**Chocolate Beet Mini Muffins**  
Yield – approximately 3 dozen mini muffins

1 ¾ C flour  
1 ½ t baking soda  
¼ t salt  
1 C sugar  
4 T cocoa  
3 eggs   
¼ C unsweetened applesauce

Equipment  
Two mixing bowls  
Spoon  
Measuring cups  
Measuring spoons  
Sauce pan  
Peeler  
Mini muffin pan

¼ C vegetable oil  
½ t vanilla  
2 ½ medium beets  
Cooking Spray

For the Muffins:

* Peel beets and boil, steam, or roast until they can be pierced with a knife. Let cool and grate.
* Preheat oven to 350°F.
* Mix together flour, baking soda, salt, sugar, and cocoa.
* In a separate bowl, mix together eggs, applesauce, vegetable oil, and vanilla.
* Add the dry ingredients to the wet and gently fold in. Fold in beets.
* Grease muffin tins and fill ¾ full with the batter.
* Bake for 10-12 minutes.

**Variation:** To make a cake, pour into a lightly greased cake pan and bake 30-35 minutes. Cool on a rack, then remove from baking pan.  Dust cooled cake with powdered sugar. 