

Chocolate Beetroot Brownies

This is a decadently rich chocolate brownie that improves with age, so it is ideal to make a few days ahead to store in the fridge for up to a week. It is very big and can be frozen in sections or halved.

Ingredients

cut into 54 small pieces

130g walnut or **pumpkin seed meal**

480g fresh beetroot

120g chopped pitted medjool dates

200g good quality fairtrade dark chocolate, broken into chunks

1 teaspoon pure vanilla powder

2 tablespoons coconut or olive oil

2 tablespoons maple syrup

4 organic free range eggs - whisked

½ cup Greek yoghurt, nut milk or nut / seed cream

6 tablespoons fair trade cocoa or cacao **or 3 for the lunchbox**

1 cup toasted coconut

2 teaspoons GF baking powder

Method

Boil, roast or steam beetroot until tender (45 - 60 minutes). Cool, peel and cut into large chunks. Process in thermomix or food processor with dates, chocolate, vanilla, coconut oil and maple syrup and process until completely smooth. Add eggs and yoghurt and process again until well combined.

Add dry ingredients and mix on reverse (or transfer to a large bowl and stir in well. Pour into greased paper lined baking tray (35 x 26cm). Smooth top with spatula.

Cook @ 180°C conventional oven for 30 - 45 minutes.

Cool 10 minutes in tin then transfer to a wire rack. When you are ready to eat it, cut it into squares and top with rose buds or drizzle with melted chocolate.

Nutrition Tips

Dark chocolate (cocoa) lowers blood pressure and cholesterol, is high in antioxidants and helps to control blood sugar.

Beetroot lowers blood pressure, is high in antioxidants, boosts immunity and helps to stimulate liver enzymes which clear the body of toxins.

Walnuts are a great source of vitamin E, contain anti inflammatory omega 3 fatty acids and are high in antioxidants. Pumpkin seeds are high in zinc,

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