

Chocolate and beetroot brownie

Nutrition: antioxidants, iron, fibre, potassium

Ingredients

- 500g cooked beetroot
- 100ml olive oil
- 250g good quality dark chocolate
- 2 bananas, mashed
- 3 large eggs
- 2tsp vanilla extract
- 140g plain flour
- 75g cocoa powder
- 1tsp baking powder

Method

Grease and line a 20 x 30cm shallow cake tin with baking parchment.

Blitz the bananas, oil and beetroot together and set aside.

Melt the chocolate in a bowl over boiling water. Once melted, leave to cool.

In a separate bowl, whisk together the eggs and vanilla until light and fluffy and tripled in size.

Carefully fold the beetroot mix into the eggs, followed by the melted chocolate. Fold in the flour, cocoa powder and baking powder.

Pour into the tin and bake for 20 to 25 minutes at 180°C. The brownies should be still slightly gooey in the middle.

Allow to cool, then cut into squares and serve.

Known allergens*

Gluten, egg

Substitutions

Use gluten free flour

Aquafaba (liquid from cans of chickpeas) can be used as an egg replacement in baking when whisked into a meringue like state

*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.

