

BEETROOT AND DARK CHOCOLATE MUFFINS

MAKES 12-14 / PREPARE 15 MINS / COOK 35-40 MINS

Ingredients

MUFFINS

400g Beetroot, cooked
150g Wholemeal Flour
150g Dark Chocolate (min 70% cocoa solids)
2 tsp Baking powder
½ tsp Salt
350g Sugar
200ml Rapeseed oil
3 Free range eggs, medium

ICING

250g Icing Sugar
160ml Coconut cream
½ tsp Real vanilla essence
220g Butter, softened
2tbsp Beetroot Juice

Instructions

Pre-heat your oven to 180C. Line a 12-muffin tin with paper cases.

Finely grate the beetroot reserving two tablespoons of the juice for the icing.

Cream the eggs and sugar till pale and fluffy. Mix in the oil, grated beetroot and beaten eggs.

Sift flour, baking powder, flour and salt and gently mix into the wet ingredients.

Fill the cases, leaving a good inch for rising, with the batter. Bake for approximately 35min but check after 30min with a cake tester.

While the muffins are in the oven, get working on the icing. Blitz the sugar in a food processor for 5 seconds to remove any lumps (or sift it using a fine sieve). Add softened butter, coconut cream, vanilla essence and half of the beetroot juice. Blitz 10 seconds or until well mixed and you have a lovely pink colour. Add more beetroot juice for a darker shade of pink.

Once the cupcakes are done, set to cool on a wire rack. Once completely cold, lightly ice them.



Nutrifacts



Wholemeal flour is high in FIBRE that helps Carrots are high in FIBRE that helps intestinal health & transit

Rapeseed oil is LOW in SATURATED FAT and HIGH in omega-6 essential fatty acids.

Eggs contain PROTEIN to help your body heal and grow. Protein also slows down glucose absorption, which helps smooth energy highs and lows.

Beetroot contains VITAMIN C that supports the immune system, FOLIC ACID which is necessary for red blood cell production and POTASSIUM to help maintain healthy blood pressure.

Beetroot also contains good levels of GLUTAMINE that helps maintain a healthy gut. The chemical responsible for dark purple colour in beetroot is BETALAIN, an antioxidant that research shows can protect against the damaging effects of cholesterol.

Sugar contains NO NUTRIENTS only calories in the form of refined carbohydrates, that's why it is important to only have it occasionally.

To help balance your sugar levels when eating sweets, ensure they also contain fibre from fruits, vegetables, nuts, seeds or wholemeal flours and protein from eggs, nuts or seeds.