

VEGAN BEETROOT CUPCAKES

Ingredients

- 2 medium beetroots, or 1 large
- 1 C vanilla almond milk
- 1 tsp apple cider vinegar
- 3/4 C raw sugar
- 1/4 C melted coconut oil or vegetable oil
- 2 tsp vanilla extract
- 1 C + 1 Tbsp flour
- 1/2 C cocoa powder
- 1 tsp baking soda
- 1/2 tsp baking powder
- pinch salt



ICING

coconut cream and maple syrup

Method

1. Preheat oven to 180°C.
2. Wash **beetroots** and roast in the oven (approx 1 hour) drizzled with a little **oil** and wrapped in foil.
3. When tender, pop them in the fridge to cool.
4. Once you can handle them, grate them up or puree them in a blender.
5. Whisk together the **almond milk** and **vinegar** in a large bowl and set aside for a few minutes to curdle.
6. Add the **sugar**, **oil**, **vanilla** and **beetroot** and beat till foamy.
7. Combine the **flour**, **cocoa**, **baking soda**, **baking powder**, and **salt** and sift into the wet ingredients. Mix well.
8. Pour batter into lined muffin pans, and bake for 20-25mins. (A toothpick should come out clean.)
9. Cool on a rack and top with a dusting of cocoa... or this simple COCONUT CREAM

ICING:

1. Whisk or beat some **coconut cream** in a mixer, until it thickens.
2. Add a dash of **maple syrup** and **vanilla extract** and beat a little more. A bit of beetroot juice from the roasting will make the icing a nice shade of pink. It won't be a really thick icing but it's a good combo!