

Chocolate Surprise Cupcakes

These cupcakes are very quick to make as the blender really cuts down the effort involved. The cupcakes are moist and do not taste of beetroot at all – adding in the vegetable cuts down the amount of sugar you need, making them a healthier treat.



Egg, milk and wheat (gluten)*

Nutritional information per portion (50g):

Energy	Fat	Saturates	Sugars	Salt
521kJ 124kcal 6%	5.1g 7%	1.1g 5%	7.9g 9%	0.31g 5%

of an adult's reference intake.
Typical values per 100g: energy 1042kJ/248kcal.

Equipment

Weighing scales
12 hole bun tin
Bun cases x 12
Large mixing bowl
Sieve
Measuring spoons
Measuring jug
Blender
Spatula
Oven gloves
Pan stand
Wire rack
Medium mixing bowl
Wooden spoon
Table knife

Ingredients

Makes 12 buns
150g self-raising flour
1 x 5ml spoon baking powder
1 x 15ml spoon cocoa powder
50g light soft brown sugar
100g cooked beetroot, NOT pickled cooked beetroot!
1 egg
125ml semi-skimmed milk
50ml vegetable oil
Topping
50g reduced-fat cream cheese
25g icing sugar

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Keep the wet and dry ingredients apart until the end, do not be tempted to put all of the mixture into the blender.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4. Place the bun cases in a bun tin.
2. Sieve the flour, baking powder and cocoa powder into a large mixing bowl.
3. Add the sugar.
4. Put the beetroot, egg, milk and oil into the blender and whizz until smooth.
5. Pour the liquid into the dry ingredients and combine using a metal spoon or spatula until you can't see the dry ingredients. Do not over mix.
6. Spoon into the bun cases.
7. Bake in the oven for about 15 minutes or until they have risen and are springy when pressed.
8. Cool on a wire rack.
9. Put the cream cheese into a medium mixing bowl and cream with a wooden spoon.
10. Sieve the icing sugar into the bowl and mix carefully with the cream cheese. Beat well until fluffy.
11. Spread the cheesecake topping onto the cooled buns.

Something to try next time

- Try swapping the beetroot for 100g of grated courgette or carrot.
- Glacé icing is an alternative topping. Use 50g of icing sugar and 2 x 5ml spoons of orange juice creamed together until smooth, spread over the cupcakes.
- You can make a chocolate frosting by adding 1 x 5ml spoon of cocoa powder to the cream cheese at the same time as the icing sugar.

Prepare now, eat later

- Make the cheesecake topping the day before and store in a sealed plastic bag or container in the fridge for up to 24 hours.
- These are best eaten fresh but if you want to freeze them when they are cold, pack into a plastic container and freeze for up to 1 month. Defrost them on a serving dish and put the cheesecake topping on just before serving.

Skills used include:

Weighing, measuring, sifting, mixing/combining, blending, spreading and baking.