CHOCOLATE ORANGE & BEETROOT MUFFINS

QUICK

Less than 15 mins prep time but 2 hours cooking time

HEALTHY

Beetroot is an excellent source of folic acid and a very good source of fibre, manganese and potassium.

FAMILY

12-15 muffins

MEALS

We all need a treat sometimes – this one has no refined sugar and contains eggs, orange and beetroot

INGREDIENTS

- 250g beetroot
- 3 eggs
- 2 oranges – zest and 100 ml juice
- 215 g Medjool dates
- 100g coconut oil
- 90g wholemeal self raising flour
- 90g white self raising flour
- 75g cocoa powder
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 tsp salt

METHOD

1) Put the oven onto 180˚C (Fan oven) Wrap your beetroots in foil and put into the oven (seal side up so it doesn't drip) till soft….usually 1-1.5 hours

2) When cooked, peel then chop off the top and bottom

3) Line a muffin tin with cases

4) De-seed the dates and cover with boiling water

5) Put beetroot into a food processor with the oil, eggs, orange zest, orange juice and vanilla extract.

6) Drain dates, add and blitz till smooth

7) Sieve the flour, baking powder, salt and cocoa

8) Stir the beetroot mix into the flour, fold gently

9) Spoon into the muffin cases

10) Bake for 20-25 mins until a skewer comes out clean

11) Best eaten warm