

BEETS!



BEET BROWNIE BITES

Yield: 12 Mini Muffins

Recipe created by Recipe for Success

INGREDIENTS

½ cup	beets, grated
¼ cup	all purpose flour
¼ teaspoon	cinnamon
¼ teaspoon	baking powder
¼ cup	cocoa powder
¼ teaspoon	salt
1	egg
2 tablespoons	unsweetened apple sauce
¼ cup	brown sugar
¼ teaspoon	vanilla
1 tablespoon	vegetable oil for baking tins

(recipe continued on other side)

RESEARCHERS HAVE NOTICED A CORRELATION WITH THE CONSUMPTION OF BEETS AND INCREASED ENERGY LEVELS. BEETS CONTAIN COMPLEX CARBOHYDRATES, WHICH HAVE A SLOWER RELEASE OF SUGARS INTO THE BODY THAN OTHER SUGARS WE CONSUME.

BEET BROWNIE BITES CONTINUED

MAKE THE MUFFINS

Preheat oven to 350°F.

Peel and grate the beets.

In a medium mixing bowl, combine the all purpose flour, cinnamon, baking powder, cocoa powder and salt. Whisk to combine.

Crack the eggs into a large mixing bowl and gently mix with a fork.

Add the apple sauce, brown sugar and vanilla to egg mixture and whisk to combine.

With a spatula, add the dry ingredients to the wet ingredients $\frac{1}{3}$ at a time until thoroughly combined.

Stir in the grated beets.

Line each muffin tin with vegetable oil to avoid sticking.

Scoop the muffin batter into the muffin tins.

Bake for 12-15 minutes. Let cool and serve. Do not over bake.



COOKING TIP

Beets produce a deep red color when cooked that can be used to brighten up a variety of dishes. Either boil or roast your beets, puree them in a food processor, and add them to rice, cous cous, risotto, mashed potatoes, or into a quick bread to add a new demotion to your meal.



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