

CHOCOLATE AND BEETROOT MUFFINS

Makes 18 muffins



INGREDIENTS	EQUIPMENT
120g self-raising flour 60g cocoa powder 1 level teaspoon baking powder 170g golden caster sugar 170g peeled and cooked beetroot (not in vinegar) 2 large-sized eggs 140ml rapeseed oil or light olive oil 1 teaspoon vanilla extract or vanilla bean paste 1 level teaspoon icing sugar for dusting	18 paper cake cases placed in bun tins sieve tablespoon teaspoon food processor measuring jug spatula / scraper wooden spoon cooling rack

METHOD

1. Heat the oven to 180°C/Gas 4.
2. Sift the flour, cocoa powder and baking powder into a bowl. Mix in the sugar and set aside these dry ingredients.
3. Place the beetroot in a food processor and add the eggs, vanilla and oil. Blend together until really smooth.
4. Make a well in the centre of the dry ingredients, add the beetroot mixture and lightly mix with a wooden spoon.
5. Divide the mixture evenly between the muffin cases, taking care not to spill the mixture down the cake cases (it could burn and will spoil the appearance of the muffins). Do not overfill the cases.
6. Bake for 15-20 minutes or until well risen and just firm to the touch. Cool on the cooling rack.
7. Lightly sieve icing sugar over the buns to serve.

RECIPE NOTES AND TIPS

- To make a pink muffin frosting, combine 100g light cream cheese with 200g sieved icing sugar and a little beetroot juice and beat together well. Spread on to the cold muffins.
- Adding a vegetable to cake mixtures increases the fibre content.
- Either boil home-grown beetroot or use ready-cooked, vacuum packed, that's available in most supermarkets.
- The beetroot needs blending thoroughly in the food processor so there aren't any lumps of the vegetable to spoil the cake mix.
- Extra raising agent is used in this method to compensate for lack of air in the mixture.
- Best eaten when freshly made.

Per muffin (1/18 of recipe):

	ENERGY	8%
	667kJ / 159kcal	
HIGH	FAT	13%
	8.9g	
MED	SATURATES	6%
	1.1g	
HIGH	SUGARS	13%
	11.8g	
MED	SALT	3%
	0.2g	

ALLERGY AWARE

This recipe contains:

- Cereals containing gluten
- Eggs

Typical values per 100g: Energy 1626kJ / 389kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (41g)
Energy	1626kJ / 389kcal	667kJ / 159kcal
Protein	5.6g	2.3g
Carbohydrate (of which sugars)	42.4g (28.8g)	17.4g (11.8g)
Fat (of which saturates)	21.8g (2.8g)	8.9g (1.1g)
Fibre	0.5g	0.2g
Salt	0.4g	0.2g