

Beet Chocolate Cupcakes

Recipe from Tilth Alliance

Makes 12 cupcakes or 36 mini cupcakes

Ingredients

2 medium beets
2 ½ cups flour
1 cup sugar
2 teaspoons baking soda
1/3 cup cocoa powder
1/2 teaspoon salt
1/2 cup oil
1 ½ cups water
1 tablespoon red wine vinegar
2 teaspoons vanilla



Photo credit: Good Food website

Instructions

Preheat oven to 350°F.

Wash and peel beets. Shred the beets on a grater and set aside.

In a large bowl, combine flour, sugar, baking soda, cocoa powder, and salt together. Whisk with a fork, making sure to break down any clumps of cocoa powder.

Combine oil, water, and vinegar in a medium bowl. Stir in grated beets and vanilla.

Pour the wet ingredients into the dry ingredients and mix just enough to moisten all the ingredients.

Line a muffin pan with paper liners or lightly coat the pan with oil. Spoon batter evenly into each cup, filling 3/4 full. For full-size cupcakes, bake for 20-25 minutes, until a toothpick comes out clean when inserted in the middle of the cupcake. For mini cupcakes, reduce the cooking time to 12-15 minutes.

Note:

To make the recipe gluten free, substitute flour with a gluten-free flour blend.