

CHOCOLATE FUDGY SURPRISE

When you're doing a bake sale, chocolate always goes down a treat. You can only really describe this bake as alchemy – turning quinoa, banana and sweet potato into chocolatey fudgy cakes. And because it's healthier, you can encourage people to eat more, and therefore raise even more for Sport Relief!

David Atherton, Winner of The Great British Bake Off series 10

Makes nine buns.

INGREDIENTS

- 100g dark chocolate
- 70g plain flour
- 20g cocoa powder
- 100g caster sugar
- 1 and ½ tsp baking powder
- Pinch of salt
- 50g sweet potato
- 1 large banana
- 1 egg
- 1 tsp vanilla
- 200g cooked quinoa

ICING

- 50g sugar
- 20g cocoa powder
- 15g cornflour
- 60ml water
- 1 tsp vanilla
- 20g butter

METHOD

- 1 Prepare a muffin tin with paper cases.
- 2 Preheat oven to 170C (fan assisted).
- 3 Roughly chop the dark chocolate into a large mixing bowl.
- 4 Add the flour, cocoa powder, sugar, baking powder and salt, and mix.
- 5 Finely grate the sweet potato and set aside.
- 6 In a blender, blend the banana, egg, vanilla and quinoa until smooth and mix into the sweet potato.
- 7 Combine the wet and dry ingredients together, then divide between muffin cases and bake for 18 minutes (or until a toothpick comes out clean).
- 8 Allow to cool.
- 9 Combine all the icing ingredients in a saucepan and heat gently until thickened. If it gets lumpy, whiz it with a hand blender until smooth and pour over the cakes while still warm.

