

Eat to the Beet Muffin

(Beetroot & Chocolate Muffin)

Allergens – **Gluten**, **Eggs**, **Milk**

Ingredients

Quantity	Ingredient
450 g	SR Flour (contains Wheat)
250 g	Cooked Beetroot
200 g	Margarine (Stork)
75 g	Caster Sugar
75 g	Soft Light Brown Sugar
200 g	Eggs (4)
60 g	Chocolate Powder



Method

1. Prepare required muffin tins.
2. Pureé the beetroot.
3. Cream the sugar and margarine together.
4. Beat the eggs and gently add to the creamed mixture stirring until smooth.
5. Add the flour and cocoa powder to the mixture and gently stir in the pureéd beetroot.
6. Fill muffin cases $\frac{3}{4}$ full and bake in a moderate oven at 180°C, 350°F, Gas Mark 4 for 15 to 20 minutes.
7. After baking allow the muffins to cool down.

Nutritional Content per 70g

Energy (kcal)	Fat (g)	Saturated Fats (g)	NME Sugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 204.5	= 10.3	= 2.4	= 7.7	= 8.8	= 0.5	= 25.9

Portion size - Primary – 70g

Reviewed March 2019