

Red Like Love Beet Muffins

Sue's note: This recipe is only slightly modified from Meghan Telpner's recipe on her amazing and inspirational blog: www.meghantelpner.com.

I made these for Valentine's Day 2011 and they are delicious. Beets and carrots are wonderful sweet veggies that make these muffins so moist and flavourful.

Ingredients:

1½ cups buckwheat flour
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
½ tsp sea salt
½ cup agave
1 egg
1/3 cup applesauce
1/3 cup unsweetened almond milk
1 tbsp apple cider vinegar
1 tsp vanilla
¼ cup coconut oil
1 cup sliced cranberries (slice them while frozen, it's easier)
½ cup grated beets
½ cup grated carrots
Raw almonds to decorate

Directions:

Preheat oven to 350F.

Line tin with liners.

Mix together all dry ingredients and then add all ingredients except cranberries.

Gently fold in the cranberries, pour in muffin tins and place one almond on top.

Bake for about 30 minutes or until toothpick comes out dry (cook for about 15 minutes if you're using the mini muffins tins).