained diced beets
- 2 oz unsweetened chocolate, melted
- 1 ¾ Cups Flour
- ½ tsp Salt
- 1 tsp Baking Soda
- 1 tsp Vanilla Extract



Superfood Recipe

- 3 Flaxseed Eggs
- 1 ½ Cup Local Honey
- 1 Cup Coconut Oil
- 16 oz Fresh Organic Beets
- 2 oz 100% Unsweetened Dark Chocolate
- 1 ¼ Whole Wheat Flour
- ½ tsp Salt
- 1 tsp Baking Soda
- 1 tsp Vanilla Extract

Preheat oven to 350 degrees. Line cupcake pan. Combine “eggs”, honey (sugar), oil, beets and chocolate. Blend well. Add flour in portions and blend into previous mixture. Add salt, baking soda and vanilla. Combine well. Pour into cupcake containers. Bake for 20 minutes for cupcakes or 1 hour for a cake (less at altitude). Remove cupcakes from pan and let cool.

Nutrition Facts

Serving per Cupcake

Amount Per Serving

Calories 190 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 9g 45%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 115mg 5%

Total Carbohydrate 25g 8%

Dietary Fiber 2g 8%

Sugars 19g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Superfood Frosting

- Cream Cheese
- Local Honey
- Chia Seeds
- Golgi Berries

Mix cream cheese and honey together until a frosting texture is achieved. Once cupcakes are frosted, top with chia seeds and a Golgi berry.

How to make a flaxseed egg?

1 tbsp ground flaxseed to 2-3 tbsp of water. Bring to a boil in a saucepan. Once an egg consistency is achieved, remove from heat and add to recipe.