

Beet Chocolate Cupcakes

[adapted from David Lieberman's beet mini-cakes recipe]



1 cup white or whole wheat flour

2/3 cup Dutch-process cocoa powder

1 1/2 tsp. baking powder

1/2 tsp. baking soda

1/4 tsp. salt

3 large eggs

3/4 cup sugar

3/4 cup oil

1 cup beet puree (about 2-3 small beets roasted or boiled, then pureed in the food processor with a bit of beet water until smooth)*

1/2 cup yogurt

Preheat the oven to 325° and line muffin tins (or oil if not using liners).

Sift the flour, cocoa, baking powder, baking soda, and salt together in one bowl and the remaining ingredients in another. Gradually mix the dry ingredients into the wet mixture. Fill each muffin cup half full with the mixture.

Bake for 20 minutes, or until a toothpick inserted into the center comes out clean.

Allow to cool before frosting.

*You can boil the beets and reserve some of the “beet water”, or alternatively roast them in the oven. Just cut off the ends of the beets, put them in a pan with an inch of water, cover with foil, and cook at 350° until soft, about an hour depending on size of beets. Save the pink water for coloring the frosting!

Beet frosting

- 4 oz softened cream cheese
- 1/4 cup softened butter
- 1 tsp cinnamon
- 1 cup powdered sugar, sifted (feel free to use less, if you like)
- 1 tablespoon beet water

Combine cream cheese and butter in a food processor and blend (or use a hand/stand

mixer). Add the sifted powdered sugar in three parts, blending slowly. Once the sugar is incorporated, add in the beet water and pulse until it's combined and icing is bright pink. Frost cakes once completely cooled, and enjoy!

