**Choccy-guts cupcakes with beetroot bones**

**Ingredients**

1 cup milk

1 Tbsp apple cider vinegar

4 eggs

½ cup sugar

1 cup grated raw beetroot

1 tsp vanilla

2 ¼ cup flour

3 ½ Tbsp baking powder

½ tsp salt

5 Tbsp cocoa powder

1 cup vegetable oil

¾ cup maple syrup

½ cup choc pieces

15-20 Beetroot stems

**Instructions**

## Make the buttermilk: combine the apple cider vinegar with the milk. Let this sit for 10 minutes. It will curdle a bit and resemble buttermilk.

## Mix the eggs and sugar until combined

## To the eggs add buttermilk, vanilla. Whisk together and add the beetroot. In a separate bowl, mix the dry ingredients and whisk.

## Warm the vegetable oil in a medium saucepan on low heat, add the maple syrup and choc pieces and stir until chocolate is melted. Take off heat and let cool. Add to the beetroot mixture.

## Add the dry ingredients to the wet ingredients. Fold this in just until combined.

## Grease the muffin tray, fill for 30 cupcakes. Sprinkle with coconut.

## Break the beetroot stems in pieces and poke into the tops of the muffins,

Bake for 25 mins or until a skewer comes out clean. They may need turning.