

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) Wash then top and tail your beetroot. (no need to peel)
- 2) Wrap beetroots in foil and put into the oven (seal side up so it doesn't drip) till soft....usually 1-1.5 hours
- 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 flours, baking powder, salt and cocoa
- 8) Stir the beetroot mix into the flour, fold gently
- 9) Spoon into the muffin cases – approx. 1 heaped tbs
- 10) Bake for 20-25 mins until a skewer comes out clean
- 11) Delicious eaten warm



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com