

# Recipe of the Week



## Chocolate Cupcakes

- 1 can (~14 oz) beets, drained
- 1/2 cup reduced-fat buttermilk, divided
- 1/2 tsp white vinegar
- 1/2 tsp vanilla extract
- 3/4 cup plus 2 Tbsp unbleached all-purpose flour
- 6 Tbsp unsweetened natural cocoa
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1/3 cup canola oil, chilled
- 3/4 cup sugar
- 1 large egg, cold

### Directions

1. Preheat oven to 350 degrees F. Drop paper liners into cavities of mini muffin tins . Add drained beets and 1/4 cup buttermilk in blender cup and blend until smooth. Add remaining buttermilk, vinegar, and vanilla and whirl to a puree, making sure no lumps of beet remain. Set aside.
2. In a small bowl, combine flour, cocoa, baking powder, baking soda, cinnamon, and salt, and set aside.
3. In a medium bowl, combine cold oil and sugar. With hand mixer on medium speed, mix until sugar is evenly moistened. Add cold egg and beat at high speed until sugar is completely dissolved, about 90 seconds. Add beet mixture and beat until combined. Add dry ingredients to the bowl and mix, either on low speed or by hand until combined with wet ingredients. Divide batter evenly among lined muffin cups, filling them about two-thirds full (about 1 Tbsp batter per muffin)
4. Bake cupcakes for 8 minutes, or until tops feel springy. Immediately transfer cupcakes to wire rack to cool.

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(14g)</b>
Amount per serving	
<b>Calories</b>	<b>35</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 13mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe makes 48 mini cupcakes (serving size: 1 cupcake)