

# Guelph Family Health Study

## Velvety Beet Cupcakes with Cream Cheese Icing

A healthier twist on a delicious treat! Use beets in place of red food colouring and whole wheat flour for an added boost of fibre for the good bugs in your gut! For gut health, limit the amount of artificial colouring in your food.

*Makes 12 cupcakes*

### Ingredients

1 ¼ cups whole wheat flour  
¼ cup unsweetened cocoa powder  
¾ tsp baking powder  
¼ tsp baking soda  
½ tsp salt  
½ 398-mL can beets, rinsed, drained, patted dry  
¾ cup granulated sugar  
¼ cup unsweetened apple sauce  
1 egg  
1 tsp vanilla  
½ cup buttermilk (½ cup milk + 1 tbsp vinegar)

### Icing

½ 250g block light cream cheese, cubed  
½ cup icing sugar



### Instructions

1. Preheat oven to 350F. Line a 12-cup muffin pan with paper cups or spray with oil.
2. Stir flour with cocoa, baking powder, baking soda and salt in a large bowl. Puree beets in a blender or food processor. Beat sugar with apple sauce in a medium-sized bowl, using an electric mixer, until combined, 2 min.
3. Beat in egg, then beets and vanilla. Gradually beat in one-third of flour mixture just until blended, then half of buttermilk. Repeat additions, ending with flour mixture. Divide batter among muffin cups, filling each 3/4 full.
4. BAKE in centre of oven until a cake tester inserted in cupcakes comes out clean, 20 to 25 min. Cool in pan on a rack for 15 min, then remove cakes to a rack to cool completely before icing.
5. Stir in cream cheese and icing sugar until evenly mixed. To thin out, if needed, add small amounts of milk. Spread over cooled cupcakes.

*Recipe adapted from Chatelaine Magazine*