



Chocolate and beetroot muffins



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Ingredients

For 6 large muffins:

150g self raising flour

1x15ml spoon cocoa

0.25 ml spoon baking powder

25g chocolate chips

1 egg

50g sugar

125ml milk

50mls vegetable oil

75g cooked beetroot (make sure it's not cooked in vinegar)



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Equipment



- Spatula
- Measuring spoons
- Small bowls
- Vegetable knife
- Fork
- Hand blender
- Measuring jug
- Sieve
- Mixing bowl
- Muffin tray
- 6 muffin cases or 6 circles of baking parchment
- Oven gloves





Prepare the muffin cases



1. Put 6 muffin cases into the muffin tin or cut 6 circles of baking parchment and press into the tin.

2. Pre heat the oven to 190°C, Gas 5.





Getting started



3. Sieve the flour, cocoa and baking powder together in the mixing bowl.



4. Chop the beetroot into pieces. Put the milk and the beetroot into a jug and blitz until a smooth liquid is produced.



Blender, adult use only

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Mix the dry ingredients

5. Add the sugar and the chocolate chips to the sieved ingredients and stir together.





Mix in the liquids

6. Make a 'well' in the centre of the dry ingredients and pour in:

the milk and beetroot mix,
the egg and
the oil.





Make the batter

7. Mix together **quickly**, to form a batter. It should take about 10 seconds. Don't worry if there are lumps, this is ok. It will be quite runny.

8. Pour the batter into the jug. Scrape all the mixture out of the bowl using a spatula.





Divide the mixture

9. Divide the batter mixture between the 6 cases. Try to pour the mixture into the centre of the case so they don't move around too much.

Extra chocolate chips could be sprinkled on top before cooking.





Bake and test



10. Bake for 20-25 minutes in the pre-heated oven.

11. Test with a wooden skewer – push into the centre of the muffin, if there is no mixture on the skewer they are cooked.





Serve the muffins

12. Leave the muffins to cool for 5 minutes. Carefully remove the muffins from the tin using a palette knife and an oven glove. An adult should help with this.

Serve the muffins slightly warm.

