

# Chocolate Beetroot Muffins

Makes 12 large muffins

## Ingredients

225g self raising flour  
25g cocoa powder  
1 teaspoon bicarbonate of soda  
125g caster sugar  
100g grated beetroot  
100g dairy free margarine  
1 large ripe banana or 100ml cooked apple  
100 - 150ml plant-based milk  
75g dairy free chocolate chips



## Instructions

- Place 12 muffin cases into a muffin tray.
- Preheat oven to 200°C fan oven (220°C electric oven, gas mark 7)
- Sift the flour, cocoa powder and bicarbonate of soda into a large mixing bowl.
- Stir in the sugar and grated beetroot.
- Place 100g dairy free margarine into a jug and melt in a microwave.
- Mash the banana and add to the margarine along with 100ml plant-based milk.
- Stir into the dry ingredients until it forms a smooth batter. Add more plant-based milk a little at a time until it is a thick pourable consistency.
- Stir in most of the chocolate chips, keeping enough to sprinkle on top.
- Pour the mixture into the measuring jug.
- Pour an equal amount into each muffin case. Sprinkle the remaining chocolate chips on top.
- Bake for 15 minutes. Check if cooked by sticking a small sharp knife into the centre of a muffin. The muffins are cooked when the knife comes out clean. Leave to cool.