

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Beet Muffins with Chocolate Chunks

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Ingredients:

- 3 medium beets, peeled and cubed
- 1 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1/4 cup plain low fat yogurt
- 2/3 cup sugar
- 1 Tbsp olive oil
- 1 tsp pure vanilla extract
- 1 egg white
- 2/3 cup semisweet chocolate chunks (or chips)
- Baking spray

Directions:

- Preheat oven to 365 degrees.
- Place beet cubes into a saucepan and cover with 2" of water. Place over high heat and bring to a boil. Reduce heat to a simmer and cook for 20-25 minutes, until very tender.
- Drain and rinse with cold water, then transfer beets to a food processor. Puree beets until smooth, then add yogurt, egg white, sugar, olive oil, and vanilla. Continue to mix until combined.
- In a large bowl, whisk together flours, baking soda and baking powder. Fold wet beet ingredients into dry, stirring until just combined. Fold in chocolate chunks.
- Spray a muffin tin liberally with baking spray. Spoon muffin mixture into each cup, filling each 3/4 full. Makes 11-12 muffins
- Bake for 18-20 minutes, until a toothpick inserted into the center comes out clean. Remove from oven and allow to cool before removing for consumption or storage. Store in an airtight plastic bag or covered container.