



Spiced Beetroot & Apple Muffins

What to collect	
Ingredients	Equipment
275g plain flour	metric measuring cups/spoons
1 tablespoon baking powder	grater
1 teaspoon ground cinnamon	small saucepan
2 large eggs	muffin trays
125g unsalted butter, melted	sifter
60g caster sugar	large bowl
100ml milk	wooden spoon
250g cooked beetroot, grated	
2 medium pink lady apples, cored & grated	

What to do

1. Line muffin trays with paper cases.
 2. Preheat oven to 200C.
 3. Melt butter in small saucepan and set aside.
 4. Sift the flour, baking powder and cinnamon into a large mixing bowl.
 5. In another mixing bowl, whisk together the eggs, melted butter, sugar and milk.
 6. Pour the wet ingredients into the dry ingredients and mix very lightly. (Don't worry if it looks a bit lumpy.)
 7. Gently fold through the grated beetroot and apple and spoon into muffin cases.
 8. Bake for 20-25 minutes until golden.
- Makes 12