

Chocolate Raspberry Upside Down Cake

We call this gluten free, dairy free, egg free cake our salad cake cuz it is chocked full of veggies!!! Before you turn your nose up, TRUST!!!! Think carrot cake, zucchini bread, or red velvet cake with the addition of beets! As with these treasured sweets, the addition of veggies makes our Chocolate Raspberry Upside Down Cake super moist and pudding-like and the great news is that you really aren't aware that they are there. While you are enjoying each decadent bite, your body will be thanking you for all the fiber, antioxidants, vitamins and minerals, all kept intact by the low heat cooking. This cake truly paves the way for #makinghealthydelish! No thanks to PREHEAT OVEN TO 350 Degrees F. (P.S. We often order the Pamela's Chocolate Cake mix on Amazon as it is not readily available these days in our local stores).

For Cake:

1 1/2 C Pamela's Gluten Free Chocolate Cake mix (1/2 of a 21oz pkg)
2 tsp baking powder
very small wedge green cabbage (Cone #1)
1 small carrot (Cone #1)
1 stalk celery (Cone #1)
1/2 small zucchini (Cone #1)
1 small apple, (Cone #1)

For "Upside-Down" part of the Cake:

2 pints fresh raspberries
1 apple (Cone #2)
one 3.5 oz dark chocolate bar, finely chopped (85% cocoa is preferable)

Combine the cake mix and baking powder in a medium bowl. Grate cabbage, carrot, celery, zucchini, and apple into the bowl with the cake mix. Mix well. Batter should feel dry. It can take some heavy mixing for the batter to come together. (It will look more like brownie batter than typical cake batter).

Spread raspberries evenly in a 9-inch skillet. Grate apple directly on top of the raspberries. Spread apples evenly over the berries. Pour the cake batter over the berries and smooth evenly with a spoon. Cover with lid and cook on medium low. When vapo-valve clicks, reduce to low heat. Check after about 10 minutes. Adjust heat as needed. A knife should come out mostly clean when cake is ready. If the cake looks too moist in certain areas, continue cooking, leaving the lid ajar, for remaining 5-10 minutes. Total cook time is about 20 minutes. When knife comes out almost clean, remove from heat. Let sit off the heat for about five minutes. Run a knife around the edges of the pan before inverting. Once cake is inverted, sprinkle with chopped chocolate bar for added richness. Serve slightly warm. Serves 8-10

