

Chocolate and beetroot muffins

Makes 18 muffins



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-sized **eggs**
- 140ml rapeseed oil or light olive oil
- 1 teaspoon vanilla extract or vanilla bean paste
- 1 level teaspoon icing sugar for dusting

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 or blender goblet. 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.
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.



Equipment

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

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 give a good rise.
 - Best eaten when freshly made.
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