

Make Your Heart “Beet” Cupcakes

Servings 12

Prep Time 10 min

Cook Time 35 min



Nutrition Information

Calories	123
Fat	5.5 g
Sodium	162 mg
Carbs	19 g
Fiber	3 g
Protein	2 g

Health Benefit

[Low Fat](#)

Ingredients

2 medium [beets, precooked](#)

1 cup [unsweetened vanilla almond milk](#)

1 teaspoon [apple cider vinegar](#)

1/2 cup [sugar](#)

1/4 cup [canola oil](#)

2 teaspoons [vanilla extract](#)

1 cup [all-purpose flour](#) (**Can sub in [all-purpose gluten-free flour](#))

1/2 cup [unsweetened cocoa powder](#)

1 teaspoon [baking soda](#)

1/2 teaspoon [baking powder](#)

Dash [salt](#)

Directions

1. Preheat oven to 375 degrees F. Line a muffin pan with paper liners.
2. Puree beets in a blender and set aside 1/2 cup.
3. Whisk together the almond milk and vinegar in a large bowl, and set aside for a few minutes to curdle. Add the sugar, oil, vanilla extract, and 1/2 cup beets and beat until foamy.

4. Add the flour, cocoa powder, baking soda, baking powder, and salt to the wet ingredients. Beat until no large lumps remain.
5. Pour batter into liners, filling 3/4 of the way full. Bake 22 to 25 min.

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