

# Cranberry-Apple-Beet Muffins

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1 1/2 tsp Ener-G Egg Replacer (equivalent to 1 egg)

2 TB water

1/4 cup applesauce

1/4 cup canola oil

1 tsp vanilla

1/2 TB white vinegar

1 cup sugar

1 cup beets, finely grated

1 cup apples, finely chopped (if making regular muffins, the apples don't have to be so finely chopped)

1/4 cup dried cranberries

1 cup all-purpose flour (or whole wheat pastry)

1/2 cup whole wheat pastry flour (or more all-purpose)

1/2 tsp baking soda

1/4 tsp baking powder

1/2 tsp salt

Preheat oven to 350 degrees. Prepare muffin tin (or mini-muffin tin) by lining it with paper liners or by spraying with oil.

In a large bowl, whisk the Ener-G and water together until frothy. Add in the applesauce, oil, vanilla, vinegar, sugar, beets, apples and cranberries and stir to combine. In a separate bowl, combine all the dry ingredients. Add the dry ingredients to the wet ingredients and stir to combine, but don't overmix. Fill the muffin cups to the top. For mini-muffins, bake 12-15 minutes. For regular muffins, bake 18-21 minutes.