



Robin Barrie
NUTRITION COUNSELING | PERSONAL TRAINING



Red Velvet Cupcake

INGREDIENTS

Cupcakes

- 1 cup steamed beets, pureed
- 1 Tbsp apple cider vinegar
- 2 eggs
- 1/2 cup coconut oil, melted
- 1/3 cup maple syrup
- 1/2 tsp vanilla extract
- 2 cups almond flour
- 1/3 cup coconut sugar
- 2 Tbsp cocoa powder
- 1 tsp baking powder

Frosting:

- 8 oz cream cheese (or dairy-free alternative), room temperature
- 1/4 cup honey
- 1 tsp vanilla extract
- 1-2 tsp almond milk

PREPARATION

1 Cupcakes:

- Preheat oven to 350 degrees and line a muffin pan with parchment liner cups.
- Add steamed beets to food processor to purée, then add in eggs, coconut oil, maple syrup, vinegar, vanilla until mixed well.
- Combine flour, sugar, cocoa, and baking powder in a large bowl.



- 5 Add ingredients from food processor to bowl and mix well.
- 6 Fill each cupcake liner 3/4 full. Makes 12 full-sized cupcakes.
- 7 Bake in oven for 20-22 minutes.
- 8 Allow to cool before frosting.
- 9 **Frosting:**
- 10 (While cupcakes are in oven)
- 11 Mix all ingredients in a stand mixer or food processor to desired consistency.
- 12 Spread directly on cooled cupcake OR place in pastry bag or ziplock bag with a corner hole cut out (like I did!) to make it a little fancy.
- 13 Refrigerate frosted cupcakes for up to a week and ENJOY!

My favorite type of cake is red velvet. In my opinion, nothing beats that hint of chocolate with cream cheese frosting combo. My kids love this too: however, I don't love the thought of putting red dye in any of our bodies. So.....natural food coloring to + superfood ingredient: BEETS to the rescue! They are a good source of fiber, folate, potassium, Vitamin C, and antioxidants. Plus they help to detox the body. And they have such a mild taste that they work well in this recipe. I made these for my son's birthday, but they are also the perfect patriotic gluten-free refined sugar-free and dairy-free cake recipe for this memorial day weekend! Enjoy and let me know what you think. Happy Memorial Day!

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