

BEETROOT AND BANANA MUFFINS

HEAT LEVEL 🔥 🔥

Indulge in the unique sweetness of our Beetroot and Banana Muffins - a delightful twist on classic muffins, blending the earthy tones of beetroot with the sweetness of ripe bananas for a satisfying and flavorful treat.

15 Mins

18 Servings

INGREDIENTS

500 ml (2 cups) cake wheat flour 15 ml (1 Tbsp) baking powder 1 ml (¼ tsp) bicarbonate of soda 1 ml (pinch) salt 125 ml (½ cup) light brown sugar 2 extra large eggs 80 ml (1/3 cup) Spur Salad & French Fry Dressing 160 ml (2/3 cup) milk 125 ml (½ cup) cooking oil 250 ml (1 cup) coarsely grated beetroot 2 large (¾ cup) bananas, mashed

METHOD

6

Preheat the oven to 180°C.

Sift flour, baking powder, bicarbonate of soda and salt together. Add sugar.

Whisk eggs, Spur Salad & French Fry Dressing, milk and oil together. Add to the dry ingredients.

4 Add the grated beetroot and mashed banana and mix lightly with a spoon until just combined. Do not over-mix; the mixture should still be lumpy.

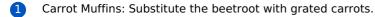
5 Spoon mixture into greased muffin pans, filling each three-quarters full. Bake for about 20 minutes until light brown. Turn out onto a wire rack to cool.

Dust with icing sugar before serving.

VARIATIONS

TIP

1



2 Dried Fruit Muffins: Reduce sugar to 80 ml (1/3 cup) and add 200 ml (³/₄ cup) coarsely chopped cherries or any other dried fruit of choice. Makes 12 muffins.

The beetroot will colour the mixture completely red, but once baked, the muffins will be lighter in colour.

#