

 **Prep:** 10 minutes
 **Cook:** 15 minutes
 **Servings:** 24

Red Velvet Cupcakes

INGREDIENTS

1 can (~15.5 oz) Cannellini Beans, any variety, *drained and rinsed*
1 pkg (16.5 oz) red velvet cake mix
1 large egg
½ cup applesauce

Optional topping:
frosting of choice

DIRECTIONS

1. In small food processor, add beans. Pulse until smooth puree.
2. Blend cake mix, pureed beans, egg and applesauce in large bowl at low speed until moistened (about 30 seconds).
3. Beat at medium speed for 2 minutes.
4. Use 2 cupcake pans with paper liners or sprayed with cooking spray. Fill each 2/3 full of batter.
5. Bake in center of oven at 350 degrees F for 12-15 minutes. Cupcakes are done when toothpick inserted in center comes out clean.
6. Cool cupcakes completely before frosting.
7. Add optional topping, as desired.

Nutritional Analysis, per serving

Calories 94	Carbohydrate 15.5g	Protein 2g
Total Fat 3g	Fiber 2g	Sodium 314mg
Saturated Fat 1g	Sugar 18g	(13% DV)



**Canned
Beans**
OPEN THE POSSIBILITIES