

# Chocolate and Beetroot Muffins

Organisation and skill: ★★ ★

Cost: £ £ £

Equipment: / / /

## Ingredients

Allergens in **bold**

- 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 **eggs**
- 140ml vegetable oil
- 1 teaspoon vanilla extract
- 1 teaspoon icing sugar

## Equipment

- 18 paper cake cases placed in bun tins
- sieve
- tablespoon
- teaspoon
- blender or food processor
- measuring jug
- spatula
- wooden spoon



# How to make them

- 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
- ③ Place the beetroot in a food processor or blender. Add the eggs, vanilla and oil and blend together until really smooth.
- ④ Make a well in the centre of the dry ingredients, pour in the beetroot mixture and lightly mix with a wooden spoon or spatula.
- ⑤ Divide the mixture evenly between the muffin cases, taking care to not spill the mixture down the cake cases
- ⑥ Bake for 15–20 minutes or until well risen and firm to the touch.
- ⑦ Let cool, and sieve icing sugar over the muffins to serve.



## Recipe hints and tips

- Make a pink muffin frosting! Combine 100g light **cream cheese** with 200g sieved icing sugar. Add a little beetroot juice and beat together well.
- Adding veg to cake mixtures increases the fibre content
- These muffins are the perfect lunchbox snack!