

Veggie Loaded Chocolate Muffins



Secretly packed full of vegetables, your kids will never know.

Ingredients

- 2 eggs
- 2 tbsp (50g) muscovado sugar, packed
- 1/3 cup sour cream
- 1 cup zucchini, finely grated
- 2/3 cup small beetroot, finely grated
- 1/2 cup almond or hazelnut flour
- 1 cup (120g) spelt flour
- 2/3 cup (60g) cocoa powder
- 1.5 tsp baking powder
- 1/4 tsp salt
- 1/2 cup dark chocolate chips

Method:

1. Preheat the oven to 180C.
2. Line the muffin tin with liners, and set aside until ready to use.
3. Whisk the eggs and sugar in a large bowl for 2-3 minutes until pale and fluffy. Beat in the sour cream then add the grated sweet potato, zucchini, beetroot, almond meal, flour, cocoa powder, baking powder, salt and dark chocolate chips. Mix well.
4. Pour batter into prepared muffin tins and place in the oven for 20-25 minutes or until the skewer comes out clean.