

Red Velvet Cupcakes

Vibrant and festive red velvet cupcakes, made with healthy ingredients, combine moist cake with classic cream cheese frosting for a beautiful individually-sized dessert.

Prep Time: 20 minutes

INGREDIENTS

Yield: 12 servings

Beet purée:

- 130 g (1 medium beet) cooked and puréed
- 1/2 cup water, to make

Cupcakes:

- 1-1/4 cups flour
- 3 tablespoons cornstarch
- 1 tablespoon cocoa powder
- 1-1/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3/4 cup brown sugar, coconut sugar or granulated sugar
- 1/4 cup plain Greek yogurt*
- 1/3 cup light olive oil, vegetable oil, or avocado oil
- 1 teaspoon vanilla extract
- 1 teaspoon apple cider or white vinegar

**depending on the yogurt, the finished batter might be a bit thick. If that's the case, add 1-2 tbs of water to the batter.*

Frosting:

- 8 ounces cream cheese, softened
- 4 ounces butter, softened
- 3/4 cup powdered sugar
- 2 teaspoons beet purée
- 1 teaspoon vanilla extract



Cook time: 15 - 18 minutes

PREPARATION

For Beet Purée:

- Wash the beetroot and roast or boil until fork tender. Allow to cool slightly. Remove the skin.
- Blend the beet with 1/2 cup of water into a smooth paste. Measure out 3/4 cup for the batter and set aside 2 tablespoons for the frosting.

For Cupcake Batter:

- Preheat oven to 350°. Line cupcake tin with liners.
- Whisk together flour, cornstarch, cocoa, baking powder and baking soda in a medium bowl until combined.
- In a large bowl, combine brown sugar, 3/4 cup beet purée, plain yogurt, vegetable oil, vanilla, and apple cider vinegar. Whisk until there are no lumps.
- Add the flour mixture to the liquid mixture and stir until just incorporated. At this point you can add 1-2 tablespoons of water if the batter is too thick.
- Fill each cupcake liner about 2/3 full with the batter.
- Bake for 15-18 minutes. Cool cupcakes on a wire rack.
- Once cooled pipe the beet cream cheese frosting.

For Beet Cream Cheese Frosting:

- With hand or stand mixer, beat the butter until smooth and fluffy. Using a spatula, scrape the sides of the bowl.
- Add cream cheese, 3/4 cup of powdered sugar, 2 tablespoons beet purée and vanilla to the mixing bowl. Beat until light and fluffy.
- Transfer to pastry bag or use a spatula to frost cooled cupcakes. Serve at room temperature.

Nutrition and Recipes created by Paula Montagna, MS, RD, CDN, CNSC, Director of Clinical Nutrition at Stony Brook Southampton Hospital