

BEETS



Beet Muffins

INGREDIENTS

- 1 cup shredded beets (roasted and peeled before shredding)
- ½ cup vegetable oil
- ½ cup milk
- 1 teaspoon pure vanilla extract
- ½ cup + 2 tablespoons brown sugar
- ¾ cup whole wheat flour
- ¾ cup all purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon cinnamon
- ¼ teaspoon ground ginger

PEAK SEASON

August–October

DIRECTIONS

- 1** Preheat oven to 350° F.
- 2** In a large bowl, mix beets, oil, milk, vanilla, and brown sugar. In another bowl, sift the flours, baking powder, baking soda and spices.
- 3** Add the dry ingredients to the wet and mix well.
- 4** Add the raisins to the batter.
- 5** Line the muffin tins, put one scoop of batter in each cup and top with a few chopped almonds.
- 6** Bake for 15-20 min until the tops are lightly browned or until toothpick inserted comes out clean.

Beet leaves can be added to a salad or any dish with greens so they don't go to waste!

Serving Size: 1 Muffin

Per serving: 175 calories, 10gm fat, 2gm protein,

*Recipe provided by
Henry Ford Health System
Generation with Promise*

