

# Beetroot and Chocolate Muffins

Ingredients:	Equipment:
160g unsalted butter	Scales
2 large beetroot (over 250g each)	Small saucepan
350g plain flour	Pastry brush
2 teaspoon baking powder	2 muffin trays
4 tablespoon cocoa powder	Peeler
2 large eggs	Grater
½ cup milk	Food processor
½ cup vegetable oil	Bowls- 2 medium and 1 large
½ cup castor sugar	Measuring cup and spoons
1 cup well packed brown sugar	Sifter
200g dark chocolate	Whisk
	Spoons
	Wire rack

## Method:

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| <ol style="list-style-type: none"><li>1. Preheat oven 180c. Use the scales to weigh the butter, then set it aside to come to room temperature. Melt 2 tablespoon of the butter in a small saucepan, then use the pastry brush to grease the holes of the muffin tins.</li><li>2. Peel and grate the beetroots. You can use the food processor. You will need 500g of peeled grated beetroot (use the scales).</li><li>3. Sift the flour, baking powder and cocoa into a medium bowl, then sift again (this is called double-sifting) into a second bowl. Set the sifted ingredients aside. Rinse and dry the now empty bowl, and use it to lightly whisk together the eggs and milk.</li></ol> | <ol style="list-style-type: none"><li>4. 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 a large bowl.</li><li>5. Fold the dry ingredients into the wet ingredients, then stir in the grated beetroot. Spoon the mixture into the greased muffin tins. Poke a square of chocolate into the top of each muffin.</li><li>6. Bake for 20- 25 minutes until muffins are well- risen and feel springy. Remove from the oven. Allow to cool in the tin for a few minutes, before turning out onto a wire rack.</li></ol> |
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