STICKY GINGER AND BEETROOT MUFFINS
ADAPTED FROM NETMUMS

INGREDIENTS
200g golden syrup
200g black treacle
150g unsalted butter
125g dark brown sugar
100g diced stem ginger
4 tsp ground ginger
4 tsp ground cinnamon

250g beetroot (cooked)
250ml milk
2 medium eggs (beaten)
1 tsp bicarbonate of soda
300g plain flour

For the icing
1 lemon (zest and 1tbsp of juice)
150g icing sugar

METHOD

1. Preheat the oven to 180°C/Gas mark 4, line a 12 hole muffin tray with cases
2. In a saucepan add the golden syrup, black treacle, butter, dark brown sugar, stem ginger and both ground spices – warm gently until the butter and sugar have melted
3. Puree the beetroot in a food processor and blend with the eggs, milk and bicarbonate of soda
4. Once the butter and sugar have melted, take the saucepan off the heat and add the milk, eggs and beetroot
5. Sieve the flour into a large mixing bowl and beat in the wet ingredients until they are smooth. The batter should be quite runny.
6. Fill the muffin cases with the batter and bake in the preheated oven until firm but springy to the touch
7. Be careful not to overcook the muffins, so they remain sticky – remove from the tin and allow to cool
8. For the icing: while the muffins are cooling, make the icing by beating all the ingredients to a smooth paste
9. Drizzle over the muffins when they are completely cold, store in an airtight container.

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