

Beetroot and chocolate brownies

Serves 20:

Ingredients	
500g whole raw beetroot (3-4 medium beets)	250g golden caster sugar
100g unsaturated spread, plus extra for the tin	3 eggs
200g bar plain chocolate (70% cocoa)	100g plain flour
1 tsp vanilla extract	25g cocoa powder

- **METHOD:**
- Heat oven to 180C/160C fan/gas 4. Peel and roughly chop the beetroot and put into a large bowl. Add a splash of water, cover with cling film, then microwave on High for 12 mins or until tender.
- While the beetroot cooks, grease and line a 20 x 30cm baking tin.
- Roughly chop the chocolate and add to the spread. Tip the cooked beetroot into a sieve, drain off any excess liquid, then put into a food processor or blender with the chocolate, spread and vanilla. Whizz until the mix is as smooth as you can get it. The chocolate and spread will melt as you do this.
- Put the sugar and eggs into a large bowl, then beat using an electric hand whisk until thick, pale and foamy, about 2 mins. Spoon the beetroot mix into the bowl, then use a large metal spoon to fold it into the whisked eggs. Try to conserve as much air in the mixture as you can. Sift in the flour and cocoa powder, then gently fold these in to make a smooth batter.
- Pour into the prepared tin and bake for 25 mins or until risen all over.
- Cool completely in the tin, then cut into 20 squares



- ✓ **COOKS TIP- THE BROWNIES FREEZE WELL FOR UP TO 3 MONTHS**
- ✓ **FOR DAIRY FREE DIETS USE DAIRY FREE SPREAD AND DAIRY FREE CHOCOLATE**
- ✓ **FOR EGG FREE DIETS USE EGG REPLACER**
- ✓ **FOR WHEAT FREE DIETS USE WHEAT FREE FLOUR**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
185	4	9	21	012	0.1	0.7	53