

# **Beetroot and chocolate muffins**

## **Ingredients**

80g butter

1 large beetroot (over 250g)

¼ cup vegetable oil

¼ cup superfine sugar

½ cup well-packed brown sugar

100g dark chocolate (enough for 12 squares)

175g plain flour

1 teaspoon baking powder

2 tablespoons cocoa

1 large egg or 2 bantam eggs

¼ cup reduced fat or regular milk

## **Method**

1. Preheat oven to 180c. Grease muffin tin. Peel and grate the beetroot. (Food processor has a grating attachment)
2. Sift the flour, baking powder and cocoa twice and set aside. Lightly whisk together the egg and milk.
3. In the clean bowl of the food processor combine the softened butter, oil and 2 kinds of sugar and process until creamy. Gradually add the egg and milk mixture. Transfer the batter to the large mixing bowl.
4. Fold the sifted dry ingredients into the wet ingredients, and then stir in the grated beetroot. Spoon the mixture into the greased muffin tin. Break the chocolate into 12 squares and poke a square of chocolate into the top of each muffin.
5. Bake for 20-25 minutes until the muffins are well risen and feel springy. Remove from the oven. Allow cooling in the tin for a few minutes before turning out onto a wire rack.

Recipe: Kitchen Garden Cooking With Kids    Stephanie Alexander