

## ***Beetroot and Chocolate Muffins*** *Makes about 24*

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- 1. Heat the oven to 180C.**
- 2. Peel some fresh beetroot** with a vegetable peeler, then grate the beetroot with the hand grater, you will need 2 cups. Put this to one side.
- 3. In a bowl** place the following ingredients into a bowl:  
2 cups Self Raising Flour  
3 tablespoons cocoa
- 4. Set the bowl with the sifted ingredients to one side.**  
**Get a new clean bowl and place the following ingredients in:**  
2 eggs  
½ cup milk  
Whisk these together to mix them up.
- 5. In a third clean bowl place:**  
½ cup of olive oil  
¾ cup soft butter  
1 cup white sugar  
Mix these together really well with a wooden spoon, they should be nice and creamy.
- 6. Once the oil and butter mixture is creamy,** slowly stir in the milk and egg mixture. Then slowly add the flour mixture. Stir gently to mix them altogether.
- 7. Add the 2 cups of raw grated beetroot** and stir it through.
- 8. Spoon the mixture into muffin tins** lined with papers
- 9. Bake for around 20 minutes,** the muffins are ready when they are well risen and feel springy. Allow the muffins to cool before removing from the oven.