

Red Velvet Cupcakes



Classification:

Occasional

Serves:

12

Prep. Time:

15 min

Cooking Time:

15 min

Ingredients:

- 2 cups wholemeal self-raising flour
- ¼ cup sugar
- ¼ cup honey
- ¼ cup cocoa powder
- 1 beetroot, grated
- 1 cup milk
- ½ cup oil (see tips)
- 1 egg

Method:

1. Mix dry ingredients in a bowl.
2. Mix wet ingredients in a separate bowl.
3. Combine wet and dry ingredients until just mixed.
4. Spoon into a 12-hole muffin tin, lined with patty cases.
5. Bake in the oven at 180°C for 12–15 minutes, or until cupcake springs back when touched in centre.

Equipment:

- 2 large mixing bowls
- Mixing spoon
- Spoons
- 12-hole muffin tin
- 12 patty cases
- Oven

Tips and Variations:

- Make your cupcakes rainbow coloured by substituting 2/3 of the beetroot with equal parts grated zucchini and carrot.
- Choose reduced-fat varieties of milk.
- Make with mono- or polyunsaturated oils including canola, sunflower, olive, grapeseed, corn, vegetable or soybean oils.