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### Red Velvet Cupcakes

by [Julie Daniluk RHN](#)



These crimson gems will not only satisfy a sweet tooth, they also contain rich amounts of detox ingredients that help achieve hormonal balance. Hemp Hearts contain rich amounts of zinc, folate and iron, three nutrients that many people struggle to find in their daily menu. Zinc is critical for both testosterone and estrogen metabolism and folate is critical for liver detoxification. One in three women globally are anemic (iron deficient) and between the beets and the Hemp Hearts, this recipe sports a good amount of bioavailable iron for optimal health.

#### Ingredients:

1 1/4 cup	beet purée (about 2 cooked beets)*
1/2 cup	coconut flour
1 cup	almond flour
1/2 cup	hemp hearts
2 tsp	baking powder
1/4 tsp	unrefined salt
1/4 cup	cocoa powder
1/3 cup	coconut oil
1/2 cup	honey or coconut nectar
3 large	organic eggs
1 tsp	vanilla extract
2 tbsps	lemon juice

#### Directions:

1. Preheat oven to 350°F and prepare a standard muffin pan with paper liners.
2. Combine all dry ingredients in a small bowl.
3. Place coconut oil, honey, eggs, vanilla, lemon juice, and cooked beets into a blender and blend until smooth. Transfer to a large mixing bowl.
4. Add dry into wet ingredients and mix until well combined.
5. Divide batter evenly into muffin tins and bake for 32-35 minutes.

Makes 12 cupcakes.

\*Note: Slice and steam beets for 20 minutes or bake covered in oven until soft enough to puncture with fork (about 1 hour).

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