**(Red) Velvety Beet Cupcakes with Raspberry Icing** (yield 12)

310 mL flour

60 mL cocoa powder

3 mL baking powder

1 mL baking soda

1. mL salt

½-398 mL can beets, rinsed, drained, patted dry

180 mL sugar

60 mL oil

1 egg

5 mL vanilla

125 mL buttermilk

60 mL frozen raspberries

½-250 g cream cheese, block style

125 mL icing sugar

1. Preheat oven to 350 F. Spray muffin tin with cooking spray. Allow raspberries to defrost while baking.
2. In a medium bowl, combine flour, cocoa, baking powder, baking soda and salt.
3. Mash beets in a separate bowl well.
4. In a separate large bowl, combine sugar and oil well. Beat in egg well. Add beets and vanilla; combine well.
5. Alternately add flour mixture and buttermilk to sugar mixture; starting and ending with flour (dry, wet, dry, wet, dry).
6. Spoon batter into muffin cups evenly.
7. Bake for 20-25 minutes or until toothpick inserted comes out clean. Cool in pan for 15 minutes. Then remove from pan, cool on rack completely before icing.
8. Push raspberries through sieve into a bowl, using the bottom of a spoon or ladle. Discard seeds. Stir in cream cheese and icing sugar. Spread over cooled cupcakes.