

Chocolate Sweet Potato Torte

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Vegetarian Times Magazine - January 2010

Servings: 12

1 cup orange-fleshed sweet potato, packed, cooked and mashed

1 1/2 cups sugar, divided

1 cup almond flour

1/2 cup unsweetened dark-chocolate cocoa powder

1/8 teaspoon salt

4 large eggs

2 ounces bittersweet chocolate

2 tablespoons nonfat soymilk

Preheat oven to 375 degrees.

Coat a 9-inch springform pan with cooking spray.

Blend sweet potato, one cup of sugar, almond flour, cocoa and salt in a food processor for 30 seconds or until smooth, scraping the bowl as necessary.

Seaparate three eggs, placing the whites in the bowl of an electric mixer.

Add the three yolks and the remaining whole egg to the sweet potato mixture. Pulse to combine. Transfer the sweet potato mixture to a large bowl.

Beat the egg whites with the electric mixer at high speed until soft peaks form.

Add the remaining 1/2 cup of sugar. Beat for two minutes more or until stiff, glossy peaks form.

Fold one-third of the egg white mixture into the sweet potato mixture with a spatula. Gently fold in the remaining whites. Pour the batter into the prepared pan.

Bake for 45 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes in the pan on a wire rack.

Remove the springform sides. Cool completely.

Melt the chocolate in a small saucepan over medium-low heat. Stir in the soymilk.

Spread the chocolate mixture over the top of the cake.

Let stand until the chocolate sets.

Per Serving (excluding unknown items): 146 Calories; 4g Fat (24.9% calories from fat); 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 46mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 1 1/2 Other Carbohydrates.