



## Chocolate and Beetroot Muffins

We all love chocolate cake but can it be good for you? The answer is yes! We've managed to put together a treat of a recipe which you will love and it's actually healthy too! The secret ingredient, beetroot improves the nutritional content, and low fat yoghurt instead of butter reduces the fat content by as much as 75%. Delicious, healthy and very clever! Give it a try!

Makes 10 – 12 Muffins

### You will need:

3 medium free range eggs	50g cocoa powder
175g light brown sugar	75g plain or milk chocolate broken or chopped into small pieces.
175 self-raising flour	1 heaped teaspoon baking powder
150g fresh beetroot, peeled and grated	1 teaspoon vanilla extract
100ml low fat natural yoghurt	

### To make your muffins

1. Preheat the oven to 180C/Gas 4. Line a muffin tray with paper cases.
2. In a large bowl, thoroughly whisk the eggs and sugar together until light and fluffy.
3. Grate the beetroot with a fine grater (you may want to wear gloves). Stir the beetroot in with the eggs and sugar.
4. Sift the flour, cocoa and baking powder over the bowl. Fold into the mixture carefully. Next fold in the yoghurt, vanilla extract and chunks of chocolate.
5. Carefully spoon the mixture in to the paper cases; they should be 3/4 full.
6. Bake in the oven for 17 – 20 minutes.
7. Remove from the oven and allow to cool on a wire rack.