

Choc-Beetroot Maple Muffins

This is a vibrant, earthy and overall completely delicious recipe.

Chocolate and beetroot are a match made in heaven– beetroots are an excellent source of folic acid and a very good source of fibre, manganese and potassium, while cacao is full of antioxidants, magnesium and iron. So, in short, these muffins not only taste great but are filled with goodness too.

Makes 15

Ingredients

1 cup coconut oil or olive oil
3/4 cup Maple Syrup
75g sugar-free dark chocolate (70%), broken into pieces
250g raw beetroots, grated
4 eggs
½ cup sugar
2 ¼ cups plain flour
3 tsps baking powder
5 Tbls cacao powder
Pinch of salt
2 Tbls desiccated coconut

Method

1. Preheat the oven to 175°C. Grease a muffin tin with oil.
2. Warm the oil in a medium saucepan on very low heat. Add the syrup and chocolate and stir until the chocolate is melted. Remove from heat.
3. Add the grated beets.
4. Whisk the eggs in a small bowl, whisk in the sugar then add them to the cooled saucepan.
5. Sift flour, baking powder, cacao powder and salt together and stir into the beet mixture.
6. Sprinkle coconut on top. Bake for 25 minutes or until slightly dark and cracked on top and still a little moist inside.
7. Enjoy!