

Sourdough Discard Beetroot & Chocolate Muffins



12 muffins



45 minutes



Autumn - Winter



Beetroot



INGREDIENTS:

- 250 g beetroot, peeled and trimmed (about 1 large beetroot)
- 3 eggs
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{2}$ cup cocoa powder
- $\frac{1}{2}$ cup almond meal
- $\frac{1}{3}$ cup plain flour
- $\frac{1}{2}$ cup sourdough discard
- $\frac{1}{3}$ cup plain yogurt
- 2 teaspoons baking powder
- 1 teaspoon vanilla essence

EXTRAS

- Optional: $\frac{1}{2}$ cup dark chocolate chips or chopped high quality dark chocolate.
- If you don't have any sourdough discard, omit it from the recipe and increase the quantities of plain flour and yogurt to $\frac{1}{2}$ a cup each.



METHOD:

1. Heat the oven to 160°C and line a 12-cup muffin tray with muffin liners.
2. Grate the beetroot using the fine side of a grater. You should end up with roughly 1¾ cups of grated beetroot.
3. Combine the wet ingredients: whisk the eggs, sourdough discard, yogurt and vanilla essence until smooth.
4. Add the dry ingredients: sprinkle in the cocoa, brown sugar, almond meal, flour and baking powder. Fold gently until everything is just incorporated.
5. Mix in the beetroot, stirring until the batter turns a deep reddish-brown. If using chocolate chips or chunks, fold them through now also.
6. Portion the batter into the muffin tray, filling each cup about three-quarters full.
7. Bake for 18–20 minutes, or until a skewer inserted into the centre comes out with only a few moist crumbs.
8. Let the muffins rest in the tray for 5 minutes, then transfer to a rack to cool completely.

TIPS:

- Beetroot is at its sweetest in the cooler months (Autumn and Winter).
- Sourdough discard is the excess starter not needed for a bread recipe. It is often discarded by sourdough bakers to ensure the starter doesn't become too large and unmanageable. To avoid wasting it, it can be used in many different recipes, like this one.
- The sourdough discard doesn't need to be fed — any stage works, making this a great recipe for avoiding waste.
- Once cooled, they freeze very well — perfect for quick snacks.
- The optional dark chocolate melts into little pockets of richness.
- This recipe was adapted from: <https://health-promotion.nswlhd.health.nsw.gov.au/portfolio/turn-beet-chocolate-muffins/>

Share it with us!



@foodfromhome

VICTORIA
enliven
STRENGTHENING COMMUNITIES