Beet Strawberry Muffins

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1/2 cup coconut flour
- 1/4 cup Genuine Health fermented greek proteins+ (vanilla flavour)*
- 2 tsp baking powder
- 2/3 cup roasted beet puree**
- 1/2 cup strawberries, finely chopped
- 1/3 cup maple syrup
- 1/2 cup coconut oil, melted
- 5 eggs, whisked
- 3/4 cup almond or coconut milk milk
- Optional: 1/4 cup Mini Chocolate Chips

Instructions:

1. Combine the dry ingredients together in a large bowl: flour, protein and baking powder. In a separate bowl, combine all the wet ingredients in a separate bowl: beet puree, strawberries, maple syrup, coconut oil, eggs, almond milk.
2. Combine wet and dry ingredients into a large bowl. Fold in chocolate chips if using.
3. Place batter into muffin tin cups.
4. Bake at 350 degrees F for 30-35 minutes or until a fork inserted into the middle of the muffin comes out clean.
5. Makes 15 muffins. Or 12 if you make them larger.

Notes:

*If you don't have this brand of protein powder, you can substitute another brand of protein powder. Just keep in mind this protein is sweetened naturally with monk fruit and stevia so you'll want to be sure the batter is sweet enough if you make a substitution. Alternatively, you can substitute 1/4 cup brown rice flour. I haven't tried the recipe with brown rice flour, but it should work. **To make the pureed beets, cut 2 medium organic beets into chunks and roast for 45 minutes at 350F in a dish with a lid or until fork tender. Once cooled, puree in a food processor until smooth (see photo below).