



# 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

- 1 Preheat the oven to 180°C.
- 2 Sift flour, baking powder, bicarbonate of soda and salt together. Add sugar.
- 3 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.
- 6 Dust with icing sugar before serving.

## VARIATIONS

- 1 Carrot Muffins: Substitute the beetroot with grated carrots.
- 2 Dried Fruit Muffins: Reduce sugar to 80 ml (1/3 cup) and add 200 ml (¾ cup) coarsely chopped cherries or any other dried fruit of choice. Makes 12 muffins.

## TIP

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

