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,