



## **Just Beet It! Red Velvet Doughnut Holes + Mint Sparkles + Red Velvet Shakes**

By Erin Fletter

**Prep Time 22 / Cook Time 12 / Serves 4 - 6**

### **Shopping List**

☐ FRESH

☐ 1 to 2 fresh mint leaves

☐ DAIRY AND EGGS (see Vegan recipe list below)

☐ 2 eggs **\*\*(see allergy subs below)\*\***

☐ 4 C milk **\*\*(see allergy subs below)\*\***

☐ 2 T or 1/4 stick salted butter, softened **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 1 1/2 C all-purpose flour **\*\*(see allergy subs below)\*\***

☐ 6 T pure unsweetened cocoa powder **\*\*(see allergy subs below)\*\***

☐ 1 1/2 tsp baking powder

☐ 1/2 tsp baking soda

☐ 1 tsp cinnamon

☐ 5 T chocolate chips **\*\*(see allergy subs below)\*\***

☐ 1 pinch salt

☐ 2/3 to 3/4 C granulated sugar

☐ 1 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***

☐ 2 1/2 T white vinegar

- ☐ 1 1/2 C cooked or canned beets (no pickled beets!)
- ☐ vegetable oil\*\* to grease pan
- ☐ 5 T sugar/honey/agave syrup
- ☐ HAVE ON HAND
- ☐ 2 C ice
- ☐ VEGAN RED VELVET DOUGHNUT HOLES
- ☐ 1 1/4 C all-purpose flour \*\*(see allergy subs below)\*\*
- ☐ 2 T pure unsweetened cocoa powder \*\*(see allergy subs below)\*\*
- ☐ 1/2 tsp baking powder
- ☐ 3/4 tsp baking soda
- ☐ 1 tsp cinnamon
- ☐ 3 T chocolate chips \*\*(see allergy subs below)\*\*
- ☐ 1 pinch salt
- ☐ 1/2 C granulated sugar
- ☐ 1 C dairy-free/nut-free milk
- ☐ 1 tsp pure vanilla extract \*\*(see allergy subs below)\*\*
- ☐ 2 T white vinegar
- ☐ 2 T or 1/4 stick dairy-free/nut-free butter, softened
- ☐ 1 C cooked or canned beets (no pickled beets!)
- ☐ vegetable oil \*\* to grease pan

## Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**wet vs dry:** to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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**massage:** to rub or knead a food to tenderize (e.g., raw beef) or one food into another to infuse flavors (e.g., mint leaves into sugar or oil and salt into kale leaves).

**roll:** to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

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## Equipment

- ☐ Dry measuring cups
- ☐ Small bowl
- ☐ Oven
- ☐ Mini-muffin pan
- ☐ Large mixing bowls
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Liquid measuring cup
- ☐ Handheld electric mixer or whisk
- ☐ Chopstick (optional)
- ☐ Blender (or pitcher + immersion blender)
- ☐ Handheld electric mixer

## Ingredients

Just Beet It! Red Velvet Doughnut Holes

- ☐ 1 1/2 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub 1 1/2 C gluten-free/nut-free all-purpose flour)\*\*

- ☐ 3 T pure unsweetened cocoa powder **\*\***(for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)**\*\***
- ☐ 1 1/2 tsp baking powder
- ☐ 1/2 tsp baking soda
- ☐ 1 tsp ground cinnamon
- ☐ 3 T chocolate chips **\*\***(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life Brand chocolate chips)**\*\***
- ☐ 1 pinch salt
- ☐ 2 eggs **\*\***(for EGG ALLERGY follow VEGAN Red Velvet Doughnut Holes recipe)**\*\***
- ☐ 1/3 C granulated sugar
- ☐ 1 C milk **\*\***(for DAIRY ALLERGY sub 1 C dairy-free/nut-free milk OR follow Vegan Red Velvet Doughnut Holes recipe)**\*\***
- ☐ 1 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ 2 1/2 T white vinegar (reacts to the baking powder + baking soda for a light, fluffy doughnut)
- ☐ 1 C cooked or canned beets (no pickled beets!)
- ☐ 2 T or 1/4 stick salted butter, softened **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free butter OR follow Vegan Red Velvet Doughnut Holes recipe)**\*\***
- ☐ vegetable oil**\*\*** to grease pan

## VEGAN Red Velvet Doughnut Holes

- ☐ 1 1/4 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub 1 1/4 C gluten-free/nut-free all-purpose flour)**\*\***
- ☐ 2 T pure unsweetened cocoa powder **\*\***(for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)**\*\***
- ☐ 1/2 tsp baking powder
- ☐ 3/4 tsp baking soda
- ☐ 1 tsp cinnamon
- ☐ 3 T chocolate chips **\*\***(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)**\*\***
- ☐ 1 pinch salt
- ☐ 1/2 C granulated sugar

- ☐ 1 C dairy-free/nut-free milk
- ☐ 1 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ 2 T white vinegar (reacts to the baking powder + baking soda for a light, fluffy doughnut)
- ☐ 2 T or 1/4 stick dairy-free/nut-free butter, softened
- ☐ 1 C cooked or canned beets (no pickled beets!)
- ☐ vegetable oil **\*\*** to grease pan

### Mint Sparkles

- ☐ 1/4 to 1/2 C granulated sugar
- ☐ 1 to 2 fresh mint leaves

### Red Velvet Shakes

- ☐ 3 C milk **\*\***(for DAIRY ALLERGY sub 3 C dairy-free/nut-free milk)**\*\***
- ☐ 3 T pure unsweetened cocoa powder **\*\***(for DAIRY ALLERGY check labels for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)**\*\***
- ☐ 5 T sugar/honey/agave syrup
- ☐ 1/2 C cooked or canned beets (no pickled beets!)
- ☐ 1 handful chocolate chips **\*\***(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)**\*\***
- ☐ 2 C ice

## Food Allergen Substitutions

### Just Beet It! Red Velvet Doughnut Holes

**Gluten/Wheat:** For 1 1/2 C all-purpose flour, substitute 1 1/2 C gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Chocolate:** For 3 T unsweetened cocoa powder, substitute 3 T carob powder. For 3 T chocolate chips substitute 3 T carob chips.

**Dairy/Nut/Soy:** Use Enjoy Life brand chocolate chips.

**Egg:** Follow Vegan Red Velvet Doughnut Holes recipe.

**Dairy:** For 1 C milk, substitute 1 C dairy-free/nut-free milk OR follow Vegan Red Velvet Doughnut Holes recipe. For 2 T or 1/4 stick salted butter, substitute 2 T or 1/4 stick dairy-free/nut-free butter OR follow Vegan Red Velvet Doughnut Holes recipe.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature

without smoking) for vegetable oil.

## VEGAN Red Velvet Doughnut Holes

**Gluten/Wheat:** For 1 1/4 C all-purpose flour, substitute 1 1/4 C gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** Check unsweetened cocoa powder labels for small amounts of dairy.

**Chocolate:** For 2 T pure unsweetened cocoa powder, substitute 2 T carob powder.

**Dairy/Nut/Soy:** Use Enjoy Life brand chocolate chips.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

## Mint Sparkles

## Red Velvet Shakes

**Dairy:** For 3 C milk, substitute 3 C dairy-free/nut-free milk. Check unsweetened cocoa labels for small amounts of dairy.

**Chocolate:** For 3 T unsweetened cocoa powder, substitute 3 T carob powder for cocoa powder. For 1 handful chocolate chips, substitute 1 handful carob chips.

**Dairy/Nut/Soy:** Use Enjoy Life brand chocolate chips.

## Instructions

### Just Beet It! Red Velvet Doughnut Holes

#### intro

Who has eaten Red Velvet Cake before? What makes it red? Usually fake red food dye created in a factory makes Red Velvet Cake so red in color. Beets can make this sweet doughnut very red, too. Beets grow in the ground in a garden. Beets are so good for you to eat. What should we use in our Sticky Fingers Cooking® recipe this week? Fake dye or natural beets?

#### preheat + measure + whisk

Preheat your oven to 400 F. Have your kids measure your dry ingredients into a large bowl: **1 1/2 cups flour, 3 tablespoons cocoa powder, 1 1/2 teaspoons baking powder, 1/2 teaspoon baking soda, 1 teaspoon cinnamon, 3 tablespoons chocolate chips**, and **1 pinch of salt**. Whisk to combine.

#### crack + measure + blend

Have your kids crack **2 eggs** and combine with **1/3 cup sugar, 1 cup milk, 1 teaspoon vanilla extract**,

**2 1/2 tablespoons vinegar**, and **2 tablespoons soft butter** in a separate large bowl. Blend with a hand mixer or whisk until smooth. Add **1 cup of beets** and blend again until smooth.

### scrumptious science

Vinegar in doughnuts? Yes! The vinegar reacts with the baking powder and baking soda to create a light and fluffy doughnut!

### well + add

Make a well in the center of your dry ingredients and have your kids slowly whisk in the wet ingredients. Add a little more milk if the batter appears to be too thick.

### pour + pop + turn

Put about **1 teaspoon of vegetable oil** in the bottom of each well in a mini-muffin pan and heat the empty pan until hot. Carefully pour about 1 tablespoon of the batter into each cup. Pop them into the oven and bake for about 6 to 8 minutes. As soon as they get bubbly and brown around the edge, pull the muffin pan out of the oven and turn the doughnut holes quickly and carefully (a chopstick works great!). Continue baking for 3 to 4 more minutes and until cooked through. Remove and cool. Roll in **Mint Sparkles** and enjoy!

## VEGAN Red Velvet Doughnut Holes

### intro

Who has eaten Red Velvet Cake before? What makes it red? Usually fake red food dye created in a factory makes Red Velvet Cake so red in color. Beets can make this sweet doughnut very red, too. Beets grow in the ground in a garden. Beets are so good for you to eat. What should we use in our Sticky Fingers Cooking® recipe this week? Fake dye or natural beets?

### preheat + measure + whisk

Preheat your oven to 400 F. Have your kids measure the dry ingredients into a large bowl: **1 1/4 cups flour**, **2 tablespoons cocoa powder**, **1/2 teaspoons baking powder**, **3/4 teaspoon baking soda**, **1 teaspoon cinnamon**, **3 tablespoons chocolate chips**, and **1 pinch of salt**. Whisk to combine.

### measure + blend

In a separate bowl, combine **1/2 cup sugar**, **1 cup dairy free milk**, **1 teaspoon vanilla extract**, **2 tablespoons vinegar**, and **2 tablespoons soft dairy free butter**. Blend with a hand mixer until smooth. Add **1 cup of beets** and blend again until smooth.

### scrumptious science

Vinegar in doughnuts? Yes! The vinegar reacts with the baking powder and baking soda to create a light and fluffy doughnut!

### well + add

Make a well in the center of your dry ingredients and have your kids slowly whisk in the wet ingredients. Add a little more milk if the batter appears to be too thick.

### pour + pop + turn

Put about **1/4 tablespoon of vegetable oil** in the bottom of each well in a mini-muffin pan and heat the empty pan until hot. Carefully pour about 1 tablespoon of the batter into each cup. Pop them into the oven and bake for about 6 to 8 minutes. As soon as they get bubbly and brown around the edge, pull the muffin pan out of the oven and turn the doughnut holes quickly and carefully (a chopstick works great!). Continue baking for 3 to 4 more minutes and until cooked through. Remove and cool. Roll in **Mint Sparkles** and enjoy!

## Mint Sparkles

### measure + massage

Measure **1/4 to 1/2 cup of sugar** into a small bowl and add **1 to 2 mint leaves**. Have your kids massage the mint leaves into the sugar, allowing the mint oils and flavor to infuse into the sugar. You can let the mint rest in the sugar for 5 to 10 minutes and even up to one week! You've made mint sparkles!

## Red Velvet Shakes

### measure + blend

In a blender (or pitcher for use with an immersion blender), have your kids measure and combine **3 cups milk, 3 tablespoons cocoa powder, 5 tablespoons sugar, \*\*1/2 cup beets\*, and 1 handful of chocolate chips**. Blend until smooth.

### add + blend

Add **2 cups of ice** and blend again. Pour into cups and enjoy!

## Featured Ingredient: Beets!

Hi! I'm Beet!

"Hi! I'm a bit 'red' with embarrassment—I don't know your name, but you know mine—Beet! I'm a root vegetable with a beautiful, red color (some of my cousins are yellow). You may have seen me served either whole, quartered, sliced, julienned, shredded, or mashed. You can grow me in your garden or buy me fresh or canned in the store. Did you know that my pretty green leaves (or greens), with red stems, can also be eaten, and you can drink my juice, too?"

History



Around 800 BCE, an Assyrian text describes beets growing in the Hanging Gardens of Babylon, one of the wonders of the ancient world.

Modern beets are derived from their wild ancestors, sea beets, that grew along the coasts of Europe, southern Asia, and northern Africa. Beets from the time of the ancient Greeks and Romans were white and black rather than red!

The Romans used the leaves of beets as an herb and medicine. They also considered beet juice to be a love potion.

People have used beet juice as a natural red dye since the 16th century, and Victorians in England in the 19th century used it to dye their hair.

Sugar beets were first cultivated for their sugar in the middle of the 18th century in Germany and then in France in the early 19th century. The United States started growing sugar beets commercially in 1879 in California. Sugar beets have at least twice the amount of sugar as regular beets.

The world's heaviest beetroot weighed 52.88 pounds and was grown by a group of people in the United Kingdom in 2019. The longest beetroot was 28 feet, also produced in the UK, by Joe Atherton, in 2020.

## Anatomy & Etymology

A beet, or beetroot, is the edible taproot of the beet plant. The taproot is the dominant, central root of a plant. Beet leaves are also good to eat.

Beets are a member of the order of flowering plants called Caryophyllales, which includes bougainvillea, cacti, amaranth, carnations, spinach, chard, quinoa, and even Venus flytraps!

Red beets get their color from betalain, a natural pigment. Betalain comes from the Latin name for beet, *Beta vulgaris*, and it's also responsible for the red color of bougainvillea flowers.

The word "beet" is from the Old English "bete," from the Latin "beta."

## How to Pick, Buy, & Eat

Beets are ready to be picked about seven to eight weeks after planting. The beet or root will be golf ball size or larger. To harvest, grab the plant's leaves or greens, down by the root, and pull.

If you plan to cook the beet greens, cut them off from the root, wash them, and store them in a plastic bag in the fridge for one to two days. The beetroots will keep refrigerated for one to two weeks in a plastic bag.

Today there are several varieties of commercially-grown beets. The most common type in the United States is the Red Ace.

You can use beet juice to measure the PH level or acidity in a substance. When you add it to an acidic solution, it turns pink, but it turns yellow when you add it to an alkali.

To remove the inevitable pink stains from working with beets, rub your fingers with lemon juice and salt and wash with soap and water. There are several suggestions for removing fabric stains, but when rinsing, it's best to use lukewarm or cold water rather than hot to avoid making the stains permanent.

You can boil, steam, roast, or pickle beets and add them to salads, soups, dips, sauces, sandwiches, and even desserts, like red velvet cake!

A soup made from beets, "borscht," originated in Ukraine in the late 17th or early 18th century and is considered a staple in Russian and Polish cuisine.

In Australia, they often put pickled beets on their hamburgers.

## Nutrition

Beets are loaded with manganese, potassium, iron, magnesium, many other minerals, and vitamins, especially folate. Folate is a B vitamin vital for the growth and function of cells in our body and helps DNA and RNA production.

Beets are a good source of betaine, which is associated with proper liver function and cellular reproduction, and it helps the body metabolize homocysteine, an amino acid.

One cup of beets contains less than 60 calories.