



BLOODY GOOD MUFFINS

with Vava Vanilla



Servings: 12 Muffins ⌚ 30 minutes

HOT HOT HOT

Inside Tips: Experiment with other types of berries for some more bloody fun!

WHAT YOU NEED

Ingredients

- 2 1/2 Cups Vava Vanilla Dilettoso Mix
- 1 Medium (4 oz) Pre-cooked Red Beet
- 1/4 Cup Unsweetened Tahini
- 3/4 Cup Hibiscus Tea
- 2 Eggs
- 1/4 Cup Melted Ghee or Oil (Avocado or Olive Oil are recommended)
- 3/4 Cup Fresh or Frozen Blueberries

HOW TO DO IT

1. **PREHEAT** the oven to 425F
2. **BLEND** beet, tahini, hibiscus tea, eggs, and ghee in a blender until it becomes a smooth puree.
3. **ADD** your Vava Vanilla Dilettoso mix to a bowl, make a well in the middle and pour the wet mixture. Combine with a spatula, without over mixing.
4. **FOLD** in blueberries.
5. **LINE** a muffin tin with paper muffin cups. Spray muffin cups with oil, then distribute batter to fill the cups.
6. **BAKE** for 12 minutes, then lower the heat to 350F and bake for additional 5 to 7 minutes.
7. **COOL** on a wire rack and enjoy!

Buon Appetito!