

# **BEETROOT AND BANANA MUFFINS**





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 (1/4 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 (3/4 cup) bananas, mashed

#### **METHOD**

- 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.
- 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.
- Spoon mixture into greased muffin pans, filling each three-guarters full. Bake for about 20 minutes until light brown. Turn out onto a wire rack to cool.
- Dust with icing sugar before serving. 6

## **VARIATIONS**

- Carrot Muffins: Substitute the beetroot with grated carrots.
- 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.

#### TIP



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



















