Roasted beetroot and feta muffins

Equipment

Measuring cups & spoons

Chopping board and knife

Whisk

Mixing bowls

Muffin tray

Ingredients

1 cup self-raising flour

1 cup wholemeal flour

½ tsp salt

2 tsp baking powder

125 ml extra virgin olive oil

1 cup full-cream milk

1 egg

2 whole beetroot, roasted

200 g feta

What to do

Preheat oven to 190°C.

Task 1 : Mix dry ingredients
Sift flours, salt and baking powder into a bowl. Set aside.

Task 2 : Mix wet ingredients
Whisk olive oil, milk and egg together.

Task 3 : Combine
With a wooden spoon stir the oil, milk and egg mix into dry ingredients until just combined. Fold in diced beetroot and crumbled feta.

Task 4 : Bake and serve
Spoon mixture into greased muffin trays and bake in a preheated oven for 15 minutes. Or until a skewer inserted come out clean. Leave to cool a bit before taking the muffins out of the form. Enjoy!

Note : To roast beetroot
Lay foil on bench, place beetroot on top and drizzle with extra virgin olive oil, salt, cloves and garlic. Wrap foil closed and bake at 180°C for approximately 1 hour until skewer inserts easily. Skin should remove easily wile beets are still warm.