

Chocolate Beetroot Muffins (Makes 6 muffins)



Ingredients

- 50g cooked, chopped beetroot
- 1 egg
- 60ml sunflower oil
- 40g muscovado sugar
- 50g cocoa powder
- 1 banana (mashed)
- 75g self raising flour
- ¼ tsp baking powder
- ¼ tsp bicarbonate of soda
- Zest of 1 lime

Method

1. Preheat oven to 200C
2. Put egg, sunflower oil and sugar in a bowl and whisk until creamy.
3. Sift in the flour, baking powder, cocoa powder & bicarbonate of soda.
4. Fold in beetroot, banana and lime zest.
5. Spoon mixture in to muffin cases and place in muffin tin.
6. Bake for approximately 12 minutes.

