

## Red Velvet Cupcakes

Thanks to Eczema Diet reader, Sarah Wright, for sharing this delicious and healthy recipe, which uses alkalising grated beetroot and rice malt syrup instead of sugar. The recipe is dairy-free, milk-free, wheat-free and can be made egg- and gluten-free if you modify the recipe (see notes in brackets for instructions). It makes about 12 medium cupcakes.

2 large or 3 small fresh beetroot, raw, peeled and grated

2 eggs (or egg substitute)

1 teaspoon vanilla extract

4 tablespoons rice bran oil (80mls)

1/3 cup rice malt syrup

1 cup whole spelt flour (use gluten-free flour if necessary, see notes)

Pinch of Himalayan salt or natural fine rock salt

2 teaspoons baking powder (refer to packet instructions)

¼ cup carob powder, sifted

Optional: ½ teaspoon cinnamon (if in Stage 2 of The Eczema Diet and you are not sensitive to salicylates)

### METHOD

1. Pre-heat the oven to 180°C (160°C fan forced) (350°F) and line a cupcake tray with paper liners or alternatively grease the tray with rice bran oil.
2. Using a food processor on high speed, combine the grated beetroot, eggs, vanilla, rice bran oil and rice malt syrup until smooth.
3. In a separate bowl, combine the flour, salt, baking powder, carob and cinnamon, sift and mix until well combined. Then pour in the wet mixture and stir with a spoon until combined.
4. Fill patty cases to ¾ full and bake for 18 minutes or until the middle bounces back when touched.
5. Remove from the oven and cool on a wire rack.

NOTES: if using gluten-free self-raising flour, omit the baking powder and baking soda from the recipe.

Optional: For special occasions such as Easter, dust a little icing sugar on top just before serving.