This newsletter's recipe is from Anna Schwarz who lives in Hollingdean

From April I will be running free 'Cooking on a Budget' cookery courses at Hollingdean community centre as part of The World Food Project https://www.worldfoodproject.co.uk.

Have a look at the details below and for an application form or more info contact me at theworldfoodproject@yahoo.com or on 01273563375

Cooking on a Budget

For anyone who could use ideas for how to eat well on a budget. Cook and eat together, learn new recipes and share ideas.

All sessions are on Tuesdays from 10.30 – 1.30.

There will be 2 drop in taster days on 9th and 16th April to come and see what our sessions are like. Then 2 four week courses starting on 23rd April and 21st May

All courses should include this beetroot and chocolate cake recipe...

Chocolate and beetroot cake

The cake with beetroot in that everyone loves even if they think it's going to be too strange..

Makes at least 12 large muffins.

Pre heat the oven to 180C/355F/Gas 4 and put the muffin cases in the tray

You will need

75g/2½oz cocoa powder

180g/6½oz plain flour

2 tsp baking powder

250g/8½oz caster sugar

250g/8½oz cooked beetroot

3 large eggs

200ml/7fl oz corn, sunflower or vegetable oil

1 tsp vanilla extract

icing sugar for dusting

What to do

Sift the cocoa powder, flour and baking powder into a bowl.

Mix in the sugar, and set aside.

Purée the beetroot using a stick blender – put it in a deep jug so you don't get splattered. Add the eggs, one at a time, then add the vanilla and oil and blend until smooth.

Make a well in the centre of the dry ingredients, add the beetroot mixture and lightly mix. Pour into the muffin cases.

Bake for 30 minutes or until the top is firm when pressed with a finger.

Cool on a wire rack and dust with icing sugar to serve.