

## Beetroot and Chocolate Muffins

Makes approx. 24

Equipment:	Ingredients:
Scales	160g butter
Small saucepan	2 large beetroot (over 250g)
Pastry brush	350g plain flour
12 hole muffin tray	2 tsp. baking powder
Peeler	4 tbsp. cocoa
Grater	2 large eggs
Food processor	½ cup reduced fat milk
Bowls – 2 medium, 1 large	½ cup vegetable oil
Measuring jug, spoons and cups	½ cup castor sugar
Sieve or sifter	1 cup brown sugar
Whisk	200g dark chocolate (enough for 24 squares)
Spoons	
Wire rack	

### What to do:

1. Preheat the oven to 180°. Weigh the butter. Line the holes of the muffin tin with paper muffin cases.
2. Peel and grate the beetroot. Set it aside in a medium bowl. You will need 250g of peeled and grated beetroot (use the scales to check the quantity).
3. Sift the flour, baking powder and cocoa into a medium bowl.
4. In the measuring jug, whisk together the eggs and milk.
5. In the food processor, combine the softened butter, oil and sugars and process until creamy.
6. Gradually add the egg and milk mixture. Transfer the batter to the large mixing bowl.
7. Fold the sifted dry ingredients into the wet ingredients, then stir in the grated beetroot.
8. Spoon the mixture into the greased muffin tin.
9. Break the chocolate into small squares and poke a square of chocolate into the top of each muffin.
10. Bake for 20-25 minutes until all the muffins are well risen and feel springy.
11. Remove from the oven and allow to cool in the tin for a few minutes before turning out onto the wire rack.