

Chocolate Chip and Beetroot Muffin



CALORIES
199 per serving

PROTEINS
6g per serving

FATS
12 g per serving

CARBS
31 g per serving

INGREDIENTS

- 250g beetroot
- 175 grams plain flour
- 2 tablespoons cocoa powder
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 60ml Protein Milk
- 175g light brown sugar
- 30g Truvia
- 55g unsalted butter
- 60ml sunflower oil
- 75g chocolate chips

SERVES: 12

PREP TIME:
10 minutes

COOKING TIME:
20 minutes

METHOD

Preheat oven to 180°C. Grate the beet in food processor or with hand grater.

Next In a medium bowl, sift together the flour, cocoa, baking powder and salt.

In a small bowl, whisk together the eggs and milk.

In a large bowl using a hand mixer on medium speed, cream together the sugar, Truvia, butter and oil. Using the hand mixer on low speed, beat in the egg mixture. Slowly fold in the flour mixture. Then using a spatula, mix in the grated beets and chocolate chips. Divide the batter into 12 muffin cases.

Bake for 20 minutes. Remove from oven and allow to cool. They freeze really well. Serve warm.

