



Baking with Lindsay

CHOCOLATE BROWNIES

Total Time: 50 minutes

Makes: 20

Ingredients:

100g coconut oil

100g soft potted dates

100g wholemeal self-raising flour

275g packet of fresh beetroot (drained and cut into small cubes)

3 large eggs

1tsp cinnamon

1tsp bicarbonate of soda

75g plain 70% chocolate (roughly chopped)

60g cocoa powder

Pinch of sea salt

Method:

1. Preheat the oven to gas 6/180c and grease and line the base and sides of a square tin or use non-stick baking paper.
2. Place the beetroot, eggs, cocoa powder, dates and coconut oil in a blender or food processor (or you can put them in a bowl and use a hand blender),
3. Blend ingredients together until thoroughly combined.
4. Add the flour, cinnamon, pinch of sea salt and the bicarbonate of soda and blend together. Then add a tbsp of water to loosen the mixture and stir in the chocolate chunks,
5. Spoon the mixture into your prepared tin, spreading it to the sides ,
6. Bake for about 20 minutes, or until risen and just firm to touch.
7. Cool in the tin for 10 mins, then turn out and cut up into squares,
8. You could shake a little icing sugar on top of your brownies to finish off.

