

Chocolate and Beetroot Muffin

Ingredients

4 Portions

60g Plain Flour
5g Baking Powder
80g Caster Sugar
25g Cocoa Powder
80g Beetroot
65g Margarine
1 teaspoon Vanilla Essence
1 Egg
4 Muffin Cases

Method

1. Place paper muffin cases in the muffin tins, pre heat the oven to 180° C, 355° F, Gas mark 4
2. Sift together the flour; cocoa and baking powder into a bowl, then mix in the sugar
3. Puree the beetroot in a food processor, then add the eggs one at a time, then add the vanilla essence.
4. Melt the margarine in a pan, and then you can mix the melted margarine into with the beetroot mixture
5. Pour the wet ingredients into the dry ingredients into a separate bowl, and then stir until just combined. The batter will be lumpy but no dry flour should be visible. Don't over-stir
6. Spoon into the paper cases, approximately 1 dessert spoon per case and put them into a hot oven
7. Bake for approximately 20 minutes until the tops spring back when pressed gently. When ready, you can remove them and leave to cool before eating.