

# Nibbly Pig

## Sticky Ginger and Beetroot Muffins

I saw this recipe for beetroot muffins on the ['Love Beetroot'](#) website and it instantly appealed to me as I love the warm spiciness of ginger.

### Ingredients (Makes 18)

200g golden syrup  
200g black treacle  
150g unsalted butter  
125g dark brown sugar  
100g stem ginger, finely chopped  
4 teaspoons ground ginger  
2 teaspoons ground cinnamon  
250g pack cooked beetroot  
250ml milk (I used semi-skimmed)  
2 medium eggs, beaten  
1 teaspoon bicarbonate of soda  
300g plain flour

For the icing:

Zest of 1 lemon, plus 1 tablespoon juice  
150g icing sugar

### Method

Preheat the oven to 180°C and place cases in a 12 hole muffin tray. (I found that the ingredients made enough mix for 18 muffins).

Add the golden syrup, black treacle, butter, dark brown sugar; stem ginger and spices into a saucepan. Cook gently until the butter and sugar have melted.

Purée the beetroot in a food processor and mix with the eggs, milk and bicarbonate of soda.

When the butter and sugar have melted, take the saucepan off the heat, leave to cool slightly and then add the milk, eggs and beetroot.

Sieve the flour into a large mixing bowl and beat in the wet ingredients until smooth.

Fill the muffin cases with the batter using a jug and bake (about 20 minutes) in the preheated oven. When they are ready they should be firm but springy to the touch. Remove from the tray and leave to cool on a wire rack.

Whilst the muffins are cooling make the icing by beating all the ingredients to a smooth paste. Drizzle over the muffins when they are completely cold.

