

Chocolate Beet Cherry Muffins

adapted from [Pinch My Salt](#), as seen on [Our Share of the Harvest](#)

2-3 medium beets (to yield 1/2 cup beet puree)
1/2 cup whole wheat flour or whole wheat pastry flour
1/2 cup all-purpose flour
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1/2 cup chocolate chips or other semi-sweet chocolate, divided
1/2 cup chopped bing cherries
2 Tbsp unsalted butter
1/3 cup packed brown sugar
1 egg, lightly beaten
1/3 cup reduced fat sour cream or Greek yogurt
1/2 tsp vanilla extract

Directions:

Wrap beets in foil and bake in a 375 degree oven for about 30 minutes or until a knife inserts easily. When cool enough to handle, remove foil cut/peel off beet skins. Puree beets in a food processor and measure out 1/2 cup. Set aside. Leave oven at 375 degrees F and grease your muffin tin or distribute liners. In a large bowl, stir together the 2 flours, baking powder, baking soda and salt. Toss 1/4 cup chocolate chips and cherries in flour mixture. Set aside. In a medium sauce pot, melt the remaining 1/4 cup chocolate chips and butter, stirring until smooth. Set aside to cool.

In a small bowl, combine the egg, brown sugar, beet puree, sour cream and vanilla. Add in slightly cooled chocolate-butter mixture and stir to combine. Add this mixture to the flour mixture and stir just until combined. Add batter to muffin tins, filling about 3/4 of the way full. Bake in 375 degree F oven for 18-20 minutes or until a toothpick insert comes out clean. Yield: 10 muffins.

Nutrition Information (per muffin): 158 calories; 6.3 g. fat; 24 mg. cholesterol; 185 mg. sodium; 24.0 g. carbohydrate; 1.9 g. fiber; 3.5 g. protein

Result: These are in my top 3 favorite muffins...hands down. They are rich in vitamins and antioxidants from chocolate. Better yet, the nutrition stats are very respectable. Any breakfast that starts off with chocolate for about 150 calories is certainly a keeper! If I had to name this recipe, I would say Black Forest Muffins – chocolate & cherry, need I say more? Mr. P gives a big thumbs up, as well! Enjoy!

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