

Chocolate Beetroot Muffins

You'll need:

- 1¾ cups self-raising flour
- 2 large beetroot, cooked and peeled, and either puréed or grated (or substitute carrots or pumpkin)
- 1/3 cup cocoa powder
- 1 cup brown sugar, well pressed down
- 2 eggs
- 1/3 cup buttermilk
- 1/3 cup canola or safflower oil – some blandish oil

Method:

Preheat oven to 200°C.

Splodge it all into a bowl.

Mix well.

Spoon into a greased muffin pan, or patty cases. Bake for about 25 minutes – they will be well risen and firmish to touch.