

Beet Chocolate Protein Loaf

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1-1/2 cups gluten-free flour blend*
- 1/2 cup shredded coconut
- 1-1/2 tsp baking soda
- 1 tsp baking powder
- 1 scoop chocolate protein powder**
- 1/2 cup raw cacao powder
- Pinch fine sea salt
- 2 eggs, whisked
- 1 cup grated beets, raw (approximated 2 small-ish beets)
- 1/4 cup melted coconut oil
- 2 tbsp water
- 3/4 cup real maple syrup
- 1/2 cup mini chocolate chips
- Optional: Handful chocolate chunks to decorate the top

Instructions:

1. Preheat oven to 350F (180C). Line a standard size loaf pan with parchment paper.
2. In a large bowl, combine flour, coconut, baking soda, baking powder, chocolate protein powder, raw cacao powder and sea salt.
3. In a separate bowl, combine whisked eggs, grated beets, coconut oil and maple syrup.
4. Add the wet ingredients to the dry ingredients and stir to combine. Fold in chocolate chips. Decorate top with chocolate chunks if using.
5. Spoon mixture into loaf pan. Bake for 40-50 minutes or until a fork inserted comes out clean.
6. Let cool completely before slicing. Store in fridge for up to 1 week or freezer for up to 3 months.

Notes:

This protein loaf will satisfy your belly for hours. It's dense, rich and delicious! *I use the Bob's Red Mill GF blend but you could also sub with oat or brown rice or quinoa flour or a mix of those. **If you don't have protein powder, just add 4 tbsp more flour.