Beetroot and Chocolate Muffins

INGREDIENTS
- 120g self-raising flour (wholemeal is best)
- 1 1/2 teaspoons cocoa powder
- 1/2 teaspoon baking powder
- 1 small egg
- 60g light muscovado milk
- 90ml semi-skimmed milk
- 2 tablespoons sunflower oil
- 75g finely grated, peed cooked beetroot
- 25g chocolate chips

EQUIPMENT
- Mini muffin tray
- Large mixing bowl
- Small mixing bowl or jug
- Whisk or fork
- Grater
- Teaspoon
- Tablespoon
- Measuring scales
- Measuring jug
- Sieve
- Oven glove
- Muffin cases

Oven preheated to 200°C/400°F/Gas Mark 6

1. First sieve the flour into the mixing bowl. Add the sugar, cocoa powder, baking powder and chocolate chips. Mix them together.

2. Next whisk the milk and grated beetroot together in a different bowl. Watch the milk turn pink!

3. Then add the egg, oil and milky bowl. Stir all the ingredients together quickly until the mixture is runny. Don't worry if there are a few lumps.

4. Now put 10 muffin cases into the mini muffin tray. Spoon the mixture into the cases. Ask an adult to help you put the tray into the oven.

5. After 20-25 minutes ask an adult to take the muffins out of the oven. Leave them to cool for 5 minutes.

6. When they have cooled put them on a plate and enjoy one! You can keep the extra muffins in a tin for later.