

# Eat a Rainbow Recipes

## RAINBOW COLOURS

### Three Veg Chocolate Cake

#### Ingredients:

125 grams unsalted butter

½ cup brown sugar

1 egg

½ cup cold cooked mashed pumpkin (easier to do this step day before)

½ cup cold cooked mashed sweet potato (easier to do this step day before)

1 medium grated zucchini

1 tablespoon golden syrup

3 teaspoons finely grated orange rind

1/3 cup orange juice

½ cups self raising flour

1 teaspoon bicarb soda

2 tablespoons cocoa powder

#### Equipment:

23cm Round cake pan

Baking paper for lining

Mixing bowl

Fork or electric beater for mixing

Spoon and rubber scraper

Measuring spoons and cups

#### Chocolate frosting:

125g Reduced fat cream cheese

1 Cup icing sugar mixture

2 Tablespoons cocoa powder)

#### Method:

1. Grease cake pan, and line base and sides.
2. Beat butter and sugar in electric mixer until light and creamy.
3. Beat in egg, pumpkin, potato, zucchini, syrup, rind and juice. Transfer to large bowl.
4. Add combined sifted flour, soda and cocoa. Stir. Spoon into pan.
5. Cook in a moderate oven (180°C) for about 45 minutes. Stand for 5 minutes, then cool on a wire rack.
6. To make frosting, beat cream cheese in electric mixer until light and fluffy. Add icing sugar, half a cup at a time. Beat on a low speed until combined. Add cocoa. Beat until smooth.
7. Spread frosting over cold cake.

