



Aunt Nellie's[®]

RED VELVET MUFFINS

SERVES: Makes 12 SERVINGS (1 muffin per serving)

PREP TIME: 25 MINUTES

BAKE TIME: 20 MINUTES

INGREDIENTS

- 1 jar (15-1/2 ounces) Aunt Nellie's Harvard Beets, not drained
- 1-1/2 cups all-purpose flour
- 2/3 cup granulated sugar
- 1/2 cup original toasted wheat germ
- 1/2 cup chopped walnuts (optional)
- 1 tablespoon unsweetened cocoa powder
- 2 teaspoons ground cinnamon
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 egg, lightly beaten
- 1/4 cup canola or vegetable oil

INSTRUCTIONS

1. Heat oven to 375°F. Spray bottoms only of 12 medium muffin cups with nonstick cooking spray or line with paper baking cups.
2. In food processor or blender, puree beets and liquid until smooth; set aside.
3. In large bowl, stir together flour, sugar, wheat germ, walnuts, cocoa, cinnamon, baking powder and baking soda. In medium bowl, combine puréed beets, egg and oil; mix well. Add to flour mixture; stir just until dry ingredients are moistened. (Do not overmix.) Spoon batter evenly into muffin cups.

4. Bake 18 to 20 minutes or until wooden pick inserted in center comes out with a few moist crumbs attached. Cool muffins in pan on wire rack 5 minutes; remove from pan. Serve warm or at room temperature.
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FIND IT ONLINE:

<https://auntnellies.com/red-velvet-muffins/>

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