Tasty & wholesome beetroot recipes to try at home

Beetroot & Chocolate cupcakes (makes 12)
Source: BBC good food website

Ingredients:
- 75g cocoa powder
- 180g plain flour
- 2tsp baking powder
- 250g caster sugar
- 250g cooked beetroot
- 3 large eggs
- 200ml corn oil
- 1 tsp vanilla extract

Method:
1. Preheat oven to 180C. Line 12 hole muffin tin with cases.
2. Sift cocoa powder, flour and baking powder into a bowl. Mix in the sugar, set aside
3. Puree the beetroot in a food processor. Add the eggs one at a time, then add vanilla and oil and blend until smooth
4. Make a well in the centre of the dry ingredients, add the beetroot mix and lightly mix. Pour into muffin case.
5. Bake 30 mins until top is firm when pressed with a finger. Cool on a wire rack. Dust with icing sugar to serve.

Beetroot Hummus(serves 8)
Source: BBC Food

Ingredients

- 1 tsp cumin seeds
- 250g cooked beetroot, quartered
- 400g tin chickpeas, drained, rinsed
- 1 garlic clove, peeled
- 1 tsp ground coriander
- ½ tsp flakes
- 2 tbsp olive oil
- 2 tbsp lemon juice

Method:
1. Toast the cumin seeds gently in a small dry frying pan for 2 minutes, stir occasionally, remove from heat
2. Put beetroot, chickpeas, garlic, coriander, salt & olive oil in a blender, Add cumin seeds, lemon juice, season. Blitz until smooth. Taste, season again if required
3. Use as a spread for toast, sandwiches and wraps, or as a dip.
4. Keep in fridge covered, for up to 3 days

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