BETROOT AND APPLE CHOCOLATE CAKES

INGREDIENTS

1 cup of self-raising flour
1/2 cup white or caster sugar
2 tablespoons cocoa powder
2 eggs
85 grams butter
1/2 cup grated beetroot (raw)
1/2 cup grated apple (raw)
1 teaspoon vanilla essence
1/2 cup low fat milk

METHOD

1. Preheat the oven to 180 degrees C
2. Melt the butter in the microwave for 30 seconds.
3. Peel the beetroot and grate.
4. Grate the apple
5. Put all the ingredients into a large mixing bowl and beat on medium for 2 minutes
6. Spray the cupcake pan with oil and put in patty pans
7. Put 1 dessert spoon of mixture into each patty pan
8. Place in oven and bake for 15-20 mins (depending on the oven)
9. Insert skewer into cupcake if it comes out clean they are ready.
10. Place on a wire rack to cool.

Note if you are making 1 large cake the cooking time will be 30 mins or until the skewer comes out clean.