



Chocolate Beet Cupcakes

Servings: 10 (71 g)
Prep Time: 20 Minutes
Cook Time: 25 Minutes



Ingredients

- 1 c. unsweetened almond milk
- 1 t. lemon juice
- ¼ c. sugar
- ½ c. Splenda
- ¼ c. canola oil
- 2 t. vanilla extract
- 2 med. beets, roasted, peeled and pureed
- 1 c. + 1 T. whole wheat pastry flour
- ½ c. + 1 T. cocoa powder
- 1 t. baking soda
- ½ t. baking powder
- ⅛ t. salt

Directions

1. Preheat oven to 375°F. Line a muffin tin with cupcake papers.
2. Whisk together the almond milk and lemon juice and let sit for 5 minutes. Add sugar, Splenda, oil, vanilla, and ½ cup beets. Beat until foamy.
3. Sift in flour. Add ½ cup cocoa powder, baking soda, baking powder and salt, mixing as you go. Mix until mostly smooth.
4. Fill tins ¾ full with batter. Bake 22-25 minutes, until toothpick in the center comes out with a fine crumb. Cool completely and dust with remaining cocoa powder.

Nutritional analysis per serving: Calories 140; Calories from Fat 60; Total Fat 7 g (11% Daily Value); Saturated Fat 1 g (5% DV); Trans Fat 0 g; Cholesterol 0 mg (0% DV); Sodium 205 mg (9% DV); Total Carbohydrate 20 g (7% DV); Dietary Fiber 3.5 g (16% DV); Sugars 6 g; Protein 3 g; Vitamin A 2% DV; Vitamin C 2% DV; Vitamin E 10% DV; Calcium 6% DV; Iron 8% DV; Manganese 40% DV.

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January

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

March

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

TIP: Save time by replacing fresh beets with canned! Just rinse the pre-sliced canned beets thoroughly, leave out the salt in the recipe and puree.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	American Heart Month	Groundhog Day				
7	8	9	10	11	12	13
		Mardi Gras	Ash Wednesday		Lincoln's Birthday	
14	15	16	17	18	19	20
Valentine's Day	Presidents' Day					
21	22	23	24	25	26	27
28	29	1	2	3	4	5