Chocolate Beet Muffins (Vegan, Gluten-Free, Oil-Free)

Ingredients

- ¾ lb. whole, raw beets
- 2 1/3 cups (224g) almonds flour
- ½ cup (50g) brown sugar
- ½ cup (50 g) Dutch processed cocoa powder
- 1 tsp. baking soda
- 2 tsp. baking powder
- Pinch of salt
- 1 tsp. vanilla extract
- 1/3 cup (2 oz.) vegan chocolate chips or chunks

Steps

1. Prepare the beet puree by boiling whole beets until tender. Run under cold water until you can comfortably handle them, and then rub off the skins. Place the beets in your blender, and blend until smooth, stopping and scraping down the sides as needed. You should end up with around 1 cup of beet puree.

2. Preheat the oven to 375°F (190°C). Line with muffin liners or grease 10 muffin pans and set aside.

3. In a large bowl, combine the almond flour, brown sugar, baking soda, baking powder, and salt, and whisk until well combined. Add the vanilla extract and 1 cup (244g) beet puree and mix well. It will be a fairly dry mixture. Finally, fold in the chocolate chips or chunks. Evenly scoop the batter into the 10 prepared muffin tins, and place in the preheated oven.

4. Bake for around 35 minutes, or until a toothpick inserted comes out clean. Allow to cool fully, and enjoy!