



Chocolate Beetroot Brownies

These moist chocolate brownies have a secret that your tasters will never guess! Beetroot! Beetroot has an abundance of health benefits; they have been scientifically proven to contribute to reducing inflammation, improving digestive health and have also been recognised to suppress appetite. Their natural sweetness, and low amount of calories, makes beetroot brownies the perfect occasional treat. Athletes you can boost your nitrate levels with beetroot, meaning your bodies are able to work more efficiently when training.

Serves: 20, Prep time: 00:20, Cook time: 00:20

Instructions

1. Preheat the oven to 200 degrees C (fan 180, gas 6).
2. Grease and line the base and sides of a 20cm loose-based square cake tin with non-stick baking paper.
3. Place the beetroot, eggs, cocoa powder, dates and coconut oil in a food processor and blend until thoroughly combined. You can also blend the ingredients together in a bowl using a stick blender.
4. Add the flour, cinnamon, a pinch of sea salt and the bicarbonate of soda and blend until well combined.
5. Add an extra tablespoon of water to loosen the mixture, if needed.

Ingredients

- 100 grams Coconut oil, plus extra for greasing (3.5 oz)
- 275 grams Beetroot, cooked, drained and cut into chunks (9.5 oz)
- 3 Eggs, Large, Free Range
- 60 grams cocoa powder (2 oz)
- 100 grams Dates (Medjool) (3.5 oz)
- 100 grams Flour, wheat, wholemeal, Self raising (3.5 oz)
- 1 teaspoon Cinnamon, Ground
- 1 teaspoon Bicarbonate of soda
- 75 grams Dark chocolate, 85% cocoa solids (2.5 oz)

6. Stir in the chocolate, then spoon into the prepared tin, spreading to the sides.
7. Bake for about 20 minutes, or until risen and just firm to the touch.
8. Cool in the tin for 10 minutes, then turn out and cut into squares to serve.

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Calories 128

Protein 2.8g

Fibre 2.5g

Carbs 10.3g

Fat 7.9g