

Heartbeet Muffins



Ingredients

1 c unbleached flour
3/4 c whole wheat flour
2 tsp baking powder
1/2 tsp baking soda
1 tsp espresso powder, if using
1/3 c cocoa powder
Pinch of mace, optional

2 large eggs
1 cup sugar
1 1/2 c yogurt
1 can beets, not pickled
1 c chocolate chips, minis
1 c dried cherries, chopped
Soak cherries in liquid, about
15 minutes, water or orange
juice, drain

Directions

Heat oven to 375 degrees. 18 muffins

Sift first 7 ingredients together.

In a large bowl or mixer blend eggs and sugar until light in color, blend in yogurt. Add sifted dry ingredients.

Drain beets, chop fine or put in food processor, chop fine, be careful not to over process.

Add beets, drained cherries and chocolate chips.

Spray muffin tins with nonstick spray or line with muffin papers, makes 18 muffins, bake about 20 minutes or until toothpick comes out clean

Nutritional Information

Calories per serving 144 kcal

Total Fat .9g

Saturated Fat .33g

Cholesterol 21 mg

Sodium 175 mg

Total Carbohydrates 32g

Dietary Fiber 2g

Protein 3.4g

Servings 1