



DECEPTIVELY DIVINE RED VELVET CUPCAKES

SERVES: 18 (1 cupcake each) Prep Time: 20 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 1½

FOR RED VELVET CUPCAKES:

1 (15-oz.) can beets, drained
⅓ cup extra-virgin organic coconut oil
1½ tsp. pure vanilla extract
1 cup unsweetened almond milk
1 Tbsp. fresh lemon juice
2 large eggs
½ cup coconut sugar
½ tsp. sea salt (or Himalayan salt)
1 Tbsp. unsweetened cocoa powder
1½ cups gluten-free all-purpose flour
½ cup almond flour
1 Tbsp. baking powder, gluten-free

FOR AVOCADO CREAM FROSTING:

5 Tbsp. coconut sugar
1 tsp. cornstarch (preferably GMO-free)
2 very ripe medium avocados
1 Tbsp. + 1 tsp. fresh lemon juice
1½ tsp. pure vanilla extract
¼ cup unsweetened cocoa powder

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray

FOR RED VELVET CUPCAKES:

1. Preheat oven to 350° F.
2. Line two muffin pans with eighteen muffin papers and lightly coat with spray. Set aside.
3. Place beets, oil, extract, almond milk, lemon juice, eggs, sugar, salt, and cocoa powder in blender (or food processor); cover. Blend until smooth.
4. With the blender running, add flour, almond flour, and baking powder. Blend until a smooth batter forms.
5. Pour batter evenly into prepared muffin pans, filling each cup approx. ¾ full.
6. Bake for 18 to 20 minutes, or until a toothpick inserted into center of a cupcake comes out clean.
7. Set cupcakes aside to cool while you prepare frosting.

FOR AVOCADO CREAM FROSTING:

1. Place sugar and cornstarch in blender (or food processor); cover. Blend until powdered.
2. Add avocados, lemon juice, extract, and cocoa powder; cover. Blend until smooth peaks form.
3. Evenly spread frosting on cool cupcakes.

NUTRITIONAL INFORMATION (per serving) **Red Velvet Cupcakes with Avocado Cream Frosting:** Calories: 180 Total Fat: 10 g Saturated Fat: 4 g Cholesterol: 20 mg Sodium: 176 mg Carbohydrates: 21 g Fiber: 3 g Sugars: 10 g Protein: 3 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.