

can't beet it cocoa muffins + honeybee yogurt frosting



prep

Grown-ups: Pre-heat oven to 375 degrees. Have kids line your muffin pan with paper liners.

puree

Help your child by pureeing a **15 oz can of beets** (drained) in a food processor or a blender with **1 cup of unsweetened applesauce**. Make sure it is blended into a smooth paste. Put the pureed beets and applesauce into a small bowl (now called the 'wet bowl!'). Have kids measure and add **1 tsp vanilla extract** and **1 tsp apple cider vinegar** into the beet mixture and whisk together.

measure+mix

In a large bowl, have kids measure and mix **1-¼ cups whole wheat flour** (or substitute Pamela's Gluten Free Mix), **1 tbsp cornstarch**, **2 tsp baking soda** and **½ tsp salt**. Whisk together. Then add the yummy stuff to the flour mixture! Measure **¾ cup cocoa powder**, **½ cup of semi-sweet chocolate chips**, **¼ tsp cinnamon** and **1 C of sugar** (or 2 tbsp stevia) stir together. This is now called the 'dry bowl'.

combine+pour

Have the kids pour the wet beet bowl mixture into the dry flour bowl mixture and stir until well-combined. What color is the batter? WOW! Pour batter into paper lined muffin pan. Bake for 15 to 18 minutes. Test the muffins by inserting a toothpick into the center; it's done when the toothpick comes out clean! Let the muffins cool at least 15 minutes before frosting and eating.

whip+whisk+frost

While you wait for your muffins to bake and cool, it is frosting time! Have kids measure out **½ C honey** and **1 C of plain Greek yogurt** in a bowl and whip, whip, whip and whisk together. While whisking, count to 5 in Spanish, French, frontwards + backwards and/or in Swahili! Pop the frosting in the refrigerator to cool down and firm up. Spread onto the top of the cooled Can't Beet It Cocoa Muffins! Sprinkle a few extra chocolate chips on the top if you wish.

Yum-a-lishous!

fun food facts:

- **The Romans used beet leaves** as an herb and as a medicine and they thought beet juice to be a love potion
- **Since the 16th century, beet juice** has been used as a natural red dye. It was even used as a hair dye.
- **In Australia**, pickled beets are commonly put on hamburgers.
- **Garden beets are** very low in calories and fat; but are very rich in dietary fiber, vitamins and minerals like vitamin C and Potassium. They are GOOD for you!
- **Beets also belong to the same family as:** spinach, chard and quinoa.

Knock, Knock! Who's there? **Beets!** Beets who? **Beets me!**



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