



Beets may be a surprising ingredient to add to dessert, but they add plenty of moisture and nutrients! They are packed with vitamins A, B, C, fiber, manganese, and folate. They are also a rare source of phytonutrients called betalains, which have been shown to have antioxidant, anti-inflammatory, and detoxification qualities.

With all of that love inside these cupcakes, it is the perfect Valentine treat.

UP THE BEAT CHOCOLATE CAKE

Serves: 12 cupcakes

Ingredients

- 2 medium beets, pureed
- 1 cup 2% milk
- 1 tsp apple cider vinegar
- ¾ cup raw turbinado OR granulated sugar
- ¼ cup melted coconut oil
- 1 tbsp vanilla extract
- ¾ cup whole wheat flour
- ⅓ oat flour
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- ½ tsp baking powder
- pinch salt

Directions

Preheat oven to 350°F. Meanwhile scrub beets clean. Remove the stem and quarter the beets. Steam beets until tender. To steam beets, place in a steamer above 2 inches water. Bring to a boil over high heat and cover. Turn down heat to medium. Steam beets for about 30 minutes. Once cooled, puree beets in a blender, and set aside.

Whisk together milk and vinegar in a large bowl. Set aside for a few minutes to curdle. Add oil, vanilla extract, and beet puree. Mix until bubbles develop.

In a separate bowl, mix sugar, flour, cocoa powder, baking soda, baking powder, and salt. Using a sifter, slowly sift dry mix it into the wet ingredients while mixing by hand. Mix until no large lumps remain.

Line a cupcake pan with paper liners. Evenly pour batter into liners, filling ¾ of the way up. Bake about 20 minutes, or until a toothpick inserted into the center comes out clean. Transfer to a cooling rack and let cool completely. Enjoy!