

## Red Velvet Chocolate Chip Muffins

Set the oven to 375 degrees. Prepare the muffin pan with liners. Makes about 12 cupcake-sized muffins.

Make a faux egg (flax gel) by whisking together:

- 1 tablespoon ground flax seeds
- 3 tablespoons warm water

In a large mixing bowl whisk together:

- 1 cup [GF multi-blend flour](#) (I tried King Arthur's Gluten-Free Flour Blend)
- 1 cup blanched almond flour ([Honeyville](#))
- 1/2 cups organic coconut or cane sugar
- 1/3 cup cocoa powder
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon instant coffee granules (like Starbucks Via) - optional

In a 2-cup measuring cup whisk together:

- ½ cup milk (unsweetened almond, hemp or other non-dairy alternative)
- ¾ cups beet/applesauce puree\*
- 1 teaspoon vanilla
- 1 teaspoon cider vinegar
- Faux flax egg prepared earlier
- 1/3 cup grapeseed or other vegetable oil

Pour about half the wet mixture into the mixed dry ingredients and give it a few turns with a spoon or silicone spatula. Add the rest of the liquid and stir until combined.

Add to the batter and mix in:

- ½ cup Enjoy Life chocolate mini chips

Spoon into the paper liners filling them about ¾ full. Bake for 20-22 minutes or until a toothpick comes out clean. Cool and enjoy.

\*I pureed three smallish roasted beets for this recipe. It did not quite come to ¾ cups of puree so I made up the difference with applesauce. You will probably need 3 or 4 medium sized beets to get ¾ cup of puree.