# **GOOD MORNING AMERICA FOOD & RECIPES**

#### 10 Things You Should Eat: Chocolate Beet Mini-Cakes

From Anahad O'Connor and Dave Liberman's Book 'The 10 Things You Need to Eat'

From the Kitchen of Anahad O'Connor and Dave Liberman

Servings: 4-6

Difficulty: Moderate Cook Time: 30-60 min

These cakes are light, moist, and delicious. Using high-quality Dutch process cocoa will give you a dark, rich, and chocolaty cupcake. Though you won't be able to tell that beets are even in the mix, a mere 1/2 pound in each batch makes the cupcakes extra moist.

And if you're trying to sneak beets into every aspect of your family's diet without causing a stir, this is definitely the way to go!

-- "The 10 Things You Need to Eat" by Anahad O'Connor and Dave Liberman  $\,$ 

## Ingredients

1 cup whole wheat flour

2/3 cup Dutch-process cocoa powder

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/8 teaspoon fine salt

3 large eggs

1 1/4 cups sugar

1 cup canola oil

1/2 pound red beets, boiled, peeled, and finely grated

1/2 cup yogurt

### Directions

Preheat the oven to  $325\,^{\circ}F$  and line an 18-muffin tin with foil cups.

Whisk the flour, cocoa, baking powder, baking soda, and salt together in one bowl and the remaining ingredients in another.

Gradually mix the dry ingredients into the egg mixture. Fill each

1 of 2 1/12/2010 8:57 AM

# **GOOD MORNING AMERICA FOOD & RECIPES**

10 Things You Should Eat: Chocolate Beet Mini-Cakes - continued(page 2)

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muffin cup half full with the mixture.

Bake for 20 minutes, or until a toothpick inserted into the center of a mini-cake comes out clean and the mini-cakes start to pull away from the sides of the tin. Cool before serving.

Muffins will keep for 2 days in an airtight container at room temperature.

Yield: 18 mini-cakes

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2 of 2 1/12/2010 8:57 AM