

Red Beet-Pumpkin-Bread Muffins

Recipe for 10 muffins

Ingredients

350g	Dry bread cubes	30g	Margarine
150g	Red beets	1tsp	Baking powder
30g	Onions	100g	White flour
3	Eggs	30ml	Olive oil
300ml	(Soy)Milk		Salt, Pepper, Sugar
1 Sprig	of thyme or rosemary		

Preparation

Peel red beets and use the peels to make a broth. Add onion peel only briefly – so that the broth doesn't become bitter – and bring to a quick boil. Cut the dry bread into small cubes and pour warm, not boiled, soymilk and vegetable broth over the cubes and briefly let soften. Grate the peeled red beets and pumpkin, dice the onions, and salt and pepper to taste. Mix flour and baking powder and mix in eggs (vegan alternative: soy cream), softened margarine, grated beets and pumpkin, and softened bread cubes. Fill the dough into a muffin pan and bake in a convection oven preheated to 160 degrees for 20 minutes.